



# THE Minnesota PREP COACH

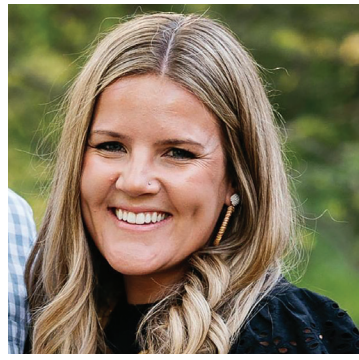
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## MSHSCA Vice-President Candidates

My name is Sammi Oetjens, and I am excited to be a candidate for the VP of the MSHSCA for 2023. I am the head Girls' Soccer coach at Holy Family Catholic High School, going into my 5th year with the program. During my time at Holy Family, our girls' soccer team participated in the state tournament for the first time in school history in 2021, where they placed 3rd. Our program has seen tremendous momentum over the past few years, and it's an honor to lead the program. Before coaching at Holy Family, I was an assistant soccer coach at Hopkins



**Sammi Oetjens**

High School and an assistant Nordic Ski coach at Eden Prairie High School (EPHS). I

**OETJENS... continued on page 23**

I was raised for eight years in a very small rural Minnesota town called Seaforth before moving to Tyler, MN. My dad was the first coach I had growing up, whether he was just playing catch with me with the football, baseball, or shooting baskets. I also had three older brothers and three older sisters who were also into athletics which gave me that competitive edge to want to be better than them. I went on to do a little wrestling in elementary and then played football, basketball, ran track, and played baseball in high school. I was fortunate to play



**Robert "Bob" Schueller**

on a basketball State Runner-up team my senior year.

My first coaching experi-

**SCHUELLER... continued on page 22**

I was born and raised on a farm outside Clara City, MN (about 100 miles west of Minneapolis). As a farm boy with neighbors to the south and north of me, we would get together almost daily and play the sport in season! This allowed me to grow my competitive sports nature and develop my athletic skills. In my junior year, I participated in the MSHSL Class A Boys' Basketball state tournament (as Clara City HS - now known as MACCRAY) when there were only two classes (A & AA). I also lettered in four sports.



**Lon Boike**

were conference champions for two years and qualified for the Minnesota Junior College State Tournament. While in Track, I was also the team's MVP.

Following Ridgewater College, I transferred to Southwest Minnesota State University in Marshall, where

**BOIKE... continued on page 33**

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## The Minnesota PREP COACH

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### EDITOR - Mindy Nielsen

Address all new  
communications and photos to:  
**Mindy Nielsen**  
Email: prepcoach@mshsca.org  
(218) 841-7976

## MSHSCA OFFICERS AND COMMITTEE CHAIRPERSONS

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### HALL OF FAME COORDINATOR

Mark Solberg (& Kelly)  
430 8th Ave NW  
Cambridge, MN 55008  
msolberg1957@gmail.com  
763-742-4126

### OFFICIALS DSA

Mike Peterson - Perham

### ASST COACHES-DSA

Tom Sharp

### All Daily Communications should be addressed to:

### EXECUTIVE DIRECTOR:

Rick Ringeisen MSHSCA  
20085 Italy Ave.  
Lakeville, MN 55044  
(952) 250-9535  
Email: ringer@mshsca.org

### ADMINISTRATIVE ASS'T:

Joyce Ringeisen  
Email: jringeisen@mshsca.org

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Randy Glasmann - Maple Grove  
Tom Sharp - Eastview

## 2022-2023 MSHSCA DELEGATES

### SECTION GIRLS SPORTS DELEGATE

1A Adam Wilder (Mabel-Canton)  
2A Rick Bruns (LeSueur-Hend)  
3A Jess Smith (Windom)  
4A Chris Laird (Heritage)  
5A Dawn Engebretson (Rockford)  
6A Tavia Bachmann (Frazee)  
7A Matt Carlstrom (Deer River)  
8A Dave Varriano (Mahnomen-Waubun)  
1AA Jeremy Biermaier (New Prague)  
2AA Mike Lhotka (Dassel Cokato)  
3AA Keith Randa (Apple Valley)  
4AA Tracy Hrouda (Harding)  
5AA Mark O'Neill (Champlin Park)  
6AA Juno Nayagam (Benilde-St. Marg)  
7AA Mark Solberg (Cambridge)  
8AA Kent Hamre (STMA)

### BOYS SPORTS DELEGATE

Gordy Klomps (retired)  
Alan Woiots (New Ulm Cathedral)  
Dave Blank (Wabasso)  
Robert Economy (Eagle Ridge Aca)  
Tom Lawrence (Foley)  
Kyle Haberman (Lake Park-Audubon)  
Open Position  
Lon Boike (Crookston)  
John Cassellius (Winona)  
Mike McGraw (Hutchinson)  
Jeff Groves (Apple Valley)  
Tom Paulson (White Bear Lk)  
William Totimeh (Fridley)  
David Boone (Edina)  
Open Position  
Jeremy Digiovanni (Elk River)

### AT LARGE DELEGATE

Jessica Just (Lakeville South)  
Craig Morgan (MN Valley Luth)  
John Seipp (Trinity School)  
Tim Herman (Heritage)  
Al Amdahl /Bill Baumann (Royalton)  
Mike Peterson (Perham)  
Matt Solberg (Proctor)  
Open Position  
Rod Schwarz (Winona) (Retired)  
Tink Larson (Waseca)  
Tom Sharp (Eastview)  
Tim Ryan (Hill Murray)  
Mark Loahr (Totino Grace)  
Kerry Sutherland (Hopkins)  
Mike Hennen (Forest Lake)  
Rob Nielsen (Det. Lakes)

### AT LARGE DELEGATE

Doug Davis (Northfield)  
Marc Bachman (Saint Peter)

Jim Baker (Retired)  
Chris Kircher /Tim Triplett  
Gregg Martig (Pequot Lakes)  
Nathan Johnson (Proctor)  
Open Position  
Bill Goodman (Apple Valley)  
Gary Prantner (Eden Prairie)

Jerry Utech (Harding)  
Larry McKenzie (Minneapolis North)  
Tarek Morey (Osseo)  
Greg Apahn (Grand Rapids)  
Stephen Schreiber (Bemidji)

### SPORTS MEDICINE

Tom Sharp (Eastview)

## 2022-2023 MSHSCA SPORT ASSOCIATION OFFICERS

SPORT ASSOC	PRESIDENT	PRESIDENT ELECT/VICE PRES.	EXECUTIVE/SECRETARY	TREASURER/OTHER ASSOC POSITIONS
AD	Matt Mattson (Champlin Park))	Jeff Boran (WEM)	Dan Johnson (Exec Director)	Mike Beck (Stillwater)
Adapted Athletics	Brett Kosidowski (Eastview)	Luke Wisniewski (Mpls)	Joe Olson	Kelli Waalk (Osseo) (Treas)
Baseball	Dean Schwartz (Glencoe-Silver Lake)	Troy Urdahl ( St. Anthony)	Craig Anderson (Pine Island)	Rick Zollner (Pipstone) (Sec/Treas)
Boys Basketball	Willie Braziel (Columbia Heights)	Omar McMillan (Richfield)(Past Pres)	Tom Critchley Sr. (Exec Direc) (retired)	
Girls Basketball	Jeremy Digiovanni (Elk River)	TBD	Carl Pierson (Waconia) (Exec Direc)	Scott Bergman (Sauk Centre) (Clinic)
Cross Country	Jeff Morris (Perham)		Mary Schifsky (Sec) (Roseville)	Dave Chatelaine (Owatonna) (Treas)
Dance	Marissa Haakonson (St Cloud Cathedral)	Michelle Kamenov	Jenny Whitely (Spring Lake Park)	Katie Harmeyer-(Treas)
Football	Matt Mahoney (Fairmont)	Brent Schimek (Deer River)	Ron Stolski (Brainerd) (Exec Direc)	Jim Dotseth (Secretary/Treas)
Golf	Ben Jurgens (Fergus Falls)	Heather Hoeck (Milaca)		Steve Heslop (Academics)
Gymnastics	Joni Reitmeier (Worthington).	Toni Kleber (Moorhead)(Past Pres)	Shelly Eklund (Eagan)-Sec	LeeAnn Steen-Gymnastics Delegate
Boys Hockey	Michael Taylor (Apple Valley)	Dustin Vogelsang (East Ridge)	Mike MacMillan (Ramsey) (Exec Direc)	
Girls Hockey	Claire Goldsmith (Mound-Westonka)		Tim Morris (Lakeville South)	Robert Sherry (Two Rivers)
Boys Lacrosse	Jon Junker (Chanhausen)	Rob Horn (Benilde)	Darin Nelson (Sec)	Lance Kuehn (Rosemount) (Treas)
Girls Lacrosse	Heather Pierson (Prior Lake)	Theresa Boyd (Hill-Murray)	Kelsey Long (Rosemount) (Secretary)	Patrick Crandall (Lakeville South) (Treas)
Alpine Skiing	Jason Gergen(Hastings)	Jason Nickleson (Visitation)	Bob Boldus (Lakeville North)	
Nordic Skiing	David Paulson	Rob Lageson(St. Paul Central)	Jason Mork (Winona/Cotter)	Richard Heilman (Lakeville North)
Robotics	Curtis Robertson (Upsala)	Justin Scheider (Esko)		
Soccer	Ben LeVahn (Maple Grove)	Aaron Percy (Mpls Washburn)	Keith Randa (Apple Valley)	Art Seplak (Treas) Greg Juba (Clinic)
Softball	Jason Baune (Becker)			Brenda Carlson(Treasurer)
Strength	Mike Breyen (Elk River High School)	Jessica Gust (St. Louis Park)	Alex Greenway (Tracy-Milroy-Balaton)	
Boys Swimming	Ryan Kelly (Austin)	Jason Tangen(Sauk Rapids-Rice)	Todd Walsh (Bloomington-Kennedy)	Katie Haycraft (Prior Lake) (Treas)
Girls Swimming	Megan Magnuson(Century)	Mikayla Beuch(Red Wing)	Todd Walsh (Bloomington-Kennedy)	Katie Haycraft (Prior Lake) (Treas)
Synch. Swimming	Kathy Henderson(Stillwater)		Lauren Kranig (Richfield) (Secretary)	Katy Bohnsack (Prior Lake) (Treas)
Tennis	Robb DeCorsey (Glencoe-Silver Lake)	Les Zellmann (St. James) (Past Pres)	Dave Wareham (Totino-Grace) (Exec. Sec)	
Track	Meghan Orgeman(Alexandria)	Eric Klein (St. Charles)	Scott Christensen (Stillwater)	Aaron Berndt (Wayzata)
Volleyball	Jim Lee (Ada-Borup)	Lonnie Morken (Mable-Canton)	Becca Pulju (Sebeka)	Kim Duis (Concordia) (Treasure)
Wrestling	Mike Schauer (Grand Rapids)	Eric Swensen (Wayzata) Past-President)	Kip Lynk (Dassel) (Exec Direc)	Kurt Habeck(Wrestling Delegate)

Note: Sport Association officers, please email delegate and sports association officer changes for next year, or as they change to Rick Ringeisen at: ringer@mshsca.org.

# President's Message

**By: Jennifer Rosium**

March Madness is upon us! As I write this article, winter sports are finishing their regular seasons, and the postseason is in full swing. Congratulations to all the teams on their seasons. Coaches, I hope you remember at the end of your season why you coach. It doesn't matter if you make a long run in the postseason or lose out in the first round; you finished and made some great memories. I also want to thank all the bus drivers, ADs, and officials for all their hard work this past season. Without them, none of us would have a season. Now, I look forward to the spring season. With the changing of

the seasons, we get a fresh start. We get to head outside, get fresh air, and watch a variety of new sports. We live in Minnesota, so we know it will be a while before we get outside (snow day yesterday, as I write this), but the excitement of something different can still be felt. If your season is over, enjoy your time off, and remember why we coach. Again, congrats to the winter sports teams and coaches on another great season. Good luck to all the spring coaches and teams excited to get their season going!

## MnIAAA CORNER

*Jeff Boran*

As I write this article, we have begun the "March Madness" season! MSHSL state tournaments for all the winter activities, preparations for spring activities, and "the big wonder" if outdoor facilities will be ready for an "on-time" start.

