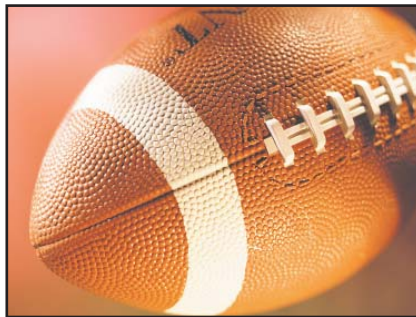


# MINNESOTA HIGH SCHOOL FOOTBALL —2004—

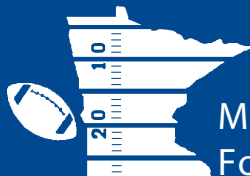
**Minnesota High School Football Coaches Association**



**Annual Publication of the Minnesota State Football Coaches Association**

## ★ ORGANIZATION INFORMATION ★

Brought to you by the:



Minnesota High School  
Football Coaches Association

Address: 901 E. Ferry St. Le Sueur, MN 56058 \* Telephone: (507) 665-3305



## Minnesota High School Football

# 2004 MINNESOTA FOOTBALL

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

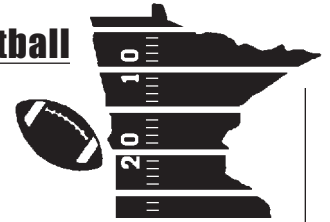
*This publication is issued annually by the MHSFCA*

## PAST PRESIDENTS

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

## SECRETARY - TREASURER

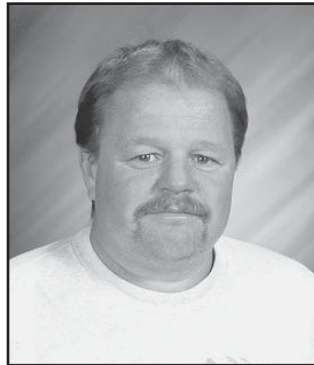
1956-57	Frank Cleve - Minneapolis Henry	1974-83	Jerry Peterson - Owatonna
1957-61	Dwayne Hoberg - St. Louis Park	1983-87	Don Larson - Albert Lea
1961-64	Bob Roy - St. Louis Park	1987-00	Jim Simser - Fairmont
1964-74	Chuck Elias - Minneapolis Central	2000-	Terry Turek - LeSueur-Henderson



# Minnesota High School Football Coaches Association Organization Officers



**PRESIDENT**  
*Dwight Lundeen  
Becker*



**1<sup>st</sup> VICE PRESIDENT**  
*Flint Motschenbacher  
Detroit Lakes*



**2<sup>nd</sup> VICE PRESIDENT**  
*Clay Anderson  
Norwood Young America*



**SECRETARY - TREASURER**  
*Terry Turek  
LeSueur - Henderson*

## President's Message

**“To love what you do and feel that it matters:  
How could anything be more fun?”**

**K. Graham**

I have just completed my 34th year as head football coach at Becker high school. As I get older, I find that I take more time to reflect on the past. When I think about my years of coaching, one thing becomes very clear----- I love coaching football.

I would like to take this opportunity to encourage football coaches in the state of Minnesota. What you do really does matter! In times of budget cuts, doing more with less, long hours,

and not many thanks, it is easy to become discouraged. Remember that you are having a positive effect on many young people. Football is the best team game. It is a game in which teenage boys learn to work together, putting away self in order to do what is best for the whole ----- a valuable life lesson.

As you begin another season, I encourage you to begin enthusiastically, “stay the course”, work through problems as they arise, and don’t quit. Keep doing what

you love to do ---- “coach football”. Your football coaches association continues to work hard to make your experience a positive one.

I wish you a great 2004 football season. If I can help you with anything, please contact me.

Dwight Lundeen  
President  
MHSFCA



## Minnesota High School Football

### Message From Coach Mason

We had a great 2003 season, finishing with 10-wins and a thrilling Sun Bowl Championship victory over a fine Oregon team. The expectations are high for the upcoming 2004 season and our team is working hard this off-season in order to fulfill those expectations.

We just finished our 2004 summer camp and concluded that this was our most talented camp we have had in my tenure here at Minnesota. The talent level of Minnesota athletes that we saw in camp is a direct reflection on the coaching that you as High School Coaches are doing. We appreciate the assistance that you give to us by sending your athletes to our camp. The success of our past and future teams have and will always depend on the base of student-athletes that are being raised in the state of Minnesota. I have said often, "What is good for High School football is good for the "U" and what is good for the "U" is good for High School Football!" We have a vested interest in each other.

Once again, we had a very successful Coaches Clinic. Thank you for your involvement and your attendance. It was great to listen to National Champion St. Johns University Coach, John Gagliardi, speak on his philosophies of football.

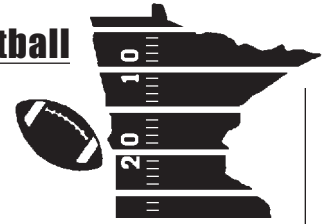
Fall camp will soon be upon us. Reporting day is August 10th. I sincerely hope that you always feel welcome in our offices or at our practices and that you are comfortable enough to not hesitate to call on us to help.

We open our season on Saturday, September 4th on National Television against the University of Toledo. As part of our commitment to the development of high school football in the state of Minnesota, our Marketing and Promotions department is offering free admission to all high school football teams in our state. If you are interested, please contact Betsi Sherman in Marketing at 612/624-7028 and she will assist you.

Have a great summer And much success to you and your team during the 2004 football campaign!

Go Gophers,

Glen O. Mason  
Head Football Coach  
UNIVERSITY OF MINNESOTA



# Minnesota High School Football Coaches: MHSFCA Members for 2003-04

Listed below are the dues-paying head coaches of the MHSFCA for the year 2003-04.

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.

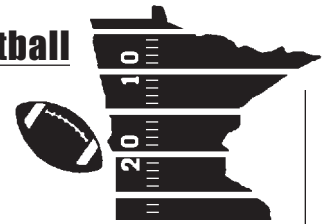
Coach	School
Gullingsrud, Mike	Ada-Borup HS
Strand, Randy	Adrian HS
Kleinschmidt, Michael	Albany Area HS
Kalpin, Dennis	Alexandria Jefferson HS
Wilke, Rich	Andover HS
Walter, Matthew	Annandale HS
Jansen, Roger	Ashby HS
Karlsogdt, Terry	Atwater-Cosmos-Grove City HS
Hermann, Tim	Austin HS
Lamppa, Brian	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 2003-04

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



# Minnesota High School Football Coaches: MHSFCA Members for 2003-04

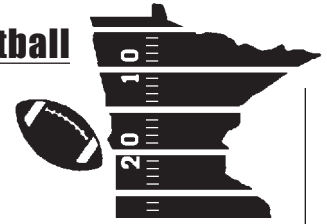
Coach School		Coach School	
Tietje, Jefferson	Madelia HS	VanRoekel, Rick	New Ulm HS
Clark, John Jr	Mahnomen HS	Radniecki, Matthew	New York Mills HS
Malmstrom, Wally	Mahtomedi HS	Messick, Nathaniel	Norman County East HS
Davis, Eric	Mankato East HS	Jorgensen, Dan	Norman County West HS
Rotchadl, Dan	Mankato 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	Minnnetonka	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	Nawhawuk-Keewatin HS	Inforzato, Kyle	Richfield HS
Essler, Dan	New London-Spicer HS	Fischer, Derek	Robbinsdale Armstrong
Buthe, Tony	New Prague HS	Norby, Erick	Robbinsdale Cooper HS
Stork, Dan	New Richland-H-E-G HS	Drews, Jack	Rochester John Marshall HS
Lux, Denny	New Ulm HS	Peters, Marv	Rochester Lourdes HS



## Minnesota High School Football

# Minnesota High School Football Coaches: MHSFCA Members for 2003-04

Coach	School	Coach	School
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		
Kroulik, Mark	Stephen-Argyle Central HS		
Schwarz, Steven	Stewartville HS		
Hoffman, Scott	Stillwater Area 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.

<b>Coach</b>	<b>School</b>	<b>Coach</b>	<b>School</b>	<b>Coach</b>	<b>School</b>
Bob Anderson	Minneapolis Roosevelt	Pete Herges	Albany	Robert Ryan	St. Paul Humboldt
Lyle Anderson	Cook County	Wayne Hesinger	Southwest Star	Mal Scanlon	Cretin-DH
Jim Baker	Richfield	Ken Hill	Sauk Rapids	Ron Scott	Coon Rapids
Ken Baumann	Mahnomen	Mike Holzer	Kingsland	Cliff Senne	Welcome
Dave Beadle	Albrook	Tom Idstrom	Champlin Park	Al Siegel	Pelican Rapids
Ken Belanger	Zumbrota	Ken Jacobson	Chatfield	Steve Silianoff	South St. Paul
Clark Bergloff	Mora	Rick Jaeger	Montevideo	Jim Simser	Fairmont
Bud Bjornaraa	Apple Valley	Jerry Jerdee	Benson	Larry Skogerboe	Martin County
Roland Bromberg	Cloquet	DeWayne Johnson	Anoka	George Smith	Mahtomedi
Bob Celt	Red Wing	Mark Johnson	Rocori	Tom Smith	New Richland-Hartland
Herb Claffey	Milaca	Richard Kubes	West St. Paul	Ron Stolski	Brainerd
John Conzemius	Wadena	George Larson	Cambridge	Dick Strand	Southland
Mac Dahl	La Crescent	Dick Lawrence	Eveleth	Lloyd Stussey	Wells-Easton
Gary Dierks	Mankato East	James Mader	Albany	Don Swanson	Minneapolis Henry
Jim Dotseth	Minneapolis Henry	Tom Mahoney	Fairmont	Tony Thiel	Battle Lake
Ed Draheim	Owatonna	Bill Martin	St. Paul Central	George Thole	Stillwater
Pete Eikren	Chisago City	Bob Nangle	Pipestone	John Thompson	Little Fork- Big Falls
Chuck Elias	Minneapolis Central	Andy Nelson	Lake Benton	Leo Traurig	New Ulm
Roger Elzenga	Windom	Stuart Nordquist	International Falls	George Tuvey	Janesville
Gary Engen	Mounds View	John Norlander	Plainview	Dave Uhler	Bagley
Gary Graham	Browerville	Warren Olson	Brooklyn Center	Virgil Vagle	Paynesville
Earl Gramling	Alden	Bob O'Neil	Fridley	Don Varpness	Worthington
John Gross	Medford	John Peterick	Mahnomen	Dick Walker	Richfield
Gary Gustafson	North St. Paul	Bob Peterson	Esko	Jerry Wallskog	Le Center
Loren "Huns" Hagge	Rochester	Jerry Peterson	Owatonna	Bob Wilkowski	Perham
Chuck Halsted	Brainerd	Ralph Peterson	Rochester	Jack Willhite	St. Louis Park
John Hansen	Osseo	Willie Rauen	Pine Island	Bill Wilson	Fairmont
Bruce Harding	Sandstone	Jim Roforth	Osakis	Bob Youso	Moose Lake
Del Heibert	Ceylon	Dan Rohman	Belview		
Russ Helleckson	Minneapolis Washburn	Reno Rossini	St. Paul		
Roy Henderson	Belle Plaine	Grady Rostberg	Hutchinson		
Jim Henkes	Wheaton	Bob Roy	St. Louis Park		
		Neil Royer	Martin County West		
		Buz Rumrill	Silver Lake		

**2004-2005 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](http://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**

- |  |  |
|--|--|
| <input type="checkbox"/> ANNUAL DUES PAYING MEMBER - \$30.00<br>Eligible: MN Secondary, Jr. High, Elementary Coaches and ADs | <input type="checkbox"/> RETIRED LIFE MEMBER OR LIFE MEMBER (without Insurance) - \$5.00 |
| <input type="checkbox"/> ASSOCIATE MEMBERS - \$15.00<br>Eligible: Out of State Coaches All College Coaches                   | <input type="checkbox"/> 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)

\_\_\_\_\_

\_\_\_\_\_

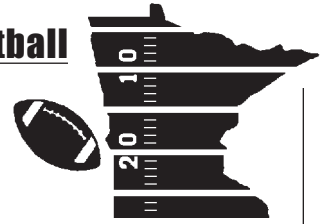
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**MSHSCA** **\$30.00**  
 (INCLUDES \$1,000,000 LIABILITY INSURANCE)

**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, 2004**

- 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



## 2004 Football Rules Changes

### 1-5-3i, k

Legal towels must be made of moisture-absorbing material. Also, any sticky or slippery substance is not permitted on the towel.

### 2-6-2a

During an authorized time-out, that is held adjacent to the sideline, any number of team members and coaches may participate.

### 2-16-2g

Clarification has been made that a post-scrimmage kick situation begins with the snap and that a successful field goal is not included in any post-scrimmage kick enforcement.

### 2-17-4b

The following language was removed from the rule: "...on the line of scrimmage and..."

### 3-1-4

Clarification has been made to the existing authority of state associations for approval of any procedures utilized to continue or terminate contests interrupted by events beyond the control of the contest administrators.

Language has been re-inserted to clarify that should a foul occur on the last timed down of a period, that any re-playing action will take place before goals are exchanged.

### **A head coach may now request a time-out from the sideline.**

During a free kick, should the kicking team muff the ball into a receiver, the action shall be ignored. During scrimmage kick, a ball legally batted or muffed by the kicking team into a receiver shall be ignored.

Clarification has been made concerning a foul that is committed by the defending team on a touchdown that involves a change of possession. In this case, the foul must occur after change of possession.

The momentum exception now applies to any covered defensive play situation.

Clarification has been made that if the receiving team's only foul meets the criteria for a post-scrimmage kick enforcement, it is not considered a part of the double foul definition.

### **POINTS OF EMPHASIS**

1. Helmet Contact
2. Substitution and Participation
3. Team Box and Sideline Management

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## Recruiting Fair Added to MHSFCA

A college football recruiting fair has been added to the accomplishments of the MHSFCA. Beginning in the 2003 the recruiting fair will offer coaches, players and college recruiters to assemble in one place and share information. The benefit of the recruiting fair is that is hoped to "streamline" the recruiting process and to hopefully increase the "visibility" of Minnesota's college football prospects.

The recruiting fair is for college coaches from all divisions to make use of as they seek out the best talent that Minnesota has to offer. High school coaches are encouraged to attend and discuss the attributes of their athletes directly with the college recruiters.

The first recruiting fair was held on May 14th at the Hilton Minneapolis and there will be another held in December. The intention is that the recruiting

fairs will be held every year and grow as they gain acceptance and recognition.

The main high school coaches behind getting the recruiting fair "off the ground" were Dave Nelson, Minnetonka, Steve George, Fridley, and Joe Gutilla, Benilde-St. Margaret's. These coaches can be contacted with any questions related to the recruiting fair.



## Mr. Football Award

The MHSFCA will be choosing a Mr. Football recipient for the first time beginning with the 2004 season. The statewide award will be selected by a committee headed by Clay Anderson of Norwood Young America high school and will attempt to take on the task of choosing the player who would be considered the “best high school football player” in the state for one season of play.

Needless to say this will be a difficult task as comparing and evaluating hundreds of players from over 380 schools spread over such a large state as Minne-

sota presents numerous logistical obstacles. The criteria and selection process will be determined by the committee, chaired by Anderson during meetings held over the summer of 2004. The committee hopes to have the process ready for the 2004 season and the announcement of the award will be made at the 2005 Nike Coach of the Year clinic in February, 2005.

The committee currently consists of Chairman Anderson and the following individuals.

- Dwight Lundeen, head football coach at Becker high school and current MHSFCA presi-

dent.

- Don Swanson, former MHSFCA president and former head football coach at Minneapolis Henry high school.

- Ron Stolski, current head coach at Brainerd high school and former MHSFCA president.

- Terry Turek, current head football coach at Le Sueur-Henderson high school and secretary treasurer of the MHSFCA

- Kevin Ryherd, National Football Foundation Hall of Fame representative.

- Chad Ostlund, Minnesota Vikings representative.

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## 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](http://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 Nielsen 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](http://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 and Mr. Football award is presented on Feb. 13th.

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

Norwood Young America High School

Fax: 952-467-7103

Email: canderson@central.k12.mn.us

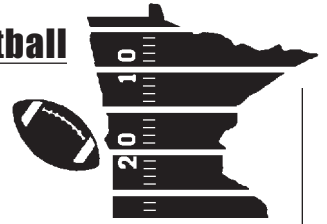
### Mr. Football Committee

Chairman Clay Anderson, Norwood Young America, 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



# Conference Realignment

## North Suburban Conference

The North Suburban Conference will be almost completely “redone” in 2005. The realignment will see four of the current North Suburban members joined by schools from three other conferences. And the conference will be growing as well, from its current seven members to ten.

The four NSC members, Irondale, St. Francis, Spring Lake Park, and Totino Grace will remain and be joined by Robbinsdale Cooper and St. Louis Park, from the Classic Lake conference, Fridley and Benilde-St. Margaret’s, from the Metro Alliance, and Chisago Lakes and North Branch, from the Rum River.

Rogers, a new school in the area will play in the North Suburban for one season before joining the new Mississippi Eight conference in 2005.

### 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

## Wright County

Mound Westonka has been accepted into the Wright County Conference for fall 2005. Mound Westonka, now a member of the Metro Alliance Conference, will replace Becker in its new conference. Becker is leaving -- at the same time the White Hawks are coming in -- to be part of the new Mississippi Eight Conference.

### Wright County in 2005

- Annadale
- Dassel-Cokato
- Delano
- Glencoe-Silver Lake
- Litchfield
- Mound Westonka
- Waconia
- Watertown-Mayer

## Mississippi Eight

The new Mississippi Eight conference will be forming in the 2005 season and consist of Becker, from the Wright County; Big Lake, Princeton, and St. Michael-Albertville, from the Rum River; Buffalo, Cambridge-Isanti, Monticello, from the North Suburban and Rogers. The new conference will begin its play in the 2005 season

### Mississippi Eight in 2005

- Becker
- Big Lake
- Buffalo
- Cambridge-Isanti
- Monticello
- Princeton

Rogers  
St. Michael-Albertville

## Central Lakes

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

## Metro Alliance

The Metro Alliance will be seeing its final season in 2004 as several of the teams will be departing and the conference will disband after the conclusion of this season, unless some other teams are found to replace the departing teams. Otherwise the four remaining teams will have to seek placement in a other conferences or play independent schedules.

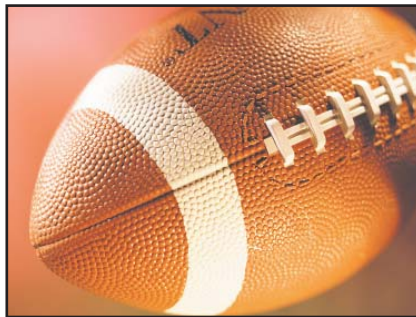
Benilde-St. Margaret’s and Fridley are heading to the North Suburban and Mound Westonka is going to the Wright County conference.

### METRO ALLIANCE in 2004

- Benilde St. Margaret’s
- Brooklyn Center
- Columbia Heights
- Fridley
- Mound Westonka
- Orono
- St. Anthony

# MINNESOTA HIGH SCHOOL FOOTBALL —2004—

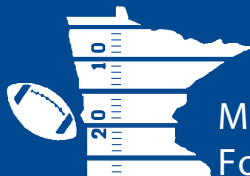
**Minnesota High School Football Coaches Association**



**Annual Publication of the Minnesota State Football Coaches Association**

## ★FEATURE ARTICLES★

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# Constructing A Position Package of Drills

By Craig C. Hansen; Phy. Ed., Head Football Coach, Maple Grove Senior High

Family: wife Cindy, children Marie (17), Kurt (13).  
College: Bethel College 1972-1976. Captain, Football Hall of Fame M.Ed University of MN, 1983.  
Career: Assistant Football Coach, Osseo Senior High 1976-1991 Head Football Coach, Osseo Senior High 1992-1995.  
Head Football Coach, Maple Grove Senior High 1996- Present.  
'93,'98 KARE11 Coach of The Year  
'93 Sec. 5AA Coach of The Year  
'98, 2000 TCS/NWS Conference Coach of The Year  
'98,'01,'02 Sec. 6AAAAA Coach of The Year

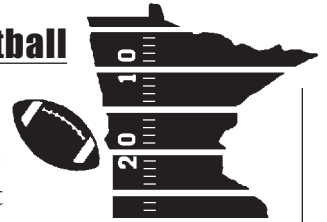


## Principles Of Drillwork And Teaching Offensive Line Techniques At Maple Grove Senior High School

**T**hroughout my collegiate playing days and the first part of my coaching career I was fortunate to work under two of the best head coaches I have ever known, Chub Reynolds (Bethel college) and John Hansen (no relation, Osseo H.S.). The one thing I learned from these experiences, and what has been proven to me over and over since, is that kids love to learn HOW to play football. More specifically, kids love to learn the techniques that go with their position. The big picture of playing a position in football can be broken down into small steps that can be more easily accomplished. Confidence grows as they learn and see themselves perform at their position.

Following is an outline of several principles related to drill work that I have learned and taught over the years. Next is the teaching progression and accompanying drills we follow in teaching offensive line techniques. Included are coaching points or "Look-fors" and key words. This same type of progression is followed by our defensive staff in the teaching of tackling and other techniques.

- DEFINE WHAT/WHO YOU ARE!  
e.g. Maple Grove is a Technique Oriented Football Program.
- Technique allows us to compete with a more talented opponent.
- Technique allows us to play and execute with more confidence.
- All players can learn and show improvement in their technique regardless of talent.
- Assistant coaches; tell me how you will teach your position area's techniques.
- Game film grading/player evaluation is technique based. e.g. post grades (+ 's/- 's).
- Techniques must be related to scheme.  
e.g. Maple Grove is an Inside Veer OFFENSE.  
e.g. Two goals for the Offensive Line:  
    Be the Quickest Line Off the Ball!  
    Be the Lowest Line Off the Ball!  
e.g. WHY/PURPOSE?! To Create Movement at the L.O.S. for the Veer.
- Teaching technique builds confidence and self esteem!!  
\*see it/feel it/hear it (small steps of improvement)



- \*measure it (grading)
- \*film it (2-a-days, games; varsity, IV, sophs, frosh)
- \*Improves confidence in Hitting, being Physical, execution

## Philosophy:

- \*We believe teaching technique gives our kids a chance to succeed.
- \*Teaching technique requires a TIME commitment in practice and film!!
- \*What is the message you want to give??

## Principles of Drill Work:

- Never just TELL players what to do and expect it to get done. You must SEE the players do it right many, many times.
- Do it once correctly -- I know you know how. Do it right many, many times -- I know you HAVE IT!
- Make the connection between Game Skills and Practice/Drill Skills.  
e.g. Game films and practice drills. Note when the particular skill you are viewing is worked on during practice.  
e.g. "Stay low and keep your feet". Note Hip Strength: squats, cleans, dead lift.

Key: We are not going to do anything in practice that we are not going to do in a game. I will not waste your, my or our time together.

\* CREATE AN ATMOSPHERE OF LEARNING! \*

## Principles of Offensive Drill Work:

- START on verbal command (defense starts on movement key).
- END (FREEZE) on a whistle. Players must end in "Perfect Position". Players do not move until released by a second whistle.
- Never practice a negative. "Perfect Practice Makes Perfect!"  
e.g. Finish your rep perfectly. Perform as you would in a game. Practice Self Discipline.  
e.g. "SHOW ME" where you are supposed to be. You are teaching a

CONCEPT. Rather than repeating instructions, have the player show you what he is to do.

Key: Put players in a position to be successful.

Build their confidence.

e.g. Contact/Hitting - start close then increase distance for difficulty or challenge.  
e.g. Predetermine who wins in this drill (offense 2/3's - defense 1/2 speed).  
No player is ever humiliated. This is a teaching time.

## Blocking Concepts: (Concepts Of Playing Football)

- "Keep Your Pads Over Your Toes!" or Have a "Toe - Knee - Chest" (relationship).
- FEET/HIPS/SHOULDERS must be kept Square to L.O.S.  
e.g. Who's going to turn their hips first, the offense or the defense?
- HIP STRENGTH - Your ability to stay Low and Keep Your Feet. e.g. Squats, Dead Lift, Power Clean
- The 1st Step is the Most Important Step in football.

## OFFENSIVE LINE "ONE ON ONE" TECHNIQUE PROGRESSION

- STANCE
  - Feet no wider than armpits apart, parallel, square to L.O.S., stagger should be no more than toe to instep with a "toe to knee to chest" relationship.
  - Hands/Arms - FINGER TIPS only on down hand placed where your eyes meet the ground from your ready position. The off arm should rest with the wrist on the side of the knee and elbow in creating a sprinters start. Equal weight distribution on all 3 points, no cheating or tipping.
  - Back/Hips - flat back is a must, with the "tail up"-hips above shoulders.
  - Head UP - "Keep your eyes on your



## Minnesota High School Football

work", "Turtle the Neck", "look through your eyebrows", "See the LB's knees", "See the Hit"-contact point.

\*DRILL "STANCE AND STEPS" Line players on yard lines to check feet, etc., Work on pulling steps one at a time, etc.

"STANCE AND STARTS" (chutes) Work team take off, coming off level. Key: position yourself at different points around the chutes checking player's backs, eyes, head position, steps, arms and arm movement, etc. Work on cadence.

- 1st STEP "Directional step", short 6 inch step to "playside" toe, under your chest.

\*DRILL "ONE STEP DRILL" (chutes) Lead step is toe to playside toe of opponent. Start with full cylinder bags using the holder's toe for an aiming point.

- CONTACT POINT "Contact Point is the "playside HIP" (or whatever you determine you want). Key: walk players up into the contact point, fit them into it perfectly. Show them where and how they should be with their head, back, feet and arms.  
E.g. "turtle the neck", "see the hit", "eyes on your work".
- 2nd STEP Is a "Power step" to the CONTACT POINT. It is a short, quick 6 inch step. Use your quickness off the ball to get this step down before your opponent can. Key: players must maintain a "toe to heel" relationship with their feet while keeping their toes under their chest" (hence Hip Strength).

\*DRILL "TWO STEP Drill" (chutes) Stance to contact point. This is an aggressive drill. Players line up in chutes arm distance from bag. Have them point to their contact point. Use athletic tape for height, etc. They explode on your command and freeze after two steps. Bag should jump back from the blow.

Here is where you will make many corrections to their form, and feet.  
E.g. double stepping or false steps,

ducking their head, arms overextend, etc.

\*DRILL "THUD DRILL" (chute) A further progression of the Two Step Drill. Toss the bags and put the holder down into a two point stance, then increase difficulty to a three point stance (getting Lower). Have defensive man use his forearms to deliver a blow and then catch the offensive lineman after his two steps. This helps the players to work through defensive resistance or the Thud. Again, you will see many bad habits to correct in their feet, head, back, arms, etc. Start slowly and increase intensity as you go.

- FIT & FINISH The defense works on Pursuit drills, we work on Finish drills. Here is where we "Keep our feet" or "Stay Alive" in our blocks and execution. The concept is the lineman has worked through the contact point and, like making a good tackle on defense, "Locks In" with a good neck and shoulder squeeze with the neck turtled and head to playside.  
You are teaching them what and how you want them to be after contact and through the remainder of the play.

