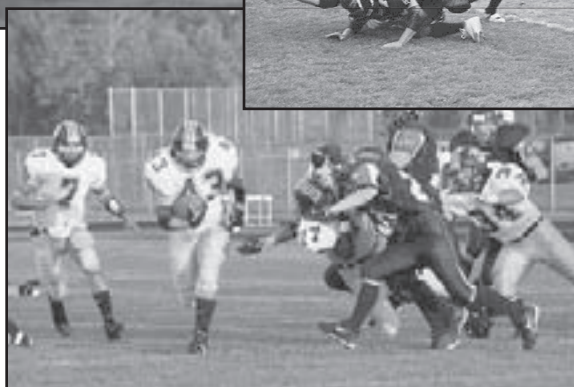


MINNESOTA



HIGH SCHOOL FOOTBALL

2005



Annual Publication of the:

**MINNESOTA HIGH SCHOOL
FOOTBALL COACHES ASSOCIATION**

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Executive Director's Message

We are Minnesota's game.

In the spring of 1956, leaders in high school football in Minnesota met, organized, and established our Football Coaches Association. These men represented eight regions from Faribault to Bemidji. They founded a Board of Directors, selected and created the structure that enabled statewide representation. Leaders such as Harvey Shew, Frank Cleve, Tom Mahoney, Les Swearingin, Herm Frickey, Red Wilson, Louis Todnem, Art Avis and many more were visionaries that realized our football needed a specific organization to help guide programs, initiate change and improvement, aid in the development of programs, monitor fair and safe coaching practices and recognize achievement. They realized that football is Minnesota's game and the coaches are its keepers.



Some fifty seasons later, much has changed. We remain, however, the keepers of the game. In the years since that first meeting, our association has influenced and initiated a number of significant improvements in Minnesota high school football. To cite but a few, the six class playoff system and Prep Bowl; the establishment of the Hall of Fame; the All Star game; recognition banquets and awards; an association publication, etc. We have come far and in many ways our game is better than ever. The advent of strength programs, the advancements in technology, the abundance of coaching clinics, improved nutrition, etc. has helped make our coaches more knowledgeable and more professional. While much has changed, as much remains the same. Kids from communities large and small across the breadth of our great state still come with heart in hand to play football.

Sometimes, we forget that we started not to make a difference. Often, the vagaries of our days get in the way. We are so busy dealing with change that we neglect to manage it. We do know that change is inevitable. We either manage it or it manages us.

My suggestion is that we are the difference makers. We can, and do, make a difference in the lives of our players and in the school and communities in which they live. These are tough, challenging times, but in many ways no different than years past. While our future is as challenging as our past, there remains one constant.... the kids. Our players, parents, schools and communities expect and deserve, professional, caring coaches who have knowledge, integrity, and compassion. Coaches who are demanding, but fair; coaches who teach "the game within the game". They deserve coaches who teach life's lessons, as well as the techniques and formations of football. Experience is not the end all, but an integral part of their education. We have a marvelous responsibility. We must treat it with respect.

In many ways, we are in the best profession in the world. We have an opportunity to create an atmosphere for learning; to witness physical and emotional development; to share moments of great joy and sorrow; to experience daily, new discoveries; to make memories. Our rewards are simple and often singular. The quiet moments in the locker room before and after the game. The murmured "thank you"; the tear in the eye; the clasp of the hand; the incredible camaraderie of one heart beat. Through it all, be sure in the realization that always, like leaders of our past, you have given and given again. For, always, there will be boys who come heart in hand, to our "field classroom", or locker room, wanting nothing more than to play the game. Let us always be there for them, willing to teach.

We are a proud fraternity. We share a wondrous heritage; a legacy of leadership. We are, yesterday, today, and tomorrow, the keepers of Minnesota's game.

Ron Stolski
Executive Director
Minnesota High School Football Coaches Association

Minnesota High School Football Coaches Association

Executive Director



Executive Committee



MHSFCA Officers
Executive Director
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1st Vice President
2nd Vice President
Secretary/Treasurer

Past President Rep
Retired Coaches Rep

All Star Game Director
Membership Director
Hall of Fame Banquet Director
Mr. Football Director
Operations and Communications Rep
Assistant Coach Rep
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Academic Recognition

Corporate Sponsors

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Ad Hock

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Conference Reps



5A (27 +)
Big Nine (10)
Lake (10)
St. Paul (7)
Independents ()

5A (34)
Central Lakes (10)
Northwest Suburban (9)
Classic Lake (7)
SEC (8)
Mississippi Eight (8)

4A (34)
Minneapolis (7)
Classic Suburban (9)
Missota (8)
North Suburban (10)

4A (37)
Southwest (7)
Rum River (9)
South Central (6)
Metro Alliance (7)

3A (35)
Hiawatha Valley Blue (6)
Minnesota River (8)
212 (6)
Wright County (8)
North Country (7)

3A (35)
Sea Range (8)
West Central North (6)
West Central South (6)
Central Minnesota (8)
Northern Lakes (7)

2A (21)
Tri Metro (8)
Hiawatha Valley Gold (6)
Great River (7)

2A (21)
Polar North (AA) (7)
Polar South (A) (7)
Heart O' Lakes (7)

2A (25)
Gopher Valley (10)
Three Rivers North (6)
Three Rivers South (6)
North Star (8)

1A (28)
Prairie North (7)
Prairie South (7)
Valley Plains (6)
Southern Confederacy (8)

1A (22)
Little Sioux (8)
Southeast (4)
Southern MN (10)

9 Man (29)
Pheasant (8)
Top of the State (7)
Southwest Ridge (7)
North Tri County (7)

9 Man (18)
Great Northern North (6)
Great Northern South (6)
Great Northern West (6)



Minnesota High School Football

2004 MINNESOTA FOOTBALL

Minnesota High School Football Coaches Association
901 E. Ferry St. Le Sueur, MN 56058
507-665-3305

This publication is issued annually by the MHSFCA

PAST PRESIDENTS

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

SECRETARY - TREASURER

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



Minnesota High School Football Coaches Association Organization Officers



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Flint Motchenbacher
Detroit Lakes



1st VICE PRESIDENT
Clay Anderson
Albert Lea



2nd VICE PRESIDENT
Wayne Petermeier
Browerville



SECRETARY - TREASURER
Terry Turek
LeSueur - Henderson

President's Message

I would like to thank the MHSFCA for electing me to serve as president for the 2005 season. When you look at the long list of past presidents it is truly an honor to serve this great organization. I would like to thank Dwight Lundeen for his outstanding leadership this past year, as we welcome the new officers, 1st Vice President, Clay Anderson and 2nd Vice President, Wayne "Ribsy" Petermeier. I would also like to thank Terry Turek, Secretary/Treasurer, for his hard work and dedication to this association.

This past spring, the MHSFCA had a major re-structuring. At the spring meeting we appointed Ron Stolski the new Executive Director. I believe this will give our association more stability through the transition of presidents. Ron will oversee all committees and hopefully improve

communication to make our association even better. We also made some moves to stabilize our association financially. Varsity Gold has signed on as the major corporate sponsor of our Association and will help finance several programs. We have also officially added Cambria as a sponsor and would like to thank them for the rings for our Hall of Fame inductees.

An area of concern for me as president is our membership base, it is my goal to contact everyone involved in high school football to join our association. We need every member to help recruit the rest of his staff, conference and section. We need every football coach on all levels to join our association. The benefits the organization offers to the coaches far outweigh the cost. It is important that coaches not only join the parent organi-

zation (MSHSCA), but join and also pay the football-unified dues (either Head Coach or Assistant). Those unified dues go directly to our association.

We are constantly looking for more coaches to become involved in our association. If you would like to become more involved, contact any current officers or committee chairmen.

In closing, I would like to thank the membership for providing me with the opportunity to serve this great organization. Football coaches are the greatest people in the world and it is an honor to serve you.

Best of luck in the upcoming season, may you all be undefeated.

Flint Motschenbacher,
President
Detroit Lakes High School



A TRIBUTE: FOOTBALL COACH LOUIS TODNEM, MANKATO

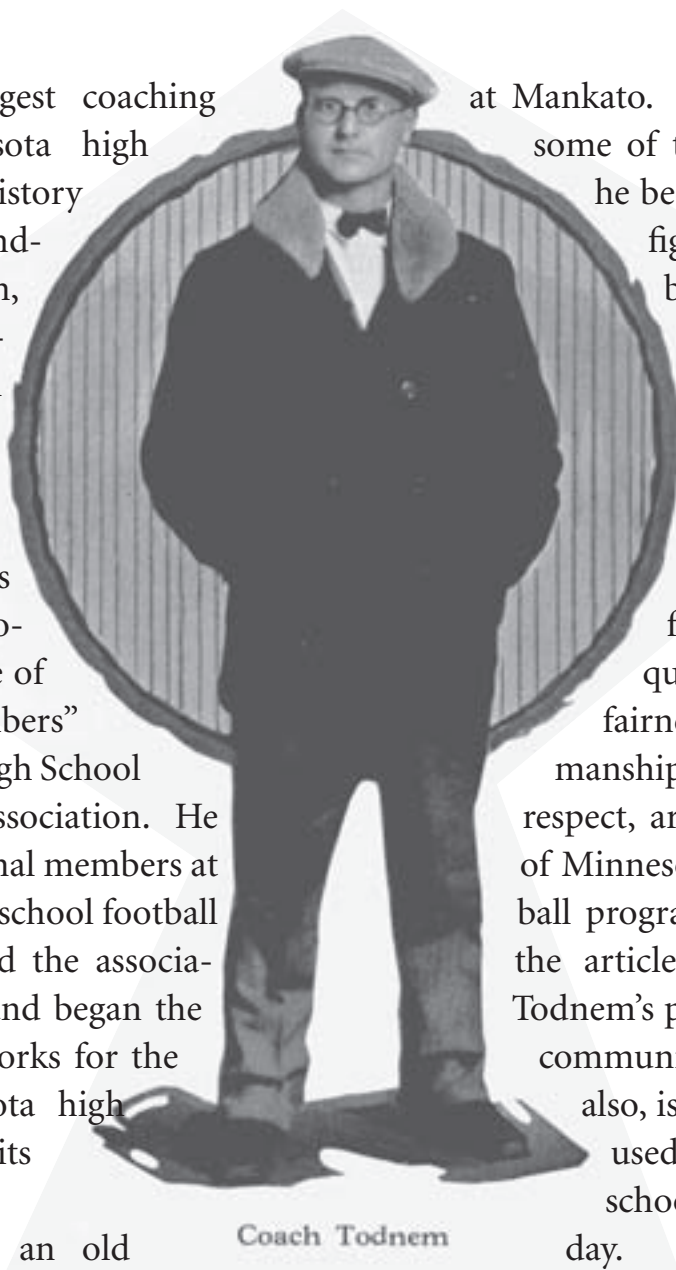
One of the longest coaching careers in Minnesota high school football history belongs to the legendary Louis Todnem, whose coaching tenure at Mankato high school spanned five decades. Not only did Todnem coach the Mankato teams to numerous victories, he was also one of the “founding members” of the Minnesota High School Football Coaches Association. He was one of the original members at the meeting of high school football coaches who created the association’s constitution and began the organization that works for the benefit of Minnesota high school football and its coaches.

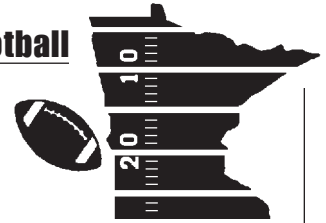
An article from an old Mankato yearbook probably sums up the qualities of Todnem that allowed him to “stand apart” from the rest and explains why he was able to remain a mainstay

at Mankato. The article also gives some of the reasons as to why he became such a respected figure in Mankato and beyond.

Much of what is stated about Todnem can hopefully be applied to many of Minnesota’s past, current and future football coaches. The qualities of confidence, fairness, discipline, sportsmanship, spirit, and above all, respect, are to present in many of Minnesota’s high school football programs. And the title of the article speaks volumes for Todnem’s place in the school and community: “Our Coach”. This also, is a “title” that could be used for many of our high school football coaches today.

The text and accompanying picture are from the Mankato high school yearbook of 1930.





OUR COACH



When the tables of time turned to 1923 they smiled encouragingly on Mankato High School, for it was in that year that Louis Todnem became coach of the athletic teams.

1923 stands out as a splendid year in athletics for the Scarlet teams. In that year Kato won the Southern Minnesota football Championship, had a winning basketball team, and won several track meets. But that year was only the beginning. Coach Todnem's methods began to go farther than the athletic field, and better sportsmanship and better spirit were shown by the students as a whole.

As the several years passed by, Mankato built up an enviable record in athletics, Football and basketball teams were always feared, and track teams were nearly unequalled.

Todnem gets everything possible out of his athletes. They like his manner, they fear his tongue, and above all, they respect him. His practices are harder and more strenuous than other high school practices. His squads are larger. Why? Because Todnem's methods are fair; his confidence in his players is unlimited.

Coach Todnem has instituted a "clean-speech" method which is very effective. If a participant swears he is paddled—and very promptly!

And so, as years go by, and his players go into the world, they will remember his fair dealings, his ideas of manhood, and his hopes for the.. May success and prosperity attend him.



Minnesota High School Football Coaches: MHSFCA Members for 2004-05

Listed below are the dues-paying head coaches of the MHSFCA for the year 2004-05.

These coaches are representative of the 271 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 MHSFCA believes that it is realistic to have over 90% of all head coaches as members. Membership strengthens the association and

allows for better representation for all teams and their concerns.

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

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

Coach	School
Gullingsrud, Mike	Ada-Borup HS
Strand, Randy	Adrian HS
Kleinschmidt, Michael	Albany Area HS
Kalpin, Dennis	Alexandria Jefferson HS
Wilke, Rich	Andover HS
Walter, Matthew	Annandale HS
Jansen, Roger	Ashby HS
Karlsqodt, Terry	Atwater-Cosmos-Grove City HS
Hermann, Tim	Austin HS
Lamppa, Brian	Babbitt-Embarrass HS
Anderson, Chuck	Bagley HS
Lundeen, Dwight E.	Becker HS
Beuning, Paul	Belgrade-Brooten-Elrosa HS
Gonnerman, Scott	Benson HS
Sutherland, James	Bertha-Hewitt HS
Hanson, Scott	Bethlehem Academy HS
Gerrety, Shannon	Blaine HS
Gimbel, Chad	Blooming Prairie HS
Kuechenmeister, Randall	Blue Earth Area HS
Solem, Stephen	BOLD HS
Bodeen, Terry	Braham Area HS
Stolski, Ron	Brainerd HS
Thiel, John	Breck
Baartman, Darren	Breckenridge HS
Martin, Jon	Brooklyn Center HS

Coach	School
Petermeier, Wayne	Browerville HS
Rohl, Gerard	Buffalo HS
Austinson, John	Byron HS
Fruechte, Carl	Caledonia HS
Larkin, Todd	Cambridge-Isanti HS
Snobl, Scott	Canby HS
Schultz, Ted	Cannon Falls HS
Klawitter, Keith	Cedar Mountain-Morgan HS
Watson, Michael J	Centennial HS
Young, Mark	Chaska HS
Weiss, Bill	Chisago Lakes HS
Larkin, Jim	Chisholm HS
Hofland, Neal	Chokio-Alberta HS
Krenik, David	Cleveland HS
Lenarz, Thomas	Cloquet HS
Townsend, Matt	Columbia Heights HS
Whalen, Tim	Concordia Academy HS
Bockovich, Dale	Cook County HS
Conboy, Doug	Cook County HS
Fabish, Mark	Cook HS
Kallok, Rich	Cretin-Derham Hall HS
Scanlan, Mike	Cretin-Derham Hall HS
Bergstedt, Keith	Cromwell-Wright HS
Schmidt, Eric	Crookston HS
Johnson, Craig	Crosby-Ironton HS



Minnesota High School Football Coaches: MHSFCA Members for 2004-05

Coach	School	Coach	School
Neutzling, Jeff	Dassel-Cokato HS	Seipkes, Don	Henning HS
Larson, Cory	Dawson-Boyd HS	Orth, Thomas	Henry Sibley HS
Lienemann, Philip	Dawson-Boyd HS	Bergstedt, Todd	Hermantown HS
Turnberg, Gary	Dawson-Boyd HS	Illikainen, Daryl	Hermantown HS
Ott, Steven	Deer River HS	Vitali, Gary	Hibbing HS
Pavlovich, Merrill	Delano HS	Risbrudt, Richard	Hillcrest Lutheran Academy
Motchenbacher, Flint	Detroit Lakes HS	Conway, Vince	Hill-Murray HS
Yost, Douglas	Dover-Eyota HS	Ellingson, Dan	Hills-Beaver Creek HS
Vold, Chris	Duluth Central HS	Messman, Mark	Holdingford HS
Mooers, David	Duluth Denfeld HS	Hopkins, David	Holy Family Catholic HS
Hietala, Joseph	Duluth East HS	McDonald, Ken	Hopkins HS
Sieling, John	Eagle Valley HS	Montgomery, George	Howard Lake-Waverly-Winsted HS
Battaglia, Daniel	East Central HS	Rostberg, Andrew	Hutchinson HS
Nelson, Bruce	East Grand Forks HS	Nordquist, Stuart	International Falls HS
Aker, Dave	East Grand Forks Sacred Heart HS	Longtin, Eric	Irondale HS
Sherwin, Kelly	Eastview HS	Miller, Stanley	Isle HS
Grant, Mike	Eden Prairie HS	Schuller, Thomas	Jackson County Central HS
Tri, Ray	Eden Valley-Watkins HS	Lepper, Jay	Jordan HS
Olson, Todd	Edina HS	Hockinson, Randy	Kenyon-Wanamingo HS
Cross, Michael	Elk River Area HS	Kavanagh, Chuck	Kerkhoven-Murdock-Sundberg HS
Visser, Darren	Ely Memorial HS	Traurig, David	Kimball Area HS
Roberts, Wayne	Eveleth-Gilbert HS	Beeveers, Wally	Kingland HS
Meschke, Andy	Faribault HS	Ogorek, Terrance	Kittson County Central HS
Froehling, Mark	Farmington HS	Mortenson, Randy	Lac qui Parle Valley HS
Link, Phil	Fergus Falls HS	Olson, Phil	Lake City HS
Nelson, Brian	Fertile-Beltrami HS	Nohner, Mark	Lake of the Woods
Elston, Del	Fillmore Central HS	Thompson, Larry	Lakeville HS
Byklum, Darrin	Fisher HS	Sackett, Jim	Laporte HS
Herm, Larry	Foley HS	Helland, Kenny	Le Center HS
Herman, Jim	Forest Lake	Anderson, Robert	LeRoy-Ostrander HS
Trautman, Dave	Frazee-Vergas HS	Knight, Craig	LeRoy-Ostrander HS
Hentges, Patrick	G-F-W HS	Scoblic, Joseph	Lester Prairie HS
Dose, David	Glencoe-Silver Lake HS	Turek, Terry	LeSueur-Henderson HS
Austin, Clair	Goodhue HS	Schmaltz, Scott	Lewiston-Altura HS
Wilebski, John	Goodridge HS	Steele, Ryan	Lewiston-Altura HS
Sloan, Gary	Grand Meadow HS	Johnson, John	Litchfield
Steege, Adam	Hancock HS	Marmon, Jack	Little Falls HS
Naatz, Peder	Hawley HS	Libbon, Nathan	Long Prairie-Grey Eagle HS



Minnesota High School Football

Minnesota High School Football Coaches: MHSFCA Members for 2004-05

Coach	School	Coach	School
Oye, Todd	Luverne HS	Essler, Dan	New London-Spicer HS
Buntje, Mark	Lyle-Austin Pacelli HS	Buthe, Tony	New Prague HS
Urbaniak, Karl	Mabel-Canton HS	Stork, Dan	New Richland-H-E-G HS
Dammann, Michael	MACCRAY HS	Lux, Denny	New Ulm HS
Tietje, Jefferson	Madelia HS	VanRoekel, Rick	New Ulm HS
Clark, John Jr	Mahnomen HS	Radniecki, Matthew	New York Mills HS
Malmstrom, Wally	Mahtomedi HS	Messick, Nathaniel	Norman County East HS
Davis, Eric	Mankato East HS	Jorgensen, Dan	Norman County West HS
Rotchadl, Dan	Mankato Loyola HS	Swanson, Joel	North Branch HS
Sutton, Rick	Mankato West HS	Honsa, James	North HS
Woodley, Bryan	Maple Lake HS	Sullivan, Bob	Northfield HS
Olson, Randy	Maple River HS	Anderson, Clay	Norwood Young America HS
Parker, Scott	Marshall County Central HS	Stritesky, Gene	Ogilvie HS
Sukalski, Trent	Marshall HS	Weiland, Jeffrey	Orono HS
Arntson, Scott	Marshall School, Duluth	Jirik, John	Orr HS
Aurich, Dean	Mayer Lutheran HS	Keller, Trevor	Ortonville HS
Passer, Jonathan	McGregor HS	Green, Daniel	Osseo Area HS
Neubarth, Bill	McLeod West HS	Williams, Jeff	Owatonna HS
McCabe, Maurice	Medford HS	Ekmark, Douglas	Park HS
Oja, Daryl	Melrose Area HS	Yocum, Dean	Parkers Prairie HS
French, Roger	Minneapolis Patrick Henry HS	Haugen, David	Pelican Rapids HS
Lossow, Rodney	Minneapolis Roosevelt HS	Maurer, Anthony	Pequot Lakes HS
Sedlock, Lenny	Minneapolis South HS	Kangas, E. Howard	Perham HS
Haugen, Peter	Minneapolis Washburn HS	Pohlkamp, Leo	Pierz-Healy HS
Monson, Ronald	Minnehaha Academy HS	Boushee, Dan	Pillager HS
Johnston, Chad	Minneota HS	Christianson, Bill	Pine City HS
Buboltz, James	Minnesota Valley Lutheran HS	Schwegel, Randy	Pine River-Backus HS
Nelson, Dave	Minnetonka	Schroyer, Richard	Pipestone Area HS
Hill, Steven	Minnewaska Area HS	Ihrke, William	Plainview Community HS
Schimming, David	Montevideo HS	Patnode, Douglas	Princeton HS
Odland, Brian	Monticello HS	Bennett, John	Prior Lake HS
Connelly, Steve	Moorhead HS	Hylla, David	Proctor HS
Louzek, David	Moose Lake-Willow River HS	Buck, Christopher	Randolph HS
Qual Randy	Mora HS	Brantl, Gary	Red Lake County Central HS
Witt, Jerome	Morris Area HS	Remick, Brian	Red Lake Falls Lafayette HS
Galvin, Jim	Mounds View HS	Walker, Brian	Red Rock Central HS
Kirk, Tim	Mountain Lake HS	Lundeen, Matt	Redwood Valley HS
Campbell, Charles	Nawhwauk-Keewatin HS	Inforzato, Kyle	Richfield HS



Minnesota High School Football Coaches: MHSFCA Members for 2004-05

Coach	School	Coach	School
Norby, Erick	Robbinsdale Cooper HS	Kroulik, Mark	Stephen-Argyle Central HS
Drews, Jack	Rochester John Marshall HS	Schwarz, Steven	Stewartville HS
Peters, Marv	Rochester Lourdes HS	Hoffman, Scott	Stillwater Area HS
Miller, James	Rochester Mayo HS	Hickey, Tim	Tartan HS
Theisen, Rick	ROCORI HS	Ferguson, Jeff	Totino Grace
Franz, Marc	Rogers HS	Nelson, Tom	Two Harbors HS
Borowicz, Douglas	Roseau HS	Ross, Chuck	Underwood HS
Swenson, Joel	Royalton HS	Mahlen, Michael	Verndale HS
Reinhardt, James	Rushford-Peterson HS	Foley, Patrick	Waconia HS
Mikkelsen, Kent	Russell-Tyler-Ruthton HS	Kapping, Ryan	Wadena-Deer Creek HS
Ross, John	Sartell HS	Naugle, Peter	Walker-Hackensack-Akeley HS
Olson, Bryan	Sauk Centre HS	Gullikson, Tony	Warren-Alvarado-Oslo HS
Magnuson, Bill	Sauk Rapids/Rice HS	Keller, Warren	Warroad HS
Heino, Mike	Sebeka HS	Bakken, Jon	Waterville-Elysian-Morristown HS
Walsh, Randal	Sibley East HS	Stifter, John	Waterville-Elysian-Morristown HS
Otterblad, Larry K	Silver Bay Wm Kelley HS	Clark, John	Waubun HS
Jones, Randy	Simley HS	Anderson, Brad	Wayzata HS
Berdan, Ronald	Sleepy Eye - St Mary's HS	Frisch, Mike	West Central Area HS
Guthmiller, Jim	Southland HS	Veach, Nathan	West Lutheran HS
Heisinger, Wayne	Southwest Star Concept HS	Ross, Carter	Westbrook-Walnut Grove HS
Groth, Brad	Spring Grove HS	Theisen, Leo	Westbrook-Walnut Grove HS
Schlieff, Jeff	Spring Lake Park	Thiel, Tony	Wheaton Area HS
Dunn, Paul	Springfield HS	Jackson, Robert	White Bear Lake HS
Medlo, Jon	St Agnes HS	Heitzman, Ken	Willmar HS
Perry, Jason	St Charles HS	Elder, Erin	Windom Area HS
Andree, Tim	St Clair HS	Hendrickson, Richard	Win-E-Mac HS
Knudsen, Tim	St Cloud Apollo HS	Bowlin, Patrick	Winona Cotter HS
Kinzer, Jamie	St Cloud Cathedral HS	Herzog, Paul	Woodbury HS
Kaczor, Ronald	St Cloud Tech HS	Hale, Dennis	Worthington HS
Lemke, Carl	St Croix Lutheran HS	Brokke, Dave	Yellow Medicine East HS
Bauman, Earl	St Michael-Albertville HS	Hamlin, David	Zimmerman HS
Brown, F. Michael	St Paul Academy & Summit School	Rauen, Willie	Zumbrota-Mazeppa HS
Rubbelke, James	St Paul Harding HS		
Zeitchick, David	St Paul Highland Park HS		
Munkwitz, James	St. Paul Humboldt HS		
Plaschko, Jeff	St Paul Johnson HS		
Ziebarth, David	St Thomas Academy HS		



MHSFCA Retired Life Membership

Do you want to stay active in the MHSFCA? Life membership in the MHSFCA 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, Box 81, Henderson MN 56044.

Coach, School

Anderson, Bob, Minneapolis Roosevelt
 Anderson, Lyle, Cook County
 Baker, Jim, Richfield/Lake City
 Baumann, Ken, Mahanomen
 Beadle, Dave, Albrook
 Belanger, Ken, Zumbrota
 Belseth, Mike, Breckenridge
 Bergloff, Clark, Mora
 Bjornaraa, Bud, Apple Valley
 Bromberg, Rolli, Cloquet
 Celt, Bob, Red Wing
 Claffey, Herb, Milaca
 Conboy, Doug, Silver Bay
 Conzemius, John, Wadena
 Dahl, Mac, LaCrescent
 Dotseth, Jim, Minneapolis Henry
 Draheim, Ed, Owatonna
 Dreschel, Les, Crookston
 Eikren, Pete, Chisago City
 Elezenga, Roger, Windom
 Elias, Chuck, Minneapolis Central
 Fredlund, Frank, St. Peter
 Graham, Gary, Browerville
 Gramling, Earl, Alden
 Gross, John, Medford
 Gustafson, Gary, North St. Paul
 Hagge, Loren "Huns", Rochester
 Halsted, Chuck, Brainerd
 Hansen, John, Osseo
 Harding, Bruce, Sandstone
 Heibert, Del, Ceylon
 Henderson, Roy, Belle Plaine
 Henkes, Jim, Wheaton
 Herges, Pete, Albany

Coach, School

Hesinger, Wayne, Southwest Star
 Hill, Ken, Sauk Rapids
 Hofland, Neal, Chokio-Alberta
 Holzer, Mike, Kingsland
 Idstrom, Tom, Brainerd
 Jacobson, Ken, Chatfield
 Jaeger, Rick, Montevideo
 Jerdee, Jerry, Benson
 Johnson, Mark, Rocori
 Knutson, James
 Kubes, Richard, West St. Paul
 Larson, George, Cambridge
 Lawrence, Dick, Eveleth
 Lien, Ken
 Mahoney, Tom, Fairmont
 Martin, Bill, St. Paul Central
 Nangle, Bob, Pipestone
 Nelson, Andy, Lake Benton
 Nordquist, Stuart, International Falls
 Norlander, John, Plainview
 O'Neil, Bob, Fridley
 Olson, Stan, LeRoy-Ostrander
 Olson, Warren, Brooklyn Center
 Peterick, John, Mahanomen
 Peterson, Bob, Esko
 Peterson, Jerry, Owatonna
 Peterson, Ralph, Rochester
 Rauen, Willie, Pine Island
 Roforth, Jim, Osakis
 Rohman, Dan, Belview
 Rossini, Reno, St. Paul
 Rostberg, Grady, Hutchinson
 Roy, Bob, St. Louis Park
 Royer, Neil, Martin County West

Coach, School

Rumrill, Buz, Silver Lake
 Ryan, Robert, St. Paul Humboldt
 Scanlon, Mal, Cretin
 Scott, Ron, Coon Rapids
 Seigel, Pelican Rapids
 Senne, Cliff, Welcome
 Silianoff, Steve, South St. Paul
 Simser, Jim, Fairmont
 Smith, George, Mahtomedi
 Smith, Tom, New Richland-Hartland
 Stolski, Ron, Brainerd
 Strand, Dick, Southland
 Stussey, Lloyd, Wells
 Swanson, Don, Minneapolis Henry
 Thiel, Tony, Battle Lake
 Thole, George, Stillwater
 Thompson, John
 Taurig, Leo, New Ulm
 Tuvey, George, Janesville
 Uhlir, Dave, Bagley
 Vagle, Virg, Paynesville
 Varpness, Don, Worthington
 Walker, Dick, Richfield
 Wallskog, Jerry, LeCenter
 Wilhite, Jack, St. Louis Park
 Wilkowski, Bob, Perham
 Wilson, Bill, Fairmont
 Youso, Bob, Moose Lake

2005-2006 UNIFIED DUES APPLICATION FORM

Minnesota State High School Coaches Association, Inc.