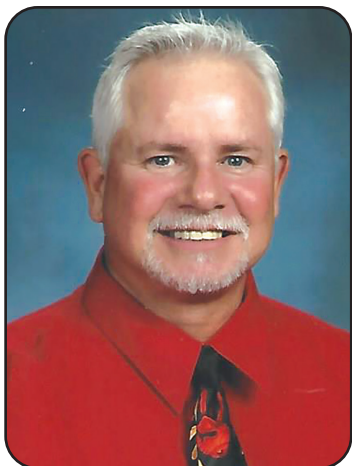
I want to give the winter sports officials a big thumbs up. With all the games/events teams expect to play, it's incredible that these men and women can hold up and help ensure that games are played. We need more officials; we also need more patience and respect for officials by coaches, participants, and spectators. Coaches need to remind coaches, players need to remind players, and most importantly, spectators need to help remind other spectators of this. This is not the job of the

Administrator or AD, this is everyone's job! A thumbs up also goes to the Activity Administrators of Minnesota. Creativity in scheduling is something ADs have really put into high gear the past few years, and along with that, thumbs up to the flexibility of coaches, participants, and spectators. In just over a month, my term as the MNIAAA President will end. Thank You to my fellow MNIAAA Board members, Dan Johnson, MNIAAA Executive Secretary, Ken Hubert, Assistant Secretary/Treasurer; and Mike Beck, past Executive Secretary. It has been a privilege to serve the association and its members. I am excited about initiatives that have begun and are on the horizon!

## SPECIAL MEETINGS OF IMPORTANCE

March 23, 2023	MSHSCA Finance Meeting	Hilton Garden Inn, Eagan
March 24, 2023	MSHSCA Spring Delegate/President Meeting	Mancini's in St. Paul
March 27-30, 2023	MNIAA-ADs Conference	St. Cloud Convention Center & Kelly Inn
June 25-26th, 2023	Summer Board of MSHSCA Directors Meeting	Hilton Garden Inn, Eagan
September 9, 2023	MSHSCA Fall President/Delegate Meeting	Minneapolis Marriott West

## Reflections by Ringer



*By: Rick Ringeisen, MSHSCA  
Executive Director*

### Minnesota Coaches Receive National Recognition

I have great news to share with you. The National High School Athletic Coaches Association recently announced that nine Minnesota coaches are finalists for receiving the National Coach/

AD of the Year Awards! The following coaches/AD are the Minnesota NHSACA National Coach/AD of the Year Award finalists.

Troy Urdahl	Athletic Director	St. Anthony Village High School
Al Amdahl	Baseball	Albany High School
Kirk Golberg	Boys Assistant	Lakeville South High School
Trish Reimer-Kealy	Girls Cross Country	Becker High School
Tim Zupfer	Golf	Alexandria Area High School
Ted Hill	Soccer	Minnewaska Area High School
Mike Schumacher	Softball	Wabasha-Kellogg High School
Jenny Raiche	Dance (Special Sports)	Eastview High School
Nate Linscheid	Swimming	Visitation School



The above are photos of Tom Bracher. On the right, he is throwing the shot for the Gophers in Memorial Stadium.

### MARK THE THROW - Tom Bracher, Shot Put Official

Minnesota lost a truly loved icon when track & field official Tom Bracher passed away a few days ago. Tom Bracher is best known as the “shot put official” because he loved working the shot put event and had done so for over 50 years since his

graduation from the University of Minnesota in 1969. His most repeated sentence was “MARK THE THROW.” He would repeat those words dozens of times at thousands of track meets in his lifetime.

Tom was a good friend to all who knew him, especially in the world of Track & Field. Tom worked every possible meet he could fit into his schedule. He measured throws ranging from the U5 (age five and under) all the way up to athletes age 100 and beyond. Tom officiated the most prestigious championship collegiate and USATF Meets. Regardless of the level of competition, they all received the same care, quality of officiating, and the announcement of performances. He was just as thrilled to officiate elementary-aged athletes as he was to officiate Olympic hopefuls.

Tom would travel anywhere there was a track meet where he could officiate the shot put. He loved it so much that he would spend more money than he was paid on gas to get there, just to do what he loved best, being with throwers and the track folk. For most throwers in Minnesota, Tom most likely measured the very first and last throw of their careers. Tom had a knack for names. Once he met you, he remembered your name. I honestly don’t know another person who remembered more people’s names than Tom.

What was so special is that Tom put everyone at ease, from the athletes to coaches and fans. The throws crowd considered him a member of their families, like the uncle who always shows up to support you and see you regularly. Throwers and their families would bring him sandwiches, cookies, and beverages just as they would for the others they love. His voice had a gentle tone and cadence as he called out, “MARK THE THROW,” so every meet had a championship feel. Recognized by all as a big Teddy Bear, he was an imposing hulk of a man. Tom was affectionately called “Tommy Guns” by the throwers because of his powerfully built body and biceps that burst from the sleeves of his shirts.

As an official, Tom was known for great attention to detail and for making sure the throwers had warmups long enough to be ready to perform their best. He never turned down a request for one more warmup throw. As technology advanced, so did Tom. He quickly adapted to laser measuring and palm pilots and made them part of his repertoire. You could count on Tom to be the head judge at the MSHSL State Track & Field Meet each year. Tom would lean toward the ring as he watched each throw intensely to ensure the throw would only be measured when there was not a fowl. His signature line, “MARK THE THROW,” was followed by the announcement of the distance.

At the MSHSL State Meets, Tom classed up the presentation by bringing national caliber traditions to Minnesota. Before the flights, Tom would line up the throwers and introduce them to the crowd. At the conclusion of the shot put competition, Tom would once again line up the throwers in order of finish and read off the results to the shot put fans! Then Tom would lead the placing athletes to the awards stand to receive their medals. That procession became known as the Brach Walk and is now an endearing legacy.

## Delegates Corner

*Jen Marshall*

Like many coaches, I have the privilege of serving in several different capacities, including being a Section Meet Manager in the winter. This usually takes place over three days, and some years Mother Nature has something to say about it. This was one of those years. After a two-day snowstorm, the meet was delayed and adjusted to two days. Everyone involved handled it in stride throughout all the changes and communication with coaches and event staff.

The first day arrived, and spirits were high as folks were just happy to be there and see the student-athletes compete. After being cooped up for a few days at home, everyone felt rejuvenated to be out in the world again. It was reminiscent of restrictions lifted after lockdown - but not that extreme.

I feel very fortunate to work with and be around such

fabulous people. Many things were up in the air, and we were still determining how the meet would work for several days. No one batted an eye or created more frustration than was already there. Everyone realized we were in it together and trusted that all decisions would be focused on what was best for the student-athletes and their safety. This is how it should be.

We've all been in situations like this. Things that are out of our control happen, including the weather, facilities, and transportation. The next time it happens, take a deep breath and trust everything will work out. How you react will directly affect how your student-athletes respond. Keep surrounding yourself with awesome peeps, and stay positive. It always works out.

## MSHSL BOARD OF DIRECTORS REPORT:

*By: Dawn Engebretson  
MSHSL Board Representative  
Girls' Sports*

March means one thing in Minnesota- Tourney Time. It is a busy time in our schools and at the MSHSL offices. Currently, all directors are preparing or wrapping up winter state tournaments as well as looking at current MDE enrollment numbers for section alignment. This will not be a major change, just some "tweaking" based on current numbers. There may be little to no change in a section. Most of the changes come from Co-ops being formed or dissolved. The board will approve section assignments at the April 6 board meeting.

The following items were approved at the February board meeting:

- An expanded tournament format at the section and state levels for Girls Wrestling.
- Implementing 13 weight divisions for both Girls and Boys Wrestling based on NFHS rules.
- To implement running time in the second half of soccer games if the goal differential is five or more.
- Eliminate overtime in regular-season soccer games when the contest is tied at the end of regulation.
- The seeding of numbers 1-5 in Class A Boys & Girls Tennis before the state quarterfinal round (Class AA already seeds).
- Increase the number of volleyball players on an official squad from 15 to 18.

On May 9, the Representative Assembly will meet to discuss items, including creating a separate bylaw for Adapted Athletics Programs. The Minnesota Adapted Athletics Association supports this. They will also consider sanctioning

Boys Volleyball as a fully interscholastic sport for the 2024-2025 school year.

Part of my responsibility on the board is to serve on the Eligibility Committee. This committee meets twice monthly to assist our member schools with eligibility bylaws. One of the largest issues we deal with are student transfers. As of February 1st, there have been 1728 student transfers this school year. 146 of those have been reviewed by MSHSL staff. 24 of those have been brought to our committee, and we granted 14 of those transfer eligibility requests. This, along with other bylaw infractions, keeps us busy. Please ensure you understand the bylaws to keep you and your students eligible. Connect with your athletic director if you have any questions about eligibility. They are the local experts in your school.

Good luck to the winter sports teams as they wrap up their season and the spring coaches preparing for their season ahead.

***"I swing big with  
everything I've got.  
I hit big or I miss big.  
I like to live as big as I can."***

**- Babe Ruth**

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# Diversity, Equity, & Inclusion

*Larry McKenzie, MSHSCA Diversity, Equity, and Inclusion Liaison*

In the words of Fannie Lou Hammer, **“I am sick and tired of being sick and tired”**

I am sick and tired of the headlines, the phone calls, the text messages from coaches, parents and even officials of color about racist remarks and harassment felt by them and the student -athletes as they travel around the state of Minnesota.

Coaches and families of color are saying that they are being targeted with ignorant comments, racial comments and other microaggressions.

As I have written previously, sports can be a powerful tool for promoting social cohesion and important values, such as fair play, mutual respect, and tolerance. But sometimes it is an area in which racism and racial discrimination can thrive.

With coaches of color being less than 7% of the coaches in the state of Minnesota it is impossible for this to be just our fight. The fight against racism is not just for people of color-it is everybody 's fight. We must fight it every day. Nobody is born a racist, it's something that is taught. We have to fight when they are kids. We have to fight everyday

and every time. We have to use our voice to make change and it needs to be a loud voice.

We as the MSHSCA must come together to build and lead coalitions against racism in sports. As coaches, administrators, and adults of influence we must realize that it is our responsibility to speak out about this behavior.

It is our responsibility to assure that our student-athletes understand that a world where oppression, hatred and violence is unacceptable.

We cannot be okay with the expectation that things will just get better on its own. It is time for MSHSL to enact and implement anti-discrimination legislation to assure that all kids get to compete in safe spaces.

We need school administrators to work with the BIPOC community on creating strategies with security personnel at sporting events for dealing with events that continue to happen all too often.

My mentor often stated “that the definition of insanity is doing the same thing expecting a different result” It is time to do something Different!! It is time for something to change.



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# MEMBERSHIP CORNER

Joyce Ringeisen

Assistant to the Director

**The 2022-23 MSHSCA Membership Year continues to be going well with the Digital Membership cards. The registration process is more efficient and cost effective for MSHSCA.**

See below for some common problems and troubleshooting tips.

As of July 1, 2021, the MSHSCA changed to a digital membership card system. Members no longer receive their annual membership cards in the mail. Instead, MSHSCA members will receive emails with links to download and print their MSHSCA membership cards.

**This change makes it very important that the email you sign in to your account is active because that is the email address that your insurance and membership links will be sent to.**

This is exciting news because the change brings many advantages for the MSHSCA and its members. The advantages are as follows:

- MSHSCA members will be able to carry an MSHSCA card digitally on their phones.
- MSHSCA members will also be able to print a copy of their MSHSCA membership card at home if they prefer to carry a hard copy with them.
- MSHSCA members will have the option to add their picture to their MSHSCA membership card. This will add an additional level of security to the MSHSCA membership system.
- The MSHSCA will save thousands of dollars in card printing costs, envelopes, and postage.

When you join for the 2022-2023 membership year, you will receive two emails.

The first email will arrive shortly after registering and will provide you with a link to print your receipt. The email will look like the sample below.

Hello Your Name,

Thank you for registering with the Minnesota State High School Coaches Association.

For a copy of your receipt, you can click [here](#).

## Registration Info:

**Username:** [your email](#)

**Registration Site:** [mshsca22.cordonco.com](https://mshsca22.cordonco.com)

The second email will arrive after your membership has been processed. You will be provided several links to download to print the general liability insurance information and your membership card. The email will look like the sample below.

Hello Your Name,

Thank you for registering with the Minnesota State High School Coaches Association.

To print or save your information, click one of the following links:

---

## General Liability Insurance Program

Insurance information.

**Download the PDF:** ([Click here](#))

**Navigate to the PDF:** ([Click here](#))

**Download the image:** ([Click here](#))

**Navigate to the image:** ([Click here](#))

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## Wallet Size Membership Card

Keep this card with you. The Membership card is good for admission at many high schools and colleges in Minnesota. You can choose the link to save the image and save it to your camera roll. You can then use your smartphone to show the Membership card. As an alternative, you can choose to view the pdf and print a copy of your membership card.

