



THE *Minnesota* PREP COACH

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*By: John Schumacher, MSHSCA
EXECUTIVE DIRECTOR*

Since March it's been a roller coaster ride of changes, emotions, decisions, many detours, disappointments and as the saying goes, adjusting to a "new normal". As we continue on the COVID journey we are continuing to adjust to the changes that have been made to sports this fall. It will be different to not be sitting out-

side on a chilly Friday night watching high school football and the roar and excitement in our gyms as we cheer on our girls' volleyball teams. The anticipation and hopes are high that these sports will have a better chance at a season and we will find ourselves on the sidelines this spring! How things will play out for the sports that do have their seasons this fall are unknown. We hope that football and volleyball along with the sports being played this fall will successfully take place with little or no interruptions. We are all heading into unknown territory and it is more important than ever that we be diligent and mindful of all the rules and regulations that are in place to make it a safe and enjoyable sports year for all involved.

We have recently had to make some decisions that we are disappointed in too. The MSHSCA Board of Directors regrets that we had to cancel the 2020 Hall of Fame Banquet scheduled for Oct, 12 this year. We were excited to celebrate coaches and officials across our state who have given so much to athletes on and off the field/court.

As the new Hall of Fame Coordinators this year, Bernie and I spent the last 3-4 months having discussions with our venue and watching closely the mandates placed on the restaurant industry. Our venue informed us of many restrictions and requirements that are in place and we realized hosting the banquet was just not possible. Our venue currently is not serving beverages and food at this time, and with the social distancing rules the ballroom could only accommodate 105 people. This would not allow us to honor all the individuals that would have

A View from Schu

been recognized along with their guests, nor does this allow us to put on a first class banquet that we are known to do. After last year's record breaking year, 105 total attendees would just not work. We apologize for having to make this decision, but safety for all our attendees and the quality of our banquet will always be our priority.

All of the Hall of Fame inductees that were to be inducted this year along with our special awards of George Haun, Steve Kerzie, DSA-Officials and DSA-Assistant Coaches will be brought forward to our 2021 banquet and honored then. The banquet is scheduled for October 9, 2021. So please put this date on your calendar. All the HOF and special award nominees who have not sent back their paperwork yet do not need to do so now. New information will be sent out next summer as we prepare for the 2021 banquet.

Those being carried forward to next year's banquet to be inducted into the HOF include:

Kent Viesselman-United South Central in Wells, Floyd Smaller-Central High School St. Paul, David Maras-Brainerd High School, Steve Hangartner-Watertown-Mayer, Michael Jacobs-Marshall and Susan Alstrom-Buffalo Lake-Hector-Stewart.

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2019-2020 Delegates and Sport Association Officers

If you would be interested in filling one of the open Delegate positions please contact John Schumacher, Executive Director

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3A	Jess Smith (Windom)	Dave Blank (Wabasso)	John Seipp (Trinity School)	
4A	Chris Larid (Heritage)		Tim Herman (Heritage)	
5A	Dawn Engebretson (Rockford)	Tom Lawrence (Foley)	Al Amdahl (Albany)	Chris Kircher (Swanville)/Tim Triplett (Holy Family)
6A	Tavia Bachmann (Frazee)	Kyle Haderman (LP/Aud)	Mike Peterson (Perham)	Gregg Martig (Pequot Lakes)
7A	Matt Carlstrom (Deer River)	Derek Parendo (Proctor)	Jon Wagner (Eveleth-Gilbert)	Nathan Johnson (Proctor)
8A	Dave Varriano (Mahnomen-Waubun)	John Schumacher (Park Rapids - Retired)	Terry Sadler (Warroad)	Lisa Hanson (EGF)
1AA	Jeremy Biermaier (New Prague)	John Cassellius (Winona)	Rod Schwarz (Winona) (Retired)	Bill Goodman (Apple Valley)
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7AA	Mark Solberg (Cambridge)	Bill Baumann (North Branch)		
8AA	Kent Hamre (STMA)	Jeremy Digiovanni (Elk River)	Rob Nielsen (Det. Lakes)	Stephen Schreiber (Bemidji)

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Girls Basketball	Liz Carpentier (Farmington)	Brad Strand (Fergus Falls)	Carl Pierson (Waconia)	
Cross Country	Brandon Heebink (Wayzata)	Brandon Heebink (Wayzata)	Mary Schifsky (Roseville)	Dave Chatelaine (Owatonna)
Dance	Molly Carlson (Westonka)	Brittany Rehling (Roseville)		Kelsey Schnackenberg
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B-Lacrosse	Jon Junker (Chanhausen)	Rob Horne (Benilde)	Darin Nelson	Lance Kuehn (Rosemount)
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B-Swimming	Brian Luke (Stillwater)	Brian Luke (Stillwater)	Todd Walsh (Bloom.Kennedy)	Kate Steineman (Treas) (Cretin DH)
G-Swimming	Meghan Kemna (Visitation)	Kelly Boston (Eden Prairie)	Todd Walsh (Bloom.Kennedy)	Kate Steineman (Cretin DH)
Synch. Swim	Kathy Henderson (Stillwater)		Laura Davidson (Forest Lake)	Katy Bohnsack (Prior Lake)
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President's Message

By: Tom Critchley, Jr.

In June at our summer meeting I transitioned from president-elect of the Minnesota State Coaches Association to president at a very crazy and difficult time. I would like to thank Terry Sadler for his wonderful leadership throughout the 2019-20 year. Terry handled the duties of his presidency admirably as he led the search for a new executive director and was our spokesperson throughout the pandemic and all that it entailed. Terry was committed to the members of our organization and was very thoughtful in all his decisions and approached things with a very open mind.

Much like all of you, I was hoping for a return to normal for the 2020-21 school and athletic year. My heart breaks for all of the student-athletes that lost out on their spring season and for some, the ending of their winter season and an unfinished state tournament. Unfortunately the start of this school year has been just as difficult as the ending of the previous year. On August 4th the MSHSL executive board of directors met and laid out the plans for the school year. Without a doubt, this was the most significant decision the high school league has ever been forced to make. I respect their time, efforts, and commitment to problem-solving and making decisions based on student-athletes' health and safety. This decision included the moving of football and volleyball to the spring and placing limitations on the remaining fall activities.

This decision, like a majority of decisions, had people on both sides who agreed with it and with those who disagreed with it. Shortly after the decision was made, I was asked my personal thoughts on that decision by a reporter for a news channel. I am pretty sure I did not give the answer they were looking for because I do not feel that it was my place to give

my own opinion. As someone who has been in the coaching world for a while, I have witnessed times when my decision or a colleague's decisions are questioned. I have always felt that coaches make the best decisions based upon the information at hand and truly make the decisions that they believe are appropriate at the time. As a coach we expect our student-athletes and parents to accept our decisions, and for me to question the authority of people with more information than myself did not feel appropriate.

Throughout my career at various times I have had to attend meetings with parents who did not agree with me. I attend these meetings with an open mind and try to understand where the parent is coming from and oftentimes it comes down to the parent wanting to alleviate something that is causing pain for their child and they want to "fix" the situation. As a coach who is also a parent, I understand these feelings and am empathetic to the situation, but my response is that there is always a bigger picture and purpose. Many times in life we will not get our desired outcome and it is how we respond to these situations that determine the type of people we become. I have been very impressed by the resiliency and positive attitudes displayed by student-athletes and coaches across the state as we deal with changes and obstacles.

To all the coaches that have expressed frustration, I understand where you are coming from. You understand how important our activities are to our student-athletes and that you genuinely care about them. Right now the decision is out of our control and we need to be educators and help make the

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MSHSL BOARD OF DIRECTORS REPORT

Dawn Engebretson - Girls Sport Representative

To say my first meeting as a MSHSL board member was memorable would be an understatement. Decisions that needed to be made were emotional, and made with a lot of discussion and data to consider. The decision to delay and shorten seasons were not easy ones to make. With information changing at such a rapid pace, it is difficult to make decisions for the future. My hope is that no coach will have to tell their team that they are unable to have a season.

As coaches, we have a huge opportunity to influence how players and members of the community see, react and respond to all of this.

During distance learning this spring, I read a book called "Choose to Matter" by Julie Foudy- a two time Olympic gold medalist for women's soccer. She references a letter that the legendary women's basketball coach, Pat Summitt wrote to

one of her freshmen players before that player's first collegiate game. In the letter, Coach Summitt compares emotions felt during a game to life.

"You take what comes and you run with it. Winning is fun... sure. But winning is not the point. Wanting to win is the point. Not giving up is the point. The game doesn't end when you come off the court. The secret of the game is in doing your best. To persist and endure, to strive, to seek, to find and not to yield."

This is how I see athletes and coaches during this time of COVID-19. Nothing is normal. But "normal" is not the point. The point is do what you can and make the most of your opportunities. Be persistent and endure- take advantage of getting a chance to compete and coach this fall. Strive to improve at something before the season starts. Seek out leaders in your area and follow them on social media. Find something new to learn, apply it and share it with others.

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Trophies Plus - Sponsor of Coaches Caring

View From Schu ... continued from page 1

The recipient named to receive the George Haun Award is Mark Solberg-Cambridge-Isanti.

Receiving the Steve Kerzie Award next year will be Keith Randa-Apple Valley.. Officials selected to receive the Distinguished Service Award include Roger Cota, Bob O'Hara, Deb Sutor and Darrel Monson. And lastly other special honorees who will be recognized next year include the DSA-Assistant Coaches Award and selected where Neil Tesdahl-Crosby Ironton and Tim Utt-Duluth Denfeld.

As for Championship Coaches, Coaches of the Year, Assistant Coaches of the Year and 25 year members, due to these awards being annual awards based on their successful seasons and sports associations selections, we will be automatically sending them their plaques this fall. If you have not sent in your plaque form yet, please do so ASAP so that we can get our order into our printer to get your plaque printed correctly with your name and school. The MSHSCA Board of Directors has agreed to cover the cost of mailing all of the plaques at no charge. You can see the names of the coaches receiving these awards listed in this Prep Coach edition. Congratulations on your great season and being recognized by your peers. We wish we could have celebrated you this October.

Again we apologize that we had to make this decision and we hope you all understand.

Most of all we Thank you again for all that you do for athletes across the state of Minnesota. Best of luck to you this fall and please stay safe as we continue to navigate these uncharted waters.

Your MSHSCA Board of Directors have never worked so hard to support coaches throughout the roller coaster months we all have been on since March. They have been dedicated to answering your questions, making necessary phone calls to gather information, and making our voices heard to the important organizations whose decisions affect you. All while they have been paying close attention to other states, listening to you they have been a great support to me also as I continue my battle with cancer. We continue to train our successors, Rick and Joyce Ringheisen the best we can under the recommended COVID protocol of social distancing. They are working hard

and have stepped up to the plate big time.. Rick and Joyce will officially take over the role of Executive Director and Assistant to the Director on January 1st, 2021. Bernie and I will continue to lurk behind the scenes and assist them anyway that is needed. We have been blessed with an incredible board of directors, people who truly have coaches across our states best interest in mind. We would publicly like to thank them: Mike Peterson, Terry Sadler, Tom Critchley Jr, Barry Wohler, Jennifer Roisum, Rick Ringheisen, Nathan Youngs, Tom Sharp, Becky Leuer, and Rob Neilsen. And of course thanks to Jim and Janet Baker who recently stepped down as HOF Coordinators and Gregg Martig and Tom Lawrence who take care of the MSHSCA Scholarship process. Thanks to Dawn Engbretson and John Vraa who represent our organization on the MSHSL Board of Directors. All these make this job easier and enjoyable. Such a great pleasure working with such dedicated, professional individuals. Hats off also to the Presidents of the various sports associations and all of our Delegates for taking such an interest in sports across our state. Our September Fall Meeting that was scheduled for Sept. 12th, was cancelled and at the time of this article it was planning to be a virtual meeting. Thank you everyone for adapting so that we can still have our very important communication opportunities with you all.

In closing, the decisions that have been made have not been easy for anyone. The way we react is the way our peers, kids and those around us will feed off of. While decisions are and can be disappointing, I challenge you to find the silver lining. Find the opportunities that each moment gives us. Jon Gordon said it best: E+P=O. We can't always control the (E)vents in our life but we can control our (P)ositive response to these events and this often determines the (O)utcome. When the change hits, instead of focusing on the challenge, we can choose to look for the opportunity. We can ask what this event is teaching us and identify how we can grow stronger and wiser from it. We can live in fear or move forward with faith and take positive action.

Please keep in mind that all decisions, whether we agree with them or not, are done with great concern and thought. Remember everyone around you sees how you respond...especially your athletes.

MSHSL BOARD OF DIRECTORS...

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This is not the time to yield or give up. It is easy to get frustrated and point to all the things we cannot do now- persist and endure. Now is the time to do our best. We have to believe that on the other side of COVID-19, we will be stronger. Staying safe- that's the point.

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best of a difficult situation. I have seen many great responses on social media of coaches doing just that and included two great examples below and am very impressed with the leadership they are showing at this difficult for their student-athletes The MSHSL is a partner of our great association and the bottom line is just like us, they want what is best for our student-athletes. Right now we are faced with the greatest "teachable moment" many will face and I am positive that as coaches we will act accordingly like we always do when faced with adversity.

MSHSCA EMAIL CHANGE:

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Delegates Corner *Barry Wohler*

Welcome to the 2020-2021 school year. This is the strangest start in my 30 years of teaching and coaching. Whether we are in a full time, Hybrid, or distance learning model it is trying times for us all.