1215 Summit Ave., Detroit Lakes, MN 56501

JOHN ERICKSON, EXECUTIVE DIRECTOR

(218) 847-6796 (H) • (218) 847-9228 Ext. 3310 (School) • (218) 847-0057 (Fax)

www.mshsca.org



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

SCHOOL _____

MAILING ADDRESS _____

CITY _____ STATE _____ ZIP CODE _____

ADMINISTRATIVE REGION NO. _____ COMPETITIVE SECTION NO. _____

E-MAIL ADDRESS _____ HOME PHONE # (_____) _____

DUES PAYABLE Check One

- () ANNUAL DUES PAYING MEMBER - \$30.00
Eligible: MN Secondary, Jr. High, Elementary
Coaches and ADs
- () RETIRED LIFE MEMBER OR LIFE MEMBER
(without Insurance) - \$5.00
- () ASSOCIATE MEMBERS - \$15.00
Eligible: Out of State Coaches
All College Coaches
- () LIFE MEMBER (with Insurance) - \$10.00

NUMBER OF YEARS COACHING, INCLUDING 2003-2004 SCHOOL YEAR _____
(This includes Minnesota and all states.)

SPORTS ASSOCIATION DUES

(Optional - Must join parent organization before you can
join individual Sports Association)

ADAPTED ATHLETICS	\$10
ATHLETIC DIRECTORS	\$40
BASEBALL (March 7 deadline)	\$10 (H); \$5 (A)
BOYS BASKETBALL (Dec. 1 deadline)	\$10 (H); \$5 (A)
GIRLS BASKETBALL (Dec. 1 deadline)	\$10 (H); \$5 (A)
CROSS COUNTRY (Oct. 1 deadline)	\$10 (B or G); \$10 (B/G)
FOOTBALL (Oct. 1 deadline)	\$20 (H); \$10 (A)
Retired Life	\$25
GOLF (April 15 deadline)	\$10 (B); \$10 (G); \$10 (B/G)
HOCKEY (Jan. 7 deadline)	\$25 (H); \$15 (A)
Retired Life	\$15
NORDIC SKIING (Dec. 15 deadline)	\$10
ALPINE SKIING (Jan. 15 deadline)	\$10 (H); \$6 (A)
BOYS SOCCER (Oct. 1 deadline)	\$10 (H); \$5 (A)
GIRLS SOCCER (Oct. 1 deadline)	\$10 (H); \$5 (A)
BOYS SWIMMING (Jan. 30 deadline)	\$10 (H); \$5 (A)
GIRLS SWIMMING (Oct. 1 deadline)	\$10 (H); \$5 (A)
BOYS TENNIS (March 15 deadline)	\$10 (H); \$5 (A)
GIRLS TENNIS (Oct. 1 deadline)	\$10 (H); \$5 (A)
TRACK & FIELD (March 15 deadline)	\$15 (H); \$5 (A)

DIRECTORY INFORMATION

(Please circle or list your coaches assignments,
Head, Assistant, Jr. High or Elementary)

MSHSCA **\$30.00**
(INCLUDES \$1,000,000 LIABILITY INSURANCE)

SPORTS ASSOCIATION DUES \$ _____

TOTAL \$ _____



Reasons Why MSHSCA Membership Is Beneficial

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

MSHSCA MEMBERSHIP PERKS

AS OF MARCH 1, 2005

- FOUR POINTS SHERATON HOTEL, MPLS - \$65 per night
- HOLIDAY INN - ALEXANDRIA -
Sunday - Thursday \$42/single; \$47/two or more
Friday & Saturday, \$55/single; \$60/two or more
For information call Jim Sterlkund at 612- 763-6577
- NORMANDY INN - MINNEAPOLIS - 1-800-373-3131
Corporate Rate -Parking included
- BEST BUY - Commercial Division
Commercial rate (store rate minus 15-25% - usually)
Call 1-800-373-3050. Identify yourself as a member of MSHSCA. They will give you a quote on any merchandise they carry. Quotes include freight. They will ship upon receipt of personal check or school purchase order. They will fax specs on different kinds of equipment.
- MINNESOTA ZOO - APPLE VALLEY
Corporate Rates - 20% OFF on all admissions.
Call Shirley Allslot for discount card at 612-431-9298
- MINNESOTA TIMBERWOLVES - \$3 discount on tickets - Team discount on tickets. Call John From at 612-673-1388
- SUPER 8 - SHAKOPEE Corporate Rate - 612-445-4221
- SUPER 8 - BLOOMINGTON - 10% discount 612-888-8800
- ALAMO RENT-A-CAR Discount on Car Rentals - 1-800-354-2322



New Rules and Proposals

The MSHSL has passed the proposal of allowing football players to participate in more quarters of play during varsity games. The current proposal increases the number of quarters from 5 to 6 per game.

Under the new policy making structure of the MSHSL, 16 regional committees now introduce new proposals to the delegate assembly for voting consideration. There are eight class A committees and 8 AA committees. A proposal must receive at least nine votes in order to move on to the assembly.

The proposal's rationale was that football teams that get large leads in games sometimes have to leave their starters in the game longer because they are unable to put younger players in due to the 5 quarter limitation. This was mainly a "small school" issue in that school's with smaller squad sizes normally go from varsity starters to sophomore team players because of a lack of numbers.

The proposal passed out of the committees by a 14-2 vote.

The association's other proposal for allowing teams to use "full equipment" during the first three days of practice did not make it out of the regional committees. The vote was deadlocked at eight to eight, thus not going on to the assembly. The proposal was then "reworded" to specify just the use of helmets and shoulder pads and will be resubmitted.

Another proposal for having artificial turf, neutral sites for the state playoffs quarterfinal round is being considered by the board. Since this is a tournament proposal it does not have to go through the regional committees.

This new procedure has highlighted the idea that the MHSFCA and its members must now pay close attention to the regional committee schedule and to have representatives in attendance to state the association's position.

2005 Football Rules Changes

1-2-3: A mark 12 inches in length, 4 inches in width and 9 yards from each sideline shall be located on each 10-yard line. These marks shall not be required if the field is visibly numbered.

1-5-1: Beginning with the 2006 season, all helmets shall be secured with a four-snap chin strap and a tooth protector shall be of any readily visible color, other than white or clear.

1-5-2: Beginning with the 2008 season, hand pads must meet the same standard as gloves concerning the level of tackiness. The hand pads shall bear the NF/NCAA label indicating compliance with test specifications on file with the Sporting Goods Manufacturers Association as of January 1, 1994.

1-5-3: The manufacturer logo/trademark restriction now includes any company reference.

3-3-4 NEW: A period shall not be extended when a foul occurs that specifies a loss of down.

3-7; 3-5; 7-2-1; 9-6 & 9-8: Substitution and participation rules have been clarified.

7-2-1 Penalty: "Illegal procedure" terminology has been removed from the rules book and Signal Chart.

7-5: Only one forward pass may be thrown during a down.



2005 Football Rules Changes

(continued...)

7-5-10 NEW: Hindering an opponent's vision without making an attempt to catch, intercept or bat the ball is pass interference, even though no contact was made.

7-5-11: Contact by a defender obviously away from the direction of the pass is not considered pass interference.

8-5-2a Exception: All types of loose balls now included in momentum exception.

9-4-2: Non-players added to those who are covered under the Illegal Personal Contact rule.

Six & Eight Players: At least five offensive players shall be on their line of scrimmage at the snap and may have any legal jersey number.

Points of Emphasis

1. Heat and Hydration and Its Effect on Weight
2. Spearing, Butt Blocking, Face

- Tackling and Chop Blocks
3. Sideline Management
4. Game Management

Courtesy of the National Federation of State High School Associations (nfhs.org)

Recruiting Fair Continues

The Recruiting Fair, sponsored by the MHSFCA, has continued into its third year and enjoys a consistent response from high school and college coaches. The purpose of the recruiting fair is to help high school football coaches gain some exposure for their football programs athletes and allow college coaches to have a convenient way to collect information on Minnesota's top players. The fair also helps to alleviate some of the repetition in the recruiting process that can occur when several colleges are

recruiting the same athletes from the same schools.

Jeff Ferguson has assumed the duties as the Recruiting Fair chairman. The most recent fair was held on May 10th, 2005 at the Mermaid Entertainment Center in Mounds View. The fair costs nothing for high school coaches to participate and the colleges by a fee to receive the compiled information. The fair was well attended and also provided a little increased revenue for the association, as any money left over from the fair goes to the associa-

tion.

The Recruiting Fair coordinators have also set up a website to help make it even more convenient for high school coaches to participate. The site's address is: <www.mshsca.org/football/recruitingprospects.html>.

If coaches have any questions, they should contact Jeff Ferguson or the MSHFCA officers. Please pay attention for upcoming information in connection with the 2006 Recruiting Fair.



Visit the MHSFCA Website

The Minnesota High School Football Coaches Association is constantly updating their web pages and more and more information related to Minnesota high school is finding its way onto the site.

The football association's parent group, the MSHSCA, sponsors the site. To gain access to the football pages, just get on the Internet and go to the MSHSCA site at www.mshsca.org. Then click on "Sports Associations". And when you click on "Football", you're there. You can choose from numerous topics that are specifically designed for high school football coaches, with topics such as MHSFCA meetings, football clinics, Minnesota high school football records and much more. There are also other links related to Minnesota high school football. Some of the pages are "under construction" and will be updated as time allows.

Along with the site are many e-mail addresses of high school football coaches, which is something that the association's executive officers would like to emphasize. As more and more coaches become better

acquainted with the use of the Internet and e-mail communication among members becomes better and faster.

Rob Neilson and Flint Motschenbacher of Detroit Lakes deserve most of the credit for maintaining and updating the site. Both have done a great job of making the material accessible to coaches.

Remember, it's "your site" and it has a wide range of uses. All coaches should feel free to contact MHSFCA executives with ideas or suggestions for the site and its uses.

www.mshsca.org



Minnesota High School Football

Mr. Football Award

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

Sponsored by:

Minnesota High School 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 MHSFCA.
- Nominees cannot have any MSHSL eligibility violations.
- Each player must be nominated by their conference/MHSFCA 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 November 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 MHSFCA 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

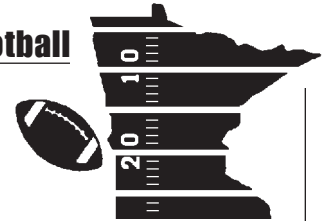
Mr. Football Committee

Chairman Clay Anderson, Albert Lea, Mike Fritze, Apple Valley

Dwight Lundeen, Becker, Don Swanson Retired Coaches Representative, Ron Stolski Brainerd,

Terry Turek, Le Sueur-Henderson, Kevin Ryherd, National Football Foundation Hall Of Fame,

Chad Ostlund, Minnesota Vikings, Scott Gonnerman, Benson, Jeff Weiland, Orono, Rick Sutton, Mankato West



Mr. Football Award Selection

The Mr. Football award was selected and presented for the first time this year. The award is designed to recognize Minnesota's most outstanding high school football player.

Ten finalists were nominated and then selected by the Mr. Football committee, which is chaired by Clay Anderson. The ten finalists were:

Walker Lee Ashley, defensive lineman from Eden Prairie, linebacker Mike Pavelko, Eden Prairie, linebacker James Laurinaitis of Wayzata and wide receiver Greg Martin of Maple Grove.

The six outstate finalists are wide receiver/safety Eric Decker of Rocori, running back/linebacker Nick Grewe of Bertha-Hewitt, quarterback/defensive back Ben Kuznia of Bird Island-Olivia-Lake Lillian (BOLD), quarterback/defensive back Nick Mertens of East Grand Forks, running back Isaac Odum of Rochester Century, and running back/linebacker Joe Sveen of Plainview/Elgin-Millville.

From this group of players, Nick Mertens, East Grand Forks, was selected as the state's top player. Mertens was very worthy of the award as he was the key player in East Grand Fork's undefeated regular season and in guiding the Green Wave to the school's first state championship in football. Mertens quarterbacked the team, being both a great passer and runner in EGF's shotgun/option attack. Mertens further displayed his value by being the team's leading defensive back, while also handling the punting and kickoff duties. Mertens will continue his football career at North Dakota State University.



Mr. Football Award Committee

Coach

Anderson, Clay

Lundeen, Dwight

Swanson, Don

Stolski, Ron

Turek, Terry

Rynerd, Kevin

Ostlund, Chad

Gonnerman, Scott

Weiland, Jeff

Sutton, Rick

Fritze, Mike

School

Norwood Young America

Becker

Retired

Brainerd

Le Sueur-Henderson

National Football Foundation Hall Of Fame

Minnesota Vikings

Benson

Orono

Mankato West

Apple Valley



Conference Realignmentments

Conference "shuffling" continues as the MSHSL assigned four teams from the old Metro Alliance Conference, to new conferences starting with the 2006-07 school year. Brooklyn Center and St. Anthony were placed in the Tri-Metro, Columbia Heights in the North Suburban and Orono in the Wright County. Other conference changes, for this season and next, are listed below. It should be noted that some changes may not be included.

Lake Conference

Lakeville South will eventually add one more team to the Lake Conference

Lake Conference

Eden Prairie

Eagan

Eastview

Bloomington Jefferson

Bloomington Kennedy

Chaska

Rosemount

Apple Valley

Lakeville

Lakeville South

North Suburban Conference

North Suburban Conference in 2005

Benilde-St. Margaret's

Chisago Lakes

Fridley

Irondale

North Branch

Robbinsdale Cooper

Rogers*

St. Francis

St. Louis Park

Spring Lake Park

Totino Grace

*one season member

Columbia Heights enters in 2006

Classic Lake Changes

The Classic Lake has "shrunk" and will be looking to add teams in the future, if possible.

Classic Lake Conference

Edina

Robbinsdale Armstrong

Minnetonka

Wayzata

Hopkins

Wright County

Wright County in 2005

Annadale

Dassel-Cokato

Delano

Glencoe-Silver Lake

Litchfield

Mound Westonka

Waconia

Watertown-Mayer

Note: Orono enters in 2006

Mississippi Eight

Mississippi Eight in 2005

Becker

Big Lake

Buffalo

Cambridge-Isanti

Monticello

Princeton

Rogers

St. Michael-Albertville

West Central Conference

West Central South

Benson

Lac Qui Parle Valley

Morris Area

Paynesville

Yellow Medicine East

BOLD

Atwater-Cosmos-Grove City

West Central North

Albanyt

Melrose

Sauk Centre

St. Cloud Cathedral

Long Prairie-Grey Eagle

New London-Spicer

Minnewaska Area

Montevideo

Central Lakes

The Central Lakes Conference is adding Fergus Falls, now an independent, in fall 2005.

The Central Lakes Conference, which will grow to 10 schools with the addition of Fergus Falls for the 2005-06 school year, has agreed to schedule

eight boys' and eight girls' basketball games with independents Bemidji and Moorhead starting in 2006-07.

Central Lakes

Brainerd

Sartell

Rocori

Alexandria

Little Falls

St. Cloud Tech

St. Cloud Apollo

Willmar

Sauk Rapids

Fergus Falls

Suburban East

Cretin-Derham Hall will be added, by action of the MSHSL.

White Bear Lake

Hastings

Mounds View

Roseville

Woodbury

Stillwater

Park of Cottage Grove

Forest Lake

Cretin-Derham Hall

Tri Metro

Blake

Breck

Concordia Academy

DeLaSalle

Minnehaha Academy

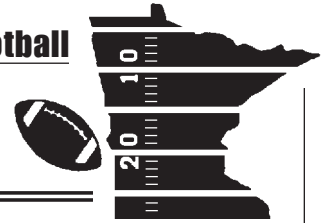
St. Agnes

St. Bernard's

St. Croix Lutheran

St. Paul Academy

Note: St. Anthony and Brooklyn Center enter in 2006



Coaching Changes

Listed below are just some of the coaching changes that have occurred on the Minnesota high school football scene. It should be noted that these are not all of the changes, just the ones that were known on, or before, this edition went to press.

Academy of Holy Angels

Mike Pendino, stepped down as the Stars Head Coach after leading the Richfield private school to prominence in the Minnesota conference.

Michael Smalley, a Holy Angels varsity assistant in football since 1994, has been named the Stars' new head coach.

Agassiz Valley

Bryan Strand takes over as the head coach for Trojans this season. Strand had previously been an assistant football and head basketball coach at LeCenter high school. Strand adds the head football duties to his principal's job at Barnesville. And coaching is "in his blood" as his father, Dick Strand, coached at Southland in Adams for many years and is a former president of the MHSFCA.

Albert Lea

Clay Anderson will become the new head football coach for Albert Lea in the Big Nine Conference, replacing Jeff Marty. Anderson literally rebuilt the Nowood Young America football program when he took over that team in 2000. Norwood had experienced 25 consecutive losing seasons before Anderson arrived, and in just three seasons the Raiders were playing in the Prep Bowl. Anderson had previously been the head coach at LeCenter, where he also guided that team

to a Prep Bowl appearance.

Belgrade-Brooten-Elrosa

Paul Beuning was replaced as head football coach. The new coach's name was not known at the time the magazine went to press.

Belle Plaine

The Belle Plaine Tigers, of the Minnesota River conference, got a new head coach in Justin Johnson, former defensive coordinator at Winona high school.

Bloomington Kennedy

Mike Barnes resigned as Kennedy's head coach and Dave Frisell has been named as the new coach.

Burnsville

Paul Miller, who coached the Blaze for one season,

resigned as the Braves head coach to accept the head coaching position at Hamline. Burnsville has named Doug Boe as its football coach. Boe had been a long time assistant coach for the Blaze.

Cretin-Derham Hall

Rich Kallok retired as the head football coach after 16 years as the head and co-head coach of the Raiders program. He compiled a record of 200-65 and helped the Raiders to 15 consecutive state playoff appearances along

with a state championship in 1999. The Raiders also finished runnerup in the state playoffs in 1988, 1992, and 2000. He will be replaced by Mike Scanlon, who had previously been the co-head coach with Kallok.

DeLaSalle

Adam Kowles has left DeLaSalle to take over the head coaching duties in Hudson, WI. He will be replaced by Dick Weinberger. Weinberger has been coaching football for 25 years. His previous coaching stints have been as the head coach at Tartan, assistant coach at Stillwater, and as a college assistant at Wisconsin-Stout. He will also be teaching at the private Catholic school in the Physical Education department.

East Grand Forks

Bruce Nelson, who guided the Green Wave to its only state football championship in school history in 2004, has resigned as head football coach to take on new responsibilities as a principal. Former assistant coach Todd Schumacher will be replacing Nelson as the Green Wave's head football coach.

Edina

Todd Olson resigned after nine seasons as the Hornets head coach. Olson led the Hornets to three Classic Lake Conference titles. Olson will assume the du-



Minnesota High School Football

ties as Richfield's athletic director.

Edina hired Kim Nelson to replace Olson. He was the head coach for 12 years at Washington High School in Sioux Falls, S.D. He was very successful in South Dakota and has a career record of 169-97.

Fergus Falls

Richard Risbrudt, the football coach and athletic director at Hillcrest Lutheran Academy in Fergus Falls for 27 years, will leave after the 2004-05 school year. He recently was hired to coach at the public high school in Fergus Falls starting with the 2005 season. Phil Link, previous Fergus Falls head coach, resigned this past year. Risbrudt's Hillcrest teams appeared in 10 state tournaments and played in the Prep Bowl five times, winning the Nine-Man title in 2001. His career record is 171-101.

Forest Lake

Jim Herman stepped down as head football coach.

Forest Lake then named Matt Cleary, the former head coach at Shell Lake High School, in Wisconsin for the past five years, as the new head coach. Cleary graduated from White Bear Lake and had previously been an assistant football coach at Spring Lake Park. His Shell Lake team finished undefeated and won a state title in 2004.

Hillcrest Academy

Replacing Risbrudt will be Charlie Brue, who had been an assistant at Hillcrest for the last five years.

Irondale

Ben Geisler takes over as the head coach for Eric Longtin at Irondale

Lac Qui Parle Valley

Mark Bjornjeld will be the new head coach at LQV. Randy Mortenson was the previous head coach.

Lakeville/Lakeville South

Lakeville added a new school to its district in 2005. The new school, which will be called Lakeville South, will be coached by Larry Thompson, would had enjoyed great success as Lakeville's longtime coach, most recently winning a Class 5A state title in 2003. The school district has named former Lakeville assistant Michael Zweber as the Panthers new head coach.

Minneapolis North

Rufus Bess is leaving North to become an assistant coach at Bloomington Kennedy. Bess is being replaced by Richard Wilson, who had previously been as assistant football coach with the University of Minnesota.

Mound Westonka

Mound Westonka will be playing in the Wright County Conference for the first time beginning this season. The name of the new coach for the football team had not yet been determined at press time.

Norwood Young America

Clay Anderson, who took the Albert Lea job, created a vacancy for the Raiders. Paul Henn will be the new coach.

Osseo

Osseo football coach Dan Green has resigned for personal reasons. Green will continue to be a junior high physical education teacher in the district. The Orioles were 2-8 last fall. Derrin Lamker has been named as the new head football coach for the Orioles. Lamker had previously been an assistant coach at Robinsdale Armstrong.

Paynesville

Ted Nett takes over as head coach, replacing Kyle Nehowig.

Rochester Lourdes

Marv Peters stepped down as head coach to concentrate on his duties as the Lourdes athletic director. Mike Kessler, who had been an assistant coach for Lourdes, was named as the new head football coach.

Watertown-Mayer

Jon Stifter resigned after the season was over in 2004. He will be replaced by former Watertown-Mayer assistant Ed Rundell. Rundell graduated from St. Peter high school and played football at Luther College and had been at Fairmont before moving to Watertown-Mayer.

Woodbury

Paul Herzog, head coach at Woodbury for the past four seasons resigned as head football coach. Herzog led Woodbury to the state tournament in 2004. Former St. John's linebacker and South St. Paul native, Beau Labore has accepted the head football coaching job at Woodbury.



Section Update

Section changes have come again. And while the total number of high school football teams in Minnesota has gone up slightly, there seem to be no major differences.

One change did occur in the calculation of enrollments for school classification. The MSHSL went back to the “old way” of computing enrollments when a proposal was passed in 2005 by the MSHSL assembly. For two years schools in cooperative sponsorships only had to count a percentage of the smaller school’s enrollment, based on the number players on the on varsity roster. They now must count full enrollments of all schools in cooperatives.

This did not make any dramatic changes. When the change originally occurred, the number of 9 Man schools increased to 71, which was the largest number of 9 Man schools in several years. But after reverting back, the number of 9 Man schools only dropped to 68.

Concerns arise, as they seem to do every two years. Teams close to the classification “bottom” feel slighted, especially when they make it into the “larger class” by only one or two students. The number of teams per section also has caused some questions to be asked. Differences in the number of teams within sections of the same class that are

larger than one team are a concern, though this time that number was seemingly kept at a minimum. Classes 3A and 2A had one instance each of a section with two more teams than other sections. Byes have also been a concern in the past and they still are in the present realignment. Class 4A, as has been the case in the past, has the most byes with six of the eight sections having less than eight teams. Class 5A has three sections of seven teams for the next two seasons.

Solutions are hard to come by as the predetermined “cutoffs” in classes 5A, 4A, and 9 Man are subject to teams going “up” or “down” depending on enrollments. Minnesota school demographics play a role too, as there are currently only so many schools in the 550 to 1100 enrolment range to supply teams for class 4A. The wide number of small, outstate schools keep the Class 1A, 2A, and 3A teams fairly constant. Proposals to change the current system have not gotten past the discussion stage at the MHSFCA level as coaches have yet to come to a consensus on the “seriousness” of problems. Right now, there just doesn’t seem to be enough interest in overhauling the current system or even making changes to it as the majority of coaches are either satisfied with it or have other matters that are that they deem more important.

