



THE Minnesota PREP COACH

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March 2020

VICE PRESIDENT CANDIDATES



Jennifer Roisum



Joe Madson



Neil Johnson



Tom Sharp

Sports have always been a part of my life. Growing up in rural Minnesota, I was always playing something. My two older brothers kept me busy and encouraged my competitive nature through playing catch, football, or basketball. Attending Underwood Public School allowed me to be a three sport athlete where I was fortunate enough to experience success in each of my sports. I watched my brothers compete in both high school athletics and college athletics which motivated me to want to

I graduated from Mankato East and have come back to teach and coach at my alma mater. I played football, basketball and baseball at East High. After high school I attended Bethany Lutheran Jr. College, and Minnesota State Mankato playing basketball for each of those programs, and learning from some of the better coaches in southern Minnesota. After a four year start in Wadena Deer Creek, I ended up back home and it has been extremely rewarding.

In my tenure at Mankato East I have been the head

Neil graduated from Kiester High School in 1971 where he played football, basketball and baseball. In 1975 he received his B.S. degree in mathematics from Mankato State College. He student taught in Shakopee in the spring of 1975 and was hired by the district in the fall. In 1982 he earned his Masters in Education degree from Mankato State. Neil was the math department chairman at Shakopee for over 20 years and started the College in the Schools calculus program through the University of Minnesota. He retired from

I began my teaching career at the opening of Eastview High School in 1997, where over the years I have taught Biology, Biotechnology, Chemistry, Honors Chemistry, AP Biology, and Anatomy & Physiology and CIS Physiology. I began as an assistant coach in Cross Country and Track, moving into the Head CC position in 2002, and the Head Track position in 2013. The CC team has qualified for the State Meet four times and I have been Section Coach of the Year for Section 3AA twice. Both

... continued on page 4

... continued on page 4

Featured In This Issue

Membership Corner	8-9
Women Coaches Symposium	20-21
Hall of Fame	34-35

Clinic Information

Football Clinic.....	31
2019-2020 Sports Association Clinics	34

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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 COORDINATORS

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

OFFICIALS DSA

Mike Peterson - Perham

All Daily Communications should

be addressed to: EXECUTIVE DIRECTOR:

John Schumacher
MSHSCA
16332 Deer View Road
Park Rapids, MN 56470
(218) 732-0204
Email:
jschumacher@mshsca.org

ADMINISTRATIVE ASS'T:

Bernie Schumacher, Park Rapids

MSHSL BOARD OF DIRECTORS:

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2019-2020 Delegates and Sport Association Officers

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

SECTION	GIRLS SPORTS DELEGATE	BOYS SPORTS DELEGATE	AT LARGE DELEGATE	AT LARGE DELEGATE
1A	Adam Wilder (Mable-Canton)	Gordy Klomps (retired)		
2A	Rick Bruns (LeSueur-Hend)	Alan Woitos (New Ulm Cathedral)	Craig Morgan (MN Valley Luth)	Rob Stevermer (Mankato East)
3A	Jess Smith (Windom)	Dave Blank (Wabasso)		
4A	Chris Larid (Heritage)		Tim Herman (Heritage)	
5A	Dawn Engebretson (Rockford)	Tom Lawrence (Foley)	Al Amdahl (Albany)	Chris Kircher (Swanville)/Tim Triplett (Holy Family)
6A	Tavia Bachmann (Frazee)	Kyle Haderman (LP/Aud)	Mike Peterson (Perham)	Gregg Martig (Pequot Lakes)
7A	Matt Carlstrom (Deer River)	Derek Parendo (Proctor)	Jon Wagner (Eveleth-Gilbert)	Nathan Johnson (Proctor)
8A	Dave Varriano (Mahnommen-Waubun)	John Schumacher (Park Rapids - Retired)	Terry Sadler (Warroad)	Lisa Hanson (EGF)
1AA	Jeremy Biermaier (New Prague)	John Cassellius (Winona)	Rod Schwarz (Winona) (Retired)	Bill Goodman (Apple Valley)
2AA	Mike Lhotka (Dassel Cokato)	Mike McGraw (Hutchinson)	Tink Larson (Waseca)	Gary Prantner (Eden Prairie)
3AA	Keith Randa (Apple Valley)	Jeff Groves (Apple Valley)	Tom Sharp (Eastview)	
4AA	Tracy Hrouda (Harding)	Tom Paulson (White Bear Lk)	Tim Ryan (Hill Murray)	Jerry Utech (Harding)
5AA	Mark O'Neill (Champlin Park)	William Totimeh (Fridley)	Mark Loahr (Totino Grace)	
6AA	Juno Nayagam (Benilde-St. Marg)	David Boone (Edina)	Jim Baker (Retired)	Curt Cardinal (Park Center)
7AA	Mark Solberg (Cambridge)	Bill Baumann (North Branch)		
8AA	Kent Hamre (STMA)	Jeremy Digiovanni (Elk River)	Rob Nielsen (Det. Lakes)	Stephen Schreiber (Bemidji)

SPORT ASSOC	PRESIDENT	PRESIDENT ELECT	EXECUTIVE SECRETARY	MEMBERSHIP/TREAS.
AD	Mark Kuisle (Rochester Century)	Brent Schimek (Deer River)	Mike Beck (retired)	
Adapted Athletics	Brett Kosidowski (Eastview)	Luke Wisniewski (Minneapolis)	Joe Olson	Kelli Waalk (Osseo)
Baseball	Rick Zollner (Pipestone)	Ryan Holmgren (Elk River)	Craig Anderson (Pine Island)	Todd Smrekar (Cambridge-Isanti)
Boys Basketball	Chad Ostermann (Maple River)		Tom Critchley (retired)	
Girls Basketball	Liz Carpentier (Farmington)	Brad Strand (Fergus Falls)	Carl Pierson (Waconia)	
Cross Country	Chris Goebel (Mora)	Brandon Heebink (Wayzata)	Mary Schifsky (Roseville)	Dave Chatelaine (Owatonna)
Dance	Kelli McGinnis (Chanhausen)	Molly Carlson (Westonka)		Jennifer Blaido (Membership)
Football	Beau Labore (Stillwater)	Chuck Ross (Underwood)	Ron Stolski (Brainerd)	Jim Dotseth (Treasurer)
Golf	Eric Tollefson (Moorhead)			
Gymnastics	Krysta DeLong (Edina)		Shelly Eklund (Eagan)	Leeann Steen-Gymn (Delegate)
Boys Hockey	John Ammerman (Moorhead)		Mike MacMillan (Ramsey)	
Girls Hockey	Shawn Reid (Blake)	Emily Erickson (Hibbing/Chisholm)	Tim Morris (St. Anthony)	Robert Sherry (St. Paul United)
B-Lacrosse	Jon Junker (Chanhausen)	Rob Horne (Benilde)	Darin Nelson	Lance Kuehn (Rosemount)
G-Lacrosse	Ana Bowsby (Benilde-St. Margaret)	Theresa Boyd (Hill-Murray)	Kelsey Long (Rosemount)	Patrick Crandall (Lakeville So)
Alpine Skiing	Jason Nickelson (Visitation)			Nathan Springer (Treasurer)
Nordic Skiing	Rob Lageson (St. Paul Central)			Richard Heilman (Lakeville No.)
Robotics	Alex Jurek (Becker)			
Soccer	Ben LeVahn (Maple Grove)	Aaron Percy (Mpls Washburn)	Keith Randa (Apple Valley)	Art Seplak (Treas) Greg Juba (Clinic)
Softball	Dawn Engebretson (Rockford)		Shelly Hotzler (JCC)	
B-Swimming	Doug Donaldson (Coon Rapids)	Brian Luke (Stillwater)	Todd Walsh (Bloom.Kennedy)	Kate Steineman (Treas) (Cretin DH)
G-Swimming	Meghan Kemna (Visitation)	Kelly Boston (Eden Prairie)	Todd Walsh (Bloom.Kennedy)	Kate Steineman (Cretin DH)
Synch. Swim	Kathy Henderson (Stillwater)		Laura Davidson (Forest Lake).	Katy Bohnsack (Prior Lake)
Tennis	Dave Wareham (Totino Grace)		Richard Engelstad (Pine City)	
Track	Aaron Berndt (Wayzata)	Lee VanNhyuis (Osakis)	Scott Christensen (Stillwater))Sec/Treas	
Volleyball	Becca Pulju (Sebeka)	Darin Swenson (Litchfield)	Janet Golden-Landquist (Nevis)	Sue Alstrom (Treasurer)
Wrestling	Shawn Fredrerixon (Shafer)	Joel Killings (Minnesota)	Kip Lynk (Dassel)	

President's Message

By: **Terry Sadler**

My oh my, where has the year gone? Seems like only last week fall activities were hosting their first practices and now we're into the thick of winter activity state tournaments, which only means that spring activities are getting set to begin.

We had a tremendous turnout at our fall Coaches of the Year and Hall of Fame Banquet that was held in October. Almost 480 were in attendance. A great evening was had honoring the award recipients which included, for the first time, the Distinguished Service Award for assistant coaches. Four long-time assistant coaches were recognized.

In August we were informed by John Schumacher that he was needing to step down as Executive Director of the MSHSCA due to health reasons. It certainly wasn't something the board was wanting, let alone, prepared for. The board organized by putting the job description together, notifying the membership and advertising the position. We set a timeline for applications and interviews. We held interviews with five applicants in Detroit Lakes. The committee was very impressed by the quality of each of the interviews. The interview committee will be presenting its nomination to the Delegate Assembly for vote of approval at the March meeting.

I would like to say a huge "THANK YOU" to John Schumacher and his wife, Bernie, who has been the assistant to the E.D. The two of you have made a tremendous team to carry the association forward after taking over duties just 3 short years ago from John & Mary Erickson. While we certainly wish your term of service would have been much longer and you'd been able to pass the position on to the next executive director on your schedule, we will forever remember

the impact you've made on the association. That being said, the Schumacher's are not going away. In addition to staying on for a year to train the new executive director in the transition phase, John and Bernie have accepted the position of Hall of Fame Coordinators and will serve on the finance committee of the MSHSCA.

John Erickson and John Schumacher first spoke with me about serving as a delegate to represent girls' sports in 8A, then approached me to consider running for the vice-president position. I have been an active delegate and board member for the past twelve years and haven't regretted it one bit. I have enjoyed representing northern Minnesota coaches and sports, providing input and perspective on how decisions affect the north and I have made many new friendships of multiple sport coaches from all around the state. I have never been one to sit on the sidelines when there is something that needs to be done, especially when it's a cause I believe in. The MSHSCA has long been an organization of which I have been proud to be a member and I thank John & John for encouraging me to become more involved. You have enriched my life through the MSHSCA.

There is an ongoing need for nominations to honor those who have given countless hours to provide opportunities to the youth of Minnesota high school athletics. If you know a person deserving of special recognition for his/her longtime service, click on the "Awards" tab on the mshsca.org website to see the list of awards and the nomination forms to recognize that long-time official or assistant coach or nominate someone for the hall of fame.

MSHSL BOARD OF DIRECTORS REPORT

Jill Johnson

As the Winter season quickly comes to a close and we crown state champions in a variety of activities, we would like to congratulate the thousands of participants, coaches and directors on their many successes throughout the 2019-2020 season! Although not every team or individual in the state will earn the state championship trophy, it is my belief that participants and coaches alike can all lay claim to being a champion.

Champion: noun: a person who has defeated or surpassed all rivals in a competition.

Who was your "rival" this season, what was your "competition" this season? When we think about being a champion, I would guess that each of us has a personal story that comes to mind. Maybe it's when you witnessed a victory as special as the "Miracle on Ice". Maybe it's when you witnessed

a friend overcome something as difficult as cancer. Maybe it's when, after hours of watching film and preparing a practice plan that your athlete, simply put, "got it" for the first time. I contend that no matter the rival, no matter the competition each of you can confirm that you, along with your athletes, have had a season filled with champion people and champion moments!

Take a minute to think about the ways that each of you helped, nurtured and inspired an athlete in just this one season alone. You have been purposeful, intentional and most importantly, you care. Why We Play, Why You Coach the way you do, the way you make others feel, THANK YOU for being a champion! You simply do not hear that enough!

As we prepare for the Spring season, just a reminder to go to your coaches' clipboard page to ensure all of your information is up to date and you have completed your online rules

... continued on page 5

Trophies Plus - Sponsor of Coaches Caring

VP CANDIDATES ... continued from page 1

Jennifer Roisum

continue my athletic career after high school. I attended NDSU where I played volleyball earning first team All American my senior year and graduating with a degree in Social Studies and History Education. Teaching is a family affair as both my parents were teachers and currently both of my brothers are teachers and coaches. I received my masters degree in education in 2007 and will earn my College in the Classroom endorsement this Spring.

After graduation I began my first teaching and coaching position in Battle Lake, MN where I have been for the past 16 years. My volleyball teams have earned multiple conference titles and I have had four players go on to compete at the college level. I also started our local Junior Olympic Volleyball program and have had the opportunity to coach my oldest son's elementary basketball team.