We have had some fall sports allowed to compete during their fall seasons and others regulated to practice only. I can only imagine what our students are going through. I believe communication with our athletes in person or virtually will be so important for coaches and athletes this year.

We had our annual summer board meeting this summer in beautiful Park Rapids. We have had some changes this year. Rick Ringeisen and his wife Joyce are our new Executive directors beginning Jan.1 2021. They will be replacing John and Bernie Schumacher as John continues to battle his cancer. John and Bernie will however take over the Hall of Fame duties

from Jim and Janet Baker. We were able to vote in our 2020 HOF inductees and our other award winners. Unfortunately, we will have to wait a year to have our Hall of Fame banquet, as we had to cancel due to Covid concerns of large group gatherings.

We will have our annual Fall Board meeting virtually this year on September 12. The board is always available to answer questions or help with any coaching concerns when needed. I will have more information from our fall meeting in our next prep coach issue in December.

I would like to congratulate all of our award winners and HOF inductees and look forward to having you at next year's banquet in 2021. Thank you to all of the coaches for putting our student athletes first during these uncertain times. I hope you all have a great and safe start to the school year.



Eric Tollefson

As I write these words on the verge of the 2020-2021 school year, I wonder what conditions will be like in Minnesota schools when this column is published and being read in Prep Coach later this month. A StarTribune article from today sums it up with this headline: "Minnesota Teachers Prep for a School Year Like No Other." I say we've been in "like no other" phase since schools closed in the middle of March and distance learning began.

Currently four high school sports are being played in Minnesota -- cross country running (boys & girls), soccer (boys & girls), swimming and diving (girls), and tennis (girls). Will Minnesota high school students be able to participate in other sports this year? Only time will tell. Of course none of us wants to see another lost golf season.

To prepare for this column I had a recent conversation with MSHSL Golf Director Jason Nickelby. Jason stressed that nothing beyond the current four sports seasons being played has been determined. In fact, the MSHSL has not yet determined what a 2020 postseason may look like for cross country, soccer, swimming and diving, and tennis.

Golf coaches should understand the proposed May 15 through July 15 golf season is simply a proposal. Nothing is yet set in stone. Jason and MSHSL Executive Director Erich Martens will be meeting with the Minnesota PGA to discuss potential golf season options.

According to Jason, the MSHSL Board of Directors hopes to provide an opportunity for students to participate in all sports during the coming school year. If this is to occur, significant overlap of sports seasons must be avoided. So regardless of what may happen, it's likely a 2021 golf season will not start and end at the usual times.

So when can we expect further details about a 2021 golf season? Jason says there will likely be nothing determined by the Board concerning spring sports for several months. Furthermore, all plans must be considered as tentative. Everything depends on the health safety of the participants with respect to the COVID-19 pandemic.

The only definite high school golf possibility at this time is the October 5 through October 24 Fall Training Season. If your district and AD approve, you can schedule twelve optional practices over this period. The MSHSL will soon be providing practice suggestions to be sure too many players do not gather together on the course, range, or putting green.

Here's my pitch for those who have not joined our organization for the coming school year. Remember among the many benefits of joining the Minnesota State High School Coaches Association comes \$2,000,000 in liability insurance while coaching and in the classroom, your team is eligible to earn academic team and individual honors, plus your membership card is good for admission at many high schools and colleges in Minnesota. So if you haven't already visited the MSHSCA website (mshsca.org), do it now and register your membership. Be sure your assistant coach is also a member of our organization.

Finally, whether you're in Luverne or Grand Marais, Hallock or Spring Grove, and all points in between, I sincerely wish you all the best for the coming school year. Be well.



Mat Chatter

Joel Skillings



As the new school year begins, so too does my position as the MWCA President. Hello wrestling coaches, athletes, and fans, my name is Joel Skillings, a long-time coach at Minnesota schools and presently an asst. coach at Southwest Minnesota State University. I am the father of three wonderful children, and proud to be a part of the world's oldest and greatest sport, comprised of disciplined, caring, and authentic individuals. At my age, I have no use for titles and don't view this position as a passive, honorary role. My task, therefore, with the help of the MWCA advisory committee is to promote the betterment of wrestling at all levels in our state. Progression of the sport needs to and will remain at the forefront of our decisions.

Despite the looming uncertainty of our upcoming season, we as a committee have been busy over the summer with internal Zoom meetings and conversations with the MSHSL to address potential concerns, questions, and opportunities surrounding the 2020-2021 wrestling season—most of which is dependent on forces out of our control.

A few proposals/rules that have passed and you should be aware of include:

A wrestler may now wrestle JV and varsity on the same night without it counting as two events.

The tournament roster has been increased so that a team may carry 14 starters, plus 7 alternates.

Proposals that did not pass were implementing an additional half-day to the state tournament to allow for double elimination and the addition of girls wrestling as a recognized MSHSL activity. Furthermore, the proposal of holding the State Wrestling Tournament at US Bank Stadium is still in discussion, but nothing has moved forward since the cancellation of the 2020 D1 National Wrestling Tournament, this past spring.

It too is worth noting that the National Wrestling Federation of High Schools did not change the current weight class system, which the state of Minnesota currently uses. Several states, however, such as Pennsylvania and New York have taken on their own weight class system.

At this time, it is not in the sport's best interest to presume potential outcomes for the season, yet it goes without saying that we are together in our love for the sport and hopes of participating this upcoming season. In an ideal situation, we will find common ground and compromises that can help our sport, athletes, and individual causes. Therefore, it is of utmost importance for our state to determine which issues are most important to the wellbeing of wrestling (e.g. double elimination, change of weight classes, girls wrestling, venue location).

It has been proven that a crisis can destroy even the strongest foundations. It is also true that a crisis can create opportunities and set in motion needed changes. The obstacle that impedes the way can become the way. The choice is ours.

With that being said, it is important to heed the advice from those who have successfully navigated the currents of crisis in the past. Winston Churchill, former Prime Minister of the United Kingdom, famously said, "Never waste a good crisis." This insight has been echoed throughout history and can be applied to all sports during this tumultuous time. Injuries, eligibility, relocation, school pairings, etc.—our list of challenges is long. We ask our athletes to adjust, adapt, and overcome. Therefore, our responsibility as coaches and fans is to keep a positive mindset, while embodying the behaviors we seek to instill.

Uncertainty, disruption, and change seem to be the only thing we can rely upon during this time. Ultimately, it might be in our best interest to stop predicting and begin preparing. No matter what is happening in the world right now, we can continue with basic preparation (shadow wrestling, footwork drills, and individual technique workouts), focus on the oft-neglected mental aspects (mindfulness, match preparation, and visualization), and seek new ways to train and care for our athletes (letters, emails, or texts to our athletes, access to wrestling technique sites, or old school training such as chopping wood and trail runs).

Furthermore, talk to your colleagues and seek alternatives and answers. While college wrestling may grant athletes another year of eligibility, high schools will not. We as coaches should be considering a way to help those who have given their young years to wrestling and retain those whose future is paramount to the sport. We, as a group, need to focus our interests on the progression of wrestling, while remaining cautious to avoid the pitfalls of solving temporary problems with permanent decisions.

I, along with the MWCA Advisory Committee, look forward to fulfilling these responsibilities with the support and insight of the Minnesota wrestling community.



By Ana Bowsby

Coaches,

Please keep up to date with all of the proposed changes from the state high school league. Please speak with your athletic directors about field availability for fall ball and for clarification on what the state high school league tells us. In addition, we would all need to complete our concussion training through the new website that MSHSL created.

There is a lot of information swirling about the proposed summer season. It puts everyone in each program in a difficult situation regardless of the program. Please continue to check your email for recent updates.

It is a tough time for all coaches, and the board hopes that everyone is healthy and safe. If anyone needs to talk or vent, don't hesitate to reach out to the board.



Diamond Cuts

Dawn Engebretson

resident Minnesota Fastpitch Coaches Assoc.

New this fall for softball is the opportunity to do Fall Training. Your athletic director will have the complete list and can answer specific questions regarding the Fall Training.

Here are some guidelines you need to be aware of:

1. Fall Training for spring sports begins on October 5 and ends on October 24.

2. The maximum number of daily sessions is 12.

3. Schools may use the entire training time, some of the training sessions, or none of the sessions.

4. You are allowed to have an organizational meeting and distribute equipment on a date prior to Fall Training season.

5. Students participating must meet MSHSL and school eligibility requirements.

6. Coaches must meet MSHSL requirements and complete the concussion CER on the coaches' clipboard. (General rules meeting and sports specific online meeting will be required prior to the competitive season.)

7. Students may participate in both a fall sport and a Fall Training season.

8. Fall Training may NOT include: tryouts, scrimmages, Jamborees, competitions, or captain's practices.

9. MSHSL coaches may not coach a non-school team during the Fall Training season.

10. Training must follow school and MDE plan for return to learning.

11. Protocols and routines for COVID-19 should be followed during training. Pod limits of 25 or less.

12. Protocols for positive testing students and coaches must be followed.

13. If your school is in a distance learning mode- Fall Training is limited to virtual contact only.

14. Students may be on a non-school program and school sponsored training season at the same time.

Before you begin the Fall Training session, I highly recommend that you renew your membership to the coaches association. Go to <https://www.mshsca.org/joinnow> to complete this.

Most coaches have questions about the timing and dates for the 2021 softball season. Many of you have expressed frustration with moving the season to late spring/summer. Although information has been shared out, the MSHSL has not yet voted to set the dates for our season. A small group of softball and baseball coaches are meeting with members of the MSHSL to give input on the upcoming seasons. That meeting will take place in September. We appreciate the opportunity to have input on that decision. We have already given up an entire season, giving up more is hard to ask.

If you have any questions or ideas, please send them to myself, or your section representative.

engebretsond@rockford.k12.mn.us

ICE CHIPS

By: Greg Anzenc

Planning For A 2020-21 Season

The MHCA board of directors has been busy working with stakeholders in preparation for various scenarios for the start of the 2020-21 season. We have had great meetings with the Minnesota Hockey Return To Play Committee and assisted in the creation of return to play guidelines with both Minnesota Hockey and MIAMA. We met over the summer with the Minnesota Department of Education related to schools and sport in Minnesota. A survey was created to compile data for future decisions and ultimately, we are simply doing our best to keep the lines of communication open amongst all coaches as we prepare for a season like no other. We are confident our players will be on the ice this season and it will never feel so good to say Let's Play Hockey!

FLIP NOTES

By Toni Kleber



As we prepare for many different situations regarding the start of school, fall sports and our gymnastics season. We are excited for fall and all the excitement it will bring.

Our gymnastics season is scheduled to begin on November 9, 2020. We as coaches are preparing many different plans for our season as any plan needs to be fluid.

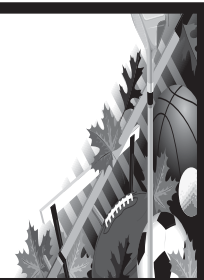
Our Section Reps voted to not host our annual coaches clinic this fall. As we are all disappointed we will not have our clinic we are looking at holding a virtual clinic of some type. Your Section Rep will be in contact with you as details are decided and finalized.

The Minnesota State High School League is working on a location for our state meet. As of now, our state meet will be held on February 19-20, 2021.

Our next Section Rep meeting will be Saturday, October 31, 2020, where the season timeline will be updated. You can always check for information regarding our gymnastics season on our website, www.mggca.org. Information will be updated as soon as we learn more details.

MSHSCA EMAIL CHANGE:

Contact: John & Bernie Schumacher at
jschumacher@mshsca.org



MEMBERSHIP CORNER

Bernie Schumacher
Assistant to the Director

Hi MSHSCA Members! Wow what an unprecedented year it has been. As Coaches it is important to keep your chin up and stay positive for your athletes. We realize that this is a very challenging time for you and things seem to change daily. Best of luck to you with any decisions you have to make and stay safe as you practice, or if you actually get to play your fall sports. This year more than ever it is very important for you to make sure that you are signed up for your new membership year. If you have not yet signed up, do so now. Though you may not be playing your sport now, the insurance follows you into the classroom and is there as you work and advise your athletes. Take advantage of the MSHSCA year long liability insurance membership. The MSHSCA liability insurance is at 2 million. So below, I will be giving you tips to assist you in registering. It's pretty simple but there are some simple mistakes people make. Here are some of the most often asked questions and issues we run into:

1) Where do I sign up for my MSHSCA membership? Go online to www.mshsca.org. There you will see a dark green registration bar on the front page. Follow that and it will guide you to the registration area. Make sure though when you are logging in that you are not logging into the white word "login" at the top of the home page. That will take you to sport engine and not to the registration portion you need to get at.

2) Membership Year. Membership years run Aug 1st-July 31st. And the 2020-2021 membership year covers fall sports 2020, winter sports 2020-2021 and spring sports 2021. Sign up right away at the beginning of the membership/school year so that you get a full year worth of coverage and benefits. Also, remember many sports association have deadline dates and you don't want to miss those and take the risk of your athletes not being recognized for postseason awards.

3) Correct Link. Another frequent issue we see is people signing up in the wrong year due to the fact they have the wrong/

old registration link. Many smartphones, computers save things through history, so by pulling up what you used last year and registering through archived links you will end up with issues. We have to change our registration link every year, so the one that you used last year is not the correct one for this year. Please always start your registration for membership at our website at www.mshsca.org to assure you are using the Correct registration link.

4) I forgot my password. Use the "forgot password" portion of our system. It is important though after you request your password that you look in your spam, as we are finding the password response goes there often. This option will not work though if your email address you used last year has been changed and is no longer working. You will have to contact me for personal assistance if that is the case.