**Download the PDF:** ([Click here](#))

**Navigate to the PDF:** ([Click here](#))

**Download the image:** ([Click here](#))

**Navigate to the image:** ([Click here](#))

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**Username:** your email address

**Registration Site:** [mshsca22.cordonco.com](https://mshsca22.cordonco.com)

- In the past, your email was only used as a login ID. From now on, the email address you sign in with must be an active email account that you can access to open the MSHSCA membership emails sent to you. You must log in with the last email and password that you used to sign up for your membership in past years. Once you are into the MSHSCA membership system, you can update your member profile. There is an EDIT button on the left side of your profile. Please note that your membership card will print the information you have entered.

As in the past, if you are having difficulty, you can write to the Executive Director, Rick Ringeisen, at [ringer@mshsca.org](mailto:ringer@mshsca.org) and request assistance.

We have only had a few members experiencing problems!

## MEMBERSHIP CORNER ... continued from page 8

### MSHSCA Digital Membership

#### Troubleshooting Tips:

**“I did not receive an email after I registered, but I see my credit card was processed.”**

This is likely due to one of the following reasons:

- The email was blocked, or it is in your Spam mail.
- 1. You received the email but did not recognize it. The email will come from [Registration@cordonco.com](mailto:Registration@cordonco.com), and the subject is Minnesota State High School Coaches Association.
- 2. The email is sent automatically to the email address in your MSHSCA profile, so if you are using a different email, you may need to edit your profile.

#### Solution:

You can log into your MSHSCA member profile at any time to open membership links.

Log in to <https://mshsca22.cordonco.com> (this is the same link you use to join MSHSCA every year)

Look for the menu on the left side of the page. Click on “Documents Card Print” to open your links.

This is also the same place to EDIT your Profile with any address/email changes.

**“I cannot access the membership links after registering. It says: Awaiting Access Approval.”**

You are likely in the “Check/Money” Payment Method. You will not have access until the payment has been received. Once payment is received, you will receive an email with the links.

**“I cannot edit my MSHSCA Membership Profile.”**

#### Solution:

**The MSHSCA online membership system will not allow you to edit your membership profile until after you have joined for the membership year. After you have joined, log out and log back in. Once you have logged in, you will be able to edit your membership profile.** Make sure you advance to the last page and scroll down to the bottom and press the **“Finish”** button to complete the editing process.

## REFLECTIONS BY RINGER ... continued from page 4

Tom was a busy guy, so one year, Tom needed to run an errand between MSHSL State Meet sessions, so he dashed off. Unfortunately, he took the flight sheets with him. He was held up and did not arrive back in time for the warmups of the afternoon session. Tom Torkelson, who was working with Tom, knew what to do, so he grabbed a meet program, checked in the athletes, and started the competition on time. At about that time, the head of the MSHSL showed up at the shot put and asked about Tom not being there. Tom soon showed up and took over running the event. Everything worked out, and Tom Torkelson had fun teasing him about it over the years.

Tom attended St. Louis Park High School, where he was a standout athlete playing football, wrestling, and track. He had the good fortune of being coached in Football and Track by legendary coach Roy Griak. Tom has a streak of mischief, and as a lad in junior high Physical Education class, Mr. Griak introduced Tom to his infamous paddle with holes in it to reduce wind resistance. Like many others of that era, he picked up a nickname in high school. His teammates called him “Mouse,” which stayed with him throughout his lifetime. After high school, Tom matriculated to the University of Minnesota, where he played football and was a thrower on the track team. Again he had the good fortune of being coached by legendary coaches Murry Warmath in football and his former teacher Roy Griak in Track and Field! In the 1967-1968 school year, Tom was a member of the last Minnesota Gopher Big 10 Championship football team, and that spring, the Gopher Track and Field team won the Big 10 Conference Championship! Tom took great pride in being on both of those Gopher championship teams!

At his very core, Tom was an exceptionally kind person who

loved others as much as he loved officiating the shot put. As a bachelor, being an official gave him a way to build a giant extended family. Stretching the day, he tremendously enjoyed getting together with the other officials and coaches to enjoy a few beers. If there happened to be karaoke, he would serenade the crowd with a Righteous Brothers song or two.

As a coach, and by working alongside him with laser measuring, I witnessed his impact on generations of athletes, families, and friends. I know he made many marks in the hearts of those athletes that he impacted. As he takes his own Brach Walk to heaven, I know that he will once again be standing with a clipboard, wearing his old worn brown jacket, calling out, “MARK THE THROW” for all the shot putters in heaven.

Officials play an essential role in sports giving their hearts and souls to the sports. They tend to serve for decades with little or no thanks and open up to criticism. At your games and contests in the future, take time to express your gratitude to the officials. It could be the beginning of a lifelong relationship.

### MSHSCA EMAIL CHANGE:

**Contact:**

**Rick & Joyce Ringeisen at  
[ringer@mshsca.org](mailto:ringer@mshsca.org)**





## Swim Strokes

By: *Ryan Kelly*

*Austin Swim and Dive*

Minnesota Swim and Dive is steadily rolling toward the end of our winter season, showing some excellent competition and strong athletes! Moving out of the worst of the pandemic years, we have been eager to return to some sense of normalcy and seem to have finally gotten it this year (mostly). This year has shown that the best of swim and dive has returned, and I think we've found some great tools in the pandemic years to use, such as widespread live-streaming technologies and new practice approaches. Plus, we have seen some fantastic new facilities opening this year – in Lakeville, Rochester, and Brainerd, to name a few. We have had a national swim coach of the year, Rory Fairbanks (Hutchinson), and accomplishments too many to list individually for athletes and coaches throughout the state doing great things in their programs.

The Boys True Team events went off smoothly this January considering there were 14 section meets held around the state, and two True Team State meets held in Minneapolis. Congratulations to Breck-Blake, who held off a strong challenge from St. Thomas Academy to win the Class A title, and to Minnetonka, who took home the Class AA True Team title. The True Team Swim and Dive event is a gem for our state!

However, it is not all sunshine and roses for our Minnesota HS swim and dive world. Some of our smaller schools/programs need help with numbers. Coaches and schools are working to find solutions to create feeder programs that make sense and can be affordable for their communities. Also, finding coaching for these feeder programs in many communities is a significant issue. This problem needs to be looked at by more than just these communities before we lose these programs for good. I hope we can come together as a swim/dive world and find some solutions to this issue facing some schools and proud programs.

As I sign off, we are excited to watch our boys wrap up their championship meets in the next few weeks, culminating with the State meet in Minneapolis on March 2-4. We are excited to see what the next off-season will bring to our sport, with more accolades and nods to our athletes, more honors to our great coaches, and more growth for our sport. We are excited to continue to cheer on our athletes and alumni as they compete beyond high school in meets around the country (and some worldwide). We continue to support our community in tough times as they deal with tragedies in their communities and programs or as they deal with struggles with numbers or funding. I am proud to be a part of this swim and dive community and look forward to working with you all!



## Diamond Cuts

By: *Jason Baune*

*President Minnesota Fastpitch Coaches Assoc.*

Despite Mother Nature's resistance to spring, it's March, and we're heading into another softball season. Before long, we'll be back on the dirt and grass teaching the sport that means so much to us and our student-athletes. Here are a few important reminders as we get the 2023 season rolling.

Our association website ([www.mshsca.org/fastpitchsoftball](http://www.mshsca.org/fastpitchsoftball)) has numerous valuable resources. The website lists several important deadlines for Academic All-State, All-Star Series, and All-State. Please remember that you must be a member of the coaches association for your athletes to be eligible for these awards. Beyond awards, membership has many other benefits, including a two million dollar liability policy. Please encourage all of the coaches on your staff to become a member!

Our executive council, advisory board, and section representatives are currently hard at work to ensure a successful spring season. This includes planning our All-Star Series, Hall of Fame Banquet, and Border Battle. This year we will host Team Wisconsin in the annual border battle. If you'd like to be involved in this event, feel free to contact our president-elect Don Krusemark who has agreed to head up the planning.

Thank you to everyone that completed the survey about potential changes to our state tournament format and game limits. Our advisory board will be recommending the MSHSL move to a 3-day state tournament, as 92% of our coaches were in favor of this proposal. The advisory board will also propose modifying our game limits, allowing teams to play in up to two tournaments that count as one game. This will allow teams to play up to 24 games if the extra games are part of tournament play. 82% of coaches that completed the survey favored this proposal. Our executive council will inform coaches as these proposals progress through MSHSL's approval process.

I'm happy to say we've had many coaches step up to fill vacancies as section representatives and on our executive council over the past 12 months. As we head towards the 2023-24 school year, we will have an opening for the president-elect position. If you are interested in serving or have any questions about this position, please contact another executive council member or me.

I'd like to thank everyone that attended our coach's clinic at Target Field in February. It was a great crowd, the speakers did an excellent job, and the Minnesota Twins were gracious hosts. We look forward to continuing our partnership with the Twins and improving the clinic in 2024.

As we head into another season, I leave you with a quote from legendary NFL coach Tom Landry, "A coach is someone who tells you what you don't want to hear, who has you see what you don't want to see, so you can be who you have always known you can be." I wish you all a great season and hope that you will find success in helping your student-athletes become who they have always known they could be.

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# CLEARING HURDLES



By: Meghan Orgeman, Alexandria Area High School, President, MN Track & Field Coaches Association

I love the jolt of excitement and adrenaline that surrounds the weeks leading to the start of the track & field season. Student-Athletes start talking about traditions, goals, and “that” workout that they are confident will be the death of them each season. I hope this message finds each of you energized, excited, and not buried under feet of snow like we are in Alexandria! Let’s all take a moment to send warm and sunshiny wishes to our friend, Mother Nature, as we watch the snow continue to melt and uncover our practice areas.

Regarding Track & Field Association updates, our **Track & Field Clinic**, held for the first time at the Intercontinental - St. Paul River Front hotel, was a huge success! We had our largest number of attendees in recent years, outstanding speakers, and a top-notch banquet where we got to hear our keynote, Chad Greenway, speak and honor last year’s coaches and volunteers of the year as well as our 2023 Hall of Fame Inductees, Patti Percival (Mounds View High School and White Bear Lake High School) and Dan Fabian (Roseau High School).

We also had our first annual **Women4Women Coaches Symposium**, where women and men from youth, high school, and collegiate sports programs gathered together to learn, network, and support the recruitment and retention of women in coaching. The room was packed (standing room only!) with passionate coaches. We had the honor of listening to Dr. Nicole LaVoi speak about the experiences and voices of women sports coaches and to Rachael Steil speak on the role coaches can plan in eating disorder prevention. If you could not attend, mark your calendars for next year’s event (Thursday, January 25, 2024). We are planning on having incredible speakers and double the number of attendees that we had this year!

Our association is making deliberate efforts also to support new coaches through our Mentorship Program. Recently, our association sent an email to all Athletic Directors asking for contact information for any coach in their first three years of coaching. As an association, we have many veteran coaches passionate about supporting, guiding, and mentoring our new coaches in the state. We know that the average timespan of a new coach is under five years. We are looking to change that in Minnesota. If you are a new coach or someone struggling with the decision to remain in coaching, please reach out to Eric Klein (our Association Vice President) at [eklein@schs.k12.mn.us](mailto:eklein@schs.k12.mn.us) or me (Meghan Orgeman) at [morgeman@alexschools.org](mailto:morgeman@alexschools.org).

As we approach our seasons, I want to remind you of a few initiatives our association advisory council is working with the league on. These initiatives involve increasing head coach access at the MSHSL State Meet, revising our state meet

qualifying standards, and creating more opportunities for our wheelchair athletes.

**MSHSL State Meet Coach Access to Field Events:** The 2023 MSHSL State meet will once again be held at St. Michael-Albertville. Your feedback expressed a desire to increase head coach access to the field event areas and to create a better route for coaches and athletes to travel around the stadium. We brought this feedback to MSHSL, and we are pleased to report that they are looking to make our recommended changes at this year’s state meet. **As an association, we ask that our members not take advantage of these new opportunities.** With more access comes more responsibility to honor the increased opportunities the league has provided us.

**MSHSL State Qualifying Standards:** Your feedback clearly expressed that the current State Qualifying marks are too rigorous. Our association is working on submitting a proposal to the high school league to change how qualifying marks are determined. Our goal is to change the qualifying standards for the 2024 season.

**Unified Wheelchair State Meet:** MSHSL and our Advisory Council are exploring ways to create a unified wheelchair state meet experience at our state meet where athletes from all classes can compete against each other. We are also looking at adding events and creating an order of events that allows athletes to participate in multiple events and still manage the workload. It is our goal to provide a high-quality experience for all athletes to compete in the state of Minnesota.