Athletics have been an important part of my life. They have helped me develop confidence, leadership skills, how to be a team player, and organizational skills. One of my favorite aspects of coaching is being able to help develop young women of character. Not just volleyball players but young women who are strong and confident. I also enjoy spreading my love of sports, fitness, and of course volleyball.

I served on the Section 6A regional board from 2016-2019 as the girls sports representative. It was a wonderful experience. I feel very fortunate to have the opportunity to run for VP of the MSHSCA and would be honored to serve if elected. Thank you for your time and consideration.

Joe Madson

softball coach for 22 years from 1994-present. We have been fortunate enough to win 10 section titles, and 11 conference titles in that time and amass 501 wins. I have also been the Head boys' basketball coach since 2001 and was the assistant varsity coach from 94-00. As head coach from 01- present we have won 5 section titles and 3 conference titles on the hardwood, accumulating 331 wins through 2020.

I have been blessed to work with some terrific assistant coaches over the years and a ton of wonderfully talented student athletes. Coaching both girls and boys has given me a great perspective on different issues that have come up throughout the years and has given me an opportunity to interact with so many talented coaches and athletes. I am fortunate to be able to run for VP of the MSHSCA and would be honored to serve if elected.

Neil Johnson

classroom teaching in 2014, but continued working with the University of Minnesota as an associate professor evaluating CIS teachers throughout the state until 2019.

He coached football at the junior high and B squad for 13 years and was also the defensive coordinator for the varsity his final season of coaching football in 1989. For the past 30 years, he has continued his involvement with Shakopee football as the clock operator for Shakopee home games.

Neil was an assistant girls basketball coach from 1976 to 1984 and a head coach from 1989-1997. In 1994 he was named section coach of the year and also the Minnesota Girls' Basketball Coaches Association Coach of the Year. From 1993 to 1997 Shakopee won 46 consecutive home games as the Sabers captured several conference titles and went to the state tournament in 1996 and 1997. Johnson helped start the Shakopee Girls' Basketball Association.

Johnson started the softball program at Shakopee in 1976 and was the only head coach in the program until his retirement in 2017. His 42 years as head coach at Shakopee is longer than any other softball coach in the state of Minnesota. Shakopee has won 10 conference titles and has been to the state tournament 3 times with the most recent trip in 2011. Neil was instrumental in building three fields where the Sabers now play their home games. In 2017 the Shakopee School district honored Neil by naming the complex the Neil Johnson Softball Complex. He also helped set up the Shakopee Girls' Softball Association.

Neil has been very active in the Minnesota Girls' Softball Association. He served as the president in 1987 and during his tenure helped create the Academic All-State Award, the All Section Awards and the consolation round for the state tournament. Johnson was named to the Minnesota Softball Coaches Hall of Fame in 1995; was Section Coach of the Year in 2011 and received the Bob Mertz service award in 2013. He currently serves on the Minnesota Softball Coaches Advisory Board and is working with the coaches association and the Minnesota Twins in putting together the All Star game series.

In 2014 the Minnesota Twins together with Target and Peoples Magazine named him as the Minnesota's All Star Teacher of the Year. He attended all of the All Star Game festivities and had the opportunity to throw out the first pitch of a Twins game. In 2015 the National Coaches Association named him as one of the 8 finalists for National Softball Coach of the Year. In 2016 he was selected to the Minnesota High School Coaches Hall of Fame. In the words of Shakopee athletic director John Janke "Neil was put on the earth to teach and coach kids". In 2018, Neil was selected to the Shakopee Hall of Fame. For the past 4 years, Neil has been on the Minnesota Twins Community Fund Board of Directors serving as chairman of the Program committee for 3 years.

He and his wife Ann have been married for 38 years. She works for the state of Minnesota as an IT supervisor. The Johnson's have 3 children. Daughter Erin is a dentist at the University of Minnesota; daughter Cori is a copywriter for the Anomaly Advertising Agency in Los Angeles; and his son Derek is a mechanical engineer for the Mulcahy Company in Eagan.

I believe that my experience in both boys and girls athletics, my work as a teacher in the classroom for 39 years and my ability to work with people will allow me to help serve all coaches in the MSHSCA as your Vice-President. Please consider my application for this position.

Tom Sharp

the CC and Track teams have qualified numerous individuals for State competition. More importantly, we have developed successful young people who have applied the lessons learned to become successful community leaders after graduation. I have also served in leadership roles in the school on various

Delegates Corner

Tom Critchley, Jr.

building committees, as a Union representative, Union Members Rights Advocate and as the Administrator for all after school and summer Credit Recovery programs. Currently I am serving as a member on the University of Minnesota CIS Advisory Board, and on the Hall of Fame committee for my alma mater Roosevelt High School. I have served as the President of the Cross Country Coaches Association, having completed my term in August of 2014. During my term as president, I coordinated the change of the girls race distance to 5K. I have continued to serve on the CC Advisory board and organize our yearly clinic. I currently serve as your representative to the Sports Medicine Advisory board and as the at large 3AA representative. I have extensive experience in working with a diverse number of individuals to accomplish goals.

I believe that if you are going to be a part of an organization, then you must become involved as recompense for the benefits you have gained. I am humbled to offer my experience and passion for education and coaching to the leadership of the MSHSCA. We have a strong organization that supports its members and the students in our care. I believe we need to continue working to protect coaches from unjust release, as well as develop protocols for educating parents. I also believe we can increase mentoring programs for new and younger coaches to support their longevity in coaching and stability in our schools.

Thomas and his wife Joy have been married for 29 years and have two children. Ian, 28, is a former Eastview distance runner and will complete his Master's degree this May at the University of San Francisco. Taylor, 26, is a former Eastview volleyball player and she will earn her Master's degree from Illinois State in August. My latest passion is providing the energy for differently abled folks so they can become marathon finishers, all challenges are just an opportunity in disguise!

Officially the last day of winter this year is March 19th, unofficially it is March 21st when the boys basketball tournament crowns their AAAA state champion and our winter sports season comes to a close. I am not sure if Schu did this on purpose or not, but our spring delegate meeting will be held at Mancini's Char House in St. Paul on March 20th which is the first day of spring. It is always fun to get together with all the sport associations to hear about their past seasons and future goals. The presidents and directors of the various associations do a wonderful job of promoting their activities.

The delegates will also be voting on a new executive director and we will be introduced to our vice president candidates. If you are wanting to grow in your profession, I would strongly recommend thinking about running for office in our organization. I am very grateful that I was approached by Schu 2 years ago after a girls basketball game in Park Rapids and he asked me to consider running for the vice presidency. This has been a very rewarding experience so far, and I love working with the fellow coaches on the board. They are great people, who care a tremendous amount about the coaches and athletes that they represent.

If you are on social media the MSHSCA can be followed for updates, reminders, and other valuable information on twitter @MSHSCA and also on Facebook. This is a great way for all members to stay current with what is happening with our organization. We are currently at 2,040 followers on twitter which may seem like a lot, but is only a fraction of our total membership. Social media sometimes gets a bad reputation, but when it is used correctly it can be a powerful tool for sharing information in a timely manner.

Finally, it does not matter whether you are about to start up a season (spring) or conclude one (winter), please remember it is about the journey that you are on or have recently concluded rather than the final destination. The relationships that you are developing with your athletes, their parents, and fellow coaches are what matter most, and not the wins or losses. Only a few teams conclude each season with a victory, but everyone has the journey. As you say goodbye to your Seniors, be proud that you were part of their preparation for the next steps in their lives. It is not really a goodbye, but a "see you later" as you will always be their "coach". What a great job we have! _____

MSHSL BOARD OF DIRECTORS ... continued from page 5

meetings. We want to remind you to make sure all the necessary "boxes" are checked as participation as a coach in post-season competition depends on it. Please work directly with your school's athletic administrator if your coaches' clipboard is not up to date.

Both John and I are looking forward to seeing the many Sport Association leaders at the Spring Coaches Association Meeting in St. Paul on Friday, March 20th. We appreciate having the opportunity to work with you to serve your needs! In addition, MSHSL Spring Area Meetings are taking place throughout the state and we encourage you to stay in contact with your Activities Director and/or Principal so that your input is heard as MSHSL staff collects information on a variety of topics.

The MSHSL Board of Directors had a very productive work session followed by an official Board Meeting on Tuesday, February 4th. Please go to www.mshsl.org for not only the February board meeting minutes, but for pertinent information throughout the year. Note MSHSL member fee increases were approved for the upcoming 2020-2021 school year. The board will meet again on April 2, 2020 at the league office.

See you at the Spring meeting and, as always, please do not hesitate to contact either John or myself if we can be of assistance in any way. Keep up the great work as Champions in your school! Best wishes for a successful and enjoyable Spring! _____



A View from Schu

By: John Schumacher, MSHSCA EXECUTIVE DIRECTOR

Wow! Where did the winter sports season go?! By the time you receive the March Prep Coach, spring coaches will be wishing the snow away and winter sports teams will be honoring their athletes at their respective end of season banquets. One thing that really stands out this year is the outstanding

coaches and leadership that we have in the MSHSCA and the individual sport associations. I am always in awe of the accomplishments of the coaching staff and I'm not just talking about wins and losses, but I'm mainly talking about the experiences that you as coaches are providing the athletes in your programs. Not only are you providing experiences, but also skills that your athletes will take with them long after they leave your programs and head out into the real world. Secondly I am totally impressed with the opportunities that the sport associations provide their coaches through clinics that are offered and other support services. When I read the schedules and bios of the presenters I can't help but be impressed with the quality learning that takes place at each clinic. I thank the leadership of each association for providing the coaches with these outstanding opportunities to collaborate with fellow coaches and learn from some of the nation's best coaches.

In January, Bernie and I along with your Past President-Mike Peterson attended the National Organization of Coaches Association Directors (NOCAD). We had an outstanding time connecting with other executive directors from across the country and it is always a great networking opportunity to see what they are doing and if we can incorporate some of their programs/practices/policies to make our association stronger and improve how we represent the coaches of Minnesota. There was much talk concerning athlete safety and maintaining our participation numbers in our programs. We also had a presentation from Loomis & LaPann the association's liability insurance provider. Greg Joly was very clear that the insurance coverage they provide is for individuals who are members of a school coaching staff and that it is not meant to cover youth traveling team coaches, AAU Coaches, Club Coaches and JO Coaches. He asked us to make sure our members are aware of this requirement. He also stated that due to no costly settlements having to be paid out that there won't be an increase to our premium for the 2020-2021 membership years. This is great news as we won't need to increase our membership fee. Our current liability insurance policy is two million dollars. Mr. Joly encouraged us to let our members know if they have any questions concerning the camp coverage and liability insurance to call them for clarification. The phone number

for Loomis & LaPann can be found on your membership card or on the MSHSCA website. Click on the membership tab and then on member benefits to get an overview of the coverage. You will find the phone number there too. You can also contact me and I will do my best to get you the answer and if I can't, I will direct you to the proper individual that can help you. I was very humbled when the NOCAD board of directors selected me to sit on the NOCAD board to fill a one year term that opened up and needed to be filled. It is a great honor to not only represent Minnesota on the NOCAD Board but also all coaches across the United States. The last NOCAD highlight was when the MSHSCA was selected to receive a \$1500.00 donation from the Balfour Company to provide scholarships to deserving individuals. Balfour is the official NOCAD ring sponsor. THANK YOU very much for this honor.

I would like to congratulate all the winter teams and individuals who achieved the ultimate goal of being a state champion. Your hard work and dedication was rewarded and I hope you realize what an honor it is. I also want to wish all spring coaches and athletes the very best as you start your spring seasons. Hopefully Mother Nature will also cooperate and all programs will be able to get outside and prepare for the upcoming season on time. Please make sure to get your MSHSCA Membership completed as soon as possible. We know once the season starts, this can easily be overlooked.

The MSHSCA is proud of a great partnership that we have joined with the MSHSL, Minnesota Vikings, NFL Foundation and leaders from Minnesota Education, MnIAAA in focusing on the Inside-Out initiative mission of making sure Education Based Athletics is at the forefront of our programs. The MSHSCA had great representation at the meeting and all individuals came away excited with the partnership with all groups and the plan presented. This initiative is on-going for 4 years and Barry Wohler is representing the MSHSCA.

Just a reminder, the Spring Delegates/Presidents Meeting will be held on March 20, at Mancinis, in St. Paul. Breakfast starts at 8:30am with the meeting at 9:00am. We hope to see many of our delegates there along with representation of each of the sports associations.

Please take the time to read the bios of the individuals who have put their names in for the Vice President Position on the MSHSCA Board of Directors. Bios can be found in this edition of the Prep Coach. You will be notified by email when the voting process will begin. Please take the time to vote which will be done online. There are many opportunities beyond coaching to get involved and be a voice for coaches across our state. You can be an active member of your individual sports associations by stepping into roles on those boards, by becoming a delegate to the MSHSCA and by putting your name in when there are openings on the MSHSCA Board of Directors. Your dedication and support is appreciated by all members of all sports across Minnesota. Participation in

these various roles/organizations keeps us all strong.