5) My email address has changed and is not active so I can't register. The registration system that we are working with is email specific and the system doesn't care if your email address works or not. Think of your email as an ID only. We know many schools are changing their emails. The one most important thing to remember is that you must go into the system with the last email and password that you signed up your membership with the previous year. Get yourself registered first, hit finished and once registered you can go back in and edit any of your information, from mailing address, phone number, email and even your password. Do right away after you registered though, especially if your address has changed so that when we print your card we have the correct mailing address. There is an EDIT button to the left of your profile. You know that old saying; "Garbage in garbage out?" How you type your name, address etc. in your profile is how it will come out on your membership card. So type carefully and accurately. Key point...you must get yourself registered into the current system (Membership year/school year) first in order to edit. We are finding people register, but they don't look at their profile information and addresses have changed and not updated and your card ends up coming back to us. Please make sure to always keep your profile up to date which you can update anytime throughout the year. There is an edit button to the left of your

MEETING DATES FOR 2020-21 MEMBERSHIP YEAR

September 11, 2020
September 12, 2020
October 9, 2020
Oct. 10, 2020
Jan . 14-18, 2021
March 19, 2021
March 20, 2021
March 2021
June 2021

HOF Meeting-HOF Coord/Exec Direc
MSHSCA Fall Delegates Meeting
HOF Coordinator/Exec Direc Meeting
MSHSCA Hall of Fame Banquet
NOCAD National Convention
MSHSCA Finance Meeting
MSHSCA Winter Delegates Meeting
MNIAAA-Ad's Convention
Summer Board of MSHSCA
Directors Meeting TBA

CANCELLED
VIRTUAL ONLINE MEETING
CANCELLED
CANCELLED
Savannah, Georgis
Country Inn and Suites in Eagan
Mancini's in St. Paul
Doublewood St. Cloud

PREP COACH DEADLINES TO SUBMIT

March 1 | June 15 | September 1 | December 1

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follow us

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profile, click on that when wanting to edit.

6) Assistant Coach vs Head Coach. When registering, make sure that if you are a Head coach that you check the little box below the sport you selected. If you don't check that then you won't come up as a head coach in the system and athletes won't qualify for postseason awards. Sports Associations rely on the information being correct when recognizing coaches and athletes for postseason awards. Many notice that they aren't listed as head coach when they get their card and then we have to go through another process to get it corrected.

7) Section Selections. The Sports Associations need you make sure when registering, to not only select your sports that you coach but please make sure to select what SECTION you are in. They use this information and are finding out many coaches are skipping this step in the registration. It is important to fill in all areas of your profile, properly select your sport, if you are a head coach or not, and also your section. This information is needed by your sport's associations.

8) Credit Card/Cash. If you are paying by credit card, everything must match exactly. Card number, expiration date AND even your name on the card. If you have a middle initial on your card, you must put that in too. If you hit payment and the first time it doesn't go through, hit enter again and it should work. If you are paying by cash, please remit your payment ASAP. If payment isn't received in a respectable amount of time, you could risk your membership being deleted for lack of payment which then you would not have insurance coverage nor will your athletes qualify for postseason awards. It's not fun being a collection agent!

9) Receipts. NEW this year is an itemized receipt! When registering you will see a final page that will allow you to double check and make sure you have things selected correctly before you finalize and pay. It is also going to be very appreciated by your schools if you turn them in for reimbursement as it includes service/credit card fees.

10) Life Membership. Those who filled out an application by May 15th, 2020, you were most likely approved at the June meeting and have received a letter from Us by now on how to complete the final application process. Please get that paperwork back to us ASAP so that we can get you registered for the 2020-2021 membership year. If you did apply, please wait for the paperwork to arrive before you sign up for your yearly memberships. It is a different process to get registered now. To find out if you qualify for Life Membership, go online and read the specifics and print out an app and mail it in. This year's Life Membership process is closed for the 2020-2021 year, but you can get your application in now for the 2021-2022 year. You have til May 15th, 2021 to complete the application.

11) The MSHSCA Website is a very valuable tool that gives you more details and information about our organization, your sports associations and so much more. Please find some time to wander through it so you know what it all offers you. The electronic version of the MSHSCA Prep Coach is on there too.

I hope some of the tips and information above was helpful. If there is a specific question you need answered, please feel free to contact me at bschumacher@mshsca.org or call 218-732-0204. We continue to look at ways to make registering and our website more user friendly. We appreciate your commitment to education based athletics.

HAVE YOUR NEW CARD FOR ALL 2020-2021 SCHOOL YEAR?

**Your 2019-2020 Membership & Insurance
Expired.**

The possession of the MSHSCA membership card is a privilege extended to paid up members of the MSHSCA. The use of the MSHSCA card to gain admission to regular season high school events and some college events is controlled by the school at which the card is used to gain admission. There is a variety of policies that schools follow in regards to allowing admission with the card. The MSHSCA is not empowered to dictate to the schools what the school policy should be in terms of accepting the MSHSCA card or the number that will be admitted with each card. A letter is sent to the Activity Directors of all schools in July and all schools are asked to inform us if their school would not accept the card. It has also been brought to our attention over the past that some private venues do not accept the card for admission and this is especially true for hockey schools using private venues for their contests.

Park Center does NOT accept Membership Cards for admission.

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



The card is white with Grey Ink for the year 2020-2021.



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MEMBERSHIP REPORT 2019-2020

FINAL MEMBERSHIP REPORT

Types of Membership	2018-2019	2019-2020
Active Class A & AA	6559	6134
College Associates	1178	1287
Other Associates	58	62
Active Life	343	341
Retired Life	1293	1351
Honorary	4	5
TOTAL	9435	9175

Breakdown of membership by sport association (2018-19 totals in parenthesis)

Adapted Athletics (21) 18	Boys Lacrosse (104) 48
Alpine Skiing (62) 64	Girls Lacrosse (90) 47
Athletic Directors (119) 113	Football (1133) 1121
Baseball (515) 520	Football Retired (1) 4
Boys Basketball (764) 704	Golf (boys & girls) (360) 287
Girls Basketball (737) 684	Soccer (boys/girls) (445) 4356
Cross Country (449) 427	Softball (489) 425
Dance (280) 291	Synchronized Swim (18) 10
Gymnastics (225) 230	Girls Tennis (222) 226
Nordic Skiing (103) 117	Boys Tennis (185) 172
Girls Swimming (240) 254	Track & Field (881) 737
Boys Swimming (197) 201	Volleyball (661) 641
Girls Hockey (90) 96	Wrestling (143) 153
Boys Hockey (192) 211	Robotics (58) 51
Hockey Retired (2) 2	
Sport associations that collect their own dues, but join the MSHSCA are Cheer (13) 13,	
Clay Target (12) 9, and Badminton (5) 6.	

Numbers down this year due to Covid-19 having an impact on some winter sports and spring.



Dig This

By: Becca Pulju
MNVBCA President - Sebeka

Greetings volleyball coaches! I am writing this near the deadline on what should be our home opener! Our new uniforms even arrived in time, and I have to admit I was a bit heartbroken for my team. I keep telling myself, it is what it is, but I am still struggling. I hope you are all getting to utilize our fall practice window. Sept. 14th - Oct. 3rd is a time we can spend with our team. My hopes for this practice window is that our kids get to be together, work on skills and have fun. I know many players are playing in Fall Leagues, and I am thankful for the opportunity for them.

Many volleyball players are using this time to try something new. I see new kids out for Cross Country, Swimming, Soccer and Tennis. I truly believe they are making the best of an unfortunate situation. Once again, kids are resilient, and I continue to be proud of their positivity in and out of school.

Currently, I don't have the dates for our "Spring" season, nor do I know what it will look like. The COVID-19 situation is very fluid, and I believe that the MSHSL is planning on releasing Return to Play Guidelines after Labor Day. We, as an organization have asked the league for waivers so athletes do not need to choose between High School volleyball and Club volleyball. I am so impressed with the volleyball community. Club Directors and High School coaches have been working together to make the Spring work. While I know it is not ideal, I truly believe that we can do amazing things when we put kids first and try to do what is best for the student athletes in Minnesota.

Hang in there, coaches! I will send out information via your Section Reps as soon as we get information and guidelines from the league. Please reach out to myself or your BOC representative if you have any questions.

"No matter what life throws at you, or how unfair you think it is, never give up. Pick yourself up and go on."

- Megan Rapinoe, Soccer Player

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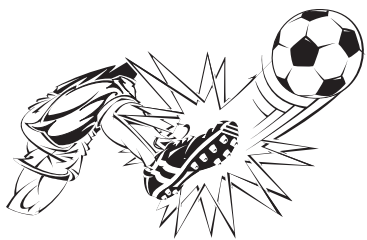
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CORNER KICKS

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

By the time you get the Prep Coach I am hopeful you have completed a good portion of your schedule. It certainly is good to be back with student athletes in a sport we love. For me it is the first time in forty-five years I have not had a team to coach.

2020 has been a year of things most of us have never had to work through. The MSHSL has a position on the racial equality issue. It is important that each of you go to the website and read the position.

As soccer coaches start the season, we are reminded that all of us will be busy with not only coaching our athletes, but applying the recommendations of the MSHSL to keep players and coaches safe during the covid pandemic

A quick reminder about membership. Your membership must be done online at www.mshsca.org by October 1st to be eligible for a MSHSSCA award. Consider having your whole staff become members of the MSHSSCA. It is a small fee. The insurance coverage is one of the greatest values of membership. Especially at this time with the Virus, the insurance will cover coaches during the pandemic if they follow State and School District directions for health during the pandemic.

To clarify something that might be not understood is that you must belong to the association to have your players considered for All-State Teams and Academic Team Awards. Would you further consider becoming a member of the United Soccer Coaches Association? You can check with registration staff about joining this National Association. It is also a great value and the more coaches that belong to the National Association the more players and coaches can be honored by that organization. The deadline for joining is midnight, Thursday, October 1.

All coaches need to find their Coaches Dashboard on the Minnesota State High School League website and follow the instructions from your Dashboard. This is a new site this fall not called the clipboard as the MSHSL continues to overhaul their website. But there will be an electronic Educational component for coaches from the MSHSL. Be sure to work with your AD about access to this portal and when it will be open. You can also access the Summer Waiver Period Dates for 2021 on the MSHSL website.

The Coaches Clinic was postponed but we hosted a remarkably successful Viral Clinic. Thanks to Greg Juba (Park of Cottage Grove Girls-retired) and Berry Arrowsmith (Blaine Boys) for their work in getting the sessions lined up and coaches able to view them. There is a podcast of the clinic as an additional note, Arrowsmith has redesigned the website, MSHSSCA.org, and you need to visit it and become acquainted with its contents. We want to thank Berry for his hard work on the site. If you have any questions or concerns you can direct them to mnsoccersm@gmail.com. Your coaches' packet is on the site and you need to become aware of the dates. New coaches' information is included on the website. Check it out!

A couple of other quick notes. Any spring suspension for an athlete will carry over into the fall. There is one rule change that now allows shirts to not be tucked in. There are several other rule changes and they will be covered in your Clipboard.

The All-State /State tournament banquet was discussed with several options and the Executive Committee voted to cancel the banquet.

A point of interest for all coaches is the moving to a new 3 class system in the fall of 2022. As you know, the three classes will be based on school enrollment. These are the classes as they were given to us:

AAA-sixty-four biggest schools, AA-the next sixty -four schools and A will be the remaining schools. We continue to work on finding sixteen additional section representatives to fill the new class. More information will be forthcoming as the year progresses. Exciting times and opportunities are ahead of us for soccer.

With some aspects of the end of season events still in question, there are still some dates you need to put on your calendar.

Team Academic Awards are due by noon on October 8. All-State Selection Bios are due by noon on Thursday October 15th. The All-State Selection Meeting is scheduled for Sunday October 18th.

You will notice that nothing about Section Tournaments, State Tournament and Senior Classic Game information and dates have been addressed. Those are items yet to be decided by the League and your Association. It looks like there will be an effort to honor the All-State Teams in some form of viral format. One can safely say, stay tuned for information about the above as decisions about them are decided.

That should be all for now, but please be aware things can change by the minute. To all of you out there, stay safe and stay well. Despite this pandemic, remember you have the best job in the world, that of coaching kids. You are blessed.

MSHSCA HALL OF FAME BANQUET AWARD WINNERS

Attention award winners who were to be recognized at this year's HOF Banquet that has been canceled. We are still waiting for some to return the plaque forms that were mailed to you this past year. If you were a Championship Coach, Coach of the Year, Assistant Coach of the Year, inducted in the the 25 year Club or were slated to receive a special award like the George Haun, Steve Kerzie or be inducted into the HOF, if you have not returned your plaque information, please do so ASAP with the correct spelling of your name and school so that we can get the plaques ordered and mailed out to you. If you have misplaced this plaque form, please just email me with the award you were supposed to receive and provide the information above to bschumacher@mshsca.org.

PLEASE DO NOT SEND ANY MONEY! The MSHSCA Board of Directors has agreed to pay for the plaques.

CLEARING HURDLES



By: *Clearing the Hurdles*
 Aaron Berndt, Wayzata High School
 President, MN Track & Field Coaches Association
 aaron.berndt@wayzataschools.org

On behalf of the Minnesota Track & Field Coaches Association, I want to welcome everyone back to another school year. Even with these uncertain times, I am personally looking forward to connecting with students again this coming fall.