DRILL "6 SECOND DRILL" (chutes) Have players in chutes and walk them up into contact point on the bag. On command they drive through contact to the Fit position (neck and shoulder squeeze), roll hips, pump elbows and knees ("run through your armpits") driving the bag full speed for 6 seconds.  
You are working leg acceleration or the ability to move the man off the L.O.S. "Pound Ground to Gain Ground", "Arms Move Legs", etc. RETAIN FORM. Here you will see their feet cross, head goes down, tail goes up, arms lock and hold, etc. Worst of all, you will see all the players stop after 3 seconds the first time you do this. Thus, the reason we lose our blocks and the defense can pursue. This drill is probably the most significant thing we do to help our execution on offense.



Much of this drill and technique work originated from lectures and articles by Buck Nystrom and has been adapted to fit our players and program each year. The great coaches I have learned from all had a common belief in the emphasis on being a teacher of technique. The area of technique is the one common denominator for all the kids on your team, regardless of skill level. Kids can see and feel

themselves improving week to week throughout the season. This keeps the kids believing and motivated in practice. At times the improvement is monumental, but most often, it is in small steps. It is these small steps that we coaches need to continually recognize and reinforce to keep the kids believing in themselves.

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## Power Training for Football

By: Bill Ihrke, Plainview / Elgin-Millville High School

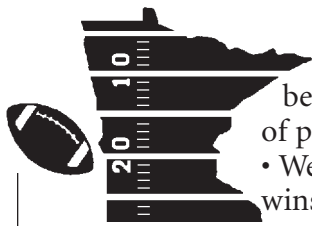


P/EM *Bulldog* staff (left to right): Kevin Lamb, Bryan Brighton, Craig Ihrke, Ron Randall, Ben Peter, Bill Schultz and Bill Ihrke.

In 1999, our football team was 8-3 and finished as the Section 1AAA Runner-up. We completed a good season, we were in every game we played, but could not seem to turn the corner against the perennial powers of southeast Minnesota. As a coaching staff we took a long, hard look at what we were doing with our athletes. I felt our players were well-coached and prepared fundamentally,

but we were not winning some key individual match-ups physically and that was preventing us from advancing.

I came to the realization that in our league (Three Rivers Conference) we are not going to “out coach” many teams. . . everyone is well coached, they know sound fundamentals, and are prepared. If we are going to give our kids a leg up, we must



## Minnesota High School Football

beat our opponents in the area of physical training.

- We must become the team that wins the key individual matchups that throughout a game

will make the difference. To do that we had to change the way we trained. . . we had to go to “Power Training”.

We contacted Scott Safe (SAFE USA) in Cannon Falls, and asked if he would put on a power clinic for our athletes (all sports) and coaches. He came into our school and did a fantastic job teaching not only the proper techniques of Olympic style lifting (particularly squats and cleans), but also the important “why’s” of Olympic style lifting for athletic benefit. Olympic style lifting is strength + speed. We had lifted, but not really with purpose. Our thoughts were further focused after attending the Nebraska football clinic later that spring and learning they lifted for Power, specifically to train for speed. In fact, Nebraska had eliminated the bench press from their core lifts - everything was “ground based”. Ground based training became the direction we went, and that has made all of the difference in the world.

After the SAFE USA clinic, our top vertical jump was 24 inches. Just two and a half years later testing only our football team in August, we had 40 players record a vertical jump of 24 inches, and we had 27 players jump 30 inches or higher! That is a significant improvement. Our ground based training has made a significant difference in the speed and strength of all of our athletic teams. Since we have gone to this type of training, we have won two boys state track titles and a state football title. Our athlete’s confidence has risen tremendously.

Bryan Brighton is one of our varsity football coaches, and he also is the strength coach for our district. He has done an outstanding job of converting all of our athletic teams to be “ground based”. We essentially have the entire athletic department doing the same core lifts with slight variations per sport to be sport specific. The following are points of emphasis that Bryan feels are essential in ground based strength training:

- Sport specific movements - replicate what we want to see on the field.
- Multi-Joint Movements - feet on the ground - you don’t do anything good in sports on

your back

- Speed is KING.
- Vertical Jump is the ultimate measuring stick - the power clean is a close 2nd.
- Hang Cleans vs. Power Cleans - It takes .4 seconds to execute a hang clean, and it takes .4 seconds to execute a block or tackle in football. We do power cleans because we want to replicate the low starting point of the 3 point stance. - Yes the Power Clean is 2 separate pulls, but we feel the replication of the starting position is necessary for what we do. - Our football players do Power Cleans regardless of position for team consistency.

- Other sports have different needs with different philosophies, so some of our sports do Hang Cleans (i.e. wrestling and basketball have a standing stance, so they do Hang Cleans).

Our power program is based on the USA Weightlifting’s Rest/Pause Principle. During the season we do 2-3 sets of 2-5 reps of Power Cleans, Squats, and Hammer Jammer. We believe very strongly in using the Hammer Strength Hammer Jammer rather than the bench press. In our workouts, we do a couple sets of close-grip bench to work on the “punch” needed for separation in football contact.

A key element in our strength training was that we quit lifting “after practice”, and trained in the weight room during practice. At P/E-M we are paired with Elgin-Millville in both football and soccer, so we have shuttle buses going back and forth between the two towns. We have a very finite time for practice, yet we are committed to one half hour in the weight room a day (two days per week per level). This leaves us with only about 1 1/2 hours of football practice time per day, but we have decided we are not skipping physical training! Weight training IS part of our practice - and we lift until the season is over.

In terms of “Power Training” on the football field, we have eliminated most of our aerobic conditioning exercises and have really emphasized explosive speed drills and sprints. Even in August when we do circuit training for conditioning, all stations are anaerobic activities with more rest than exercise. I used to think as the head coach it was my responsibility to have the team in shape so I ran my teams to death. I slept well at night, but I did not realize our teams did not have their legs



back on Friday night.

What we typically do now is dozens of various sprint drills, with a great deal of rest in between. We sometimes train with grades 9-12, sometimes 10-12 - to allow for rest. I split into groups into Sr. backs, Sr. line, Jr. backs, Jr. line, etc. - we do this even when running short sprints. We want those kids to go 100% on the first training run, 100% on the last, and on every one in between. They will do that if they know they will get enough recovery. If you are not allowing enough recovery, the kids will get sore (and pace themselves), if you have little soreness your recovery is probably about right.

This may sound crazy, but going into our first game of 2002 we had not run any distances greater than 40 yards, and most sprints had rests of 25 - 40 seconds between reps (about the same time as a football huddle lasts). Our kids really never got sore during two-a-day practices, and my biggest fear was that we were not in shape. After our first game (vs. 2002 AA State Champion King-land) our kids said that was the best shape they

had ever been in. To make a long story short, in 14 games not one team outscored us in the 4th quarter, and we came from behind 3 times to beat some excellent teams in the play-offs. We had accomplished a training method to put kids in a position to win some individual battles.

We took a real look at what we were doing to train our kids into real athletes. I know we have a lot yet to learn, but I also know we are starting to do a lot of things that are going in the right direction. The quality of Minnesota football is improving; as a state we indeed are putting out better athletes. As a coaching fraternity we need to look at what we can do to give our kids the physical training that makes all the X's and O's work on the football field. All kids can improve their explosive power- it is just a matter of what are we as coaches doing to put our kids in a position to accomplish the kinds of growth that they are shooting for.

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## The Rushford-Peterson Punt Return

**By: James Reinhardt, Rushford-Peterson High School**

I have coached at Rushford and Rushford-Peterson High School for thirty years first as a volunteer seventh grade coach, then as a B-team coach, varsity line coach and finally as the head coach in 1985.

During that time I have had the good fortune to work with a very loyal and competent staff and some fine athletes. Glen Bernard coaches the backs, secondary and B-team and has been in the program since 1975. Duane Koenen coaches our linebackers, receivers, special teams and B-team. Mitch Thompson coaches the offensive and defensive line with help from his son Davin, one of our former players. Mitch and Duane have each been with the program for over ten years.

Our C-team is coached by Gary Wade our track coach and Rod Anderson a former player and our

softball coach. All the coaches with the exception of Davin are full time teachers in the Rushford-Peterson school system.

This year we were fortunate to have a group of good athletes that loved the game of football. We didn't have great size, but we were aggressive and we had better than average team speed. We were an explosive offensive team and could score at any time, but we lacked offensive consistency. We were not the type of team that could sustain a long drive and were as likely to run three plays and punt as we were to get a first down or a score.

As a result field position was very important to us, as it is to most teams. We made our living playing sound defense and returning punts allowing us to spend most of the game on a short field.

A few years ago we made some changes in our



## Minnesota High School Football

punt return game that have helped us a great deal. This year we averaged 16 yards per return and returned 6 punts for touchdowns, including one in the state championship game.

I know that this is due primarily to the quality of the athletes we had on our return team, but I also believe that a sound return game plays a roll. There are several things that I believe about punt defense:

1. Our return team needs to be our first defense. If a team runs a fake or gets out of punt formation you need to be able to prevent the first down.

2. We need to hurry the punter and make sure that he is uncomfortable.

3. We need to catch the punt! Our return men catch punts every day during our specialty period. If a punt is not fielded two bad things can happen. A muff will lead to a turnover and a good defensive effort has been wasted and a punt that hits the ground and rolls will cost valuable yardage. Every coach has a magic yard line inside which your player should be instructed not to field a punt.

4. Coach Bernard has convinced me that we need to have two return men. One catches the punt and the other picks off the nearest defender after he makes sure that his partner has the ball secured.

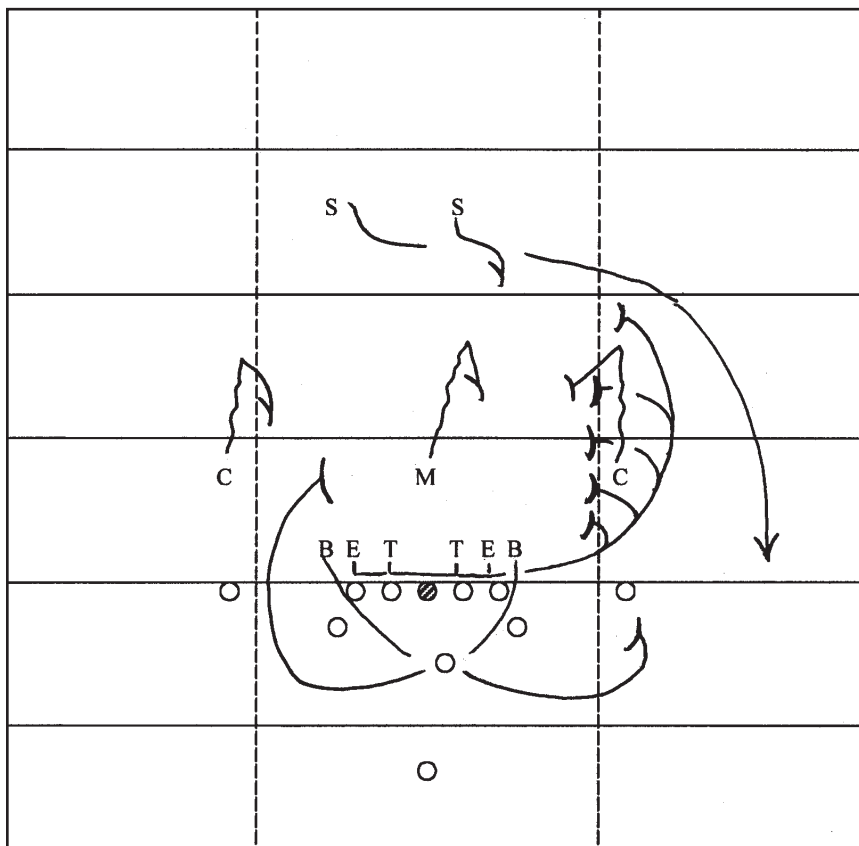
5. We need to create an alley for the return man. We will create the alley between the hash and the sideline no matter where the ball is punted.

6. Each blocker must block twice.

7. We need to have one player in position to block for a cut back.

### Assignments

E, T - Block the guard or tackle in front of you as long as you can. When your man gets by you head for the hash if there is a man in the alley between the hash and the sideline block him to



the sideline,. If there is no man in the alley !'urn to the field and protect the alley.

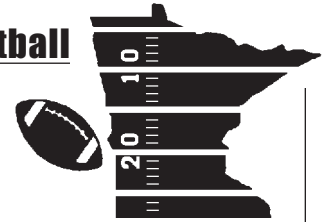
B - Rush the punter aiming for his personal protector. One of the players will then block the alley and the other will block for cut-back.

M - Defend the run by the personal protector or the punter. Slow block the first man up the middle of the field, if he gets by you block the alley.

C - Defend the pass in the flat. Block the first man to release. Delay the block as long as possible.

S - Talk to each other. Catch the punt and help your blockers by being patient and setting up blocks. If you are the lead blocker be ready to jump on a muff. Your block is the key to a good return.

The punt return team needs to understand that a good return is every player's job. Every player must be a blocker including the return man. His ability to use and set up blocks is often critical to the success of the return.



# Multiple Pass Blocking Schemes for the Double Tight Offense

By John Austinson-Byron High School, Byron MN

I've been coaching football for 13 seasons, six as an assistant at Rochester John Marshall, one summer as a Head Coach of a Semi-Professional Team in Finland, and seven years as Head Coach of Byron starting in 1997. I was also the Defensive Coordinator for the Out State Football team last summer. (2003) Byron has won four Conference Championships and one Section Championship since 1997. My Byron Head Coaching record is 50 wins and 21 losses. I've been the Hiawatha Valley League (HVL) Conference Coach of the Year four times and the Section One 3AAA Coach Of The Year this fall. I played football at Rochester Community College and graduated from Mankato State University. I have been teaching Social Studies for over 10 years and I'm the Head Boys Track coach in Byron as well. The success we have had at Byron has been due largely to the way we have been blessed with dedicated, hardworking and talented athletes. I'm also blessed with an excellent assistant coaches as well. I'm just the lucky one who gets all the credit.

The pass blocking schemes we have developed has been the key to our passing success. The schemes give our quarterback ample protection while it allows us to hide our blocking patterns and pick up multiple stunts. Our system is very simple. We use our school colors, black and gold, and our hole number system, odd to the left and even to the right, to signal the players what the blocking scheme is for a certain play when that play is called. Our play calling goes as follows: formation, hole number, blocking scheme, pass routes, and snap count. It sounds like this: Power I Right (formation), 80 (blocking scheme), 9-4-8 (pass routes) on 2 (snap count). Check the illustrations as you read on for all of our schemes. First, the "Black" blocking scheme. This is where the line is responsible for our left gap and the fullback looks for the wide rush on the right; and our tailback looks for any



Row 1: Dan Alsbury, Gary Pranner, Jeremy Christie, Kerry Linbo  
Row 2: Randy Fogelson, John Austinson, Larry Franck

stunts on the left side of the line. The 'Gold' is just the opposite of 'Black'. The line blocks their right gap and the fullback takes the wide rush on the left side. The tailback looks right for a stunt. This left/right gap responsibility also helps eliminate confusion when defensive line does crossing stunts. The next series is our '98' and '10'. On the outside of the left side of our line is the 9 hole and our outside right is our 8 hole. The line stays solid, picking up any stunts between the tackles, while the fullback and tailback pick up the wide rush ends or linebackers. The 98/10 series can be very effective against a 4-4 or 6-2 defense that stunts heavily. It also creates a nice pocket for your quarterback to step into and throw from. The last in our series is the 80/90 roll out scheme. Once again we follow our hole numbering. The '80' scheme is where the quarterback rolls to the right, our 8 hole, to throw. The fullback leads right and takes the wide rush defender while the tailback either helps block the wide rush defender, blocks any outside stunting linebackers or corners, or can become a lead blocker if the quarterback takes off or a check down receiver in the short flat. The line stays solid

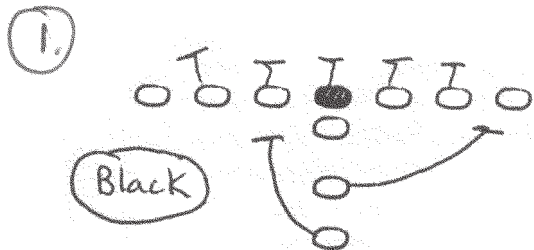


# Minnesota High School Football

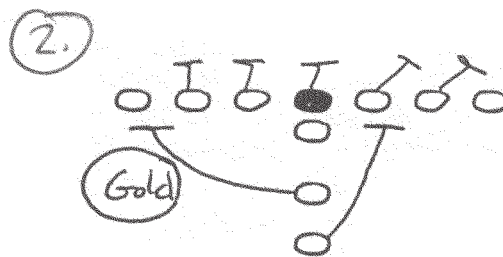
to the hole call and can swing on the weak side or stay solid all the way through. The '90' scheme is exactly the same as the '80' scheme except everything is to the left or to our 9 hole. This scheme is effective if you're struggling to block a stud lineman and lose your pocket, or if your quarterback is more of an ath-

lete than a quarterback, which can be the case in many smaller schools, and you need to use him as a threat to run too. The 80/90 scheme is also effective in helping set up screens, bootleg and waggle pass plays. These schemes are simple, we even use them in calling our audibles, yet they are effective plans that have help improved our passing game.

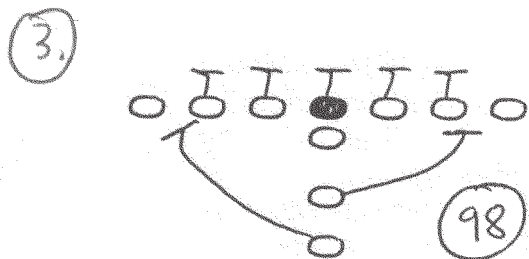
## PASS BLOCK ASSIGNMENTS



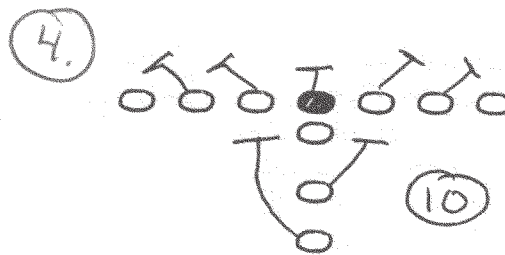
**Black**  
 FB=Blocks R DE  
 TB=Looks for LB-L  
 Line=Left Gap



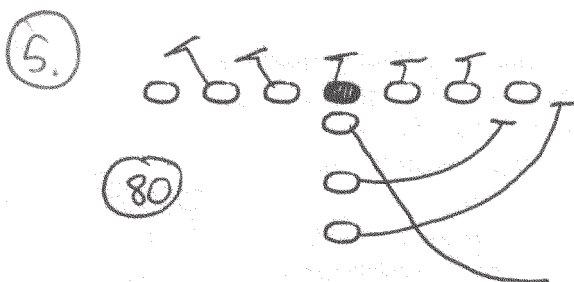
**Gold**  
 FB=Blocks  
 TB=Looks for LB-R  
 Line=Right



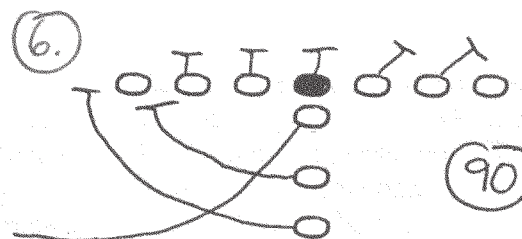
**98**  
 FB=Blocks R DE  
 TB=Blocks L DE  
 Line=Stays Solid



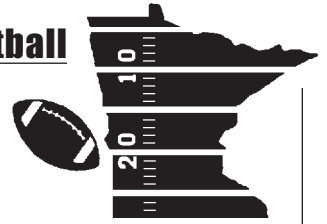
**10**  
 FB=Looks for LB-R  
 TB=Looks for LB-L  
 Line-Man up on Line



**80**  
 FB=Lead-Block DE  
 TB=Lead-Out Front-Block  
 QB=Sprints to 8 Hole  
 Line=front-solid=Back-Swing



**90**  
 FB=Lead Block-DE  
 TB=Lead-out front-Block  
 QB=Sprints to 9 Hole  
 Line=Front-solid=Back-Swing



# When You Throw the Football, What Do You Want? COMPLETIONS!



By Matt Lundeen / Redwood Valley High School

As a coach there are many frustrating things that can happen during the course of a football game. One thing that always seems to frustrate me is when I call a pass play that I've been setting up all game long and at the snap of the ball everything is perfect. The defense has bitten on the fake, the defensive back has his eyes in the backfield, the protection is perfect, and my wide receiver is wide open. I'm thinking, "Yes, touchdown!" Then, I start to look for the football, but the QB is not ready to throw. When he finally does get rid of the ball, the defense has been able to recover. The touchdown we'd been working so hard to develop is gone, and I have to yell for the punt team.

Regardless of whether you throw the football a couple of times a game or all game long, the one thing you always want is completions. There are many factors that make completions possible - protection, running great routes, and having players who can catch and throw, are few of the major factors involved. In this article I want to give you a couple of points to work on with your QB's so you can have fewer frustrations and hopefully more completions.

To try to achieve more completions and to help improve our quarterback skills, we use an acronym called FAST. FAST was taught to me by my posi-

tion coach, Chris Meidt, when I attended Bethel College. He is now the head coach at St. Olaf and is by far the best teacher of the quarterback position I know. I would highly recommend his camps for your high school quarterbacks. From my years of playing quarterback, Coach Meidt's instruction, the coaching from my father, Dwight Lundeen (the long time coach at Becker High School), and from the six years of coaching football at Redwood Valley High School, I have had many different experiences with the quarterback position. Teaching high school quarterbacks the fundamentals of FAST is simplest and most effective way to improve a QB's passing skills. Let me share with you some of the basics of FAST.

### Goals of FAST

To improve consistency, improve the strength of your QB's passes, and create a faster release so your QB can get the ball to the receiver as soon as they're open.

### F = Face Your Target

We teach our QB's that they always need to see who they are throwing the ball to. In order to do this, they must face their target and get their eyes on the receiver. We stress the importance of never throwing the ball to a spot but seeing who and where their target is.



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### A = Arms are Always Up, Ready to Throw

One of the biggest struggles I have found from working with QB's is getting them to have the football in a position to be released as soon as the receiver is open. There are so many cases when a receiver will be open and the ball needs to be delivered, but the QB simply does not have the ball in position to be released quickly. With that in mind, we stress that our QB's have the ball in a position to throw when he anticipates the receiver is going to be open. A key landmark we teach is having the up and by the ear. We also stress the importance of always securing the ball with two hands and never tapping the football. Not securing the ball with two hands and tapping the ball only delays the release and puts the quarterback at a greater risk of fumbling.

### S = Shoulders Must Line Up with Your Target

The first thing we teach our QB's with their shoulders is, line them up with your target. This means that the opposite shoulder points directly at the target. For example, if the QB throws right handed, his left shoulder must point directly at the receiver. His shoulders must be that way whether he is dropping back or rolling out.

There are two main reasons why this is so important.

Reason 1 - It gets the QB lined up as to where they are going to throw.

Reason 2 - By having the shoulders turned, and by obviously having the ball up and in a position to throw, your QB is ready to throw and is now full of power to zip that ball out there. When a QB is in this position his body is like a twisted rubber band, full of power and just waiting to be unleashed. To maximize all of this strength your QB has built up, we stress the following keys when the time comes to throw.

\* Drive your opposite elbow and shoulder down as hard as you can in a violent motion while you are taking your lead hand off of the ball. Keep that elbow tight to your body.

\* While this is happening, your throwing hand is going to rise up a little bit. We stress keeping the hand on the top of the ball. This prevents the QB from coming under the ball which often results in passes sailing high. It also helps create a consistent follow through and helps the QB to

have a high release point. A higher release point helps to make a shorter QB "taller" and creates less of a chance for passes to be tipped or knocked down. While the hand is going up, we stress not to move the ball back. The ball will naturally go back a little bit as the lead elbow and shoulder are driving down. The reason we do not want the QB to bring the ball back is because that slows down the release. We also stress to never wind the ball up in a "mini-circle" motion. That also slows down the release.

\* After the ball is raised a little bit, been naturally brought back, and the lead elbow and the shoulder are beginning to be driven down in a violent nature, the ball must come and be released as the elbow and shoulder motion are being completed.

\* To complete the throw we stress keeping a nice tight release. A tight release is going to create more consistent passes, and a greater chance for a nice, tight, powerful spiral

\* Some of the keys to keeping a tight release are: (1) staying on top of the ball all the way through the throw, and (2) on the follow through, have your throwing hand hit your same side thigh. For example, if you throw right handed you want your right hand to hit your right thigh. By doing these things you are keeping a straight line from your throw to your target and creating a nice tight release. A lot of QB's want to bring their throwing arm across their bodies to their opposite leg, very similar to a baseball pitcher. By doing this the release points are not in a straight line because the QB is bringing the ball across his body, not in a straight line with his target.

### T = Toe at your Target

To finish the throw we always tell our QB's to point their lead foot at the target. This ensures that they are lined up for the throw and makes them complete their follow through.

I hope this article has given you one thing you can take and incorporate with your quarterbacks. Good luck during the upcoming season.



# Introducing Some Razzle Dazzle into Your Offense

By Tony Peterson, Co-Offensive Coordinator, University of Minnesota

At the University of Minnesota, we are strong believers in the “big play”. It is nice if you can accomplish this through your normal offensive plays, but a lot of time you need to add just a little more

to get the results you want. If at all possible, we try to run out trick plays off some part of our standard offense. We will set aside a time to look at film for just this reason.

**RT. TRIPPERS**  
**24 "W" REVERSE**

**UNIVERSITY OF MINNESOTA**

	QB	B	A	Y	X	Z
<b>ASSIGNMENT</b>	FAKE ZONE, HAND OFF REVERSE	GREAT FAKE	REVERSE			BLOCK SAFETY
<b>DROP &amp;/OR DEPTH OF ROUTE</b>						
<b>PRE-READ</b>						
<b>KEY</b>						
<b>COACHING POINTS</b>						



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There are two things we live by as far as trick plays are concerned. One, don't let the other team run their trick plays before you.

In other words, run them all, and run them early. Two, don't practice your trick plays too much, Make sure your kids know what to do, and that is about all you need. The easiest way to ruin a trick play is to spend too much time trying to make it work perfect in practice.

There are two types of trick plays we use most often at Minnesota. The first is some type of reverse. Our base play is the off tackle zone play. We try and carry one or two reverses into each game that complements our zone play. These plays are not only good trick plays, but fall in to the catego-

ries of misdirection or counter plays. The second type of trick play that has had the most success for us is use type of play action pass. If we are going to use a play like this we always try and throw the ball down field for a touchdown or a very big play.

Some of the best times to run a trick play are third and short, or fourth and short. If they don't work, you are taking a chance of looking bad, and having to punt the ball. If they work, you look like a genius, and you have a good chance of scoring. It does not matter if you are the favorite, of the underdog, trick plays can be the difference in a football game. I have enclosed two plays we have used in the past.

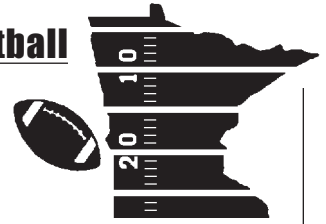
Good luck this season.

**RT. TRIPPERS**  
**35 BOOT WHEEL**

UNIVERSITY OF MINNESOTA

**TD OR BIG PLAY**

	QB	B	A	Y	X	Z
<b>ASSIGNMENT</b>	BOOT ACTION, HIT WHEEL ROUTE	GREAT FAKE, WHEEL ROUTE	TO: DELAY FLAT, AWAY: CLIMB		TO: FS, POST. NO FS: GO.	TO: FS, POST. NO FS: GO.
<b>DROP &amp;/OR DEPTH OF ROUTE</b>			DELAY 3 CLIMB 12			
<b>PRE-READ</b>					COVERAGE	COVERAGE
<b>KEY</b>						
<b>COACHING POINTS</b>						



# Changing Attitudes at Watertown/Mayer

By: John Stifter, Watertown/Mayer

**Coaching Experience:** McGregor High School-Head Football, Head Girls Basketball, Head Baseball 13 yrs., Watertown High School-Head Football 4 yrs, Ninth Grade Boys Basketball 3 yrs.