Number of High School Football Teams in Minnesota

2005-06	Class						Overall
Section #	9 Man	1A	2A	3A	4A	5A	
1	8	8	8	8	7	8	
2	8	9	8	8	6	8	
3	8	9	10	8	7	8	
4	8	8	8	10	8	8	
5	9	9	9	9	7	8	
6	9	9	8	8	6	7	
7	9	8	9	8	7	7	
8	9	8	8	8	8	7	
Totals	68	68	68	67	56	61	388

Data provided by MSHSL



Competitive Section Assignments for 2005-06

The following is a list of new competitive sections for the 2005-2006, 2006-2007 school years. Section Assignments are determined by School Enrollments and Activity Classifications. Source: MSHSL

Class: 9MAN - Section: 1

8 teams in this section
 Glenville-Emmons High School
 Grand Meadow High School
 Houston High School
 Lanesboro High School
 LeRoy-Ostrander High School
 Mabel-Canton High School
 Spring Grove High School
 Coop: 834
 Austin Pacelli High School
 Lyle High School

Class: 9MAN - Section: 2

8 teams in this section
 Cleveland High School
 Edgerton High School
 Minnesota State Academy for the Deaf
 Nicollet High School
 Sioux Valley Lutheran High School
 Westbrook-Walnut Grove High School
 Coop: 283
 Ellsworth High School
 Hills-Beaver Creek High School
 Coop: 820
 Alden-Conger High School
 Knutson Home School

Class: 9MAN - Section: 3

8 teams in this section
 Hancock High School
 Lakeview High School
 Wheaton High School
 Coop: 125
 Brandon High School
 Evansville High School
 Coop: 149
 Campbell-Tintah High

School
 Coop: 658
 Ashby High School
 Country Bible Christian
 Coop: 715
 Chokio-Alberta High School
 Herman-Norcross High School
 Coop: 935
 Lake Benton High School
 Lincoln H I High School

Class: 9MAN - Section: 4

8 teams in this section
 Bertha-Hewitt High School
 Eagle Valley High School
 Holy Trinity High School
 Isle High School
 Laporte High School
 Nevis High School
 Underwood High School
 Verndale High School

Class: 9MAN - Section: 5

9 teams in this section
 AlBrook High School
 Cotton High School
 Cromwell High School
 Floodwood High School
 Fond du Lac Ojibwe High School
 Hill City High School
 McGregor High School
 Silver Bay (Wm. Kelley) High School
 Wrenshall High School

Class: 9MAN - Section: 6

9 teams in this section
 Ada-Borup High School
 Hillcrest Lutheran Academy
 Norman County East High School
 Norman County West High School

Ulen-Hitterdal High School
 Waubun High School
 Win-E-Mac High School
 Coop: 210
 Climax High School
 Fisher High School
 Coop: 991
 Park Christian High School

Class: 9MAN - Section: 7

9 teams in this section
 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

Class: 9MAN - Section: 8

9 teams in this section
 Clearbrook-Gonvick High School
 Kittson Central High School
 Marshall County Central H. S.
 Red Lake County Central
 Sacred Heart High School
 Stephen-Argyle Central High School
 Coop: 315
 Goodridge High School
 Grygla-Gatzke High School
 Coop: 375
 Kelliher High School
 Northome High School
 Coop: 787
 Lancaster High School
 Tri-County High School

Class: A - Section: 1

8 teams in this section
 Blooming Prairie High School
 Chatfield High School
 Fillmore Central High School
 Lewiston-Altura High School
 Rushford-Peterson High School
 Southland High School
 Coop: 852
 El Shaddai School
 Medford High School
 Coop: 890
 Bethlehem Academy
 Covenant Academy High School

Class: A - Section: 2

9 teams in this section
 Janesville-Waldorf-Pemberton H.S.
 Le Center High School
 Mankato Loyola High School
 New Ulm Cathedral High School
 Saint Clair High School
 Sleepy Eye High School
 Sleepy Eye Saint Mary's High School
 Coop: 163
 Cedar Mountain High School
 Comfrey High School
 Coop: 319
 Granada-Huntley-East Chain H.S.
 Martin Luther High School

Class: A - Section: 3

9 teams in this section
 Adrian High School

Minnesota High School Football



Canby High School
 Fulda High School
 Minneota High School
 Murray County Central High School
 Red Rock Central High School
 Russell-Tyler-Ruthton High School
 Springfield High School
 Coop: 137
 Butterfield-Odin High School
 Mountain Lake High School

Class: A - Section: 4

8 teams in this section
 Buffalo Lake-Hector High School
 Goodhue High School
 Lester Prairie High School
 McLeod West High School
 Randolph High School
 Saint Agnes High School
 Saint Bernard's School
 West Lutheran High School

Class: A - Section: 5

9 teams in this section
 Belgrade-Brooten-Elrosa H.S.
 Dawson-Boyd High School
 Kerkhoven-Murdock-Sunburg H.S.
 Ortonville High School
 Renville County West High School
 Royalton High School
 Saint John's Prep
 Wabasso High School
 Coop: 506
 Swanville High School
 Upsala High School

Class: A - Section: 6

9 teams in this section
 Browerville High School
 Clinton-Graceville-Beardsley H.S.
 Menahga High School
 New York Mills High School
 Osakis High School
 Parkers Prairie High School
 Pillager High School
 Sebekah High School
 Coop: 952
 Faith Christian Academy (Remer)

Northland High School

Class: A - Section: 7

8 teams in this section
 Barnum High School
 Carlton High School
 Chisholm High School
 Cook County High School
 Ely High School
 Nashwauk-Keewatin High School
 Ogilvie High School
 Onamia High School

Class: A - Section: 8

8 teams in this section
 Cass Lake-Bena High School
 Fertile-Beltrami High School
 Fosston High School
 Lake of the Woods H.S.
 Lake Park-Audubon
 Red Lake Falls High School
 Warren-Alvarado-Oslo High School
 Coop: 56
 Badger High School
 Greenbush-Middle River High School

Class: AA - Section: 1

8 teams in this section
 Caledonia High School
 Dover-Eyota High School
 Hayfield High School
 Kingsland High School
 Pine Island High School
 Saint Charles High School
 Wabasha-Kellogg High School
 Winona Cotter High School

Class: AA - Section: 2

8 teams in this section
 Kenyon-Wanamingo High School
 Lake Crystal-Wellcome Memorial
 Montgomery-Lonsdale High School
 New Richland-H-E-G H.S.
 Triton High School
 United South Central High School
 Coop: 411
 Madelia High School
 Truman High School

Coop: 816

Cannon Valley Lutheran
 Waterville-Elysian-Morristown H.S.

Class: AA - Section: 3

10 teams in this section
 B O L D High School
 G-F-W High School
 Luverne High School
 Minnesota Valley Lutheran
 Pipestone Area High School
 Saint James High School
 Windom Area High School
 Coop: 845
 Tracy-Milroy-Balaton High School
 Yankton Country School
 Coop: 919
 Sioux Valley-Round Lake-Brewster
 Southwest Star Concept H.S.
 Coop: 1010
 Fast Home School
 Martin County West High School

Class: AA - Section: 4

8 teams in this section
 Breck School
 East Central High School
 Hinckley-Finlayson High School
 Pierz High School
 Rush City High School
 Saint Croix Lutheran High School
 Coop: 642
 Braham High School
 Grace Christian School
 Coop: 926
 Lutheran H.S. of Minneapolis
 New Life Academy of Woodbury

Class: AA - Section: 5

9 teams in this section
 Atwater-Cosmos-Grove City H.S.
 Eden Valley-Watkins High School
 Holdingford High School
 Howard Lake-Waverly-Winsted H.S.
 Kimball Area High School
 Maple Lake High School

Mayer Lutheran High School
 Norwood-Young America High School
 Paynesville Area High School

Class: AA - Section: 6

8 teams in this section
 Breckenridge High School
 Lac qui Parle Valley High School
 MACCRAV High School
 Morris Area School
 West Central Area School
 Coop: 74
 Battle Lake High School
 Henning High School
 Coop: 886
 E.C.H.O. Charter School
 Yellow Medicine East H.S.
 Coop: 950
 Benson Christian School
 Benson High School
 Class: AA - Section: 7
 9 teams in this section
 Aitkin High School
 Blackduck High School
 Deer River High School
 Esko High School
 Greenway High School
 Marshall School, Duluth
 Pine River-Backus High School
 Walker-Hackensack-Akeley H.S.
 Coop: 61
 Moose Lake High School
 Willow River High School

Class: AA - Section: 8

8 teams in this section
 Dilworth-Glyndon-Felton H.S.
 Frazee High School
 Hawley High School
 Mahanomen High School
 Pelican Rapids High School
 Red Lake High School
 Coop: 62
 Barnesville High School
 Rothsay High School
 Coop: 1019
 Bagley High School



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Hope Christian Academy

Class: AAA - Section: 1

8 teams in this section

Byron High School
Kasson-Mantorville High School
La Crescent High School
Lake City High School
Rochester Lourdes High School
Stewartville High School
Zumbrota-Mazeppa High School

Coop: 280

Elgin-Millville High School

Plainview High School

Class: AAA - Section: 2

8 teams in this section

Cannon Falls High School
Glencoe-Silver Lake High School
Holy Family Catholic High School
Jordan High School
Saint Peter High School
Sibley East High School

Coop: 351

LeSueur-Henderson High School

Minnesota New Country School

Coop: 693

Belle Plaine High School
Holy Family Academy

Class: AAA - Section: 3

8 teams in this section

Blue Earth Area High School
Fairmont High School
Jackson County Central High School
Maple River High School
Minnewaska Area H.S.
Montevideo High School
Redwood Valley High School
Worthington High School

Class: AAA - Section: 4

10 teams in this section
Blake School (The)
Brooklyn Center High School

Concordia Academy
Delano High School
DeLaSalle High School
Minnehaha Academy
Rockford High School
Saint Anthony Village High School
Watertown-Mayer High School
Coop: 804
Mounds Park Academy
Saint Paul Academy and Summit School

Class: AAA - Section: 5

9 teams in this section

Annandale High School
Becker High School
Dassel-Cokato High School
Foley High School
Mora High School
Pine City High School
Saint Cloud Cathedral High School
Zimmerman High School
Coop: 1029
Faith Christian School
Milaca High School

Class: AAA - Section: 6

8 teams in this section

Albany High School
Litchfield High School
Long Prairie-Grey Eagle H.S.
Melrose Area High School
New London-Spicer High School
Sauk Centre High School
Staples-Motley High School
Wadena-Deer Creek High School

Class: AAA - Section: 7

8 teams in this section

Cloquet High School
Crosby-Ironton High School
Hermantown High School
International Falls H.S.
Proctor High School
Two Harbors High School
Virginia High School
Coop: 1002

Eveleth-Gilbert High School
Mesabi East High School

Class: AAA - Section: 8

8 teams in this section

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

Class: AAAA - Section: 1

7 teams in this section

Albert Lea High School
Austin High School
Faribault High School
Northfield High School
Red Wing High School
Waseca High School
Winona High School

Class: AAAA - Section: 2

6 teams in this section

Mankato East High School
Mankato West High School
Marshall High School
New Ulm High School
Willmar High School
Coop: 896
Hutchinson High School
New Century Charter School

Class: AAAA - Section: 3

7 teams in this section

Hill-Murray School
Mahtomedi High School
Saint Paul Como Park H.S.
Saint Paul Humboldt High School
Saint Thomas Academy
Simley High School
South Saint Paul High School

Class: AAAA - Section: 4

8 teams in this section

Chisago Lakes Area High School
Fridley High School
Monticello High School

North Branch High School
Rogers High School
Saint Michael-Albertville H.S.
Spring Lake Park High School
Totino-Grace High School

Class: AAAA - Section: 5

7 teams in this section

Academy of Holy Angels
Benilde-St. Margaret's School
Columbia Heights High School
Minneapolis Edison High School
Minneapolis North Community H.S.
Minneapolis Patrick Henry H.S.
Minneapolis Roosevelt High School
Class: AAAA - Section: 6
6 teams in this section
Mound-Westonka High School
New Prague High School
Orono High School
Saint Louis Park High School
Shakopee High School
Waconia High School

Class: AAAA - Section: 7

7 teams in this section

Big Lake High School
Duluth Central High School
Duluth Denfeld High School
Duluth East High School
Grand Rapids High School
Hibbing High School
Princeton High School

Class: AAAA - Section: 8

8 teams in this section

Alexandria High School
Detroit Lakes High School
Fergus Falls High School
Little Falls High School
Rocori High School
Sartell-Saint Stephen High School
Sauk Rapids-Rice High School
Coop: 841
Saint Cloud Apollo High

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School
Saint Cloud Christian
School

Class: AAAAA - Section: 1

8 teams in this section
Eastview High School
Farmington High School
Lakeville High School
Owatonna High School
Rochester Century High
School
Rochester John Marshall
Rochester Mayo High
School
Rosemount High School

Class: AAAAA - Section: 2

8 teams in this section
Apple Valley High School
Bloomington Jefferson High
School
Burnsville High School
Chaska High School
Eden Prairie High School
Edina High School
Minnetonka High School
Prior Lake High School

Class: AAAAA - Section: 3

8 teams in this section
Hastings High School
North High School
Park High School
Saint Paul Harding High
School
Stillwater Area High School
Tartan High School
Woodbury High School
Coop: 681
City Academy
Saint Paul Johnson High
School

Class: AAAAA - Section: 4

8 teams in this section
Centennial High School
Irondale High School
Mounds View High School
Roseville Area High School
Saint Paul Arlington High
School
White Bear Lake Area High
School
Coop: 753
Saint Paul Central High
School
Saint Paul Open School

Skills for Tomorrow
Schools
Coop: 1013
Minneapolis South High
School
Minnesota Transitions
Charter School
MN Trans. Comm. Arts H.S.

Class: AAAAA - Section: 5

8 teams in this section
Bloomington Kennedy High
School
Cretin-Derham Hall High
School
Eagan High School
Henry Sibley High School
Minneapolis Southwest
High School
Richfield High School
Saint Paul Highland Park
Coop: 1016
El Colegio Charter School
Great River School
Minneapolis Washburn
High School

Class: AAAAA - Section: 6

7 teams in this section
Hopkins High School
Maple Grove High School
Park Center High School
Robbinsdale Armstrong
High School
Robbinsdale Cooper High
School
Wayzata High School
Coop: 944
Maranatha Christian
Academy
Osseo High School

Class: AAAAA - Section: 7

7 teams in this section
Andover High School
Blaine High School
Champlin Park High School
Coon Rapids High School
Forest Lake High School
Saint Francis High School
Coop: 956
Anoka High School
Meadow Creek Christian
School

Class: AAAAA - Section: 8

7 teams in this section
Bemidji High School

Brainerd High School
Buffalo High School
Cambridge-Isanti High
School
Moorhead High School
Saint Cloud Tech High
School
Coop: 1008
Elk River High School
Rivers Christian Academy



Forty-One Years of Coaching Football Have I Learned Anything?

By: Moe Ankney

Assistant Head Coach, Outside Linebacker Coach, University of Minnesota

I was born into a football family. My dad Ben, Uncle Pete, and older cousin Bob, were all high school and college football coaches. When I began as an assistant coach at Eaton High School in Eaton, Ohio in 1964, I sure didn't know the adventure that was in front of me. Since that day, I have coached football at three high schools and seven universities. I've been a head coach, defensive coordinator and position coach. I have served as an assistant for four great men and one not so hot. I have worked with hundreds of assistant coaches and most are still my good friends. I have been fired three times and hired to good jobs ten times. So, I am way ahead. I have been able to practice what I preach to my players...perseverance. "Stick with it." "Never give up." "Hang in there." You know what I mean. I have been in a lot of huddles.

The question is, have I learned anything. The answer is yes. However, I seem to know a lot less now about the game than I did when Glen Mason and I were coaching for Dave McClain at Ball State University in 1972. We didn't have all the answers, but we had most of them. Anyway, here are a few things I have learned over the forty-one years.

1.) The players that we all get to coach are terrific. I have detected very little change in them since 1964. They are bright, motivated and hard-working. The best thing about my job has always been the kids. When I finally hang it up, they are what I will miss the most.

2.) If the kids are the best, what is the worst? The absolute worst thing about coaching is losing. It's a shame, but it's a fact that half the football teams lose every Friday night and Saturday. As a coach, you better be able to handle losing or you won't last. I know you plan on winning them all, but it is not going to happen. Some of your best coaching jobs will result in losses and losing seasons. You must be like your players, though and resilient.

3.) Remember, you are a football coach, not a brain surgeon. You are coaching a game that is supposed to be fun for everyone involved, including you. Don't take yourself too seriously. Laugh, smile and have fun with the kids. A sense of humor will

take you a long way. As coach Mason likes to tell us, "life is not a dress rehearsal." That is it. Speaking of Coach Glen Mason, another thing I have learned the past five years is that he is one of the best coaches in America. Minnesotans are very fortunate to have him leading our football program.

4.) Beware of the "coach killer." He is one who looks good. He is the one with great potential. He is the big, fast, strong kid who works hard in the weight room. He is the player you "got to get on the field," but every time you do, he gets you beat. Do not let the "coach killer" get you. You are better off with the slower, smaller, weaker kid that plays hard and smart.

5.) Your children are more important than your football players and your coaching job. Too many of us coaches cheat our own children because of time spent with other people's kids. When I was a young coach, there were times that I had my priorities screwed up. Don't make that mistake. Make sure you are in the front row for that play, dance recital, little league game, soccer match and parent-teacher conference.

6.) Stay away from the "know it alls." This is the coach that knows everything about everything. He has all the answers and his way is the only way. Believe me, there are no geniuses coaching football. This is the same guy who will take all of the credit and none of the blame. I read a quote in the newspaper yesterday from a famous "know it all" guru. Listen to this crap....."I have no one to blame but myself for coaching the way I did in the NFL...I delegated a whole bunch of authority to the assistant coaches." Avoid this type of coach, he will make your life miserable.

7.) Finally, you have all heard people say, "It's better to be lucky than good." I don't know if that is true, but I am sure that luck is a factor in our jobs and lives. I have been very lucky these past forty-one years. I will give you one god example. A football coach needs a good coach's wife. he is lucky to have one. I have had two! How did I get so lucky? I wish you that same type of luck and go have fun coaching football.



Little Things Make a Big Hit in this Game

By: Richard Risbrudt

Have you ever wondered why some high school football programs are successful year after year? I know it's not just a numbers (student enrollment) game because there are many schools in this state that have smaller enrollments; yet they compete for the conference championship year after year! Is it because they have a great coaching staff? Is the school located in a community where lots of home grown football talent is raised? In my 27 years of coaching football, I've come to the conclusion that there are many reasons why a football program is successful, but certainly an important reason is that these programs have coaches that pay attention to detail and see to it that little things make a big hit in their program. Let me suggest a few:

- ***Be a walking billboard for your football program.*** Coaches need to promote their football program wherever they go; at church, in stores, at other sporting events, and wherever people are gathered. If you stop and visit with the younger kids, shake their hands and talk football, they will more than likely come out for the team in the future because they want to be coached by you. Always make eye contact with your players in the hallway of the school, greet them or visit with them about things in their life. Cut out newspaper articles and pictures of these kids from your local newspaper and send it to them with a nice card. What a compliment to them and a credit to you!

- ***Organize a youth football game at home varsity games during half time on Friday nights.*** How many times have you gone to a home high school football game and seen elementary kids playing a football game on their own a short distance away?

These kids are telling us that they would rather be playing the game themselves; than watching the high school varsity game going on at the same time. Why not let them play at half-time of the varsity game on the home field? We see young children play during high school basketball games during half time all the time! If your community doesn't have an organized youth football program and teams to play each other at varsity game half times, have a few adults referee a flag football game of the kids that you do have. Use the space and have 3-4 games going on at the same time. The crowd will love it and you will get the parents of these young kids to attend your game.

- ***Show strong support for the other sports and coaches at your school.*** Is there competition for the best athletes in your school with coaches of other sports? You will run into constant conflict with coaches of other sports in our school if you try to convince players to play football and football only. Let's coach the multi-sport athlete! Your school is like a body. All the parts need to work together to maintain a healthy system. Support these kids playing other sports. Go to their games, speak highly of them and bend over backwards to stay at peace with each other. We are admonished to encourage each other, respect each other, serve each other, be devoted to each other, and bear each other's burdens. This is our "family" responsibility as coaches, and is to be expected in our relationships to each other.

- ***Talk about a character trait to your players each day at practice.*** As a coach you are in a powerful position to influence and mold the lives of



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your players by the things you say and do. Have you ever heard a parent tell you, "Will you tell him, Coach? He doesn't listen

to me anymore!" If you truly love your players, you will be more concerned about the type of person you want your players to be more than wins and losses. Preach to them constantly about integrity, trust, dedication, commitment, love, friendship, attitude, patience, respect, sportsmanship, self-esteem, persistence, loyalty, honesty, and goals. Have weekly meetings with your senior players. They must take the lead in all these areas! That leads me to my next point.

- ***Don't announce your team captains until after the final regular season game.*** Designate that all of your senior players are team leaders at the beginning of the season. Have each of your seniors take turns leading calisthenics out in front of the team, meet with the referees prior to the game on the field and take turns giving "pep talks" to the team at various times. Stress to all your players that senior "captains" do not tease other players. They do not break training rules. They do not get in trouble during school. They are never late for practice. They work hard in the weight room. They don't swear, trash talk or show disrespect to girls. They don't brag but rather give credit to his teammates when interviewed. After the 8th game, have your players vote who they believe deserve to be captains. Your team will know who they are! Make it a senior honor they earn! These are the captains who will now lead your football team into the playoffs.

- ***Give your assistant coaches more responsibility.*** A head coach needs to spend much of his time coaching his assistants and then *allow* his assistants to coach the players; not only during practices, but also in games. Most assistant coaches are eager and will do almost anything the head coach asks. Let them do it! Teach your assistants how to be head coaches. The domineering head coach that doesn't allow his players to be coached by his assistants, and tries to do everything himself is either setting himself up for failure, or he will be looking for new assistant coaches year after year.

- ***Show more concern for your injured players.*** We all have players get hurt during practices and

games. Injuries will always be part of the game of football no matter what we do. How many times have you had Johnny get injured at a game Friday night and when you saw him Monday asked him how he was doing? That's two days too late. The head coach should call Johnny Friday night. If it's a serious injury, he should visit him in the hospital as soon as he can. Show as much care and concern for him when he is injured than when he is healthy. It's a sad day when you hear parents say, "After my son got hurt, the coach didn't care about him anymore."

- ***Invite a retired coach to a practice or game and ask them to help you coach one last time.***

Most of us know of retired high school and college coaches living in and around our community. Call them up and ask them if they would like to help you "coach" a few days at practice or at the next home game. They will probably get tears in their eyes! I did this a few years ago, and I learned so much from him during a week of practice that I hired him as an assistant coach the following year! None of us knows everything there is to know about the game of football. We can always learn new things. These retired coaches have a wealth of knowledge just waiting to be tapped when they are offered the opportunity.

- ***Send Christmas cards to those who support your football program.*** Do you have businesses that sponsor your radio broadcasts or buy an ad in yours sports program? Thank them after the season with a football team picture saying "thanks for supporting our team!" They will appreciate it very much and it will be a "no problem" sale next time you need their help.

Do any of these make sense? If you're not doing any of these in your program, give them a try. You'll be amazed at how they will enhance your credibility and overall football program.



Building an All Around Tight End: Five Effective Drills

By Matt Rahl

About the Author: Matt Rahl is the Tackles/Tight end's coach and Special Teams Coordinator at Winona State University. This is Matt's third year at Winona State, prior to coming to Winona State, Coach Rahl was a Student Assistant at Missouri Southern State University in Joplin, Mo where he also played Tight end and offensive line. The tight ends under the guidance of Coach Rahl have earned three first team all conference selections, one all region selection and a third team all-American selection.

First of all I would like to thank Terry Turek, The Minnesota State High School Football Coaches Association, Winona State University Head Coach Tom Sawyer, and the rest of the Winona State staff for giving me the opportunity to write this article. I would also like to thank all of the young men who have played for me and allowing me to teach them this wonderful game of football. Tight end's at Winona State University refer to themselves as the "Ultimate Warrior" because of the demand put on this position group to do a little of everything. Now if you have ever seen us play and watched our Tight end's you would know that this slogan is definitely a stretch of the truth. However, the demands of a tight end are the same in the run game as that of an offensive lineman, in the pass game they are the same as a wide receiver, and once we have caught the ball we are expected to shed tacklers as if we were a running back. We try to drill each area of concern on a daily basis. It is important to remember to keep your tight end's drill emphasis in relation to your run pass percentage; otherwise you are wasting valuable practice time. At Winona State we are a 50/50 team in terms of run pass. However it is the philosophy of our offensive staff that we must be solid in the run game in order to be effective in the pass game so we try to drill two run blocking drills for every one receiving and/or route running drill in our individual sessions.

Daily Drills

We have a group of five drills (Pipe steps, 4 square pipes, quick foot, stick and noose, and releases) in which we perform at the beginning of practice every day. We feel that these drills provide the base for everything we do in terms of technique in both the run and pass game. These drills can also provide for a great opportunity for our players to develop great flexibility and footwork.

Pipe Steps:

This drill has become an essential drill in my mind for developing great flexibility and strength in our Tight ends core, as well as the base for how

we teach our run blocking progression. We use PVC pipes (they cost about 68 cents per pipe at your local hardware store) to perform the drill. We first want to start by placing our feet in a shoulder width position similar to the relationship we use in our stance and when we squat in the weight room. By doing so we now have established a base in which we can maximize our strength and balance. We want to keep our heels on the ground but have 90 % of our weight placed on the insteps of our feet. This will allow for us to move in any horizontal or lateral movement. Next we will hold the pipes over our head (representing an overhead squat, this also allows for us to keep our head up and eyes forward). We will then progress into



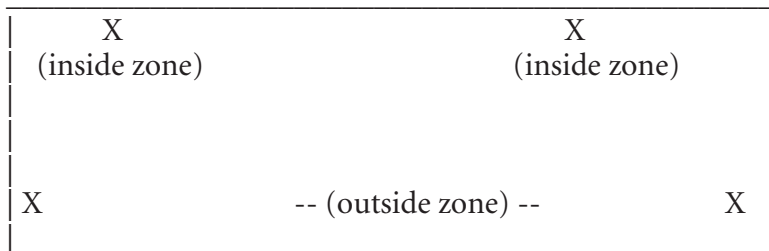
Minnesota High School Football

taking ten slow deep squats. Remember to emphasis the slow speed and depth of these squats, these will help with your hip flexibility and in return will help with your pad level. Once a player has performed his ten squats he will then keep the pipe over his head with his hands as wide as he can make them, and perform “duck walk” for ten yards. During the duck walk it is important that players stay on the insteps of their feet. Tell your players to pound their insteps in the ground (you should be able to hear if they are doing this drill correctly without looking), remember to watch for dragging toes. If a player drags his toes while stepping he is loosing power and balance. We want players to keep their head and eyes looking forward while trying to keep their chest as close to their thighs and possible. Once a player has gone pretty steady pace and rotation going.

ten yards, have him stand up, turnaround, squat once and come back performing “duck walks” back. We usually have players repeat this process three times per day.

4 square pipes:

Next we have an extension of our pipe steps which also allows us to work our footwork for our inside and outside zone game. We will use six pipes (see diagram) two in the front and two on each side. Players will rotate from position to position with two players performing the first two steps of inside zone located in the front, and two players (one on each side) performing their outside zone steps finishing through five yards on the sides. Players will continue through this drill for two or three minutes. Remember to use this time as a warm-up drill and your players should keep a



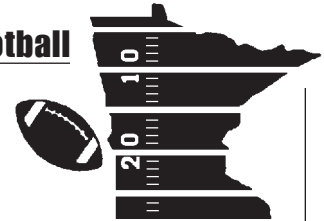
Quick Feet:

I truly believe that by having quick feet and a good base you can over come a lot of physical mismatches and mistakes. Former Missouri Southern head football coach, Bill Cooke, used to always tell me ‘physical mistakes will not get you beat consistently but mental mistakes will’. I believe that by having quick feet you allow yourself to get into position to execute blocks or routes. We use the hash marks on the sideline much to the same effect as a quick foot ladder that many programs use in the off season. We also do a variety of drills much like running backs used to do in the old tires or ropes. The first drill we always use is two feet in every hole, then we go one foot in every other hole (it is important to stress that players are using their arms to run from the shoulders and not just at the elbow or wrist), next we go through the ladder lat-

erally putting two feet in every hole and two feet out, we then progress to one foot in and two feet out, to the most mentally challenging two feet in and one foot out drill. We then always finish with a shuffle through the hashes.

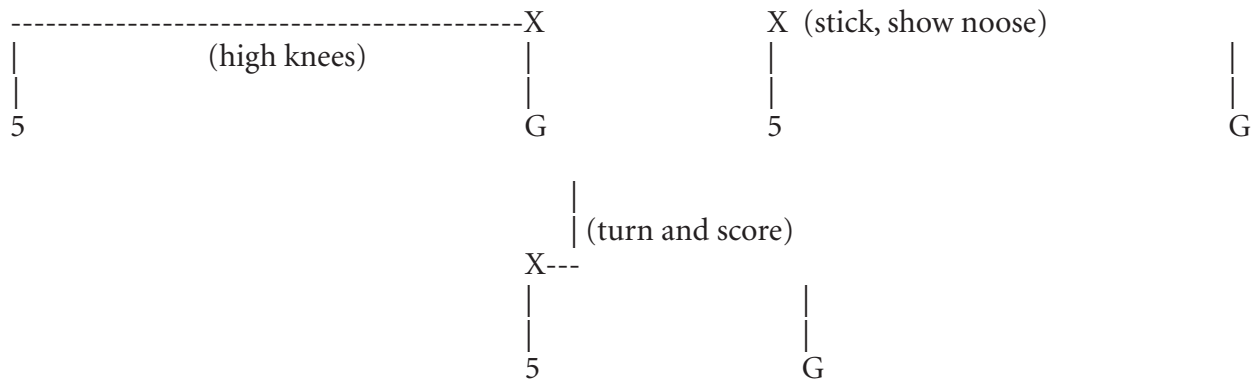
Stick and Noose:

First things first, a noose is the open area between your thumbs and pointer fingers when you have created a diamond to catch the football. We use S&N everyday as a drill to work on sticking the finish of our routes, getting loose, and catching lots of footballs. We will align on the goal line and perform a nice slow smooth high knee movement to the 5 yard mark, at which point we will stick our foot into the ground as if we were running a drive route. Once we have thrown our foot down we then want to snap our head around toward the



quarterback and show our noose. Once the ball is caught we want to tuck, turn and score. We always stress that we need to tuck the ball away every time we touch it (even if they are just messing around before practice, our tight ends better never let me catch them with the ball untucked). We want to then turn back toward where we came from, or away from the defender, and go score with the

football (see diagram.



Releases:

At Winona State we teach our players three releases, rip, swim, and punch. We feel there are three key factors to getting a clean release from the tight end position. The first key point is to take the easiest possible pathway to your route (depending on the defenders alignment), the second is to always keep your feet moving vertical into your route, and the third and most important factor is to make physical contact on the top half of the defensive end's elbow making him turn his body out of position to jam you. With the rip move we are basically ripping our inside arm in an uppercut motion aiming for the back of the Defender's head, with our swim move we are looking for a short fast compact swimming motion aiming to finish on the Defender's lower back pushing him through. Our last release is the punch release in which we

will jab our defending square in the shoulder while we run vertical through him.