As many of you have been following, there have been a lot of developments with the upcoming track & field season. Our advisory has been actively working with the MSHSL so that the T&F coaches' voices are heard and have an impact on the direction of the upcoming season. We need to thank everyone who took the time to fill out the survey our association sent in August. We tried to reach as many coaches as possible in a very short timeframe and nearly 600 coaches responded. This was a great help so that our advisory can best speak on behalf of the T&F coaches in Minnesota. The survey results are posted on the front page of the T&F association main page.

Regarding the dates for the 2021 season, it is important to convey the start and end dates for the season have NOT been established yet. We are all hoping to know these dates as soon as possible but are cognizant the MSHSL is finalizing fall and winter sport seasons "return to play" at this time before moving to spring sports. The MSHSL has been very receptive in hearing the T&F coaches' concerns while they structure our season and we look forward to continuing this positive relationship. In addition to discussing the spring season, the MSHSL will be discussing a short "coaching period window" for this fall where schools will have an option to conduct practices with their track & field teams. Look for the MSHSL to announce the specifics of this plan soon.

As we navigate this season, I want to thank those who have already joined the coaches' association for this upcoming season and encourage those who have not to do so. In addition to all the regular benefits we enjoy as members, I cannot stress enough the importance of having a large and strong voice right now for our association as a whole. It is important for both head coaches and assistant coaches to join. Between our spring sport season "return to play" and upcoming classification changes, there has not been a more important time for our association to have a strong influence.

Even though the start of the next track & field season seems far away, it is not too soon to utilize some of our association mentorship and education programs. We have had a number of people indicate they want to be included in our association's programs. If you submitted your name for one of these programs on the survey, somebody will be in contact with you soon.

The Women4Women coaching initiative for Minnesota Track & Field coaches is a group devoted to encouraging more women to respond to the call of coaching track & field and supporting women to be strong role models in addition to excellent coaches. This group has put together a great number of resources for

members and created an extensive list of coaches to teach and support each other. To learn more or to join Women4Women, please e-mail T&F association vice president Meghan Orgeman of Alexandria (morgeman@alexschools.org) or visit the W4W home page at: mshsca.org/w4w

Another opportunity for coaches is our association mentorship program. Over 30 coaches in MN have volunteered to serve as mentors to new/younger coaches. Many more have shared on our recent survey that they are either looking for a mentor or are happy to volunteer as one. Again, somebody will be in contact with you if you submitted your contact info on the survey. For a list of contacts and to learn more about the program, the listing can be found on our website at: mshsca.org/mentor.

This season, we are also launching a T&F association Anti-Hate, Anti-Racism Coalition. I feel strongly about this considering the impact we have as coaches on our athletes and the direction they are seeking from us. This is one of the most important topics we can address right now to make this world a better place for our athletes to live in. I was happy that over 50 people responded to the survey indicating they would be willing to help get this coalition off the ground. I thank you for responding and look forward to discussing this with all of you soon.

This upcoming season might be one of one of the best years to utilize one of our educational programs.

Keep an eye out for information for the 2021 Minnesota Track & Field Coaches Association Clinic. The clinic directors are working on possibilities for this year's clinic. We hope to pass along what options will be available for association members, whether in person or virtual, and we hope to provide some amount of coaches' education this winter.

The year 2020 has been full of many changes for all of us, in light of extenuating circumstances, I have been asked to stay on as president of the association, past my initial two-year term, through at least the end of the 2020-21 season. This will help keep a seamless transition through the CoVid-19 pandemic as well as MSHSL classification. Meghan Orgeman from Alexandria will take on the role of Vice President. In addition to myself and Meghan continuing on the advisory board, David Boone, a long time coach at both A and AA schools and a current certified MSHSL official, will continue on the advisory. Jummy Burless, the Eden Prairie girls coach, and Erik Klein, the St Charles girls head coach, will both be joining the advisory. A big thanks to Rod Fuchs of Sauk Rapids-Rice and Gary Wade from Rushford-Peterson for completing their terms on the advisory.

Please follow Minnesota Track & Field Coaches Association on Twitter @MNTFCA to find the most up-to-date information.

Finally, thank you for all you do for your athletes and in support of Track & Field. Again, don't forget to join the association for the 2020-2021 season and enjoy the beautiful fall weather!

BRAVE →
LIKE GABE

DUGOUT CHATTER



By: Rick Zollner – Pipestone Area
President MSHSBCA

The 2020 MSHSBCA Fall Clinic has been postponed. With every major and minor organization cancelling their events, due to the safety of attendees, we are forced to do the same. It was not feasible to offer our normal clinic with all the restrictions in place. BUT the Advisory Board has discussed ways to offer a virtual clinic for all the high school coaches in Minnesota and the greater Midwest! At this time, I am not sure what it will look like, but it will be done professionally and it will be educational. For updates, please refer www.mshsbca.org.

An important date to remember is the beginning of fall practice with your baseball team. This can begin on October 5th. The MSHSL is allowing twelve (12) practices. Practices must conclude by October 24th. See your AD about MSHSL restrictions and district requirements.

With fall baseball starting in October it is crucial to update your membership to the MSHSCA and the MSHSBCA for the 2020-2021 season. The membership provides liability insurance, that we all need, plus it provides eligibility for your players to receive post-season awards. Also, consider membership in one or both of the national associations (BCA or ABCA). Additionally, follow us on Twitter @mshsbca, and continue to check for updated information and what is going on at our website: www.mshsbca.org. Also, at this link you can check out all the current baseball records in the state of Minnesota. If a player of yours tied or broke any records please contact Tink Larson at tlarson@hickorytech.net.

The 13th Annual Junior Showcase, at Minnetonka HS on August 2nd, was a fantastic event! Over 120+ (to be seniors) attended. Due to covid restrictions the clinic was run in a different format and it worked well. Tink Larson headed up a fantastic group of coaches to run the Showcase.

The St. Paul Saints Class of 2020 Salute: In June, the St. Paul Saints approached the MSHSBCA with an idea of honoring the Class of 2020. Inspired by New Jersey's "Last Dance World Series," the Saints wanted to replicate that in Minnesota. Through numerous Zoom Meetings, the idea was launched with 26 teams representing their high schools for one last chance to put on the uniform. Some teams were fully comprised of seniors from one school while others combined to form some really unique combinations of schools. In the end, New Prague ended up defeating St. Michael-Albertville/Orono by a 4-2 score to win the Salute Series. A special thank you goes out to Saints General Manager, Derek Sharrer, the CHS staff, the CHS grounds crew and for MSHSBCA members, Paul Twenge, Rick Zollner and Tink Larson for putting this idea together for the Class of 2020.

The Play Ball! MN All-Star Series was also cancelled for the 2020 season. Our incredible group of coaches for the 2020 Play Ball! Minnesota All-Star Series will now be the 2021 coaches! Cole Flick (Dassel-Cokato), Tom Konz (Minnehaha Academy), Dan Shuck (Columbia Heights), Brian Harapat (Rogers), Scott Courtright (Mounds View), Matt Kelly (St. Thomas Academy), Chris Swansson (Rosemount), Don Plaisance (New Prague), Chris Stanton (Randolph), Casey Krekling (Hayfield), Jay Wetzel (Hibbing) and Joe Wicklund (Marshall School, Duluth). Thank you coaches for taking time away from your family to coach in this series!

I would also like to congratulate the Hall of Fame class for 2020. Darby Carlson (Maple Grove), Don Dvorak (New Prague), Gary Palm (St. Anthony Village), Todd Smrekar (Cambridge-Isanti), Ken Solarz (Upsala) and Herb Wolf (Fairmont). We are working on alternate plans to honor this HOF class and we look forward to honoring them with the 2021 HOF class next November.

The MSHSBCA Advisory Board decided that covid-19 could not stop the great things that go on in Minnesota HS baseball. Awards will be given to the following great people who happen to be involved with baseball! Dick Siebert – Tim Loberg (Anoka and Champlin Park); Angelo Giuliani – Mark Wilson (Philadelphia Phillies); Jim Dimmick – Jim Erzar (Deer River) and Pat Collins (Chisago Lakes Area); Rob Fornaisere – Chris Fasnacht (Minnetonka) and Mark Groebner (Eastview); Tink Larson Field of the Year – Waconia; and the Craig Anderson Ethics – Al Amdahl (Albany). Coach of the Year Awards were also awarded to: Class A – Frank Ivancich (Ely); Class AA – Mike Beier (Foley); Class AAA – Bucky Mieras (Orono); and Class AAAA – Tony Market (Lakeville North). Congratulations to all the MSHSBCA award winners for 2020!

As leaders of our local baseball communities it is important to remember that change naturally occurs. The past two years I have served as your President and much change has occurred in our organization. Craig Anderson (Pine Island) became our new Executive Director along with Troy Urdahl (St. Anthony Village) as our Associate Executive Director. The fall clinic changed venues in 2019 and it would have been at the new Omni Vikings Lakes Hotel this fall. We had our 2020 baseball season cancelled and now we are having fall baseball practice and the 2021 season will look different. The Advisory Board is fighting for our 2021 season! We feel it's important to have a 20 game season with our normal double elimination tournament and state tournament. More change will begin in our association as Ryan Holmgren (Elk River) is set to take over as the President of the MSHSBCA. Ryan will be a fantastic President for our association! Later this fall, there will be online voting for our new 2nd Vice President. As leaders of our baseball communities we must remain positive and adapt to the changes in our sport. Why you ask? Because it's what is best for our student athletes!

"The BEST team never Wins. The team that PLAYS BEST always Wins."



Swim Strokes

Meghan Weiss

The 2020-2021 girls' high school swim and dive season is well underway! Even though this season looks vastly different than seasons before, it is an exciting time to be back in the water and back on the boards. With the uncertainty still present, the season allows for a time to reconnect with teammates, build relationships, and for student-athletes to uncover their "why". Their "why" might be vastly different than it has even been, but possibly more important than ever. It might not necessarily be winning championships or going life-time best times, but it may be having fun with people who support you, doing something you love, and for the seniors, one last time. Because of different limitations this season, each team's meet schedule will consist of conference meets. Our True Team Section and State meets have been cancelled this year with championship meets still being decided. I want to thank the many people who make swimming in Minnesota a tremendous opportunity. There are many people that have been working tirelessly to make this season happen in one capacity or another, and a huge thank you goes out to those people. Additionally, thank you to the officials, the coaches, the Athletic Directors, the parents, and of course our student-athletes. These people make our sport possible and allow a space where our student-athletes can have an amazing high school swim and dive experience.



SYNCHRONIZED SWIMMING

By: Kathryn Henderson

2021 Uncertainty

At time of this writing, the MN synchronized swimming coaches are waiting with much anticipation of decisions regarding our 2021 season. The exact dates of our season have not yet been finalized. Once a decision has been made, the coaches will have to determine what (if any) rules changes will be needed to accommodate the shorter season and/or the lack of a culminating championship.

The officials association will also be hosting a clinic this winter to help train synchro judges on some scoring changes that were voted on last year. The dates/locations of the training(s) have not yet been finalized, but one clinic may coincide with their preseason meeting on January 12, 2021.

In the meantime, some coaches will be taking advantage of the fall training period allowed by the MSHSL. The timing is not ideal since many of our pools are booked with the fall girls swim season, but some teams are able to take advantage of the extra time with their athletes.

We are hoping for the best for fall and winter sports, and cautiously optimistic we will be back in the spring with a successful season.

Over Hill and Dale

*By Brandon Heebink, Wayzata High School
President, MN Cross Country Coaches Association*

What a whirlwind of a year it's been over these last 5 months! Who would've thought a year ago that the most common phrases we coaches would be using at practice in August 2020 would be, "Put on your mask!" or "Keep your social distance!"

So many aspects of all our lives have changed over these last few months, much of it has not been positive. However, what I've seen and what countless coaches across the state have told me about over the course of this summer is that their runners have never been more excited to get together and put in the miles all summer long! My hope is that all those miles your athletes have put in over the summer and wanting to be around their teammates and coaches have translated into a great level of excitement as the 2020 season got underway, even if that excitement was hidden under a mask.

So much of the energy for the coaches in our association's advisory board over the last month has been focused on what cross country would look like in the midst of a global pandemic and what protocols would be put into place to keep our athletes, ourselves, and our families safe. Our annual coaches clinic was held virtually for the first time ever and was certainly a success. It was a great opportunity to learn and to ask questions of this unprecedented season and how it will look. And it was a chance to honor some great coaches entering the Hall of Fame: Fred Rupp of St. Cloud Cathedral, Tom Plocker of Blue Earth Area, Eric Schroeder of Rockford, and Gary Hildebrandt of Jackson County Central, Mountain Lake Butterfield Odin, Mountain Lake Christian and Heron Lake-Okabena. Finally, from our meeting, discussions with the MSHSL about a 2020 postseason remain ongoing and looking ahead to a shift to 3 classes for the fall of 2021 remain in the works but will be discussed in greater length following this fall season.

While we are only a couple weeks into the season, so much of what I have seen has been so positive! The beauty we all see in the chaos of a cross country mass start may not happen this year, but we have a season and our athletes get to compete. The reviews of the earliest meets with wave starts of opening competition weekend have been excellent. Being able to scroll through race results again is a feeling I had not realized I missed so much!

It's been stated many times in recent weeks that this season will be unlike any other and there won't be a greater challenge our athletes will face. What I've learned coaching for 13 years is that athletes, especially distance runners, are resilient, and they will rise up to whatever challenge is presented to them. So, if this is our most challenging season ever, that sounds to me like it could be the greatest season ever! Best of luck to all of you this fall, stay safe and stay healthy!