If you want more information on our association, please visit our association webpage for the program links. The web address is <https://www.mshsca.org/track>. If you still need to do so, make sure to join our coaches association before the start of the season. Beyond the benefits you have access to as a member of the association, your coaches and athletes will be eligible for postseason **Academic All-State awards, section and state Coach of the Year** honors, and our annual **Mr. and Ms. Track & Field**. More information on how to nominate athletes for these prestigious awards can be found on our association website.

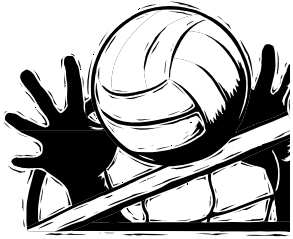
Once again, I hope you and your athletes are excited with the anticipation of the upcoming season, regardless of how much snow is piled up on your practice facilities! MN Coaches and Athletes are hardy and creative regarding training through extended winter weather conditions! Good luck to you, and as always, please do not hesitate to contact us if you have any questions, concerns, or ideas for how we can support our association.

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*“Be so good  
they can’t ignore you.”*

- Steve Martin

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# Dig This

By: Jim Lee,  
Ada-Borup West

My favorite season, Spring, is almost upon us, and one of my favorite insects, the butterfly, is preparing to bless our skies once again! “Up North” we know that just because it says March, April, or even May on the calendar does not mean a final snow storm can’t clog your roads at any minute, but the first butterfly you see signifies Spring is finally here! Right now those beautiful butterflies are relaxing in a cocoon-state: much like our state’s volleyball coaches during the winter months. We wanted to recognize some of those coaches who floated around the sidelines this past season and were voted our 2022 State Coaches of the Year:

A	Hayley Fruin, Minneota
AA	Melissa Huseth, Cannon Falls
AAA	Dan Westby, Marshall
AAAA	Jackie Richter, Lakeville North

Likewise, Cindy Owen was inducted into the Class of 2022 Hall of Fame! Congratulations coaches!

But we also need to recognize some other athletes who floated serves, delivered sets, passed volleyballs, and smacked attacks around the court this past season or as Muhammad Ali would put it they “floated like a butterfly, and stung like a bee”! Our finalists for the 2022 MNVBCA Ms. Baden Award were:

Sydney Jaynes, Northfield (Tennessee)  
Ava Blaszczek, Lakeville North (Temple)  
Leah Jones, Marshall (SWMN State)  
Kate Thibault, Watertown-Mayer (Oregon)

The 2022 MNVBCA Ms. Baden Award was awarded to Sydney Schnichels, Willmar (Minnesota Gophers).

Well-deserved accolades for them all!

We’re hoping we’ll see these athletes battle on the court one more time at the 2023 All-Star Match which will be conducted the evening of July 26th at Mounds view High School! All athletes, including underclass athletes, who received All-State Honors will be contacted by our All-Star Match Coordinator, Dan Westby, to reserve their place at the 2023 All-Star Match!

Monarch butterflies journey from the Great Lakes to the Gulf of Mexico, a distance over 2,000 miles, and back to the Great Lake again in the spring. But you don’t have to travel 2,000 miles to enjoy the 2023 MNVBCA clinic again this year. In conjunction with our All-Star Match, the 2023 MNVBCA Clinic will be held at Mounds view High School on Wednesday, July 26th to Thursday, July 27th and will feature keynote speaker Mick Haley, former coach at USC and the US National Women’s Team as well as other top-notch talent.

More specifically, I look forward to Spring because of the bi-annual MSHSL re-sectioning! I believe the new sections

should burst from its cocoon on April 1st! Additionally, BOC members in Sections 5 and 6 are up for re-election and will be voted upon after the new sections are unveiled.

The Spring season also brings rule changes from the National Federation. Your athletic director should have received information that included:

- Playoff rosters have expanded from 15 to 18. 18 roster positions are not mandatory to be filled but are available to be filled out to help when the playoff push begins;
- Allows small, secured stud or post jewelry to be worn above the chin;
- Eliminates the use of uniform numbers with a leading zero (01, 02, 03, etc.) beginning in 2028;
- Allows requests for substitution by the head coach to be signaled or verbalized;
- Establishes that one assistant coach may stand within the coaching zone to provide instruction during dead-ball situations only.

In the Spring, The Tucker Center for Research on Girls and Women in Sport is offering a Women Coaches Symposium at the University of Minnesota on April 21st. The keynote speaker is Cecile Reynaud, former coach at Florida State and current VP for the Pro Volleyball Federation. I have attended the symposium in the past and have heard Cecile speak many times. You will benefit from it!

<https://wcs.umn.edu/wcs-registration>

You may not know that some butterflies never eat anything as adults because they don’t have mouths. They must live on the energy they stored when they were caterpillars. Since my previous two terms serving as President, the MNVBCA has definitely found some natural leaders who have stepped forward to use their mouths as demonstrative leaders in our state’s volleyball community. Many times their energy is “stored” behind the scenes until it bursts forth when our butterflies must take flight and perform at one of their major functions. Undoubtedly, appreciation must be delivered to these leaders whose energy allows the major events and awards to take place throughout the season! A major thank you to our MNVBCA leaders!

Jeff Groves, Apple Valley--Hall of Fame Coordinator  
Greg Ueland, Roseville—Clinic Coordinator  
Kim Duis, Concordia Academy—Treasurer  
Derek Hart, Floodwood—Academic Awards  
Dan Westby, Marshall—All-Star Match Coordinator  
Lonnie Morken, Mabel-Canton—President Elect  
Darin Swenson, Litchfield—Past President, Banquet Coordinator  
Greg Sayuk, New Prague—All-State Coordinator, Website Coordinator

Mario Quintana stated “*Don’t waste your time chasing butterflies. Mend your garden, and the butterflies will come.*” The MNVBCA has provided a garden at Mounds view this summer that we hope you butterflies fly over to enjoy the clinic as well as the All-Star Match on July 26th and July 27th. If you have questions in the meantime, please glance at our website: <https://www.mnvbca.org/> During the offseason, don’t focus on the months leading to the start of the season but treasure the moments that fill your time until it begins.



# Chairlift Chat

By: Jason Gergen  
Hastings Alpine  
MSHSCA Section 4 Representative

The Minnesota Coaches Association would like to congratulate the MSHSL Alpine girls team champions from Hill Murray and the boys from Minnetonka. We also congratulate Individual champions Josh Nelson and Taylor Voigt for their outstanding performances. This was the first year for a handful of rule changes meant to enhance the experience of the athletes and fans at state and sections. The bibbo proved to add a new level of excitement as anticipation grew with each racer in the flip 30. It also allowed skiers from deep in the field to improve their second-run starting position through solid skiing. We didn't need to use the tiebreaker at state, but I have no doubt it will play a role in the future. For the first time, athletes took second runs at state, even if they had some struggles on their first. These small changes had a big impact, and we have some others on the radar that we hope will further enhance the racer's experience.

You were informed of some of these items if you were present at the Giants Ridge coaches meeting. The coaches have spoken and overwhelmingly support using video to overturn a disqualification. Please contact your AD and members of the rule-making committee and tell them to support this vital change. The other hot topic was a possible shift to the Alpine season. The Nordic ski coaches support and are lobbying to shift their schedule by two weeks. They would begin the season after Thanksgiving and end the last week of February. We had a lot of concerns, ideas, and alternate proposals suggested. In the end, we still have a lot of details to address before we put forth our proposal. We still need input from coaches, and the best way to be heard is to ensure you're a current member of the coach's association. Reach out to your section representatives with ideas and concerns; we seek your input.

We also want to wish the best of luck to the team of 24 skiers who will travel to Mt Hood for the Western National High School Race. These skiers were top finishers in each of their sections. The coach's association is proud to support their effort. They will be racing GS and SL against teams from the Western half of the US. This will be Minnesota's first time sending a team to the event. It will be an exciting race for the athletes and a learning experience for all of those helping to put the team together. This race represents another opportunity we can present to athletes during their high school racing careers. We can also promote opportunities for graduates to continue their racing. It may include NCAA, USCSA, USSA, USSA Masters, and local adult leagues. These offer skiers a path to continue racing and network with other ski racers. It is essential to have these conduits in place to ensure there are future generations of racers and coaches.

Have a great Summer!

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

- Michael Jordan

## MEMBERSHIP REPORT 2022-2023

March 5, 2023

Types of Membership	Final 2021-2022	March 2021-2022	March 2022-2023
Active Class A & AA	6695	6014	6089
College Associates	1218	1218	1345
Other Associates	87	43	77
Active Life	370	311	296
Retired Life	1480	1480	1521
Honorary	5	5	5
<b>TOTAL</b>	<b>9835</b>	<b>9071</b>	<b>9333</b>

### Breakdown of membership by sports association (2022-2023 totals in parenthesis)

Adapted Athletics (41) 41	Boys Lacrosse (25) 21
Alpine Skiing (58) 61	Girls Lacrosse (56) 63
Athletic Directors (93) 90	Football (1069) 1033
Baseball (390) 385	Football Retired (5) 7
Boys Basketball (625) 590	Robotics (64) 92
Girls Basketball (619) 548	Golf (boys & girls) (228) 230
Cross Country (436) 456	Soccer (boys & girls) (453) 438
Dance (290) 315	Softball (289) 344
Gymnastics (197) 227	Synchronized Swimming (6) 7
Nordic Skiing (106) 124	Girls Tennis (201) 179
Girls Swimming (247) 265	Boys Tennis (133) 125
Boys Swimming (193) 201	Track & Field (687) 687
Girls Hockey (173) 162	Volleyball (552) 570
Boys Hockey (168) 177	Wrestling (177) 172
Hockey Retired (2) 2	Strength (38) 38

Sports associations that collect their own dues and join the MSHSCA are Cheer (6) 13, Clay Target (9) 8, and Badminton (5) 4.

# HOOP SCOOP



By: *Jeremy Digiovanni*  
*President Minnesota Girls*  
*Basketball Coaches Association*

By the time you read this, we will hopefully see patches of bare ground and feel some springlike warmth as we hit mid-March. We will also embark on another state tournament week where we will crown champions in our four classes through games held March 15-18, at the University of Minnesota and Concordia-St. Paul. This year's festivities tip off with a return of a favorite among teams, families, and fans as we bring back the state tournament banquet on Tuesday, March 14, at the RiverCentre in St. Paul. As a result of the hard work of Lisa Bistodeau, our banquet coordinator, and many others, we will be able to gather once again to celebrate our tournament entrants as well as our all-state selections. Quarterfinal play will begin on Wednesday, March 15, for classes AA, AAA, and AAAA at Maturi Pavilion and Williams Arena. Class A quarterfinals and class AA semifinals will be held on Thursday, with AAA and AAAA following on Friday. Saturday's final day of the season will feature championship games at Williams Arena and third-place games at Concordia University in St. Paul. We always seek volunteers to help select the All-Tournament Team in each class. If you are interested in being part of this process, please email Pat Barrett at [Pat.Barrett@fridley.k12.mn.us](mailto:Pat.Barrett@fridley.k12.mn.us).

We will put a bow on the 2023-2024 season with our All-Star Series on Saturday, April 8, at the Academy of Holy Angels. To begin the day, section reps will meet at 10:00 to finish items from the current season and plan for the following year. In the afternoon, forty of our top seniors will put on their high school uniforms one last time as they participate in one of two games held at 1:00 and 2:30. Before the games; there will be a free youth clinic at 11:45 led by the all-star seniors. At halftime of the 2:30 game, we will announce this year's Miss Basketball award winner. Thanks to Michelle Goodman and Liz Carpentier for coordinating this year's event with the Miss Basketball Committee to make this a memorable day for all participating players and families. We hope many of you can join us for a fun day of basketball to finish up the high school season.

Thank you for all you do for your student-athletes, their families, your school and community, and our great game. We couldn't have the quality of basketball in Minnesota without your tireless efforts throughout the year. I hope that spring finds time for you to rest and relax from a long season before jumping back into summer basketball in June.

Best wishes for a wonderful spring!

# SERVICE ACES

By: *Robert DeCorsey*  
*MTCA PRESIDENT*



Hello tennis coaches and fans,

It is March! Moreover, that means State Tournament time for the winter sports seasons and the beginning of spring sports. In the not to distance future many of you will be starting your boy's tennis season for 2023. It is an exciting time of rejuvenation and new beginnings. Spring sports are always challenging; weather, court conditions, prom, senioritis, and weather. These challenges make for sometimes-frustrating times but also fun new challenges. We have to be creative in our practice planning and team planning and revel in the days the weather is great. Tennis is full of challenges on the court, and these challenges off the court just add to the life skills building our sport produces, change and adapt. How we as coaches handle these challenges helps teach our players how to deal with, adapt, and overcome them. We set the example with our attitude towards the challenges we face.