**Education:** Itasca Community College-1.5 yrs., Bemidji State University B.S. in Industrial Technology Education, Secondary Mathematics, Coaching Licensure.

**Married:** Korrine with 4 kids, Drew 20, Derek 16, Amy 14 and Kellie 11.



Front Row L-R Ed Rundell, John Stifter and John Rosholt. Back Row L-R Bob Kratch, Steve Boylan and Kurt Becker. Not Pictured- Phil Hanson.

Four years ago, I took a chance when I moved my family from northern Minnesota (McGregor), a community that we had been a part of for 13 years. I knew that if I didn't make a change at that time, I would probably be there for the rest of my career. My family supported me and we made the move. The experience has been a positive one for our entire family, yet was probably one of the toughest things I have had to do in my career. I went from being comfortable with what I was doing to entering a new district and starting out all over again. Any coach put into this kind of situation will know what I am talking about.

Many people ask me where Watertown Min-

nesota is located on a map. Consequently, Watertown is located is located about 30 miles west of the Twin Cities between highways 12 and 7. It has a community of about 2,700, and the high school has an enrollment of about 450 students.

When I came to Watertown, one thing I noticed about the football program was that there was definitely a negative attitude toward football with the student body. As a new head coach, I would talk to students in the hall and ask them why they were not out for football. The response was usually, "Why would I do that, we stink." I felt the biggest obstacle that the coaching staff had to overcome was to change the attitude of the stu-



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dent body and the athletes toward the football program. I would like to share some of the things we have done to help change the attitude towards our football program.

The first thing that I feel was instrumental to changing attitudes was the strength of my assistant coaches. I know that without their help, this attitude change that we are experiencing here, would not be happening. Our defensive coordinator, John Rosholt, is a great motivator and one of the most prepared coaches that I have ever worked with.

John has recently won the Butch Nash assistant coach of the year award. Kurt Becker helps out with the defense and Phil Hanson and Ed Rundell work on the Offensive side of the ball. Phil has been coaching since the time of leather helmets, so his experience includes the 1980's when football was dominant here, and a state championship was won in 1986. I would also like to thank Steve Boylan and Bob Kratch who volunteer their services. Search around your community and you may find some real gems that can help your program out. Bob, for instance played for Bill Parcells in the NFL for several years at New York and New England. He was an offensive lineman and his help has been invaluable with the "O" line. The fact that we have a coach helping out that has a couple of Super Bowl rings, helps out with motivating our kids.

The first season, I was optimistic and naive. The second concept that helped change the attitude of the team was how to practice. Our kids would literally walk from drill to drill and they did not know how to practice. The level of intensity and motivation needed to be developed from the ground up. We no longer allowed the athletes to walk from drill to drill. That meant encouraging the kids to hustle between every drill, making sure the kids understood why we felt this was important. It did take away from the X's and O's part of practice, but we felt we had to do it. This will never happen over night and we still have to work on this every day.

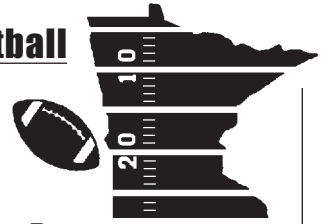
The third thing that we incorporated into the program was providing team meals on game night. Even though the meal before the night of the game is probably the most important in terms of nutrition, we wanted to make sure the

kids were all together before game time. I like the idea that the kids are together and able to focus on what lied ahead of them. We were also able to make sure that the kids didn't consume anything unhealthy the night of the game.

The next season I thought we were making strides in the overall attitude of the team, however, something was missing. Sometimes when you want to change attitudes, you have to take some chances. After starting the season out 0-4, I sensed there was something still missing that we had not addressed. The fourth change we made was to redirect the commitment to our program. We had teammates that were not as committed to the program as others. I feel that no matter what sport you are coaching; your athletes have to have a total commitment to your program. So, we had a team meeting and encouraged the guys to concentrate on our football while it was in season. We put these high demands on our athletes, and the kids responded by going 4-0 in the second half of the season. As coaches, we began to see the teams attitude changing.

At the start of the third season, there was definitely a dramatic change in the level of expectations. The Wright County conference is one of the toughest 3A football conferences in the state. We felt that, although a conference title would be nice, our focus had to be on a goal that was more realistic. We wanted to compete in every game and try to improve each game so that we would be in a strong position for a decent playoff run. We no longer had to concentrate on how to practice and now changed our focus to confidence. Our kids entered each game with a strong belief that not only could they compete, they also had a chance to win. This was evident in our pre-season scrimmage. For the first time, our kids played with pride and expected to do well. Football was no longer a dirty word and the kids were buying into the new attitude change. We ended that season 5-3 and finished fourth in the conference. We competed with teams that had beat us badly the previous two seasons. During the playoffs, we were fortunate enough to win the section and make it to the state quarterfinals. The kids were excited and felt good about what they had accomplished. .

Going into this season, we had lost 15 seniors from the previous season. The kid's attitudes



were still very healthy heading into the season. The fifth thing we incorporated into our program was to increase the strength of our schedule. This past season was a testimony of the importance of having a healthy attitude. In order to toughen our schedule, we brought in a 4A football team for our opener along with the tough conference schedule. Even though we did not fair very well in that opening game, we felt that we needed to play a tough schedule to let our kids know that we believed in their abilities. That game proved to be a good move as our kids played hard and learned many things that helped them improve as the season progressed. Yet, we ended last season 3-5 and were a 6th seed in our section. There is no doubt that because our kids had the confidence and understanding of how to be competitive, we were mentally and emotional ready for the play-offs. As a six seed, we played every sectional game on the road. We played hard throughout the sectional playoffs and won the section. Even though PEM (the eventual state champion) defeated us in the state quarterfinal, we had a lead with just two minutes left in the game.

In closing, my hope is that we can continue to work on the attitude of our football team. By no means do we have all of the answers. I think that every coach is different and some things that work for one staff, may not work the same for another staff. In summary the things that I feel have made a difference in our program is:

I. Creating a great atmosphere with a good staff-Look for volunteers in your community .

II. Changing the way our players practiced-Practice is upbeat and intense.

III. Incorporating a team meal on game nights-this keeps us together from the time school is out until we dress together.

IV. Redirect the commitment to our program-Athletes concentrate on football during football season.

V. Developing a tough schedule-Easy for us due to the conference in which we play

VI. Focus on the playoffs-Condition your kids to love the pressure that comes with the playoffs.

VII. Make sure your kids know exactly why they are playing the game-We tell them the number one reason they are playing the game is to have

"fun"!

VIII. Enjoy the kids-That's what it's all about.

At a clinic this winter, Pete Burcich from the Minnesota Vikings said something about football that made a lot of sense. He said "Football is the one team sport that really does take a complete team effort. In basketball, if you have a guy who can handle the ball and a shooter along with a good post up player, you can find success. In baseball if you have a couple of hitters and a couple of good pitchers you can win. But in football, you need eleven guys all on the same page doing their job. If you have a great running back and a poor line, the back cannot find a place to run." We have the greatest coaching job in the world. Good luck this season and have "fun".



# Developing Linebackers

By John Steger – Defensive Coordinator  
University of Minnesota Duluth

On behalf of the University of Minnesota Duluth, head coach Kyle Schweigert, and our entire coaching staff it is an honor to contribute an article to the Minnesota high school coaches association. At UMD a strong linebacking core has had a lot to do with our defensive unit be ranked at the top of our league over the past four seasons and has also played a big part in our team winning a conference championship, making an NCAA division II playoff appearance, and receiving a bowl bid.

This article will focus on what we feel is important in developing inside linebackers. We call it the foundation, it is a group of techniques and skills that are fundamental to the position and are practiced on a daily basis. This foundation includes stance, footwork, keys, reads, and blow delivery.

## Stance

A good stance puts you in position to react properly once the ball is snapped, a poor stance often causes a false step or wasted movement. The key is foot position, we want our guys to have their feet under their hips, meaning slightly closer than shoulder width. If a linebacker has his feet too wide in his stance his first movement will be to bring his feet back together so that he can move forward. We want to eliminate this wasted movement. A second point in foot position is having a slight stagger in your stance, we like our guys to have a toe to instep stagger with the outside foot being back. The advantage this gives you over the parallel stance is that it prevents false steps. We want our ILB's to play "down hill" and its tough to play down hill without taking a false step when coming out of a parallel stance. You don't start a forty yard dash out of a parallel stance. The other important components of a good stance are good knee and hip bend and a relaxed upper body. We tell our guys be tall enough in your stance so that

you can see through the guards head to the near back.

## Footwork

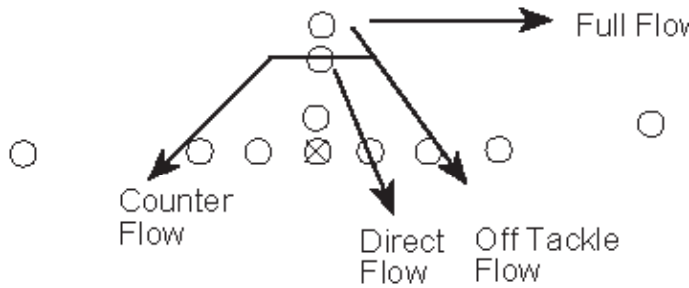
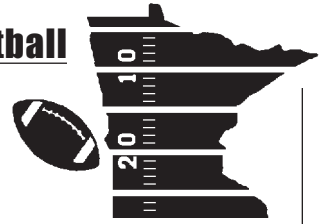
We work hard daily on our ILB's initial footwork. On every snap no matter what the play is we want our ILB,s to begin with two read steps in the direction of flow. These read steps consist of a forty five degree step down hill with the foot closest to the back field flow followed by a second step with the back foot. The point of emphasis is to get the second foot on the ground as quickly as possible. We want our guys to be consistent in these steps on every snap. Properly executed read steps allow the ILB the best chance to read the play and not be fooled by counters, traps, and play action pass.

## Linebacker Keys

Our ILB's key is from the near back through the guard, we call this keying from the top down. Backfield flow will give us our initial read, lineman give us a secondary key; open window, closed window or pullers. We tell our guys its like driving your car, what you see through the wind shield is the backfield set, the offensive line is your dashboard, if you check engine light goes off on your dashboard you had better see it! Like stance and footwork focusing on the proper key is something we have control over on every play, being consistent in these areas allow a player with average abilities to be good, and a good player to be great.

## Linebacker Reads

Our ILB reads are based on backfield flow and the angle of departure of the running back. We break those flows down in to four specific running back paths; direct flow, off tackle flow, full flow, and counter flow.



## Direct Flow

Match the path of the running back. Attack down hill to the line of scrimmage. Most common play vs two backs is ISO, we want to blow the full back up at the LOS using his body to constrict the hole and take away any vertical seams. Most common play in one back is INSIDE ZONE., we want to press the LOS keeping leverage in our assigned gap using the offensive lineman's body to constrict the hole and take away any vertical seams

## Off Tackle Flow

Match the path of the running back. Our "Fit" is off the outside hip of the defensive end who is spilling the play outside. In off tackle flow the path of the ILB is critical, we want our ILB's to attack the LOS by scraping as tight as possible to the defensive end. The important coaching point here is to stay square in your scape which allows the ILB to be a factor if the play stays or cuts back inside.

## Full Flow

On a full flow play, which is either toss or outside zone, we want to match the path of the running back until he has cleared the de-

fensive end. Once the ball is outside the defensive end our rule is to fill the first open window. It is important on full flow that once outside the tackle box we attack down hill with an inside out angle, too often ILB's stay parallel to the LOS allowing the back to get down hill and make a positive run.

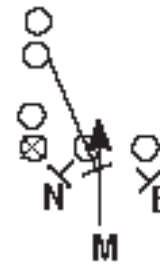
## Counter Flow

In counter flow both backs will start in the same direction, like off tackle flow, the tailback will then counter or jab step back to the other side of the formation. Counter is basically an off tackle play with misdirection in the backfield. Even though it is a simple play it is often the most difficult for ILB's to read. In defending the counter we want our ILB's to step with the initial backfield flow and once the back counters back across the formation the ILB's will retrace their steps and attack down hill play-side by scraping tight to the defensive end, similar to the technique used if it were off tackle flow their way. The important coaching point here for the ILB is counter recognition, reacting to the backfield action along with the pulling lineman.

## Blow Delivery

Blow delivery is our primary tool for getting off blocks. We want our linebackers to have the mentality that we may get blocked but will NEVER stay blocked! When attacking blocks it is important that the ILB understands who will block them in each particular scheme. Who blocks you and whether they have an inside or outside angle on you will determine the type of blow delivery used. The following are base concepts we use in blow delivery;

### Vs a Fullback

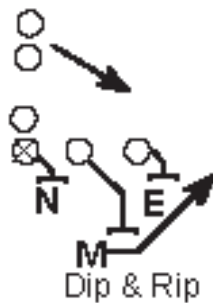


The most common fullback block will come on the isolation play. The iso is a courage play for fullbacks and ILB's and often separates the good ones from the great ones. We want our ILB's to attack the fullback down hill with the mentality that I am going to run "through" the fullback not "to" the fullback and make the play. Points of emphasis include take as much of the blocker as possible, with great pad level, stay lower than the fullback. In most cases we keep our outside



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arm and leg free while delivering a blow with our inside arm leading with the elbow and driving our feet.



Vs Offensive Lineman

Any time we are getting over top of an offensive lineman who is staying on his feet we use a

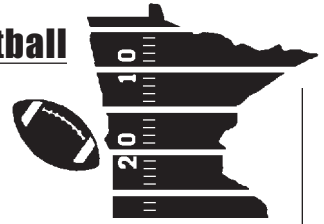
dip and rip technique. We will rip with the backside arm. The technique is executed by dipping the shoulder, this gives the blocker a limited surface area in which to attack you, we then rip the arm emphasizing a powerful upper cut motion in which we finish by the ear, we want our guys to finish their rip. Your power in this technique comes from your legs, we want to step with the same foot at we rip with, this puts you in the most powerful position at contact.

### Cut block technique

The cut block can come in any situation from just about any offensive player. We emphasize that you play the cut block with your eyes. Most players get cut because their eyes are focused on the ball carrier and not on the blocker. When the cut block is thrown we want to focus our eyes on the blockers helmet. Next we want to place our outside hand on the top of the blockers helmet and our inside

hand on the top of the shoulder pad. At the same time we are trying to give some ground with our feet, especially our outside leg. Allow the momentum of the blocker to push you away from him. Now bench press off of the blocker clearing your feet, you are now in a position to get off the ball carrier.

In developing quality linebackers you have to build the foundation first. Emphasizing stance, footwork, key, reads, and blow delivery daily has make a big difference in the constancy of our linebacker play. I hope there was something in this article that will help you in developing the linebackers in your program. If you have any questions email me at <jsteger@d.umn.edu> or call me in the UMD football office at 218-726-6841.



# Bulldog Offensive Line Technique: Our Key To Victory

By Nate Gibbs  
Assistant Head Coach/Offensive Line  
University of Minnesota Duluth

The University of Minnesota Duluth football program has a proud history in this state for over 70 years. This fall we enter into a new phase as we begin play in the highly competitive North Central Conference. This will be a challenge unparalleled in the past. I look forward to that challenge. I am grateful to head coach Kyle Schweigert, and former head coach Bob Nielson, for the opportunity to serve as a representative of the University of Minnesota Duluth. I am also appreciative of the coaches that have tutored and helped me, in particular my position coach at Brigham Young University, Roger French, who is arguably one of the best pass protection technique teachers in football, and Mitch Browning from the University of Minnesota who influenced me as we developed a strong zone running game here at UMD.

As a coach I have had the opportunity now to work in several different offensive philosophies. Some were pass oriented, others more run dominant. Many times our tendency to “hang our hat” on the run or pass (or both) was determined by the talent we had offensively. The one thing that remains constant through changes in philosophy and scheme is technique. We as offensive coaches are only as good as the players on the field. The better our players’ technique the better opportunity they have to properly execute our schemes. I would like to share the techniques and basic drills we use to teach our offensive linemen at the University of Minnesota Duluth. The techniques we teach at UMD are fairly universal; hopefully there will be something that will be of benefit for everyone.

## Stance

Our stance is balanced and will give us the ability to move in any direction to run block and pass protect with efficiency.

- Feet slightly wider than shoulder width apart.
- Knees in line with the hips (Inside the feet).

Inside foot flat to the ground. Outside foot stagger to instep or heel of inside foot.

- Reach out with down hand and place five fingers on the ground (to bend knees and lower shoulders) with left hand down on left side and vice versa.

- Pull back on hips to place body weight over the feet.

Coaching Point: Pick up down hand, should not shift weight to do so.

## Run blocking technique

The success of a run play or our ability to make a successful block is determined in large degree by our initial “angle of departure” (AOD) from the line of scrimmage. This becomes the overriding principle for our offensive linemen in determining how to block their respective assignments. In order to be successful it is critical that the linemen have some basic understanding of the point of attack or “big picture” on any given play. The AOD will vary due to “point of attack” (inside vs. outside plays) or by defensive alignment (wide or tight). In either case the basic principles outlined below are followed.

## First step

- Short and quick to gain position on the defender (lateral or drop).



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- Arms cocked with elbows close to ribcage, hands open and thumbs up.
- Chest to the knee with shoulders forward.
- Weight distributed inside of thighs, inside the knees, on insteps of feet.
- Hips must be forward of feet to gain leverage on the defender.

### Second step

- Goal is to cover the defender. As a general rule on inside plays look to cover the inside foot, on outside plays look to drive second step to middle of defender.
- Quick as possible...1,2! Second step must be down as contact is made with the defender. Coaching Point: If OL is late with second step quickness may be the problem or could be aligned too close to the LOS.
- Hands fire forward striking the breadbasket with thumbs up, elbows in. Hand placement determined by point of attack... numbers (inside run or solo block) or breastplate (outside run or combination block).
- Crown of helmet drives through the chinstrap of defender.

### Third step & beyond

- Gain width and distance from the line of scrimmage. Reset hands as defender works to gain inside leverage.
- Drive defender with a base, weight distributed on insteps of feet.
- Extend and shove at the whistle to finish block.

### Run blocking drills

There are many drills we will use to teach the run blocking progression. The general idea is to break the techniques into drills that will easily transition into live situations. The most basic and essential drills are covered here.

**Cock/Punch** – First two steps. We will break this drill down to two parts progressing from air to a hand shield. Will do from 2 point and 3 point stance. Can be used as a rapid fire drill. We like to use this drill as a warm-up or pre-practice drill to

teach aiming point and quickness. We will line up boards to help the linemen work with a base.

**Duck Walk** – Continuous run block following Cock/Punch drill. Allows lineman to put the technique together into a rhythm. Done versus air, with board to keep a base. Have the linemen swing arms with elbows locked at a 90-degree angle rotating at the shoulder. Work through chute as a progression. Easily transitions to Fit & Finish.

**Fit & Finish** – Drive block versus a bag/defender to work drive block from start to finish. Use with boards and chutes if possible. Angle the boards as needed to work both inside and outside blocking paths.

**Base** – Done on board with a defender putting progression together in a live situation.

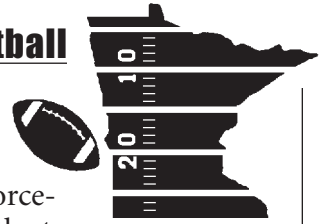
From these drills we can transition to many others to help us in our blocking progression and to teach the minute details of each block within our schemes.

### Pass protection technique

At UMD we run a few different pass protection schemes, some are zone or gap protections, some are man protections, and a few are a combination of man and zone. Although they vary slightly from one to another, successful execution depends upon some hard and fast rules: Always protect the inside first, never cross feet, never duck head, and never lunge at a defender. These basic rules all pertain to leveraging the defender and forcing him on the widest possible path to the quarterback. Because pass protection is more difficult to teach than run blocking our drills and techniques are a little more extensive, but cover three major areas; Setup, Punch, and Movement.

### Power set

The power set gives us the ability to set up quickly and aggressively on an inside defender. This setup allows our linemen to shut off an inside rush lane and force the defender to restart his rush to the outside. Generally the first step is about six inches but must be adjusted as the lineman works to gain inside leverage. The head must be up and back, hands up, thumbs together forming a “W” with elbows close to ribs. Arch the back (big chest), drop the center of gravity with butt



back and low, weight resting on insteps of feet and inside thigh. This position allows us to punch the target quickly and aggressively. As in the stance the inside foot should remain forward of the outside foot to maintain power in closing the inside lane.

## Kick step

The kick step is utilized when by alignment we have inside leverage on an outside defender. We are now in a position to slow the defender's upfield rush while protecting our inside. A couple of landmarks we use in the initial setup are to line up our outside foot to the crotch of the defender or our helmet to the defender's inside shoulder. Our eyes should never focus on the defender's helmet, but on the "V" of his jersey. On our first step we must look to cut down half the distance to the defender's rush lane by gaining width and depth. Following our first kick step we must look to get depth rather than width always working to maintain inside leverage. To do this we have a goal to take at least three kick steps before we open our shoulders. By staying "square" to the line of scrimmage longer we can more easily protect the inside while having the ability to get depth on an upfield rush. The principles of balance remain the same as in the power set, with the outside foot slightly pointed out to keep weight on the instep.

## JAB STEP

The jab step is an aggressive inside step to shut off the inside counter move (rip, swim, or spin) made by an outside rush. The jab step can only be effective if the lineman is square to the line of scrimmage. If the lineman has already opened his shoulders to the sideline power and quickness are lost. This step is short, quick, powerful, and forward toward the inside. Our hips remain low and the lineman works to "gain ground" with the inside foot while driving off the outside foot. The jab step is almost always accompanied with a punch to shut off the inside rush and force the defender to restart to the outside. If the defender is able to gain inside leverage the lineman must do everything possible to ride him past the center.

## PUNCH

A good punch can be effective in forcing the de-

fender to restart his rush and buy time for the lineman to continue to gain inside leverage. Execute the punch by forcefully extending the hands to the target the defender gives (chest, shoulder, back). The punch must entirely come from the upper body. Strike the defender in the six-inch window...not before, not after. Snap head up to avoid ducking or leaning. Work to maintain extension on the defender by locking out our arms and controlling the frame. If the defender gains inside position work to reset hands...club down and punch the frame. If defender controls wrists rotate thumbs down to release and work to reset hands.

## MOVEMENT & BALANCE – General Notes

- Weight should always be equally distributed between the feet, with the balance from front to back resting on the insteps.
- Trail foot should slide across the turf, never coming off the ground. We want two feet on the ground as much as possible.
- Change in direction should always lead with the directional foot..."Gain Ground."
- Hips should stay at the same level throughout the pass play to maintain balance and movement efficiency.

## PASS PROTECTION DRILLS

The drills below represent some of the regular drills we will incorporate into practice early on and will repeat often. They relate to the basics of footwork, hand placement, and leverage control.

Power Set/Punch – Used to rep the power set technique. To check for proper body position have the linemen freeze in the power set position as you check for balance, low body position, etc... Use with 25 lb. plate to work quick set/punch and increase shoulder/arm strength and speed of punch.

Kick Step/Jab Step – Vertical movement drill working individual kick steps, change of direction (COD), and jab steps. We will break this drill into two sections early and transition into the Mirror drill.

Mirror – Lateral or Vertical movement drill with offensive lineman mirroring the defender in an area.



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Lateral Punch (Sled) – One at a time using 5/7 man sled. Setup to first pad and punch, lateral step to second pad and punch, etc... Focus on getting set in front of pad before executing punch. Feet must be in powerful position and cover the defender. Can be used with COD as well.

Head Sets – Power set and punch drill with defender standing and lining up at an angle reaching to slap the back of helmet on movement. Lineman must work to kick off the ball, get set, and punch the target while popping his helmet back to maintain good body position. We will usually work half a dozen reps at a time.

Push/Pull – Offensive lineman locks into the

frame with defender pulling/pushing get the lineman to break his center of gravity. Lineman must work to sink hips and gain ground as the defender pulls, and push back with defender push. Good balance and leverage drill.

If you have any questions about any of the techniques or drills please feel free to give me a call at (218) 726-8296 or email me at <ngibbs@d.umn.edu>. I would like to thank the Minnesota High School Football Coaches Association for all you do to promote football in our state. Best wishes on a great season this fall!

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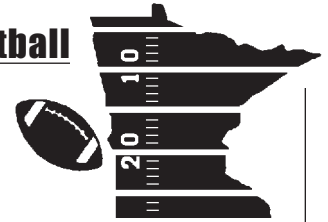
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# Trying To Get Over The Hump!!

By Rick Van Roekel  
Head Football New Ulm High School

## About the Author

Graduated from Worthington High School 1973  
Played football at Bemidji State University 1974-77  
Head Basketball Coach at Spring Grove 1980-82  
Head Track Coach at Spring Grove 1981  
Assistant Football Coach under Clayton Copple at Spring Grove 1978-82  
9th Basketball Coach in New Ulm 1984-94  
9th Football Coach in New Ulm 1982-83  
Assistant Varsity Football Coach under Jim Schmidt in New Ulm 1984-88  
Head Football Coach 1989-Present

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I would like to thank my wife, Kathy, for all of her support over the years. Thanks also to my most loyal fans, my daughter, Megan (18) and my son, Nathan (15) for all of their patience and understanding when I would be gone all of the time. I could not have done it without you guys!!

First, I would like to thank the Minnesota High School Football Coaches Association for giving me an opportunity to write an article that tells how our program in New Ulm got "over the hump!" I have enjoyed reading articles over the years from other great coaches on what has made their programs successful, and hope I can share an idea or two that will help your team as well.

Historically, New Ulm's football program never experienced much success. Everyone would say, "New Ulm football just can't get over the hump to win games." When our current coaching staff took over the program in 1989, the last time New Ulm had won a conference championship was in 1981 when they were co-champs with St. Peter. Prior to that, the last conference championship was in 1941. You can see that New Ulm has not had much success by winning only two conference championships in the last 80 plus years. The nice thing about taking over a program with those kinds of records is that there is no where to go but up.

We first felt like we began to get over the "hump" in 1993, when we went from last place the year before, to co-conference champs the next year. Since

then, we have either tied or won the conference championship five out of the last ten years. We were section runner-up in 2000 and Section champs in 2003, and gained a State playoff birth for the first time in New Ulm's history this past year.

I will never forget my first year as a head coach, walking through the line after a loss to shake hands, and hearing one of our players say, "You got us in football, but we'll get you in baseball." I thought to myself, "That does not do our program much good." Yes, New Ulm has a rich tradition of having success in baseball, and Jim Senske is the winningest baseball coach in the state. But my attitude was, "Why can't we win both sports!"

That observation was my first incentive to change the attitudes of our players. I believe that there are three main components that built our program into being competitive year in and year out.

## 1) Coaching Staff

Consistency in the coaching staff is, in my opinion, the biggest element to being successful. I have been very fortunate that I have two great varsity assistants. Scott Stuckey coaches our defensive and offensive linemen and is also our special teams coach. Ron Bunkers is our Offensive Coordinator. The three of us have a combined total of 52 years of coaching. Being together this long has definitely



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been an attribute to our program. All head coaches know that without good assistant coaches, you will never have a successful program. When I took over the program in 1989, I was looking for coaches that had the same beliefs and philosophies that I had. They were to make sure the kids have fun, and for the coaches to put in the time it takes to be the best we can be. But the biggest challenge was to change the attitude in our school that we could win in football.