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GENERAL LIABILITY INSURANCE PROGRAM

As a membership benefit, coverage is provided by the Commercial General Liability Policy issued to the National Organization of Coaches Association Directors. This policy will provide general liability coverage to the Minnesota State High School Coaches Association and its members.

CARRIER

Houston Casualty Company

POLICY PERIOD

August 1, 2020 – August 1, 2021

LIMITS OF INSURANCE

\$1,000,000	Each Occurrence
\$2,000,000	General Aggregate (per Member)
\$1,000,000	Products/Completed Operations
\$1,000,000	Personal & Advertising Injury
\$ 300,000	Fire Damage
\$ 50,000	Sexual Abuse (per Member)
Excluded	Medical Payments

COVERAGES

- ❖ Educator Professional Liability
- ❖ Participant Legal Liability for insured members
- ❖ Liability assumed under insured written contract
- ❖ Defense Cost outside limits

EXCLUSIONS

- ❖ The use of automobiles, buses, watercraft and aircraft
- ❖ Property of others in the care, custody, and control of the insured.
- ❖ This insurance does not apply to members that coach at an All-Star game that is not approved by your state coaches association.

CAMP INSURANCE

Today, most Coaches are involved in some type of sports camp. Please note that our General Liability Program follows insured members while working at camps and/or conducting their own personal camp.

In addition, Participant/Accident Coverage is required for coaches and/or participants. Should an accident occur during a camp, clinic or event, this secondary coverage helps offset the loss suffered by families affected by such accidents.

NEW PROCEDURE FOR CAMP INSURANCE

As a member benefit of your state coaches association, all members in good standing have a \$1,000,000 per occurrence General Liability policy limit that provides coverage for their coaching activities. In order to protect the General Liability policy from potential claims, the insurance company has mandated that all coaches must obtain signed waivers and provide Participant/Accident insurance for their participants.

In order to obtain a certificate of insurance showing proof of insurance or naming an additional insured, the following must be in place:

- ❖ **Waivers:** Signed waivers showing indemnification language
- ❖ **Participant/Accident Insurance:** You must have Participant/Accident coverage in place for all participants attending sports camps.

PURCHASE INSURANCE

- ❖ Camp Insurance Request form is available on our website: www.loomislapann.com

INSURANCE ADMINISTRATOR



www.loomislapann.com

(P) 800-566-6479 | (F) 518-792-3426

Greg Joly
Lori George
Karen Boller

gjoly@loomislapann.com
lgeorge@loomislapann.com
kboller@loomislapann.com

Disclaimer: This is an insurance overview for summary purposes only; for complete policy terms and conditions please refer to the NOCAD Master Policy.

Goal Posts

By Ron Stolski



It is not redundant to say that these are challenging times. Our schools are faced with the challenge of how to serve the students, faculty, and patrons of each of our communities guided by mandates and data that often change weekly, sometimes daily. The Fall season, absent football and volleyball, is affected by being certain we provide a safe environment, playing limited schedules and, sometimes, no fans in the stands. The dual challenge of dealing with the Covid and supporting social equity demand that we (a) comply with the science and (b) search our collective conscience as we support, provide and model equity of opportunity not only to those in our charge, but to the society in which we live.

Similarly it is not redundant to declare THAT KIDS NEED US NOW MORE THAN EVER. While we can agree that the pandemic has had a negative impact on society as a whole, experts agree that our school age students may be suffering the most. Let us then focus on what we can do rather than what we cannot. Dr. Michael Koester, chairperson of the NFHS Sports Medicine Advisory Committee, recently shared information from a University of Wisconsin research project that stated in part “ the study confirms that involvement in high school sports and activities is absolutely vital to the social, emotional and mental health of all high school students. We cannot solve all of the problems we face brought on by these unprecedented times, but coaches can connect, show students a caring attitude in their areas of passion, tie them to academic accountability, and give them a chance to lead and invest” He continues (paraphrasing) “coaches staying engaged with at risk student-athletes allows those kids to stay motivated to maintain academic eligibility. Coach-directed visual teaching and weight. room workouts provides an opportunity to exercise, which will also help decrease depression and anxiety risk as well as provide significant health benefits. We also believe coaches can consistently enforce public health messaging on the need for social distancing, wear masks, and stay out of crowds”

As coaches, we realize that in many cases we may be one of the most significant mentors in a young student’s life. It is paramount that we stay connected in every way we can by “working in the moment’ to offer an informed perspective as we keep our relationships intact and navigate and guide our athletes through these challenging times. The kids count on us. It is a challenge we must accept with vigor and professionalism. Our hope remains that we will be better through the sacrifice; that we will be more understanding, more compassionate, more forgiving, more grateful.

GOAL POSTS... continued on page 30

Have You Moved or Changed Your Email?



If you have moved recently, it is important that you log onto your MSHSCA profile and edit your mailing address. Having the correct mailing address prevents delay in you receiving your membership card and other correspondence.

It is equally important for us to have current email addresses as our webmaster will send notices and updates periodically. If you have a change, log into your MSHSCA profile and edit your email address. Remember that not only do we use this for mass e-mailings, but your email is also your login ID. You can change this anytime, just make sure to make a note of your current Login ID and password if you change them.

Life and Retired Members: If you have moved and are receiving Prep Coach in the mail, it is important that you notify us of your new mailing address. You can send your mailing information to my email at : bschumacher@mshsca.org or mail us at MSHSCA 16332 Deer View Road Park Rapids, MN 56470. Phone 218-732-0204.

MINNESOTA STATE HIGH SCHOOL COACHES ASSOCIATION, INC. Executive Committee Liaison Assignments 2020-2021

PAST PRESIDENT Terry Stadler	B/G Soccer G Swimming Robotics	B Swimming Wrestling	Baseball B Hockey
PRESIDENT Tom Critchley Jr.	Football Adapted Athletics	G Basketball Gymnastics	G/B Golf G Hockey
PRESIDENT ELECT Barry Wohler	B/G Cross Country G Tennis	Nordic Skiing Alpine Skiing	B Tennis B/G Track
VICE PRESIDENT Jennifer Roisum	Volleyball B Basketball	Synch. Swimming B/G Lacrosse	Softball Dance

These are the Board of Directors that are the liaison to your sport. Feel free to contact them with any questions. You will find their contact information on the website at www.mshsca.org and here in the Prep Coach.

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2019-2020 STATE CHAMPION TEAMS

	SCHOOL	COACH
GIRLS TRUE TEAM SWIMMING		
Class A	Visitation	Nate Linscheid
Class AA	Minnetonka	Dan Berve

GIRLS TENNIS		
Class A	The Blake School	Mike Ach
Class AA	Edina	Steve Paulsen

GIRLS SOCCER		
Class A	Mahtomedi	Dave Wald
Class AA	Maple Grove	Ben LeVahn

BOYS SOCCER		
Class A	Academy of Holy Angels	James See
Class AA	Edina	Dave Jenson

GIRLS CROSS COUNTRY		
Class A	Perham	Jeff Morris
Class AA	Edina	Matt Gabrielson

BOYS CROSS COUNTRY		
Class A	Perham	Jeff Morris
Class AA	Mounds View	Ross Fleming

VOLLEYBALL		
Class A	Minneota	Hayley Fruin
Class AA	Stewartville	John Dzubay
Class AAA	Wayzata	Scott Jackson

GIRLS SWIMMING MSHSL		
Class A	Visitation	Nate Linscheid
Class AA	Edina High School	Jeff Mace

ADAPTED SOCCER		
CI	East Ridge High School	Bruce Fiedler

FOOTBALL		
9 Man	Mountain Lake Area	Tim Kirk
1A	Blooming Prairie	Chad Gimbel
2A	Caledonia High School	Carl Fruechte
3A	Pierz High School	Dan Saehr
4A	Rocori	James Herberg
5A	Chaska	Bryan Dahl
6A	Wayzata	Lambert Brown

2019-2020 WINTER STATE CHAMPION TEAMS

	SCHOOL	COACH
ALPINE SKIING		
Girls	Lakeville North	Bob Boldus
Boys	Lakeville South	Wayne Hill

NORDIC SKIING		
Girls	St. Paul Highland Park	Brad Moening
Boys	Forest Lake	Ryan Wright

GYMNASTICS		
Class A True Team	Big Lake	Nicolette Collison
Class A MSHSL	Big Lake	Nicolette Collison
Class AA MSHSL	Lakeville North	TeriHoman

GIRLS HOCKEY		
Class A	Breck School	Steve Persian
Class AA	Andover	Melissa Volk

DANCE-High Kick		
Class A	Lac qui Parle Valley/Dawson Boyd	Lisa Johnson
Class AA	Sartell	Kelly McCarney
Class AAA	Eastview	Jenny Raiche

DANCE-Jazz		
Class A	Lac qui Parle Valley/Dawson Boyd	Lisa Johnson
Class AA	Totino Grace	Kristen Gagon
Class AAA	Eastview	Jenny Raiche

WRESTLING		
Class AA	Simley	Will Short

BOYS SWIMMING MSHSL		
Class A	Breck/Blake	Michelle Carlson
Class AA	Edina	Brian Wright
		Scott Johnson

BOYS SWIMMING TRUE TEAM		
Class A	Breck/Blake	Michelle Carlson
Class AA	Minnetonka	Brian Wright
		Kristen Phillips
		Robby Kendall

GIRLS BASKETBALL TOURNAMENT CANCELLED DUE TO COVID-19

BOYS HOCKEY		
Class A	Mahtomedi	Jeff Poeschl
Class AA	Hill-Murray	Bill Lechner

ADAPTED FLOOR HOCKEY TOURNAMENT CANCELLED DUE TO COVID-19

BOYS BASKETBALL TOURNAMENT CANCELLED DUE TO COVID-19

2019 SPRING SPORTS CHAMPIONSHIP TEAMS-TOURNAMENTS CANCELLED DUE TO COVID-1

**If you find sports/classes missing it is because the winner was not a member of the MSHSCA and/or State Tournaments were cancelled due to Covid-19 and Sports Associations did not name winners.*

“It’s not whether you get knocked down; it’s whether you get up.”

- Vince Lombardi



DISCOUNTS AND BENEFITS

Access exclusive discounts/
benefits for member
coaches of the Minnesota
Coaches Association.

There are thousands of products
and services available to you
exclusively through the National
High School Athletic Coaches
Association. Annual membership
paid by MSHSCA.

Discounts on travel,
insurance, office depot/office
max and others.

www.hscoachesbenefits.org/

ASSISTANT COACH DISTINGUISHED SERVICE AWARD

Dear Membership,

Do you know of an assistant coach who has made a significant contribution to your team and your sport? I'm sure many of you do; assistant coaches can play a vital role on a team and often spend as much time or more in direct contact with athletes and actual face-to-face coaching. A long-term assistant coach can also be a stabilizing backbone to a program when head coaches may come and go. The Minnesota State Coaches Association has decided that the recognition of these pivotal coaches should be recognized and an award has been created to do so. The Assistant Coach Distinguished Service Award will recognize assistant coaches who have coached for 20 or more years and have had a major impact on a program or sport. If you know of a specific coach that you feel is deserving, please go to the MSHSCA website and follow the instructions on the application form.

*“No excuses,
No explanations.
You don't win on emotion.
You win on execution.”*

- Tony Dungy

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MEMBERSHIP PERKS

S

- **SHERATON MINNEAPOLIS WEST** - Minnetonka - 800-325-3535 (upon availability)

H

- **MARIOTT MINNEAPOLIS WEST** - (Code MSHSCA)
Call Patrick Riley - 952-367-5082 (upon availability)

S

For Hotel rates, coaches should indicate membership in MSHSCA.

C

•••Advanced reservations required. All packages & promotions are based on availability. Please mention this promotion at the time of reservation. Offer void with any offers, discounts, groups or conventions.

A

REASONS WHY MSHSCA MEMBERSHIP IS BENEFICIAL

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

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

SCHOLARSHIP

The MSHSCA is proud to select not only 10 scholarship recipients this year to receive \$1000.00 each, but twelve as we were awarded the Balfour Scholarship at our National Convention in California this past winter. Balfour is the ring company of NOCAD which is our National Coaches

Organization. We are honored to receive this additional scholarship money that could be passed onto two additional Minnesota high school student-athletes. Congratulations to the MSHSCA Scholarship winners for 2020.



BEN MCLACHLAN

Dear MSHSCA,

I am sincerely honored to be selected as a recipient of this scholarship. Thank you for your generosity, which will allow me to further my education at the University of Minnesota. As I start down my journey to earning my undergraduate and eventually a law degree, I know I will have the support of the MSHSCA.

Thank you,



CAYDEN BOTTEN

MSHSCA Members,

I am writing this letter to thank the MSHSCA for the honor of receiving the Kathy Frederickson Scholarship. Sports have always been such an important aspect of my life, and I know that they will continue to have an impact throughout my college career as well. I am beyond blessed to be accepting this money from the MSHSCA and it will be a massive benefit to me in my future. I plan to use this money to offset the expense of continuing my education and basketball career at St. Olaf. Specifically, I plan to use this money to purchase books and pay for a portion of my tuition. Once again, I could not be more thankful and appreciative for being chosen to receive this scholarship.



GRACE HEYING

Dear MSHSCA Scholarship Committee,

Thank you for choosing me for the Betsy Farness scholarship. I am extremely grateful to be the

recipient of this scholarship. Sports have played a crucial role in my life and I am honored to receive this monetary award. I will represent it well. This scholarship will be very helpful in allowing me to pursue my dreams and it will not be wasted. Through my future endeavors, I will continue to support athletics and give back so future athletes can have the opportunity to learn and grow through sports. Thank you, again.