Lastly, I would like to thank all the individuals who have sent me emails, cards and texts throughout the past year as I have gone through my battle with cancer. I cannot tell you how many times I would go back and read your messages to help me when I was down and out. Sometimes that little nudge from you is exactly what I needed. I also want to thank the GREATEST coach, cheerleader and teammate anyone could ask for. Bernie, you have been by my side for this crazy roller-coaster journey and you have helped me through the tough days and you pick me up when I am feeling sorry for myself. You also make sure I follow the Doctors orders. I will never be able to thank you enough or show you how much I love you. But want you to know you are my "Hall of Fame" member. Love Ya, John

CHIP SHOTS



By: *Eric Tollefson*
Minnesota Golf Coaches Association President.

As I write these words the 2020 Minnesota high school golf season is just a couple weeks away. The MSHSL gives March 16 as the first practice day. Also remember to visit the MSHSL website and log in on the Coach's Clipboard to complete this year's on-line meeting requirements. The on-line meeting schedule is available starting March 9 and closes after March 25.

I recently spoke with MSHSL Golf Director Jason Nickleby and changes are happening this golf season with scorekeeping and statistics. As you may know, the iWanamaker app was used for scoring at the State Tournament last year. According to Jason, the League is going to encourage the use of the iWanamaker app this season at invitationals, conference meets, and section meets. He feels there may be better recognition for our players through increased participation with state-wide scoring statistics and rankings. Since the writing of this column, you should have received an MSHSL email concerning the use of the iWanamaker app.

Accordingly, potential changes will occur within our Association and with our programs. The future of our player All State certificate awards is to be determined. Also, our player Academic All State Award certificates are no longer administered by Steve Heslop. Instead, Rosemount's Barry Wallin (barry.wallin@district196.org) will manage the awards. The transition between Steve and Barry is in progress, so consult the Association's website for submission criteria as the season progresses.

MSHSCA EMAIL CHANGE:

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



In other news, here's the annual winners of Birdie Marketing's generous \$500 donations to Minnesota high school golf programs. The following teams sold at least 25 Birdie Marketing golf discount cards for their 2019 team fundraiser and through a random draw earned their \$500 donations:

Albany High School Girls Golf Team - Head Coach Mike Sieben
Andover High School Boys Golf Team - Head Coach Wade Johnson

Blaine High School Boys Golf Team - Head Coach Kevin Overgaard

Cambridge-Isanti High School Girls Golf Team - Head Coach Steve Hanson

Hibbing High School Boys Golf Team - Head Coach Tom Bittman

Osseo High School Girls Golf Team - Head Coach Kevin Willey
Park Center High School Girls Golf Team - Head Coach Tim Kallevig

St. Anthony Village Boys Golf Team - Head Coach Paul Meier

I encourage you to consider adding a Birdie Marketing golf discount card fundraiser for your team this season. They have been a huge supporter of our Association over the years and provide a discount card product that has evolved and improved with the times. Here is information provided by Birdie Marketing's Diane Tollette specific to their 2020 golf discount card and its benefits for your program:

The 2020 Minnesota Golf Card is ready to sell! We have some nice improvements to the program - here's how you will benefit by selling the MN Golf Card:

1. Your team will make \$15 for every golf card sold (retail price of \$35). You are able to return all unsold golf cards, so you only pay for the ones you sell. In essence a risk-free fundraiser as long as you return all unsold cards.

2. New for 2020 - Coaches bonus program: if you close out prior to 6/15/20 and sell 50 or more cards you will receive a Dick's Sporting Goods or Buffalo Wild Wings gift card based on your sales: sell at least 50 cards = \$75 gift card, sell at least 100 cards = \$150 gift card, sell at least 200 cards = \$300 gift card, sell at least 300 cards = \$500 gift card. This program applies only to current year sales.

3. You will receive one free MN Golf Card (\$35 value) included in your shipment of cards that you order. You can keep it for yourself as a complimentary card or use it for your program to generate another \$35.

4. New for 2020 and beyond - the MN Golf Card Residual Income Program! Once your customer activates their golf card on our website they will be tied to your team. Your program will receive residual income credit every time this customer repurchases. Credit for renewals will continue every year they purchase as long as your program continues to sell the card. This will create additional fundraising dollars for your group every year with us doing all of the work.

5. If you sell the MN Golf Card you will be able to purchase stock Titleist ProV golf balls at a steep discount of \$32 per dozen (retail value is \$50 per dozen).

Diane can be reached at 763-753-6988 if you'd like to sign up for this year's fundraiser.

Be sure to check the Association's web page (<https://www.mshsca.org/golf>) throughout this season for additional information and updates. Have a great spring working with your players and I hope to see you on a green golf course soon.

MEMBERSHIP CORNER

Bernie Schumacher
Assistant to the Director

Hi MSHSCA Members!

Exciting new stuff when it comes to membership registration! We now have an itemized receipt for you. When you register this year, you will have the chance to see things itemized out and what each sport costs including handling/credit card fees. This will be of great help to those of you turning your receipts into schools/booster clubs for reimbursement. Also, it will let you see what it is that you are signing up for and to catch any errors you may have made in your registration. Note that this receipt system is only for those who have signed up after Jan. 24, 2020. It does not go back and pull forward information if you registered before that date. But, from Jan. 24 on, it is quite a nice feature we believe you will really appreciate. Also, as requested by Sports Associations, we have made the Section Selection category mandatory. Members can not move forward with their registration if they do not select their section. Please make sure that you know your correct section before registering as this information is extremely important to your sports associations for post season awards and other needs.

Haven't registered yet for this year's membership? If you are a spring coach, sign up now as it covers you as soon as you sign up. This year's membership runs until July 31, 2020. You now have a \$2,000,000 liability insurance policy at no additional cost to you! If you are a 2019 Fall coach or 2020 Winter coach and forgot to sign up for this year's membership, it is NEVER too late, especially if you want coverage for working with athletes during clinics, camps and summer programs. The 2019-2020 Membership year link is available on the website at www.mshsca.org. Get yourself registered now so you don't forget. Here are some of the most often asked questions and issues we have been running into this year.

1) WHERE DO I SIGN UP FOR MY MSHSCA MEMBERSHIP? Go online to www.mshsca.org. There you will see a dark green

registration bar on the front page. Follow that and it will guide you to the registration area. Make sure though when you are logging in that you are not logging into the white word "login" at the top of the home page. That will take you to sport engine and not to the registration portion you need to get at.

2) I FORGOT MY PASSWORD. We worked hard this past year with our website designer to get the "forgot password" portion of our system working. It is important though after you request your password that you look in your spam, as we are finding the password response goes there often. This option will not work though if your email address you used last year has been changed and is no longer working. You will have to contact me for personal assistance if that is the case.

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

MEETING DATES FOR 2020 MEMBERSHIP YEAR

March 19, 2020	MSHSCA Finance Meeting	Country Inn and Suites in Eagan
March 20, 2020	MSHSCA Winter Delegates Meeting	Mancini's in St. Paul
March 26, 2020	MniIAA-Ad's Convention	Doublewood St. Cloud
June 28-29th, 2020	Summer Board of MSHSCA Directors Meeting	C'Mon Inn-Park Rapids, MN
September 11, 2020	HOF Meeting	Mpls Marriot West
September 12, 2020	MSHSCA Fall Delegates Meeting	Mpls Marriot West
October 9, 2020	HOF Coordinator/Exec Direc Meeting	Sheraton Mpls West -Ridgedale
Hall of Fame Oct. 10, 2020	MSHSCA Hall of Fame Banquet	Sheraton Mpls West -Ridgedale
Jan . 14-18, 2021	NOCAD National Convention	Savannah, Georgis

PREP COACH DEADLINES TO SUBMIT

March 1 | June 15 | September 1 | December 1

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click on that when wanting to edit.

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

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

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

7) RECEIPTS. We added a registration receipts link so that you can go back any time and print your receipt. And now our receipts as of Jan, 24th are itemized. These receipts will be helpful to know the breakdown for each thing you register for and especially helpful to schools that need to see any handling/credit card fees which the old receipts didn't show that. Itemized receipts will only show for people who registered after Jan. 24 when this system was implemented.

8) YOUR PERSONAL CONTACT INFORMATION. Please look at your personal information and update it. It is just amazing how many people register and we mail their card and in a week or two comes back to us undeliverable. Check your mailing address and your email too. We need this information current in order to be able to communicate with you. Just note, that you must get registered into this year's system before you can change your email address. Email address can only be changed after you have completed your registered (hit finished) as your email address is your login ID.

9) MEMBERSHIP YEAR. This year's membership runs Aug. 1, 2019 to July 31, 2020. The 2020-2021 Membership year will be up sometime around mid-June. If you are a current member, you will receive an email blast when it is ready. Make sure your email address is correct. I hope some of the tips and information above was helpful. If there is a specific question you need answered, please feel free to contact me at bschumacher@mshsca.org or call 218-732-0204. We continue to look at ways to make registering and our website more user friendly. We appreciate your commitment to education based athletics.

HAVE YOUR NEW CARD FOR ALL 2019-2020 SCHOOL YEAR?

Your 2019-2020 Membership & Insurance
Expires July 31st.

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

Park Center does NOT accept Membership Cards for admission.

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

MINNESOTA STATE HIGH SCHOOL COACHES ASSOCIATION LIFE MEMBERSHIP

A member of the coaching profession
for 25 years or more

Date Issued

Executive Director

The card is white with Orange Ink for the year 2019-2020.

2019-2020 Membership Card

Minnesota State High School Coaches Association

John Schumacher, Executive Director, Park Rapids

Phone: 218-732-0204 • Cell: 218-255-0827

Email: jschumacher@mshsca.org • Website: www.mshsca.org

President, Terry Sadler - Warroad



John Doe
St Anthony Village

Asst. Football
Head Wrestling
Asst. B/G Track

• • **REMINDER** • •
**AFTER REGISTERING FOR YOUR
MEMBERSHIPS OR CLINICS,
DON'T FORGET TO PRINT YOUR RECEIPT!**

MEMBERSHIP REPORT 2019-2020

March 1, 2020

Types of Membership	2018-2019	2019-2020
Active Class A & AA	6559	5854
College Associates	1178	1287
Other Associates	58	63
Active Life	343	330
Retired Life	1293	1360
Honorary	4	5
TOTAL	9435	8899

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

Adapted Athletics (21) 16
 Boys Lacrosse (104) 31
 Alpine Skiing (62) 64
 Girls Lacrosse (90) 37
 Athletic Directors (119) 110
 Football (1133) 1095
 Baseball (515) 451
 Football Retired (1) 4
 Boys Basketball (764) 691
 Girls Basketball (737) 679
 Golf (boys & girls) (360) 265
 Cross Country (449) 424
 Soccer (boys & girls) (445) 435
 Dance (280) 291
 Softball (489) 358
 Gymnastics (225) 231
 Synchronized Swimming (18) 8
 Nordic Skiing (103) 112
 Girls Tennis (222) 223
 Girls Swimming (240) 254
 Boys Tennis (185) 161
 Boys Swimming (197) 201
 Track & Field (881) 708
 Girls Hockey (90) 93
 Volleyball (661) 628
 Boys Hockey (192) 197
 Wrestling (143) 155
 Hockey Retired (2) 2
 Robotics (58) 49

Sport associations that collect their own dues, but join the MSHSCA are Cheer (13) 10, Clay Target (12) 8, and Badminton (5) 5.

FLIP NOTES



By Krysta DeLong – Edina

It's crazy to think that our season just wrapped up and we got to be back at Roy Wilkins for our State meet! It was amazing to be back at Roy Wilkins after being at the University of Minnesota for the past 12 years. It was a State meet to truly remember as the level of talent keeps rising in MN. Huge congratulations to every team and each individual that competed at State and represented their school with pride! Huge congrats to Big Lake for taking the Class A team title for the first time since 2000 with a score of 146.825. In the Class AA team competition Lakeville North took home the title for the 2nd year in a row with a 149.975 and it was their 3rd title in 4 years.

Our state weekend began with our banquet and celebrating many successes from the season, along with acknowledging our State Head Coach of the Year, Nikki Dilbert Collison (Big Lake), Class A and Krysta DeLong (Edina) Class AA and Assistant Coaches of the Year, Ed Wakefield (Chisago Lakes), Class A, and Doug Amundsen (New Prague), Class AA. At our banquet, we took the opportunity to recognize our All State Elite which is awarded to the top 5 gymnasts in each Class, based on their top 5 all around scores.