I hope this article has given you some insight into how to use a few short easy drills to work with your tight end's on the most important basic aspects of tight end play. Good Luck in your upcoming seasons and if you have any questions please feel free to contact myself or any of our staff at Winona State.



Esko Keeps Its Options Open

Esko football made a big change in its high school football offensive philosophy back in 1973. Before that time, Esko's offense was based on the "I" formation with a Power attack as its main weapon. Counter plays, play action passes, and inside traps all came off the "I" formation.

In attempt to be progressive with their offensive attack, the Esko coaches introduced the Triple Option attack. Now, this is the true Triple Option, where two defenders are not blocked on a play. They will be read by the QB. Since most of the defenses Esko saw at that time were of the 4-4 version, the defensive pressure caused problems for the offense, but eventually, things did work out. Esko went on a run of a 23-0 record in two seasons, ending with a State Championship in 1975.

Presently, Esko still runs a form of the True Triple Option attack, but from the Double Slot formation. Here again, two defensive players are not blocked. It is up to the QB to read the first defender and then option off the second. The Defensive End and another defender, either the OLB, CB, or safety are the typical players. Again, it is imperative that with this type of option, the QB has to be very good in his reads. Once the QB masters his reads, this option attack is a challenging but effective scheme to use. QB footwork is imperative and must be automatic. The QB will sneak a "look" at the FB, but must "focus and concentrate" on the defensive player that he is reading. We have found that the greatest problem that arises is the fact that the QB has to be able to "trust" his reads, and become confident with them. Another area of importance is the downfield blocking by receivers. The difference between a 10 yard gain and 60 yard gain is the down-field blocking. Here again, downfield blocking techniques do vary and change during a game. When running this option from the double slot, a motion man will be used. Timing of motion must be practiced to achieve the proper QB-RB relationship. Probably the last and most important aspect of the option is to be aware of and have the adjustments necessary to handle

the different defensive fronts that will and can be applied to your offensive attack. If the offensive adjustments are not made, the defense has the advantage. Unlike other offenses, a breakdown in the option can and will cause a turnover, which could be prevented. There obviously are many effective plays stemming from the option that will make this attack more effective. Counters, traps, and play-action passes are all part of the option package. With the trend in offense moving toward the wide open passing attacks, the option attack can give your team an advantage.

I hear fellow high school coaches indicate that this type of offense, the true triple option attack is too tough and not possible, especially at the high school level. I can assure you that it is possible, and can unbelievably increase your offensive yardage in a season. When mastered, this play is one that "can go all the way" on each play. One of the problems that we as coaches may be facing is that we are not challenging our athlete's abilities, talents and decision making skills. Student/athletes of today are taking college level courses while still in high school. Some of these students do have the ability to handle decision making type offenses and defenses. We are constantly adjusting the extent of our option attack to meet the athlete's skill and knowledge level in terms of what they/we can or can't have success with. The Triple Option Attack has been good to us and we will continue to use it, in the years to come.



Fun with Football

By Mike Korton

Head Football Coach
Champlin Park High School

14 yrs. coaching football, 13 yrs at Champlin Park, 11 as a assistant,
2 yrs as head coach (Record as head coach 20-3)
3 yrs as the head basketball coach at Champlin Park.
Family- Wife Tracy, Child on the way- Due date 5-8-05
College- Graduated from St. Cloud State
High School- Osseo Senior High
JMS/P.E. Teacher

As a football coaching staff at Champlin Park High School, we believe that having fun things for the players to do during the season is important in many ways. We think if the players have something to look forward to every day, it will keep them interested in football during a long season. These are not just fun for the players. They have become fun for the coaches as well. We believe that if the players are having fun, it will be easier for us to keep their interest and focus on football during the season in progress, as well as serve as an enticement for other students to join us in the coming seasons. Our coaches' feel that the more students you have out for your program, the better your program has the chance to become. Where would you rather have a kid hanging out--with the team--or at home, trying to find something to do? One of the great things about the sport of football is that we do not cut players. In fact, we try to find a way for all of our players to be successful in football, which we hope, in turn, helps them understand how to be successful in life.

Sunday/Monday- Our week starts out on Sunday with a coaches' meeting. In this meeting, we talk about the awards for the previous game that we will be giving out on Monday. In this meeting, the coaches have a good time talking about the players and the positive things they did, both during the game and week of practice. On Monday, we gather with the team and hand out these awards. The awards are given to the Offensive Player of the

week, Defensive Player of the week, and the Special Teams Player of the week. Along with these three awards, we give T-shirts to each of these players. We also present a Captain of the week award to a deserving player. As a "salute" to our demonstration team players, we recognize an Offensive and Defensive Scout Team Player of the week.

We then have our awards with which we have a little fun. We have a "Brick" award which we give out to anybody that fumbles or has a tough time holding onto the football. A set of boxing gloves is given to any player that drops a pass on either offense or defense. Our last award is our "el Matador" award which is a red towel given to someone that runs around or away from a block instead of fighting through it. In some ways, I feel the last three awards are somewhat negative, but the reaction from the team makes it all worth while. Watching the way the players yell out names and speculating on who is going to get these awards makes for a good time and a lot of laughs.

Tuesday/Wednesday- These two days are what we consider our big preparation days. We need to have good practices on these days in order to play well on Friday. We begin our practice with "Rebel" jacks and the players spell out "REBELS" while doing jumping jacks. A few years back, the Twins were playing the Yankees in the playoffs and while they were stretching, the players were talking about the game. Tim Hermann (head coach at Austin High School), our head coach at the time, was giving the



Minnesota High School Football

players a hard time about how good the Yankees were. Coach Hermann is a Yankees fan! When the players were done stretching, they decided to do “Twins” jacks instead of “Rebel” jacks. Since that time, the players will spell out names of girlfriends of other players on the team or anything that they were joking about beforehand.

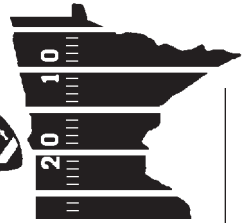
Thursday- The players look forward to Thursday’s, a day on which they just wear helmets and shoulder pads to practice. This practice is a walk through, where we look for things to be mentally correct. It is a short practice, which is followed by a team dinner-one that is catered in and served to the players by the booster club. The o-linemen may appreciate this a little more because it is “all you can eat”. Following the dinner, we move to the lecture hall and gather to watch a highlight film of last week’s game. The film focuses on the positive things that came out of the game. But in the past few years, this highlight film has expanded. Our coaches now insert clips from movies into the film. No one is safe from these clips, including the entire coaching staff. After a clip is played from one of these movies, the players usually respond with hooting and hollering. I think they look forward to the highlight film more than they do the dinner!

Friday- When I played at Osseo and coach Craig Hansen (head football coach at Maple Grove) was the offensive line coach, he always had breakfast with the offensive lineman on the day of the game. He would bring donuts and juice and we would talk about the game that we were going to play that night. We have carried this over to Champlin Park, where different coaches meet with their position players and do things such as having donuts and juice in the morning. This gives us time in a lighter setting to talk with our players and get to know them. It also lets us start to get focused on the game. We also have a post game party at the school which is put on by the booster club, and to which all Rebel supporters are invited. The parties are a little different each week and there will be food and beverages at each one. This provides a safe place for our team and our students to be after a Friday night game and it also keeps us together as a squad.

One of the things that we do during the year to add fun and excitement to football is “Midnight Madness”. We have our first practice at 12:01 am on Monday morning under the lights on the main field. It isn’t a long or difficult practice, but it is an exciting way to start the season. The parents and supporters show up in the stands and the cheerleaders are down on the field as well. The coaches aren’t that excited about it, but the players look forward to it every year. Another thing that I do personally is to invite my o-linemen over to my house for a lasagna dinner one night during two-a-days. The players have PlayStation tournaments and hang out together. This is my way of telling the offensive line they are special and what they do means a great deal to our team’s success. This has caught on to an extent that last year our wide receiver coach had his wide receivers over to his house for a taco dinner, our quarterback coach took his position players out for pizza, and the defensive secondary coach did the same. This is a nice way for the coaches to get to know their players outside of football early in the season. It is also a good way to laugh and have fun with them in setting other than the practice or the game.

Tom Idstrom (defensive coordinator at Brainerd) coached with us and convinced us to get involved in the “Super Bowl”. This is an inner squad scrimmage which is held at night on the game field the second Thursday of two-a-day practices. The coaches pick the teams and post them in the locker room, identifying each team by using the names of the two teams that were in the Super Bowl the previous year. We also split the coaching staff up between these two teams, excluding our defensive coordinator and myself. The parents and fans show up and this makes for an exciting time.

During spirit week at Champlin Park, one of the days was designated as “Dress up like the 80’s” day. In a coaches meeting the night before this event, we decided that we would all dress up in our old high school uniforms. We would show up to practice and go through the entire schedule wearing these uniforms. I was a little hesitant about this because we were 4-0 at the time and I did not want to break the routine. The coaches convinced me that this was a good idea. We all rode out on the field on a golf cart wearing our old high school uniforms. The players thought it was great. This led to one



of the best practices we had all year. The managers even took a picture of the coaches dressed like this. Naturally, the players got a hold of this picture and are having it put in the yearbook this year. It is pretty clear to me that this was a memorable time for them and they had a lot of fun with it.

I often hear coaches speaking at clinics and, within their presentations, they talk about how they want to make football fun for their players. I really would like to approach them and ask them about the different things they do but, since that is usually not the real focus of their presentation, I don't talk them about it. However, I realize that there are many more simple, easy ideas that can help ease the intensity of the difficult day-to-day work of football and help it go by just a little easier, both for the players and for the coaches. As I grow more experienced as a coach, I find myself

loosening up. I used to focus on the number of good repetitions. Now, with the help of my assistant coaches, I am looking at things differently.

I believe there needs to be something in the day that the players can look back on and laugh. This makes for a healthier environment mentally and helps keep both the players' and coaches' morale at a great level. When a team is having fun and has something to which they can look forward, it is a just another excellent way to help ensure a successful season.



2005 Hall of Fame Inductees Football Hall of Fame Annual Banquet

Ken Jacobson ~ Chatfield

Ken Jacobson graduated from Grand Meadow High School in 1964, where he earned a combined seventeen letters in football, basketball, baseball, and track. He then attended Winona State University, where he graduated with a Bachelor of Science degree in Physical Education, Health, and English in 1968. Ken also participated in football and baseball while at Winona State.

Ken was hired at Chatfield in the fall of 1968 as an English and Health teacher. He coached three seasons as an assistant football coach, ninth grade basketball coach and head track coach. In 1973, he became the head football coach and compiled a 177-117 career record. During his tenure Ken's teams won six conference championships, and three state titles in 1994, 1995, and 1996. Ken was been involved in seven state tournaments as a football coach. Ken's other professional honors include being named conference coach of the year six times, section coach of the year five times and Class C Coach of the Year twice. In 1995 he was named Minnesota High School Football Coach of the Year. Ken also coached in the All Star game in 1995 for the Outstate team. Other personal awards include being named assistant track coach of the year in 1990, and in 1991 he was named Chatfield Teacher of the Year.

Ken is an active member in the community, who serves on the executive council for his church and was also elected this past November to the Chatfield city council. Ken enjoys spending time with his family: wife Arlyne and their daughter Jennifer and her husband Mark and their children, Katy, Abby, and Peyton, all of whom live in



Oronoco, MN. He has a son Jeff who lives with his wife Maureen in Orlando, FL. Ken also enjoys traveling, golfing, fishing, and reading. He is currently working as a real estate agent in Chatfield.



2005 Hall of Fame Inductees Football Hall of Fame Annual Banquet

Jerry Sonnek ~ Blackduck

Jerry Sonnek, a native of Wells, MN, graduated from Wells High School, 1959. While there he earned letters in football, basketball, and track. Upon graduation he attended the University of St. Thomas, where he received a Bachelor of Arts degree in Social Studies in 1963.

After graduation, Jerry taught in the U. S. Virgin Islands for a year in Physical Education and coaching. In the fall of 1965 he went to Blackduck, MN and taught Social Studies, coached football and was the athletic director. At Blackduck, Jerry compiled a 189-109-3 record over 33 years. His teams won 11 conference championships and one section championship. His personal honors include being named the Region 8A Coach of the Year in 1969. He was named the conference coach of the year in 1979, 1983, 1987, 1995, and 1997. He was nominated for the Minnesota Education Association's "Teacher of the Year" in 1984. Other posts he has served include being chairman of Section 6B football for two years and President of the North Star Football Conference for three years. He is also a member of the Legislative Committee in the Athletic Directors Association.

Jerry has been supported in his coaching career by his wife Dorothy and his three children, Steve, Scott, and Sheila. In Jerry's free time, he enjoys golfing, reading, fishing, and traveling. His travels have taken him to the Virgin Islands, Alaska, Canada, and throughout the 50 states.





2005 Hall of Fame Inductees Football Hall of Fame Annual Banquet

Terry McLean ~ Elk River

Terry McLean, a native of St. Michael, MN earned twelve letters in high school, four each in football, basketball, and baseball. He was named All State in football. After graduation from high school, Terry earned two letters in baseball at the college level and was named MVP of the team. Terry graduated from St. Cloud State University with a degree in education. He taught social studies, physical education, health, and driver's education.

Terry's first stop was at Ogilvie, where he was head coach for three years. Terry then moved to Elk River, where he was the head football coach for 22 years. Overall he compiled a record of 190-107-2. Highlights of Terry's career include three conference championships, eight section title game appearances and five section titles, in 1982, 1988, 1990, 1991, and 1992. along with a state runner-up finish.

Other honors Terry has received in his career include Central Lakes Conference Coach of the Year and North Suburban Coach of the Year. In 1998 he was named Nike Football Coach of the Year. More awards include being named WCCO Good Neighbor and being awarded the Key to the City of Elk River. He was also included into the St. Michael-Albertville Hall Of Fame.

Terry is retired and winters in Florida, where he enjoys golfing, hunting, and fishing. Terry has been supported throughout his career by his family: wife Joan, daughter Patricia and her husband Ross and their two sons, Mac and Jake; his son Jake and his wife Deana and their two daughters Shae and Sage.





2005 Hall of Fame Inductees

Football Hall of Fame Annual Banquet

Neal Hofland ~ Chokio-Alberta

Neal Hofland was a 1959 graduate of Veblen High School in Veblen, SD. While in high school Neal lettered in football, basketball, and track. He then attended Huron College and earned three letters in football and basketball. He graduated in 1963 with a Bachelor of Arts degree.

Neal started at Chokio schools in 1963, which became Chokio-Alberta in 1967. He remained there until 1981. Neal left education to run an insurance agency, but he continued to coach football. His coaching career lasted 35 years, until his retirement in 2003. He compiled an impressive 263-86-2 career record. His teams have won two state titles, six section championships, and 17 conference championships. He has been named the MHSFCA's Coach of the Year in 1991 and the Nine Man Coach of the Year in 1991 and 1993. He has been named section coach of the year six times and Pheasant coach of the year seven times. Neal has also been district coach of the year four times and Region 6 Coach of the Year.

Some of his personal highlights include coaching in the North-South All Star game in 1976 and winning two state titles in 1991 and 1993. Another highlight was coaching his son along with having the privilege to coach "great kids" for forty-one years.

Neal is very active in his community. His activities include the Chokio Fire Department, Stevens County Commissioner, Knights of Columbus, Chokio Community Club, and St. Mary's Choir. Neal and his wife Jeanne have four children, Ruth, Dave, Lynn, and Amy.





2005 Hall of Fame Inductees Football Hall of Fame Annual Banquet

Dick Jonckowski ~ Citation Award: Radio

Dick Jonckowski, a 1961 graduate of New Prague high school, quickly became known as a funny man. It goes with his nicknames, “The Polish Eagle”, “The Walking Sports Encyclopedia”, and the “King of One-Liners”. Dick has been all over the state of Minnesota as an emcee and speaker in his 37 years of broadcasting. Some of his jobs have included: the public address announcer for the high school football All Star game and public address announcer for Minnesota Gopher football. Dick has been the radio announcer for high school football games for over 30 years. One of his highlights includes covering the 1985 New Prague state championship team. Dick has been announcing Shakopee high school football since 1966. He also hosted a radio show called “The Coaches Round Table” for 38 years.

Dick was inducted to the Mancini’s Restaurant Hall of Fame in 1997. He is a 2000 Shakopee High School Hall of Fame member, and he has been a member of Basketball Coaches Hall of Fame since 1996.

Dick is currently the public address announcer for Minnesota Gopher basketball and Baseball and has earned the title of “The Voice of the Gophers”. Dick’s family includes his wife of 38 years, Arlene, daughter Jennifer, and his son Jeff and his wife Brenda, who have provided him with many years of support. Some of Dick’s favorite hobbies are collecting sports memorabilia and making people laugh. Dick’s longtime motto is “laugh and live longer”.





2005 Hall of Fame Inductees

Football Hall of Fame Annual Banquet

Donovan Larson ~ College Division: North Dakota State University; Hamline University

Donavon Lason graduated from Osseo high school in 1965, where he lettered seven times in football, basketball, and track. He then attended Hamline University and graduated with a Bachelor of Arts degree in 1969. While at Hamline, he lettered in football and track four times each. In football, he was both the team captain and team's Most Valuable Player during the 1968 season was also the winner of the prestigious Jerry Smith Memorial Award. In track, he was the team captain in 1968 and 1969. Donavon finished his education at the University of Minnesota-Duluth in 1980, where he earned his Master of Arts Degree in Education.



After completing his undergraduate work, Donavon coached and taught for eighteen seasons at several high schools: Wausau East high school in Wisconsin; Brooten, Sauk Centre, Hibbing, Blaine, and Albert Lea in Minnesota. His high school career record was 80-76. Donavon then went on to the college ranks where he became the defensive line coach at North Dakota State University in the fall of 1987. During his fourteen seasons with the Bison, the team compiled a record of 138-36-1 and he was part of five conference championships, nine playoff berths and two national titles in 1988 and 1990.

In 2001, Donavon returned to Hamline University when he was named as the head football coach. He coached the Pipers for four seasons before retiring after the 2004 season. "Lars" passed away unexpectedly on December 5th, 2004.

Donavon was also named as the Hamline Alumni Coach of the Year in 1977. He was an active member in the Minnesota High School Football Coaches Association and he served as the Secretary-Treasurer from 1984-86. He was also a member of the American Football Coaches Association.

Donavon's family includes his wife Cindy; daughter, Heidi and her husband, Ken Clark, and granddaughters Faith and Anna; daughter, Molly and her husband, John Giovinco and grandson, Michael; and son, Adam and his wife, Melissa, and granddaughter, Isabella. His parents, Harvey and Loris Lason, reside in Chisago City, MN.



Minnesota High School Football

"Hall of Fame"

Sponsored by the Minnesota High School Football Coaches Association

PREVIOUS WINNERS

1965

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

1966

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

1967

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

1968

Lee Brockmeyer
Sid Hartman
Charles "Bud" Wilkinson
Elmer Wigen

1969

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

1970

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

1971

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

1972

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

1973

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

1974

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

1975

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

1976

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

1977

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

1978

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

1979

Bruce Bakke
Herman Frickey
Bill Hanson
LeRoy 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 O'Neil
Dick Rezanka
Al Siegle

1991

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

1992

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

1993

Les Dreschel
Ken Mauer
Tom Porter
Dana Powers
Dick Walker

1994

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

1995

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

1996

Jim Christopherson
Mary Gunderson
Mike Morrissey
Lloyd Peterson

1997

Bill Beck
John Drews
Ross Fortier
Andy Lia
Jerry Peterson

1998

John Conzemius
Frank Fredlund
Bob Sullivan
Jerry Wallskog
Wes Wistrom

1999

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

2000

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

2001

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

2002

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

2003

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

2004

Dean Taylor
Stan Olson
Gary Graham
Deryl Ramey
Randy Shaver

NOMINATION FORM

FOOTBALL COACHES "HALL OF FAME"

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, 2003

NAME: _____ DATE: _____

PRESENT ADDRESS: _____

TELEPHONE (HOME): _____ (city) _____ (state) _____ (zip)
(WORK): _____

BIRTHDATE: _____ MARRIED: _____ SINGLE: _____

SPOUSES NAME: _____ CHILDREN AND AGES: _____

PRESENT EMPLOYMENT POSITION: _____

NOMINATED BY: _____

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

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

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

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

IN WHICH DIVISION IS THE INDIVIDUAL NAMED ABOVE NOMINATED? _____

NOMINEES HOBBIES: _____

NOMINEES TRAVELS: _____

EDUCATION

High School:

School	City/State	Years	Degree Received
--------	------------	-------	-----------------



2004 Football Coach Of The Year

Dave Nelson

Minnetonka High School

Dave Nelson graduated from Anoka high school in 1974, having played football for his father, longtime Anoka coach Stan Nelson. He then went on to the University of Minnesota-Duluth, where he continued his football career.

After graduating from UMD in 1974, Dave began his coaching career at Blaine high school as an assistant coach, in that same year. He also was continuing his academic pursuits, achieving a Masters degree from St. Cloud State University in 1987.

He had been promoted to head football coach at Blaine in 1984. Nelson led the Bengals to eight section championships, three runner-up finishes in state tournament competition and a state championship in 1988. From there Nelson moved on to his current position as head coach at Minnetonka high school, in 2002. It took only three years for the Skippers to achieve a section, then state championship, making Nelson one of the state's few coaches to have



won state titles at two different schools.

Along with his state tournament success, Nelson has guided his teams to twelve conference championships. He has also received numerous honors including being named the Class AA Coach of the Year in 1988 and the 5A Coach of the year in 2004. He has also been inducted into the University of Minnesota Duluth Hall of Fame.

Dave and his wife, Maureen, have been married for 26 years and have three children: Sarah, an Elementary Education graduate from the University of Oklahoma;

Ashley, a student at Bethel College, and Jesse, who quarterbacked Minnetonka to a state title this past fall, and will continue his football career at Concordia-Moorhead.



2004 Coaches of the Year ...



Mark Kroulik

Stephen-Argyle

9-Man Coach of the Year



Jim Reinhardt

Rushford Peterson

Class 1A Coach of the Year



Leo Pohlkamp

Pierz

Class 2A Coach of the Year



Bruce Nelson

East Grand Forks

Class 3A Coach of the Year



Jeff Ferguson

Totino Grace

Class 4A Coach of the Year



Dave Nelson

Minnetonka

Class 5A Coach of the Year



Distinguished Service Award Winner

Bill Hoag ~ Distinguished Service

Bill Hoag has been a consistent supporter of high school football, especially in Minnesota, for many years. Through the company that he represents, Varsity Gold, he has established many positive contacts throughout the state and through his company's fundraising programs, many high school football programs have been able to raise much needed revenue to help their programs improve.

Bill has always been open and available to high school football coaches and has come up with many innovative ways to help coaches provide what is needed for their high school football teams. Through his organization's promotions and hospitality, and Bill's natural good nature and willingness to help, Minnesota's high school football programs have been able to improve and grow.

As one of the main sponsors for the MHSFCA, Varsity Gold and Bill Hoag are helping to improve the game of high school football and make the organization more efficient and beneficial to Minnesota's coaches.





2004 Assistant Coach of The Year

Doug Heruth ~ Blaine

Doug Heruth attended Brooklyn Center High School, where he participated in football, basketball and baseball. His high school football coach was Minnesota Hall Of Famer; Warren Olson.

After high school, Doug went on to Hamline University where he graduated with a degree in Business Administration in 1981. At Hamline, he was a 4-year starter at free safety under head coach Dick Tressel.

Doug began his coaching career by returning to Brooklyn Center High School. He coached football and scouted from 1981-1984; having the opportunity to learn from great people and great coaches such as Warren Olson, Doug Darnell and Bernie Wesloh.

The Centaurs were State Champions in 1984. He was also the head softball coach at B.C. from 1983-1992.

Doug's tenure at Blaine began in 1984. He has taught Business Education there for the past 21 years, earning a Master's Degree in Education in 1995. On the football staff, he served as the sophomore defensive coordinator for 7 years, and has been the varsity defensive back coach and special teams coordinator for the past 14 seasons. At Blaine, Doug has been fortunate to be part of 9 state tournament teams and 13 straight appearances in the section championship game.

He is very grateful to the many coaches that he has worked with and learned from over the years. In particular; Shannon Gerrety, Dave Nelson, Jeff Ferguson and Lowell Kutches have been great mentors and friends, who showed him how to treat kids right and make football a special experience for every player.



Doug has been married to his wonderful, understanding wife Kristi for 18 years. They have two boys: Joe (15) and Jack (11).



2004 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 ser-

vice 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 Award Requirements

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

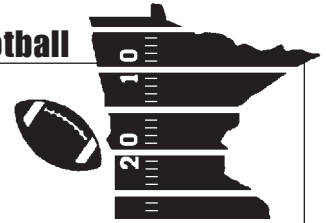


Ron Randall
Plainview-Elgin-Millville



Keith Howard
Elk River

Minnesota High School Football



Bob Kovich - Lakeville



Tom Sand - Jordan



Tim Seaton - Verndale



Tracey Wensloff - Roseau



Mark O'Neill - Champlin Park



Bill Baumann - North Branch



Lee Eklund - Hawley



Mick Goudy - Rogers



Minnesota High School Football

Questionnaire For Butch Nash Award

Candidates name in full _____
First middle last

Address _____ City/Zip Code _____

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

Birthdate _____ College attended _____ Year graduated _____

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

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

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

School Address _____ City/Zip Code _____

Current football coaching assignment _____

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

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

Total number of years as an assistant coach _____

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

Submitted by: _____
Head Football Coach

Return to: **Jim Dotseth, 4180 Trenton Lane No, Plymouth, MN 55441**

VARSITY GOLD



Varsity Gold, Inc.



MINNESOTA'S #1 HIGH SCHOOL FOOTBALL FUNDRAISER

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1-800-245-2093

Academic All-State Football Team Application

School _____ Class _____

Address _____ Section _____

Head Coach _____ Phone (_____) _____

The following number of candidates may be listed for each class: 5A-40, 4A-40, 3A-34, 2A-29, 1A-27, 9-man-20; three extra players should be listed also for the purpose of tie-breakers. The 4.00 grading system to 2 decimals will be used, so their systems must be converted. 4.00 is the highest grade used. The grades must be from the past full year. Applications must be in to each class representative by Nov. 1. A team champion will be chosen in each class.

Players Name G.P.A.	Players Name G.P.A.
1) _____	18) _____
2) _____	19) _____
3) _____	20) _____
4) _____	21) _____
5) _____	22) _____
6) _____	23) _____
7) _____	24) _____
8) _____	25) _____
9) _____	26) _____
10) _____	27) _____
11) _____	28) _____
12) _____	29) _____
13) _____	30) _____
14) _____	31) _____
15) _____	32) _____
16) _____	33) _____
17) _____	34) _____

Composite

Send Team Application to (Fax Numbers):

9 Man: Dave Krenik, Cleveland (507) 931-9088
 Class 1A: Wayne Petermeier, Browerville (320) 594-8105
 Class 2A: Clay Anderson, Albert Lea (507) 379-5498
 Class 3A: Dave Hylla, Proctor (218) 628-4937
 Class 4A: Bubba Sullivan, Northfield (507) 645-3455
 Class 5A: Dave Nelson, Minnetonka (952) 401-5905
 Chairman: Con Natvig, Browerville

 (Signature of verifying school official)

 Position

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



Academic All-State Football Team Concept

Guidelines & Procedures:

- 1) Choose one champion in each class.
- 2) Use 75% of the tournament team number to decide the team G.P.A.

5A - 40
4A - 40
3A - 34
2A - 29
1A - 27
9-Man - 20

Note:

Each player name and G.P.A. must be listed.

- 3) In addition, three extra players' G.P.A.s will be listed for tie breakers, using them in order.
- 4) The 4.00 grading system will be used. Other systems must be converted and 4.00 will be the highest possible grade. Grades should be rounded off to two decimal places. No weighted grades.

- 5) Grading Period: The grades should be from the past full year. No summer school or current fall grades will be used.
- 6) Who is eligible? Only teams with a head coach who is a current member of the Minnesota High School Football Coaches Association.
- 7) Teams should be submitted to class reps by Nov. 1, and champions submitted to committee chairman by Nov. 8.