MAKAYLA-SNOW

Dear MSHSCA,

I am writing to thank you for your generous Balfour scholarship. These past couple weeks have been hard. Coping with the loss of your senior year is never easy. When I received this letter in the mail today, saying I was selected as a recipient for this scholarship, it made everything a little easier to take. I will be majoring in biology in hopes of one day becoming a nurse. Thank you for giving me the ability to continue my education and volleyball career at Northern State University.

THANK YOU'S



COLTON BAUMGARTEN

Dear MSHSCA Members,

I would humbly like to thank the MSHSCA Scholarship Committee for choosing me for the Howard E. Emerson scholarship for 2020. Having a number of coaches in my family has allowed me to see the amount of giving that all coaches do throughout their lives and this scholarship is another example of that spirit. I will be attending the College of St. Scholastica next fall and playing football. The Physician Assistant/Pre-Medicine track will be my intended major. This scholarship is much appreciated as the cost of this program is substantial but worth the opportunity to assist others in the future. I promise to do my best to be successful in my field. Thank you again!



CADEN BORMANN

Dear MSHSCA,

Thank you so much for the Balfour scholarship. I am grateful that I was selected as a recipient of a scholarship from the MSHSCA. I am looking forward to furthering my education at the University of Minnesota thanks in part to this scholarship.



DAWSON MILLER

Dear MSHSCA,

Thank you so much for the amazing scholarship! The money is greatly appreciated since college tuition is so expensive. I will surely put this to use as I pursue a career in Dentistry while also continuing my basketball career at The College of Saint Scholastica. Thank You!



KARLEY MOTSCHENBACHER

Dear Minnesota State High School Coaches Association,

I am honored that you have chosen me to receive the Val Teichroew scholarship. Title IX has given me the opportunity to play three sports in high school, and I will forever be grateful for Val's dedication and commitment towards female athletics. My grandma was a volleyball and basketball coach in Minnesota and has always been an advocate for Title IX, so this award was especially meaningful for my family. I will use this gift of money to further my education and basketball career at Minnesota State University Moorhead while pursuing a degree in Business. Again, I want to express my highest gratitude to the MSHSCA Committee for selecting me as the scholarship recipient and my thanks to Val Teichroew for changing the lives of all female athletes in Minnesota.

SCHOLARSHIP THANK YOUS



IZABELLA STENDER

Dear MSHSCA,

Thank you for the scholarship! I will be using it towards my education at St. Kate's where I will be on the golf team, and pursuing a major that I have not decided on yet.



MATT WILLIAMS

Dear Minnesota State High School Coaches Association,

Thank you for considering me for the Past Presidents scholarship. I plan on using it to help pay for my education at the University of Minnesota-Duluth where I will be going into elementary education. I will use the things I've learned through my various sports over the years to help shape me and the ones around me into better students as well as people. Thank you again for selecting me for this scholarship.



AIDEN STALOCH

Dear MSHSCA,

Thank you so much for choosing me to receive the Darien DeRocher scholarship. I am extremely grateful, and I promise I will work hard to represent this scholarship and the MSHSCA well. While these times aren't easy, especially being a senior, I am appreciative of such an amazing high school experience. I am excited for the next chapter. Thanks again for investing in me and my future.



NATHAN TREWICK

Thank you to the MCHSCA for this recognition. I am honored to receive the John and Mary Erickson Scholarship. I am grateful to be mentioned in a scholarship in their names after reading of their leadership in shaping Minnesota athletics. Moving forward, I hope to continue to live up to the standards of the scholarship by putting others before myself and working hard, as John and Mary Erickson did.

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SPRING TEAM ACADEMICS

BOYS TRACK GOLD

Academy of Holy Angels
annandale
Bagley/Fosston Co-op
Becker High School
Blue Earth Area
Brainerd High School
Breck Track and Field
Buffalo High School
Dilworth-Glyndon-Felton
East Grand Forks Senior High
School
Eastview
Eden Prairie High School
Edina
Frazee High School
Glencoe-Silver Lake
Holy Family Catholic H.S.
Howard Lake-Waverly-
Winsted
La Crescent-Hokah
Lac Qui Parle Valley/Dawson-
Boyd
Lakeville North
LCWM-Nicollet
Mankato Loyola/
Cleveland
Mesabi East
Minnesota Valley Lutheran
High School
Minnewaska Area
New Prague
North Branch Area High
School
Northfield High School
Northwest Nighthawks
Osakis

Owatonna High School
Park-Cottage Grove
Parkers Prairie
Pequot Lakes
Pine Island
Princeton High School
Proctor
Rochester Century
Rochester John Marshall
Rochester Lourdes
Rockford
Rocori
Saint Cloud Apollo Senior High
School
Sauk Rapids-Rice
Sibley East
Thief River Falls
Tri-City United
Two Harbors
Wayzata High School
Willmar
Worthington High School
Zimmerman High School

SILVER

BOLD/BLHS
Maple Lake
Milaca High School
Monticello
New Ulm High School
Northome/Kelliher/
Blackduck
Roseau
Saint Paul Highland Park
United North Central
Wadena-Deer Creek

GIRLS TRACK GOLD

Academy of Holy Angels
annandale
Austin High School
Bagley/Fosston Co-op
Barnesville High School
Becker High School
Blue Earth Area
BOLD/BLHS
Braham Bombers
Brainerd Warriors
Breck Track and Field
Buffalo High School
Byron
Cannon Falls
Crookston High School
Detroit Lakes
Eagan
East Grand Forks Senior High
Foley
Frazee High School
Glencoe-Silver Lake
Holdinford Huskers
Holy Family Catholic H.S.
Howard Lake-Waverly-
Winsted
La Crescent-Hokah
Lakeville North
LCWM-Nicollet
Long Prairie-Grey Eagle
Austin Lyle Pacelli
Mankato East
Mankato Loyola/Cleveland
Maple Lake
Mesabi East
Milaca High School
Minnesota Valley Lutheran
High School

Minnetonka
Minnewaska Area Track &
Field
Monticello
New Ulm High School
North Branch Track
Northfield Girls Track and Field
Northome/Kelliher/Blackduck
Northwest Nighthawks
Osakis
Pequot Lakes
Pine Island
Princeton High School
Rochester Lourdes
Rockford Track and Field
ROCORI
Roseau
Roseville Area
Saint Cloud Apollo Senior High
School
Sauk Rapids-Rice
Sibley East
St. Paul Highland Park
Stewartville High School
Thief River Falls Prowlers
st croix lutheran
Two Harbors
United North Central
Wadena-Deer Creek
Wayzata High School Track and
Field
Willmar
Worthington High School
Zimmerman High School

SILVER

Park Cottage Grove
Parkers Prairie

FAST TRACKS

Robb Lageson

Quite a strange year. The Pandemic has made for many new challenges. How do we do our normal activities and keep each other safe? Distance Learning is not easy for anyone. It is a struggle to figure out how to make life more normal.

Any challenge also provides opportunities for growth and change. We are all in this together and it is really an opportunity for us to be teammates. To look out for one another, and work toward common goals. As Nordic Coaches, we are used to making the best of what we get. Our sport has so many variables that we have to be resilient and resourceful. It is never going to be perfect, and sometimes you just have to go out and race on the wax you have. Working to make the best out of imperfect is good practice.

The Pandemic has added another variable to the Nordic Skiing. How do we keep our athletes safe and still allow them to train and race. We won't just have to worry about whether there

will be snow. We should be able to have a reasonably normal ski season, if we plan carefully. We can probably structure practice and racing to protect team members and competitors. Locker Rooms and Transportation are currently my big concerns. I will probably have to hold separate Varsity and Junior Varsity practices to keep numbers low enough to practice social distancing.

One advantage is that our sport is somewhat solitary. We train and race outside. Most of the time there are not crowds of spectators. I think we can make this work. Our Spring Meeting was cancelled. Our Fall Meeting will likely be virtual. No specific plans yet.

Issues we will be considering include:

Covid 19 protections, Preparing for State Meet changes next year, Adaptive Factor Timing, State Meet Timing, Finding a new President, just to name a few. We are good at making do with what we get. We embrace the variability of conditions. We enjoy those challenges. They make our sport interesting. But we can get grumpy about challenges too. We are all in this together, let's work to make it work.



Brett Kosidowski
Minnesota Adapted Coaches
Association President

What a strange year this has been, and with the cancellation of our Spring Adapted Athletics season, it was of certain importance for the MAAA board to try and gain a semblance of a season for our adapted soccer athletes.

The MAAA Board came together over the summer to hire our Executive Secretary, and decide who would best fill this role. After a lengthy process, Marcus Onsum was chosen as the best candidate to fill the position. Marcus entered this role, temporarily, over the last school year, while the position was posted and waiting to be filled by the MSHSL. Marcus brings many years of experience and a true love of adapted athletics with him to the position, and we look forward to making our MAAA program even better.

This fall, the MAAA board, alongside our Executive Secretary, met with the MSHSL Executive Director to decide what the best route would be for the adapted soccer season. We came to the conclusion that a non competitive, training season, was the best

decision for all programs, with the ability for coaches to work with their programs and athletes over a five week period from September 21 – October 23. Students will be allowed to practice/train with their coaches for a total not to exceed eight practices. Although we truly are missing the ability to get out there and play against our conference friends, the board decided that it was more important to ensure the safety of our staff and students at this time. Please continue to support our adapted athletics programs and continue to attend the meetings each season with your fellow colleagues. More information about the upcoming year will be made available as it is presented to the MAAA board, so please stay tuned. Please be well, and stay safe. We will get through these times together, and I hope to rekindle our coaching friendships and comradery on a court sometime soon!

*“Today, do what others won’t,
so tomorrow you can accomplish what others can’t.”*

- Simone Biles, Gymnast

COACHES!

DO YOU KNOW WHERE YOUR
ACADEMIC PLAQUES ARE DISPLAYED?
LET’S MAKE SURE YOUR ATHLETES ARE
HONORED & VISITORS,
TO YOUR SCHOOL, KNOW IT!



Your school will receive a plate for each team that has qualified.

Your AD should be alert to envelopes with the return address of [Trophies Plus Awards](#) they will contain additional plates. An additional plaque is sent when our records show that your school has received 24 plates. MSHSCA will provide up to 3 plaques per school.

Thank you for your help with this program to recognize your athletes.

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2019- 2020 Coach of the Year

SEASON SCHOOL HEAD COACH

FALL STATE CHAMPION TEAMS

GIRLS TENNIS

Class A Blake School Mike Ach
Class AA Edina Steve Paulsen

GIRLS SOCCER

Class A Alexandria Tom Roos
Class AA Hastings High School - Scott Meier

BOYS SOCCER

Class A Hill-Murray Jeff Zupfer
Class AA Eastview High School Scott Gustafson

GIRLS CROSS COUNTRY

Class A Lake City High School Howie Cook
Class AA Alexandria Area High School -
Travis Hochhalter

BOYS CROSS COUNTRY

Class A West Central Area John Van Kempen
Class AA Mounds View Ross Fleming

VOLLEYBALL

Class A Minneota Hayley Fruin
Class AA Stewartville John Dzubay
Class AAA Wayzata Scott Jackson

GIRLS SWIMMING MSHSL

Class A Hutchinson Rory Fairbanks
Class AA Edina Jeff Mace

ADAPTED SOCCER

CI South Washington Bruce Fiedler

FOOTBALL Blooming Prairie Chad Gimbel

WINTER STATE CHAMPION TEAMS

GYMNASTICS

Class A Big Lake Nikki Dilbert Collison
Class AA Edina Krysta Delong

GIRLS HOCKEY

Class A Cloquet-Esko-Carlton Lumberjacks
Courtney Olin

DANCE

Class A Holy Family Catholic High School
Megan Wieseler
Class AA Austin Kayla Sellers
Class AAA Eastview Jenny Raiche

WRESTLING Simley William Short

BOYS SWIMMING MSHSL

Class A Winona Chris Mayer
Class AA Brainerd John Zemke

GIRLS BASKETBALL

Class A Cromwell-Wright Jeff Gronner
Class AA Duluth Marshall Chibuzo Osuchukwu
Class AAA Becker High School - Dan Baird
Class AAAA Farmington High School
Liz Carpentier

BOYS HOCKEY

Class A Warroad Jay Hardwick
Class AA Grand Rapids Wade Chiodo

BOYS BASKETBALL

Class A Henning High School Randy Misegades
Class AA Caledonia Warriors Brad King
Class AAA Richfield High School Omar McMillan
Class AAAA Eden Prairie David Flom

ADAPTED BOWLING

No one named due to Covid-19

SPRING SPORTS CHAMPIONSHIP TEAMS-

No coaches selected due to Covid-19

**If you find sports/classes missing it is because the winner was not a member of the MSHSCA and/or State Tournaments were cancelled due to Covid-19 and Sports Associations did not name winners.*

***“Here’s how I’m going to
beat you. I’m going to
outwork you. That’s it.
That’s all there is to it.”***

- Pat Summitt





Minnesota State High School Coaches Association
**Assistant Coach Distinguished
 Service Award**

**Criteria:**

- The individual should have been a high school Assistant Coach for at least 20 years.
- As of 2020-21 season, nominees must be a member of the association. Anyone who has retired previous to the 2020-21 season may still be eligible regardless of their membership status.
- Nominations may be made by individual coaches, or sport associations.