Class A

Jada Olsen - Perham
 Jackson Hegg - Detroit Lakes
 Alayna Schloeder - Rockford
 Camryn Brinkman - Melrose
 Taryn Sellner - Mankato West

Class AA

Bella Frattalone - Mahtomedi
 Grace Treanor - Wayzata
 Nadia Abid - Maple Grove
 Anna Altermatt - Lakeville North
 Rachel Steiner - Lakeville North

Special thank you to Deana Walsh for serving as our banquet coordinator. Thank you to all our section reps for their extra work and dedication to our association, we couldn't have a successful season without you!

Our section reps will be meeting this spring and begin planning our fall clinic. If you have any ideas, please feel free to share with your section rep and/or myself. Mark your calendars for the fall clinic to take place in October, we will get a final date out later this spring. Congrats on a wonderful season and have a great rest of the school year! _____

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FAST TRACKS

Robb Lageson

The 2019-2020 Nordic Season is in the books. For a few weeks after the season, I am always a bit lost. Not sure what to do with those hours after school. I miss working with the Athletes, but I do not miss worrying about getting buses and where to find good snow.

It was a pretty good season overall. Most of the state had skiable natural snow from mid-December through January. All of the Metro Sections were held on man-made snow at Wirth and Hyland, as the natural snow had turned very icy.

The State Meet was postponed for a day due to cold temperatures at Giant's Fridge. On Friday morning the Race Starts were delayed and the schedule was compressed due to the cold. At 8:00 am it was -31° in Eveleth. Temperatures warmed quickly during the day and it was 14° for the Classic. There was a delay for Girls Results before the Pursuit races, so things ran quite late. This made for a long day.

The Spring meeting has not yet been determined. There was discussion that due to low turnout at the Spring meetings, it might be more useful to have the Executive Committee meet instead.

The Membership will be voting on making an Adaptive Timing Factor Proposal to the MSHSL. The MSHSL has requested a proposal to allow Adaptive Factor Timing at Section and State Nordic Competition. This proposal would provide for standing disabled and visually disabled adaptive athletes to compete with High School Nordic athletes. Adaptive Athletes would ski the same courses and would receive a modified time result based on their Adaptive Classification.

Adaptive Factor Timing is used with Paralympic Athletes to allow athletes with different disabilities to race against each other in the same sport activity. We want to use Adaptive Factor Timing to allow Standing Disabled Athletes and Visually Impaired Athletes to compete in MSHSL Nordic Ski Races. Some Nordic Ski Conferences have already incorporated Adaptive Factor Timing to allow disabled athletes to compete in the Conference races.

Adaptive Factor Timing is the application of a percentage reduction to race times based on the impairment the athlete's disability has on the activity. Minnesota High School athletes that wanted to use Adaptive Factor Timing would have to apply for and receive classification from the US Paralympic Committee. Classified athletes and their Coaches would have to notify Section and State Meet Managers that an Adaptive Athlete would be competing and would receive a percentage factor time reduction. Adding Adaptive Factor Timing is a great opportunity to make our sport even more inclusive.

Other Topics for discussion at the Fall Meeting include:

New State Meet Format- How it will work

State Meet Venues.

Flouro Wax Policy

Club and HS Team Relationship Issues

Season Start date

Bylaw Voting Rules.

Mat Chatter

Shawn Frederixon

Chisago Lakes Area High School



I've spent a lot of time writing about the addition of girl's wrestling this year. Unfortunately, our proposal did not pass through the regions. We are waiting to receive feedback from the MSHSL in order to guide our next steps forward. We will present a new proposal next year and will be looking to gain needed votes to move it forward.

This year's state tournament was put into a little different perspective for all who were in attendance. If not for the quick actions of the medical staff in attendance, this article would be very different. I have never been witness to a life saving event and I hope to never have to be witness to one again. If I am, I hope to have first responders in attendance that can act as quickly as I saw on Saturday.

I remember when athletic trainers first started becoming a part of our normal life. Before them, coaches handled all injuries. I hope that all schools are utilizing athletic training services, but I realize it isn't always a possibility for every school in the state. Money and resources are very thin and decisions need to be made regarding how to best spend them. If I was in a school without athletic trainers and my AD asked if we wanted to do it, I'd probably say we can handle it as coaches. That's what we do as coaches, we take care of things that need to be done and use the money on other things. I would strongly encourage you to speak with your schools about the need for athletic trainers if you currently don't have anyone right now. This past Saturday showed how highly trained and ready they are for any situation. Within about 60 seconds of the wrestler going down, life saving actions were already in place. All the training and experience I've had in my life hasn't prepared me for a situation like that. I don't know how I would have responded, but it wouldn't have been with the quickness and efficiency of the trained personnel on site.



SYNCHRONIZED SWIMMING

By: Kathryn Henderson

Our 2020 season is now officially underway! Minnesota has 14 competitive synchronized swim teams (a few of them are combined with multiple high schools). In all we train nearly 400 athletes each season; fairly small in comparison to most other sports, but not to be underappreciated. We are fiercely competitive, and train extremely hard. 2020 will be another

... continued on page 13

CLEARING HURDLES



By: *Clearing the Hurdles*
 Aaron Berndt, Wayzata High School
 President, MN Track & Field Coaches Association

As the snow continues to melt and we start to see glimpses of our running, jumping, and throwing facilities, we know the 2020 track & field season is upon us! I extend my best wishes to all coaches and athletes for this upcoming season. It always seems to go by in such a blur once the season gets underway.

A big thank you to all the coaches that attended another successful coaches' clinic this past January. It was well attended by nearly 600 coaches from all over Minnesota and surrounding states. A special thank you to our clinic directors, Dave Wieber and Johnny Josephson, for organizing and putting on the clinic. Also, thank you to all our speakers in our clinic sessions. The success of this clinic has been built on the many coaches who have stepped up to the podium to lead a session.

A highlight of the clinic is the Hall of Fame and Coach of the Year presentations. This year's Hall of Fame inductees were Chet Blascziek of Holdingford and Tim Lindquist of both Esko and Cromwell. Our head coaches of the year were Rollin Timm of MN Valley Lutheran (Class A Girls), Craig Johnshoy of Pierz (Class A Boys), Sara Hateli of Rosemount (Class AA Girls), and Nick Lovas of Hopkins (Class AA Boys). Our assistant coaches of the year were Rey Zimney of Pine Island (Class A) and Ty Kytta of Blaine (Class AA). Our volunteers of the year were Lyndon Clark of Plainview-Elgin-Millville (Class A) and Reid Frolland of Thief River Falls (Class AA). The 2019 President's Award, for significant contributions to track and field in MN, went to Mark Alcorn from Holdingford. Once again, congratulations to all award recipients!

It's a great time to take advantage of two of our newest programs we started for track and field coaches in Minnesota. We have both the T&F mentor program as well as the Women4Women initiative. More than 25 coaches have volunteered to be mentors to other coaches in Minnesota. If you are a new coach, please take advantage of this program. This can be a tremendous help in starting out your first years of coaching.

Women4Women is an initiative to recruit and retain effective coaches, especially female coaches, in MN track and field. These coaches have such a strong impact on our student-athletes. If you would like more information on either of these programs, please visit our association webpage for the program links. The web address is <https://www.mshsca.org/track>.

This season we will be awarding our third annual Mr. and Ms. Track & Field. Nomination forms are on our association webpage. We had an excellent amount of candidates last year and are hoping for even more this year. Please consider nominating a deserving senior from your teams to be rightfully recognized.

In the next few weeks, T&F coaches will be receiving an

online link from the coaches association to a survey regarding the new MSHSL classification. Beginning with the 2021-2022 school year, T&F will be a three class MSHSL activity. In an effort to provide as much feedback from coaches to the MSHSL to help shape what these new section and state meets might look like, we will be surveying the state coaches on a variety of topics. Please take the time to answer this survey. The more responses we receive, the better our coaches will be heard in helping shape the future of our sport in Minnesota.

I encourage everyone who has not yet joined the Minnesota Track and Field Coaches Association to please do so. The benefits for you and your team are many.

Again, I wish everybody a great start – and end – to the season. The championship season will be here in what seems like the blink of an eye!

ICE CHIPS

By: *Greg Anzels*

The MHCA held our Annual Meeting during the 2020 MSHSL State Tournament in St. Paul and the state of the organization is excellent! CCM High Performance Ted Brill Great 8 now features four teams made of the top high school seniors and four teams formed from the top juniors (2002), who aren't eligible for the Boys HP 17 program. The teams are formed and compete by paired sections (Sections 1 & 3, Sections 2 & 6, Sections 4 & 5 and Sections 7 & 8). The Ted Brill Great 8 is the only festival in the CCM High Performance programs in which teams are selected without tryouts. High school coaches are provided with the opportunity to nominate their eligible players. Then, all of the appropriate coaches vote on who they think should represent their team at the Ted Brill Great 8. The 2020 CCM High Performance Programs provide players with the opportunity to compete with and against the best players in Minnesota at their age group. It is a chance for them to showcase their abilities in front of coaches and scouts from junior leagues up to the NHL, and to potentially participate at USA Hockey national camps and international teams. Coaches recently nominated players for the Hobey Baker Character Award which is a great award to acknowledge players doing great things on and off of the ice! This season of Dream State, presented by Adidas Hockey and produced by The State of Hockey, featured the Governors of St. Paul Johnson, and was once again a great promotion of high school hockey and the emotion behind each and every player, team and season!

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DUGOUT CHATTER



By: Rick Zollner – Pipestone Area
President MSHSBCA

Minnesota State High School Baseball Coaches Association

As the 2020 baseball season gets underway remember why you coach! Everyone wants to win a state championship but only a few will. There are many other reasons why we coach baseball. When the weather is poor or you have a conflict remember “why you coach” and use that to brighten your day.

A head baseball coach has a long checklist of items to complete before the season begins. Make sure you have joined the MSHSCA and the MSHSBCA. The benefits include \$2 million in liability coverage, the ability to nominate your players for post season awards and teams for the 2020 Play Ball! MN All Star Series. Again, the TWINS will be offering member coaches the ability to sign-up for free Twins tickets. The MSHSL website has important information that needs to be looked at. The Coaches Clipboard opens on March 9 and closes March 25. This is where the new rule changes will be explained. Please update your schedule and roster and after games remember to update pitch count information.

The Minnesota Twins are also helping promote high school baseball by having high school baseball games played after Twins games. This will occur in early April. One of the matchups will be Elk River vs Anoka on April 7.

This year’s state tournament will be played at the same sites (Chaska/Jordan; St. Cloud; Siebert; and CHS). The dates have changed. Quarterfinal games will begin Wednesday, June 10 and semifinal games on Thursday, June 11. Friday will be a rain date and the Championship games will be Saturday, June 13 at Target Field.

The MSHSBCA would like to welcome the following baseball coaches into our Hall of Fame.

Darby Carlson – Maple Grove
Don Dvorak – New Prague
Gary Palm – St. Anthony Village
Todd Smrekar – Cambridge-Isanti
Ken Solarz – Upsala/Swanville
Herb Wolf – Fairmont

Congratulations to these amazing coaches for all they have done for their players, schools, and communities. Also, The TWINS will be honoring the HOF inductees, with a pregame ceremony, on August 21st at Target Field!

Congratulations to Craig Anderson of Pine Island, for being named as one of the eight finalists for the National High School Athletic Coaches Association. Craig is the Region 5 Coach of the Year. (Craig is also the Executive President of our great MSHSBCA!)

Be sure to nominate your players for the 2020 Play Ball! MN All Star Series. The six team tournament will be played June 25-27 at Chaska. When nominating your deserving players

first ask them if they would be able to attend. If you are unsure if your player is deserving of this honor – I would say nominate him. The selection committee and series coaches will do their best to build a competitive team. Please visit www.mshsbc.org for important nomination dates.

Our 2020 Play Ball! MN All Star Series Coaches are as follows:

South: Kasey Krekling – Hayfield and
Christ Stanton – Randolph
North: Jay Wetzel – Hibbing and
Joe Wicklund – Marshall School, Duluth
Metro South: Don Plaisance – New Prague and
Chris Swanson – Rosemount
Metro North: Brian Harapat – Rogers and
Dan Shuck – Columbia Heights
Metro West: Cole Flick – Dassel Cokato and
Tom Konz – Minnehaha Academy
Metro East: Scott Courtright – Mounds View and
Matt Kelly – St. Thomas Academy

The MSHSBCA offers 14 scholarships of \$500. The due date is April 1. Don’t forget about our new baseball clinic dates. The clinic will run over two days (November 20-21) at the NEW Omni Viking Lakes Hotel (Vikings training site in Egan). If you have further questions please visit the association website at www.mshsbc.org or contact any of the advisory or executive board members with your questions or concerns.

“You can’t sit on a lead and run a few plays into the line and just kill the clock. You’ve got to throw the ball over the damn plate and give the other man his chance. That’s why baseball is the greatest game of them all.” — Earl Weaver

SYNCHRONIZED SWIMMING

... continued from page 11

fantastic season for our teams here in Minnesota.