Academic All-State Team Committee:

Class 5A: Dave Nelson, Blaine
Class 4A: Bubba Sullivan, Northfield
Class 3A: Dave Hylla, Proctor
Class 2A: Clay Anderson, Albert Lea
Class 1A: Wayne Petermeier, Browerville
9-Man: Dave Krenik, Cleveland
Chairman: Con Natvig, Swanville

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

9-Man: Mike Mahlen, Verndale (218) 455-5185
Class 1A: Wayne Petermeier, Browerville (320) 594-8105
Class 2A: Steve Solem, BOLD (320) 523-5410
Class 3A: Marv Peters, Rochester Lourdes (507) 289-4008
Class 4A: Rick Sutton, Mankato West (507) 345-1502
Class 5A: Todd Olson, Edina (952) 848-3818
Chairman: Mike Watson, Centennial (763) 792-5039

INDIVIDUAL APPLICATION

Academic All-State Player

Name of Applicant _____ Grade _____

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

School _____ Coach _____

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

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

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

Grade 10 Subjects

Grade 11 Subjects

1st Quarter Senior Subjects

1. _____

1. _____

1. _____

2. _____

2. _____

2. _____

3. _____

3. _____

3. _____

4. _____

4. _____

4. _____

5. _____

5. _____

5. _____

6. _____

6. _____

6. _____

7. _____

7. _____

7. _____

Use a 4.00 Scale for G.P.A.

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

Signature of Parent or Student Applicant if 18 years or older

PLAYER INFORMATION

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

School Background Information:

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

Football Information:

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

Time Deadlines:

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

Send Individual Application to (Fax Numbers):

9-Man: Mike Mahlen, Verndale, 218-445-5185

Class 1A: Wayne Petermeier, Browerville, 320-594-8105

Class 2A: Steve Solem, BOLD, 320-523-1031

Class 3A: Scott Tschimperle, Glencoe-Silver Lake, 320-864-6475

Class 4A: Rick Sutton, Mankato West, 507-345-1502

Class 5A: Todd Olson, Richfield, 612-798-6057

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

Home Phone: 612-722-7815



Varsity Gold 2004

Academic All State Teams

(Champion in bold)

9 man

Section	Team	GPA
1	Cleveland	3.29
2	Westbrook-Walnut Grove	3.64
3	Chokio-A-H-N	3.29
4	Verndale	3.24
5	NA	NA
6	Hillcrest Luthern	3.68
7	NA	
8	Stephen Argyle	3.62

1A

Section	Team	GPA
1	Rushford-Peterson	3.43
2	Mankato-Loyola	3.55
3	Adrian	3.44
4	Goodhue	3.49
5	Wabasso	3.65
6	New York Mills	3.41
7	Ogilvie	3.31
8	Red Lake Falls	3.09

2A

Section	Team	GPA
1	NA	
2	Sibley East	3.61
3	Minnesota Valley	3.72
4	East Central	3.22
5	Eden Valley-Watkins	3.58
6	Benson	3.50
7	NA	NA
8	NA	

3A

Section	Team	GPA
1	Plainview-Elgin-Millville	3.54
2	Glencoe-Silver Lake	3.65
3	NA	
4	NA	

5	St.Cloud Cathedral	3.60
6	Albany	3.55
7	Proctor	3.14
8	Warroad	3.03

4A

Section	Team	GPA
1	Albert Lea	3.50
2	Willmar	3.54
3	Simley	2.50
4	St.Michael-Albertville	3.62
5	Benild-St.Margarets	3.53
6	Orono	3.43
7	Princeton	3.38
8	Sauk Rapids	3.49

5A

Section	Team	GPA
1	Eastview	3.68
2	Eden Prairie	3.70
3	North St.Paul	3.48
4	White Bear Lake	3.75
5	Cretin Derham Hall	3.44
6	NA	NA
7	Anoka	3.55
8	Brainerd	3.50



Varsity Gold 2004

Academic All State Individuals

AAAAA

Ryan Bowlds
David Koelln
Marcus John Tibesar
Jesse Nelson
Jared Rasmussen

Eden Prairie
Rochester JM
Cretin-Derham Hall
Minnetonka
Anoka

Nick Morgan
Josh Niedenfuer
Korey Horn
Pat Deppa
Ryan Doheny

Eden Prairie
Anoka
Brainerd
Minnetonka
Anoka

AAAA

Joe Barten
Nick Daigle
Eric Decker
Joel Geistfeld
Peter Gottschalk
Brain Kampa

New Prague
Princeton
Rocori
New Ulm
Orono
Sartell

Jeff Bohlman
Matt Day
Mike Fabel

Sartell
Austin
Rocori

AAA

Brock Stoffel
Nick Mertens
Zach Zillmer
Danile Wingert
Grand Weller
Kyle Hardwick

Aitkin
East Grand Forks
Foley
Plainview-E-M
Sauk Centre
Warroad

Cameron Stromme
John Olson
Heath Ikrke
Kyle Wojtysiak
Adam Knebel
Danny Warner

Albany
Foley
Plainview-E-M
Proctor
Warroad
Rochester Lourdes

AA

Ben Kuznia
Mikkel Haugen
Steve Jewison
Eric Schultz
Matthew Stommes
Adam Nokleby

BOLD
Kenyon-Wanamingo
WEM
Lewiston-Altura
Eden Valley-Watkins
Benson

Jason Costello
Jordan Berg
Nick Torkildson
Bryce Bohow
John Sallstrom
Kyle Hilleren

MVL
Sibley East
Pelican Rapids
Lewiston-Altrua
GFW
Benson

A

Brian Cornelius
Dan Williams
Casey Knips
Levi DeVries
Andrew Walsh
Nic Johnson

Mankato Loyola
St. Clair
Adrian
Mahnommen
Nashwauk-Kewautin
Browerville

Alex Mierau
Isaac Dorn
Kyle Belmont
John Muehlberg
Brandon Schaefer
Jeramie Weller

Rushford-Peterson
Parkers Prairie
Ottetail Central
Ottetail Central
Browerville
New York Mills

9-Man

Jacob Stroud
Ryan Grommersch
Tom Adamietz
Jeffery Zimmerman
Kevin Johnson
Andy Bramer

Hillcrest
Nicollet
Verndale
Nicollet
Cleveland
Verndale

Chris Failing
Lance Koplin
Riley St. Germain
Alex Johnson
Dylan Schuster

Kittson Central
Ashby
Stephen-Argyle
Westbrook-Walnut Grove
Chokio-A-H-N



2004 Minnesota 9-Man All-State

The 2004 Minnesota 9-Man All-State Football team was selected by the 9-Man football coaches association

Players are listed by position and school in parentheses.

OFFENSE

QB- Riley St. Germain (Stephen-Argyle Central), Matt Niskanen (Mt. Iron-Buhl);
RB- Nick Grewe (Bertha-Hewitt), Cody Rinke (Wheaton), Tyler Fisher (Verndale), Joe Bunne (Leroy-Ostrander);
WR- Ty Crabtree (Hillcrest Lutheran Academy), Brady Rose (Cedar Mt.-Comfrey);
LINE- Andrew Urbaniak (Kittson Central), Ben Kuznia (Stephen-Argyle Central), Tanner Lehman (Chokio-Alberta/Herman-Norcross);

DEFENSE

LINE- Nick Safranski (Stephen-Argyle Central), John Hanks (Leroy-Ostrander), Mike Struss (Nicollet), Andy Bramer (Verndale), Dan Brauch (Bertha-Hewitt);
LB- Tyrel Messer (Cromwell), Evan Twedt (Hillcrest Lutheran Academy), Andrew Knight (Leroy-Ostrander);
DB- Zack Rowe (Mt. Iron-Buhl), Ethan Armstrong (Wheaton), Isaac Johnson (Verndale).

2004 Honorable Mention

Jake Stroud (Hillcrest Lutheran Academy), Jeff Zimmerman (Nicollet), Andrew Larson (Cedar Mt.-Comfrey), Patrick Longmire (Spring Grove), David Krenz (Cedar Mt.-Comfrey), Cody Oberg (Ulen-Hitterdal), Shyler Gasman (LaPorte), Matt Gratzek (Stephen-Argyle Central), Kevin Villebrun (Orr).

2004 Coach of the Year

Mark Kroulik (Stephen-Argyle Central)

2004 Playoff Results

SECTION CHAMPIONS		2004 CLASS 5A PLAYOFFS	
Rochester John Marshall (9-2)			
Score 28-0			
Minnetonka (10-1)	H	Minnetonka	34
Champlin Park(10-0)		Minnetonka	23
Score 41-13		Champlin Park	6
Brainerd(10-0)	H	Minnetonka	
Woodbury(6-5)		AAAAA State Champion	
Score 31-14			
Centennial(6-5)	H	Woodbury	7
Cretin-Derham Hall(8-3)		Wayzata	14
Score 34-27		Wayzata	26
Wayzata (10-1)	H		

SECTION CHAMPIONS		2004 CLASS 4A PLAYOFFS	
Northfield(11-0)			
Score 36-8			
Mankato East(7-3)	H	Northfield	7
Princeton(11-0)		Sartell-St. Stephens	6
Score 27-7		Sartell-St. Stephens	14
Sartell-St. Stephens(10-1)	H	Totino Grace	
South St. Paul(9-1)		AAAA State Champion	
Score 24-21			
Totino Grace(10-1)	H	Totino Grace	21
Academy of Holy Angels(8-2)		Totino Grace	27
Score 26-15		Hutchinson	7
Hutchinson(7-4)	H		

SECTION CHAMPIONS		2004 CLASS 3A PLAYOFFS	
Plainview-Elgin Milville(11-0)			
Score 35-28			
Glencoe-Silver Lake(7-4)	H	Glencoe-Silver Lake	27
Virginia (6-5)		East Grand Forks	31
Score 77-7		East Grand Forks	28
East Grand Forks (11-0)	H	East Grand Forks	
Redwood Valley (10-1)		Class AAA State Champion	
Score 34-25			
Delano (8-2)	H	Delano	6
Becker (10-1)		Becker	14
Score 28-22		Becker	22
Staples-Motley (9-2)	H		

2004 Playoff Results

SECTION CHAMPIONS

2004 CLASS 2A PLAYOFFS

Lewiston-Altura(5-6)

Score 33-8

Waterville-E-M (9-2)

H

Waterville-E-M 6

Esko (9-0)

Score 22-21

Pierz (9-2)

H

Pierz 20

Pierz 39

Pierz

AA State Champion

BOLD (11-0)

Score 48-28

Braham(10-1)

H

BOLD 7

Eden Valley-Watkins 14

Eden Valley-Watkins(9-1)

Score 28-0

Yellow Medicine East(8-3)

H

Eden Valley-Watkins 13

SECTION CHAMPIONS

2004 CLASS 1A PLAYOFFS

Rushford-Peterson (9-1)

Score 6-0

Mankato Loyola (11-0)

H

Rushford-Peterson 37

Nashwauk-Keewatin (9-2)

Score 14-12

Mahnomen (8-3)

H

Mahnomen 12

Rushford-Peterson 20

Rushford-Peterson

A State Champion

Springfield (10-1)

Score 13-6

Goodhue (7-4)

H

Goodhue 21

Ottertail Central 6

Kerkhoven-Murdock-Sunburg(6-5)

Score 29-14

Ottertail Central (10-1)

H

Ottertail Central 47

SECTION CHAMPIONS

2004 CLASS 9-MAN PLAYOFFS

LeRoy-Ostrander (9-2)

Score 35-0

Edgerton (10-1)

H

LeRoy-Ostrander 21

Mountain Iron-Buhl (11-0)

Score 63-37

Stephen-Argyle (11-0)

H

Stephen-Argyle 27

Stephen-Argyle 25

Stephen-Argyle

9-Man State Champion

Wheaton (10-1)

Score 12-0

Bertha-Hewitt (10-1)

H

Bertha-Hewitt 26

Bertha-Hewitt 6

Albrook (11-0)

Score 49-16

Hillcrest Lutheran (11-0)

H

Hillcrest Lutheran 20



2004 State Football Tournament

9-Man

In its ninth consecutive and overall appearance in the state football tournament, Stephen-Argyle Central successfully defended its 9-Man title, the third championship for the school. The Storm, ranked No. 1 in the final Associated Press poll, took advantage of third quarter miscues by Bertha-Hewitt (12-2) to take control of the game and cap a perfect season (14-0) with a 25-6 win.

After a scoreless first quarter in which both teams combined for just 83 total yards, Bertha-Hewitt's Nick Grewe dove in from two yards out for the game's first score and the only score for the Bears. Stephen-Argyle answered shortly before halftime with an eight-yard touchdown pass from Riley St. Germain to Nevin Lubarski. The successful extra-point try was the score difference at the end of the first half. Stephen-Argyle would score 18 third-quarter points on a 30-yard field goal by Jesse Sundby, a five-yard touchdown run by Blake Szczepanski, and a 24-yard touchdown run by Luke Urbaniak.

Class A

In its fifth tournament appearance, No. 9-ranked Rushford-Peterson (12-1) won its second Class A title with a decisive 20-6 victory against Otter Tail Central.

Otter Tail Central (12-2) controlled the ball for much of the first half, owning nearly a three-to-one edge in time of possession. The Bulldogs defense held Rushford-Peterson to just three first downs and 72 yards of total offense in the first 24 minutes. The only score of the half came on a 29-yard touchdown pass from Otter Tail Central senior quarterback Kyle Belmont to senior wide receiver Andy Olson. Trojans senior running back Dan Boyum rushed 18 times for 142 yards and two TDs. Rushford-Peterson did not complete a pass in four attempts while gaining 250 yards on the ground on 45 team carries. Junior cornerback

Tyler Drinkall took the second of his three interceptions 41 yards for a touchdown. The three interceptions for Drinkall tied a Prep Bowl record.

Class AA

The No. 3-ranked Pierz Pioneers defeated Eden Valley-Watkins for the second time this season, but this victory earned them the Class AA championship in their second consecutive and fifth overall tournament appearance. Both teams play in the Central Minnesota Conference and the first victory was by a 35-38 score. The Prep Bowl championship, the school's first, came with a 39-14 score.

Senior running back Christian Even ran for two touchdowns, threw for a third, and caught three passes for 69 yards to lead Pierz (12-2). Pierz sophomore Bryan Virnig took the opening kickoff and scampered 66 yards to put the Pioneers in great field position for their initial drive of the game. Three plays later, Even scampered five yards for the game's first score. Pierz went on to take a 20-0 lead in the first quarter on touchdown rushes by quarterback Mike Pohlkamp from six yards out and Virnig from 32 yards away. Eden Valley-Watkins (12-2) climbed back into the game temporarily in the second quarter on a pair of touchdown passes from quarterback Shane Henfling.

Class AAA

The Green Wave of East Grand Forks captured its first state football championship after qualifying for the state tournament for only the third time and the first time since 1985. Senior quarterback Nick Mertens threw a touchdown pass, ran in a two-point conversion, ran for a TD, intercepted a Becker pass and returned it 33 yards, and kicked a 26-yard field goal -- all in the second quarter -- to lead East Grand Forks (14-0) to a 31-14 win over Becker (12-2).

Becker led first, then trailed only by three at the



2004 State Football Tournament

half. East Grand Forks scored the third quarter's only touchdown on a 57-yard pass from Mertens to senior tight end Brent Beiswenger. Early in the fourth quarter, EGF senior Matt Rambeck picked off a Becker pass and returned it 30 yards for a Green Wave touchdown. Mertens, the AP Player of the Year, finished his prep career with a combined 94 touchdowns throwing and running. He finished the game 13-of-29 for 224 yards and two touchdowns with one interception through, 16 rushes for 59 yards on the ground, five tackles and an interception on defense, a field goal and four extra points as a kicker, and punted seven times for an average of 40.5 yards per punt.

Class AAAA

Totino-Grace of Fridley won its second consecutive and fourth overall state title with its 27-6 defeat of No. 4-ranked Sartell-St. Stephen. The Eagles, ranked No. 2, dominated the second half after building a slight 7-0 first-half lead. The Totino-Grace defense held Sartell-St. Stephen to only 59 yards rushing and seven first downs.

Totino-Grace (13-1) added a second touchdown on the last play of the third quarter as junior quarterback Tony Pastoors connected with senior wideout Joel Langevin on a 27-yard touchdown pass. The set up for the score was a fake punt in which Pastoors and Langevin hooked up on an 11-yard completion on fourth-and-seven for a first down. Pastoors put the game on ice for the Eagles with an eight-yard touchdown scamper midway through the final frame. Senior running back Ray Wilson capped the scoring with an 11-yard touchdown run. Sartell-St. Stephen (12-2) was 0-for-9 on third down conversions. The Sabres' marched inside the Totino-Grace 38-yard line only once during the game, on their final drive of the contest which resulted in a 15-yard touchdown pass from senior quarterback Brian Kampa to senior wide receiver Dan Gaughan.

Class AAAAA

The No. 3-ranked Minnetonka Skippers, making their first state tournament appearance, won their first state title against Classic Lake Conference rival and No. 5-ranked Wayzata, making its fifth state tournament appearance. Junior half-back Javon Hopkins rushed 27 times for 224 yards and two touchdowns to lead Minnetonka (13-1) to a 23-14 win. The Skippers set a new Prep Bowl record with 519 yards in total team offense. A total of 27,620 attended the six games of Prep Bowl XXIII.

Wayzata senior tailback Quinn Hendel scampered 50 yards on the Trojans' second drive of the game to open the scoring. Minnetonka responded with a 13-play, 65-yard drive culminating in a 19-yard field goal by junior kicker Sam Buckman on the first play of the second quarter. Buckman kicked two more field goals later. Hopkins took a handoff on the first play of a drive in the second quarter and rambled 84 yards for a touchdown to put Minnetonka on top 10-7. The run set a Prep Bowl record for longest run from scrimmage, breaking the previous mark of an 80-yard run by Brent Miller of Mahanomen in 1993.

Minnetonka junior cornerback Matt Risinger tied a Prep Bowl record with three interceptions during the game. The Skippers finish the season at 12-2.



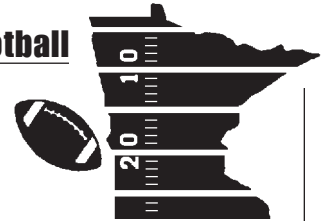
2004 State Champions

MINNETONKA - Section 1 Champion - Class 5A



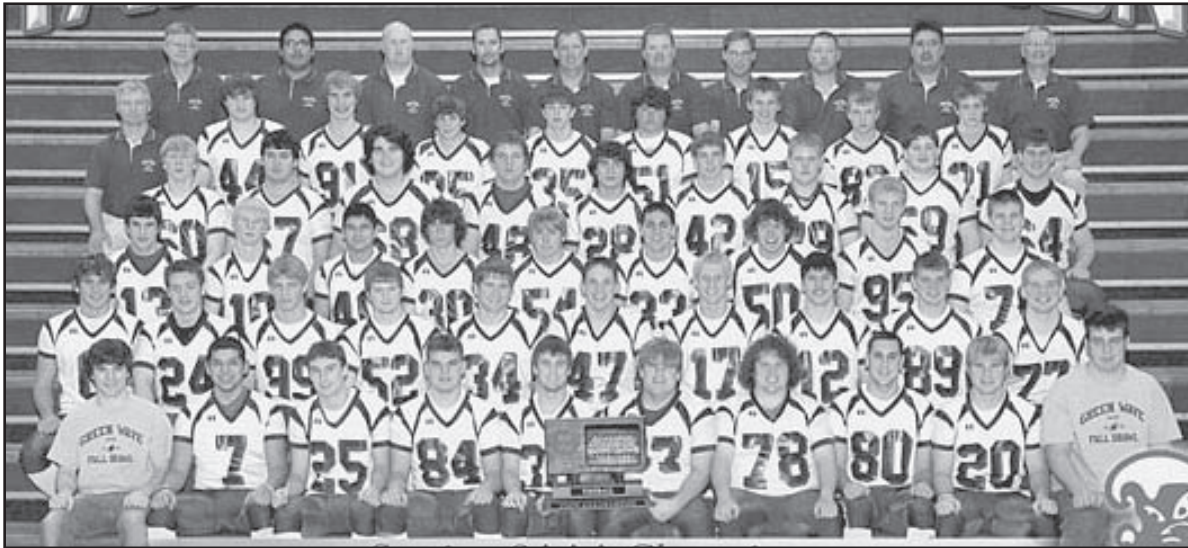
TOTINO GRACE - Section 4 Champion - Class 4A





2004 State Champions

EAST GRAND FORKS - Section 8 Champion - Class 3A



PIERZ - Section 8 Champion - Class 2A





2004 State Champions

RUSHFORD-PETERSON - Section 1 Champion - Class 1A



STEPHEN-ARGYLE - Section 8 Champion - 9-MAN



32nd Annual Minnesota High School **ALL STAR FOOTBALL GAME**

2:00 P.M. SATURDAY, JUNE 25, 2005 • ST. CLOUD STATE UNIVERSITY

OUTSTATE

HEAD COACHS:

Jeff Mumm

METRO

Mike Korton

OUTSTATE

ASSISTANTS:

Bill Hudspith
Bryan Olson
Rick Theisen
Carl Fruechte
Bruce Nelson

METRO

Steve George
Adam Kowles
Mark O'Neil
Andy Ewald
Keith Howard

Game Recap

OUTSTATE: 39 METRO: 25

The Outstate team jumped out to a commanding lead, 39-0, over the Metro team, before the Metro team was able to close the gap by scoring 25 consecutive points in the second half. With the victory the Outstate teams now take a 14-12 lead in the overall series, since the game has used the Metro versus Outstate format.

Eric Decker, a receiver from Rocori high school who will be playing at the University of Minnesota this fall, was chosen as the game's Most Valuable Player. Decker had eight receptions for 151 yards and one touchdown to lead the Outstate offensive display. Mr. Football, Nick Mertens, of East Grand Forks, was one of the quarterbacks who benefited from Decker's athletic receptions as the Outstate team built its large margin with only a few minutes gone in the third quarter. The Outstate defense also played well as they limited the Metro offense to minimal yardage during the first three quarters and even scored a touchdown early on as Gopher football recruit Nate Triplett, of Delano, returned an interception for a touchdown.

The Metro team was then able to take advantage of a special All Star game rule, which allows the team that's behind by more than 10 points to elect to receive the kickoff. This gave the Metro team four consecutive offensive possessions in the second half and led to their being able to narrow the margin.

The game was played at St. Cloud State University for the first time this year and early reports seem to indicate a positive response. Sauk Rapids head football coach Bill Magnuson, helped in the coordination of hosting some of the hospitality events for coaches for the game. The teams continued with the previous routine of practicing for a full week at Gustavus Adolphus College in St. Peter prior to the game.

The game was sponsored by the MSHFCA, Varsity Gold, American Express. And Dave Fritze of Eagan, did another masterful job as game manager.

Co-sponsored by the
Minnesota High School Football
Coaches Association,
Varsity Gold, and American Express

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

Dave Fritze
Game Manager





2005 OUTSTATE ALL STARS

Head Coach

Jeff Mumm

Thief River Falls

Assistants

Bill Hudspith
Bryan Olson
Rick Theisen
Carl Fruechte
Bruce Nelson

Esko
Sauk Centre
Rocori
Caledonia
East Grand Forks



NAME

SCHOOL

NAME

SCHOOL

Drew Abrahamson

Moose Lk/Willow river H.S.

Steve Jewison

W.E.M. H.S.

Jeremy Agrimson

Rushford-Peterson H.S.

David Koelln

RochesterJohn Marshall H.S

Jeff Arnett

Redwood Valley H.S.

Ben Kuznia

B.O.L.D. H.S.

Dan Beck

Pelican Rapids H.S.

Zach Larsen

Northfield H.S.

Kyle Belmont

Otter Tail Central H.S.

Joe Luke

Alexandria H.S.

Adam Berg

Annandale H.S.

Nick Mertens

East Grand Forks H.S.

Jordan Berg

Sibley East H.S.

Shawn Meyer

Melrose H.S.

Jeff Bohlman

Sartell H.S.

Isaac Odum

Rochester Century H.S.

Chris Brunkhorst

Rochester Loudes H.S.

Josh Pelovsky

Owatonna H.S.

Kyle Buffington

Princeton H.S.

Derek Potter

Becker H.S.

Levi Bullerman

Adrian H.S.

Nate Rambeck

East Grand Forks H.S.

Matt Day

Austin H.S.

Byran Reimers

Springfield H.S.

Eric Decker

Rocori H.S.

Tim Ruby

Jackson Cty. Central H.S.

Levi DeVries

Mahnomen H.S.

Brandon Schaefer

Browerville H.S.

Brad Diel

Mankato East H.S.

Derek Stifter

Watertown/Mayer H.S.

Nick Grewe

Bertha- Hewitt H.S.

Joe Sveen

Plainview/Elgin-Millville H.S

Mikkel Haugen

Kenyon-Wanamigo H.S.

Nate Triplett

Delano H.S.

Brad Herman

Luverne H.S.

Andrew Urbaniak

Kittson Central H.S.

Joe Hiben

Waconia H.S.

Jacob Wagner

Staples-Motley H.S.

Kyle Hilleran

Benson H.S.

Kenley Wahlin

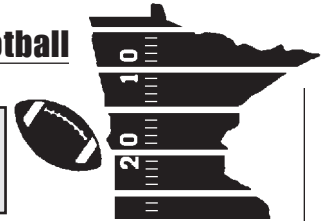
Crookston H.S.

Pete Hiltner

Brainard H.S.

Aaron Wenker

Royalton H.S.



2005 METRO ALL STARS

Head Coach

Mike Korton

Champlin Park

Assistants

Steve George

Adam Kowles

Mark O'Neil

Andy Ewald

Keith Howard

Fridlely

DeLaSalle

Champlin Park

St. Louis Park

Elk River



NAME

SCHOOL

Phil Ayeni Woodbury H.S.
 Ryan Bowlds Eden Prairie H.S.
 Gyangelo Bradden Mpls, Washburn H.S.
 Mitch Brecke Maple Grove H.S.
 Chauncey Charlson Woodbury H.S.
 Mat Christopher Champlin Park H.S.
 Daniel Elling Minnetonka H.S.
 Shane Fox Benilde-St. Margaret H.S.
 Hank Goff Minnetonka H.S.
 Nate Grinager St. Paul Academy H.S.
 Cory Hanson De LaSalle H.S.
 Brian Hara Totino-Grace H.S.
 Tyler Henry Bloomington Jefferson H.S.
 Tony Homes Woodbury H.S.
 Ramon Humber Champlin Park H.S.
 Kyle Jepson Woodbury H.S.
 Marcel Jones Simley H.S.
 Kevin Knapp Lakeville H.S.
 Brian Kuehn Mounds View H.S.
 Joel Langevin Totino-Grace H.S.
 Sam Laudner Wayzata H.S.

NAME

SCHOOL

James Laurinaitis Wayzata H.S.
 Nate Lutz Hill-Murray H.S.
 Tyler McKee Irondale H.S.
 Andy Metz Lakeville H.S.
 Jeff Miller South St. Paul H.S.
 Pat Mooney St. Agnes H.S.
 Jesse Nelson Minnetonka H.S.
 Josh Niedendurr Anoka H.S.
 Andy Parke St. Louis Park H.S.
 Kevin Pexa New Prague H.S.
 Andrew Phillips Eden Prairie H.S.
 Kommonyan Quay Champlin Park H.S.
 Arsenio Richardson St. Louis Park H.S.
 Mike Schumacher Eden Prairie H.S.
 Dan Skelly Champlin Park H.S.
 Tripp Standa Orono H.S.
 Darren Suggs Highland Park H.S.
 Ned Tavale Cretin-Durham Hall H.S.
 Marcus Tibesar Cretin-Druham Hall H.S.
 Ted Toune Park Center H.S.