In my first six years in New Ulm as a football coach, two years with the freshmen and four as varsity assistant, we ran four different offenses. I felt that was one of the reasons New Ulm had a hard time winning games. The players never really got a chance to feel comfortable running any offense, so the end result was always failure. That was our first thing to change. We picked an offense that we felt knowledgeable about, that would fit our personnel, and went with it.

The numbers were another big concern to us because having a history of losing all of the time had a big impact on kids wanting to play football in New Ulm. Our goal was to contact all of the students in the high school and try to convince them to try football for the first week of practice. If they felt like it was not for them and they had to try their hardest, then they could quit. The coaching staff tried very hard to make all of the new players, that had never been out before, feel that they were just as important as our starters, and that together we could make a difference. In order to accomplish this, they had to believe in us and the direction we wanted our program to go. Football is a numbers game, and without numbers we were not going anywhere. We gradually started to get more and more students out for football. We still struggled early on, but things got better as our younger players in the program started to have success.

### 2) Weightroom

Just like everyone else, our success is a byproduct of the weightroom. The first priority for the off season was to get the players in the weightroom. We encourage our players to participate in a winter and a spring sport, but if they do not, we want them in the weightroom. Our weightroom had been an old storage room with a couple of univer-

sal gyms and a few free weights that were hardly used except in Phy Ed. We did some fundraising and bought new equipment. After a few coats of paint, new mirrors, and some football logos on the walls, we were up and running. We wanted an environment where the players could go and feel like it was their place to perform.

The next step was to find a weightlifting program that would be simple for the players and yet meet our needs. We went with the Bigger, Faster, Stronger approach, and are happy with the results. Our weightroom is staffed totally on a voluntary basis during the off-season. We make the weightroom as appealing as possible with motivational incentives such as T-shirts, certificates, and other rewards. We keep a monthly log of each individual so he can see his weight gains, as well as we can. They get rewards for attendance and different weight gains throughout the year. We stress to our kids that off-season lifting is just as important as practice is during the regular season. We never tell our players that if they do not lift, they will not play. We want to motivate, not punish.

### 3) Youth Program

The third thing we did was start a 5th and 6th grade tackle football program to go along with the existing junior high program. New Ulm has two other high schools, Cathedral and Minnesota Valley Lutheran. My staff, along with the other two head coaches from those schools and volunteers, got together and came up with a plan to start a full pad youth football program. The first big ticket was to raise \$20,000, which we felt we needed to get the program started. We explained to the business people what we were doing, that this was a one-time donation, and that we would be self-sufficient after our startup. Once we raised the money, we checked with other schools that had successful youth programs and got their input and ideas on what they did to get their program up and running. It took us roughly a year to get organized and start playing Saturday morning games. We charge all of the players \$50 for participation fee, which also includes a T-shirt and rubber football. This will be the 8th year of our youth football program, which averages between 110-130 kids. It has definitely helped all three schools in New Ulm.

In closing, I would just like to say that by no



means do I have all of the answers for turning a program around. This is what worked for us. It does not happen overnight, so a coach and his staff must show some patience. I feel that these three key components have helped us build a solid foundation for the present and future teams here

in New Ulm. We still have a ways to go to catch up with other strong programs, but we feel we are on the right track and definitely “over the hump.”

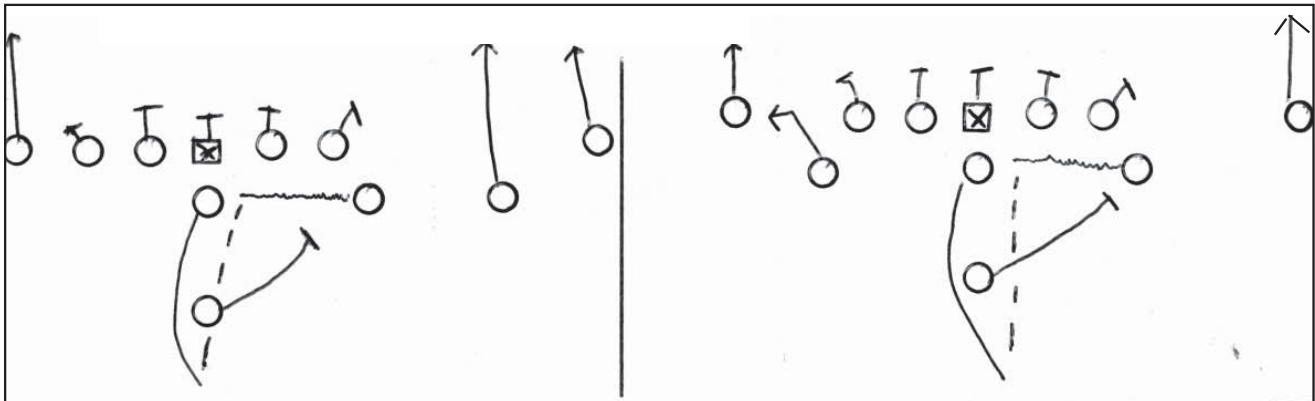
## Pierz Pioneer Screens

**Head Football Coach:** Leo Pohlkamp  
18 years as Head and 6 years as an assistant(all at Pierz)  
Graduate at St. Cloud State Univ.  
Career record at Pierz: 120-60  
**Assistants:** Rick Scublewski, Dean Dahmen  
DaveRocheleau, Adam Langer, Dan Saehr  
**Jr. High:** Pat Watercott, Simon Waltman

Over the years at Pierz High School the screen pass has become a very effective play for the pioneers. Running screen plays at the right time is the key. Sometimes we run the screen off of a good run action play in a running situation and it can be even more effective. In a passing situation where players are watching for it and everyone is yelling watch the screen, it usually doesn't work well. Timing is important and running the screens on 1st and 2nd downs can be very productive.

We run a variety of offensive sets at Pierz and we can run a screen off most of them. Here are some of the screens we run: We have a middle screen thrown to the wing back, a tight-end screen run to the weak side, a flare screen run by the wing back, and a fullback screen.

The middle screen is run out of several formations where we use a wing or slot back. Here are 2 formations where we run the middle screen:



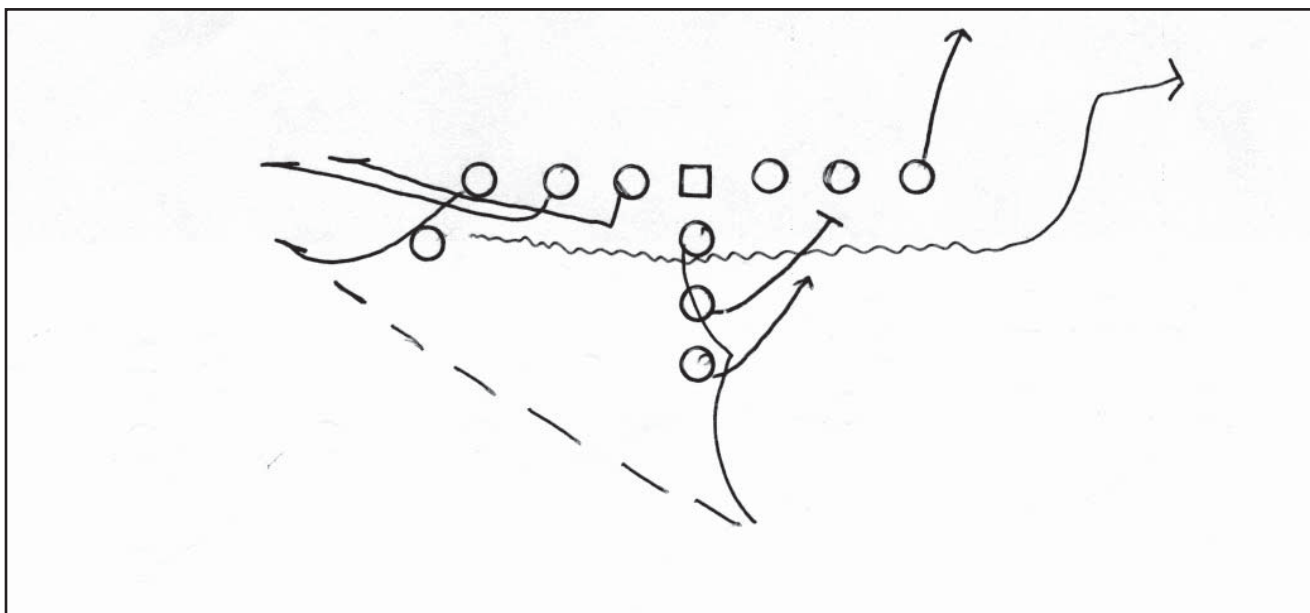


## Minnesota High School Football

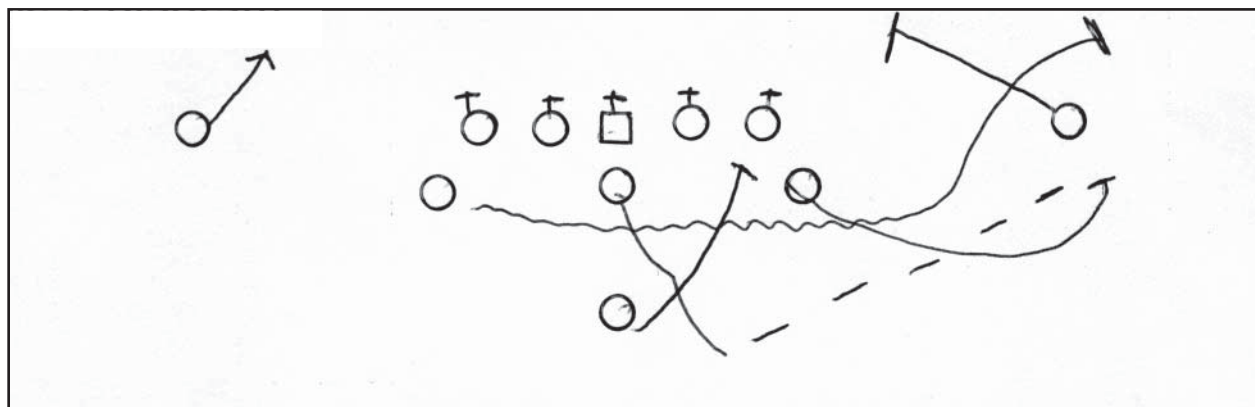
Some keys to running the middle screen are: 1. Making sure your QB gets a good drop. 2. The QB must sell it as a deep pass by looking downfield. 3. The wing back should block for a split-second and find an open spot behind the lineman to receive the pass.

You must practice with the lineman to block for a 1 second count and then release downfield. A big key is to block the inside linebackers. The offensive tackles must force an outside release by the defensive ends and then get up field and block.

One of our best screens is the tight end screen which we run off of one of our best running plays which is power off-tackle. We also run it away from our Trips formation. In the diagrams below you can see the sets and how it is run. We pull the tackle and guard to lead the play. The QB should open and give a good fake to the running back and get depth and then deliver the pass to the tight end. The tight end does a belly route and looks for the ball. This screen play works as a counter to keep the defense from over pursuing.

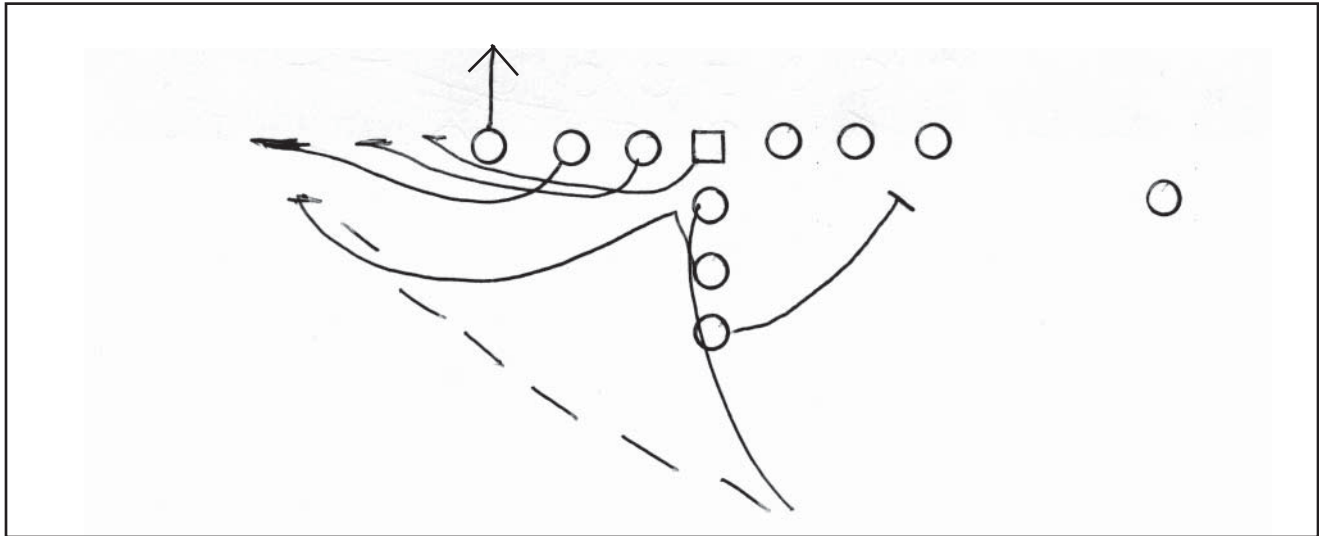


The flare screen is done out of the spread formation and we run it with motion where the wide receiver cracks back and the motion man blocks the corner. The playside wingback does a flare to the outside and the QB delivers the ball to him. Again the QB will open and show the ball to the running back who goes to block the defensive end. The keys for the QB are a quick drop and being ready to deliver the ball to the open receiver. Here is a diagram:





The other screen we run is a fullback screen to the weak side which is nothing fancy, but effective when opposing teams are keying the tailback. Shown below is how we run it.

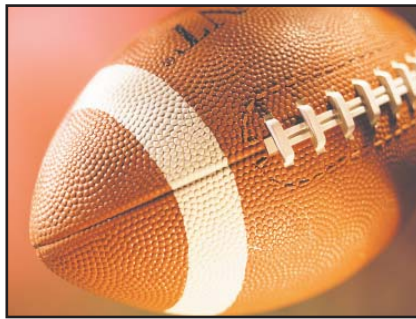


Our line coach (Dave Rocheleau) does a great job with the linemen doing a lot of drills where the linemen pull and block downfield. It is a tough block to master because of the quickness of the defensive players. The screen plays require timing and execution and our kids take pride in this. We point out on film when we see good blocks. We practice our screens daily and try to get the kids to take pride in running them well.

I hope that this article helps you with any screens that you may run and hopefully you will have a successful year next fall. Good luck.

# MINNESOTA HIGH SCHOOL FOOTBALL —2004—

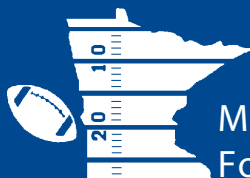
**Minnesota High School Football Coaches Association**



**Annual Publication of the Minnesota State Football Coaches Association**

## ★ HALL OF FAME BANQUET ★

Brought to you by the:



Minnesota High School  
Football Coaches Association

Address: 901 E. Ferry St. Le Sueur, MN 56058 \* Telephone: (507) 665-3305



## 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 McMahan  
Dick Mulkern  
Harry Newby  
Milt Osterberg

Bob Schrank  
Steve Silianoff  
Lloyd Stein

### 1980

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

### 1981

Lou Barle  
Irv Nerdahl  
Glenn Redmann  
Clayton Tonnemaker

### 1982

Bob Gove  
Wally Hitt  
Gary Olson  
Don Nyland  
Dale Scholl

### 1983

Stan Nelson  
Joe Mrkonich  
Jim Gotta

### 1984

Dick Lawrence  
Tom Briere  
Jim Henkes

### 1985

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

### 1986

Chuck Halsted  
Ralph Hagberg  
Pete Herges  
Ike Pesonen  
Cliff Senne

### 1987

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

### 1988

Herbert Claffy  
Mac Dahl  
Art Fredrickson  
Ralph Peterson

Ron Raveling  
Cal Stoll

### 1989

John Drugg  
Don Fox  
Jim Griffin  
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

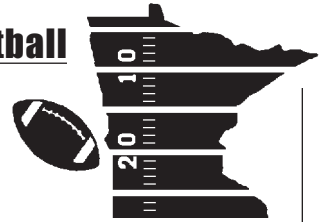
Ken Belanger  
John Gross  
Don Bertek  
Roger Lipelt  
Keith Swanson  
Stuart Nordquist

### 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 Hall of Fame Inductees

## Football Hall of Fame

### Annual Banquet

#### Deryl Ramey ~ Willmar

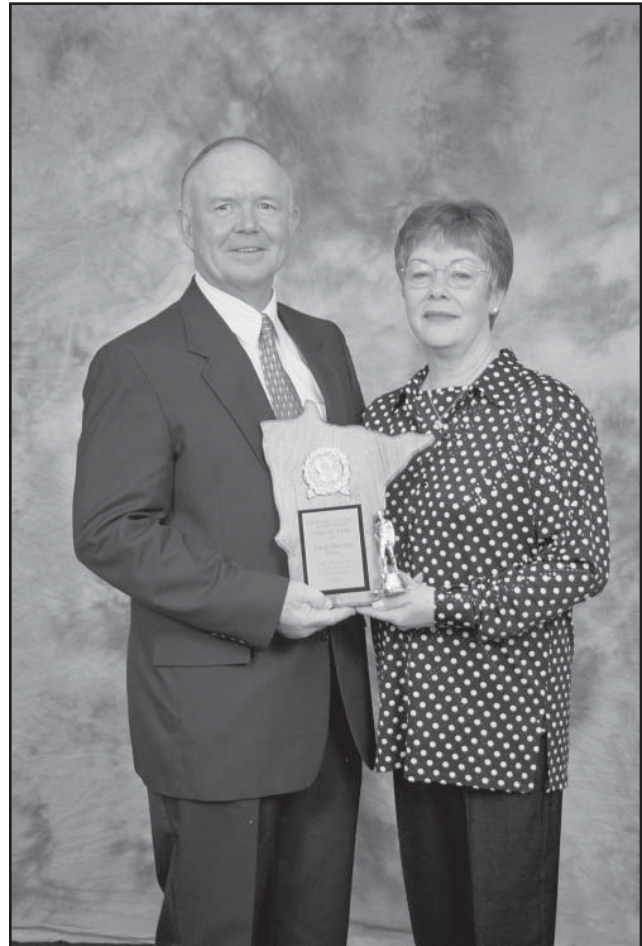
Deryl Ramey graduated from Atwater High School where he earned 17 letters in football, basketball, track, and baseball. He went on to play football at the University of Minnesota for one year. Deryl graduated from the University of Minnesota in 1966 with a B.A. Degree in Physical Education and Health. He received his M.S. Degree from St. Cloud State University in 1969.

Deryl returned to his high school alma mater to begin his teaching and coaching career. After four years, he moved to Sauk Centre to become Head Football and Track Coach. Two years later he moved on to the University of Minnesota Crookston where he coached football and track until 1976. At Crookston, he also served as Activities Director and an Assistant Professor of Physical Education. After Crookston, Deryl went to the University of North Dakota where he became a Physical Education Instructor and Defensive Coordinator. He then took one year off from coaching and worked for 3M. Deryl soon realized he missed coaching high school football. He returned to coach football at Willmar High School in 1978, until he retired from coaching in 1996.

Deryl has earned many awards. He was District 20 Coach of the Year in 1977, District 22 Coach of the Year in 1970 and 1971, MICA State and Region XIII Coach of the Year in 1975, and Central Lakes Coach of the Year in

1982, 1987, 1988, 1989, 1992, and 1993. During his tenure, his teams won seven conference championships and two section championships. He won a state championship in 1973 while the Head Coach at the University of Minnesota Crookston. His career record is 163-98-4.

Deryl was very active in high school sports. He was also a track coach, a member of the MSHSL Advisory Board, and a member of the MHSFCA All-Star Selection Committee.



Deryl's experience in high school football was summed up in 1978 when he returned to coaching and "realized that this was where I was supposed to be". He has enjoyed working with many fine young men and calls the coaches he has met "the greatest fraternity on earth". Deryl and his wife, Nancy, have four children: Jeff, Mary Jo, Lori, and Jodi. They have 13 grandchildren. Deryl spends his free time fishing, relaxing at their cabin, and watching sporting events.



## **2004 Hall of Fame Inductees Football Hall of Fame Annual Banquet**

### **Dean Taylor ~ Sartell**

Dean Taylor graduated from Waterville–Elysian High School in 1963. He lettered three times in football, basketball, and baseball. In football, he was a two-time First Team All-Conference selection, a two-time All-Area Team selection, and was selected two times as All-State Honorable Mention. He served as captain in all three sports his senior year. Upon graduation he entered Mankato State University. There he was a starter and letter winner in football. He graduated from Mankato State in 1967 with a Physical Education and Health Degree and a minor in History. Dean then went on to St. Cloud State University and earned certification in history. Dean earned his Master of Arts in Education from the University of St. Mary's in 1999.

Dean's first job was at Truman High School where he coached from 1967 to 1969. Dean served as Head Football Coach and achieved an 8-7 record. Dean also served as Assistant Wrestling Coach. He then moved to Sartell and was Head Football Coach from 1969 to 1999 compiling a 178-77 career record. During his tenure, Dean won nine conference championships and had 10 state tournament appearances. Dean won a Class A State Championship in 1994 and was Class A runner-up in 1990 and Class C runner-up in 1976. Dean was selected as Conference Coach of the Year nine times and District Coach of the Year twice. Dean was twice selected as the Class A Coach of the Year (1990 and 1994).

Dean's other accomplishments include induction in the MSHSCA Hall of Fame in 2003. He is also a charter member to the Sartell Hall of Fame. He was a representative to MHSFCA. Dean has served on many committees for football and been involved in numerous other activities. Dean has been active in the Sartell community with the creation of the Sartell Little League Program. He is involved with the Sartell Muskies, an amateur



baseball team. He has directed the Tri-Rec Summer Program there, along with several local service organizations. His wife, Kathy, has supported Dean throughout his career. They have been blessed with two children, son Steve and daughter Kristi. They have five grandchildren.



# 2004 Hall of Fame Inductees

## Football Hall of Fame

### Annual Banquet

#### Gary Graham ~ Browerville

Gary Graham graduated from Sauk Centre High School in 1969 where he was a six-time letter winner in football and baseball. He went on to Valley City State University in North Dakota where he graduated with a B.S. Degree in Physical Education and Business in 1973.

Gary started his high school coaching career in Lester Prairie. For seven years as the Head Football Coach he won one conference title while going 43-21. He left Lester Prairie to return to his alma mater of Sauk Centre. He served as Head Coach for three seasons compiling a 22-8 record including two conference titles and one section title. After his stay at Sauk Centre, he went to Browerville. During his 16 year stay as Head Coach, Gary fashioned a record of 147 wins and 35 losses. At Browerville, Gary won nine conference titles and eight section titles. Gary made it to the state semifinals five different times. Gary's career record is 212 wins and 64 losses.

Gary was an Out-State All-Star Team coach in 1992. He was named the Class C Coach of the Year in 1991. He was also named Section Coach of the Year eight different times and is a 14 time Conference Coach of the Year. Some of Gary's favorite memories include his 200th career win and working with great kids and fellow coaches.

Gary currently works as a loan officer. He and his wife Linda have three children a son Andrew and daughters Krista and Sara. Sara and her husband Jeremy have a daughter Jada making Gary and Linda proud grandparents. In his free time Gary enjoys hunting in North Dakota and fishing in his favorite spot on Lake of the Woods.





# **2004 Hall of Fame Inductees Football Hall of Fame Annual Banquet**

## **Stan Olson ~ LeRoy-Ostrander**

Stan Olson graduated from Peterson High School in 1964. While at Peterson, Stan earned 17 letters in football, basketball, baseball, and track. After high school, Stan attended Rochester Junior College and earned an A.A. Degree. While at Rochester Junior College, Stan earned four letters in basketball and track and was named Athlete of the Year in 1966. He then went on to Winona State University, and in 1969, graduated with a Physical Education and Health Degree.

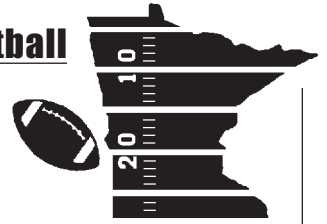
Stan taught for a half year in Wisconsin before coming to LeRoy-Ostrander. Stan has taught in LeRoy-Ostrander for 34 years. He has been Head Football Coach for 31 years. Stan has compiled an impressive 222–93 career record. Stan has won 10 conference championships, 8 section championships, and 3 district championships. He has made the state tournament 11 times.

Stan's personal honors include 11 Conference Coach of the Year awards, 10 Section Coach of the Year awards, and in 2000 was selected as the State Nine Man Coach of the Year. Also in 2000, he was named the Minnesota Vikings Coach of the Week. In 1979 he was a Minnesota Teacher of the Year candidate and has won the KFIC Radio Coach of the Year Award four times.

Some of Stan's greatest memories are how the two communities would get excited over football. He has enjoyed the many relationships with players and parents and the big game rivalries. Stan has had 22 players go on to play college football and coached 13 all-state players.

Stan and his wife, Naomi, have two children Reid, (Angie) and Britt, (Ryan). Stan spends his free time reading and golfing.





# 2004 Hall of Fame Inductees Football Hall of Fame Annual Banquet

## Randy Shaver ~ KARE 11

Randy Shaver graduated from Jefferson High School in Cedar Rapids, Iowa. He lettered five times in football and track. He was a First Team All-State defensive back selection in 1976. He is a member of the Jefferson High School Hall of Fame. He went on to Iowa State University and lettered in track. After graduating in 1981 with a Degree in Journalism, Randy started his career in television.

Randy started in 1981 at KAAC-TV in Austin, Minnesota. He started the Prep Athlete of the Week while at Austin. In 1983, he came to the Twin Cities at KARE11-TV. He brought with him the Prep Athlete of the Week program. In 1984, Randy started the Prep Sports Extra program. In 1992, Randy was named the Toyota High School Football Man of the Year. The "Randy Shaver Sports Extra" show won two regional Emmy Awards in 1996 and 1997. Randy's Prep Sports Extra is a must-see for high school football coaches on Friday nights.

Randy is active in the community, especially in the fight against cancer. He raises money for cancer research annually through the "Randy Shaver Celebrity Golf Classic". Randy has also established the Randy Shaver Research Fund for continuing research to find a cure for all types of cancer.

Randy is married to Roseann and has two children, Ryan, 14, and Rob, 17. In his free time Randy enjoys time with his family and golfing.