In terms of changes or things to look for during the season, we had considered making scoring changes to match what is used in U.S. programs, however it was decided to push that off until next year. Scoring in 2020 will remain the same as it has been in previous recent years. One shift we are making in 2020 is to return to our typical schedule and facilities for our section and state championships. There were several changes made last year to accommodate the fact that the University of Minnesota Aquatic Center was closed for renovations. They are reopened, and our championship meets will be back to normal.

If you are reading this, and are not familiar with competitive synchronized swimming, I encourage you to check out a routine meet or team show. Synchro is a great sport, and you will likely be very impressed!



Swim Strokes

*Doug Donaldson
Boys Association President
Coon Rapids High School*

The Minnesota Swimming and Diving community sadly lost an icon on the morning of February 29th, which also happened to be the date of our 2020 Boys' State Championships. Jerry Carlson passed away at the age of 85. Jerry swam for Ely High School and was a member of their only state championship in 1949. He went on to swim at Gustavus where he was a two-time MIAC individual champion. He was the first boys' head coach at Hutchinson High School, and coached at Hutchinson for more than 40 years. When high school swimming and diving split to two classes in 1998, Jerry opted up to Class AA so his athletes could compete against the best athletes in the state. Fittingly, they won the Class AA State Championship that season. Under Jerry's guidance, the Hutchinson boys won four section and eight conference titles, had seven individual and four relay state champions, and twenty-six All-Americans. Additionally, Jerry received five section and two state coach-of-the-year awards in his time at Hutchinson. He was inducted into the MN Swimming and Diving Hall of Fame in 2005. A moment of silence was observed at the 2020 Boys' State Championships in Jerry's honor.

As I mentioned above, the 2020 Boys' State Championships took place on Feb 27th-29th. Breck/Blake won its fourth consecutive Class A title (sixth overall) and Edina won its second Class AA in a row (12th overall). Class A records were set in the 50 yard freestyle, 100 butterfly, 100 freestyle, 200 freestyle relay, 100 breaststroke, and 400 freestyle relay. No Class AA records were set, except for maybe the three swim-offs required for 8th place ties in prelims in the 50 yard freestyle, 100 backstroke, and 100 breaststroke.

This year's 16th annual True Team Section and State meets saw some exciting races and record performances. The Class A True Team State Champion was Breck/Blake, with St. Thomas Academy in 2nd and Sartell-St. Stephen in 3rd. Meet records were set in the 200 freestyle, 200 individual medley, 100 butterfly, 100 freestyle, 200 freestyle relay, and 100 breaststroke. The Class AA True Team State Champion was Minnetonka, with Edina finishing 2nd and Wayzata 3rd. Results can be found on the MSHSCA Swimming and Diving Coaches' Association website, under the MN True Team tab. Congratulations to and thank you to all of the teams who participated in the True Team Section and State meets.

The annual All-State Banquet will be held Friday, April 17th at the Minneapolis Marriott Northwest. It is a fantastic event that honors the incredible athletes, coaches, officials, and support staff who make the sport of Swimming and Diving in Minnesota truly special. More information regarding the banquet can be found on the MSHSCA Swimming and Diving website.

In conjunction with the All-State Banquet, the Upper Midwest Coaches' Clinic will take place on April 17th and 18th at the Minneapolis Marriott Northwest. Clinic details will be posted on the MSHSCA Swimming and Diving website. The clinic

is always informative and provides a beneficial networking opportunity for many of the coaches in our state. Please consider attending!

This April, my term as Boys' President will be ending and Brian Luke (Stillwater) will begin his term as President. I want to thank the many individuals who have inspired, guided, and assisted me over these past couple of years. I am grateful for the many connections I have made throughout my term. It has been a true honor to serve the coaches' association as President, thank you all very much for the opportunity!



Diamond Cuts

*Dawn Engebretson
President Minnesota Fastpitch Coaches Assoc.*

As I sit and look outside, I am excited to see melting snow. I am hopeful that the spring like weather continues and we will all be outside practicing sooner rather than later. The season officially begins on March 9, but there are plenty of things you can do before to help prepare you for the season before that date.

The first thing you should do is sign up for membership to the coaches association <https://www.mshsca.org/fastpitchsoftball> (click Membership). Not only will this give you liability insurance, but as a head coach, it also allows your student athletes (and yourself) to be eligible for awards. The deadline for getting membership is April 1. Encourage your lower level coaches to register for membership as well.

Before the season begins you need to log on to "Coaches Clipboard" on the mshsl.org website. The online rules interpretation will be available March 2 and needs to be completed by March 18. Please also put the following dates on your calendar: Academic nominations are due April 3, nominating seniors for the All-Star Series is due May 3, and nominations for All-State players are due May 24. The association website <https://www.mshsca.org/fastpitchsoftball> is where you will find all the nomination forms.

Our February clinic was a great success with more than 350 coaches attending the clinic which was held at Target Field. I would like to thank the Minnesota Twins organization as well as the Play Ball! Minnesota for sponsoring this event for the second year. It was an exciting day filled with great speakers. A huge thanks also goes out to our speakers for the day: John Tschida from the University of St. Thomas, Gerice Olson from NDSU, Allie Walljasper from NDSU, and Matt Schultz from Innovative Fitness and JCC High School Strength Coach. I know I left excited for spring and the upcoming softball season.

Please reach out to your section representative if you have any questions, or you can also email me engebretsond@rockford.k12.mn.us. Enjoy your first weeks with your players and getting them ready to "Play Ball" in Minnesota!

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GENERAL LIABILITY INSURANCE PROGRAM

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

CARRIER

Houston Casualty Company

POLICY PERIOD

August 1, 2019 – August 1, 2020

LIMITS OF INSURANCE

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

COVERAGES

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

EXCLUSIONS

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

CAMP INSURANCE

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

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

NEW PROCEDURE FOR CAMP INSURANCE

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

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

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

PURCHASE INSURANCE

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

INSURANCE ADMINISTRATOR



www.loomislapann.com

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

- | | |
|--------------|--|
| Greg Joly | gjoly@loomislapann.com |
| Lori George | lgeorge@loomislapann.com |
| Karen Boller | 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.



CORNER KICKS

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

A year ago, when this column was written, we had been through quite a few weather things, below wind chill, subzero temperatures and record amount of snow. This year as many of you attend and have athletes participating in the winter state tournaments, another season ends, and the promise of spring is around the corner.

Your Executive Board has been busy working on the move from the present two class system to a three-class system. There are some major changes that will need to be made in the makeup of the board. We will be adding 8 new girls and 8 new boy's sections, and it must be determined how the representatives are to be absorbed. There are things like how we will change the Senior Classic, third place games and probably the most important, how the three classes will be organized.

In addition, the Board reviewed the 2019 season and changes that need to be made for 2020 which includes an association place for coaches at the US Bank Stadium that is in a better position. The Board also met with MN United and the U of M coaching staff to look for ways to improve our relationship with them.

The U of M Soccer Program and the MSHSSCA will be hosting a day for coaches on Monday, April 13, to observe and connect with the program. It will run from 6:45 AM-5 PM with lunch provided by the MSHSCA. Please contact Greg Juba for details and registration.

The awards from the USC have been announced and once again a large amount of honors were given to the fine soccer players in Minnesota. The girls are in the Central Region while the boys are in the Great Lakes Region. Each region is composed of different states

The following are the awards given to the girls and their coaches.

All-Central Region Girls

Kaitlyn MacBean	Breck
Abi Frandsen	Monticello
Kelsey Kallio	Andover
Maddie Dahlien	Edina
Lauren Heinsch	Mahtomedi
Katherine Jones	Visitation
Mia Van der Heide	Academy of Holy Angels

All-American Girls

Paige Peltier	Cretin-Derham Hall
Sophia Boman	Edina

All Region (Central) Coach of the Year

Dave Wald	Mahtomedi
-----------	-----------

Coaches Awards

Large Public School	
Ben LeVahn	Maple Grove
Small Public School	
Dave Wald	Mahtomedi
Private/Parochial	
Dave Marshak	Academy of Holy Angels

These are the boy's players and coaches' awards:

All-Region

Jameson Charles	Minneapolis Washburn
Steevenson Lamarre	Totino-Grace
Connor O'Rourke	Academy of Holy Angels
Dylan Olson	Minnetonka
Jacob Salmon	Eastview

All-American Boys

Darley Florvil	Minneapolis Washburn
Will Swanda	Edina

USC National 2019 National Private/Parochial School Coach of the Year

James See	Academy of Holy Angels
-----------	------------------------

Boys Coaches of the Year:

Large Public School	
Dave Jensen	Edina
Small Public School	
Derek Engler	Orono
Private/Parochial	
James See	Academy of Holy Angels

Get out your calendars because we have dates for several events for this fall. We start on Thursday, August 13, and Friday, August 14, with the clinic that will be held at the National Sports Center. The Quarter Finals are the next event and they will be held at sites to be named. Those teams move to the State Tournament in USA Bank stadium. Semifinals will be played on Monday and Wednesday, November 2nd and 4th. The championship games will be played on Thursday, November 5th. The Senior Classic will be played on Wednesday, November 11, at the Health East Center in Woodbury.

Art Seplak (Bloomington Kennedy Girls retired) has announced the 2019 Mike Warter Scholarship Awards. These scholarships are for \$1,000 each and are given in honor of Eagan Girls Coach Mike Warter. Any senior soccer player in Minnesota has the right to apply for this award.

The girl's award winner for 2020 is Gina Wasniewski from Brainerd High School. Gina is a 4-year varsity player and a captain her senior year.

She earned All-Conference recognition her Sophomore and Junior years. A serious ankle injury limited her participation her Senior year. She has assisted with coaching younger girls in the Brainerd summer program and has volunteered with Habitat

for Humanity, Operation Christmas Child and the Northland Arboretum. Gina will play soccer next fall at the University of Wisconsin Stevens Point.

Adefemi Adewola from Park High School is the boys award winner for the 2020 season. Adefemi is a 5-year varsity player who has earned All-conference and All-State recognition. He is active in leadership at Park H.S., serving on student council and the Principal's council. He has helped run youth soccer programs in Cottage Grove and is a volunteer at his church. He is undecided as to college, but has been accepted at Gustavus,

Upper Iowa and University of Jamestown.

These two exemplary student athletes are to be congratulated on winning the Warter Scholarship. They are certainly representatives of the students that play soccer in Minnesota.

A very special thanks to Andrea Winiecki for her help with the State Tournament Banquet. The MSHSSCA Executive Board is grateful for her help with the event. Thanks, Andrea!

It has been a great weather end to February and as all of us think of spring we once again are reminded that we are blessed to have the best job in the world: coaching student athletes and soccer.

SERVICE ACES

By *Dave Wareham*
Totino-Grace High School
President – Minnesota Tennis
Coaches Association



I noticed something significant on my early morning drive to our annual MN Tennis Coaches' Association Clinic this past weekend (Feb. 28-29) – there were notable patches of bare ground visible. A smile slowly crept across my face. I thought maybe the start of this spring tennis season will be different than those of recent years with large amounts of snow and cold. Maybe we will be able to be outside as our seasons begin, instead of fighting for gym time with other spring sports and racking our brains for what to do in the classroom or halls for practice. Strength and conditioning and mental toughness, both things that can be worked on off-court, are important. But the real fun of tennis is being on-court, outside – running around, striking tennis balls, competing, playing. The start of the tennis season brings with it excitement, and the sight of a patch of grass on February 29th sparked that for me.

The annual clinic helped that excitement grow as a variety of presenters offered valuable insights into a diversity of topics: drills for large numbers on a single court, dynamic doubles play, increasing fitness and movement into our practice designs, keys to returning serve, and training with red, orange, and green balls. This year's clinic also provided classroom sessions around key topics like developing mental toughness and enhancing motivation through a 'team' culture. The clinic wrapped up with two Hall of Fame coaches – Mike Cartwright (Mounds View) and Steve Paulsen (Edina) – reflecting on core principles in building a successful tennis program from varsity through C-squad, and demonstrating core drills to sharpen strategy and skill development. It was a terrific finish to a great weekend.