The MTCA faced a challenge, and the outcome turned out differently than we had hoped. Our 3-class proposal did not gain the approval of the league. We did, however, gain some great feedback from the board and will be looking at ways to help create a new proposal that we anticipate will gain the league's approval. The 3-class Ad Hoc committee put much time and energy into the proposal and deserves many thanks for their efforts.

By the time you read this, the tennis clinic, back in person, will have come and gone. We are all/were excited to be back in person for this great event. The Boys State Tournament Banquet will also return this spring!

I wish you all great fortunes for your 2023 seasons. May the snow melt quickly and the sun shine bright!

# ICE CHIPS



By: *Greg Anzelcc*

The MHCA host hotel for the boy's hockey state tournament was once again the InterContinental where we held our annual board meeting as well as a coach's social on Friday afternoon. Coaches are in the process of submitting nominations for awards including the Hobey Baker Character Award, as well as players for spots in the HP and Great 8. Camp and off-season insurance benefits are available for MHCA members. Finally, we are accepting nominations for our Coach's Hall of Fame, please visit [mnhockeycoach.com](http://mnhockeycoach.com) to nominate!

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# Goal Posts

By: Ron Stolski

KEEPERS,

Thankfully, Spring as we know it is just around Winters's corner. A sure sign is that our or Winter tournaments have either begun and or are wrapping up, much to the joy and relief of beleaguered Athletic Directors who have had to navigate, once again, the challenges of our Minnesota weather. The annual MFCA 'Keepers of the Game' clinic, Combine planning et al., is in full swing. The intrinsic joy of sports moves in concert with the certain rhythm of our seasons. And so do the coaches, committees, and officers of the MFCA.

President Mat Mahoney's initiative to engage all football entities, our high schools, the Gophers, Vikings, and colleges, to participate in a "salute to football week" was well received and got off to a good start in 2022. He remains convinced it will continue to grow and plans to continue the effort in 2023.

Past President Jeff Williams, with impetus and input from interested coaches and dialogue in a MSHSL Advisory meeting, chaired a representative committee to craft a proposal to seed the Class 9 man through Class 5A state tournaments beginning in the Fall of 2023. Thanks to Jeff and the committee. His report follows;

"As many of you know, the MFCA submitted a proposal to the State High School League to seed the Class 9 Man through 5A State Tournaments beginning in Fall 2023. The League board of Directors met on Feb. 2 to consider this proposal. Despite the support of the Activities Advisory Committee, the Regional Advisory Committees, and the Principal's Advisory Committee, the Board rejected the proposal unanimously. Reasons cited were; 1.) No other sport seeds 1-8. 2.) There are not enough sites to host state Quarter Final contests. Seeding 1-8 would increase the geographical distance between Quarter Final opponents, and there are not enough interested sites in between. 3) With less than a week between seeding and playing, Quarter Final game dates and sites will lack predictability. The MFCA will revisit our proposal and the concerns forwarded by the MSHSL to develop a proposal to seed our State Tournament in the future."

The MFCA is your organization. There is still time. If you still need to do so, please plan to support and attend the MFCA clinic and Awards Banquet Mar 30 -April 1 and the recruiting Fair and Combine on May 6. For Details, visit the website [mnfootballcoaches.com](http://mnfootballcoaches.com).

As in coaching, there is always ONE MORE THING. As the years silently, yet assuredly, slide by, we continue to say goodbye to our MFCA friends, mentors, and icons who pass

away. You know who they are. They are your colleagues and comrades who chose a life of teaching and coaching. Many of them were the pioneers of the growth of football and the association and, in their passing, passed the torch to new generations of givers and leaders. Be one of that 'new' generation.

Ron Stolski

Postlude; Bill Martin was a pioneer. He coached for five decades. He never missed a meeting or a Clinic. At the clinic a couple of years ago, he approached this writer and said," Ron, in two years, I will be 100 years old. If I make it, I want to be a headliner at the Clinic. "If you make it, Bill, you will be, and that's a promise," I replied. Bill Martin died on Dec. 1, 2021. He was 100 years old. I will speak for him at the Clinic banquet.

## ADAPTED ATHLETICS

By: Brett Kosidowski


MAAA Coaches Association President

The Floor Hockey season is well underway, and by the time you read this article, a State Champion will have been crowned. This last year during floor hockey, we saw a lot of growth within the CI league. Moorhead and Mankato have been steadily building their programs and helping grow the state's interest in Adapted Athletics. We have enjoyed having both of those programs in the league this past year! The floor hockey season came in like a lion, with some weather-related delays in early January. It calmed down until the end of the season, when the regular season's last week went out like a lion, with many delayed regular-season finales. Thank you to all coaches, athletic directors, officials, players, families, and our Executive Secretary, Marcus, for getting everyone through makeup games in a pinch! A team effort that helped all programs finish the season on a positive note! Congratulations to all teams participating in the Floor Hockey Championships, and we look forward to finishing the year strong with another amazing softball and bowling season. Good luck to all teams, and please reach out if your program needs anything. Together we are stronger!

***"Keep working, even when  
no one is watching"***

**- Alex Morgan**

# GIRLS HOCKEY "SNAP SHOTS"



By: *Tim Morris,*

*Executive Director, MGHCA*

*www.MGHCA.com Execdirector.MGHCA@outlook.com*

## Coaches Association Membership

This past season, the MGHCA had 162 coaches registered with the MSHSCA for girls hockey. This is the 2nd most coaches registered through the MSHSCA since the girls hockey coaches had opted to go with the parent coaches association for membership.

Thank you to all of the coaches who became members this season. As a reminder, your membership and insurance are good until July 31, 2023. As soon as the 2023-24 membership link is available, we will forward it to all of our head coaches, who can distribute it to their coaching staff around the state.



## State Tournament Champions

Class A – Warroad HS, Head Coach - David Marvin

Class AA – Gentry Academy, Head Coach – Billy Hengen

## Section Assistant Coaches of the Year

1A	Dodge County	Tony Koch
2A	Litchfield/Dassel-Cokato	Tony Holcomb
3A	Luverne	Matthew McClure
4A	Simley	Steve Woog
5A	Mound Westonka	Carissa Ketcher
6A	Fergus Falls	Todd Hershner
7A	Hibbing/Chisholm	Beth Davies
8A	Warroad	Derrick Comstock
1AA	Lakeville South	Brian McKinney
2AA	Prior Lake	Joey Larson
3AA	Metro-South	Dan Berthiaume
4AA	White Bear Lake	Mark Domschot
5AA	North Wright County	Paige Jensen
6AA	none	none
7AA	Grand Rapids/Greenway	Kelsey Suchy
8AA	Alexandria	Jeff Doherty

## Section Head Coaches of the Year

1A	Winona	Rick Burns
2A	Mankato East	Amber Prange
3A	Luverne	Tony Sandbulte
4A	Simley	Tom Patnode
5A	Breck School	Tricia Luoma
6A	Fergus Falls	Tim Lill
7A	Moose Lake	Reilly Fawcett
8A	Crookston	Emily Meyer
1AA	Northfield	Paige Hailey

2AA	Prior Lake
3AA	Metro-South
4AA	Roseville/Mahtomedi
5AA	Maple Grove
6AA	Hopkins/Park
7AA	Andover
8AA	Moorhead

Kiersten Nelson
Chris Lepper
Craig Rosenthal
Jim Koltos
Ryan St Martin
Melissa Volk
Ryan Kraft

## MGHCA Coaches of the Year

Class A Assistant COY – Steve Woog, Simley HS

Class A Head COY – Tom Patnode, Simley HS

Class AA Assistant COY – Brian McKinney, Lakeville South HS

Class AA Head COY – Ryan Kraft, Moorhead HS

**BranoStankovsky Award Recipient** – Steve Guider, Blaine HS

## Individual Academic All-State

This season the MGHCA awarded Academic All-State honors to 174 seniors who had a cumulative GPA of 3.80 or higher. Each awardee receives a certificate from the coaches association for their accomplishment.

## 2021-22 TEAM ACADEMIC WINNERS

1A – Dodge County – 3.91

2A – Minnesota River Valley – 3.902

3A – Marshall HS – 3.820

4A – Chisago Lakes HS – 3.952

5A – Minneapolis – 3.947

6A – Fergus Falls HS – 3.510

7A – Proctor/Hermantown – 3.917

8A – East Grand Forks HS – 3.950

**State Class A Champ – Chisago Lakes HS - 3.952**

**Ms. Hockey – Ella Boerger, Andover HS**

1AA – Lakeville South – 3.955

2AA – Minnetonka HS – 3.949

3AA – Metro-South Phoenix – 3.952

4AA – Hill-Murray HS – 3.871

5AA – Mounds View/Irondale/St Anthony – 3.907

6AA – Edina HS – 3.897

7AA – Anoka HS – 3.921

8AA – Moorhead HS – 3.926

**State AA Champ – Lakeville South HS - 3.955**

**Senior Goalie – Uma Corniea, Edina HS**

## SCHOLARSHIPS - \$1000 each

Charlie Stryker Scholarship

Hailey Hansen, Blaine HS

## Exec Council Scholarship

Ella O'Hearn, Centennial/Spring Lake Park

## Premier Prep League Scholarship

Andi Huselid, Elk River HS

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# DUGOUT CHATTER



By: *Dean Schwirtz - Glencoe Silver Lake  
President - MSHSBCA*

We just completed our first ever winter baseball clinic at Target field. The clinic was very well attended by our association along with many youth coaches from around the state. We want to especially thank Chelsey Falzone and Kobi Allen of the Minnesota Twins for helping to make it possible. We also would like to thank our very own Mark Downey for his countless hours organizing such an outstanding clinic. Here are just a few of the comments made by some of our presenters.

## **Ed Servais - Head Baseball Coach - Creighton University**

*"I have had the chance to speak at several High School Baseball Clinics and I would rate the Minnesota one in the top two. Now that you are affiliated with the Minnesota Twins Organization only makes it better. As coaches, we all need to continue to learn about our game. The athletes we work with deserve that from us."*

## **Steve Smith - Minor League Pitching Coordinator**

*"Congratulations to the MSHSBCA & the Twins for putting together a great convention & learning opportunity for all the baseball men & women in Minnesota! First class operation!"*

## **Brian Green - Head Baseball Coach - Washington State University**

*"The MSHSBCA was a first-class event! I was honored at the opportunity to speak. I went away with information that will make Washington State Baseball a better program as I had the opportunity to view the other presentations and spend time with other coaches throughout the two-day event. A great event for any coach within the region wanting to become a better coach!"*

## **Clinic Award Winners**

### **Hall of Fame**

Al Amdahl - Albany High School  
Randy Hockinson - Kenyon-Wanamingo High School  
Tom Schleper - Shakopee High School  
Paul Schumm - St. Michael-Albertville High School  
Troy Urdahl - St. Anthony Village  
Mike Wenninger - Luverne High School  
Tracey Wensloff - Roseau High School

## **Coaches of the Year**

Mike Parker - Stillwater-Class AAAA  
Chace Pollock - Marshall-Class AAA  
Don Waletich - Fairmont-Class AA  
Chris Stanton - Randolph-Class A

**Dick Siebert Award** - Jeff Wollin, Litchfield  
Angelo Giuliani - Darrell Wincek, Gopher State Officials Association

**Jim Dimick Retired Coaches Award** - Lyle Gillen, Jasper & Pat Shaughnessy, Worthington

**Rob Fornasiere Assistant Coach of the Year Award** - Collin Bender, Edina & Grant Johnson, Albany

**Tink Larson Field of the Year Award** - Perham - Tuffy's Stadium at Al Krueger Field

**Craig Anderson Ethics in Coaching Award** - Bill Ibach, Dilworth-Glyndon-Felton

Please be sure to visit our website at [www.mshsbca.org](http://www.mshsbca.org) and follow us on twitter @MSHSBCA for the latest information. If you are looking to fill games, scrimmage, or have new records, please continue to email Tink Larson at [tlarson@hickorytech.net](mailto:tlarson@hickorytech.net). Thank you, Tink, for everything you do!

We will be hosting our All Star series once again this year at the end of the high school season. Please be sure to nominate your seniors on the MSHSBCA website. Make sure that players are able to attend all days of the series and are in good standing with the MSHSL. Also, be sure to nominate your top student-athletes for All-Section, All-State Academic and All State Awards.