# 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) (WORK): \_\_\_\_\_ (zip)

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: \_\_\_\_\_

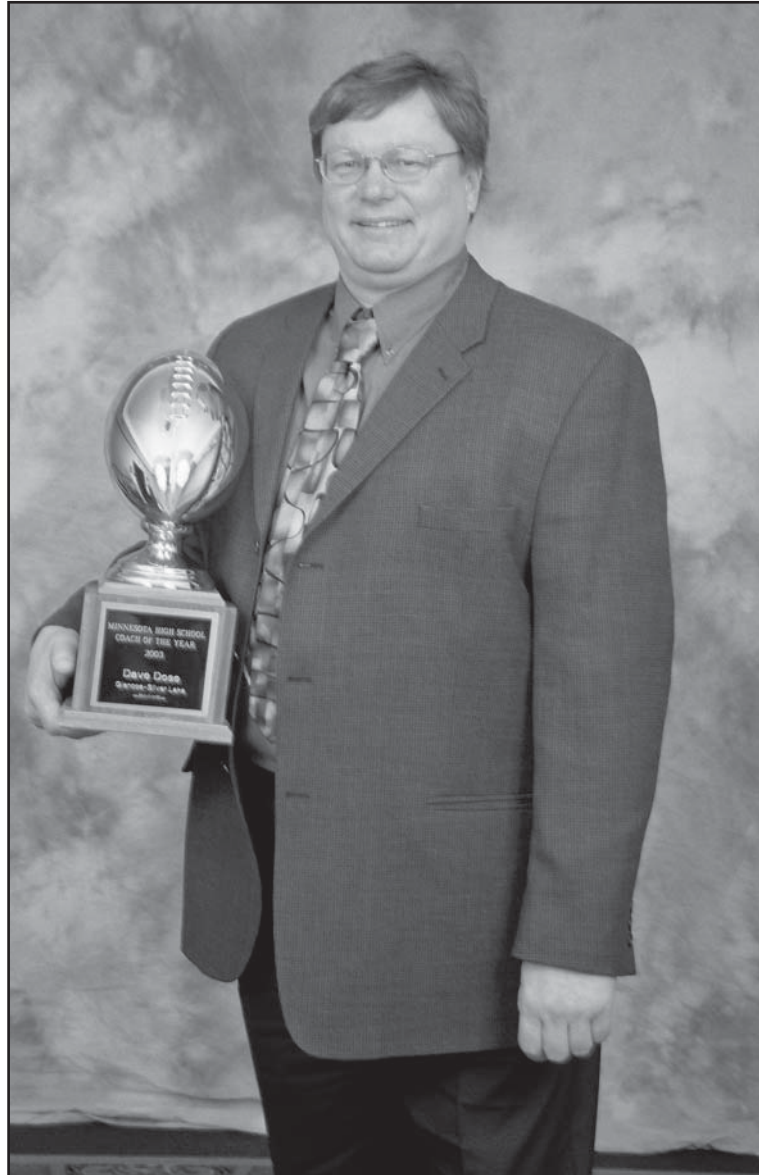
## EDUCATION

**High School:**

School	City/State	Years	Degree Received



**2003 Football Coach Of The Year**  
**Dave Dose**  
**Glencoe-Silver Lake High School**



Dave Dose has been a football coach for 31 years. He began his head coaching career at St. James high school, coaching in the South Central Conference. He then moved on to the head coaching position at Glencoe high school, then becoming an assistant when the school paired with Silver Lake. He resumed the head coaching duties in

1999 and over those five years the Panthers have gone 53 and 9, with three straight appearances in the state championship game and two Class 3A state titles in 2001 and 2003. He notes the biggest influences on his coaching career such Minnesota coaching legends as Tom Mahnoney, Ty Wacker, and Buzz Rumrill.



# 2003 Coaches of the Year ...



**Mark Kroulik**  
Stephen-Argyle  
*9-Man Coach of the Year*



**Clair Austin**  
Goodhue  
*Class 1A Coach of the Year*



**John Theil**  
Breck  
*Class 2A Coach of the Year*



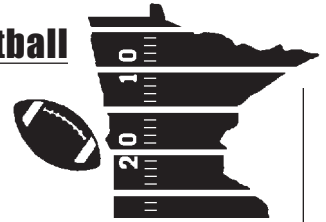
**Dave Dose**  
Glencoe-Silver Lake  
*Class 3A Coach of the Year*



**Jeff Ferguson**  
Totino Grace  
*Class 4A Coach of the Year*



**Larry Thompson**  
Lakeville  
*Class 5A Coach of the Year*



## 2003 Assistant Football Coach Of The Year Bernie Liticky, Totino Grace High School



Bernie Litecky started teaching and coaching at Totino-Grace High School in 1973 upon graduating from St. John's University in Collegeville MN.. He received his Master's degree from the

University of Minnesota.

Coach Litecky notes that he has been blessed to teach and coach at that high school for the past 31 years. For 29 of those years he coached under Dave Nigon, first as the Head B-Squad Football Coach and then as a varsity assistant. The past two years, he has worked under Jeff Ferguson.

He received the "Butch Nash Award" in 1994 and coached for the Metro side in the 1996 All Star game.

Coach Litecky is also involved in Grace's off-season and summer "Strength & Speed Development Program" along with Jeff Ferguson, his son Brian and some other coaches at Totino Grace.

During his career he was head Boys and Girls Track Coach from 1974-1983.

He has taught the following Social Studies classes over the past 31 years at Totino-Grace: American History, World Cultures, International Issues, Current American Studies, Government & Law.

Bernie is married and has two sons. His wife, Rene' was in the 1st graduating class at Grace HS in 1970. Bernie is a 1969 graduate of Mpls. De La Salle, where he played for Bob McHearen and Jerry Miller. Rene' is a Speech/Language Clinician in the Anoka-Hennepin School District. His son, Brian teaches & coaches with him at Totino-Grace. He played on Grace's state semi-final teams in 1994 & 1995. His other son, Michael is a Graphics Arts major at the

University of Minnesota, he played on TG's state quarter-final teams in 1999 and 2000.

Bernie named several outstanding coaches as great mentors in the coaching profession, such as: Dave Nigon, Paul Gasner, Jeff Ferguson, Dave Nelson, Doug Herath, Shannon Gerrety and Bob Slater.

---

## Distinguished Service Award Winner Gordon Shaw, University of Minnesota

Gordie Shaw has been one of most prominent college coaches in contact with Minnesota's high school football coaches. He has been active in promoting high school football and its coaches ever since becoming a member of the University of Minnesota coaching staff, eleven years ago, where he coaches the offensive line.

His recruiting trips have taken him to many of Minnesota's high schools and he has cultivated positive relationships with a great number of the state's high school coaches.

Coach Shaw has been instrumental in coordinating several events that help bring the high school coaches in contact with each other and college coaches, the most prominent being the annual

University of Minnesota spring football clinic.

Always willing to take the opportunity to help high school coaches, Coach Shaw has devoted a great deal of time and has gone out of his way on numerous occasions to see to it that Minnesota high school coaches have access to the University and are able to promote their programs.





# Winningest All Time

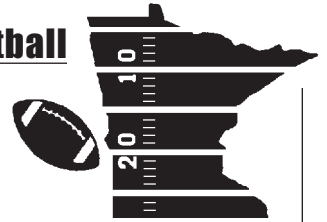
## Minnesota High School Coaches

### 200 or more wins: After 2003 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	277	89	2	Grady Rostberg-r	Hutchinson	34
5	274	79	3	*Mike Mahlen	Verndale	35
6	270	131	5	*Ron Stolski	Brainerd	42
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	105	13	John Hansen-r	Osseo	40
11	259	102	9	Les Dreschel-r	Red Lake Falls/Crookston	40
12	256	94	8	Tom Mahoney-r	Fairmont	38
13	247	119	3	Buz Rumrill-r	Glencoe/Silver Lake	33
14	241	91	0	Dave Nigon-r	Totino Grace	31
15	237	107	3	Stuart Nordquist	International Falls	35
16	236	79	0	Gerhard Meidt-r	Rothsay/Minneota/Big Lake	32
17	230	65	0	Jim Mader-r	Albany	26
18	226	119	3	*Dwight Lundeen	Becker	33
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	212	64	0	Gary Graham-r	Browerville	25
26	212	83	8	Kenneth "Red" Wilson-r	Bemidji	34
27	212	121	2	DeWayne Johnson-r	Anoka	33
28	209	107	1	Roger Lipelt-r	Wayzata	34
29	207	109	2	Andy Nelson-r	Lake Benton/Verdi	34
30	206	89	0	Ron Johnson-r	Clearbrook/Gonvick Tr.	31
31	204	86	0	*Merrill Pavlovich	Delano	28
32	204	91	0	*Dave Brokke	Granite Falls/YME	27
33	203	66	1	Stav Canakes-r	Edina	27
34	202	106	13	Bruce Frank-r	Le Sueur	37
35	200	89	0	Ken Mauer-r	St. Paul Harding	32
36	200	120	2	Con Natvig-r	Swanville	33
37	200	77	3	Bob Youso-r	Moose Lake/Willow River	30

\*Active

Please inform the Secretary-Treasurer of any corrections needed.



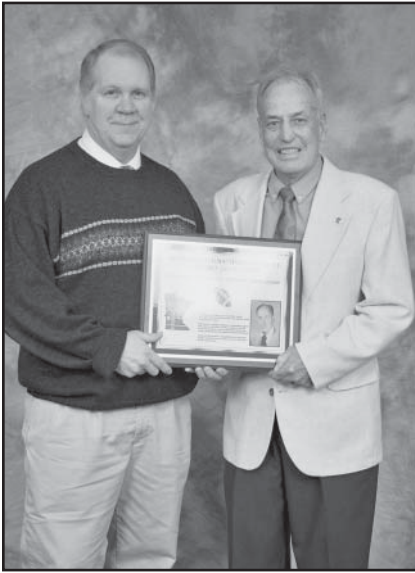
# 2003 Butch Nash Award

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.



**Dave Enge**  
Anoka



**Doug Schuette**  
McLeod West



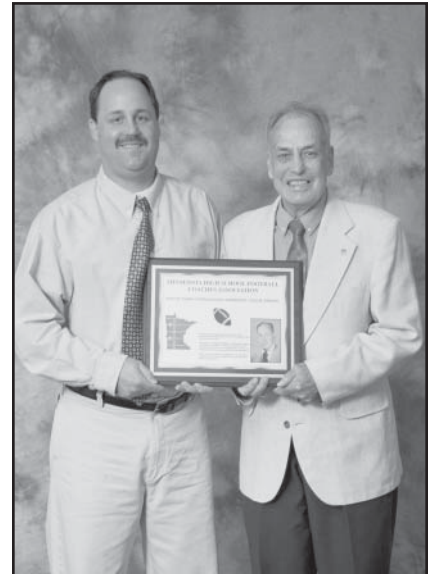
**George Soukup**  
Minnetonka



**Pat Hinnenkamp**  
Tontino Grace



**Rory Sanders**  
Tartan



**Tim Anfenson**  
St. Michael-Albertville



## **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.



# 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.

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

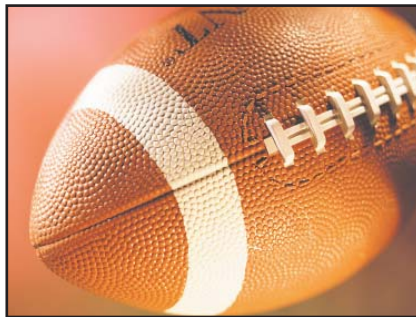
\_\_\_\_\_

Submitted by: \_\_\_\_\_  
Head Football Coach

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

# MINNESOTA HIGH SCHOOL FOOTBALL —2004—

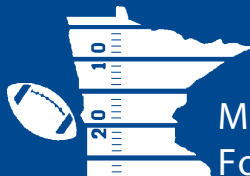
**Minnesota High School Football Coaches Association**



**Annual Publication of the Minnesota State Football Coaches Association**

## ★Academic All-State★ Information

Brought to you by the:



Minnesota High School  
Football Coaches Association

Address: 901 E. Ferry St. Le Sueur, MN 56058 \* Telephone: (507) 665-3305

# 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, Norwood Young America (952) 467-7103
- 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, Norwood-Young America  
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: Marv Peters, Roch. Lourdes, 507-289-4008
- Class 4A: Rick Sutton, Mankato West, 507-345-1502
- Class 5A: Todd Olson, Edina, 612-947-1936
- Chairman: Mike Watson, Centennial, 763-792-5039
- Home Phone: 612-722-7815



# Varsity Gold 2003 Academic All State Teams

**Class 9 Man**

Section	Team	GPA	Coach
1	Grand Meadow	3.46	Gary Sloan
2	Cedar Mountain Comfrey	3.55	Keith Klawitter
3	Wheaton	3.66	Tony Thiel
4	Eagle Valley	3.37	John Seiling
5	N/A		
6	Hillcrest Lutheran	3.76	Richard Risbrudt
7	Babbitt-Embarrass	2.86	Brian Lamppa
8	Stephen-Argyle	3.62	Mark Kroulik

**Champion: Hillcrest Lutheran Academy**

**Class 1A**

Section	Team	GPA	Coach
1	Rushford-Peterson	3.54	Jim Reinhardt
2	Mankato Loyola	3.54	Dan Rotchadl
3	Adrian	3.54	Randy Strand
4	Goodhue	3.51	Clair Austin
5	Wabasso	3.44	Todd Hendricks
6	New York Mills	2.98	Michael Hanson
7	Ogilvie	3.64	Gene Stritesky
8	Lake of the Woods	3.41	Mark Nohner

**Champion: Ogilvie**

**Class 2A**

Section	Team	GPA	Coach
1	Zumbrota Mazeppa	3.06	Willie Rauen
2	Waterville-Elysian Morristown	3.09	Jon Bakken
3	Minnesota Valley Lutheran	3.67	Jim Buboltz
4	East Central	3.26	Dan Battaglia
5	Eden Valley Watkins	3.47	Ray Tri
6	Benson	3.46	Scott Gonnerman
7	N/A		
8	Pierz	3.43	Leo Pohlkamp

**Champion: Minnesota Valley Lutheran**

**Class 3A**

Section	Team	GPA	Coach
1			
2	Glencoe-Silver Lake	3.7	Dave Dose
3	Minnewaska Area	3.51	Steve Hill
4	Minnehaha Academy	3.44	Ron Monson
5	Milaca	3.47	Randy Johnson
6	Albany	3.6	Mike Kleinschmidt
7	Hermantown	3.3	Daryl Illikainen
8	Crookston	3.63	Eric Schmidt

**Champion: Glencoe-Silver Lake**

**Class 4A**

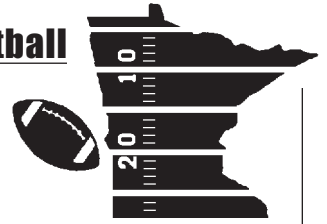
Section	Team	GPA	Coach
1	Northfield	3.45	Bubba Sullivan
2	Willmar	3.34	Ken Heitzman
3	Simley	2.75	Randy Jones
4	St. Michael- Albertville	3.61	Earl Baumann
5	Richfield	3.15	Kyle Inforzato
6	New Prague	3.22	Tony Buthe
7	Princeton	3.33	Doug Patnode
8	Thief River Falls	3.65	Jeff Mumm

**Champion: Thief River Falls**

**Class 5A**

Section	Team	GPA	Coach
1	Eastview	3.8	Kelly Sherwin
2	Eden Prairie	3.78	Mike Grant
3	Tartan	3.41	Tom Hickey
4	White Bear Lake	3.65	Bob Jackson
5	Cretin-Derham Hall	3.58	Rich Kallok/ Mike Scanlon
6	N/A		
7	Anoka	3.56	Jeff Buerkle
8	Moorhead	3.49	Steve Connelly

**Champion: Eastview**



# Varsity Gold 2003 Academic All State Individuals

## Class 5 AAAAA

Isaac Bandy	Eden Prairie
Drew Bennett	Henry Sibley
Matt Schnieder	Moorhead
Matt Penz	Rochester Mayo
Josh Lucas	Lakeville
Patrick Coleman	Anoka
Ben Roff	Osseo
Brad Dahlman	Blaine
Pat Bowe	Minnetonka
Pat Sommerstad	Eastview
Richard Heeb	Edina
James Clarke	Highland Park
Matt Hoffman	Tartan
Nathan Sis	St. Cloud Tech
Dan Jaeger	Elk River
Anthony Cullen	Cretin-Derham Hall

## Class 4 AAAA

John Cloeter	Sauk Rapids-Rice
Marcus Burgin	Chisago Lakes
Spencer Dickinson	New Ulm
Dan Einerson	Alexandria
Drew Hood	Mankato West
Josh Lundeen	Princeton
Marco Mannella	Totino Grace
Tony Mortensen	Hutchinson
Mike Patnode	Princeton
Jared Phelps	Northfield
Matt Simon	Farmington
Jay Storey	Totino Grace
Jordan Stolp	Mankato West
Allan Weeman	New Prague
Justin Wilkes	Sartell

## Class 3 AAA

Ted Hanson	Caledonia
Cody Nelson	Crookston
Erik Moe	International Falls
Nick Johnson	Glencoe-Silver Lake
Tom Knowles	Hermantown
Kevin Robling	Jordan
Jacob Bryce	Minnewaska Area
Casey Boutain	Minnewaska Area
Benjamin Anderson	New London-Spicer
A.J. Kasprick	Roseau
Tim Duetsch	Rochester Lourdes
Grant Weller	Sauk Centre
Ryan Orvis	Warroad
Jared Sieling	Watertown-Mayer

## Class 2 AA

Ben Deering	Moose Lake
Darin Bergeson	Yellow Medicine East
Jacob Tornquist	Ottertail Central
Josh Hiltner	Eden Valley-Watkins
Kyle Hunter	Hanson Frazee-Vergas
Phillip Seymour	East Central
Nathan Nass	Minnesota Valley Lutheran
Drew Zimmerman	Windom Area
B.J. Seidl	BOLD
Tyler Niemeyer	Chosen Valley H.S.
Neil Wells	Zumbrota-Mazeppa
Cody Baxter	Hawley
Andrew Rustad	Benson

## Class 1 A

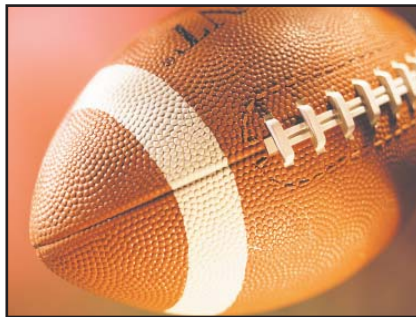
Bruce Kieffer	Randolph
Joseph Leprince	Browerville
Chad Koep	Parkers Prairie
Brandon Wolf	Adrian
Benji Besser	Ogilvie
Trenton Dammann	Red Rock Central
Matthew Thomforde	Goodhue
Dylan Viss	Kerkoven-M-S
Kraig Olson	Blooming Prairie
James Colbenson	Rushford-Peterson
Mark DeYoung	Mountain Lake

## Class 9-Man

Kyle Rylander	Ashby
Josh Flug	Babbitt-Embarass
Tom Larsen	Cedar Mountain
Tyler Tubbs	Chokio-A-H-N
Cody Hutchinson	Floodwood
John Polansky	Grygla-Goodrich
Wes Stettner	Hancock
Thomas Scheid	Hillcrest Lutheran
Brandon Rudenick	Nicollet
Jason Kneisl	Verndale
Marco Smith	Wheaton

# MINNESOTA HIGH SCHOOL FOOTBALL —2004—

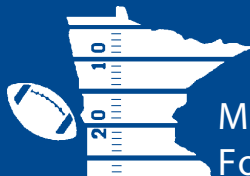
**Minnesota High School Football Coaches Association**



**Annual Publication of the Minnesota State Football Coaches Association**

## ★STATE TOURNAMENT★

Brought to you by the:



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Address: 901 E. Ferry St. Le Sueur, MN 56058 \* Telephone: (507) 665-3305

# 2003 Playoff Results

## 2003 CLASS 5A PLAYOFFS

### SECTION CHAMPIONS

Eden Prairie (10-1) Score 35-14		Lakeville	38		
Lakeville (11-0)	H			Lakeville	34
Robbinsdale Armstrong(10-1) Score 14-13		Robbinsdale Armstrong	28		
Cretin-Derham Hall(10-1)	H			Lakeville	
Mounds View(7-4) Score 28-27 OT		Hastings	27		
Hastings(8-3)	H			Hastings	9
Moorhead(8-2) Score 28-27 OT	H	Moorhead	26		
Blaine (10-0)					
				Lakeville AAAAA State Champion	

## 2003 CLASS 4A PLAYOFFS

### SECTION CHAMPIONS

New Ulm(9-2) Score 27-13		Farmington	18		
Farmington(10-1)	H			Hutchinson	13
Hutchison(7-3) Score 56-28		Hutchinson	34		
Minneapolis North(8-3)	H			Totino Grace	
Totino Grace(10-1) Score 51-10		Totino Grace	35		
St. Thomas Academy(7-4)	H			Totino Grace	57
Sauk Rapids-Rice(8-3) Score 29-25		Sauk Rapids-Rice	0		
Princeton(10-1)	H				
				Totino Grace AAAA State Champion	

## 2003 CLASS 3A PLAYOFFS

### SECTION CHAMPIONS

Glencoe-Silver Lake(9-2) Score 39-14		Glencoe-Silver Lake	10		
Byron(9-2)	H			Glencoe-Silver Lake	21
Litchfield (4-6) Score 34-14		Becker	6		
Becker (11-0)	H			Glencoe-Silver Lake	
Delano (8-3) Score 40-15		Delano	28		
Redwood Valley (9-2)	H			Delano	0
Crookston (8-3) Score 49-24		Crookston	13		
Hermantwon (9-2)	H				
				Glencoe-Silver Lake Class AAA State Champion	

# 2003 Playoff Results

SECTION CHAMPIONS		2003 CLASS 2A PLAYOFFS	
Waterville-E-M(8-3) Score 63-16		Kingsland 16	
Kingsland (8-3) H			
Ottertail Central (11-0) Score 21-7		Norwood-Young America 9	
Norwood Young America (11-0) H			
Breck (11-0) Score 23-7		Breck 47	
BOLD (11-0) H			
Pierz (8-2) Score 58-32		Pierz 13	
Esko (8-3) H			
		Kingsland 14	
		Breck	
		Breck 51	AA State Champion

SECTION CHAMPIONS		2003 CLASS 1A PLAYOFFS	
New Ullm Cathedral (9-2) Score 22-12		Medford 14	
Medford (11-0) H			
Parkers Prairie Score 21-0		Wabasso 8	
Wabasso (9-2) H			
Goodhue (9-1) Score 26-13		Goodhue 35	
Mountain Lake/Butterfield-O H			
Mahnomen (11-0) Score 46-20		Mahnomen 6	
Nashwauk-Keewatin (8-2) H			
		Medford 8	
		Goodhue 20	Goodhue A State Champion

SECTION CHAMPIONS		2003 CLASS 9-MAN PLAYOFFS	
Southwestern United (5-6) Score 42-12		Spring Grove 16	
Spring Grove (11-0) H			
Hillcrest Lutheran (7-4) Score 21-12		Hillcrest Lutheran 19	
Cromwell (9-1) H			
Verndale (11-0) Score 22-16 OT		Verndale 28	
Wheaton (9-2) H			
Stephen-Argyle (11-0) Score 35-6		Stephen-Argyle 14	
Mountain Iron-Buhl (10-1) H			
		Hillcrest Lutheran 14	
		Stephen-Argyle 39	Stephen-Argyle 9-Man State Champion

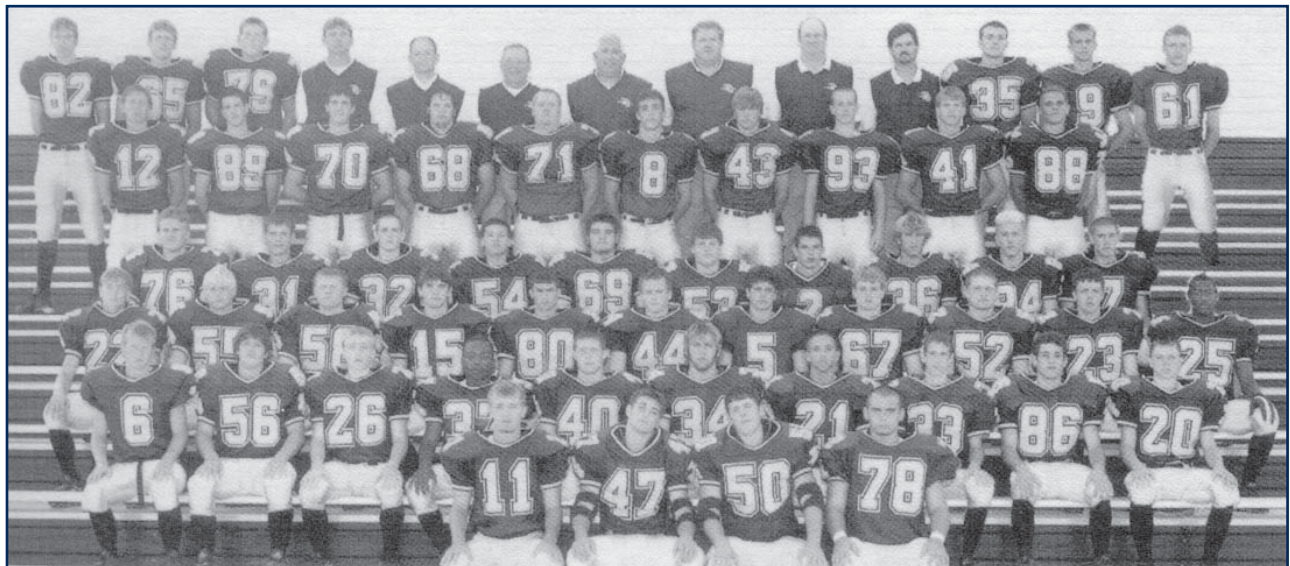


# 2003 State Champions

## LAKEVILLE - Section 1 Champion - Class 5A



## TOTINO GRACE - Section 4 Champion - Class 4A





# 2003 State Champions

## GLENCOE SILVER LAKE - Section 2 Champion - Class 3A



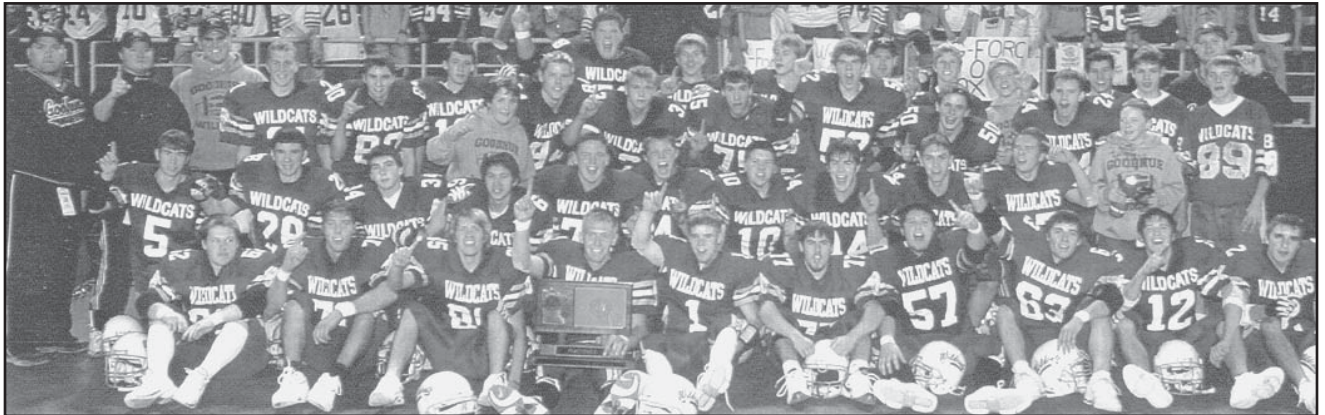
## BRECK - Section 4 Champion - Class 2A