On Friday of the clinic, our association held its annual membership meeting. Some highlights of the meeting:

Robb DeCorsey (Glencoe-Silver Lake) was elected as the President-Elect

Rick Engelstad (Pine City) and Dave Gunderson (Virginia) were re-elected as Executive Secretary and Hall of Fame Director

Memberships numbers are good, but we're hoping to have all our coaches as members

Financial report: we are on solid ground and are working

toward becoming a 501(c)(3) in the near future

State tournaments will now charge admission

Tennisreporting.com should have a 'confirm' button ready for this spring boys' season to eliminate both coaches entering scores for a match

Two other important topics were discussed: update on our 3-class proposal for girls' tennis and interest in 4 Doubles, 3 Singles format. Les Zellman (St. James), who has taken a lead in our 3-class proposal, informed us that the MN High School League did not take a motion on the proposal at its February 4 meeting. We should meet the requirement for number of girls' teams (192) with the addition of Waconia girls' tennis this fall. However, with no motion taken, we will remain two classes for the immediate future. Discussion centered around next moves – continue to press forward with a 3-class proposal, examine options for 2-class classification, look at other ways to expand tournaments (increase qualifiers, increase the number of AA sections). Whatever route we take next, one thing is clear: we need to work harder and more passionately to get our voice heard. In addition, the idea of tweaking match format – from 4 Singles, 3 Doubles to 3 Singles, 4 Doubles – was brought up for discussion. Some ideas for exploring this would be to increase player involvement (10 to 11 players in a match); some more emphasis on doubles and depth in a team; beyond high school, many players end up playing doubles in college and/or USTA leagues. Potential drawbacks include how it may impact smaller programs fighting for participation. For both topics, constructive discussion took place. Coaches should look for a survey in the coming weeks to gauge feedback and insight regarding both classification and match format as we plan where to focus our energies.

One final take away from our clinic: this past weekend was an opportunity to learn, sharpen, and collaborate all in an effort to strengthen the tennis experience in our high schools and communities. Thanks to the USTA and USPTA for their partnership in this effort.

The boys' season begins in three weeks. Players and coaches alike are eager to get going. Hope, excitement, and anticipation run high. Let's remember that our job as coaches is to help create the best possible tennis experience for our teams collectively and players individually. It's a tall task, for sure. But after being around so many quality people and coaches this past weekend, I know that you are up to the challenge. Good luck to your teams. And this year, notice that bare ground around your town. It means that it's time for tennis.

Youth Suicide Fact Sheet

- For middle and high school age youth (ages 12-18), suicide is the **2nd** leading cause of death. (2016 CDC WISQARS)
- For college age youth (ages 18-22), suicide is the **2nd** leading cause of death. (2016 CDC WISQARS)
- Over-all, suicide is the **2nd** leading cause of death for our youth ages 10-24. (2016 CDC WISQARS)
- Each week in our nation, we lose approximately **100+** young people to the national health problem of suicide.
- 2017 - CDC Youth Risk Behavioral Survey:
 - **Over One out of Every Six** of our nation's youth (17.2%) seriously considered suicide in the previous twelve months.
 - **Almost One out of Every Seven** young people (13.6%) actually made a plan to attempt suicide in the previous twelve months.
 - **Over One out of Every Fourteen** young people (7.4%) reported attempting suicide one or more times in the past twelve months.
- Firearms remain the most commonly used suicide method. Suffocation hanging and poisoning have seen dramatic increases recently.
- **Four out of Five** teens who attempt suicide have given clear warning signs.
- More than **90 percent** of people who die by suicide have demonstrated risk factors such as depression, other mental disorders or a substance-abuse disorder (often in combination with other mental disorders).
- Suicide is one of the **LEADING** causes of **PREVENTABLE** death in our nation today.



To find out more about The Jason Foundation and how you can help make a difference, visit our website at www.jasonfoundation.com.





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insurance, office depot/office
max and others.**

www.hscoachesbenefits.org/



Dig This

*By: Becca Pulju
MNVBCA President - Sebek*

Greetings, Minnesota volleyball coaches! Spring is almost here, and that means many of you are probably busy coaching club, boys volleyball or organizing summer camps and clinics! Our Board of Control recently held our winter meeting. The minutes are available on our website, MNVBCA.org.

The focus of our winter meeting this year was to look at our summer clinic. We are hoping to get more of you coaches there! It will be held Wednesday and Thursday, July 29th and 30th at Sauk Rapids-Rice High School. The hotel is the Holiday Inn in St. Cloud. John Yunker, Champlin Park is in charge of the clinic this year. He is busy working on the schedule. Thanks to John for stepping into the role. Many thanks as well to Janet Golden-Landquist, Susan Alstrom and Heidi Hahn, who work tirelessly behind the scenes of our organization.

We are planning a longer day of sessions on Wednesday, with the All-Star match in the afternoon. We are hoping to have a stat session that breaks down the All-Star game as well. We think the clinic is a great opportunity to learn something new, build relationships with fellow coaches and gear up for the season. Our coaches social will be Wednesday night, and the clinic continues Thursday. Details and registration will be on our website soon. Look for an email from your Section Representative when it is open.

Every year we rotate which sections have elections for new Board of Control Representatives. This year it was Sections 7 and 8. We welcome new members: Heidi Anderson, Section 7AA rep from Cloquet, Theresa Brummer, Elk River, Section 7AAA, Stacy Dahl, Badger-Greenbush-Middle River from Section 8A and Tessa Tysver, Dilworth-Glyndon-Feldon, from 8AA. Thank you to those that ran for Section Rep. I think it is great to get new people involved in our organization. Next Spring we'll be adding members, with the move to 4-classes. Sections 1 and 2 will also be up for re-election.

We also spent time at our meeting discussing the 4-class State Tournament. The MSHSL will look at formats for our State Tournament within the next few months. Please know that we are involved in the process, and we will communicate what it will look like as soon as we know.

Enjoy the rest of your "off-season", which is probably spent in the gym if I know you all! Remember to mark your calendar for July 29th and 30th for the clinic. See you there! _____

WOMEN COACHES SYMPOSIUM 2020

The 7th annual Women Coaches Symposium will take place on **Friday, April 24, 2020** at TCF Bank Stadium on the University of Minnesota Campus. The WCS provides high-quality educational programming, networking, professional development and community building for 350+ women coaches, administrators, students, and those who support women coaches, at all levels of competition and all sports.

WOM

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WOMEN COACHES

SYMPOSIUM

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WCS2020

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DANCE TEAM

Brittney Rehling

The Target Center hosted the State Dance Team Tournament on February 14 (jazz) and February 15 (kick). On Friday, Class A prelims included teams from BOLD, Dilworth Glyndon Felton (DGF), Duluth Marshall, Frazee, Holy Family Catholic, Houston, Lac Qui Parle Valley Dawson Boyd, Minnewaska, PACT Charter School, St. Charles, Yellow Medicine East and Zumbrota Mazeppa. Six teams moved onto Finals held Friday evening and included (in order of final placement) Lac Qui Parle Valley Dawson-Boyd (1st), Holy Family Catholic (2nd), Frazee (3rd), Zumbrota Mazeppa, Yellow Medicine East and St. Charles.

AA Jazz teams in the preliminary round included Austin, Benilde St. Margaret's, Faribault, Hermantown-Proctor, Marshall, Mound Westonka, Orono, Rocori, Sartell St. Stephens, Simley, St. Cloud Tech, and Totino-Grace. Totino-Grace brought home the AA jazz state championship for the second year in a row, followed by Sartell St. Stephens in second, Benilde St. Margaret's in third, Mound Westonka in fourth, St. Cloud Tech in fifth & Orono in sixth.

AAA Jazz teams competing Friday in prelims were Anoka, Blaine, Brainerd, Centennial, Eastview, Edina, Lakeville North, Maple Grove, Mounds View, Prior Lake, Spring Lake Park, and Wayzata. Eastview won the AAA Jazz State Championship. Rounding out the Finals for AAA were (in order of final placement after Eastview) Wayzata, Maple Grove, Edina, Brainerd and Prior Lake.

Saturday's kick portion of the State Tournament brought many fans. Class A fans are known for the enthusiastic cheer sections, and proud sportsmanship. A Kick Prelims included ACGC, BOLD, Cannon Falls, Crosby-Ironton, Frazee, Holy Family Catholic, Lac Qui Parle Valley Dawson-Boyd, Lake City, Pierz, St. Charles, Wabasha Kellogg, and Yellow Medicine East. Lac Qui Parle Valley Dawson-Boyd won the Kick State Championship on Saturday for their second consecutive year, followed by Yellow Medicine East (2nd), Frazee (3rd), Cannon Falls, Wabasha Kellogg & Holy Family Catholic rounding out Finals.

AA Prelims in kick went as follows: Austin, Benilde-St.

Margaret's, Faribault, Hutchinson, Mound Westonka, Orono, Rocori, Sartell St. Stephens, Simley, St. Cloud Tech, Totino Grace and Zimmerman. Sartell St. Stephens earned a kick State Championship for the fourth year in a row after the final round of competition. Totino Grace came in 2nd, followed by Austin (3rd), Faribault, Benilde St. Margaret's and St. Cloud Tech.

AAA Prelims teams included Anoka, Blaine, Brainerd, Centennial, Chaska, Eastview, Eden Prairie, Henry Sibley, Lakeville North, Prior Lake, Spring Lake Park, and Wayzata. Eastview won the AAA Kick State Championship with Wayzata and Chaska earning 2nd and 3rd respectively. 4th through 6th place went Brainerd, Lakeville North and Prior Lake.

This year's State Tournament crowned two "double champions" in both jazz and kick. In Class A, Lac Qui Parle Valley Dawson-Boyd brought home the blue medal in both divisions, a repeat from the 2019 state tournament. Then Eastview in Class AAA, took home double blues this year.

On the horizon, is the 2020 MADT Coaches Celebration, this will be held on Friday March 6th, 2020. Coaches and schools will receive awards for sportsmanship, rookie coach of the year, head coach of the year (in each respective class) and assistant coach of the year (in each respective class) as voted on by peer members.

The following day, Saturday, March 7th, the Minnesota Association of Dance teams will host its annual All-State Dance Team at Eastview High School. Coaches nominate athletes to participate in this event. This year, our association surged with talent within All-State nominations, resulting in our highest participants yet of over 230 dancers. A panel of current and former coaches met to evaluate and determine the participant roster for jazz or kick and for each class based on coach-submitted videos. The dancers selected are working to learn a routine and perform together with their peers in a finale. This group of dancers represents the best we have in Minnesota High School Dance Team. MADT will also acknowledge its member schools' student athletes with the Senior Academic and Team Academic Awards.

MnIAAA CORNER

Mark Kuisle

Greatest Generation

This summer I heard the statement, "greatest generation to ever live", and it continues to make me think about all the wonderful role models who touched my life in a positive way. Pete Veldman was one of those people. The brevity of his life's work as a husband, father, grandpa, coach, educational leader and the former Executive Secretary of the MnIAAA are why his perpetual light continues to shine on others.

Pete passed away at the age of 86. As

you look at his life's work it is pretty amazing. He was born at the end of the depression era which was a very difficult and challenging time for all American families. He always believed in stretching the dollar and asking the question, "Is this really necessary?" This hardnose native of Hollandale, MN, won the heavyweight championship at MSHSL state tournament for Albert Lea and went on to compete for the Golden Gophers and was part of two Big Ten Championship teams. He served our country in the army for two years in Korea and then in 1959 started his career at South St.

Paul where he taught physical education and coached wrestling and football before becoming the athletic director, a position he held until retiring in 1993.

The "Greatest Generation" will be hard to match. They were faithful, frugal, hardworking, honest, ethical and very straight forward. Their moto, do it right the first time and own it! This generation led by example at home, on the practice field and in the classroom. Pete wanted his peers to understand the role of being an activities director or a coach is a very important responsibility

... continued on page 23


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GIRLS HOCKEY "SNAP SHOTS"



Congratulations to all our girls' hockey programs this past season. The 2019-20 season produced some highlight matchups and a truly exciting state tournament at the Xcel Energy Center and the Tria Rink in St Paul.

In Class A action, Breck School captured their third straight state title and 2nd title for Head Coach Steve Persian. In the Class AA brackets, Andover finished their year with their first state championship beating three-time defending champion Edina in a thriller of a hockey game. This is the first state championship for the Andover and for Head Coach Melissa Volk. Congrats to all teams that participated in the State Tournament!

The following coaches were selected as Head and Assistant section coaches of the year:

Class A Section Assistant Coaches of the Year

- 1A Red Wing Bob Kubes
- 2A Mound Westonka James Kurtz
- 4A St Paul United Robert Sherry
- 5A Breck School Alison Umland
- 6A WillmarBenji Olson
- 7A Cloquet-Esko-Carlton David Esse
- 8A Thief River Falls Bob Huot

Class A Section Head Coaches of the Year

- 1A Rochester Lourdes Jeff True
- 2A Hutchinson Marc Telecky
- 3A Mankato West Shaun Reddy
- 4A Mahtomedi Bill Mauricio
- 5A Orono Sean Fish
- 6A WillmarEric Setrum
- 7A Cloquet-Esko-Carlton Courtney Olin
- 8A Crookston Tim Moe

Class AA Section Assistant Coaches of the Year

- 1AA Lakeville South Joel Tornell
- 3AA Apple Valley Rob Walsh
- 4AA Hill-Murray Caesare Engstrom
- 5AA Anoka/Spring Lake Park Kyle Ronning
- 6AA Hopkins/St Louis Park Sierra Vadner
- 7AA Grand Rapids-Greenway Kevin Hyduke
- 8AA Roseau Paul Grafstrom

Class AA Section Head Coaches of the Year

- 1AA Farmington Jon Holmes
- 3AA Eastview Herb Harvey
- 4AA Woodbury Tony Scheid
- 5AA Maple Grove Amber Hegland & Kevin Gray

- 6AA Edina Sami Reber
- 7AA Andover Melissa Volk
- 8AA Roseau Steve Huglen

The Minnesota Girls Hockey Coaches Association also awarded Individual Academic All-State to 162 seniors for their accomplishments in the classroom. To receive this recognition, seniors needed to have a cumulative GPA of 3.80 or higher. This is the most recipients ever receiving Academic All-State in one season. The full list of the players can be viewed on the coaches association website.