I encourage everyone who has not yet joined the Minnesota State High School Baseball Coaches Association to do so. Go to [mshsca.org](http://mshsca.org) to join. The benefits for you and your team are great!

In conclusion, I want to wish everyone the best of luck in the upcoming season. Thank you for all that you do to promote high school baseball in Minnesota!

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***"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**

# Over Hill and Dale

By: Jeff Morris, Perham High School  
President, MN Cross Country Coaches Association

The warm weather is on its way, but when you think the heavy snow is finally done, we have another eLearning Day for schools across the State. Hopefully, this means we will have a great spring with great track weather. As the track season gets started, most of us get in the mode of starting to plan for cross country. Not all cross-country runners do track, but most of them do, and I always love the recruiting pitches for joining the track team that coaches give. “Hey, come out for track. It is great speed training for cross country.” I used to tell this to my former runner Brady Speicher, to make sure he would run track, who now coaches at Otter Tail Central. He would respond, “but coach, speed kills.” The track season is a speedy athletic season, and for most XC coaches, our priorities shift to summer training on the way home from section or state track meets.

We began thinking about ways to motivate our runners to get out and put in miles before the cross country season starts back up in August. Mileage challenges, summer fun runs, or whatever your program does, I encourage you to enjoy building relationships with inspirational young people. One of my favorite quotes is by a pastor named Craig Grochel, who said, “If you want what few people have, you have to do what few people do.” I love that because the sport of cross country teaches young people self-discipline and to resist the pull to sit around all summer. Cross Country runners push back against settling and train together for something extraordinary across MN every year. MN Cross Country is unique. Regardless of whether your team competes in the State meet, we all can help young people learn to work hard, trust the process, enjoy the journey, have a positive mental attitude, and understand delayed gratification. Cross Country personal bests don’t come easy but take many consistent and intentional miles. One of the most critical roles we play in young people’s lives is teaching them self-discipline. It is the desire they have to want to get better, plus self-discipline. Desire without discipline is just good intentions. Discipline without desire will result in many going through the motions. So since I am a math teacher, I will give you a simple formula to use with your runners!

## “Discipline + Desire = The Difference”

Finally, I would like to give a final update on the “state of our state meet.” We sent out a survey for the State Meet Location and are getting a lot of feedback from everyone. Here is an overview of the process we will use to make recommendations to the MSHSL. The most important thing to understand is that the MSHSL puts on the state meet, so the final decision rests with them, but they want our input,

ideas, and recommendations. Our initial meetings with Charlie Campbell have been very refreshing. So many good ideas have already come from our sessions.

Here is an overview of the process:

1. Advisory Board will assist and work with Charlie Campbell, the MSHSL, etc., to give input and recommendations for the cross-country state meets in November.
2. A Survey sent to MCCCCA
3. The Advisory Board will do site visits based on possible host locations.
4. All Advisory Board members are part of site visits if available.
5. President, Past President, and a delegate will sit on the committee with Charlie Campbell and MSHSL throughout the planning process.
6. The Advisory Board will have meetings in Spring and Summer between site visits to formulate recommendations to bring to Charlie Campbell and the MSHSL.
7. After the Advisory Board feels good about a site - a recommendation will be made from the Advisory Board to Charlie to present to MSHSL for the final decision about the state meet to be made.
8. The Advisory Board will help assist and give input in any way needed on the following items such as course design, schedule, awards, areas for athletes and coaches, etc.

This is an overview of the process, but I hope this gives some insight into the steps that will be taken to determine a new state meet location. Finally, I wish you the best of luck in the upcoming track and field season. All these snow days will hopefully translate into more nice spring days.

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

- Mike Singletary

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# BANK SHOTS



By: Willie Braziel

Coaches,

At the conclusion of most sports, we shake hands to show appreciation and respect for our opponents. But, officials are often forgotten and overlooked. Most basketball officials I know don't need much more than a quick approving nod after the game, as that one simple gesture will be the only one they receive the entire time. Remember, officials are human and will occasionally miss calls, but when you see them working hard to perform the best that they can, then it's on us to reinforce their efforts. It's so easy to forget the critical role of a basketball official, and it's similarly easy to immediately point blame toward an official when it isn't fair to do so. I try and take a positive approach to fully appreciate the efforts of a basketball official to ensure fair games take place, as well as the resiliency they must regularly exercise when faced with emotionally-charged athletes, coaches, and fans.

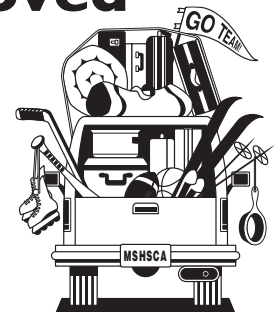
Since most of us don't think about the lifestyle and expectations we have for basketball officials, it might be essential to think of a few of the more important details that may prompt you to offer thanks to the basketball official you see:

1. **It can be a thankless job.** Basketball officials are rarely thanked for hustling and calling a great game, yet they are almost always blamed when they make a human mistake. When officials do their job well, their work is almost invisible, and therefore few people take time out to recognize the efforts it took to hustle, diffuse potential conflicts, and display fairness to both teams.
2. **They receive little, if any, support.** When we watch a game there are fans of both individuals/teams competing, but the official is out there alone. Unlike players who support each other when dealing with challenging situations, the official is left to him- or herself when trying to regroup after a bad call, missed call, or angry athlete or fan.
3. **They are often over-blamed.** Athletes, coaches, and sports parents sometimes erroneously blame the official for bad calls on the field or scapegoat the official when, in fact, the official had nothing to do with the outcome of the game.
4. **They receive little pay.** Only a small percentage of basketball officials make enough money to live on.
5. **They're constantly hustling.** While players get to take breaks by coming in and out of games, officials must perform on every play.

*“Don't be afraid  
to give up  
the good  
and go  
for the great.”*

- Steve Prefontaine

## 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 : [ringer@mshsca.org](mailto:ringer@mshsca.org) or mail us at MSHSCA 20085 Italy Ave. Lakeville, MN 55044 Phone (952) 250-9535



# CORNER KICKS

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

State tournament time is here and to all of you that coach another sport, congratulations on your season. One of the biggest changes high school soccer will have this fall revolves around two significant rule changes. The region secretaries passed these two new rules and then presented them at the February meeting of the MSHSL.

The first change is the elimination of overtime. This rule means that there would be no overtime during the regular season. The rule does not change for overtime in postseason play. Some special games will end in a tie but proceed to a penalty shootout to determine a winner.

The second is the Mercy Rule. It states that when a team leads by five or more goals in the second half, the clock will continue to run, stopping only for serious injury. Like most sports, the clock will return to regular operation if the goal differential is less than five.

It has been a goal of the MSHSSCA to implement these changes, and thanks are given to the Executive Board

It is that time of the year when we can announce National Award winners. First are the girls, and thanks to Stacy Paleen (Park Girls Co-Coach) for her work on these awards. They are:

## State Coach of the Year

Large Public School	Tracey Griess	Andover
Small Public-School	Sue and Mike Pawlyshyn	St. Anthony Village
Private/Parochial	Dave Marshak	Academy of Holy Angels

## All-Central Region Players

Taylor Heimerl	Forward	Sr.	Rosemount
Jordan Hecht	Keeper	Sr.	Rosemount
Kendall Stadden	Forward	Sr.	Blaine
Summer Seamans	Midfielder	Sr.	Wayzata
Katelyn Beulke	Forward	Sr.	Mahtomedi
Luka Johnson	Midfielder	Sr.	Stillwater

## All-Americans

Taylor Heimerl	Forward	Sr.	Rosemount
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Congratulations go out to these coaches and players.

We move on to the boy's awards. James See (Academy of Holy Angels-Boys) is the USC Boy's Liaison and provided Minnesota Soccer coaches and players the following awards.

## State Coach of the Year

Large Public School	Dominic Duenas	Wayzata
Small Public-School	Derek Engler	Orono
Private/Parochial School	Eli Baker	DeLaSalle

## All Great Lakes

Joe Highfield	Forward	Sr.	Wayzata
Mike Orlov	Forward	Sr.	Wayzata
Stiven Muellner	Forward	Jr.	DeLaSalle
Jake Hennen	Midfielder	Jr.	Minnetonka
Ashton Johnston	Forward	Jr.	East Ridge
Jackson Parrish	Midfielder	Sr.	Edina
Bryan Islas Aguirre	Midfielder	Sr.	Rochester Mayo

## All-American

Joe Highfield	Forward	Sr.	Wayzata
Mike Orlov	Forward	Sr.	Wayzata

The Executive Board will meet on March 8. Several items need to be discussed. The first would be the Clinic, with the numbers attending lower than they used to be. A look at the Clinic structure and its impact on coaches is under discussion.

A second item for discussion is to streamline membership with the USA. The board will take this matter up again. There are several advantages of more USC members. One is more of our athletes would be recognized. Two other perks would be guest speakers at our clinic and a further reduced rate for membership.

Other items concerning our organization are being discussed. The placement of items on the website, a new program for selection of All-State teams, membership timing, fees, and what to do with Sections that do not have a representative. The board continues to work on improving our organization.

We continue with awards, and the next is the Mike Warter Awards. The MSHSSCA gives these thousand-dollar scholarships to honor the memory of Warter, an Eagan girls coach. It has been 24 years since the MSHSSCA voted to honor a girl and boy soccer player with this award. The first recipients were in 2000. The MSHSSCA has awarded \$44,000 since the inception of the award. In three of those years, we only had one recipient. Art Seplak (Bloomington Kennedy-girls retired) is the Chair of the Committee giving out the Warter scholarships. Seplak announced the following two winners.

The girl's winner is Alyssa Williams from Winona Cotter. Alyssa has been a varsity player since 7th grade. She has been an All-State selection for the past two years. In addition, she was a Ms. Soccer nominee this year. Williams has signed a tender to play at St. Cloud State in the fall.

The boy's award winner is Andrew Pitzer from Heritage Christian Academy. Andrew has also played varsity soccer since 7th grade. Pitzer has been an All-State player for two years. In addition, Andrew was Mr. Soccer in his class.

Both winners are active leaders in their schools and community activities. Both are well deserving of this scholarship.

**CORNER KICKS** ... continued from page 20

Greg Juba (Park of Cottage Grove Girls retired), our Clinic Director, has announced that the Clinic dates are Thursday, August 10th, in the evening and Friday, August 11th, all day. More information and registration information will be in the May issue of the Prep Coach.

The next issue of the Prep Coach will have updates on all issues the MSHSSCA is working on to make our sport and organization more workable for athletes and coaches. And again I will end with you have the greatest job in the whole world, working with student-athletes.

**SYNCHRONIZED SWIMMING**

By: Kathryn Henderson

**Notable Anniversaries**

Oftentimes when people hear about a synchronized swimming team at a high school for the first time, they respond with surprise and typically assume it's a new thing. We are a small sport, so don't have a lot of publicity or acknowledgement, but synchronized swimming is not a new thing in the state of Minnesota. In fact, a few of our high school programs are celebrating notable anniversaries this season.

- Forest Lake - 30 years
- Edina - 65 years
- Stillwater - 70 years

Those years represent competitive synchronized swimming for girls at those schools. We wish those teams, and all the others, a great season this spring. In total, there are 14 competitive teams in Minnesota entering the high school competitive arena. Those 14 teams represent approximately 22 high schools (some are combined). If any readers are interested in watching

Oftentimes we are asked why different sport association articles aren't included in the current issue of Prep Coach. There has been a significant decline in submissions. If your association is missing, it is due to not having an article submitted.

**UNDER THE BAR**

By: Mike Breyen

Hello Minnesota Strength Coaches!

We want to thank you for joining the MN Strength Coaches Association! We are working to build this network into one of the best associations in the country. Please continue to reach out to coaches at schools around you to tell them about joining the MSCA. Everyone around the state needs to pull people in and create the largest network possible! The field of strength and conditioning is truly exploding in Minnesota, and our state is beginning to recognize its importance!

A few things we wanted to make you aware of. Coming up on April 15th at Mound-Westonka High School is the MN National High School Strength Coaches Association (NHSSCA) state clinic. This is the only strength clinic opportunity in MN this Spring. Visit the NHSSCA Web page under "Events" to get registration information.

We will assemble committees to work on our by-laws and athlete and coach recognition plans. Please let us know if you have any suggestions or want to get involved!

So far this year, we have had strength coaches speak at various clinics, including volleyball, girls' hockey, football, and track and field. If you are attending the MFCA clinic next month, please stop by and see us at the MSCA table and see Minnetonka Strength Coach Taylor Moon speak.