2004 Minnesota High School Football Conference Coaches of the Year

Conference	Coach	School
212	Steve Solem	BOLD
Big Nine	Jon Vik	Rochester Century
Central Lakes	John Ross	Sartell-St. Stephen
Central MN	Ray Tri	Eden Valley-Watkins
Classic Lake	Derek Fisher	Robbinsdale Armstrong
Classic Suburban	Wally Malmstrom	Mahtomedi
Gopher Valley 1A	Jim Neyers	Mankato Loyola
Gopher Valley 2A	Jim Buboltz	Minnesota Valley Lutheran
Gopher Valley 2A	Dan Stork	New Richland-H-E-G
Great Northern Central	Wally Kostich	Mountain Iron-Buhl
Great Northern North	Scott Chiabatti	Tower-Soudan
Great Northern South	Larry Anderson	AlBrook
Great River	Terry Bodeen	Braham
Heart O'Lakes	Tony Reno	Dilworth-Glyndon-Felton
Hiawatha Valley Gold	Randy Hockinson	Kenyon-Wanamingo
Hiawatha Valley Blue	Ivan Kroulik	Kasson-Mantorville
Lake	Jon Leverenz	Bloomington Jefferson
Little Sioux	Randy Strand	Adrian
Metro Alliance	Joe Gutilla	Benilde-St. Margaret's
Minneapolis	Lenny Sedlock	Minneapolis South
Minnesota River	Terry Turek	Le Sueur-Henderson
Missota	Bubba Sullivan	Northfield
North Country	Dave Mooers	Duluth Denfeld
North Star	Dennis Yell	Clearbrook-Gonvick
North Suburban	Jeff Ferguson	Totino-Grace
North Tri-County	Scott Hall	Ulen-Hitterdal
Northern Lakes	Ryan Beachy	Staples-Motley
Northern Lakes	Bruce Nelson	East Grand Forks
Northwest Suburban	Mike Korton	Champlin Park
Pheasant North	Mike Mahlen	Verndale
Pheasant South	Tony Thiel	Wheaton
Polar IA	Kevin Haley	Barnum



2004 Minnesota High School Football Conference Coaches of the Year

Conference	Coach	School
Polar 2A	Bill Hudspith	Esko
Prairie North	Don Seipkes	Ottertail Central
Prairie South	Wayne Petermeier	Browerville
Rum River	Larry Herm	Foley
Rum River	Doug Patnode	Princeton
Sea Range	Stuart Nordquist	International Falls
South Central	Brad Wendland	St. James
South Central	Troy Cody	Fairmont
Southern Confederacy East	Karl Urbaniak	Mabel-Canton
Southern Confederacy West	Tom Murphy	Nicollet
Southern Minnesota	Denny Lux	New Ulm Cathedral
Southwest	Matt Lundeen	Redwood Valley
Southwest Ridge	Andrew Fleischman	Edgerton
St. Paul City	Dave Zeitchick	St. Paul Highland Park
Suburban East	Bob Jackson	White Bear Lake
Three Rivers North	Bill Ihrke	Plainview/Elgin-Millville
Three Rivers South	Carl Fruechte	Caledonia
Top of State	Mark Kroulik	Stephen-Argyle
Tri-Metro	Adam Kowles	DeLaSalle
Valley Plains	Peder Naatz	Hawley
West Central North	Mike Kleinschmidt	Albany
West Central North	Daryl Oja	Melrose
West Central South	Bryan Olson	Sauk Centre
Wright County	Dwight Lundeen	Becker



2004 Minnesota Section Coaches of the Year

CLASS: 9 MAN - SECTION COACH

- 1 Craig Knight, LeRoy-Ostrander
- 2 Andrew Fleischman, Edgerton
- 3 Tony Thiel, Wheaton
- 4 Rick Harig, Bertha-Hewitt
- 5 Larry Anderson, Albrook
- 6 Richard Risbrudt, Hillcrest Lutheran Academy
- 7 Wally Kostich, Mountain Iron-Buhl
- 8 Mark Kroulik, Stephen-Argyle

CLASS: 1A - SECTION COACH

- 1 Jim Reinhardt, Rushford-Peterson
- 2 Jim Neyers, Mankato Loyola
- 3 Paul Dunn, Springfield
- 4 Clair Austin, Goodhue
- 5 James Cortez, Kerkhoven-Murdock-Sunburg
- 6 Don Seipkes, Otter Tail Central
- 7 Charlie Campbell, Nashwauk-Keewatin
- 8 John Clark, Jr., Mahanomen

CLASS: 2A - SECTION COACH

- 1 Scott Schmaltz, Lewiston-Altura
- 2 Jon Bakken, Waterville-Elysian-Morristown
- 3 Steve Solem, BOLD
- 4 Terry Bodeen, Braham
- 5 Ray Tri, Eden Valley-Watkins
- 6 Dave Brokke, Yellow Medicine East
- 7 Bill Hudspeth, Esko
- 8 Leo Pohlkamp, Pierz

CLASS: 3A - SECTION COACH

- 1 Bill. Ihrke, Plainview-Elgin-Millville
- 2 Dave Dose, Glencoe-Silver Lake
- 3 Matt Lundeen, Redwood Valley
- 4 Merrill Pavlovich, Delano
- 5 Dwight Lundeen, Becker

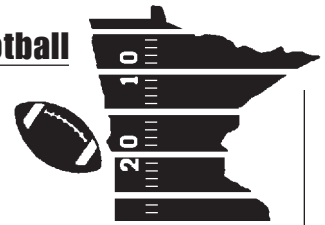
- 6 Ryan Beachy, Staples-Motley
- 7 Rick Erickson, Virginia
- 8 Bruce Nelson, East Grand Forks

CLASS: 4A - SECTION COACH

- 1 Bubba Sullivan, Northfield
- 2 Eric Davis, Mankato East
- 3 Chad Sexauer, South St. Paul
- 4 Jeff Ferguson, Totino-Grace
- 5 Mike Pendino, Holy Angels
- 6 Andy Rostberg, Hutchinson
- 7 Doug Patnode, Princeton
- 8 John Ross, Sartell-St. Stephen

CLASS: 5A - SECTION COACH

- 1 John Drews, Rochester John Marshall
- 2 Dave Nelson, Minnetonka
- 3 Paul Herzog, Woodbury
- 4 Mike Watson, Centennial
- 5 Rich Kallok and Mike Scanlon, Cretin-Derham Hall.
- 6 Brad Anderson, Wayzata
- 7 Mike Kortan, Champlin Park
- 8 Ron Stolski, Brainerd



Winningest All Time High School Coaches

200 or more wins: After 2004 Season

Rank	Wins	Losses	Ties	Coach	School	Years
1	307	66	6	George Larson-r	Cambridge	40
2	287	65	2	Ken Baumann-r	Mahnomen	32
3	285	69	2	George Thole-r	Stillwater	31
4	284	81	3	* Mike Mahlen	Verndale	36
5	280	132	5	* Ron Stolski	Brainerd	43
6	277	89	2	Grady Rostberg-r	Hutchinson	34
7	267	111	3	Jim Roforth-r	Osakis	41
8	265	122	11	George Smith-r	Mahtomedi	43
9	264	80	2	Neal Hofland-r	Chokio-Alberta	35
10	259	102	9	Les Dreschel-r	Red Lake Falls/Crookston	40
10	259	105	13	John Hansen-r	Osseo	40
12	256	94	8	Tom Mahoney-r	Fairmont	38
13	251	114	2	Stuart Nordquist	International Falls	36
14	247	119	3	Buz Rumrill-r	Glencoe/Silver Lake	33
15	241	91	0	Dave Nigon-r	Totino Grace	31
16	238	121	3	* Dwight Lundeen	Becker	34
17	236	79	0	Gerhard Meidt-r	Rothsay/Minneota/Big Lake	32
18	230	65	0	Jim Mader-r	Albany	26
19	223	91	1	Jim Simser-r	Fairmont/New Richland-H	31
20	222	91	0	Stan Olson-r	LeRoy-Ostrander	30
21	221	113	1	Jerry Wallskog-r	LeCenter/BDRSH	35
22	220	74	0	Clark Bergloff-r	Mora	29
23	217	121	1	Don Stueve-r	Fergus Falls	37
24	216	130	6	Billy Beck-r	Lac Qui Parle Valley	39
25	214	89	0	* Merrill Pavlovich	Delano	29
26	212	64	0	Gary Graham-r	Browerville	25
26	212	83	8	Kenneth "Red" Wilson-r	Bemidji	34
26	212	95	0	* Dave Brokke	Granite Falls/YME	28
26	212	121	2	DeWayne Johnson-r	Anoka	33
30	209	107	1	Roger Lipelt-r	Wayzata	34
31	207	109	2	Andy Nelson-r	Lake Benton/Verdi	34
32	206	89	0	Ron Johnson-r	Clearbrook/Gonvick Tr.	31
33	203	66	1	Stav Canakes-r	Edina	27
34	202	106	13	Bruce Frank-r	Le Sueur	37
35	200	65	0	Rich Kallok-r	Cretin-DH	24
35	200	77	3	Bob Youso-r	Moose Lake/Willow River	30
35	200	89	0	Ken Mauer-r	St. Paul Harding	32
35	200	120	2	Con Natvig-r	Swanville	33

*Active - Please inform the Secretary-Treasurer of any corrections needed.



Active High School Coaches with 100 wins or more After 2004 Season

Wins	Losses	Ties	Coach	School	Years
284	81	3	Mike Mahlen	Verndale	36
280	132	5	Ron Stolski	Brainerd	43
251	114	2	Stuart Nordquist	International Falls	37
238	121	3	Dwight Lundeen	Becker	34
214	89	0	Merrill Pavlovich	Delano	29
212	95	0	Dave Brokke	Granite Falls/YME	28
200	65	0	Rich Kallok-r	Cretin-DH	22
183	92	1	Larry Thompson	Lakeville	25
179	133	0	Don Seipkes	Henning/Ottertail Central	32
179	49	0	John Bakken	Waterville-Elysian-Morristown	19
178	58	0	Dave Nelson	Minnetonka	21
178	105	0	Terry Karlsgodt	Atwater-Grove City- Cosmos	28
174	47	0	Steve Ott	Deer River	19
172	115	0	Gene Stritesky	Ogilvie	28
171	49	0	Steve Solem	BOLD	19
170	100	0	Richard Risbrudt	Hillcrest Lutheran Academy	29
169	133	0	Doug Patnode	Princeton	30
168	115	0	Jim Brown	Winsted Holy Trinity	29
166	127	0	Dennis Hale	Worthington	30
165	82	0	Terry Ogorek	Kittson Central	25
158	57	0	Jim Reinhardt	Rushford-Peteson	20
153	75	0	Dave Hylla	Proctor	24
150	97	0	Brad Homstad	Northstar(Kittson County)	27
145	103	2	Dennis Kalpin	Alexandria	26
142	51	0	Don Henderson	Triton	17
137	108	0	Steve Radniecki	Norman County East	24
136	143	1	Mike Watson	Centennial	29
134	122	0	John Bennett	Prior Lake	26
133	62	0	Leo Pohlkamp	Pierz	19
130	72	0	Dave Dose	Glencoe-Silver Lake	20
128	69	0	Terry Turek	Le Sueur-Henderson	20
128	130	0	Dennis Holsman	Hill City	27
122	127	0	John Sieling	Eagle Valley	28
119	59	0	Bubba Sullivan	Northfield	15
112	12	0	Mark Kroulik	Stephen-Argyle	10
112	58	0	John Thiel	Breck	16
105	62	0	Joel Swanson	North Branch/Luverne	15
105	54	0	Dan Ellingson	Hills Beaver Creek	16

Please contact the MHSFCA with any corrections



Minnesota High School Football Conferences: 2004-2005

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 NINE

	W	L	W	L
Rochester Century	8	0	10	1
Faribault	6	2	8	3
Roc. John Marshall	6	2	9	3
Mankato East	5	3	7	4
Owatonna	5	3	5	4
Austin	4	4	5	5
Rochester Mayo	3	5	3	6
Mankato West	2	6	4	7
Albert Lea	1	7	1	8
Winona	0	8	0	9

CENTRAL LAKES

	W	L	W	L
Brainerd	8	0	10	1
Sartell	7	1	12	2
Rocori	7	1	8	2
Alexandria	6	2	8	3
Little Falls	4	4	4	5
St. Cloud Tech	4	4	5	5
St. Cloud Apollo	2	6	2	7
Willmar	1	7	1	8
Sauk Rapids	1	7	1	8

CENTRAL MINNESOTA

	W	L	W	L
Eden Valley Watkins	7	1	12	2
Pierz	6	2	12	2
Holdingford	5	3	6	4
Maple Lake	5	3	6	4
Howard Lake WW	4	4	4	5
Rockford	3	5	3	6
Kimball	1	7	1	7
Belgrade B E	0	8	0	9

GOPHER VALLEY

AA Division

	W	L	W	L
New Richland-Hartland-Ellendale-Geneva	7	1	8	2
Minnesota Valley Lutheran	6	2	8	3
Waterville-Elysian-Morristown	6	2	10	3
Gibbon Fairfax W	5	3	5	4
United South Central	3	5	3	6
Maple River	3	5	4	6

Martin County West

Madelia Truman

A Division

	W	L	W	L
Mankato Loyola	8	0	11	1
Medford	7	1	7	2
Le Center	6	2	7	3
Lester Prairie	5	3	7	4
Blooming Prairie	6	2	7	3
Bethlehem Academy	5	3	5	4
Holy Trinity	4	4	4	5
Lake Crystal-WM	4	4	4	5
West Lutheran	3	5	3	6
Randolph	2	6	2	6
St. Clair	2	6	2	7
Janesville-Waldorf	0	8	0	9
Pemberton	0	8	0	8
Lutheran (Bloom.)	0	8	0	8

GREAT NORTHERN

Central Division

	W	L	W	L
Mountain Iron Buhl	8	0	11	1
Nevis	7	1	7	2
Cook	5	3	6	4
Isle	4	4	5	5
McGregor	4	4	4	5
Northland Remer	2	6	2	7
Mesabi Academy	1	7	1	7

North Division

	W	L	W	L
Tower Soudan	8	0	10	1
Northome Kelliher	7	1	7	2
Orr	5	3	5	4
Littlefork BF	4	4	5	5
Cherry	3	5	3	6
Babbitt Embarrass	2	6	2	7
Bigfork	0	8	0	8
Cotton	2	6	2	7

South Division

	W	L	W	L
AlBrook	8	0	11	1
Cromwell	6	2	8	3
Floodwood	4	4	4	5

Hill City

Wrenshall

Laporte

Fond du Lac

GREAT RIVER

	W	L	W	L
Braham	7	1	9	2
East Central	4	4	4	5
Onamia	4	4	5	5
Aitkin	3	5	6	3
Rush City	3	5	3	6
Ogilvie	2	6	2	7
Hinckley Finlayson	0	8	0	9

HEART O'LAKES

	W	L	W	L
Perham	7	1	8	2
Dilworth G F	6	2	7	3
Pelican Rapids	6	2	6	3
West Central	6	2	7	3
Breckenridge	3	5	3	6
Roseau	2	6	2	7
Frazee	1	7	1	8
Agassiz Valley	0	8	0	9

HIAWATHA VALLEY

Blue Division

	W	L	W	L
Kasson Mantorville	8	0	10	1
Roch Lourdes	7	1	7	2
Lake City	5	3	5	4
Byron	5	3	6	4
Stewartville	2	6	2	7
Cannon Falls	2	6	2	7

Gold Division

	W	L	W	L
Kenyon Wanamingo	5	3	6	4
Pine Island	4	4	4	5
Winona Cotter	4	4	5	5
Triton	3	5	3	6
Zumbrota Mazzepa	2	6	2	7
Hayfield	1	7	1	8

LITTLE SIOUX

	W	L	W	L
Adrian	8	0	9	1



Minnesota High School Football

Russel-Tyler-Ruthton	6	2	7	3
Fulda	5	3	6	4
Minneota	5	3	5	4
Ortonville	4	4	4	5
Dawson Boyd	3	5	3	6
Murray CC	1	7	1	8
Canby	0	8	0	9

NORTH COUNTRY

Thief River Falls	6	2	6	3
Duluth Denfeld	7	1	9	2
Grand Rapids	4	4	5	5
Duluth East	3	5	4	6
Duluth Central	2	6	2	7
Hibbing	2	6	2	7
Cloquet	0	8	0	9

NORTH STAR

Clearbrook Gon	8	0	9	1
Walker Hinckley A	7	1	8	2
Lake of Woods	4	4	4	5
Pine Rvr Back	3	5	3	6
Bagley	3	5	3	6
Blackduck	2	6	2	7
Cass Lake Bena	0	8	0	8

NORTH TRI COUNTY

Hillcrest Academy	8	0	12	1
Ulen Hitterdal	7	1	9	2
Waubun	5	3	6	4
Ada Borup	4	4	5	5
Norman Co East	3	5	3	6
Climax Fisher	2	6	2	7
Win E Mac	1	7	1	8
Norman Co West	0	8	0	9

NORTHERN LAKES

East Grand Forks	8	0	14	0
Staples Motley	6	2	9	3
Crookston	6	2	8	3
Warroad	5	3	6	4
Pequot Lakes	3	5	3	6
Wadena DC	1	7	1	8
Park Rapids	0	8	0	9

PHEASANT North Division

Verndale	7	1	9	2
Bertha Hewitt	7	1	12	2
Ashby	6	2	8	3
Underwood	3	5	4	6
Eagle Valley	0	8	0	9

South Division

Wheaton	7	1	10	2
Chokio Alberta	5	3	6	4
Brandon Evansville	2	6	2	7
Hancock	2	6	2	7
Clinton Graceville	1	7	1	8

POLAR LEAGUE AA Division

Esko	7	0	9	1
Moose Lake WR	6	2	8	3
Greenway	5	3	6	4
Two Harbors	4	3	4	5
Deer River	1	6	1	7
Duluth Marshall	3	5	4	6

A Division

Nashwauk Keewatin	6	2	9	3
Barnum	5	3	7	4
Cook County	4	4	4	5
Ely	4	4	4	5
Chisholm	2	5	2	6
Silver Bay	2	5	3	6
Carlton	0	8	0	9

PRAIRIE North Division

Ottertail Cent	6	2	11	3
Parkers Prair	6	2	7	3
New York Mills	5	3	5	4
Menahga	3	5	3	6
Sebeka	1	7	1	8
Pillager	1	7	1	8

South Division

Browerville	8	0	9	1
Royalton	6	2	7	3
Osakis	4	4	5	5
Upsala/Swanville	4	4	6	5
Kerkhoven M S	3	5	6	6
St. John's Prep	0	8	0	8
RUM RIVER				

Blue Division

Foley	7	1	7	2
Milaca	4	4	5	5
Mora	2	5	2	6
Zimmerman	1	7	1	8
Pine City	0	8	0	9

Red Division

Princeton	8	0	11	1
St. Michael Albertville	6	2	8	3
North Branch	4	4	4	5
Big Lake	3	5	3	6
Chisago Lakes	3	5	3	6

SEA RANGE

International Falls	6	2	8	3
Proctor	6	2	7	3
Hermantown	5	3	5	4
Virginia	3	5	6	6
Eveleth Gilbert	4	4	4	5
Crosby Ironton	1	7	1	8

SOUTH CENTRAL

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

SOUTH CONFEDERACY

East Division

Mabel Canton	8	0	9	1
LeRoy Ostrander	6	2	10	3
Lanesboro	5	3	6	4
Spring Grove	3	5	5	5
Grand Meadow	3	5	3	6
Houston	0	8	0	8

West Division

Nicollet	8	0	9	1
Lyle/AustinPacelli	5	3	6	4
Alden Conger	3	5	3	6
Glenville Emmons	3	5	3	6
Cleveland	1	7	1	8
Granada H EC ML	1	7	1	8

SOUTHERN MINNESOTA

New Ulm Cathedral	7	1	9	2
Springfield	7	1	10	2
Cedar Mnt./Comfrey	5	3	5	4
Mt. Lake-Butterfield-Odin	5	3	5	4

Minnesota High School Football



Sleepy Eye St. Mary's	4	4	5	5
Wabasso	4	4	4	5
McLeod West	3	5	3	6
Sleepy Eye	3	5	3	6
Red Rock Central	2	6	2	7
Buffalo Lk Hector	0	8	0	9

SOUTHWEST

Redwood Valley	7	1	10	2
Luverne	6	2	8	3
Pipestone	5	3	6	4
Windom	4	4	5	5
Jackson County Central	4	4	4	5
Worthington	4	4	4	5
Marshall	3	5	4	6

SOUTHWEST RIDGE

Edgerton	7	1	10	2
Southwest United	6	2	7	3
Westbrook W G	4	4	5	5
Hills BC/Ellsworth	3	5	3	6
Lakeview	3	5	4	6
Lincoln HI/Lake Benton	1	7	1	7

THREE RIVERS North Division

Plainview/E M	8	0	11	1
Dover Eyota	4	4	4	5
Goodhue	4	4	8	5
St. Charles	3	5	4	6
Lewiston Altura	2	6	5	7
Wabasha Kellogg	0	8	0	8

South Division

Caledonia	7	1	8	2
Rushford Peterson	7	1	13	1
Chatfield	4	4	5	5
Kingsland	2	6	2	7
Southland	4	4	4	5
Fillmore Cent	3	5	5	6

TOP OF STATE

Stephen Argyle	8	0	14	0
Kittson Central	7	1	9	2
North Star	6	2	7	3
EGF Sacred Heart	4	4	4	5
Badger Greenbush/ Middle River	3	5	4	6
Red Lake Co Cent	3	5	3	6
Grygla Gatz/Goodridge	2	6	2	7
Marshall Co. Central	1	7	1	8

212 CONFERENCE

BOLD	8	0	12	1
Atwater Cosmos GC	6	2	8	3
Tracy Milroy Balaton	5	3	7	4
Yellow Medicine East	5	3	8	4
Renville Co. West	3	5	3	6
MACCRAY	1	7	1	7

VALLEY PLAINS

Hawley	8	0	8	1
Warren Alvarado Oslo	7	1	8	2
Mahnomen	5	3	9	4
Fertile Beltrami	4	4	6	4
Red Lake Falls	3	5	3	6
Fosston	2	6	2	7
Lake Park Audubon	0	8	0	8

WEST CENTRAL North Division

Albany	6	2	7	3
Melrose	6	2	6	4
New London Spicer	5	3	5	4
Minnewaska	4	4	4	5
St. Cloud Cathedral	4	4	4	5
Long Prairie GE	1	7	1	8

South Division

Sauk Centre	7	1	9	2
Benson	5	3	6	4
Lac Qui Parle Valley	3	5	3	6
Paynesville	2	6		
Morris	2	6	2	7
Montevideo	1	7	1	8

INDEPENDENTS

Detroit Lakes	5	3	6	4
Moorhead	5	3	6	4
Fergus Falls	4	4	4	5
MN Acad for Deaf	3	4	3	4
LaCrescent	2	6	2	7
Bemidji	0	8	0	9

METRO CONFERENCE STADINGS

CLASSIC LAKE

Minnetonka	7	1	13	1
Wayzata	7	1	12	2
Armstrong	6	2	6	3
Edina	3	5	3	6

Hopkins	3	5	4	6
St. Louis Park	3	5	5	6
Cooper	0	8	0	9

CLASSIC SUBURBAN

Mahtomedi	8	0	9	1
South St. Paul	7	1	9	2
Tartan	6	2	7	3
St. Thomas Academy	5	3	6	4
Richfield	4	4	4	5
Henry Sibley	3	5	5	6
Simley	3	5	4	6
Hill Murray	2	6	2	7
North St. Paul	0	8	0	9

LAKE

Eden Prairie	8	0	10	1
Jefferson	7	1	8	2
Apple Valley	6	2	7	3
Chaska	5	3	5	4
Eastview	4	4	5	5
Lakeville	4	4	5	5
Burnsville	2	6	2	7
Eagan	2	6	2	7
Rosemount	2	6	2	7
Kennedy	0	8	0	8

METRO ALLIANCE

Benilde St. Margaret's	7	1	7	2
Orono	5	3	5	4
Fridley	5	3	6	4
Columbia Heights	5	3	6	4
St. Anthony	4	4	4	5
Brooklyn Center	1	7	1	7
Mound Westonka	1	7	1	8

MINNEAPOLIS

Washburn	7	1	8	2
South	6	2	6	3
North	5	3	5	4
Edison	3	5	3	6
Roosevelt	3	5	3	6
Henry	1	7	1	8
Southwest	0	8	0	8



Minnesota High School Football

MINNESOTA RIVER

LeSueur-Henderson	8	0	10	1
Sibley East	6	2	7	3
Jordan	5	3	6	4
Norwood Young America	5	3	5	4
Mayer Lutheran	3	5	4	6
Holy Family	2	6	2	7
Belle Plaine	2	6	2	7
Montgomery-Lonsdale	0	8	0	9

MISSOTA

Northfield	8	0	12	1
Holy Angels	6	2	9	3
New Prague	5	3	5	4
Farmington	4	4	5	5
Hutchinson	4	4	8	5
Red Wing	4	4	4	5
Prior Lake	2	6	2	7
Shakopee	1	7	1	8

NORTH SUBURBAN

Totino Grace	7	1	13	1
Cambridge-Isanti	6	2	7	3
Irondale	5	3	6	4
Buffalo	4	4	4	5
Spring Lake Park	4	4	4	5
St. Francis	3	5	3	6
Rogers	1	7	1	7
Monticello	0	8	0	9

NORTHWEST SUBURBAN

Champlin Park	8	0	11	1
Anoka	7	1	8	2
Maple Grove	6	2	8	3
Blaine	5	3	7	4
Andover	4	4	5	5
Centennial	3	5	5	6
Elk River	3	5	4	6
Park Center	2	6	2	7
Coon Rapids	1	7	1	8
Osseo	1	7	2	8

ST. PAUL CITY

Highland Park	6	2	7	3
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Johnson	5	3	5	4
Como Park	4	4	4	5
Harding	4	4	4	5
Central	3	5	3	6
Arlington	4	4	4	5
Humboldt	1	7	1	8

SUBURBAN EAST

White Bear Lake	7	1	9	2
Hastings	7	1	9	2
Mounds View	6	2	6	3
Roseville	5	3	6	4
Woodbury	3	5	7	6
Stillwater	2	6	2	7
Park of Cottage Grove	2	6	3	7
Forest Lake	1	7	1	8

TRI METRO

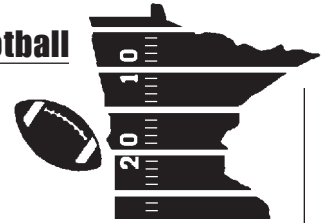
DeLaSalle	8	0	9	1
Breck	6	2	7	3
St. Paul Academy	6	2	7	3
Concordia Academy	5	2	5	3
Minnehaha Academy	5	3	6	4
Blake	4	4	4	5
St. Agnes	2	6	3	7
St. Bernard's	1	7	1	7
St. Croix Lutheran	0	8	0	9

WRIGHT COUNTY

Becker	7	1	12	2
Annandale	6	2	8	3
Delano	6	2	10	3
Litchfield	5	3	5	4
Glencoe-Silver Lake	4	4	8	5
Watertown-Mayer	3	5	4	6
Dassel-Cokato	2	6	3	7
Waconia	2	6	2	7

METROPOLITAN AREA

Cretin-Derham Hall	5	3	8	4
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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
5	Dick Hanson	Burnsville	1972, 80, 85, 89, 91
4	Mike Grant	Eden Prairie	1996, 97, 2000, 02
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	Ken Jacobsen	Chatfield	1994, 95, 96
3	George Larson	Cambridge	1986, 87, 2000
3	Dave Main	Gaylord	1973, 75, 79
3	Grady Rostberg	Hutchinson	1983, 84, 98
3	Larry Thompson	Lakeville	1988, 92, 2003



Central Lakes: 2004

Brainerd Clinches Central Lakes Title

Once again the Brainerd Warriors prevailed as champions of the Central Lakes Conference going undefeated. The conference title came down to a match up of two unbeaten teams, Brainerd and Sartell, playing in Sartell on MEA Wednesday. In a classic game, Ron Stolski and his Warriors rallied and held on for a 20-17 victory. Brainerd also claimed the 8AAAAA section title and hosted a State Quarterfinal game and finished the season 11-1. The conference coaches recognized longtime great assistant coach, Steve Nunnink of Brainerd, as Assistant Coach of the Year in the conference and started an annual award bearing his name.

The Sartell Sabres had a fantastic 12-2 season advancing to the Prep Bowl and finishing second in Class AAAA. Under the direction of John Ross, the Sabres defeated #1 ranked Northfield in the Semifinals before falling to two time defending champion Totino Grace in the championship game. John Ross was named conference coach of the year.

The Rocori Spartans led by U of M recruit Eric Decker finished second in the CLC with 5-1 conference record and 8-2 overall. Head coach Rick Theisen's team was ranked in the top 5 throughout

the season and suffered only one conference loss at Sartell 21-28. The Spartans playoff run was ended by Alexandria in the Section Semifinals.

Dennis Kalpin and the Alexandria Cardinals enjoyed a solid year going 4-2 in the conference and 8-3 overall. They improved greatly throughout the year avenging an earlier loss to Rocori by beating the Spartans in the Section Semifinals. Alexandria advanced to the section final in the FargoDome before falling to Sartell.

The Little Falls Flyers under the direction of Head Coach Jack Marmon finished with a 2-4 record. St. Cloud Tech and St. Cloud Apollo, coached by Ron Kaczor and Jon Benson respectively, also finished with a 2-4 record and played many younger players. Both teams will be much improved in 2005.