Also awarded were three \$1000.00 scholarships to these students:

- Exec Council Scholarship – Isabella Kartch, Marshall School (Duluth)
- Premier Prep League Scholarship – Lindsay Albers, Anoka/Spring Lake Park
- Charlie Stryker Scholarship – Lindsay Maloney, Lakeville South HS

2019-20 TEAM ACADEMIC WINNERS

1AA	Lakeville South	3.940
2AA	Eden Prairie	3.903
3AA	Apple Valley	3.904
4AA	Hill Murray	3.881
5AA	Rogers	3.834
6AA	Cretin-Derham Hall	3.873
7AA	Andover	3.842
8AA	Roseau	3.872
State AA Champ	Lakeville South	3.940
1A	Albert Lea	3.727
2A	Litchfield/Dassel-Cokato	3.913
3A	Mankato West	3.898
4A	Simley	3.901
5A	Chisago Lakes	3.94
6A	Willmar	3.811
7A	Cloquet / Esko / Carlton	3.883
8A	Detroit Lakes	3.968
State Class A Champ	Detroit Lakes	3.968

Last but not least, congratulations to the following teams who were recognized with the MGHCA team sportsmanship awards.

- Class A – Breck School
- Class AA – Hopkins/St Louis Park

Each school received a banner for display in their respective arenas.

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

in every community and don't screw it up! He believed in taking care of others, so tip your waitresses, bartenders and housekeepers, they have a job to do and respect them. Thank you for teaching so

many life lessons to all of us.

Pete thank you for your service to others and especially your peers in the MnIAAA and the MSHSCA. We will miss you and may God

hold you in the palm of his strong hands. God bless you for everything.

ROBOTICS

The Nuts and Bolts of Robotics

KICK-OFF & THE 2020 GAME



On January 4, 23 FIRST robotics teams gathered at Becker High School to view the new game for the 2020 FIRST Robotics Competition season. Becker was one of nine local sites across Minnesota to host the world-wide kick-off event, the largest being at the University of Minnesota.

This season nearly 4000 teams worldwide will compete in this year's game, 'Infinite Recharge'. Each match will be played on a field roughly the size of a volleyball court and will last 2 minutes, 30 seconds in length. The first 15 seconds of the game robots will be in autonomous mode where the machines are programmed to score 7" dino balls called 'Power Cells' into either Power Port (either high goal or low goal). Goals scored in this timeframe will be worth double what they are worth in the tele-operational period. The next 2 minutes and 15 seconds (tele-op) the robots will be operated by the drive teams and will continue to score 'Power Cells' into the goals. The final 30 seconds teams can continue to score goals as well

as head to a Shield Generator where they are charged to climb onto a hanger that is taller than any single robot.

BUILD SEASON

For the last seven weeks, the 224 Varsity teams across Minnesota have been strategizing, designing, and building robots to compete in regional competitions. Due to field constraints some teams have decided to build low robots (under 28 inches) or tall robots (up to 45"). There are advantages and disadvantages to both. Regardless of height, robots and teams face the same challenges such as intaking these 7" foam-filled, dino-skinned balls, you know the ones that hurt when the class bully unloads one into your body during dodgeball?

Now, the 'nerds' get a shot with these dodge balls shooting them as fast as they can from a robot. However, think of the body mechanics that it takes to pick up a 7" dodge ball from the floor of the wrestling room to transition the body into a throwing position that will allow for maximum damage to your opponent's body. That all happens along a human frame between 5ft to just over 6ft for most of our athletes. These robots have to do the same within a few seconds with up to 5 balls over the length of 36 to 48". And they have to fire into a static Power Port with the final shot placement at 11" in diameter.

Instead of transferring from one hand to another to throw the ball, the robots need to (1)intake the Power Cell (dodgeball) by

COACHES!

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



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

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

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

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collector that then (2)transfers the balls to a hopper followed by an (3)indexer that can transition one ball at a time to a (4) shooting mechanism that launches the ball on target. Included in all of this, the team has to program the robot's drive train, control the intake to collect these super sticky balls that jam into any and all small crevices within the machine, and then with a vision system to find the target.

The human brain is responsible for both the athlete and the robot are responsible for completing this task. The only difference is the human in contact with the dodgeball does it instinctually (and experience). The robot has to be programmed by HS students to accomplish this task.

COMPETITION SEASON

Over the next six weeks starting on February 26, Minnesota teams will compete in different regional events across the US and Canada. At these events, teams will be competing for berths to the MSHSL State Tournament and the FIRST Championships. In the four state area, there are seven regionals that teams from Minnesota that will be competing; they are as follows:

Great Northern Regional, Grand Forks, ND (Feb 26-29); 60 teams from MN, ND, SD, WI, CO,

Lake Superior Regional, Duluth (Mar 4-7); 63 teams from MN, WI, and IA

Northern Lights Regional, Duluth (Mar 4-7); 60 teams from MN, ND, WI, IA, IL, and Sweden

10,000 Lakes Regional Presented by the Medtronic Foundation (Mar 25-28); 63 teams from MN, WI, IA, MO, and the Czech Republic.

North Star Regional, Minneapolis (Mar 25-28); 60 teams from MN, IL, and WI.

Iowa Regional, Cedar Falls, IA (March 25-28); 63 teams from MN, IA, WI, MO, KS, IL, NE, and Japan

Seven Rivers Regional, LaCrosse, WI (April 1-4); 48 teams from MN, ND, WI, IL, and IA.

FIRST CHAMPIONSHIP

From each regional competition there are up to seven teams that can qualify for the FIRST Championships by the way of Chairman's Award winner (1), event Winner (3), Engineering Inspiration (1), Rookie All-Star (1) and Wildcard (1). These teams will head to Detroit the last week of April to compete in their sub-division in a chance to make it to the Einstein Field. On Einstein, 6 alliances (e.g., 3 complimentary robots makeup an alliance) will compete in a round-robin tournament that will culminate in a best of three match-up between the two best ranked alliances to claim the Champion title.

MSHSL STATE TOURNAMENT

This year marks the 9th year that the MSHSL is hosting a State Tournament for robotics. The event takes place at Williams Arena on the University of Minnesota campus. 36 of the best teams across the state will be invited to compete. This year the state tournament lands on May 16, 2020.

If you get a chance, stop by your local build space and take in what your local teams are doing.

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

- Tony Dungy



COACHES CARING PROGRAM

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

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

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

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

Trophies Plus - Sponsor of Coaches Caring



Minnesota State High School Coaches Association

Assistant Coach Distinguished Service Award



Criteria:

- The individual should have been a high school Assistant Coach for at least 20 years.
- Nominations may be made by individual coaches, or sport associations.

Name _____

Address _____

City _____ State _____ Zip _____

Phone _____

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

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

Nominating Person _____

Address _____

City _____ State _____ Zip _____

Phone _____

Email Completed applications to: Nathan Youngs at: Nathan.Youngs@dc.k12.mn.us

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 2019-2020 school year.

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

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

*Another example of the MSHSCA
at work for the membership!*

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



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Website: www.trophiesplus.com

Email: trophyman@trophiesplus.com

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

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Check us out - Lowest prices in the USA!

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

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



Ana Bowsby

Hi Coaches,

Here is what was discussed at the meeting this past weekend: please read when you have time, there is a lot of information.

Important award deadlines:

All American/Academic All American nominations due May 1st on US Lacrosse website: <https://www.uslacrosse.org/players/high-school/girls-high-school-awards>

Academic-All State due May 15th to Randy Seifert (Hutchinson coach)

All section nomination due to section rep one week before your section meeting

Important meetings/dates:

All State committee meeting: May 25th at 6 PM at BSM in the library (open only to section reps and board)

All American meeting May 25th at 9 PM at BSM in the library (open to all)

State tournament banquet: Sunday, June 7th, at St. Paul River Center

Equipment requirement:

New goggle requirements from US Lacrosse: https://www.seinet.org/search.htm#§ion=hidden-us_lacrosse,hidden-eye_and_face_protect_sports,hidden-48-2143,hidden-48_266-2143

Stats requirement:

Stats will be on MNlaxhub and that's it. MSHSL site is not functional for our purposes this year

Must be entered within 48 hours after the game.

Required for players to be eligible for ALL AWARDS: all-section, all-state, and all-american

Keep same stats:

Number of games played, G, A, Draw attempts, draws taken, Caused turnovers, ground balls, goalie saves/shots, yellow cards

The biggest change is the All Section requirements and responsibilities of the all section representatives!

All section reps:

Need 2 per section. If interested in becoming an All Section rep, please contact Nora Vee (Osseo Park Center) and myself.

Roles/requirements:

Need to be member of coaches association in good standing

Run your section meeting AND attend the all state meeting; document will be shared with section reps on how to facilitate the meeting. Thank you Heather Pierson!

Request/require nominations one week before meeting with group

Must check stats for each section, ensure reporting give everyone 48 hours

Give one reminder and then that's it

Email final all section first and second teams to Nora Vee no later than Friday May 22nd WITH stats; if meeting is finished

... continued on page 30

Have You Moved or Changed Your Email?



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

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

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

MINNESOTA STATE HIGH SCHOOL COACHES ASSOCIATION, INC. Executive Committee Liaison Assignments 2019-2020

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

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

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Suicide Prevention Awareness Month Informational Packet for Coaches and Administrators

September 2019

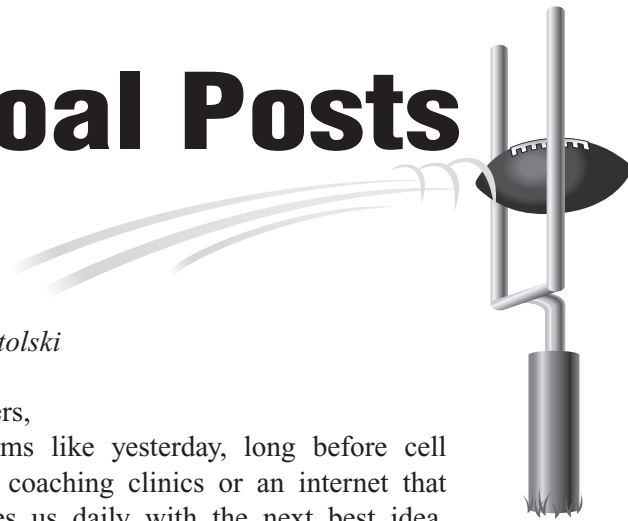
The Jason Foundation, Inc.

www.jasonfoundation.com

contact@jasonfoundation.com



Goal Posts



Ron Stolski

Keepers,

It seems like yesterday, long before cell phones, coaching clinics or an internet that inundates us daily with the next best idea, gadget, or type and piece of equipment for field or wt. room to help us be better, make it easier, to be 'champion' coaches, when a coaching legend put his arm around a young coach and 'invited him in'. Well, not yesterday exactly. Unless yesterday was some 50 years ago. Kid, the legend Tom Mahoney said, "You're gonna be a career coach?" With a gulp (this was THE Tom Mahoney), the kid said, "yup". "Then let me tell you what you need to do," said the legend. And he did..it was a call to SERVICE.

Back in the sixties, seventies, and eighties there was a cadre of young coaches whose only opportunity to meet and share was (a) either across from each other on the field (b) at a District meeting or (c) one of the two coaching clinics in the state. The Concordia Moorhead Clinic, the Wheaties, Toyota, and how many other names..Nike clinic. That was it. But there were leaders and mentors. There were men of vision. Men whose efforts and will, fashioned the growth and development of football in this state. Givers whose efforts created the the MFCA, the playoff system, the All-star game (now the Showcase) and so much of all that we are today. Men like Mahoney, Ron Raveling, Don Swanson, Dick Walker,

George Larson, Bob Roy, Frank Cleve. Rollie Bromberg, Les Dreschel, Gary Gustafson, Dick Lawrence, Ken Hill and on and on. Men who answered the call to service.

Proudly, this writer was among the young who jumped on for the ride. And what a ride it was; has been. We did not have much money, but we had the will to learn to improve our skills and gain knowledge. All of us were seeking to become the coaches we yearned to become. Clinic? Often we slept in our cars and ate our meals from paper bags.(no money) We would pack 4-5 guys in the same room. We shared what we knew, what we did and didn't do and we became comrades. We learned to be Keepers of the game. As for the young coaches? We, as best we could, answered Tom's Call to Service. Coaches like Ron Scott, Terry Turek, Jim Dotseth, Tony Thiel, Dave Nigon, Don Stueve, Dave Nelson, Jim Rofoth, Deryl Ramey, Jim Simser, Buzz Rumrill, Dick Strand, Con Natvig, Dave Hylla, John Gross, Dave Fritze, Mike Mahlen, Flint Motchenbacher, Jon Johnson and too many others to mention answered the call to serve on committees, work on developing projects, help in any and all ways to create the MFCA that we have today.