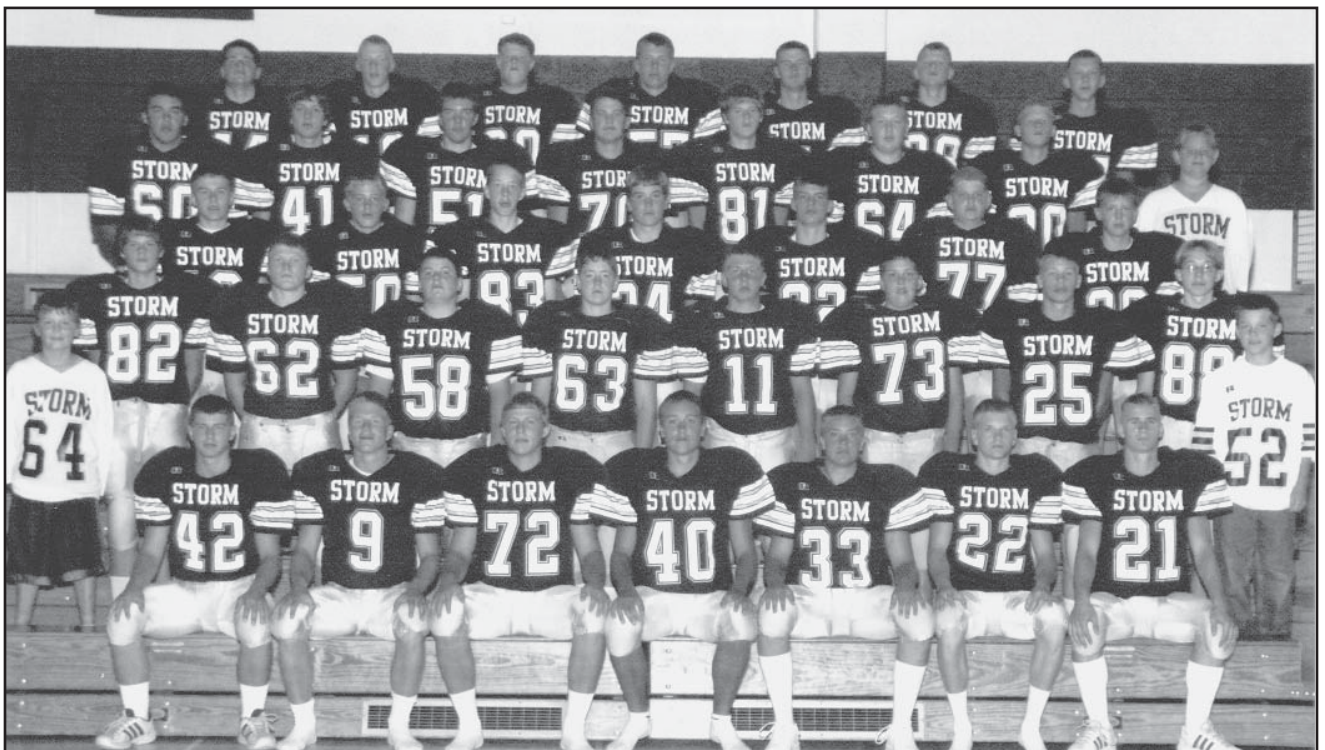


# 2003 State Champions

## GOODHUE - Section 4 Champion - Class 1A

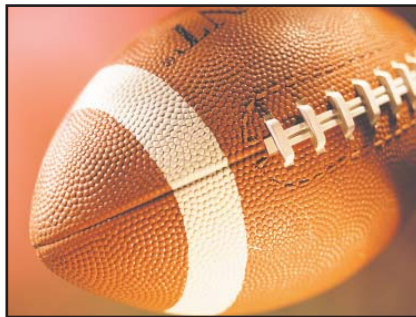


## STEPHEN-ARGYLE - Section 8 Champion - 9-MAN



# MINNESOTA HIGH SCHOOL FOOTBALL —2004—

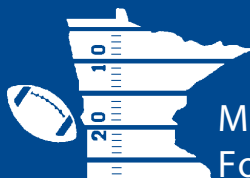
**Minnesota High School Football Coaches Association**



**Annual Publication of the Minnesota State Football Coaches Association**

## ★ALL-STAR FOOTBALL★

Brought to you by the:



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Address: 901 E. Ferry St. Le Sueur, MN 56058 \* Telephone: (507) 665-3305

# 31st Annual Minnesota High School

# ALL STAR FOOTBALL GAME

2:00 P.M. SATURDAY, JUNE 26, 2004 • MACALASTER COLLEGE

## OUTSTATE

### HEAD COACHS:

Joel Swanson

## METRO

Mark Froehling

## OUTSTATE

### ASSISTANTS:

Bill Magnuson  
Brian Kvebak  
Clair Austin  
Darryl Illikainen  
John Ross

## METRO

Derek Fischer  
Scott Hoffman  
Vince Conway  
Tim Anfenson  
Dan Green

## Game Recap: Metro 26      Outstate 13

The Metro All Stars ended a two year losing streak to the Outstate team in the annual Minnesota High School All Star football game with a 26-13 win. The game was held on Saturday, June 26th at Macalester College. It was the 25th contest that followed a Metro team versus an Outstate team format. The first six high school football All Star games in Minnesota followed a North-South format, making the 2004 game the 31st high school football All Star performance.

The Metro team made the most of several costly mistakes by the Outstate team and jumped out to a 20-0 lead in the first half. And while the Metro offense was making big plays, the Metro defense also dominated the Outstate offense, limiting them to only five first downs in the first two quarters and forcing two costly interceptions.

The second half was a more evenly played game, with the Outstate team mounting two scoring drives and the defense, which actually played well for much of the game, held the Metros to only one second half TD.

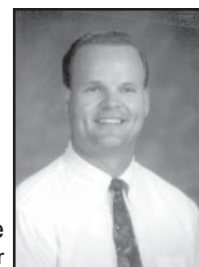
Several players received recognition for notable performances. For the Metro team, Darryl Davenport, a runningback from Henry Sibley, was chosen as the team's most valuable offensive player and Michael Maresh, a linbacker from Champlin Park was the team's most valuable defensive player. The Outstate's most valuable offensive player was Craig Luberts, a runningback from Pierz, while their most valuable defensive player was Michael Kasten, a defensive back from Plainview/Elgin-Milville.

The Outstate still leads the overall series by the narrow margin of 13-12.

Co-sponsored by the  
Minnesota High School Football  
Coaches Association,  
NovaCare, Inc., and American Express

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

Dave Fritze  
Game Manager





## Minnesota High School Football

# Outstate All Stars

Head Coach: Joel Swanson, North Branch

Assistants: Bill Magnuson, Sauk Rapids-Rice, Brian Kvebak, Mankato East, John

Ross, Sartell-St. Stephens, Daryl Illikainen, Hermantown, Clair Austin, Goodhue

Honorary Coach: Ralph Peterson, Plainview

Player	Position	School	Coach
Travis Aufderheide	DL	New Ulm	Rick VanRoekel
Trevor Baloun	OL	Windom	Erin Elder
Andy Beilke	DB	Minnesota Valley Lutheran	Jim Buboltz
Ben Bradley	WR	Cambridge-Isanti	Todd Larkin
Robert Bruesewitz	OL	Litchfield	Jon Johnson
Jake Comnick	LB	Proctor	Dave Hylla
Aaron Dalchow	RB	Delano	Merrill Pavlovich
Marc Davis	DL	Duluth Marshall	Scott Antson
Spencer Dickinson	RB	New Ulm	Rick VanRoekel
Jeff Dirkes	OL	Albany	Mike Kleinschmidt
Kyle Gregerson	OL	Greenbush Middle River	Kent Janicke
Josh Harrison	TE	Albany	Mike Kleinschmidt
Tyler Hart	QB	Becker	Dwight Lundeen
Reece Henrickson	WR	Stephen-Argyle	Mark Kroulik
Aaron James	RB	Chisago Lakes	Bill Weiss
David Kaczor	OL	St. Cloud Tech	Ron Kaczor
Michael Kastein	DB	Plainview/Elgin-Milville	Bill Ihrke
Ryan Klaphake	LB	Melrose	Daryl Oja
Mitchell Kuntz	OL	Faribault	Andy Meschke
Matt Lien	WR	Duluth Denfeld	Dave Mooers
Craig Luberts	RB	Pierz	Leo Pohlkamp
Nate Lucas	DL	Brainerd	Ron Stolski
Rory Manke	DB	Detroit Lakes	Flint Motschenbacher
Billy Marka	OL	Owatonna	Jeff Williams
Lewie Mlaskoch	DE	Moose Lake/Willow River	Dave Louzek
John Morgan	DB	Rochester Mayo	James Miller
Tony Mortenson	LB	Hutchinson	Andy Rostbug
Mike Patnode	DB	Princeton	Doug Patnode
Lou Pirrotta	RB	New London-Spicer	Dan Essler
Justin Reitsma	DB	Waconia	Pat Foley
Kevin Robling	DE	Jordan	Jay Lepper
Eric Schroeder	DE	Stewartville	Steve Schwarz
Jeff Schulte	LB	Sartell	John Ross
Pat Stepan	DL	Sauk Centre	Bryan Olson
Jordan Stolp	QB	Mankato West	Rick Sutton
Nathan Swift	RB	Hutchinson	Andy Rostberg
Blake Theisen	LB	Rocori	Rick Theisen
Dustin Timmersman	DL	Roseau	Doug Borowicz
Reggie Vacek	OL	McLeod West	Bill Neubarth
Willie VanDeSteege	DE	Glencoe-Silver Lake	Dave Dose
Brent Yule	DB	Medford	Maurice McCabe



# Metro All Stars

Head Coach: Mark Froehling, Farmington

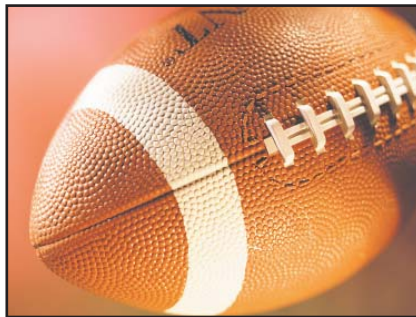
Assistants: Vince Conway, Hill-Murray, Derek Fischer, Robbinsdale Armstrong, Scott Hoffman, Stillwater, Tim Anfenson, Anoka, Dan Green, Osseo

Honorary Coach: Art Frederickson, Minneapolis South

Player	Position	School	Coach
Garrett Adamson	DB	Hill Murray	Vince Conway
Gary Albright	WR	St. Anthony	Todd Nicklaus
Dom Barber	DB	Wayzata	Brad Anderson
Mark Booth	OL	Lakeville	Larry Thompson
Robert Bosfield	RB	Eagan	Dave Fritze
Pat Bowe	TE	Minnnetonka	Dave Nelson
Jon Brost	OL	Maple Grove	Craig Hansen
Matt Caldwell	WR	Cretin-Derham Hall	Rick Kallock/Mike Scanlan
Darrel Davenport	RB	Henry Sibley	Tom Orth
Daryl Davis	WR	St. Paul Harding	Jim Rubbelke
Drew Fautsch	DL	Bloomington Jefferson	Jon Leverenz
Vinny Flury	WR	Lakeville	Larry Thompson
Paul Fortman	K/WR	Stillwater	Scott Hoffman
Graham Gmach	OL	Totino Grace	Jeff Ferguson
Brody Grandas	DB	Cretin-Derham Hall	Rich Kallock/Mike Scanlon
Ryan Kees	DL	Eagan	Dave Fritze
Tommy Leavitt	DL	Minneapolis Washburn	Peter Haugen
Jake Livingston	LB	Rosemount	Jeff Erdmann
Tyler Lueck	LB	Cretin-Derham Hall	Rick Kallock/Mike Scanlan
Michael Maresh	LB	Champlin Park	Mike Korton
Troy Martin	DL	Minneapolis North	Rufuss Bess
Dylan McAlpine	RB	Elk River	Mike Cross
Shawn McMenemy	DB	Hastings	Bob Majeski
Terrel McMoore	DB	Minneapolis Washburn	Peter Haugen
Stever Moore	RB	Blaine	Shannon Gerrety
Rudy Moravek	OL	Minnnetonka	Dave Nelson
Mike Odom	DB	Mounds View	Jim Galvin
Josh Otto	QB	Hill Murray	Vince Conway
Ryan Parsons	QB	Blaine	Shannon Gerrety
Everetter Pedesclaux	DL	Robbinsdale Armstrong	Derek Fischer
Ben Roff	LB	Osseo	Dan Green
Peter Ruhl	DB	Lakeville	Larry Thompson
Mike Shepard	WR	Irondale	Eric Longtin
Matt Simon	WR	Farmington	Mark Froehling
Pat Sommerstad	LB	Eastview	Kelly Sherwin
Joe Vanstromg	OL	Blaine	Shannon Gerrety
Nick Weber	OL	Hastings	Bob Majeski
Al Weenan	DL	New Prague	Tony Buthe
Mike Yilek	OL	Eden Prairie	Mike Grant
Eric Yuen	OL	Eastview	Kelly Sherwin

# MINNESOTA HIGH SCHOOL FOOTBALL —2004—

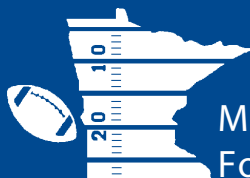
**Minnesota High School Football Coaches Association**



**Annual Publication of the Minnesota State Football Coaches Association**

## ★ Stats, Records & Awards ★

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Minnesota High School  
Football Coaches Association

Address: 901 E. Ferry St. Le Sueur, MN 56058 \* Telephone: (507) 665-3305



## Minnesota High School Football

# Minnesota High School Football Conferences: 2004

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.

### 212 Conference

BOLD	8	0	11	1
MACCRAY	6	2	7	3
AtwaterCGC	5	3	4	6
Yellow Med East	5	3	5	4
Renville Co West	2	6	2	6
Tracy-Milroy-Balaton	1	7	1	7

### BIG NINE

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

### CENTRAL LAKES

Rocori	7	1	7	2
Brainerd	6	2	7	3
Sartell	6	2	8	3
Sauk Rapids	5	3	9	4
St. Cloud Apollo	4	4	4	5
Alexandria	3	5	3	6
St. Cloud Tech	3	5	4	6
Willmar	2	6	2	7
Little Falls	1	7	1	8

### CENTRAL MINNESOTA

Holdingford	8	0	9	1
Pierz	6	2	10	3
Eden Valley Watkins	6	2	8	3
Rockford	4	4	4	5
Maple Lake	4	4	4	5
Belgrade-Brooten-Elrosa	2	6	3	7
Howard Lake-Waverly-				
Winsted	1	7	1	8
Kimball	0	8	0	9

### CLASSIC LAKE

Armstrong	7	1	11	2
Wayzata	6	2	8	3
Minnetonka	6	2	8	3
Edina	4	4	5	5
Hopkins	3	5	4	6
St. Louis Park	2	6	2	6
Cooper	0	8	0	8

### CLASSIC SUBURBAN

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

### GOPHER VALLEY

#### Class AA

Minnesota Valley Luth.	8	0	9	1
Martin County West	7	1	8	2
Waterville-Elysian-				
Morristown	5	3	8	4
NRHEG	5	3	6	4
Gibbon-Fairfax-Winthrop	4	4	4	5
Blooming Prairie	4	4	5	5
United South Central	3	5	3	6
Maple River	2	6	2	7
Madelia/Truman	2	6	2	7
Lk Crystal-Welcome Mem.	0	8	0	9

#### Class A

Medford	8	0	13	1
Mankato Loyola	7	1	9	2
LeCenter	6	2	6	3
Faribault Bethlehem Ac.	6	2	7	3
St. Clair	5	3	5	4
Lester Prairie	3	5	3	6
Winsted Holy Trinity	3	5	4	6
Randolph	2	6	3	7
Lutheran of Bloomington	2	6	2	6

Janesville Waldorf				
Pemberton	1	7	1	8

### GREAT NORTHERN

#### North

Babbitt Embarass	8	0	10	1
Tower-Soudan	7	1	8	2
Northome-Kelliher	6	2	7	3
Bigfork	3	5	3	6
Littlefork-Big Falls	1	7	1	8
Orr	0	8	0	8

#### South

Cromwell	7	1	9	2
Cherry	5	3	5	4
AlBrook	5	3	6	4
Wrenshall	2	6	2	7
Floodwood	2	6	3	7
Cotton	2	6	2	7

#### West

Isle	8	0	10	1
Cook	5	3	5	4
Hill City	4	4	5	5
Laporte	3	5	3	6
Nevis	2	6	2	7
Northland-Remer	1	7	1	8

### GREAT RIVER

East Central	8	0	10	1
Rush City	6	3	7	3
Ogilvie	6	2	7	3
Hinckley Finlayson	5	3	6	4
Braham	2	7	2	7
Aitkin	1	7	1	8
Onamia	0	7	0	7

### HEART O'LAKES

Roseau	6	2	7	3
West Central	5	3	6	4
Agassiz Valley	4	4	4	5
Frazee	3	5	5	6
Dilworth-Glyndon Felton	3	5	4	6
Breckenridge	2	6	2	7

# Minnesota High School Football



Pelican Rapids 0 8 0 9

## HIAWATHA VALLEY

### Blue

Kasson-Mantorville 7 1 8 2  
 Lake City 6 2 6 3  
 Cannon Falls 6 2 6 3  
 Zumbrota-Mazeppa 4 4 6 5  
 Stewartville 3 5 3 6  
 Rochester Lourdes 2 6 2 7

### Gold

Byron 6 2 9 3  
 Hayfield 2 6 2 7  
 Kenyon-Wanamingo 1 7 1 8  
 Pine Island 2 6 2 7  
 Triton 7 1 9 2  
 Winona Cotter 2 6 2 7

## LAKE

Lakeville 8 0 14 0  
 Eden Prairie 7 1 10 2  
 Eastview 5 3 6 4  
 Eagan 5 3 6 4  
 Rosemount 4 4 4 5  
 Burnsville 4 4 4 5  
 Apple Valley 4 4 4 5  
 Bloomington Jefferson 2 6 3 7  
 Chaska 1 7 1 8  
 Bloomington Kennedy 0 8 0 9

## LITTLE SIOUX

Adrian 7 1 7 2  
 Canby 3 5 3 6  
 Dawson-Boyd 3 5 5 6  
 Fulda 4 4 4 5  
 Minneota 3 5 4 6  
 Murray County Central 1 7 1 7  
 Ortonville 2 6 2 7  
 Russell-Tyler-Ruthon 8 0 9 1

## METRO ALLIANCE

St. Anthony 7 1 9 2  
 Orono 7 1 8 2  
 Columbia Heights 5 3 5 4  
 Benilde St. Margaret's 5 3 7 4  
 Mound Westonka 2 6 2 7  
 Fridley 2 6 2 7  
 Brooklyn Center 2 6 2 7

## METRO AREA Independents

Cretin-Derham Hall 7 1 10 2  
 St. Croix Lutheran 2 6 2 7  
 Andover 2 6 2 7  
 Zimmerman 1 7 1 8

## MINNEAPOLIS CITY

Washburn 6 1 6 2  
 South 5 3 6 4  
 Roosevelt 5 3 6 4  
 North 5 3 8 4  
 Edison 4 4 4 5  
 Henry 1 6 1 7  
 Southwest 0 8 0 9

## MINNESOTA RIVER

Norwood Young America 7 0 12 1  
 Holy Family 6 1 6 3  
 Jordan 5 2 6 4  
 Le Sueur-Henderson 4 3 6 4  
 Sibley East 3 4 4 6  
 Mayer Lutheran 2 5 2 7  
 Montgomery Lonsdale 1 6 2 7  
 Belle Plaine 0 7 1 8

## MISSOTA

Farmington 7 1 11 2  
 Northfield 6 2 7 3  
 Holy Angels 6 2 6 3  
 Hutchinson 5 3 9 4  
 Red Wing 4 4 5 5  
 Prior Lake 3 5 3 6  
 New Prague 3 5 4 6  
 Shakopee 0 8 0 9

## NORTH COUNTRY

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

## NORTH STAR

Pequot Lakes 7 1 7 2  
 Walker-Hackensack 6 2 7 3  
 Lake of Woods 5 3 5 4  
 Bagley 4 4 4 5  
 Pine River Backus 3 5 3 6  
 Clearbrook-Gonvick 3 5 3 6  
 Cass LakeBena 1 7 1 8

Blackduck 1 7 1 8

## NORTH SUBURBAN

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

## NORTHERN LAKES

Perham 7 1 8 2  
 E Grand Forks 7 1 9 2  
 Staples-Motley 6 2 6 3  
 Crookston 5 3 9 4  
 Warroad 4 4 4 5  
 Wadena-Deer Creek 3 5 3 6  
 Park Rapids 1 7 1 8

## NORTHERN TRICOUNTY

Ulen-Hitterdal 8 0 8 1  
 Waubun 6 2 8 3  
 Ada-Borup 5 3 6 4  
 Norman Co East 3 5 3 6  
 Climax-Fisher 3 5 3 6  
 WinEMac 2 6 2 7  
 Norman Co West 1 7 2 8  
 Red Lake

## NORTHWEST SUBURBAN

Blaine 8 0 10 1  
 Champlin Park 7 1 9 2  
 Maple Grove 5 3 6 4  
 Elk River 5 3 6 4  
 Anoka 5 3 6 4  
 Coon Rapids 2 6 2 7  
 Park Center 1 7 1 8  
 Osseo 1 7 1 8

## OUTSTATE INDEPENDENTS

Detroit Lakes 7 1 8 2  
 Moorhead 6 2 10 3  
 MN Acad for Deaf 6 2 6 2  
 Fergus Falls 5 3 5 4  
 LaCrescent 2 6 2 7



# Minnesota High School Football

St. John's Prep	0	8	0	9
Bemidji	0	8	0	9

## PHEASANT

Verndale	8	0	12	1
Wheaton	6	2	9	3
Hancock	6	2	7	3
Hillcrest Lutheran	5	3	9	4
Chokio-Alberta/Herman-				
Norcross	4	4	4	5
Ashby	4	4	6	5
Underwood	2	6	2	7
Clinton-Graceville-				
Beardsley	0	8	0	9

## POLAR

### Class AA

Moose Lake-Willow River	8	0	9	1
Duluth Marshall	7	1	9	2
Esko	5	3	8	4
Deer River	5	3	6	4
Ely	4	4	4	5
Mesabi East	3	5	3	6
Chisholm	0	8	0	8

### Class A

Mtn. Iron-Buhl	7	1	10	2
Nashwauk-Keewatin	6	2	8	3
Carlton	4	4	4	5
Cook County	3	5	3	6
Barnum	3	5	4	6
Silver Bay	1	7	2	8
McGregor	0	8	0	8

## PRAIRIE

### North

Ottertail Central	8	0	11	1
Parkers Prairie	6	2	9	3
New York Mills	4	4	5	5
Menahga	4	4	4	5
Sebeka	3	5	4	6
Bertha-Hewitt	3	5	4	6
Pillager	1	7	1	8

### South

Kerkhoven-Murdock-				
Sundberg	8	0	9	1

Browerville	6	2	8	3
Osakis	5	3	5	4
Upsala-Swanville Area	4	4	4	4
Royalton	3	5	3	6
Eagle Valley	1	7	1	8
Brandon-Evansville	1	7	1	8

## RUM RIVER

Princeton	7	1	10	2
Chisago Lakes	7	1	9	2
North Branch	6	2	7	3
Foley	5	3	5	4
St. Michael-Albertville	4	4	4	5
Big Lake	4	4	5	5
Mora	3	5	3	6
Milaca	2	6	4	7
Pine City	1	7	1	8

## SEARANGE

Proctor	8	0	10	1
Hermantown	6	2	9	3
Int. Falls	5	3	6	4
Two Harbors	3	4	4	5
Greenway	2	6	2	7
Eveleth-Gilbert	2	6	2	7
Crosby-Ironton	2	6	2	7
Virginia	1	7	1	8

## SOUTH CENTRAL

Waseca	6	2	6	3
New Ulm	6	2	8	3
Fairmont	4	4	4	5
Blue Earth	4	4	4	5
St. Peter	1	7	1	8
St. James	1	7	1	8

## SOUTHEAST

Spring Grove	8	0	12	1
Mabel-Canton	6	2	6	3
Houston	3	5	3	6
Lanesboro	2	6	2	7

## SOUTHERN CONFEDERACY

Nicollet	7	1	7	3
LeRoy-Ostander	7	1	8	2
Grand Meadow	7	1	10	1
Glenville-Emmons	4	4	5	5
Lyle/Pacelli	3	5	3	6
GranadaHEC/ML	3	5	3	6
Alden-Conger	1	7	1	8
Cleveland	0	8	0	8

## SOUTHERN MINNESOTA

Sleepy Eye	8	0	9	1
Wabasso	6	2	10	3
Springfield	6	2	7	3
New Ulm Cathedral	6	2	9	3
Mt. Lake/Butterfield Odin	5	3	8	4
Sleepy Eye St. Mary's	3	5	4	6
McLeod West	3	5	4	6
Cedar Mountain-Comfrey	2	6	3	7
Buffalo Lake-Hector	1	7	1	8
Red Rock Central	0	8	0	8

## SOUTHWEST

Jackson County Central	8	0	10	1
Windom	6	2	8	3
Redwood Valley	6	2	9	3
Pipestone-Jasper	5	3	6	4
Worthington	3	5	3	6
Luverne	3	5	3	6
Marshall	2	6	2	7

## SOUTHWEST RIDGE

Lakeview	8	0	9	1
Lincoln HI	5	3	5	4
Hills Beaver Creek/E	5	3	6	4
Edgerton	4	4	4	5
Westbrook-Walnut Grove	1	7	1	8
Southwest Star	1	7	2	8
Sioux Valley/RLB	1	7	3	8
Lake Benton				

## ST. PAUL CITY

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

## SUBURBAN EAST

White Bear Lake	6	2	8	3
Stillwater	6	2	8	3
Hastings	5	3	10	4
Mounds View	4	4	7	5
Forest Lake	4	4	4	5
Woodbury	3	5	3	6
Roseville	3	5	3	6
Park of C.G.	0	8	0	9

# Minnesota High School Football



## THREE RIVERS

### North

Plainview/EM	8	0	9	1
Goodhue	7	1	13	1
Lewiston-Altura	5	3	5	4
DoverEyota	4	4	5	5
St. Charles	3	5	3	6
Wabasha-Kellogg	1	7	1	7

### South

Rushford-Peterson	7	1	8	2
Kingsland	5	3	10	4
Caledonia	4	4	6	5
Chatfield	4	4	6	5
Fillmore Cent	2	6	2	7
Southland	1	7	1	8

## TOP OF STATE

Stephen-Argyle	8	0	14	0
Kittson Central	7	1	8	2
Grygla-Gatz/Goodrich	6	2	6	3
North Star	4	4	4	4
EGF Sacred Heart	2	6	2	6
Marshall Co Central	1	7	1	7
Red Lake Co Central	0	8	0	8

## TRIMETRO

Breck	8	0	14	0
Blake	7	1	8	2
DeLaSalle	6	2	7	3
Concordia Academy	5	3	5	4
Minnehaha Academy	4	4	4	5
St. Bernard's	3	5	4	6
St. Paul Academy	2	6	2	7
St. Agnes	1	7	1	8

## VALLEY PLAINS

Fosston	6	2	7	3
BadgerGMR	6	2	7	3
Hawley	4	4	5	5
Red Lake Falls	3	5	5	6
Warren-A-O	2	6	2	7
Lake Park-Audobon	1	7	1	7