The Willmar Cardinals finished 1-6 in the conference, but battled teams through the fourth quarter each week. Head Coach Ken Heitzman will have his much improved team ready for 2005.

Bill Magnuson and the Sauk Rapids Storm went through a rebuilding year and finished 0-6 in the conference. The Storm showed some improvement throughout the season and return an excellent option quarterback next season.

Central Minnesota Conference

The 2004 season was a big one for the CMC as two conference teams, Pierz and Eden Valley-Watkins, made it to the Class AA Prep Bowl finals. Coach Leo Pohlkamp's Pioneers took home their first State Championship with a 39-14 win over EV-W.

The Eagles and Pioneers both finished 6-1 in league play to tie for the championship. It was a very competitive season, with close games every week.

Pierz was led by running backs Christian Even and Warren Gall and a strong veteran group of offensive and defensive linemen. Nathan Girtz, Scott

Saehr and Matt Mrnak led an impressive Pioneer defense.

Mark Messman's Holdingford Huskers were again in the hunt with a strong rushing game. Joe Czeck, Andrew Hartung and John Marstein all ran the ball well. Quarterback Chris Warzecka and receivers Aaron Bernstetter and Mike Schmidt gave the Huskers an imposing passing game as well.

HL-W-W, with George Montgomery at the helm, also finished 4-3. Sophomore quarterback Josh Remer and receivers Rick Stifter, Tim Zander and Brad Ogle combined for one of the top passing games in the area.



CMC FOOTBALL – 2004 Special Conference Awards

Defensive Lineman of the Year
Matt Stommes – EVW

Defensive Back of the Year
Brad Ogle – HLWW

Linebacker of the Year
Kyle Seiler – Rockford

Offensive Lineman of the Year

Lenny Anderson – Pierz

Offensive Back of the Year
Sean Topp – EVW

Receiver of the Year
Cody Decker – Maple Lake

Quarterback of the Year
Shane Henfling – EVW

Specialist of the Year
Warren Gall - Pierz

New coach Tim Knudsen led a fast Maple Lake team to a 4-3 mark. The Irish were a threat to score every down with quarterback Doug Mavenkamp, running backs Kent Pawelk and Jason Klein, and tight end Cody Decker.

Steve Merila's Rockford Rockets finished 3-4 and were close in every game. Tight ends Kyle Seiler and Mitch Haugen formed the nucleus of a team that was solid on both sides of the ball.

First year coach Shawn Meyer led Kimball to a much improved season. The Cubs progressed both offensively and defensively through the year, and will be a team to reckon with in the coming years. Running back/linebacker Erich Deutch was a key player.

BBE battled injuries during the year, but continued to improve as the season went on. Seniors Shane Radermacher and John Kent led the way for Coach Paul Beuning's squad.

2004 CMC STANDINGS

	Conf.	All Games
Pierz	6-1	12-2
Eden Valley-Watkins	6-1	12-2
Holdingford	4-3	6-4
Maple Lake	4-3	6-4
Howard Lake-Waverly-Winsted	4-3	4-5
Rockford	3-4	3-6
Kimball	1-6	1-7
Belgrade-Brooten-Elrosa	0-7	0-9

Gopher Valley: Class A

The Mankato Loyola Crusaders took home the 2004 Gopher Valley A Division Conference Championship trophy with a perfect 8-0 record. Medford and LeCenter shared 2nd place with 6 conference wins each, but Medford had a non-conference win over Ogilvie to finish 7-1 during the regular season while LeCenter finished 6-2.

The A Division of the Gopher Valley had 13 teams participating during the 2004 season, creating a scheduling dilemma for eight teams who

needed to find a non-conference opponent to fit into their conference schedule. In the fall of 2005, scheduling gets considerably easier with the addition of Providence Academy, from Plymouth, to the conference.

It is no surprise that Loyola finished the regular season undefeated as they led the conference in both points scored (319) and points allowed (34). They amassed 2632 rushing yards in 8 conference games as a team while Blooming Prairie had



Minnesota High School Football

the top passing offense with 1264 yards in 7 conference games.

Blooming Prairie sophomore quarterback Spencer Ohm led the conference in passing, as he completed 78 of 159 passes for 1264 yards with 14 TD's and 5 Ints. Lake Crystal Wellcome-Memorial's Ryan Madsen, a junior, took home conference rushing honors with 856 yards in 151 carries and 6 TD's. Blooming Prairie's junior wideout Tyler Bass caught 32 passes for 506 yards and 6 TD's to lead the conference in receiving. Loyola senior running back Trung Ho led the conference in scoring with 96 points, including 2 punt returns for TD's and 1 kickoff returned for a touchdown.

Sophomore Eric Byrnes, from West Lutheran High School, led the conference in interceptions with 8 in 7 conference contests while Medford senior Ross Balzer recovered 3 fumbles, of which 2 were returned for touchdowns, to lead the

conference. Medford's Joe Arnold, a senior, and LeCenter's Brandon Brockway, a junior, each recorded 6 ½ sacks to lead in that category.

Gopher Valley A Division Conference Standings

School	Conf.	Final
Mankato Loyola	8-0	11-1
Medford	6-1	7-2
LeCenter	6-2	7-3
Blooming Prairie	6-2	7-3
Lester Prairie	5-2	7-4
Faribault Bethlehem Academy	4-3	5-4
Lake Crystal Wellcome-Mem.	4-4	4-5
Winsted Holy Trinity	4-4	4-5
West Lutheran	2-5	3-6
Randolph	2-5	2-6
St. Clair	2-6	2-7
Janesville-Waldorf-Pemberton	0-7	0-9
Minneapolis Lutheran	0-7	0-8

Gopher Valley 2A MVL ties NRHEG for Gopher Valley AA Championship

Minnesota Valley Lutheran (MVL) won their second straight Gopher Valley Conference Championship last fall. But after winning it outright with an undefeated record in 2003, they finished in a tie for the top spot with NRHEG in 2004.

MVL, coached by Jim Buboltz, finished 6-1 in 2004 and still has the second best winning percentage in Gopher Valley Conference history, winning 16 and losing only 4.

NRHEG tied for the Gopher Valley Conference title for the first time. Their best previous finish were ties for second in 1998 and 1999.

The Panthers, coached by Dan Stork, were the top offensive team in the league, averaging 325 yards per game. Senior signal call Bjorn Peterson was the top QB, completing 91-of-157 for 1113 yards. Senior Jason Lennox was the conference's top rusher, gaining 1053 yards on 131 carries. He

also scored 13 touchdowns.

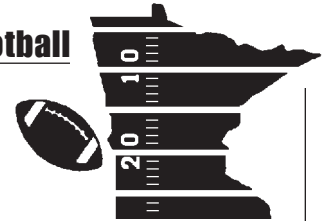
WEM finished in third place with a 5-2 record, losing both NRHEG and MVL in the regular season. This was their lowest finish in the conference since the league's first season in 1996, when the Bucs were 3-5.

The Bucs, coached by Jon Bakken, are the top team in Gopher Valley history, registering a 57-12 overall record.

Gibbon-Farifax-Winthrop (GFW), coached by Pat Hentges, placed fourth in the conference with a 4-3 record. This was their highest finish since 2000, when they were 5-3 and tied for third.

United South Central (USC), coached by Brent Schimek, finished in fifth place with a 3-4 record. The Rebels 26-13 record is the third best winning percentage in league history.

Martin County West and Maple River tied for



sixth with 2-5 records. The Mavericks, coached by Larry Skogerboe, have won 60 percent of the conference games in the nine years of the Gopher Valley Conference.

Maple river, coached by Randy Olson, was led by Bobby Olson, who completed 62 of 139 passes for 800 yards and Brian Malkowsky, who caught 28 passes for 440 yards.

Madelia-Truman, coached by Jeff Tietje, did not win a conference game. They were led by Steve Halverson, who finished in the top 10 in tackles with 64 and fourth in fumble recoveries with three and Brandon Greiner, who completed 36 passes for 417 yards.

Gopher Valley Conference

1. Minnesota Valley Lutheran	6-1	8-3
2. NRHEG	6-1	9-2
3. Waterville Elysian Morristown	5-2	10-3
4. Gibbon -Fairfax-Winthrop	4-3	5-4
5. United South Central	3-4	3-6
6. Maple River	2-5	3-7
6. Martin County West	2-5	3-6
8. Madelia-Truman	0-7	0-8

Great River Conference 2004

Coach Terry Bodeen, Braham Bombers, won their seventh Great River Conference Championship in the last eight years. The Bombers defeated Breck High School in the section 4AA title game to advance to the state quarterfinals before losing to BOLD High School.

First year Coach Mitch Adams and his staff did a great job in leading the Onamia Panthers to a 5 and 3 record. It was a young team and the Panthers hadn't had a winning season for a long time.

The East Central Eagles coached by Dan Battaglia, were the Class 4AA Section Academic Champions for the ninth time in ten years. Coach Gene Stritesky, Ogilvie Lions were the class 7A Section Academic Champions. East Central's Jake Carlson was named to the Class 2AA Academic All State Team.

Senior Josh Vaughan of Braham was the conference MVP. East Central's RB Junior Jesse DeRungs was the Offensive Player of the Year and Senior Dan Gamache a LB for Rush City was named Defensive Player of the Year. Coach Terry Bodeen of Braham was voted Conference Coach of the Year.

Final Great River

Conference Standings

Braham Bombers	6-0
East Central Eagles	4-2
Aitkin Gobblers	3-3
Onamia Panthers	3-3
Rush City Tigers	3-3
Ogilvie Lions	2-4
Hinckley-Finlayson Jaguars	0-6



Heart O' Lakes Conference

The Heart O' Lakes Conference welcomed a new coach into the ranks as Tony Reno took over at Dilworth - Glyndon - Felton replacing long time coach Craig Anderson. Coach Reno was not new to the program as he previously had served as an assistant coach and made a smooth transition into the top position. As a rookie, Tony led the Rebels to a share of the Conference Championship and earned the conference coach of the year honors. The Rebels rode a strong running game and a stingy defense on their way to the conference title. There success continued until they met up with Pierz in the Section Championship game.

The Conference championship was shared by Pelican Rapids under the direction of David Hagen. The Vikings had one of the biggest turnarounds in one year after going winless in 2003. Pelican Rapids led the conference in passing yards and just over 1000 yards as well as scoring offense averaging 28 points per conference game.

Perham would have been a conference champion except a rule violation forced them to forfeit some games. This was a very unfortunate event as on the field they were clearly one of the best as Coach Howie Kangas had them ready to play each week. The Yellowjackets had the best rushing of-

fense and a great defense that gave up just over 100 yards a game and allowed a total of 47 points in 7 conference games!

Coach Darren Baartman and the Breckenridge Cowboys had the best total yards on offense averaging just about 350 yards per game.

Looking ahead to the 2005 season it appears as if most every team is poised to be improved in many aspects from a year ago. Claiming a Conference Championship will take a great effort from a very good football team. Friday nights should again prove to be very entertaining for the fans and a great challenge for the coaches week in and week out.

Conf.	Overall	
Pelican Rapids	6-1	7-1
Dilworth - Glyndon - Felton	6-1	6-2
West Central Area	5-2	6-2
Perham	3-4	3-5
Breckenridge	3-4	3-5
Roseau	2-5	2-6
Frazee	2-5	2-6
Agassiz Valley	1-6	1-7

Hiawatha Blue Conference

It was another terrific year for the Hiawatha Valley Blue Conference. Kasson-Mantorville not only dominated every team, finishing 8-0, they were ranked #1 in the State in Class 3AAA for most of the year. The Lourdes Eagles sent retiring coach Marv Peters off with a great 7-1 season. Lake City and Byron also had strong seasons and both ending with a 5-3 record. Cannon Falls, 2-6, and Stewartville, 2-6, struggled with the stronger teams but still gave everyone a good game.

Team	Conference	Overall
Kasson Mantorville	8-0	10-1
Rochester Lourdes	7-1	7-2
Lake City	5-3	5-4
Byron	5-3	6-4
Cannon Falls	2-6	2-7
Stewartville	2-6	2-7



Hiawathia Valley League Gold Conference:

The HVL Gold was very balanced this year with the Kenyon - Wanamingo Knights winning it's first HVL Gold Conference Championship. Coming in a strong second was Pine Island, who lost their last regular season game to Hayfield to let Kenyon Wanamingo win the Championship outright. Winona Cotter had a solid year, knocking off Kingsland (whom won the State in 2002 and took runner up in 2003) in the playoffs. Triton, Zumbrota-Mazeppa and Hayfield all had rebuilding type years but look to improve in 2005.

Kenyon-Wanamingo	5-3	6-4
Pine Island	4-4	4-5
Winona Cotter	4-4	5-5
Triton	3-5	3-6
Zumbrota-Mazeppa	2-6	2-7
Hayfield	1-7	1-8

Little Sioux Conference Summary 2004

By Kevin Nowotny – Adrian Asst. Football Coach

Week one of the 2004 season saw all the Little Sioux Conference teams taking on non-conference opponents and here is how they did. In week one defending 2003 Little Sioux Champion Russell Tyler Ruthon took on 2A Tracy-Milroy and lost on a last second field goal 23 to 22. Minneota took on Janesville and won big 57-0. Fulda hosted Martin County West and lost 7 to 6. Murray County Central took on 2A Pipestone and lost 53 to 14. Adrian traveled to Wells to take on 2A United South Central and won 29-6 behind Levi Bullerman's two rushing and two passing touchdowns. Adrian's Head Coach Randy Strand was selected by the Minnesota Vikings as the Nike Coach of the week with his Adrian win over United South Central. Adrian's football program was awarded 1000 dollars for this honor. Ortonville took on Belgrade and won 32 to 0. Dawson Boyd took on Madelia-Truman and won 41 to 0.

Week two of the season had Fulda travel to Minneota and defeat them 18 to 13 behind Eric Crowley's 93 yard kickoff return. RTR showed their strength and downed Canby 40 to 6 behind Kyle Minet's 2 rushing touchdowns and one passing touchdown. Dawson Boyd kept rolling and defeated MCC 36-16 to move to 2 & 0 behind Quar-

terback Jordan Wager's two touchdown's passing and two touchdown's rushing. Adrian moved to 2 & 0 with a hard fought 32 to 19 win over the Ortonville Trojans as Adrian's Levi Bullerman had 2 touchdown's passing and 2 touchdown's running.

Week three had the defending champs Russell-Tyler Ruthon travel to Adrian and the Dragons from Adrian upset the Knights 43 to 24 behind Levi Bullerman's 3 touchdowns passing. Fulda remained undefeated in conference play with a 26 to 15 win at Ortonville as Jeremy Crowley had a huge kickoff return. Dawson Boyd went to 3 & 0 on the year with an 8 to 0 win over the Canby Lancers behind Blackjack quarterback Justin Wagers 100 yards rushing. Minneota got their season going winning 48 to 28 over Murray County Central behind Steffan Sticklestad's 200 yards rushing.

Week four had two undefeated conference teams going to battle in Fulda and it was Adrian that came out on top 12 to 6 as Billy Anderson had two touchdowns for Adrian. Minneota defeated Ortonville 41 to 18 as Steffan Stiklestad carried the ball 23 times for 125 yards for Minneota. RTR defeated Dawson Boyd 12 to 7 to give the Blackjacks their first loss of the season as Kyle Minet rushed the ball 27 times for 229 yards and two touchdowns.



Minnesota High School Football

MCC trounced Canby 46 to 6 as Jesse Kuechenmeister and Josh Roggenbuck each ran for two touchdowns for the rebels.

Week five had RTR host the Minneota Vikings and it was Kyle Minet's running in the 2nd half that was the difference as the Knights was 27 to 14. Conference leader Adrian traveled to Canby and got 140 yards from Billy Anderson to down the Lancers 35 to 6 to stay undefeated. Ortonville defeated Dawson Boyd in an upset 13 to 7 as Ortonville is the most improved team in 2004. Fulda came back after losing to Adrian and defeated MCC 32 to 16.

Week six had Minneota travel to Adrian and the Dragons won a wild one 25 to 21 scoring with 1:09 remaining to move to 6 & 0. Fulda traveled to Dawson Boyd and the Raiders won 35 to 5 to stay in the Conference hunt as Easton Lachmen had a hand in four TD for the Raiders. RTR traveled to MCC and the Knights won a shootout 47 to 32 as Kyle Minet had 290 yards rushing. Canby traveled to Ortonville and the Trojans hung on to a win over the Lancers 28 to 26.

Week seven had Adrian travel to MCC and win their 7th game of the year 50 to 28 behind Levi Bullerman's 125 yards rushing and 105 passing. Fulda traveled to Canby and stayed in the conference race with a 32 to 6 win as Jeremy Crowley hauled in an 87 yard TD pass. Minneota hosted Dawson Boyd and won a wild shootout 40 to 35 as Steffan Sticklstad led the way for the Vikings with a 95 yard kickoff return while the Blackjacks Justin Wagner returned two kickoffs 75 and 78 yards for Dawson Boyd. RTR hosted Ortonville and won big 51 to 6 as Kyle Minet rushed the ball 26 times for 326 yards – WOW!

Week eight had Adrian finish 8 & 0 with a 36 to 20 win over the Dawson Boyd Blackjacks and winning the 2004 Little Sioux Conference Championship. RTR trailing 8 to 6 with 4 minutes remaining had Kyle Minet go off scoring two touchdowns and defeat the Fulda Raiders 20 to 8. Ortonville the most improved team in 2004 defeated MCC 28 to 24. Canby took Minneota to overtime but the Vikings outlasted the Lancers 26 to 24.

Week 9 and the start of playoffs had #8 Canby travel to #1 Adrian in Section 3A and Adrian won

39 to 8. #5 Minneota traveled to #4 Fulda in Section 3A and Fulda won 36 to 20. #8 MCC traveled to #1 Bold in Section 3AA and lost 35 to 8. #4 Dawson Boyd hosted #5 KMS in Section 5A and was defeated 20 to 6. #3 RTR hosted #6 MLBO in Section 3A and won 14 to 7. #6 Ortonville traveled to #3 Yellow Medicine East in Section 3AA and lost 54 to 20.

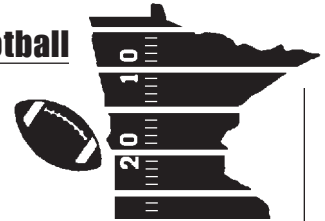
Week 10 and the 2nd round of playoffs had #4 Fulda travel to #1 Adrian in Section 3A and it was Fulda's Defense & Nick Hennings's Linebacker skills that won this one upsetting the Adrian Dragons 6 to 0 in overtime. #3 RTR traveled to #2 Springfield and Springfield won 14 to 7.

Week 11 had the last Little Sioux Conference team left with Fulda traveling to Springfield for the Section 3 A Championship with a berth to state tourney on the line. The Fulda Raiders lost in double overtime to Springfield 13 to 7.

End of story for Little Sioux for 2004.

Final 2004 Little Sioux Conference Standings

Team	Record	Standing
Adrian	7-0	1 st place
RTR	6-1	2 nd place
Fulda	5-2	3 rd place
Minneota	4-3	4 th place
Dawson Boyd	2-5	5 th place (tie)
Ortonville	2-5	5 th place (tie)
MCC	1-6	7 th place
Canby	0-7	8 th place



Minnesota River Conference

The 2004 MRC season was dominated by LeSueur-Henderson. The Giants went through the conference schedule unbeaten and dominated in most of their games. Sibley East finished second in the MRC with their only conference loss coming to LeSueur-Henderson in a high scoring game.

Jordan started the season with two tough conference losses but finished the season with five straight wins. Norwood Young America, Mayer Lutheran, and Holy Family finished in the middle of the conference. These four teams played some very good games all season, but lost some close games which prevented them from making a run at the conference title. Belle Plaine and Montgomery-Lonsdale both very competitive throughout the season, look to improve their records in 2005.

Once again, the post season was very tough for MRC teams. LeSueur -Henderson, Mayer Lutheran, Jordan, and Sibley East made it past the first round of the play-offs. Lesueur-Henderson was the only team to make it to a section championship game. The Giants were defeated by a very strong Glencoe-Silver Lake team.

The MRC's end of the season awards were dominated by LeSueur- Henderson. Cody Boelter was voted Offensive Lineman of the Year, Mike May was voted Defensive Back of the Year, and Mike Thelemann was voted Co-Offensive Back of the Year. Terry Turek of LeSueur-Henderson was named the conference Coach of the Year. Other award



Le Sueuer-Henderson's Mike Thelemann scores a TD against St. Peter. Thelemann was selected as the MRC's Co-Most Valuable Offensive Back, along with Sibley East's Jordan Berg.

winner were Jordan Berg of Sibley East who was Co-Offensive Back of the Year and Preston Voigt of Norwood Young America who was voted Defensive Lineman of the Year.

2004 Minnesota River Conference Team Record

Team	MRC	Over-all	Coach
LeSueur-Henderson	7-0	10-1	Terry Turek
Sibley East	6-1	7-3	Randy Walsh
Jordan	5-2	6-4	Jay Lepper
Norwood-Young America	4-3	5-4	Randy Walsh
Mayer Lutheran	3-4	4-6	Ron Ketcher
Holy Family	2-5	2-7	Dave Hopkins
Belle Plaine	1-6	2-7	Jerold Stauffacher
Montgomery-Lonsdale	0-7	0-9	Tony Barnack



3 Teams to State, Northfield Wins Title, Pendino steps down at Holy Angels

It was another competitive year in the rugged Minnesota Conference. Three teams qualified for the State Tournament including Holy Angels, Hutchinson, and Northfield. The other five Minnesota teams were knocked out of the playoffs by fellow Minnesota teams or Eden Prairie.

During the regular season, Bubba Sullivan's senior dominated Northfield Raiders managed to run the table and win the Minnesota title outright. The Raiders, who finished the regular season ranked #1 in the AAAA polls, went on to win Section 1AAAA and opened the State Tournament with an impressive victory over Mankato East before being upended by Sartell in the Dome. Sullivan was selected as the conference coach of the year by his fellow coaches.

The Academy of Holy Angels finished second in the conference standings and continued to prove their metal as a top team in the state by qualifying for "the big dance" for a second time in three years. The Stars won section 5AAAA before being knocked off by conference rival Hutchinson in the first round of the State Tourney.

Tony Buthe's young New Prague Trojans clawed their way into third in the Minnesota in 05. A big victory for the Trojans was a 7-6 win over Holy Angels in week 2 of the season. The Trojans finished the regular season with a 3 game win streak before losing to Hutchinson in the playoffs.

The Hutchinson Tigers, coached by Andy Rostberg, continued a recent trend of starting slow and finishing at the top of the class. The young Hutchinson Tigers finished in a 4th place tie in the Minnesota, only to earn themselves a 9th straight Section 6 title come playoff time. The Tigers then avenged an earlier 35 point loss in a 26-15 defeat of Holy Angels in the State Quarterfinals before being defeated by eventual State Champion Totino Grace at The Dome.

Mark Froehling's Farmington Tigers continued to be a team to be reckoned with as their physical style of play kept them in the conference race throughout the season. The Tigers victory over Red Wing in the first round of the playoffs avenged an earlier defeat. The youthful Tigers then nearly ended Northfield's season in the second round of section play, but a

game winning field goal attempt fell just short in the 19-21 loss.

Coach Paul Schmit's Red Wing Winger squad improved throughout the season and finished the regular season with exciting victories over Hutchinson and Farmington, only to have to turn around and travel to Farmington again in the first round of the playoffs where the Tigers were too much at home.

Jon Bennet's Prior Lake Lakers began play in their beautiful new stadium this season. One of the Lakers highlights this season was a 19-13 win over Hutchinson in week five.

Coach Scott Tiedens' Shakopee Sabers found success in week three with a dramatic 15-14 win over neighbor and rival Prior Lake.

On the coaching front, Mike Pendino decided to step down at Holy Angels in order to watch his son, who will be a junior at Eastview H.S., play football the next two falls. Mike did a tremendous job building the Stars program into a perennial contender. During his tenure, he guided the Stars to two conference championships, 2 section championships, and 2 State Tournament appearances. He inherited a program that had 37 (9-12) participants and leaves it with 100 participants. "I enjoyed working with the kids and coaches at Holy Angels. We played in, what I believe to be, the best AAAA conference in the state. We needed to be ready to play every Friday, there were no freebies in the Minnesota."

Minnesota Conference 2004

	Conf.	Overall
Northfield	7-0	12-1
Holy Angels	5-2	8-3
New Prague	4-3	5-4
Hutchinson	3-4	8-5
Farmington	3-4	5-5
Red Wing	3-4	4-5
Prior Lake	2-5	2-7
Shakopee	1-6	1-8



North Suburban Conference

By Will Wackman, Spring Lake Park

The 2004 football season was another outstanding year for the North Suburban Conference. The NSC, consisting of Buffalo, Cambridge-Isanti, Irondale, Monticello, Rogers, Saint Francis, Spring Lake Park, and Totino-Grace, was once again one of the many talented and competitive conferences in Minnesota.

Totino-Grace, led by conference coach of the year Jeff Ferguson, went undefeated in conference play to claim their fifth consecutive conference title. The Eagles continued their championship run by repeating as state champions in class 4A. Coach Ferguson and his staff used a potent offense (42.1 points per game) and a stifling defense as the formula for success. Congratulations go out to the entire Totino-Grace football program.

The Cambridge-Isanti Bluejackets were the runners-up in the NSC with their only defeat coming at the hands of Totino-Grace in a 26-20 overtime thriller. Coach Todd Larkin's defense once again led the conference giving up only 174 yards per game. Led by this dominating defense and a variety of offensive playmakers, the Bluejackets reached the 5A section 8 championship game.

Coaches Gerard Rohl of Buffalo and Eric Longtin of Irondale relied on multiple formation offenses and "bend, but don't break" defenses to tie for third in the conference with 4-3 records. Spring Lake Park and Saint Francis, led by Jeff Schlieff and Eric Graham respectively, experienced trying seasons with many ups and downs. Both of these squads are looking to the 2005 season to improve on their identical 3-4 records.

Rogers High School, in only its second year of existence, joined the NSC in 2004. Despite not having a full senior class, Coach Marc Franz fielded a highly competitive team that was sure to have gained valuable experience for the future. Monticello's Brian Odlund had a challenging 2004 season. With a solid core of returning players, the Magic will look to rebound in 2005.



All-Conference Fullback Charles Quigley of Totino-Grace breaks away for a big gain against St. Francis.



Irondale Running back Ben Staples turns the corner with the help of a big block by Tyler McKee

The 2004 season also featured many outstanding individual performances in the North Suburban Conference. All-Metro linebacker Brian Hara of Totino-Grace was voted the Most Valuable Player in the NSC. Junior quarterback Tony Pastoors of Totino-Grace was named the Offensive Player of the Year. Cambridge-Isanti teammates, defensive end Billy Blumhoefer and offensive tackle Geoff Prihoda, received the conference's Defensive Player of the Year and Lineman of the Year awards, respectively.



Minnesota High School Football

The 2005 Football Season will bring many changes to the North Suburban Conference. Benilde-St.

Margaret's, Chisago Lakes, Cooper, Fridley, North Branch, and St. Louis Park will join with Irondale, Saint Francis, Spring Lake Park, and Totino-Grace to form the "New" North Suburban Conference. Meanwhile, Buffalo, Cambridge-Isanti, Monticello, and Rogers will join the newly formed Mississippi 8 Conference. Best of luck and continued success to all teams in their new conferences.

2004 Final Standings

	Conference	Overall
Totino-Grace	7-0	13-1
Cambridge-Isanti	6-1	7-3
Irondale	4-3	6-4
Buffalo	4-3	4-5
Spring Lake Park	3-4	4-5
Saint Francis	3-4	3-6
Rogers	1-6	1-7
Monticello	0-7	0-9

North Tri-County Conference

The North Tri-County Conference might see a bit of a new look during the 2005 season. The consensus top two picks in the conference, Hillcrest Lutheran Academy and Ulen-Hitterdal, will have new head coaches this fall. Richard Risbrudt, long time and very successful head coach at Hillcrest, will take over the reins at Fergus Falls High School next fall. Scott Hall, after a couple of very successful seasons at Ulen-Hitterdal, will be moving on to Sturgis, SD. Both of these guys have done an outstanding job and will be missed in our conference. New head coaches at the two schools have not been named at this time.

According to a coaches' poll, if everything comes together for them, Norman County East and Ada-Borup could also vie for the conference championship next fall. Climax-Fisher, Norman County West, Waubun and Win-E-Mac will be in the re-building stage and will all get stronger as the season progresses. Red Lake High School will be re-entering the conference at the varsity level and expect to be very competitive.