Nominee:

Name _____

Address _____

City _____ State _____ Zip _____

Phone _____

Member of the association _____ yes _____ no

Please include the following information in your email or attached to a separate piece of paper if mailing:

School(s), years and which sports that the nominee has served as an assistant coach.

Additional bio information that supports the nominee for the Assistant Coach Distinguished Service Award.

Nominating Person _____

Address _____

City _____ State _____ Zip _____

Phone _____

Email Completed applications to: Nathan Youngs at: Nathan.Youngs@dc.k12.mn.us
 or **Mail completed applications to :** Nathan Youngs 7906 Braddock Ave NE Monticello, MN 55362

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MINNESOTA COLLEGES & UNIVERSITIES THAT HONOR MSHSCA MEMBERSHIP CARDS

The importance of a close working relationship between college and university coaches and high school coaches in Minnesota remains obvious as institutions of higher learning have opted to continue with the Associate Membership Package offered by the MSHSCA during the 2020-2021 school year.

As part of the arrangement, college coaches can use the MSHSCA membership card to obtain admission to high school events and in turn the high school coach can use the card to attend college most college games. Restrictions apply for college and high school playoff and post season tournament games.

- Anoka Ramsey Community College (Coon Rapids MN)
- Augsburg College (Minneapolis MN)
- Bemidji State University (Bemidji MN)
- Complimentary passes are not available for Division I Hockey
- Bethany Lutheran College (Mankato MN)
- Bethel University (St Paul MN)
- Carleton College (Northfield MN)
- Central Lakes College (Brainerd MN)
- College of St. Scholastica
- College of St. Benedict
- Concordia College (Moorhead MN)
- Concordia University (St Paul MN)
- MN State Comm. & Tech College (Fergus Falls MN)
- Gustavus Adolphus College (St Peter MN)
- Hamline University (St Paul MN)
- Hibbing Community College (Hibbing MN)
- Macalester College (St. Paul MN)
- Martin Luther College (New Ulm MN)
- Mesabi Community College (Virginia MN)
- Minnesota State University Mankato (Mankato, MN) (Call ahead for DL Hockey)
- Minnesota State University (Moorhead, MN)
- MN West Technical and Community College (Worthington MN)
- North Central University (Minneapolis MN)
- University of Northwestern (St Paul MN)
- Ridgewater Community College (Willmar MN)
- Rochester Community College (Rochester MN)
- Southwest MN State University (Marshall MN)
- St Catherine's University (St Paul MN)
- St Cloud State University (St Cloud MN)
- St Cloud Tech College (St Cloud MN)
- St John's University (Collegeville MN)
- St Mary's University (Winona)
- St Olaf College (Northfield MN)
- U of MN - Duluth * (Duluth MN)
Men's Hockey on Availability
- University of Minnesota - Crookston (Crookston MN)
- University of Minnesota - Morris (Morris MN)
- University of Minnesota (Twin Cities MN) -
* Women's Basketball Games Only
- University of St Thomas (St Paul MN)
- University of Wisc-River Falls

Another example of the MSHSCA at work for the membership!

- *1. MSHSCA Complimentary passes may not be available for all games.
2. MSHSCA Complimentary passes are not available for post season/play off games.
3. MSHSCA Card must be presented in person by the card holder along with a photo I.D.at the UMD ticket window.
4. Additional tickets can be purchased to accompany your complimentary admission. You must notify the UMD ticket office of your desire to purchase at the time you call for your complimentary admission.
5. UMD reserves the right to deny complimentary admissions at their discretion for any reason.
6. The number to call for UMD tickets is 218-726-8595 by 4:00 the Thursday before a weekend event or by 2:00 the day of a weekday event.
7. Complimentary passes are not available for Division I Hockey at Bemidji.



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Chenille, Certificates, Medals, Ribbons, Trophies,
Plaques. All customized in your school needs*

800-397-9993

Website: www.trophiesplus.com

Email: trophyman@trophiesplus.com

**Awards Supplier for the MSHSL State, Section
and Subsection awards.**

Sponsor for the Coaches for Cancer program.

And "Proud Sponsor of Coaches Caring"

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Check us out - Lowest prices in the USA!

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

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

2019- 2020 Assistant Coaches of the Year

SEASON SCHOOL ASSISTANT COACH

FALL STATE CHAMPION TEAMS

GIRLS TENNIS

Class A	Litchfield High School - Bill Huhner
Class AA	Mounds View High School Becky Johnson

GIRLS SOCCER

Class A	Kasson-Mantorville Brenna Collins
Class AA	Lakeville South Toni Meyer

GIRLS/BOYS CROSS COUNTRY

Class A	Luverne High School Jodi Nelson
Class AA	Mounds View Aaron Thompson

VOLLEYBALL

Class A	Belgrade-Brooten-Elrosa Schools Alanna Hunter
Class AA	Cannon Falls High School Jaime Winchell
Class AAA	Brainerd High School Nathan Eckman

GIRLS/BOYS SWIMMING MSHSL

Visitation	Meghan Kemma
Wayzata	Mike Yasis

ADAPTED SOCCER

CI	South Washington Jeff Figlmiller
----	----------------------------------

FOOTBALL	Brainerd High School Aron Anderson
----------	------------------------------------

WINTER STATE CHAMPION TEAMS

GYMNASTICS

Class A	Chisago Lakes High School Ed Wakefield
Class AA	New Praque High School Doug Amundsen

GIRLS HOCKEY

Class A	Cloquet-Esko-Carlton - Dave Esse
Class AA	Apple Valley Rob Walsh

DANCE

Class A	Holy Family Catholic - Angie Scott
Class AA	Totino-Grace Angee Forte
Class AAA	Chaska Tara Lindemeier

GIRLS BASKETBALL

Class A	Cromwell-Wright Dave Foster
Class AA	Perham High School Michelle Bormann
Class AAA	Becker High School Dominic Squires
Class AAAA	Hopkins High School Mike Contreras

BOYS HOCKEY

Class A Co-winners	South St. Paul Paul Moen
	Pine City Brent Westbrook
Class AA	Blake Jay Philips

BOYS BASKETBALL

Lakeville North High School	Mark Haddorff
Minneapolis North	Pete Johnson
Minewaska	Darin Johnson
Princeton	Dillon Naumann
St. Francis	Matt Norton
Delano High School	Jason Monke
Minnehaha Academy	Chandler Sentell
Lancaster High School	Steven Sjostrand
Osakis	Lee VanNyhuis
Cretin-Derham Hall	Tony Yazbeck

ADAPTED BOWLING

NO ONE NAMED DUE TO COVID 19
SPRING SPORTS CHAMPIONSHIP TEAMS-NO
COACHES SELECTED THIS YEAR FOR SPRING DUE
TO COVID 19 -

**If you find sports/classes missing it is because the winner was not a member of the MSHSCA and/or State Tournaments were cancelled due to Covid-19 and Sports Associations did not name winners.*

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

- Lou Holtz

... continued on page 34

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GIRLS HOCKEY "SNAP SHOTS"



Welcome to the return to school under the new "normal". It has been an interesting summer with all of the Covid precautions, event cancellations and all of the other obstacles that were presented to all of us in the everyday events we took for granted prior to last March. Needless to say, the current political and social conditions have caused our coaches association to change how we do business and in some cases cancelled events that we have administered for many years.



PREMIER PREP LEAGUE



Interestingly, our interest in the Premier Prep League was at an all-time high as we had record numbers for our tryouts and actually increased the total number of league teams from twelve to fourteen teams. Currently there are 280 high school players who are registered to play in the league. Covid Guidelines as instructed by the MN Hockey, the Minnesota Ice Arena Managers Association and other

state of Minnesota rules will be strictly enforced to keep all our players safe as they participate in a sport they love. More information about the league, rosters and schedules can be found at <https://www.mghca.com/page/show/4246868-premier-prep-league>.

Please contact Robert Sherry at Robert.Sherry@stpha.org for more info about the Premier Prep League.

NEWSLETTER REGISTRATION

In an effort to keep coaches, players, and fans informed regarding MGHCA events and awards, we are hoping all will register for our newsletter at the link below. It's quick and easy to register.

Go to this link to register:

<https://mghca1.sportngin.com/register/form/078850663>

FALL CLINIC

Due to restrictions with the number of people we can have in one location right now and stay within social distancing guidelines, the MGHCA Fall Clinic for 2020 has been cancelled. This event has been one where our membership has the opportunity to get together and discuss issues related to high school hockey. It is our hope that we can provide some online training materials as a way of keeping our membership up to date with current issues and training techniques.

MGHCA Hall Of Fame and Awards Banquet

Again, due to social distancing considerations, the MGHCA HOF & Awards Banquet has been postponed until a time we can accommodate our guests and provide a meaningful experience for all our award recipients and their friends and family. It is however our privilege to announce three of our current Hall of Fame recipients. The MGHCA has selected to date Barb Halbrehder, Bill Halbrehder and Tom Kulenkamp to join the MGHCA Hall of Fame. Their bios will be become available on the MGHCA website in the very near future. Other award recipients will also be identified on the website. The girls coaches association will also be introducing a couple of new awards that will be presented during the banquet when we are able to gather and celebrate with everyone.

Submitted by Tim Morris, Executive Director, MGHCA
www.MGHCA.com

Execdirector.MGHCA@outlook.com

COACHES CARING PROGRAM

Do you know of a Minnesota high school coach who is facing a catastrophe and could use some financial assistance? You can nominate a coach for a \$100.00 Coaches Caring assistance donation by emailing your nomination to Rick Ringeisen at rringerr@aol.com

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

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

Trophies Plus is now helping to sponsor the Coaches Caring Program to help keep it sustainable.

Trophies Plus - Sponsor of Coaches Caring

LIFE MEMBERSHIPS

Dear Coaches;

Have you coached 25 years? Have you been a member of the MSHSCA 8 out of the last 10 years? Are you a Life Member yet?

If you meet the criteria above, we highly suggest that you download the Life Member Application and put your name in today. Once you have completed the Life Membership Process you are a Life Member of our organization for life!!! If you continue to coach, you save yourself \$20.00 a year on your MSHSCA membership, you will be recognized at the Hall of Fame Banquet when you are approved. As a Life Member who is actively coaching will get liability insurance and can receive post season awards and your team(s) can qualify for Academic Awards and a laminated Life Member card that gets you into events. When you retire completely from coaching, you still will be able to attend high school and college sports events as your Life Card gives you free admission forever! Want to stay connected and support the MSHSCA and your sports associations after retirement from coaching? For only \$5.00 a year you can continue to register as a Retired Life Member and then you'll receive correspondence from us through email blasts, voting rights and support your desired sports associations (additional fees apply.) The \$5.00 helps defray the cost of our website and Prep Coach publications.

The reason I am writing this letter is because we have had some coaches that retired maybe 5 years ago and now they want to become a Life Member, but they don't meet the criteria. (A member of the MSHSCA the last 8 out of 10 years). It's heartbreaking to have to deny them. Don't miss the opportunity to stay connected the rest of your life whether you're coaching or not. You served your athletes well throughout your 25 years, you deserve this honor.

Once you reach 25 years of coaching, please take the time to become a Life Member. Applications must be received by May 15th each year in order to be considered for approval at the Board of Directors June meeting. Members approved for Life Membership only happens once a year. Send your application now so you don't forget! Applications are available on our website at www.mshsca.org.

GOAL POSTS ... continued from page 16

To that end, we remain optimistic and continue to plan on a Spring that allows our players a season and the MFCA to conduct the programs and functions that educate, promote, enhance and recognize the efforts and achievements of the players, coaches and teams of the Keepers of the Game. Currently, plans are ongoing for a Sr. Combine this Fall and a Clinic, Awards banquet, Scholarships, Spring Combine, Mr. Football Showcase, et all in the Spring. For now, Stay focused, stay positive, accept the challenge of leadership that you have earned

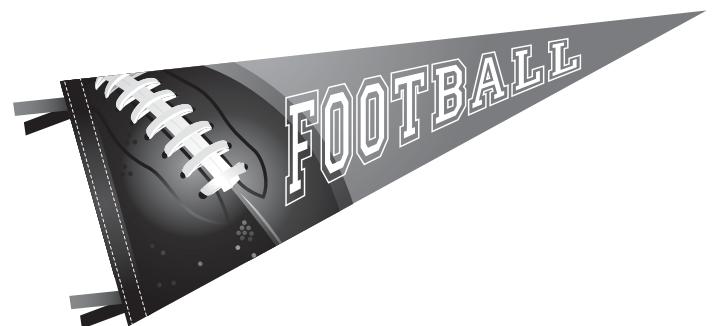
2020 - 25 YEAR LIFE MEMBERSHIP CLUB

Robert Asuma
 Tony Barnack
 Mike Beilke
 Thomas Boone
 Patrick Burmeister
 Darby Carlson
 Bill Christianson
 Tom Demars
 Mike Diggins
 Paul Dunn
 Bill Frame
 Bruce Fuhrman
 Todd Glass
 Liesa Hanson
 Joel Herder
 Doug Hicks
 Craig Johnshoy
 Dave "DJ" Johnson
 Ted Kern
 Heidi Kuechle
 Mark Leigh
 Jon Lillquist

Roger Lindahl
 Doug Linton
 Jeffrey Loe
 Ben Lofgren
 Bill Martell
 Arly Ohm
 Todd Olson
 Tom Orth
 Wendy Owens
 Jayson Pautzke
 Tom Quiram
 Chad Rolandson
 Dave Rund
 Jim Scott
 Delles Solie
 David Taus
 Al Wachutka
 Bill Weiss
 Bruce Woitas

*“Just Play.
 Have Fun.
 Enjoy the Game.”*

- Michael Jordan



ACADEMICS... continued on page 32

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HOOP SCOOP



Brad Strand

Fergus Falls, HS

2020-2022 MGBCA President

Summer is winding down and some Fall sports are in full swing but as you are all aware, the return to school/sports in September 2020 is going to be unlike any year any of us have ever experienced previously! The teaching assignments many of us have in addition to our coaching duties are going to be extremely challenging this year. Hopefully, each of you has had a chance to recharge your batteries this summer as we keep our fingers crossed that we will be allowed to have our girls' basketball season this winter!