## WEST CENTRAL

### North

Albany	8	0	9	1
Minnewaska	5	3	6	4
Melrose	5	3	6	4
St. Cloud Cathderal	4	4	4	5
Sauk Centre	4	4	6	5
New London-Spicer	4	4	4	5

### South

Benson	6	2	8	3
Lac Qui Parle Valley	5	3	5	4
Morris	4	4	4	5
Montevideo	2	6	2	7
Long Prairie-Grey Eagle	2	6	2	7
Paynesville	0	8	0	9

## WRIGHT COUNTY

Becker	8	0	12	1
Waconia	6	2	8	3
Glencoe-Silver Lake	6	2	12	2
Delano	5	3	10	4
Annandale	3	5	4	6
Watertown-Mayer	2	6	2	7
Litchfield	2	6	5	7
Dassel-Cokato	1	7	2	8

# 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

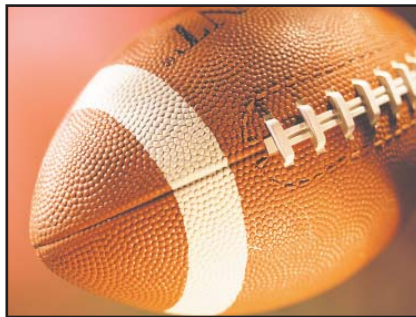


## Active High School Football Coaches with 100 wins or more: After 2003

<b>Wins</b>	<b>Losses</b>	<b>Ties</b>	<b>Coach</b>	<b>School</b>	<b>Years</b>
274	79	3	Mike Mahlen	Verndale	35
270	131	5	Ron Stolski	Brainerd	42
226	119	3	Dwight Lundeen	Becker	33
204	86	0	Merrill Pavlovich	Delano	28
204	91	0	Dave Brokke	Granite Falls/YME	27
192	61	0	Rich Kallok	Cretin-DH	23
178	87	1	Larry Thompson	Lakeville	24
173	40	0	Steve Ott	Deer River	18
170	108	0	Gene Stritesky	Ogilvie	27
170	102	0	Terry Karlsgodt	Atwater-Grove City- Cosmos	27
169	46	0	John Bakken	Waterville-Elysian-Morristown	18
168	130	0	Don Seipkes	Henning/Ottertail Central	31
165	57	0	Dave Nelson	Blaine	20
164	110	0	Jim Brown	Winsted Holy Trinity	28
162	122	0	Dennis Hale	Worthington	29
160	48	0	Steve Solem	BOLD	18
158	132	0	Doug Patnode	Princeton	29
158	99	0	Richard Risbrudt	Hillcrest Lutheran Academy	26
156	80	0	Terry Ogorek	Kittson Central	24
154	134	0	Ken McDonald	Hopkins	32
151	163	0	Gary Brantl	Red Lake Co. Central	34
146	72	0	Dave Hylla	Proctor	23
143	94	0	Brad Homstad	Northstar(Kittson County)	26
139	45	0	Don Henderson	Triton	16
138	87	0	Craig Anderson	Dilworth-Gyndon-Felton	22
137	100	2	Dennis Kalpin	Alexandria	25
134	102	0	Steve Radniecki	Norman County East	23
133	57	0	Dean Aurich	Mayer Lutheran	19
132	115	0	John Bennett	Prior Lake	25
131	137	1	Mike Watson	Centennial	28
123	125	0	Dennis Holsman	Hill City	26
122	67	0	Dave Dose	Glencoe-Silver Lake	19
122	118	0	John Sieling	Eagle Valley	27
121	60	0	Leo Pohlkamp	Pierz	18
118	68	0	Terry Turek	Le Sueur-Henderson	19
107	58	0	Bubba Sullivan	Northfield	14
105	55	0	John Thiel	Breck	15
102	48	0	Dan Ellingson	Hills Beaver Creek	15
101	57	0	Joel Swanson	North Branch/Luverne	15

# MINNESOTA HIGH SCHOOL FOOTBALL —2004—

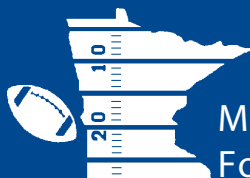
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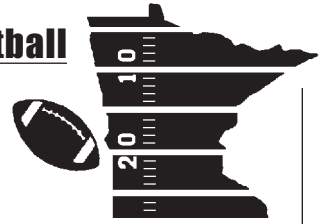
## ★ CONFERENCE RECAPS ★

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# Brainerd and Rocori Tie for Central Lakes Conference Title

It was another exciting year in the Central Lakes Conference. A very balanced conference led to two teams earning conference titles. The Brainerd Warriors and the Rocori Spartans completed the conference schedule each with only one loss making them co-conference champions. Brainerd's only conference loss came at the hands of the much-improved St. Cloud Apollo squad, while Rocori was handed their only conference setback by Sauk Rapids.

Ron Stolski and his Brainerd Warriors once again topped the conference with outstanding defense and options offense. Brainerd finished the conference season with a 5-1 record and 8-2 overall, losing a tough second round playoff game to Cambridge.

The Rocori Spartans exhibited a fantastic air attack featuring two outstanding junior players, which will make them a favorite in the conference again next year. Head Coach Rick Theisen earned conference coach of the year honors in leading his team to a share of the conference title.

Sartell Head Coach John Ross also earned conference coach of the year honors in leading the Sabres to a second place finish with a conference record of 5-2 and overall 8-3. The Sabres lost close games to both Brainerd and Rocori before avenging the loss to Rocori with a section playoff victory over the Spartans.

Bill Magnuson and the Sauk Rapids Storm finished with a 3-3 conference record, but improved greatly throughout the season and advanced to the State 4A Quarterfinals. The Storm was victorious over Sartell in dramatic fashion edging the Sabres 43-37 in double overtime for the section title at the Fargodome.

The St. Cloud Apollo Eagles showed the greatest improvement in the conference posting a 3-3 record. Head Coach Tim Knudsen implemented the wing T offense and the Eagles snapped an extended losing streak with huge wins over St. Cloud Tech and Brainerd.

Dennis Kalpin and the Alexandria Cardinals went through a bit of a rebuilding year. The traditional conference front-runners finished with a 2-4 conference record, but look to be strong next season. The Willmar Cardinals under the direction of Ken Heitzman also finished with a 2-4 record in the conference and look to be one of the better teams in the fall of 2004.

St. Cloud Tech and Little Falls both finished with 1-5 conference records, but battled opponents into the fourth quarter every week. Ron Kaczor and Jack Marmon respectively, led their teams through the tough conference schedule and will be much improved next season.

## 2003 Central Lakes Conference

	Conf.		Overall	
	W	L	W	L
Brainerd	5	1	8	2
Rocori	6	1	8	2
Sartell	5	2	8	3
Sauk Rapids	3	3	9	4
Apollo	3	3	4	5
Alexandria	2	4	3	6
Willmar	2	4	3	7
Tech	1	5	4	6
Little Falls	1	5	1	8



## Minnesota High School Football

# Central Minnesota Conference



Adam Tri of Eden Valley-Watkins turns the corner vs. BBE.

Holding added 2003 to its collection of conference trophies, finishing a tough schedule undefeated. Mark Messman's Huskers were ranked in the top ten most of the season and finished with an outstanding 9-1 record.

Pierz, behind All-State running back Craig Lubberts, finished 6-1 in the conference. LeoPohlkamp's squad also was ranked and played in the State semifinals in the Metrodome.

### Final Conference Standing

Holdingsford	7	0
Pierz	6	1
Eden Valley-Watkins	5	2
Rockford	4	3
Maple Lake	3	4
Belrade-Brooten-Elrosa	2	5
Howard Lake-Waverly-Winsted	1	6
Kimball	0	7

### CMC Football-2003 Special Conference Awards

#### Defensive Lineman of the Year

Steve Doroff-Pierz

#### Defensive Back of the Year

Eric Waletzko-Holdingsford

#### Linebacker of the Year

Cory Theis-BBE

#### Offensive Lineman of the Year

Jason Splett-Rockford

#### Offensive Back of the Year

Craig Luberts-Pierz

#### Receiver of the Year

Adam Tri-EVW

#### Quarterback of the Year

Shane Henfling-EVW & Luke Gagnon-HLWW

#### Specialist of the year

Jonathon Olmscheid-BBE & Troy Schultze-Rockford

#### Coach of the Year

Mark Messman-Holdingsford

## 2003 Classic Suburban Conference Review

The 2003 Classic Suburban Football Conference season featured one of the more closely contested races in recent memory. Entering the final week of conference play five teams (Hill-Murray, Henry Sibley, South St. Paul, Mahtomedi along with St. Thomas Academy) mathematically were in contention to, at a minimum, share a piece of the conference crown heading into their last ballgames.

The Hill-Murray Pioneers and the Henry Sibley Warriors eventually ended the season in a tie for the conference title. For the Pioneers it was the first conference football championship since they captured the St. Paul City Conference crown in 1986. Likewise, Henry Sibley claimed in its first conference football championship since the Warriors won the Suburban Conference Championship in 1989. South St. Paul, which was unsuccessful in gaining a piece of the title, had last won a conference football championship in 1962.

St. Thomas Academy represented the Suburban Classic Conference in the 4A State Play-offs after defeating Mahtomedi in tight section final contest.



# Minnesota Valley Lutheran Wins Gopher Valley Conference AA Title

Minnesota Valley Lutheran (MVL) won their first Gopher Valley Conference Championship last fall, finishing the season with a perfect 8-0 record.

MVL, coached by Jim Buboltz, has the second highest winning percentage in Gopher Valley Conference history, winning 81 percent of their games. MVL has only been a member of the league for the last two years.

The Chargers were led by senior Andy Bielke, who finished as the conference's top scorer, with 88 total points. He was second with 11 touchdowns and added 17 extra points, one two-point conversion and one field goal.

Senior Kyle Compart was the second leading tackler in the league, totalling 112 tackles (32 solos) and five sacks.

Jason Costello tied for the top spot in the league with five interceptions.

Martin County West (MCW) ended their season in second place with a 7-1 record. The mavericks, coached by Larry Skogerboe, were the league runner-up in 2000 and tied for the top spot in 1997 with Waterville-Elysian-Morristown (WEM)

MCW senior Chris Vath led the conference in rushing with 1057 yards on 146 carries. He also scored 10 touchdowns and led the league with a 7.2 yards per carry average.

Wem and New Richland-Hartland-Ellendale-Geneva (NRHEG) tied for third place in the conference with 5-3 marks. WEM defeated NRHEG in both the regular season and the Section 2A Playoffs.

The Bucs, coached by Jon Bakken, have won four outright conference championships, tied for one and finished lower than third only once in eight years. They are the top team in Gopher Valley history, registering a 52-10 overall record.

They were led by AP All State Honorable Mention selections, seniors Brent Vollbrecht threw for 1056 yards and eight touchdowns. Woitas rushed for 868 yards and nine touchdowns.

NRHEG, coached by Dan Stork, was led by senior

Joe Balfe, who finished second in the conference in rushing with 1009 yards and a league leading 12 touchdowns. Junior signal caller Bjorn Peterson passed for 1066 yards and 12 touchdowns. Both of those numbers were second in the conference.

Blooming prairie and Gibbon-Fairfax-Winthrop (GFW) tied for fifth in the conference with 4-4 records.

The Blossoms, coached by Chad Gimbel, were led this season by AP All State Honorable Mention selection, senior Kraig Olson. Olson finished his senior season as the top QB in the league, completing 122-of-236 for 1728 yards and 17 touchdowns. All of those numbers were tops in the conference.

The T-Birds, coached by Pat Hentges, were led by senior back Eli Werner who finished with 771 yards rushing and seven TDs.

United South Central (USC), coached by Brent Schimek, finished in seventh place with a 3-5 record. This was their worse finish in the four years they have been in the league. The Rebels 23-9 record in the second best winning percentage in league history.

The Rebels were led by senior Jon Voigt, who caught 25 passes for 451 yards and three scores. His totals were fourth best in the conference.

Madelia-Truman (M-T) and Maple River tied for ninth with 2-6 records.

M-T, coached by Jeff Tietje, was led by senior Craig Brand, who led the conference in tacklers with 149, which included 52 solos and two sacks.

The Eagles, coached by Randy Olson, were led by his son, Bob Olson, who completed 82-of-173 for 1058 yards and nine scores. He also rushed for 755 yards and eight TDs.

Lake Crystal-Wellcome Memorial, coached by Allen Stottler, finished with an 0-8 record. This was Stottler's final season as he has decided to retire.



## Great River Conference 2003

The East Central Eagles, under the Coach Dan Battaglia, won the Great River Conference. In winning, the Eagles broke a six year title streak by the Braham Bombers. The Eagles advanced to section finals before loosing to the State Champion Breck High School.

The Eagles led the league in rushing offense, total offense, rushing defense and total defense. The Onamia Panthers led the conference in passing offense and defense.

The Eagles were class 4 AA Section Academic Champions for the eighth time in nine years. Coach Gene Stritesky, Ogilvie Lions were Class 7A Section Champions and 1A State Academic Champions. The conference had two All State Academic players: Benji Besser of Ogilvie and Phil Seymour of East Central.

The conference MVP was Ross Laursen, running back from East Central. Running back, Tim Karnick of Rush City was the offensive player of

the conference. The defensive player of the conference was East Central's DB Chris Laposky. The Coach of the Year for the Great River Conference was East Central's Dan Battaglia.

### Final Standings

East Central Eagles	6-0
Rush City Tigers	5-1
Ogilvie Lions	4-2
Hinckley-Finlayson Jaguars	3-3
Braham Bombers	2-4
Atkin Gobblers	1-5
Onamia Panthers	0-6

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## Heart O' Lakes Conference

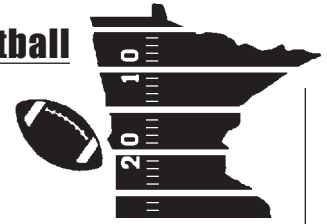
"The more things change the more they stay the same." This old adage is true for the Heart O' Lakes Conference. While football at all levels is seeing more wide open passing games, the HOL is still primarily a running conference. Every team in the conference had more rushing yards than passing yards. West Central Area and Pelican Rapids were the closest to a 50-50 split in total yards, but still had an edge in rushing yards. Totalling the conference stats reveals an edge in total running yards over passing by more than a 2 to 1 margin.

Perham, playing in the HOL Conference for the first time season since 1997, was the Conference Champion under the direction of HOL Co-Coach of the year Howie Kangas. Perham led the conference in scoring defense (72), rushing offense (2258), total offense (2742) and were second in

scoring and team defense. It's great to have Perham back in the conference again, but they will continue to be a force that the rest of the conference will need to deal with.

Doug Borowicz continues to have the Roseau Rams playing well leading them to the runner-up finish in the conference with their only loss being a very close game with Perham. Roseau led the league in scoring (266 points), with most Touchdowns coming on runs from a tandem of backs that the rest of the conference will be glad to see graduate.

Mike Frisch and the West Central Area Knights had the passing game going with some gifted athletes and a good scheme to utilize their abilities. They led the conference in passing with 1101 yards. Agassiz Valley, under the guidance of Coach Stacy



Martz had the conferences best defense giving up 1679 yards through the course of the conference schedule.

Steve Carlson took over as head coach in Frazee, replacing Dave Trautman. Steve earned Conference Co-Coach of the year honors and led the Hornets on a successful post-season run.

As we look ahead to 2004 we know it will be another year of competitive football in the Heart O' Lakes Conference with teams well coached and ready to play each Friday night. You would probably expect to see the running games in high gear, but who knows, maybe one of the teams will even have more passing yards than rushing.

Team	Conference	Overall
Perham	7-0	7-1
Roseau	6-1	6-2
West Central Area	5-2	5-3
Agassiz Valley	3-4	4-4
Dilworth - Glyndon - Felton	3-4	3-5
Frazee	2-5	3-5
Breckrendge	2-5	2-6
Pelican Rapids	0-7	0-8

## Little Sioux Conference Summary 2003

By Kevin Nowotny-Adrian Asst. Football Coach

Week one of the 2003 season saw all the Little Sioux Conference teams taking on non-conference opponents and here is how they did. In week one defending 2002 Little Sioux Champion Canby took on 2A MACCRAY and was defeated 22 to 6. Minneota took on 2A

BOLD and was defeated 26 to 14. Fulda traveled to Mabel-Canton and lost 21 to 13. Murray County Central took on 2A Pipestone and lost 26 to 14. Russel-Tyler-Ruthon took on conference opponent Dawson Boyd in a non conference game and RTR won a wild one 27 to 21 over Dawson Boyd as K Minett rushed 35 times for 260 yards for the Knights. The only other winner in the Little Sioux was Adrian who defeated the Houston Hurricanes 35 to 14 as Levi Bullerman ran for two touchdowns and threw for two touchdowns.

Week two had RTR travel to Canby for a big Little Sioux match up and the Knights from RTR handed it to Canby 47 to 0 as K Minett had another big game rushing 12 times for 196 yards. Fulda defeated Minneota 17 to 14 as Easton Laackman had a big game for the Raiders scoring 10 points. Dawson Boyd upended MCC 35 to 22 Dawson Boyd completed 7 passes for 232 yards. Adrian remained undefeated downing Ortonville 41 to 0 as Junior QB Levi Bullerman completed 7 of 8 passes for 200 yards and 3 touchdowns.

Week three saw a big shootout in Tyler as RTR hosted Adrian in an early season showdown. It was a close battle with Levi Bullerman quarterback from Adrian battling Kyle Minett running back from RTR. It was Minett who rushed for 230 yards on 33 carries and 3 TD's to lead RTR over Adrian 27 to 14. Minett now has rushed for 700 yards in his 1st 3 games. Fulda defeated Ortonville 8 to 0 to also move into 1st place with the RTR Knights. Jeremy Crowley led Fulda with a 50 yard interception return for a touchdown. Canby downed Dawson Boyd 15 to 13. Minneota downed MCC 22 to 16 with a fumble recovery in the last minute of the game.

In week four 1st place Fulda traveled to Adrian and the Dragons upset the Raiders 38 to 22 as Brandon Wolf returned a kickoff for the 2nd week in a row for Adrian a 90 yarder. MCC battled Canby and got a late safety to defeat the Lancers 8 to 7 as Karl Willers ran for a Rebel touchdown. Minneota cruised past Ortonville 42 to 14 behind Steffan Stiklestad's 28 attempts for 233 yards. RTR still undefeated in the Little Sioux with their 38 to 28 victory over the Blackjacks from Dawson Boyd as Gravely and Minot rushed for 143 and 129 for the Knights.

In week five RTR kept rolling along as they defeated Minneota 32 to 14 to move to 5 & 0 as Kyle



## Minnesota High School Football

Minet rushed for 128 yards on 28 carries. Adrian remained right behind with a hard fought victory over Canby 7 to 6 as Levi Bullerman's 12 yard run and PAT kick aided Adrian. Fulda defeated MCC 32 to 12 with Jake Lubon running for two touchdowns for Fulda. Dawson Boyd's air attack downed Ortonville 47 to 0 as Justin Wager connected for four touchdown passes and a 2 point conversion as Dawson Boyd ended with 400 yards of offense.

In week six MCC traveled to RTR and the RTR Knights moved to 6 & 0 with a 35 to 12 victory as Kyle Minet led the way with 2 touchdowns. Adrian traveled to Minneota and the Dragons won a shootout 41 to 33 in overtime as Brett Block caught 3 touchdown passes from Levi Bullerman. Canby hosted Ortonville and squeaked by 20 to 13. Dawson Boyd traveled to Fulda and upset the Raiders 27 to 22 as Cariveau had 3 touchdown grabs for the Blackjacks.

In week seven Adrian hosted MCC on Thursday evening and won 35 to 14 behind Brandon Wolf's 120 yards and 3 touchdowns. Minneota defeated Dawson Boyd 35 to 21 behind Steffan Stichelstad's 220 yards rushing. Fulda hosted Canby and rocked them on homecoming 39 to 15 as Aaron Crowley's interception return was the momentum switcher. RTR hosted Ortonville and stayed undefeated at 7 & 0 with a 35 to 13 victory as Kyle Minet kept his outstanding year going with 2 touchdowns and 210 yards rushing.

In week eight RTR hosted Fulda and won the Little Sioux Conference as the Knights scored in the final: 30 seconds as Kyle Minot rushed for 230 yards and 4 touchdowns. Adrian traveled to Dawson Boyd and won another shootout 41 to 32 as Levi Bullerman passed and ran for four touchdowns. Canby traveled to Minneota and domi-

nated this game 26 to 0 as the Lancer Defense held the Vikings to 90 total yards. MCC traveled to Ortonville and after leading 14 to 0 going into the 4th quarter the Trojans came back with 27 points to win this game 27 to 26 in a wild one.

Quarterfinal Sections had number one seeded RTR hosting number 8 seed RRC in Section 3A RTR won 84 to 42. Number 2 seed Adrian hosted number 7 Minneota in Section 3 A and was upset as Minneota won 42 to 22. Number 6 seed Canby traveled to number 3 seed Springfield and lost 28 to 6. Fulda number 5 traveled to number 4 seed MLBO and lost 41 to 12.

Dawson Boyd traveled to Swanville High School in Section 5A and won 38 to 32. AA Ortonville was defeated at AA Ottertail Central 33 to 0. MCC did not qualify for Section AA playoffs.

In Section 3 A Semi's Minneota defeated Springfield 14 to 8 and MLBO upset RTR 12 to 7.

In Section 5 A Dawson defeated Swanville 28 to 20.

In Section 3A Finals MLBO defeated Minneota 14 to 6.

In Section 5A Wabasso defeated Dawson Boyd 34 to 19.

End of story for Little Sioux for 2003.

### Final 2003 Little Sioux Conference Standings

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

## Minnesota River Conference

The 2003 season in the Minnesota River Conference saw Clay Anderson's Norwood Young America Raiders win the conference title for the second time in three years. The Raiders went through the conference, and regular, season undefeated, using a solid defense and ball control, run oriented offense.

Holy Family Catholic, coached by Dave Hopkins, made an impressive debut in the school's first year in the MRC, as they finished alone in second place, with a 6-1 record. The Flame used an option offense effectively and won several close games to complete their runnerup finish.

Jay Lepper, head coach of Jordan, led the Hub-



men to a third place finish using a traditional Wing-T offense.

The Le Sueur-Henderson Giants, coached by Terry Turek, rounded out the top four in the conference, as LSH battled through an injury plagued season.

Sibley East coach Randy Walsh coached a junior dominated team to a fifth place finish. The Wolverines were the top passing team in the MRC.

Mayer Lutheran, had a "hard luck" season, losing five games by six points or less and also suffering injuries to several key players. Head coach Dean Aurich was still able to keep the Crusaders competitive, as he patched together a different lineup almost every week.

Montgomery Lonsdale, coached by first year head coach Tony Barnack, snapped a two year losing streak by winning their first two games of the season. Unfortunately, the Redbirds were unable to pick up any more wins as lack of numbers and injuries took their toll.

The Belle Plaine Tigers were also under the direction of a first year coach in Gerald Stauffeher. The youthful Tigers had a solid passing game, but were hurt by their inexperience.

Post season play saw Norwood Young America, Le Sueur-Henderson, and Sibley East winning

their first game, but only NYA was able to string together a playoff run. The Raiders won their second consecutive section championship and then advanced to the dome before being defeated by defending state champion Kingsland.

Post season honors coaching honors in the MRC went to Clay Anderson of NYA as he was chosen as the Conference's Coach of the Year for 2003.

Player awards were: MVP Offensive Back, Pat Schrupp, TE, NYA. MVP Offsnsive Lineman Kevin Robling, OG, Jordan. MVP Defensive Back Mike May, LB, LSH. MVP Defensive Lineman Preston Voight, NG, NYA.

## Minnesota River Conference

	MRC		OVERALL	
	W	L	W	L
NORWOOD	7	0	12	1
HOLY FAMILY	6	1	6	3
JORDAN	5	2	6	4
LSH	4	3	6	4
SIBLEY E.	3	4	4	6
MAYER LUTH.	2	5	2	7
MONTY	1	6	2	7
BELLE PLAINE	0	7	1	8

## Missota Conference 2003

### Farmington & Holy Angels Tie for Missota Title, Tigers Meet in the Dome

One sign of the strength of the Missota Conference in 2003 may be that Hutchinson, who finished as runner-up in the Class AAAA State Tournament, finished 4th in the Missota Conference during the regular season. Furthermore, Co-Champion Farmington, met Hutchinson in the Dome in the semi-finals.

Mark Froehling's Farmington Tigers continued their string of outstanding seasons by winning a share of the conference title. The Tigers then went on to win the Section 1AAAA title for the second straight year. Coach Froehling was picked as conference coach of the year by his fellow coaches.

Holy Angels earned a share of the Missota title for the second time in three seasons. An impressive victory over then undefeated Farmington in

weeks 6 highlighted the Stars season. Coach Mike Pendino's Stars landed four Division I scholars.

The Northfield Raiders may have been the surprise team of the Missota, as they emerged as contenders once again after a down year. Bubba Sullivan's eleven celebrated the opening of their new stadium by going 6-0 at home this year.

Ranked #1 on opening day, Andy Rostberg's Hutchinson Tigers, hampered by injuries, stumbled a bit during the regular season. However, the Tigers regained their stride in the playoffs, won their 8th straight Section 6 title and finished as runner-up in AAAA to an outstanding Totino Grace team.

Coach Paul Schmit's Red Wing Winger squad was extremely competitive throughout the season.



## Minnesota High School Football

Not one of the Wingers 5 losses, all to Missota teams, was by more than 7 points. The physical Wingers went on to give Farmington all it could handle in the second round of the playoffs.

The New Prague Trojans, coached by Tony Buthe, finished the season with a 3 game win streak, before bowing out of the playoffs in a 6-0 loss to highly ranked Orono.

In week 8 of the season, Jon Bennet's Prior Lake Lakers played giant killer by upsetting co-conference champion Holy Angels to knock the Stars out of sole possession of first place. The Lakers are looking forward to the opening of their new on-campus stadium next fall.

Coach Scott Tiedens' Shakopee Sabers found success in the playoffs with a quality 22-6 win over St. Louis Park.

On national signing day, the Missota flexed its muscle one more time with 8 players from the conference signing Division 1 letters of intent, four from Holy Angels, three from Hutchinson, and one from Farmington.

### Final League Standings:

	Conf.	Overall
Farmington _____	6-1	11-2
Holy Angels _____	6-1	6-3
Northfield _____	5-2	7-3
Hutchinson _____	4-3	9-4
Red Wing _____	3-4	5-5
New Prague _____	2-5	4-6
Prior Lake _____	2-5	3-6
Shakopee _____	0-7	1-9

## North Suburban Conference

By Will Wackman, Spring Lake Park

The 2003 football season was another exciting year in the North Suburban Conference. The NSC, consisting of Buffalo, Cambridge-Isanti, Centennial, Irondale, Monticello, Saint Francis, Spring Lake Park, and Totino-Grace, appeared once again to be one of the prominent and most competitive football conferences in Minnesota.

Totino-Grace won the conference title by going 7-0. They were led by a high powered offense that averaged 363.4 yards per game, and a dominate defense allowing only 7.9 points per game. Led by the conference's coach of the year Jeff Ferguson, the Eagles continued their success by winning the 4A state title in dominating fashion. Congratulations go out to Coach Ferguson and his staff.