Team Capsules

While Hillcrest looks like the team to beat in the conference again, they will probably show a new look. They will have to find a replacement for an

excellent QB in Jake Stroud. Because they have two very good running backs returning in Kyle Nash and Peter Krog, they will probably keep the ball on the ground more than they have in the past two years. Big Matt Borowski will anchor the offensive line for the Comets. They will also be solid defensively with returning starters Borowski at DT, Nash and Krog at LB and Karsten Nash at DB.

The Spartans from Ulen-Hitterdal look like they will be the main challengers attempting to dethrone Hillcrest. While they lost some quality players from last year, they return a bunch of good players in key positions. Jordan Grafsgaard should have a good year at QB for them and Brandon Bakke should find some holes running behind a veteran offensive line. O-linemen returning for the Spartans include Troy Amundson, Jacob Rikhus and Brady Oberg. Key players that will help the defense stay strong include DE Brady Oberg, DB Chase Ashmore and DTs Troy Amundson and Cody Oberg.

Norman County East could challenge for the conference crown if things fall into place for them this year. They will have more speed and depth than they have had in a few years. Their offense should be able to move the ball on the ground and through the air with Andrew Sather returning at QB and a host of good, strong running backs. A big



concern for NCE will be being able to give the ball enough times to Christian Florez, Jai Hamernik, Andy Berg and Tom Varty. Jeff Courtright, expected to be one of the top linemen in the conference, along with Brian Lee will provide valuable experience in the offensive line. If NCE can improve on their defense, especially in the defensive secondary, expect them to contend for the conference title.

Ada-Borup could very well be the dark horse in the conference. They will have a solid backfield with QB Andy Wagner returning. They should have a potent ground game with 3-year starter Jason Austinson returning at FB. Andy Larson, moved from end to RB, will be Austinson's running mate. Center Mark Nelson and End Aaron Kappes will provide valuable experience in the offensive line. Defensively, the Cougars will return 5 starters. They will be tough at LB with Larson, Austinson, and Mark Nelson back from last season. Wagner and Richard Anderson will also be back as starters in the defensive backfield. Ada-Borup will have more depth than they have had in previous years. Many of their younger players got significant playing time last season. If they can find strong replacements in the O and D lines, look for the Cougars to contend for the conference championship.

Climax-Fisher is a team that might struggle a little bit at the beginning of the year but will definitely get stronger the deeper they get into the schedule. The Knights have quality players returning in the skill positions. Offensively, the backfield should be strong with starters returning at all positions. Andrew Beiswenger returns at QB along with Ross VanEps, Ryan Korynta and Sabino Hernandez at the running back spots. If the Knights can come up with some aggressive, young, lineman, the offense should be hard to stop. Brad Thoreson and Josh Krostue return as starters at TE to give that O-line a boost. The O & D lines are a question mark right now as they will be very young.

Waubun should mirror Climax-Fisher in that they will be stronger as the season goes along. The Bombers graduated ten seniors and will be looking for replacements to fill their shoes. Ben Zima started 4 games at QB last year and will take over the reins full-time this fall. The O-line should be strong for the Bombers as they have some guys that started at one time or another last year. Dean

Bellanger, Jon Brunner, Brian Jasken, Brendan Ladd, Andy Haverkamp and Victor Olson all saw playing time last year and should battle it out for the offensive line spots. These guys will also anchor the D-line but the Bombers will have to find some LBs and DBs to complement them. It doesn't help that the Bombers will play their first two games against the conference favorites, Ulen-Hitterdal and Hillcrest, just four days apart.

Win-E-Mac will surprise some people this year. The hard charging Ben Theis, along with Joey Bruggeman and Chandler Burns, will return at RB and will be running behind what could be the biggest O-line in the area. Justin Paquin and Mike Sylstad will provide veteran leadership in the O line. If the Patriots can develop a QB in a hurry, they will be very tough to stop. Paquin at tackle and Theis, Burns and Andy Bruggeman at LB and will provide the veteran leadership needed on an always tough Patriot defense. Many younger players will have to step it up a notch to give the Patriots some needed depth. If that happens, look for Win-E-Mac to be very competitive in every game.

Norman County West looks to be improved over last year. They will need to develop a winning attitude after going winless last season. Leading the way for the Panthers offensively will be QB Nathan Hinckley, running back Jordan Aalgaard and center Trevor Pederson. Aalgaard and Andy Nelson will provide veteran leadership on defense. Look for the Panthers to surprise some people this year.

Red Lake will be re-entering the conference at the varsity level next fall. They had a very good JV team last year and are looking forward to competing at the varsity level again. While they will be young and lack varsity experience, look for Red Lake to come to the game well-prepared and ready to play. They will surprise and team that looks past them.



Northwest Suburban Conference

2004 was a year of change in the NWSC. For the first time in the history of the conference, Blaine was knocked out of the Championship. Champlin Park had an undefeated season to take over the reigns of the Conference Championship. Congratulations to Mike Korton and his staff for an awesome season. Congratulations should also go out to Jeff Beurkle and the Anoka program for a great season finishing in second place with a 7 -1 conference record.

The NWSC has seen a change in teams this year as Centennial and Andover joined the league. Both teams had an impressive first year in the league. The NWSC again proves to be one of the most competitive conferences in the state of Minnesota. Six teams in the conference made it to their respective section semi-final games, while 4 teams made it to championship games. Centennial and Champlin Park qualified to play in the Minnesota 5A State Football Tournament. Congratulations to all the teams in the conference for a great representation in section play.

Champlin Park mopped up most of the conference awards. The Most Valuable Offensive player

went to CP's Quarterback Dan Skelly while his teammate Ramon Humber won the Most Valuable Defensive Player of the Year award. The Most Valuable Offensive Lineman Award went to Champlin Park's Mat Christopher and the Most Valuable Defensive Lineman went to Kommonyan Quay of Champlin Park. The Most Valuable Special Teams Player of the Year Award went to Park Center's standout Ted Toune. Champlin Park's Head Football Coach Mike Korton received the Coach of the Year Award. Congratulations to all the NWSC award winners.

Conference Standings

Champlin Park	8-0
Anoka	7-1
Maple Grove	6-2
Blaine	5-3
Andover	4-4
Elk River	3-5
Park Center	2-6
Coon Rapids	1-7
Osseo	1-7

Polar League AA

The AA portion of the Polar League had another successful year on the gridiron. Greenway and Two Harbors were added to the AA conference, which already consisted of Duluth Marshall, Deer River, Mesabi East, Moose Lake/Willow River, and Esko. The regular season schedule included the 6 AA teams in addition to 2 class A teams, who were also from the Polar League. Anthony Christensen, JR, from Two Harbors carried the ball 34 times for 409 yards in one game, which is a Two Harbors school record. Also, it is the 8th highest number of yards per game in the history of Minnesota football. Most of the Conference games were very exciting and decided by less than 6 points. It is very evi-

dent that with each new season, the Polar League Conference continues to improve, and be more competitive than ever before. The season ended as follows with all teams continuing into Sectional play-offs:

Esko	8-0
ML/WR	7-1
Two Harbors	5-3
Greenway	5-3
Marshall	3-5
Deer River	2-6
Mesabi East	0-8 (forfeit)



Polar North Conference

The winds of change were blowing in the Polar A and AA Football Conferences for the 2004 season. In the Polar A Mountain Iron-Buhl and McGregor dropped out to pursue 9-man schedules. Taking their places were Ely and Chisholm, who crossed over from the Polar AA. The new teams would provide parity in a solid class A conference.

Polar A Conference

Nashwauk-keewatin	5-1
Barnum	5-1
Cook County	4-2
Ely	3-3
Chisholm	2-4
Silver Bay	1-5
Carlton	0-6

Prairie Conference North

The 2004 football season in the Prairie Conference North had a familiar tune to it as the Ottertail Central Bulldogs repeated as conference champs with a perfect 5-0 mark. In similar fashion the Bulldogs closest challenge to them was rival Parkers Prairie who finished 4-1. The Bulldogs featured a veteran team that was led by senior Kyle Belmont, the conference's Most Valuable Back. The Bulldogs also had a tremendous postseason, finishing the year as the state Class A runner-up losing to Rushford-Peterson in the championship game at the Metrodome.

Parkers Prairie finished second and had a very good year finishing 7-3 overall with two of the losses to Ottertail Central. The Panthers were led by senior running back and linebacker Isaac Dorn. The Panthers season ended in a hard fought loss to Ottertail Central in the semi-finals of Section 6A. New York Mills finished third in the conference with a 3-2 conference mark and 6-4 overall mark. The Eagles were led by seniors Brent and Jeramie Weller. The Eagles lost in the section semi-finals to Browerville by the score of 23-21 to see their season end.

Finishing fourth in the conference was Menahga at 2-3 in conference play and 3-6 overall. The Braves were led seniors Brad Lusti and Josh Roiko. Finishing in fifth place was the Sebeka Trojans led by head coach Mike Heino. The Trojans were a very competitive team and seniors Nick Paurus and Mike Aho played significant roles for the

Trojans last year. The Pillager Huskies featured a young team in 2004 and a first year head coach in Derek Schieve. The Huskies improved each and every game and the young players gained valuable game experience this past season.

Congratulations to coach Don Seipkes and the Bulldogs on their undefeated conference championship and the success they had in the postseason. The Bulldogs not only represented our conference with an outstanding performance in the state playoffs but they did it with hard work and class. Hats off to the Bulldogs in 2004!

The 2005 conference season looks to be another exciting conference battle as Ottertail Central will be losing a large senior class and everyone hopes to gain ground on them in 2005. Parkers Prairie and New York Mills look to improve in 2005 with several key players back for both teams. The Menahga Braves, Pillager Huskies, and Sebeka Trojans all look for improvement in their teams with each having some key components coming back in 2005. The conference season will be an exciting one and players, coaches, and fans are eagerly awaiting the start!



Prairie Conference South

The Prairie Conference South had another exciting year. The conference race came down to the last game of the conference season. There were three new head coaches in the conference but only two teams had new head coaches.

KMS (Kerkhoven-Murdock-Sunburg) had James Cortez take over for long time coach Chuck Kavanagh. Cortez played for coach Kavanagh and also coached under him. The transition for the kids was smooth. Cortez employed the same style of football that

K-M-S is used to seeing. They used a power running game and a defense that was solid at the edges and tough up the middle.

Upsala/Swanville a paired program known as USA had dual head coaches. Because of the schools being paired the school boards decided to have a head coach from each school. Jay Loven who played for Con Natvig at Swanville and has been a long time assistant for USA was selected as the head coach from Swanville. Randy Tretter a long time assistant for USA and Upsala was chosen as the head coach from Upsala. Both coaches agreed things went smoother and better than expected having two head coaches. Jay was the defensive coordinator and Randy was the offensive coordinator.

Because the Prairie Conference South and Prairie Conference North match non-conference schedules the conference games do not start until the third week of the season.

The opening conference game for the 2 – 0 Royalton Royals led by Joel Swenson had a match up against St. John's Prep. Royalton who had defeated Parkers Prairie 20 – 7 and Sebeka beat St. John's Prep 48 – 8. St. John's led by Bryan Backes had losses to Menahaga and Parkers Prairie. Browerville (led by Ribsby Petermeier) had a match up against long time rival Osakis led by Steve Tax. Browerville came into the conference on a two game win streak. A 27 – 26 win over OTC (Otter Tail Central) and a 41 – 22 win over Pillager. Osakis was also on a two game win streak of their own.

They defeated Pillager 28 – 0 and New York Mills 34 – 25. Browerville came out with a 20 – 0 victory. KMS was matched against USA. KMS came into the game with losses to NYM and OTC. USA had two wins a 15 – 13 win over Sebeka and a 15 – 10 win over Menahaga. USA came out on top of this battle with a 19 – 8 win.

The next week saw USA and Osakis lock up with Osakis coming out on top 21 – 14.

KMS met up with St. John's Prep and won 58 – 6. Royalton traveled to Browerville and matched the two undefeated teams. Browerville came out of that tightly contested grudge match with a 22 – 20 win.

The next week saw Royalton bounce back from its loss to Browerville and beat Osakis 27 – 6. Browerville barely edged KMS 15 – 14 and USA beat St. John's Prep 48 – 12.

The 4th week of the conference season had Browerville and USA matched up with Browerville gaining the victory 21 – 0. Osakis beat St. John's Prep 60 – 22. In the game of the year Royalton outlasted KMS in 5 overtimes 42 – 40.

The last week of the conference season needed Royalton to beat USA if Royalton wanted a share of the conference crown. They did that with a hard fought match with a 6 – 0 win over the Patriots. KMS was matched against Osakis. KMS came out of that game the victor by the score of 36 – 18. That left Browerville needing to defeat St. John's Prep for the outright title. The Tigers did that by the score of 48 – 8.

Browerville ended their season with a win over Sebeka 53 – 6. They had wins in the play offs over Pillager 47 – 13 and New York Mills 23 – 21. The Tigers then lost to OTC in the Section Finals 37 – 6.

Royalton ended their season with a 21 – 6 loss to OTC. They entered the 2A play offs with a 37 – 0 win over Rush City and finished with a loss to Braham 28 – 7. Royalton will be moving down to class 1A next season.

USA lost to NYM 16 – 0 in their last regular sea-



son game and then came on strong in the play offs. A 27 – 20 win over BBE (Belgrade-Brooten-Elrosa) in the first round matched the Patriots against the Silverstreaks from Osakis. Osakis had previously beaten the Patriots during the regular season. The Patriots defeated the Silverstreaks 14 – 6. They then lost to KMS 13 – 14 in the Section Final.

KMS got hot and played their best ball of the season as they defeated Menahga 36 - 0 to end the regular season. Entering the play offs they defeated Dawson Boyd 20 – 6. They then defeated Wabasso 8 – 0 and then defeated USA in the Section Final.

KMS played Class 1a runner up OTC in the first round of the State Tournament and lost 29 – 14.

Osakis ended the regular season losing to Parkers Prairie 28 – 15. They then entered the section play offs and beat Buffalo Lake / Hector 26 – 7. They then lost to USA 14 – 6 to end the season.

St. John's Prep lost to Pillager in the last game of the regular season and opted not to participate in the Section Tournament.

Prairie Conference Standings

TEAM	CONFERENCE	OVERALL	COACH
BROWERVILLE	5 – 0	10 – 1	Ribsy Petermeier
ROYALTON	4 – 1	7 – 3	Joel Swenson
KMS	2 – 3	6 – 6	James Cortez
USA	2 – 3	6 – 5	Randy Tretter / Jay Loven
OSAKIS	2 – 3	5 – 5	Steve Tax
ST. JOHN'S PREP	0 – 5	0 – 8	Bryan Backes

Southwest Ridge Conference: 2004

Edgerton, led by the Conference Back of the Year, Junior Brett Elgersma, and Conference coach of the year, Andrew Fleischman, claimed the 2004 Southwest Ridge Conference Championship. Their 7-1 regular season record was enough to take the trophy from conference runner-up Southwest United. SWU and Edgerton split during the regular season but Westbrook-Walnut Grove played the spoiler and defeated SWU to give coaches Jef Drent and Justin Fisher the runner-up trophy, along with Lineman of the Year Trevor Wintz. WWG co-head coaches Leo Theisen and Carter Ross along with Assistant Coach of the Year Rick Mischke claimed third place in the conference. WWG returns many key players and will be one of the 2005 conference favorites.

Rounding out the second half of the conference was Hills-Beaver Creek/Ellsworth and coach Dan Ellingson. Their high expectations for 2004 were cut down by some injuries to some key performers. Lakeview, led by coach Jim Gaudreau also finished 3 - 5, while Lincoln HI/Lake Benton and coach Craig Midtaune finished 1 -7.

Edgerton, SWU, WWG, Lakeview and Lincoln HI/Lake Benton all return All-Conference players who were underclassmen in 2004. Cedar Mountain/Comfrey will be joining the Conference in 2005 which will add to the competition of the conference. Defending Conference and Section 2 champion Edgerton will be the team to beat in 2005.



Suburban East Conference

The SEC bids farewell to two great representatives of High School Football. Jim Herman of Forest Lake and Paul Herzog of Woodbury are moving on to bigger and better things. Coach Hermann finished off a 31 year coaching career with many highs and some lows. The 1991 state tournament team was a definite high. Jim's teams were always dreaded for their tenacious hitting and the ability to pull off the upset late in the season. Coach Herzog is leaving Woodbury in style, leading the Royals to the State Semi Finals in 2004. His teams were known for a rock solid defense and especially a grind it out ground game. Paul pulled a fast one on everybody going to a four wide out shotgun offense in 2004 that demonstrated his ability to coach it all.

Bob Jackson's White Bear Lake Bears pounded its way to an undefeated conference season. Their only blemish came to the hands of eventual state champion Minnetonka 13-21. The Bears led the conference in many statistical categories, the main one being rushing, with 2206 yards.

Bob Majeski's Hastings Raiders only loss of the regular season was to WBL. The season included an exciting win over Denver Mullan, one of the top programs in Colorado, if not the nation. The Raiders were lead by a conference best defense giving up only 101 points.

The Mounds View Mustangs lead by Jim Gal-

vin finished third in the conference standings. The Mustangs led the conference in scoring and total yards but needed to work on their defense.

Roseville lead by Chris Simdorn continued to finish in the top half of the conference going 4-3. Chris has orchestrated a great rejuvenation in Roseville football. His defense gave up a conference low 234 yards per game.

Scott Hoffman's Stillwater Ponies played teams very tightly but could not duplicate the fantastic 2003 conference championship season. He'll have them ready for 2005.

Doug Ekmark's tradition of physical football continued at Park Cottage Grove. The Wolfpack kept themselves in games with a ball control offense and trademark aggressive defense.

2004 Suburban East Conference Standings

White Bear Lake	7 - 0
Hastings	6 - 1
Mounds View	5 - 2
Roseville	4 - 3
Woodbury	2 - 5
Stillwater	2 - 5
Park (Cottage Grove)	1 - 6
Forest Lake	1 - 6



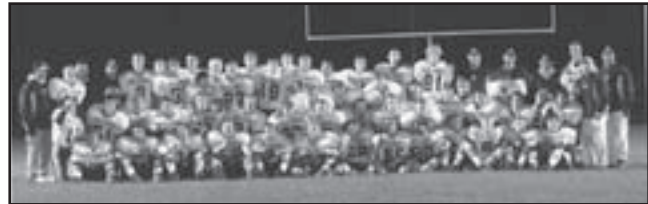
Three Rivers Conference Excels Again

Rushford-Peterson Wins Class A State Championship

**Plainview /Elgin-Millville, Lewiston-Altura, and
Goodhue Also Make State Play-offs**

The Three Rivers Conference is a unique league that features teams from Class A, AA, and AAA. On any Friday night, a spectator would have a very difficult time from the sideline picking which team has a bigger enrollment. It is simply great football every night, with any team having a legitimate chance of winning. All twelve teams in the Three Rivers Conference have qualified for the State Play-offs in the past, with eight of the teams having been crowned State Champions. 2004 was once again played at a very high caliber.

This year Rushford-Peterson won their second state title for Coach Jim Reinhardt beating Ottertail Central in the championship game. They won the Section 1A Championship over Del Elston's much improved Fillmore Central Falcons. Six of the twelve league teams made it to Section Championship games, and four teams made it into the State Play-offs. Clair Austin's Goodhue Wildcats won Section 4A, and made it to the state semifinals before being knocked out by Ottertail Central. Scott Schmaltz's Lewiston-Altura Cardinal squad had an outstanding play-off run as they won Section 1AA over Dan Hurley's Chatfield Gophers, and eventually losing to Waterville-Elysian-Morristown in the state quarterfinals. And Bill Ihrke's Plainview / Elgin-Millville Bulldogs beat Kasson-Mantorville in the Section



Plainview Elgin-Millville Bulldogs.



Caledonia Warriors.

1 AAA Championship game to qualify in the Class AAA State Play-offs (they were beat by Glencoe-Silver Lake in the state quarterfinals 35-28).

In conference play, Coach Carl Fruechte's Caledonia Warriors won the South Division with a 5-0 mark in Division play, and the Bill Ihrke's Plainview / Elgin-Millville Bulldogs won the North Division (also with a 5-0 mark).

North Division:

Plainview /Elgin-Millville	5-0	8-0	11-1 * Section 1AAA Champions
Dover-Eyota	3-2	4-4	5-5
Goodhue	3-2	4-4	8-5 * Section 4A Champions
St. Charles	2-3	3-5	3-6
Lewiston-Altura	2-3	2-6	5-7 * Section 1AA Champions
Wabasha-Kellogg	0-5	0-8	0-8

South Division:

Caledonia	5-0	7-1	8-2
Rushford-Peterson	4-1	7-1	12-1 * Section 1 A Champions
Chatfield	2-3	4-4	6-5 * Section 1AA Runner-up
Kingsland	2-3	2-6	2-7
Southland	1-4	4-4	4-5
Fillmore Central	1-4	3-5	5-6 * Section 1A Runner-up



Valley Plains

The 2005 Valley Plains Conference looks to be a barnburner once again after Mahnommen and Hawley took turns beating up the conference with senior dominated teams in 2003 and 2004, respectively. Most teams will be looking to replace a few, if not several standout performers in order to be competitive this coming season.

Warren- Alvarado-Oslo is looking to rebuild after a 7-1 regular season finish in 2004. The Ponies return 5 starters on offense and 6 on the defensive side of the ball, four of which were two-way starters. Returning starters are seniors Austin Knoll at right guard and middle linebacker, Derik Nelson at tight end and outside linebacker, DJ McGregor right tackle and defensive tackle, Jeff Chandler at wide receiver and cornerback, and Jorden Novacek at defensive end. The Ponies will return one junior starter in fullback/linebacker Bryan Bye. Bye and Knoll have been in the top three in defensive points the last two seasons. Dedication to the weight room will be the difference in finishing in the middle of the pack, or making a run at state come playoff time.

The Mahnommen Indians look forward to a challenging, yet promising 2005 season. They lose several key contributors, most notably Levi DeVries, 2004 Offensive Player of the Year. Mahnommen will be a senior-heavy team that should be in contention for the Valley Plains title. Returning skill players include QB Kyle Larson, RBs Tyson McArthur, Pat Dahl, and Wade Schoenborn. The offensive line has five seniors returning, three of which have started for two years. They are Will Wiebolt, Tony Busse, and Isaac Spaeth. The defense should be a strength for the Indians. The line, anchored by Ty Beckius, will be large and agile. Backing up the line will be returning linebackers Wade Schoenborn, Isaac Spaeth, and Pat Dahl. The defensive backfield will be led by returning safety Tyson McArthur.

The report from Lake Park-Audubon looks brighter than 2004. The squad from LP-A will once again be young but the numbers should be up from

last year. They will not have a lot of seniors but the junior class has strong numbers. Their goal is to improve from last year's record and develop some confidence and with their underclassmen. LP-A did not have any standouts in 2004 so for 2005 to get brighter they will need some people to step up.

The 2005 Fosston Greyhounds are looking to improve on the 2004 season. They should have decent size and some decent experience in their offensive backfield and on the line. The Greyhounds will need to have some leaders step up and take control of the team. The 'Hounds will have to get in plenty of off-season work to get themselves back into the top 3 or 4 teams in the Valley Plains.

Red Lake Falls returns 7 offensive starters and 6 defensive starters from the 2004 3-6 team. The Eagles will be led by junior QB Seth Schmitz who threw for 638 yards last year. The rest of the backfield has experience also in returning juniors Nick Knutson at FB and HB Matt Nelson (700 rushing yards). Pat Leines, Thomas Johanneck, Drew Seeger, and Peter Johnston all return on the offensive line which looks to have a good combination of size and speed. If things come together, RLF looks to challenge for a top 3 finish in the Valley Plains Conference as well as Section 8A.

The 2005 Hawley Nuggets have a major task ahead of them if they wish to contend for the conference title. The defending Valley Plains Champions return only two starters on offense, HB Cory Mattson who was the leading rusher, scorer, and punt returner from 2004 and Grant Aakre at FB. Defensively they return 3 starters in Aakre at LB, Mattson at CB and Brady Harms at FS. These gentlemen will all be seniors and must lead by example for any hope of contention in 2005. On the upside, the underclassmen did get quite a bit of experience as backups last year. The offensive line should be bigger from tackle to tackle but will lack leadership and quickness so the power game will be a staple for the Nugget offense in 2005. Defensively, the Hawley squad is going to have to get good real



quick, to be ready for the 2005 season. Returning starters for the defense are Cory Mattson at CB, Brady Harms FS, Seth Peters DT, and Grant Aakre LB.

The Fertile-Beltrami falcons will return 5 starters on offense and 5 on defense. A large number of juniors and seniors will add depth to many positions as well as many one way players. Staying healthy, working in the off-season, and improving week to week will be the keys to success for the Falcons and to reach their goals in the playoffs.

The pre-season coaches' poll has the conference

shaking out like this:

1. Hawley
2. Mahnomen
3. Fertile-Beltrami
4. Red Lake Falls
5. Fosston
6. Lake Park - Audubon

West Central North 2004 Football

Albany and Melrose were co-champions with 4-1 conference records. New London-Spicer finished third at 3-2. Daryl Oja of Melrose and Mike Kleinschmidt of Albany were co-coaches of the year. Melrose led the conference with 152 pts. scored or 30.4 per game. Albany led the conference in defense giving up 56 pts. or 11.2 per game. Shawn Meyer of Melrose was the conference MVP. Ben Douvier of Albany was the most valuable back. Justin Schoenberg of Melrose was the most valuable lineman. Paul Zawacki of St. Cloud Cathedral and Rocky Horn of Melrose were co-most valuable receivers. Ryan Wimmer of Cathedral was the Defensive player of the year. Shawn Meyer edged Ben Douvier for the rushing title 752 yds to 742. Jimmy Gieske of Melrose threw for 748 yds to lead the conference and he had the highest qb rating of 120.4. Paul Zawacki led the conference with 21 receptions for 316 yds. Shawn Meyer led the conference in scoring with 64 pts.

The 2005 season is expected to be a strong year for Albany and St. Cloud Cathedral with both teams bringing back a number of starters. New London-Spicer should also be strong with a large nucleus of players returning. The conference will be rounded out with Long Prairie-Grey Eagle, Melrose, Minnewaska, Montevideo, and Sauk Centre. The north half of the conference will have 8 teams this year. In 2006 Staples-Motley will replace Montevideo in the north, with Montevideo returning to the south half.

Players to watch for 2005. Jim Seigle RB-LB Long Prairie-Grey Eagle. Ryan Wimmer RB-LB St. Cloud Cathedral. RB's Ben Sletta and Kyle Weinandt of New London-Spicer. Greg Dingmann OL-DL of Albany. OL-DL Noel Meyer of Melrose. RB Jake Uphus of Sauk Centre.



Wright County Conference 2004 Year in Review

The Wright County Conference had another successful year with three teams in the state tournament, Becker, Delano, and Glencoe-Silver Lake. Becker finished the season losing to East Grand Forks in the Finals. EGF defeated GSL in the semi-finals and Becker defeated Delano in the other semi-final. Annandale had a breakout season last year finishing second in the conference with a 5-2-conference record. They were defeated in the Section Final by Becker. This Becker win avenged a regular season loss to Annandale. Becker repeated as conference champion in 2004 and Dwight Lundeen was named the Wright County Conference

Coach of The Year. Lundeen was named the Section 5 Coach of the year, Dave Dose of GSL was named the Section 2 Coach of the Year and Merrill Pavlovich of Delano was named the Section 4 Coach of the Year.

The Wright County Conference will have a new look for the 2005 season. Becker will be leaving the conference to join the Mississippi 8 conference and Mound-Westonka will be joining the Wright. Thanks to Lundeen for the wonderful teams he brought to the conference and we welcome Mike Wallace and his staff to the conference.



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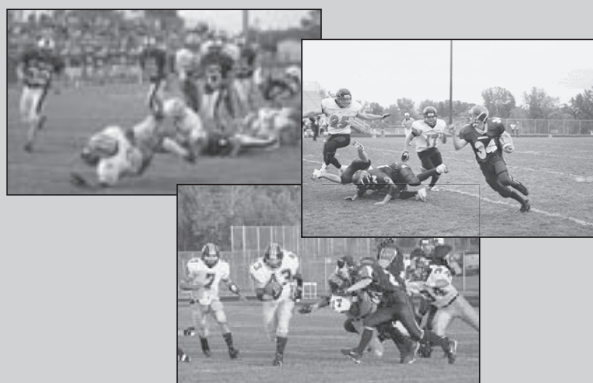
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