Stay tuned for our message about how your school can add strength coaches to the MSHSL website. We have been working with the MSHSL on the importance and value of strength coaches. We are close to being able to add strength coaches to the "Administration" section for each school.

Also, encourage your ADs to add you to the gameday programs in the future. Strength coaches are often a key to performance and success, but they aren't always visible.

It takes a lot of planning and momentum to build an association from the ground up, and we are so excited to build this into something great for our coaches and athletes in Minnesota! Thank you for your membership, and please send us a message with anything you need!

President: Mike Breyen - Elk River -  
michael.breyen@isd728.org

Vice President: Jessica Gust - St. Louis Park -  
gust.jessica@gmail.com

Executive Secretary: Alex Greenway - Tracy/Milroy/Balaton -  
greenwaya@tracy.k12.mn.us



# WINTER ACADEMIC AWARDS

## NORDIC SKI Boys

### GOLD

Blaine HS  
Brainerd  
Cloquet-Esko-Carlton  
Duluth East  
East Ridge HS  
Eden Prairie HS  
Edina HS  
Fergus Falls HS  
Hastings  
Holy Family Catholic HS  
Irondale  
Lakeville North HS/ Lakeville South HS  
Maple Grove Senior HS  
Marshall School (in Duluth)  
Math & Science Academy  
Mesabi East Area (in Aurora, MN)  
Minneapolis South HS / Minneapolis Roosevelt HS  
Minneapolis Washburn HS  
Minnehaha Academy  
Minnetonka HS  
Mora HS  
Mound Westonka HS  
Mounds View HS  
Prior Lake HS / New Prague HS  
Robbinsdale Armstrong HS  
Saint John's Preparatory School  
Saint Paul Highland Park  
Saint Thomas Academy  
Spring Lake Park HS / St Anthony Village HS / Centennial HS  
St. Paul Central  
Stillwater Area HS  
Willmar Senior HS  
Winona HS / Cotter HS

### SILVER

Bloomington Jefferson HS  
Champlin Park HS  
Heritage Christian Academy  
Little Falls  
Park High School (in Cottage Grove, MN)  
Rogers HS  
Simley HS  
White Bear Lake Area Schools  
Woodbury HS

## NORDIC SKI Girls

### GOLD

Bemidji HS  
Bloomington Jefferson HS  
Brainerd  
Champlin Park HS  
Cloquet-Esko-Carlton  
Detroit Lakes

Duluth East  
Eden Prairie HS  
Edina HS  
Ely Memorial HS  
Fergus Falls HS  
Heritage Christian Academy  
Holy Family Catholic HS  
Irondale  
Little Falls  
Maple Grove Senior HS  
Marshall School (in Duluth, MN)  
Math & Science Academy  
Mesabi East Area (in Aurora, MN)  
Minneapolis South HS/ Minneapolis Roosevelt HS  
Minnehaha Academy  
Minnetonka HS  
Mora HS  
Mound Westonka HS  
Mounds View HS  
Prior Lake HS / New Prague HS  
Proctor HS / Hermantown HS  
Robbinsdale Armstrong HS  
Saint Paul Highland Park  
Sauk Rapids-Rice HS  
Simley HS  
Spring Lake Park HS / St Anthony Village HS / Centennial HS  
St. Paul Central  
Stillwater Area HS  
Minneapolis Washburn HS  
White Bear Lake Area Schools  
Willmar Senior HS  
Winona HS / Cotter HS

### SILVER

Blaine HS  
Hastings  
Lakeville North HS / Lakeville South HS  
Park HS (in Cottage Grove)

# SCHUELLER ... continued from page 1

ence was in St. Cloud Apollo North. There I coached junior high basketball and baseball. I entered the high school coaching ranks as a ninth-grade coach for St. Cloud Apollo. After graduating from St. Cloud State, I became the assistant basketball coach and head baseball coach at Fertile-Beltrami. Our basketball teams made it to two Sweet 16 State Tournaments, including a runner-up finish.

Following Fertile-Beltrami, I became the head basketball coach in Wheaton for one year before returning home to Russell-Tyler-Ruthton. While at RTR I worked with my old high school coach before becoming the head basketball coach. I also coached football in the Middle School. In 2004, I made my first trip to the Basketball State Tournament as a head coach and returned with a State Championship.

I have spent my last 19 years teaching and coaching in Browerville. I have been the head basketball coach for all 19 years, an assistant volleyball coach for 16 years, and a junior high and assistant varsity baseball coach for 18 years. Our basketball team has been to the State Tournament in 2012 and 2016 and won five Conference titles.

I am a life member of the MSHSCA. I have been an active member of the MN Basketball Coaches Association, acting as an outstate representative, Section Rep, and served as President. I have also been a part of several committees that have met with the MSHSL. I have been President of the Browerville Education Association for the last 12+ years.

I have been blessed to work with some terrific coaches for over 30+ years. Coaching both boys and girls has been very rewarding. My experiences with athletics, my years in the classroom, and my ability to work with people, will allow me to help serve all coaches in the MSHSCA as your Vice-President. I am fortunate to be able to run for VP of the MSHSCA and would be honored to serve if elected.

## 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 \$200.00 Coaches Caring assistance donation by emailing your nomination to Rick Ringeisen at [ringer@mshsca.org](mailto:ringer@mshsca.org)

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.**

find us on **facebook**



follow us

**twitter**

**@MSHSCA**

**OETJENS ... continued from page 1**

grew up in Eden Prairie and went to EPHS, where I played soccer, Nordic skied, swam, and ran track. I loved playing sports and being part of a team my entire childhood. I continued to play club soccer and participated in club skiing at the University of Wisconsin-Madison, where I graduated with a degree in Communications and Psychology. I jumped into coaching as soon as I graduated – coaching girls club soccer in the metro area.

I am excited about this opportunity with the MSHSCA because high school sports have created some of my most cherished memories as a player and coach. High school coaches are some of the most impactful people in kids' lives, and helping to lead a community of like-minded, giving people, like the members of this association, would be a true honor. I also constantly strive to set an excellent example of female leadership for my female athletes – demonstrating that girls can and should confidently participate, lead and have a seat at the table.

Thank you for your consideration, and good luck to all the coaches out there who are entering the spring season. Thank you for all you do for our athletes!

*“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 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.

- **St. Mary’s University**
- **University of Northwestern, St. Paul**
- **College of Saint Benedict**
- **Anoka-Ramsey Community College**
- **Martin Luther College**
- **Gustavus (Tom Brown AD)**
- **Concordia College**
- **Bethany Lutheran College**
- **Minnesota State Community & Technical College Fergus Falls**
- **Minnesota State University, Mankato**
- **Macalester College**
- **University of Minnesota Duluth**
- **Hibbing Community College**
- **University of Minnesota Crookston**
- **Central Lakes College**
- **St. Cloud Technical & Community College**
- **Minnesota State University Moorhead**
- **St. Cloud State University**
- **Carlton College**
- **Bemidji State University**
- **St. Catherine University**
- **University of Minnesota Morris**
- **Bethel University**
- **St. Olaf**
- **Hamline University**
- **MN West Community & Tech College**
- **The College of St. Scholastica**
- **Concordia University, St. Paul**
- **Ridgewater College**
- **Southwest Minnesota State University**
- **Rochester Community & Technical College**
- **St John’s University**
- **Minnesota West Community & Technical College**

*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. No admission to mens D1 hockey at BSU, St. Cloud State.

6. BSU - D2 - reg. season only.

7. Concordia Moorhead not usable at MIAC and NCAA post season games.

The Tucker Center for Research on  
Girls & Women in Sport at the University of Minnesota  
is hosting the

# 9TH ANNUAL WOMEN COACHES SYMPOSIUM (WCS)

**April 21, 2023 at Huntington Bank Stadium**

*Coaching HER is the theme, so come and learn about timely  
and relevant topics related to coaching girls and women.*

---

This year the featured keynote speaker is Dr. Cecile Reynaud, Vice President of Volleyball Operations for the Pro Volleyball Federation and the former Florida State volleyball coach (a position she held for 26 years).

The WCS is a women-focused, high-quality educational, networking, and professional development event for women coaches in all sports at all levels. The WCS is a LGBTQI+ inclusive, safe space and while women-focused, male allies who support women are welcome to attend.

This event is approaching fast, so please share this event information with anyone you believe would be interested in attending.

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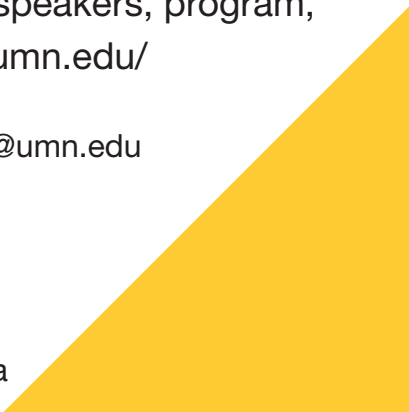
**Registration is open at:  
<https://wcs.umn.edu/wcs-registration>**

All information about the WCS is on our website, including speakers, program, sponsorship, and vendor options at: <https://wcs.umn.edu/>

If you have any further questions, email me at [wuche014@umn.edu](mailto:wuche014@umn.edu)

Thank you and see you in April,

Miranda Wucherer  
Tucker Center WCS Event Manager,  
Graduate Student at the University of Minnesota



TUCKER CENTER FOR RESEARCH  
ON GIRLS & WOMEN IN SPORT

# WCS

## WOMEN COACHES SYMPOSIUM

WITH JEAN K FREEMAN  
KEYNOTE SPEAKER

DR. CECILE  
REYNAUD

Reynaud was the head women's volleyball coach at Florida State University for 26 years and a faculty member in Sport Management for fourteen years. She has served in many different roles in the volleyball world and currently is the Vice President of Volleyball Operations for the Pro Volleyball Federation.



The WCS provides high-quality educational programming, networking, and professional development for 250 women coaches, administrators, and students at all levels of competition and all sports. Featuring a special student-only program track run by Her Next Play

register at [wcs.umn.edu](https://wcs.umn.edu)



@tuckercenter



@tuckercenter

#WCS2023



THE TUCKER  
CENTER  
for Research on Girls & Women in Sport

TUCKER CENTER FOR RESEARCH  
ON GIRLS & WOMEN IN SPORT

# THE 9TH ANNUAL WOMEN COACHES SYMPOSIUM

register at [wcs.umn.edu](https://wcs.umn.edu)

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The WCS provides high-quality educational programming, networking, and professional development for 250 women coaches, administrators, and students at all levels of competition and all sports. Featuring a special student-only program track run by Her Next Play

 @tuckercenter

 @tuckercenter

#WCS2023



[Redacted]

[Redacted]

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.

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.

[Redacted]

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.

HDI Global Specialty (A Rated)

[Redacted]

[Redacted]

August 1, 2022 – August 1, 2023

[Redacted]

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.

\$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

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.

[Redacted]

[Redacted]

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

- ❖ Camp Insurance Request form is available on our website: [www.loomislapann.com](http://www.loomislapann.com)

[Redacted]

[Redacted]

- ❖ 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.
- ❖ This insurance does not apply to any loss, cost or expense arising out of infectious or communicable disease.



[www.loomislapann.com](http://www.loomislapann.com)  
(P) 800-566-6479 | (F) 518-792-3426

Greg Joly [gjoly@loomislapann.com](mailto:gjoly@loomislapann.com)  
Lori George [lgeorge@loomislapann.com](mailto:lgeorge@loomislapann.com)  
Karen Boller [kboller@loomislapann.com](mailto: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.*

# WOMEN4WOMEN

Meghan Orgeman, Alexandria Area High School  
President, MN Track & Field Coaches Association  
MN Women4Women Director

Although many girls in MN have had exceptional coaches, most have never experienced having a coach of the same gender. Using track & field as an example, with over 16,000 girls competing in MN high school track & field, less than 20% are led by a female head coach. The reason so few women are pursuing and persisting in coaching is complex and multidimensional, which is why Women4Women was created. Women4Women is an intentional effort to partner together, women and men, to recruit and support strong female role models as coaches in our programs. Our goal is to build a network that provides mentorship opportunities, coaching resources, and support for women interested in coaching across all sports, all levels, nationwide.

Many women report that they entered or tried coaching because a coach saw their potential and passion and encouraged them to try it. Sometimes asking and inviting young women, especially current or former female athletes, to think about coaching is enough. Other times, women feel uncertain because they have not seen many women leading in these positions and are unsure about their ability to coach. I believe in the statement, "IF she can SEE HER, she can BE HER," which is another reason we are intentionally creating a Women4Women Community to provide faces, names, and voices of women who have persisted in coaching. We hope these women are role models for future female coaches.