The Cambridge-Isanti Bluejackets under Coach Todd Larkin finished second in the conference. Besides having a potent and well-balanced offense, the bluejackets led the conference in defense by giving up only 156.6 yards per game. Veteran coaches Jeff Schlieff of Spring Lake Park and Mike Watson of Centennial along with first year coach Eric Longton of Irondale used the same formula for success. Using strong running attacks and sound defense, these three teams ended the season tied for third in



Kyle Lindgren of Spring Lake Park stretches for the extra yard against Buffalo's Chad Anderson.



After receiving the opening kick, Spring Lake Park's Noah Balow looks to get outside of the Totino-Grace kick coverage.



the conference with identical 4-3 marks.

Buffalo, under Gerard Rohl, had a challenging year going 3- 4 during conference play, but will look to move back to the top of the NSC in 2004. Monticello and St. Francis both fielded young teams in 2003. Under the direction of Brian Odland and Eric Graham, respectively, both teams showed constant improvement and will have talented veterans to build around in 2004.

It was also a banner year for some individual players in the North Suburban Conference. All-State linebacker David Hildebrand of Totino-Grace was named the Most Valuable Player in the NSC. Irondale running back Mike Sheppard who led the league in scoring, rushing yards, and receiving yards was the Offense Player of the Year. Linebacker Vernon Sheppard of Spring Lake Park was the Defensive Player of the Year and junior Zach Condon of Totino-Grace was the Lineman of the Year.

The 2004 season will bring some changes to the North Suburban Conference. Centennial will be

leaving the conference to begin play in the Northwest Suburban Conference. The entire conference wishes Coach Watson and his staff continued gridiron success. Replacing Centennial will be two-year-old school of Rogers, which is part of the Elk River school district.

## 2003 Final Standings

	Conference	Overall
Totino-Grace	7-0	7-1
Cambridge-Isanti	5-2	5-3
Spring Lake Park	4-3	5-3
Centennial	4-3	4-4
Irondale	4-3	4-4
Buffalo	3-4	3-5
Monticello	1-6	1-7
Saint Francis	0-7	0-8

## 2003 More Competitive Than Ever in the Prairie North

Going into the 2003 season the coaches of the Prairie North knew they would be in for a battle every week. We knew that from top to bottom there was an increased quality in the teams. These expectations and belief proved to be true.

Once again if we were to pick a favorite to win the conference it would have been the Otter Tail Central Bulldogs coached by Don Seipkes. After the Bulldogs the rest of the teams seemed evenly matched. Week after week you could not predict who was going to win. In week two Matt Radniecki's New York Mills Eagles scored in the final seconds of the game to beat the Parkers Prairie Panthers coached by Dean Yocum. In week three the Eagles

followed up with another win over the Menagha Braves coached by John Kostynick. Menagha had been 2 – 0 with wins over St. John's Prep and Sebeka. In week four Mike Heino's Sebeka Trojans ended the Eagles winning streak with a 10 – 7 win. The Pillager Huskies coming off three consecutive state tournament appearances were struggling with low numbers and injuries. Dan Boushee got them on track and they finished the season strong highlighted by a week six 28 – 27 victory in double overtime over Sebeka.



# Prairie Conference South

The Prairie Conference South title came down to the end of the year's final regular season game. The KMS ( Kerkoven-Murdock-Sunberg ) Fighting Saints, coached by Chuck Kavenah, went to Browerville with an undefeated team. The Browerville Tigers, Coached by "Ribsy" Petermeier, had an opening season loss to OTC (Otter Tail Central) but won the next six games and were also undefeated in conference play. The game lived up to the expectations of both coaches. It was a defensive battle for both teams where field position was a factor and defensive stands and outstanding individual play were all critical. Both teams seemed to move the ball but when each team was going in for the score the defenses would cause a turnover or take over on downs. In the end KMS prevailed by the score of 21 – 14. This was the second straight conference title for the Saints.

The Prairie South will lose a very fine coach in Chuck Kavenah this year as he has decided to hang up his whistle and retire from coaching. The two things you were guaranteed from the KMS squad was that you had better be ready for an "in your face" running game and a very fundamentally sound, aggressive and disciplined defense. Chuck always had a very well prepared team. Chuck was also named the Conference Coach of the Year.

KMS went through the regular season without a loss. They opened the season by defeating New York Mills 28 – 8, won five straight conference games and then defeated Bertha-Hewitt 32 – 12. The final game was the conference championship game in which they defeated Browerville 21 – 14. The Saints had a punishing ground attack and a quarterback who could get out of trouble when he needed. Defensively the Saints gave up an average of only nine points a game. The Saints opened the playoffs by defeating St. John's Prep 38 – 13 and then lost to Dawson-Boyd 22 – 27.

Browerville, coached by "Ribsy" Petermeier, had many close games that could have gone either way. The Tigers upended Royalton in three overtimes 20 – 14. They needed to score in the last two minutes to beat Brandon-Evansville 16 – 14. The Tigers also had to hold off USA ( Upsala-Swanville-Area ) in

the last four minutes for a 29 – 26 victory. The Tiger defense gave up yardage throughout the season but made many outstanding stops when they had to to secure the victories. Browerville defeated Piller 20 – 7 in the first round of the playoffs. They found themselves facing the Trojans from Sebeka the second round and defeated them 21 – 20 on an exciting defensive stand and clock killing drive that put the Tigers in the section final game. The Tigers were facing the Panthers from Parkers Prairie. The Tigers took a 12 – 0 lead early but the Panthers tied the score in the third and pulled away midway through the fourth quarter. The Panthers went on to defeat the Tigers 31 – 12.

Osakis, coached by Steve Tax, found themselves in a three way tie for third place at 3 – 3 in the conference. Following an opening game win over Piller, the Silverstreaks lost to USA in overtime 21 – 14. With wins over Sebeka 34 – 14 and Brandon-Evansville 28 – 20, they had some confidence when facing the undefeated Saints from KMS but lost 36 – 0. The Silverstreaks then lost to Browerville 26 – 13. They completed the regular season on a strong note by defeating Royalton 28 – 14 and St. John's Prep 28 – 7. Osakis lost a hard fought battle with BBE by the score of 13 – 20.

USA, coached by Jim Drill, also tied for third place. The Patriots lost their first game to Sebeka by the score of 0 – 7. They then defeated Osakis in a thrilling overtime game 20 – 14, posted a victory over Brandon-Evansville 18 – 6, and then lost to the eventual champions KMS 12 – 34. Browerville came to town next and it was another very exciting game, but the Patriots ran out of time and lost 26 – 29. Losing to Royalton 21 – 32 put USA at 2 – 4 on the season. The Patriots came on strong as they beat St. John's 40 – 13 and Menahga 19 – 8 to end the regular season at 4 – 4. An exciting back and fourth game verses the Jackrabbits from Dawson-Boyd saw they Patriots come up short as they lost 20 – 28 ending their season.

Royalton, led by coach Joel Swenson, had several chances to win their first three games. They had their chances in the opening game but fell just short to Parkers Prairie 23 – 28. Thanks to some last



minute heroics by KMS, the Panthers lost 19 – 20. The Browerville Tigers also needed a last minute drive in regulation to tie the game and win in three overtimes 14 – 20. The Royals found themselves at 0 – 3. A loss to OTC 24 – 7 found them at 0 – 4. Then with a win over St. John’s 46 – 0 and USA 32 – 21 the Royals were feeling pretty good. A set back by losing to Osakis 28 – 14 and then a 22 – 0 win over Brandon-Evansville ended the regular season for the Royals. The Royals lost in the first round of the 2A playoffs to Hinkley-Finlayson 27 – 42.

Brandon-Evansville, coached by Dan Johnson, was the hard luck team of the conference. The Chargers lost in the last minute to Bertha-Hewitt 3 – 9 in the season opener. They then beat St. John’s Prep 41 – 14. Next, the Chargers lost a much closer game than the score indicates to USA 6 – 18 followed by a loss to Osakis 20 – 28. The Chargers also lost to New York Mills 7 – 14 and made eventual conference champion KMS work for everything they had in a 0 – 3 loss. A 14 – 16 loss that came down to the last drive against Browerville and a loss to Royalton 0 - 22 ended the regular season for the Chargers. They moved into uncharted waters as

they began play for the first time all season in the 9 man playoffs. With only a couple of days to prepare for this switch they were defeated by Wheaton 53

– 8.

Saint John’s Prep, coached by Bryan Backes, was back in the Prairie Conference for the first time in seven years. Even though the season was a disappointment from a win loss standpoint the coaching staff saw great improvement as the season progressed. The Johnnies are looking forward to the 2004 season with higher expectations.

The conference will again see some changes this year, as Brandon-Evansville will be competing in 9 man all season long.

## Prairie South Standings

1. KMS ( 6 – 0 )
2. Browerville( 5 – 1 )
3. USA ( 3 – 3 )
4. Osakis ( 3 – 3 )
5. Royalton ( 3 – 3 )
6. Brandon-Evansville ( 1 – 5 )
7. St. John’s Prep ( 0 – 6 )

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## Southwest Ridge Conference

2004 was a year of change for the Southwest Ridge Conference. Two-time defending Champion Hills-Beaver Creek/Ellsworth was knocked out of the top spot by Lakeview and its new Head coach, Jim Gaudreau, a former Laker assistant. Edgerton, led by coach Andrew Fleischman was awarded the co-runner up trophy along with new co-op Lincoln HI/Lake Benton. The Rebels are coached by Craig Midtaune and Jim Hall. HBCE coached by Dan Ellingson finished in a tie for 4th with another new co-op in Southwest United. Sioux Valley-Round Lake- Brewster and Southwest Star Concept comprise Southwest United, they are coached by Jeff Drent. The SWU Wildcats came on strong at the

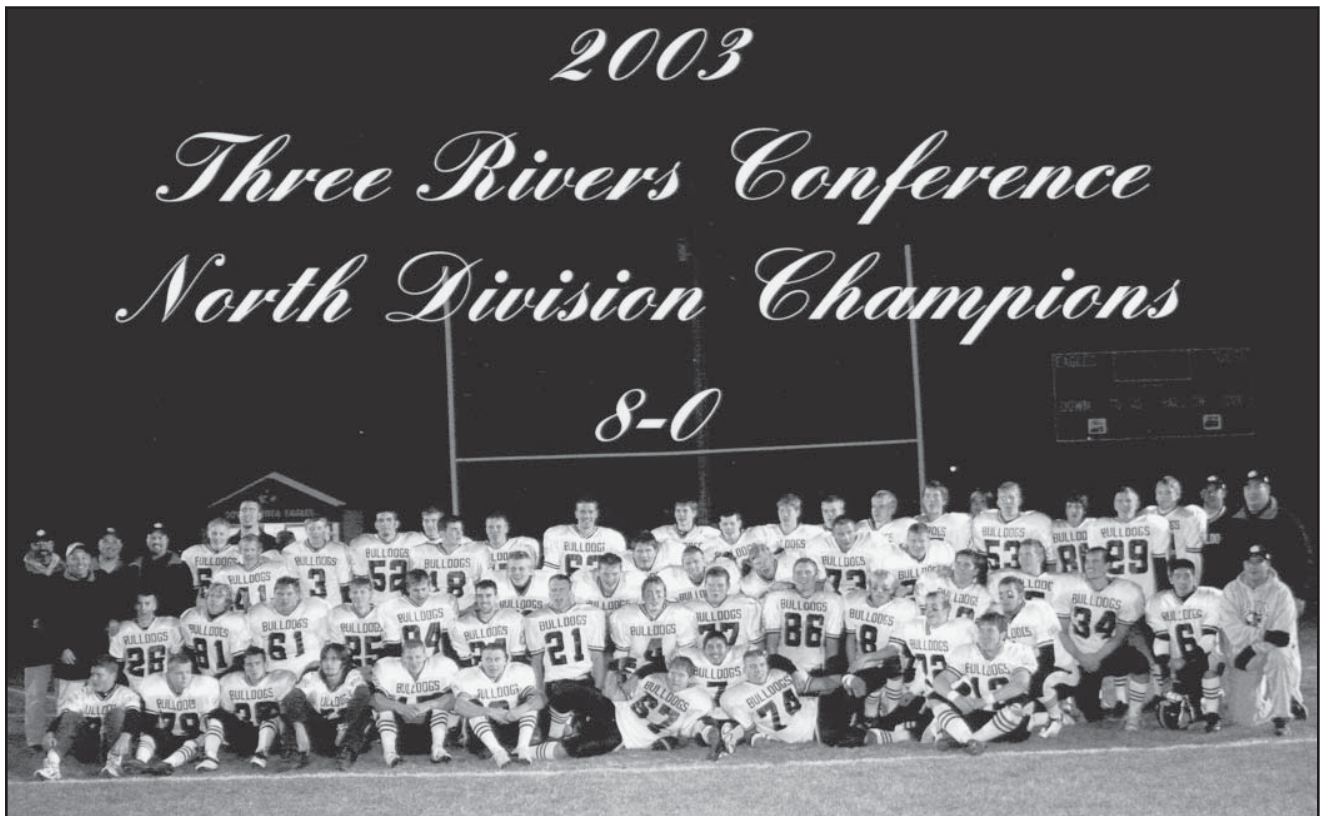
end of 2004 and advanced to the State Quarterfinals. Finishing in 6th place was Westbrook-Walnut Grove, co-coached by Leo Thiessen and Carter Ross. Look for the Chargers to be the most improved team in 2004.

Lakeview captured all of the post-season team awards. Jim Gaudreau as Coach of the Year, Sean Woodbeck as Lineman of the Year, Tyler Jeseritz as Back of the Year and Tom Yahnka and Erik Lundberg as Assistant Coaches of the Year. 2004 looks to be a very balanced conference year, only 2 games may separate Champion and the 6th place teams. It looks to be another exciting year in the Southwest Ridge Conference.



## Three Rivers Conference Has Another Banner Year

Plainview/ Elgin-Millville and Rushford-Peterson  
repeat as division champions...  
Kingsland reaches state finals, Goodhue claims state championship

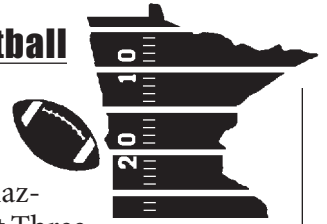


*Three Rivers North Champion Plainview/ Elgin-Millville*

In 2002, the Three Rivers Conference set a Minnesota state record with three teams from one conference winning state titles. The Class A Champions were from Jim Reinhardt's Rushford- Peterson Trojans, the Class AA Champions were from Mike Holzer's Kingsland's Knights, and the Class AAA Champions were from Bill Ihrke's Plainview/ Elgin-Millville's Bulldogs. That 2002 season would be almost impossible to repeat, but the 2003 season certainly did not disappoint, as competition again was very fierce in Three Rivers play with several games coming right down to the wire, and two teams making it to the state championship game again.

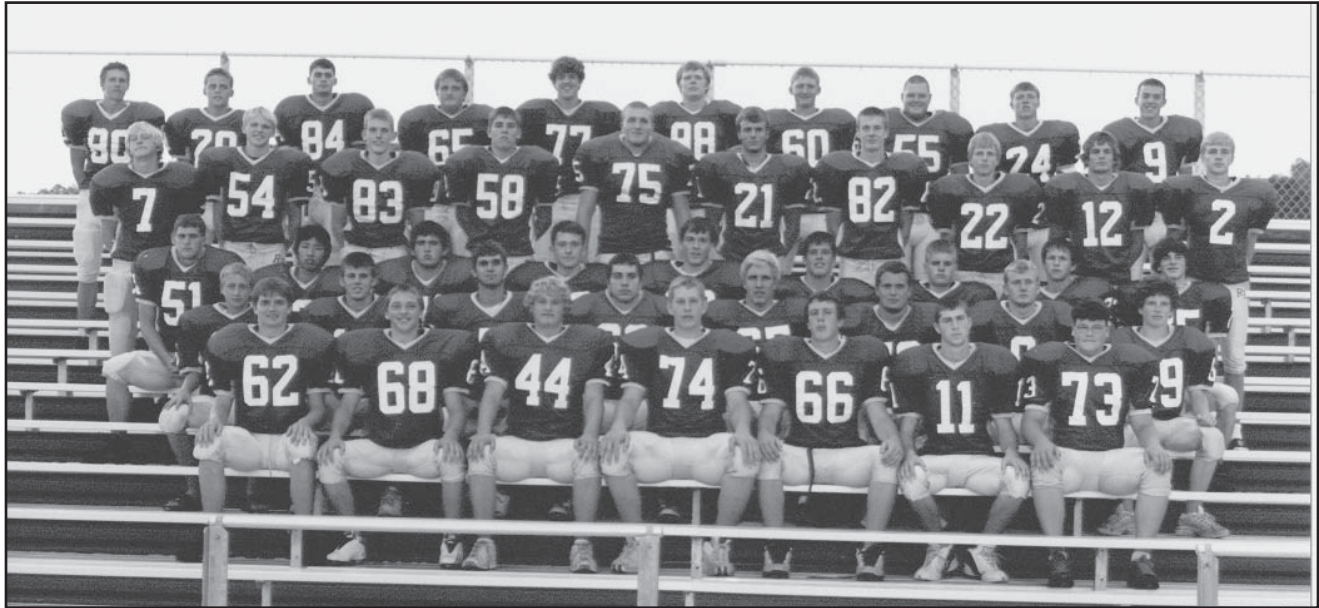
2003 saw repeat champions in the two TRC Divisions. Rushford-Peterson won the TRC-South Division with a 5-0 league record, while the TRC-North title was won by Plainview/ Elgin- Millville with a 5-0 mark. Rushford-Peterson ended the season 9-2 after finishing as the Section 1A runner-up to state finalist Medford, and Plainview/ Elgin-Millville ended their season with a 9-1 record. P/E-M had a 23 game win streak broken when Carl Fruechte's Caledonia Warriors defeated the Bulldogs 10-7 in the Section 1AAA semifinals. Caledonia fell to Byron in the Section 1AAA championship game.

## Minnesota High School Football



Goodhue won its first state title as Clair Austin's Wildcats finished the year 13-1, winning both the Section 4A Championship, and the Class A state title game over Medford. Kingsland also reached the championship game, this time under new head coach Wally Beevers. The Knights won the Section 1AA Championship, and finished Class AA State

Runner-up to Breck, finishing 10-4. With Goodhue's State Championship, an amazing eight of the twelve current Three Rivers Schools have won State Football Titles in their programs.



*Three Rivers South Champion Rushford-Peterson,*

### 2003 Three Rivers Conference Results

#### North Division

Plainview/ Elgin-Millville	5-0, 8-0
Goodhue	4-1, 7-1
Lewiston-Altura	3-2, 5-3
Dover-Eyota	2-3, 4-4
St. Charles	1-4, 3-5
Wabasha-Kellogg	0-5, 1-7

#### South Division

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



## Valley Plains Conference

The 2004 Valley Plains Conference promises once again, to be a dog fight. A preseason poll of the coaches has Mahnomen (2003 Champs), Fertile-Beltrami, and Hawley fighting it out for the title. As always, the numbers and health games come into play. Whichever outfit can keep the most guys healthy should come out on top in the ever competitive VPC. Rounding out the rest of the conference is 4 - Fosston, 5 - Red Lake Falls, 6 - Warren-Alvarado-Oslo, 7 - Lake Park Audubon.

The Raiders of LP-A are going to be very young with possibly only three seniors and six juniors. However, they are building for the future with 34 sophomores and freshmen projected to be suiting up next year.

The Eagles of Red Lake Falls return six offensive starters and five on defense from last year's squad which finished 5-6, 2-5 in the VPC and Section 8A Runner-up. The Eagles return most of their offensive linemen but will be inexperienced in the backfield. AJ Hinrichs, Pat Leines, Ben Pahlen, and Jacob Casavan all return to lead a veteran group of linemen that came together at playoff time last year. Sophomore Seth Schmitz returns at quarterback after splitting time as a freshman. If the Eagles can develop some depth and have some key guys step up in the offensive backfield they hope to become a top 3 team in a very tough Valley Plains Conference.

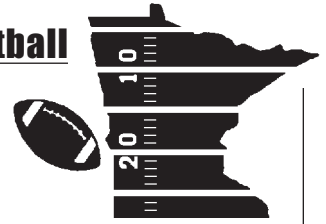
Hawley returns eight starters on offense and nine on defense from their 2nd place team in the Valley Plains and 7-2 overall. The strength of the Nuggets will lie within the offensive line and the front eight defensively. They may have the most experience coming back but will need to find some offensive firepower to match up with the powers of the conference. They should be strong defensively with seven 3-year starters coming back.

The Ponies of W-A-O return seven starters on each side of the ball so they look to be more experienced in 2004. However, without weight room work from the end of the season to the beginning of the next the improvement won't be drastic.

Finding a replacement for their backfield will be a big concern.

Mahnomen looks to be a contender once again with a good nucleus returning from a team that advanced to the state semi-finals. Look for another strong year from RB Levi DeVries and WR Cody Bendickson, last year's yardage leaders behind graduated quarterback Eric Schaumberg. Mahnomen returns the majority of their offensive linemen and look to be ready for a repeat championship performance.

Fertile-Beltrami and Fosston should be in the hunt to make some serious noise in the conference season with squads that are always big, strong, and physical. Look for the Valley Plains to, once again, be one of the most competitive, physical conferences in Class A football.



## West Central Conference-South “Conference Summary”

The WCC South once again lived up to its reputation as a strong, physical conference yet

balanced with the passing attack. The Benson Braves (with their ground oriented philosophy) were

co-champs with the Morris Tigers, who go to the “air” to get the job done. Both teams finished 4-1 in the conference.

The Benson Braves had their best season under the direction of Scott Gonnerman going 4-1 in the conference and 8-3 overall. The Braves graduate 19 seniors, but have several returning specialty players for the 2004 season.

The Morris Tigers finished the conference season 4-1 under the direction of Jerry Witt. The Tigers featured a potent passing attack with QB Eric Meichsner passing to WR Brett Winkelman, WR Kevin Storck, and WR Jake Moen.

Finishing third in the WCC South was the LQPV Eagles at 3-2. The Eagles are coached by Randy Morteuson. LQPV did their damage on the ground as RB Nick Pillatzke rushed for 857 yards and 11 TD’S in conference play.

The Montevideo ThunderHawks finished in a tie for 4th place with the LPGE Thunder at 2-3. The ThunderHawks were under the direction of first year head coach Dave Schimming. The T-hawks went to a Wing-T offense this year and had success with RB’S Zach Bothun and Ross Blomme. They will be contenders in 2004 for the WCC South title.

The LPGE Thunder, coached by Nathan Libbon, also were 2-3 in conference play. They were a balanced team mixing up the run and pass well. Jim Siegle was their main RB, while the two leading WR’S (in Steve Gould and Bryce Brunswig) were from LPGE. They’ll be tough in 2004, but will be leaving the WCC South and going into the WCC North. Bryan Olson and the

Sauk Centre Mainstreeters will replace LPGE in the WCC South.

The Paynesville Bulldogs, under the direction of Kyle Nehowig, finished the WCC South at 0-5. Despite their record, they played aggressive throughout the season and will also be a contender in 2004 with several Key Players back (RB’S Randy Leyendecker, Mike Mueller, and Aaron Bachman).

### WCC South

MVP Brett Winkelman-Morris

“D” Player Of The Year Andrew Rustad-Benson

MV-Lineman Jon Mikkelson-Benson

MV-Back Nick Pillatzke-LQPV

MV-WR Steve Gould-LPGE

Coach(CO) Jerry Witt-Morris; Scott Gonnerman-Benson



# What a Year for the Wright County Conference!

The Wright County Conference had an incredible year in 2003. Four teams qualified for the state tournament and a fifth played for a section championship. Becker, Delano, Glencoe-Silver Lake, and Litchfield qualified for the tournament and Waconia lost in the section finals. Congratulations to all of the coaches in the conference. The conference teams piled up a 22-6 playoff record with five of the six losses coming to conference foes in the playoffs.

Congratulations to GSL on their second state championship in the past four years. GSL defeated Delano in the Prep Bowl 21-0 in a hard fought game. GSL was able to avenge a regular season loss to Becker in the semi finals by winning a 10-6 defensive struggle. Becker gained a semi final birth by defeating Litchfield in the quarterfinals. Delano reached the finals by defeating Redwood Valley in the quarterfinals and Crookston in the semi finals.

Dwight Lundeen was named conference coach of the year after winning his first outright WCC championship. Lundeen was also named Section 5 Coach of The Year. Congratulations to Becker on their conference championship. Other coaches earning Section Coach of The Year honors were Dave Dose, GSL, Section 2; Merrill Pavlovich, Del-

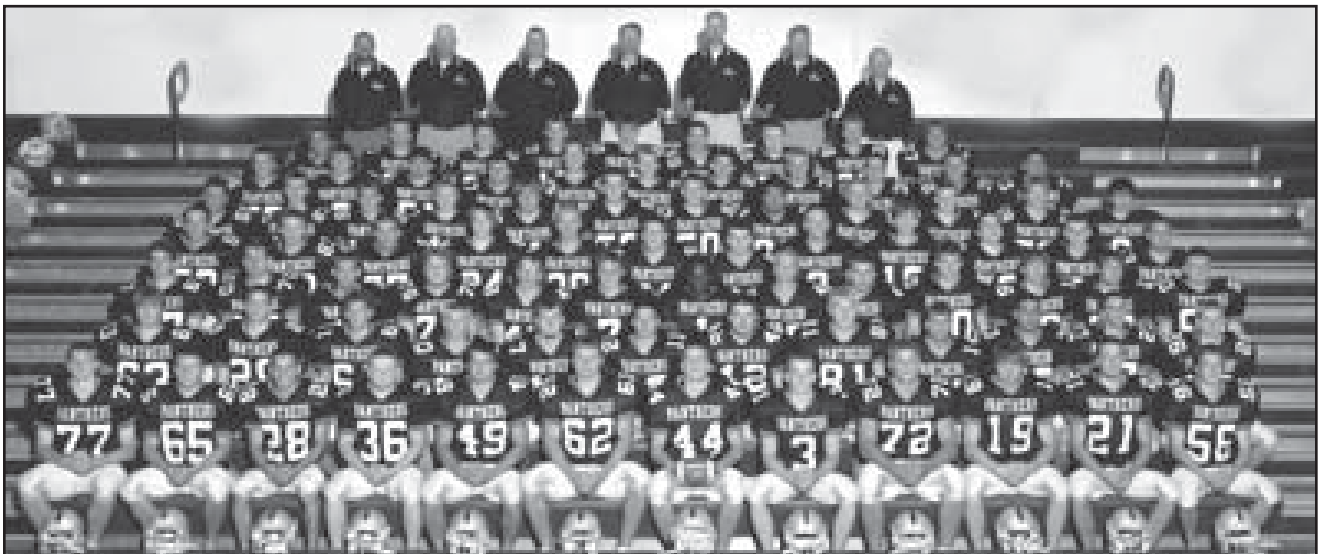
ano, Section 4; and Jon Johnson, Litchfield, Section 6. Coaches for the conference should remain the same except for Dassel-Cokato who will be looking for a new head coach after the departure of Jeff Neutzling. Jeff was a class act coach who will be missed by all of the conference coaches.

Dave Dose, GSL Head Coach has received several postseason awards. They include, Minnesota Vikings High School Coach of the Year, MHSFCA Class 3A Coach of the Year and MHSFCA Coach of the Year. Congratulations on these accomplishments!

## Final Conference Standings:

	Conf.	Overall
Becker*	7-0	12-1
GSL*	6-1	12-2
Waconia	5-2	8-3
Delano*	4-3	10-4
Annandale	2-5	4-6
Litchfield*	2-5	5-7
Watertown- Mayer	1-6	2-6
Dassel-Cokato	1-6	2-8

\* = State Playoff Teams





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