I am excited to serve as the President of the MGBCA and once again I would like to thank Liz Carpentier (Farmington) for her leadership & dedication the past two years. We are very fortunate to have an outstanding group of leaders in our association; Carl Pierson (Waconia) is our Executive Director, Leah Dasovich (Minnetonka) is our President-Elect and Mark Cook (Maple Grove) is our Public Relations Director. In addition, Scott Bergmann (Sauk Centre) and Bill Gottenberg (Hawley) are our Fall Clinic Directors; Pat Barrett is our MSHSL Liaison and Miss Basketball Chairperson; Rich Uttech (Granada-Huntley) and Pat Barrett head our Hall of Fame Committee. Our All-Star Committee lead is Michelle Goodman. Thank you to our section reps and those of you who also commit your time in assisting on the various committees. Please consider volunteering to assist with any of the opportunities that arise during the season including the state tournament.

As of the time that I am typing this article, our 42nd Annual Fall Coaching Clinic is very much in limbo due to the COVID restrictions. Scott & Bill worked very hard to have an unbelievable line-up of presenters highlighted by Geno Auriemma from the University of Connecticut. We are hoping to be able to have a virtual clinic experience this Fall connected with the MBCA as we will not be allowed on the campus of St. Thomas in October. We will get this information out to each of you through the sections reps when we know more.

We would like to welcome all the new high school basketball coaches who are taking over a program this season and have the opportunity to positively impact student-athletes. It can sometimes be a thankless job, and requires energy and sacrifice, but know it is one of the most rewarding jobs out there. And we have a number of excellent mentors within our association so please reach out as needed.

Please visit our website: www.mshsca.org/girlsbasketball. It provides all the information for the Association leadership including your Section Representative. You will also find all the forms and deadlines for Ms. Basketball, All-Star, and All-State, Academic All-State, Section Academic Championships and Hall of Fame. The Association membership form is also accessible from the website. I would STRONGLY encourage each head coach and each member of your coaching staff to become members. There are many benefits to the membership

for you as an individual and for your programs. In order for your players to be eligible for any of the awards that the association sponsors, the head coach must be a member of the girls' basketball association. You can register online and it is easy and quick to complete. Our organization will have a significant financial loss this year by not having our typical Clinic so the membership will be even more important to help maintain what has been done in the past for our members and their players.

The beginning of our 2020-2021 season is not far away so best of luck to all of you and your teams this year. Always keep in mind that sports are a vital vehicle for teaching life lessons and values, and they are the ideal platform for teaching to win gracefully and to lose graciously.

NHSACA TO RECOGNIZE MINNESOTA COACHES AT NATIONAL CONVENTION

The NHSACA convention was scheduled to take place at the end of June in Lincoln, Nebraska. But like many events of this kind, the situation across our country with Covid-19 caused the National Board of Directors to cancel this year's banquet. We are excited though that the individuals to be recognized this year will be carried forward to next year.

We are proud to announce two individuals from Minnesota will be inducted into the NHSACA Hall of Fame. Congratulations to Franz Boelter-Bethlehem Academy School in Volleyball and Basketball and Steve Paulsen-Edina-Tennis.

Four Minnesota Coaches are in the running for the National Coaches of the Year award in their respective sports. These individuals were nominated by their sports association, completed an application form and were selected as finalists from all applicants from across the nation. This selection was based on longevity, service to high school athletics, honors, championship years, and winning percentage. The nominees and finalists are evaluated by experts in the field of coaching using sport-specific rubrics to assign points in each category. The National High School Athletic Coaches Association is the oldest coaches association formed by coaches, for coaches in the nation, and has been recognizing national coaches of the year since 1978. The NHSACA Finalists for Coach of the Year from Minnesota are:

- **Craig Anderson**-Pine Island-Baseball,
- **Ross Flemming**-Mounds View-Boys Cross Country,
- **Jeff Mace**-Edina-Swimming and Diving and
- **Bill Vance**-Totino Grace-Soccer.

We wish you the best of luck. Next year's banquet will be held in Lincoln, Nebraska. Dates are to be announced.

The MSHSCA is proud of our coaches representing Minnesota and they are well deserving of these great honors.



HALL OF FAME NOMINEES TO BE CELEBRATED IN 2020

Below would of been the 2020 HOF and Special Awards Honorees but due to the MSHSCA Hall of Fame Banquet being cancelled this year, these individuals will be brought forward and honored at our 2021 banquet to be held Oct. 9, 2021.

HALL OF FAMMER WINNERS

Kent Viesselman	Wells-Easton & USC/AC
Floyd Smaller	Central High School St. Paul
David Maras	Brainerd High School
Steve Hangartner	Watertown-Mayer
Michael Jacobs	Marshall
Susan Alstrom	Buffalo Lake-Hector-Stewart

GEORGE HAUN AWARD

Mark Solberg	Cambridge-Isanti
--------------	------------------

STEVE KERZIE AWARD

Keith Randa

DISTINGUISHED SERVICE AWARD-OFFICIALS

Roger Cota
Bob O'Hara
Deb Sutor
Darrel Monson

DISTINGUISHED SERVICE AWARD- ASSISTANT COACHES

Neil Tesdahl	Crosby Ironton
Tim Utt	Duluth Denfeld

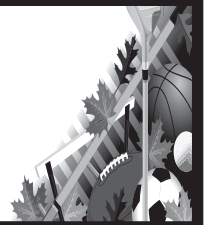
BRAVE → LIKE GABE

*“Do you know what my
favorite part of the game is?
The opportunity to play.”*

- Mike Singletary

MSHSCA EMAIL CHANGE:

Contact: John & Bernie Schumacher at
jschumacher@mshsca.org



2020-2021 SPORTS ASSOCIATION CLINICS

DATE	SPORT	LOCATION
Oct. 9-10th, 2020	Girls Hockey	TBA
Oct. 2020	Gymnastics - shelly.eklund@district196.org	CANCELED
Oct 23, 2020	Girls BB - scott_bergman@isd743.k12.mn.us	CANCELED
Oct. 23-24th, 2020	Boys Hockey - mikejmacmillian@hotmail.com	CANCELED-MORE INFO TO FOLLOW
Oct. 30-31, 2020	Boys BB - Tom Critchley Sr. - hctirc@earthlink.net	Mpls, Hyatt Regency
Oct. 31, 2020	Wrestling - kip.lynk@gmail.com	Virtual
Nov 20-21st, 2020	Baseball	TBA
Dec. 1, 2020	Robotics- Alex Jurek ajurek@isd726.org	St. Cloud State (Atwood Memorial Center).
January 21-23rd, 2021	Track	Double Tree, Bloomington
Feb. 2021	Softball - shelly.hotzler@jccschools.com	Target Field
Feb 2021	Tennis- Rick Engelstad - rengelstad@isd578.org	Fred Wells Center, St Paul
March 2021	Football - Ron Stolski - stolski@yahoo.com	Double Tree, St. Louis Park
April 2021	Swimming and Diving	Marriott NW Mpls-Brooklyn Park
July 2021	Volleyball Clinic-bpulju@sebeka.k12.mn.us	Sauk Rapids High School
Aug. 2021	Cross Country-jhnelson@rwps.org	Twin Cities Orthopedics Vikings Complex
Aug 2021	Soccer -gruba23@gmail.com	National Sports Center Blaine

**Minnesota State
High School
Coaches
Association
HALL OF FAME**

**CRITERIA FOR THE
SELECTION OF
CANDIDATES**

1. Individuals selected as nominees must have shown a deep sense of responsibility in the manner in which they conducted themselves as coaches, and demonstrated a dedication to the highest ideals of competitive interscholastic athletics.
2. Of equal importance is the manner in which they conducted their programs, that they be most beneficial to their players, their schools, and their communities, always reflecting a positive image of interscholastic athletics and/or coaches.
3. They shall have demonstrated the characteristics of leadership, the ability to motivate and inspire, and to guide and counsel young athletes.

**ELIGIBILITY
REQUIREMENTS**

1. Nominees must have been active in coaching and/or athletic administration for a minimum of 25 years.
2. Nominees must be a life member of the MSHSCA.

Minnesota State High School Coaches Association
HALL OF FAME NOMINATING FORM



SEND NOMINATIONS TO: John and Bernie Schumacher 16332 Deer View Road
Park Rapids, MN 56470 Email: jschumacher@mshsca.org

Name _____ Phone _____
Address: _____ City _____ Zip _____
Phone Number: _____ Email: _____
Birth Date _____ Marital Status _____ Deceased _____
Spouse's Name _____ Children's names and ages _____

Nominating Person or Group _____
Rationale for Nomination _____

Personal History: Hometown _____
College/s _____ Year _____

College Honors: _____
Coaching History: (Sports, schools & years) _____

Coaching awards, honors & highlights: _____

Are you currently an inductee to a sport association? _____ If yes, please list: _____

Present status _____ Organizations & honors other than coaching: _____

Coaches Association involvement & present status: _____

Please list other highlights & experiences: _____

Nominated by: _____ Date _____
Phone: _____ Email: _____

MINNESOTA STATE HIGH SCHOOL COACHES ASSOCIATION GOALS & MISSION STATEMENT

Goals and Purpose

The MSHSCA is a high school coaches association created and governed by Minnesota high school coaches. The MSHSCA offers coaches a voice in current state issues. It also provides them with the finest recognition program available and a benefits package including an insurance program, an association newsletter and other corporate benefits.

Goals

- To promote and publicize high school sports in Minnesota.
- To recognize those men and women coaches who have dedicated their time, energy and spirit to the high school sports programs in Minnesota.
- To offer a unified voice in Minnesota on coaching and athletic issues that affect high school athletics.

MSHSCA Mission Statement

Recognize

We recognize coaches for seasonal, academic and lifetime achievements. Our awards include sport coaches of the year, sport assistant coaches of the year, team academic coaches of the year, state championship coaches, Hall of Fame membership and distinguished service awards.

Communicate

We provide a unified voice. Through our Minnesota Prep Coach newspaper and our MSHSCA.org website, we offer communication tools for the coaches of Minnesota to publicize their sport. These informative tools give coaches opportunities to promote their sport and communicate with their sport associations in regards to clinics, rules and membership.

Support

Due to our statewide scope, the MSHSCA is able to provide many areas of support for our members. Our relationship with the Minnesota State High School League, its Board of Directors and the many

committees that it offers, gives our state high school coaches a voice in the establishment of the rules and regulations of their sport groups.

MSHSCA CODE OF ETHICS

As a professional educator, I will:

1. Strive to develop in each athlete the qualities of leadership, initiative and good judgment.
2. Respect the integrity and personality of each individual athlete.
3. Encourage the highest standards of conduct and scholastic achievement.
4. Seek to inculcate good health habits including the establishment of sound training rules.
5. Fulfill responsibilities to provide health services and an environment free of safety hazards.
6. Exemplify the highest moral character, behavior and leadership.
7. Provide ethical relationships among coaches.
8. Encourage a respect for all athletics and their values.
9. Abide by the rules of the game in letter and spirit.
10. Respect the integrity and judgment of sport officials.
11. Display modesty in victory and graciousness in defeat.
12. Demonstrate a mastery of and continuing interest in coaching principles and techniques through professional improvement.

The code of ethics of this association shall be adhered to by each and every member of the MSHSCA. Any action by members of the MSHSCA contrary to the principles therein established shall be subject to review by the Executive Committee according to policies established by the MSHSCA Delegate assembly.

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MSHSCA SEEKS NOMINATIONS FOR OFFICIALS DISTINGUISHED SERVICE AWARD

The Minnesota State High School Coaches Association has always been aware of the value of officials as an integral part of the high school athletic programs could function without the dedication that is currently being provided to prep sports by the many officials in Minnesota.



A few years ago, the MSHSCA, in an effort to restore sportsmanship, as it should be, to the stands of high school sporting events, created an Officials Distinguished Service Award.

Coaches who are aware of the outstanding officials in your area that qualify for the award should either nominate the officials directly or contact the area officials associations and urge them to submit the deserving candidates for the award.

This award is presented to five deserving officials at the MSHSCA's Annual Awards Banquet that is held each year in November.

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

Nominations to receive the Officials DSA can be submitted by using the following criteria.

1. Should still be an active official.
2. Have been a high school official of varsity competition for at least 25 years.

If you know of a deserving official in your area that satisfies the established criteria, complete the accompanying nomination form and send to:

Mike Peterson
458 3rd St SW • Perham, MN 56573



OFFICIALS DISTINGUISHED SERVICE AWARD NOMINATION FORM

Name _____

Address _____

Phone (____) _____

Years officiated at varsity level _____

Sport(s) Officiated _____

Other information to support this nominee: _____

Nominating Person _____

Address _____

Phone (____) _____

JOHN SCHUMACHER MSHSCA

16332 Deer View Road
Park Rapids, MN 56470

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