About a month ago, we held our first Annual Minnesota **Women4Women Coaches Symposium**, where women and men from youth, high school, and collegiate sports programs gathered together to learn, network, and support the recruitment and retention of women in coaching. The room was packed (standing room only!) with passionate coaches. We had the honor of listening



to Dr. Nicole LaVoi speak about the experiences and voices of women sports coaches and to Rachael Steil speak on the role coaches can plan in eating disorder prevention. If you could not attend, mark your calendars for next year's event (Thursday, January 25, 2024). We will have inspirational speakers and opportunities to network and connect, and we plan double the number of attendees!

**If Women4Women is something you would like to get more involved in, here are some action items to consider:**



**Join our Social Media Community!**  
Please follow us!

- **Facebook** (Minnesota-Wisconsin-North Dakota Track & Field Women4Women),
- **Twitter** (@MWomen4women)
- **Instagram** (@TFW4W).



### Join our Women4Women Virtual Book Club!

Join us for our first-ever Virtual Book Club! We plan to host a virtual gathering every 2nd Wednesday of the month starting June 7. This summer, we will read the book *Running In Silence* by Rachael Steil. If you are interested, grab a copy of the book and email Kari Krakow, the Director of Women4Women in Wisconsin, to get on the list (krakowk@portage.k12.wi.us).

### Bring Women4Women to your sports association!

Women4Women was founded by the Wisconsin Track & Field Coaches Association (<https://www.wistca.org/women4women>). Minnesota is the second state to bring Women4Women to high school Track & Field (<https://www.mshsca.org/w4w>), and we have interest from North Dakota, Nebraska, and Ohio to follow our lead. We hope to bring Women4Women to every sport at every level and state!

### Contact me!

I would love to connect with you if you want to learn more about Women4Women! Please feel free to email me at [w4wtrackandfield@gmail.com](mailto:w4wtrackandfield@gmail.com).

**Women4Women Association Page:** <https://www.mshsca.org/w4w>

**Women4Women Facebook Page:** Minnesota-Wisconsin-North Dakota Track & Field ([https://fb.me/g/p\\_duJR3Fvts5HkMQM7/c0XekGO1Women4Women](https://fb.me/g/p_duJR3Fvts5HkMQM7/c0XekGO1Women4Women))

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

- Simone Biles, Gymnast

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## 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/](http://www.hscoachesbenefits.org/)

# WINTER 2022-2023 CHAMPIONSHIP TEAMS

SPORT	SCHOOL	COACH	DANCE-Jazz		
GIRLS ALPINE SKIING	Hill-Murray	Donald Shipp	Class A	St. Cloud Cathedral	Marissa Haakonson
			Class AA	Orono	Sharon Forde
			Class AAA	Maple Grove	Stacy Marquardt
GIRLS NORDIC SKIING	Duluth East	Bonnie Fuller-Kask	<b>WRESTLING</b>		
			Class A	Jackson County Central	Nathan Hanson
BOYS NORDIC SKIING	Duluth East	Bonnie Fuller-Kask	Class AA	Simley	Will Short
			Class AAA		
			<b>BOYS SWIMMING MSHSL</b>		
GYMNASTICS	Big Lake	Landon Goldsmith	Class A	Breck-Blake	Michelle Carlson
			Class AA	Breck-Blake	Brian Wright
			Class AAA	Eden Prairie	Kelly Boston
GYMNASTICS	Big Lake	Landon Goldsmith	<b>BOYS SWIMMING TRUE TEAM</b>		
			Class A	Breck-Blake	Michelle Carlson
			Class AA	Breck-Blake	Brian Wright
GYMNASTICS	New Prague	Darrell Christenson	Class AA	Minnetonka	John Bradley
			Class A		
			MSHSL		
GIRLS HOCKEY	Warroad	David Marvin			
			Class A		
			Class AA		
DANCE-High Kick	St. Cloud Cathedral	Marissa Haakonson			
			Class AA	Mound-Westonka	Molly Carlson
			Class AAA	Eastview	Taylor Varghese

*“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

## MINNESOTA STATE HIGH SCHOOL COACHES ASSOCIATION, INC.

### EXECUTIVE COMMITTEE LIAISON ASSIGNMENTS 2022-2023

<b>PAST PRESIDENT</b>	<b>B/G Soccer</b>	<b>B Swimming</b>	<b>Baseball</b>
Terry Sadler	G Swimming	Wrestling	B Hockey
	Robotics		
<b>PRESIDENT</b>	<b>Football</b>	<b>G Basketball</b>	<b>G/B Golf</b>
Tom Critchley Jr.	Adapted Athletics	Gymnastics	G Hockey
<b>PRESIDENT ELECT</b>	<b>B/G Cross Country</b>	<b>Nordic Skiing</b>	<b>B Tennis</b>
Barry Wohler	G Tennis	Alpine Skiing	B/G Track
<b>VICE PRESIDENT</b>	<b>Volleyball</b>	<b>Synch. Swimming</b>	<b>Softball</b>
Jennifer Roisum	B/G Lacrosse	B Basketball	Dance
<b>Girls Sports</b>	<b>Becky Leuer</b>		
<b>Inclusion &amp; Diversity</b>	<b>Larry McKenzie</b>		

These are your representatives for your sports association on the MSHSCA Board of Directors. If you have any issues, concerns, or questions, please feel free to contact them. Their information is listed on our website at [www.mshsca.org](http://www.mshsca.org)

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follow us

twitter

@MSHSCA

## 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.

## 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 (\_\_\_\_) \_\_\_\_\_

# Hall of Fame Banquet

The MSHSCA Hall of Fame Banquet will be held on Saturday, October 14, 2023, at the Sheraton West Minneapolis that is located on Ridgedale Blvd., just off I-394. The social hour will begin at 4:30 pm; the doors will open approximately between 5:30-5:45 pm, with dinner and the banquet to follow at 6:00 pm. Award winners are guests of the MSHSCA, and additional banquet tickets may be ordered in advance. Rooms will be available at the Sheraton Minneapolis West the night of the banquet and a special rate is available.

Sheraton Minneapolis West Hotel  
12201 Ridgedale Drive  
Minnetonka, MN 55305  
952-593-0000  
Check-in time: 3:00 pm  
Check-out time: 12:00 pm

MSHSCA Hall of Fame nominations are being accepted at [mshsca.org](https://mshsca.org). Follow the link for **Awards** and you will find the **online nomination form**. There is also a printed form included in this issue of Prep Coach.

At the banquet, the following will all be recognized and receive awards:

- MSHSCA Hall of Fame Class of 2023
- Officials Distinguished Service Award
- Assistant Coaches Distinguished Service Award
- George Haun Leadership Award
- Steve Kerzie Delegate Service Award
- Championship coaches
- Coaches of the Year
- Assistant Coaches of the year
- 25-Year Life MSHSCA Members

The MSHSCA takes tremendous pride in honoring the great men and women who coach Minnesota high school sports. MSHSCA takes great pride in making this a fun and memorable event to recognize the award-winning coaches and their supporters.

**BOIKE** ... continued from page 1

I received my B.S. teaching in Health/Physical Education/coaching. I served as an Assistant Men's Basketball Coach for two seasons and as a pitcher for the Mustang Baseball team. After my time at Southwest State, I served as a graduate assistant for Men's Basketball at Northern State University in Aberdeen, SD, earning a Master of Arts, Teaching degree in Health, Physical Education, and Recreation. I am currently two courses from finishing my Specialist Licensure (Principal and Superintendent).

After Northern State, I was the Head Boys Basketball & Baseball coach at Becker High School (1 year) and Head Boys Basketball, Assistant Football, and Legion Baseball coach at Audubon Public Schools (1 year). I then served as Athletic Director, Head WBB/VB coach, and instructor at a small college in Winona, MN (College of St. Teresa). The college closed after one year due to financial difficulties, but not after coaching the WBB team to the National Tournament.

Following St. Teresa, I served as the Head VB and WBB coach at Clarke University in Dubuque, IA. I turned both of these programs into the school's first-ever winning teams and moved them into the top 20 national rankings several times. In addition, I coached the softball team for a few years and made it into the top 20 rankings. After several years as a coach, I became the school's, Athletic Director. As AD, we won our conference's All Sports Trophy as the most successful college in the conference after coming full circle, having never had a winning record in any sport. I also served on two NCAA III National Committees during my tenure and helped to establish Clarke's Kinesiology program and receive national accreditation. I was inducted into the Clarke University Athletics Hall of Fame in 2018 as an administrator & coach.

After Clarke, I served as the Athletic Director at the University of Minnesota, Crookston (NCAA II) for three years.

Following this, I went into the investment business for three years, and then began working at Crookston High School, where I have been for the past 17 years. At Crookston, I have coached as the Head GBB Coach, JH Football, JH Basketball, Assistant Track, Assistant Softball, and Head Boys Soccer (currently Head Boys Soccer, C squad Boys Basketball, and Assistant Track). I have served on several school committees and teach Physical Education. I am also the Section 8A Boys Sports delegate for the Minnesota High School Coaches Association.

I have a Master's Degree plus 40 credits and am two courses from my Specialists Licensure. I have three children: a son, Alec, who is doing his medical school residency in Corvallis, OR., and a daughter, Sydney, who is finishing her 3rd year of medical school (at the University of Minnesota). My third child, Caden, is a three sports athlete and a Junior at Crookston HS. My wife, Chris, is the Lake Agassiz Public Library Director in Crookston.

My past experiences have provided me with exceptional insight into how to be successful. I've been successful in building departments, advising students to be productive citizens, and fostering strong relationships. I have a strong concern for developing lifelong behaviors that will enhance student academic and athletic achievement and promote healthy behaviors. I believe my experience as a teacher, administrator, and coach, along with my writing & speaking skills and ability to communicate well with students, instructors, and families, make me a strong candidate for the Vice President position with the Minnesota State High School Coaches Association!

I am excited to have the opportunity to run for Vice President and would be honored to represent our coaches if elected. Thank you for your time and consideration!

## 2023 SPORT ASSOCIATION CLINIC & EVENT SCHEDULE

<u>DATE</u>	<u>SPORT</u>	<u>LOCATION</u>
TBD	Robotics- Alex Jurek <a href="mailto:ajurek@isd726.org">ajurek@isd726.org</a>	St. Cloud State (Atwood Memorial Center)
Jan. 13-14, 2023	Baseball - <a href="mailto:mark.downey@moundsviewschools.org">mark.downey@moundsviewschools.org</a>	Target Field
Jan. 26-28, 2023	Track - <a href="mailto:jjosephs@isd721.org">jjosephs@isd721.org</a>	Intercontinental - St. Paul Riverfront
February 4, 2023	Softball - <a href="mailto:jasonbaune@gmail.com">jasonbaune@gmail.com</a>	Target Field
March 4-5 2023	Tennis- David Wareham - <a href="mailto:dwareham67@gmail.com">dwareham67@gmail.com</a>	Lifetime Fitness, Bloomington
March 27-30, 2023	MNIAAA AD Conference	St. Cloud Convention Center, Kelly Inn
March 30-April 1, 2023	Football - Ron Stolski - <a href="mailto:stolski@yahoo.com">stolski@yahoo.com</a>	Double Tree, St. Louis Park
April 1, 2023	Football HOF Banquest	Double Tree, St. Louis Park
April 28 & 29, 2023	Swimming and Diving - <a href="mailto:mplsswim@gmail.com">mplsswim@gmail.com</a>	Marriott NW Mpls-Brooklyn Park
TBD	Dance - <a href="mailto:carlsonm@westonka.k12.mn.us">carlsonm@westonka.k12.mn.us</a>	TBD

Sport Association officers, email Rick Ringeisen updates for the above schedule at [ringer@mshsca.org](mailto:ringer@mshsca.org).

**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: Mark Solberg 430 8th Ave NW  
Cambridge, MN 55008 Email: msolberg1957@gmail.com

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 \_\_\_\_\_ Year \_\_\_\_\_  
 College/s \_\_\_\_\_

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: \_\_\_\_\_

# 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!

RICK RINGEISEN, MSHSCA  
20085 Italy Ave.  
Lakeville, MN 55044

MINNESOTA PREP COACH



## Someone You Know May Need a Friend



Awareness and education are key to preventing youth suicide, the 2nd leading cause of death for young people ages 10-24.

**if** The **Jason Foundation**  
[www.jasonfoundation.com](http://www.jasonfoundation.com)

# LEARN

how you can **B1** for a friend  
[rascalflattsB1.com](http://rascalflattsB1.com)