Today, men like Rick Sutton, Ribsy, Claud Allaire, John Bakken, Gary Sloan, Jeff Ferguson, Scott Tschimperle, Paul Lemke, Rob Nielsen, Chuck Ross, Jeff Williams, Terry Bahlmann, Jeff Ferguson, Jeff Weiland, Scott Gonnerman, Clay Anderson, Dwight Lundeen, Dan Ffritze, Bubba Sullivan, Marc Bachman, Nick David, volunteer reps and all who serve in the various capacities as we continue the work of the men of vision. Perhaps, I have missed someone I am certain I have, for that I apologize.. but HOW ABOUT YOU?

There remains much work to be done.. HOW ABOUT YOU? We plan to THINK BIG during 2020. The MFCA needs you. Please answer the call to service. Contact any committee chair, Jim Dotseth or this writer. Just as in our past, there will always be room for the next generation of THE KEEPERS OF THE GAME. See you at the MFCA clinic!!

QUICK STICKS ... continued from page 28

earlier than that date, please send in ASAP

All section teams:

Based on strength - best players should be on the first team, not 'each team gets a player'! Needs to be consistent for voting

Next, ranking players on your first All Section team 1-13. This is to give instruction to section reps on which player we "fight" for and then move down the list. Is transparent and shared with all section reps.

More flexibility in positions on each all-section team this year

Meeting will be lengthy

**If a section is particularly deep, it will be determined by the top ten rankings. If 3 teams from section X are in the top ten for 3 weeks, then that section is eligible for their second team all section players to be considered for spots on the All State team.

***Ranking committee is the board plus the section representatives. It is voted upon weekly.

In a general reminder, we need to be OBJECTIVE. We all want the best for our players but not at detriment to our objectivity. We will not vote for our own players in the final vote in all section meeting.

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2020 MINNESOTA FOOTBALL CLINIC

A Partnership Between the MFCA and the Minnesota Gophers to Bring You the Best Clinic in the Country!

March 26-28, 2020

FEATURING

PJ Fleck & Minnesota Gopher Staff
 Craig Bohl & Brent Vigen, University of Wyoming
 Minnesota State - Mankato Staff
 Westlake HS Staff, TX State Champions
 & many more regional and national speakers!

TOP 10 REASONS TO ATTEND THE MFCA CLINIC

It is OUR clinic – WE are the “Keepers of the Game”!
 Net proceeds SUPPORT MFCA programs: Scholarships,
 All-Star Game, Summer Manual and Recognition of
 Coaches and Players – Hall of Fame, Mr. Football, etc.
 Outstanding EDUCATIONAL opportunities with TOP
 local speakers – high school, college and professional.

WE are a fraternity of SHARING –
 socials provide an environment for
 collegiality.

Myriad of opportunities for
 INVOLVEMENT in the Association
 – Rep Assembly, Business Meeting,
 Retired Coaches Gathering, etc.

LEARNING ENVIRONMENT
 about all things football in
 Minnesota.

Great FACILITY – hotel location,
 amenities and ease of parking
 help provide for a first-class clinic
 experience.

VENDORS to meet every need your
 program may have (including needs
 you didn't know you had!!)

We partner with the GOLDEN
 GOPHERS and the MINNESOTA
 VIKINGS.

NEW FEATURE this year – New
 Head Coaches Reception

TACKLE CANCER 2019

“TOGETHER WE ARE
THE KEY TO THE CURE”

September and October are “Tackle
Cancer” Months for Minnesota High
School Football Teams!

Here is how you can get into the game:

- Choose a home game or games in
September and October
- Promote the “Tackle Cancer” Game in your
school and community
- Collect donations at the gate before the game
or in the stands during halftime

TACKLE CANCER HISTORY (MONEY RAISED FOR THE RANDY SHAVER CANCER RESEARCH AND COMMUNITY FUND)

2012	\$120,661
2013	\$190,073
2014	\$230,170
2015	\$233,269
2016	\$281,784
2017	\$311,475
2018	\$348,423

TOTAL: \$1,715,855

2018 GOAL: \$350,000

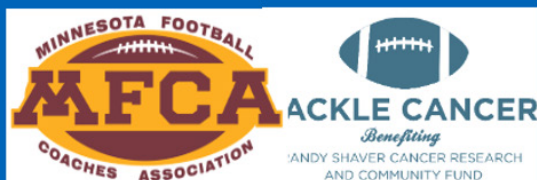
WAYS TO SHOW SUPPORT

Custom Tackle Cancer
Awareness Bracelet - \$0.40 Each

Kelly Promotions
Tom Hersman
952-886-3540
Email order to:
Tom.Hersman@KellyPromotions.com

Tackle Cancer Footballs - \$85.00
Each

Nicklasson Athletic – 507-354-
8586
Universal Athletic – 952-942-
8525



2019 - 2020 CHAMPIONSHIP TEAMS

GIRLS TRUE TEAM SWIMMING

	SCHOOL	COACH
Class A	Visitation	Nate Linscheid
Class AA	Minnetonka	Dan Berve

GIRLS TENNIS

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

GIRLS SOCCER

Class A	Mahtomedi	Dave Wald
Class AA	Maple Grove	Ben LeVahn

BOYS SOCCER

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

GIRLS CROSS COUNTRY

Class A	Perham	Jeff Morris
Class AA	Edina	Matt Gabrielson

BOYS CROSS COUNTRY

Class A	Perham	Jeff Morris
Class AA	Mounds View	Ross Fleming

VOLLEYBALL

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

GIRLS SWIMMING MSHSL

Class A	Visitation	Nate Linscheid
Class AA	Edina	Jeff Mace

ADAPTED SOCCER

PI	Eastview Dakota United Hawks	Lorrie Buecksler
CI	South Washington County	Bruce Feidler

FOOTBALL

9 Man	Mountain Lake Area	Tim Kirk
1A	Blooming Prairie	Chad Gimbel
2A	Caledonia	Carl Fruechte
3A	Pierz	Dan Sauhr
4A	Rocori	James Herberg
5A	Chaska	Bryan Dahl

6A	Wayzata	Lambert Brown
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ALPINE SKIING

Girls	Lakeville North	Bob Boldus
Boys	Lakeville South	Wayne Hill

NORDIC SKIING

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

GYMNASTICS

Class A True Team	Big Lake	Nicolette Collison
Class A MSHSL	Big Lake	Nicolette Collison
Class AA MSHSL	Lakeville North	Teri Homan

GIRLS HOCKEY

Class A	Breck School	Steve Persian
Class AA	Andover	Melissa Volk

DANCE-High Kick

Class A	Lac qui Parle Valley/Dawson Boyd	Lisa Johnson
Class AA	Sartell-St. Stephen	Kelly McCarney
Class AAA	Eastview	Jenny Raiche

DANCE-Jazz

Class A	Lac qui Parle Valley/Dawson Boyd	Lisa Johnson
Class AA	Totino Grace	Kristen Gagnon
Class AAA	Eastview	Jenny Raiche

WRESTLING

Class A	Long Prairie/Grey Eagle	Jacob Lorentz
Class AA	Simley	Will Short
Class AAA	Shakopee	Jim Jackson

BOYS SWIMMING MSHSL

Class A	Breck/Blake	Michelle Carlson Co-Coaches
		Brian Wright Co-Coaches
Class AA	Edina	Scott Johnson

BOYS SWIMMING TRUE TEAM

Class A	Breck/Blake	Michelle Carlson Co-Coaches
		Brian Wright Co-Coaches
Class AA	Minnetonka	Kristen Phillipa Co-Coaches
		Robby Kendal Co-Coaches

WINTER TEAM ACADEMICS

NORDIC SKI

BOYS
GOLD
Anoka High School
Bemidji High School
Brainerd
Breck
Chan-CHASKA
StormHawks
Cloquet - Esko - Carlton
Coon Rapids
Eden Prairie
Ely
Hastings
Lakeville
Little Falls High School
Maple Grove Senior High
Marshall School, Duluth
Minneapolis Roosevelt/South
Minneapolis Southwest
Minnehaha Academy
Minnetonka High School
Moorhead High School
Mora
Northfield
Park Center Senior High
Robbinsdale Cooper High School
Roseville Area High School
Sartell / St. Cloud Cathedral
Simley High School
Spring Lake Park/St Anthony
St Louis Park
St. Paul Highland Park
Stillwater Area High School
Washburn
Wayzata
White Bear Lake
Winona/Cotter

SILVER

Armstrong High School
Blaine High School
Bloomington Jefferson
Duluth East
Edina High School
Elk River/Zimmerman
Holy Family Catholic High School
Mesabi East Area Nordic
Mound Westonka
Mounds Park Academy

Osseo Senior High
Prior Lake High School
Saint Cloud Apollo/Sauk
Rapids-Rice
St. Paul Central
Tartan High School

GIRLS

GOLD
Alexandria
Anoka High School
Armstrong High School
Bemidji High School
Blaine High School
Bloomington Jefferson
Brainerd
Breck
Chan-Chaska StormHawks
Convent of the Visitation
Coon Rapids
Duluth East
Eden Prairie
Edina High School
Ely
Forest Lake
Hastings
Holy Family Catholic High School
Lakeville
Little Falls High School
Maple Grove Senior High
Marshall School, Duluth
Mesabi East Area Nordic
Minneapolis Roosevelt/South
Minneapolis Southwest
Minnehaha Academy
Minnetonka High School
Moorhead High School
Mora
Mound Westonka High School
Mounds Park Academy
Northfield
Osseo Senior High
Prior Lake High School
Rogers
Roseville Area High School
Saint Cloud Apollo/Sauk
Rapids-Rice
Sartell / St. Cloud Cathedral
Simley High School
Spring Lake Park/St Anthony

St Louis Park
St. Paul Central
St. Paul Highland Park
Stillwater Area High School
Tartan High School
Washburn
Wayzata
White Bear Lake

SILVER

Elk River/Zimmerman
Park Center Senior High
Willmar
Winona/Cotter

DANCE

GOLD
A.C.G.C
Bagley
Buffalo
Holy Family
Hopkins
Kasson-Mantorville
Melrose Area
Plainview-Elgin-Millville
Richfield
Wayzata

SILVER

Alexandria
Anoka
BBE-Paynesville
Becker
Benilde-St. Margaret's
Blaine
Bloomington Kennedy
B O L D
Brainerd
Burnsville
Centennial
Chanhassen
Chaska
Detroit Lakes
Dilworth-Glyndon-Felton
Duluth East
Eastview
Eden Prairie
Edina
Elk River
Farmington
Frazee
Foley

Goodhue
Henry Sibley
Hermantown-Proctor
Hutchinson
Lac Qui Parle Valley/
Dawson-Boyd
Lake City
Lakeville South
Maple Grove
Marshall
Minnewaska
Montevideo
Monticello
Mound-Westonka
New Prague
Orono
PACT
Pequot Lakes
Prior Lake
Randolph
Renville County West
Rochester Century
Rochester Mayo
ROCORI
Rosemount
Saint Cloud Cathedral
Saint Cloud Tech
Saint Michael-Albertville
Sartell-Saint Stephen
Totino-Grace
Waconia
Willmar
Woodbury
Zumbrota-Mazeppa

HALL OF FAME BANQUET

John and Bernie Schumacher-HOF Coordinators

Dear Members;

The MSHSCA Hall of Fame Banquet is scheduled for Oct, 10, 2020 from 4:30pm-9:30pm at the Sheraton Mpls West-Ridgedale.

The banquet is a special night where coaches and officials across the state can recognize those who have given many years of their time, have been successful in bringing home State Titles to their schools, increased recognition of their sport, and been an active member of the MSHSCA throughout the years.

Last year a record breaking attendance of 480 people paid tribute to over 200+ deserving individuals. HOF individuals are inducted, along with a George Haun Award, Steve Kerzie Award, awards for DSA-Officials and DSA-Asst. Coaches. 25 Year Members are recognized along with Championship Coaches, Coaches of the Year and Assistant Coaches of the Year. We look forward to a full capacity crowd again this year.

Please mark Oct. 10th on your calendar and watch for a list of the people to be honored in our July Prep Coach. The banquet is open to all coaches, family members, friends, and past athletes. It is a great night where we all get to come together to support and recognize a dedicated, hardworking group of individuals.

Nomination forms for HOF, DSA-Officials and DSA-Asst Coaches are available online at the mshsca.org website and also are in this publication. Deadline to be considered for this year's HOF Banquet is June 1st.

Ticket information will be available through the award winners, and also by contacting John and Bernie Schumacher

at 218-732-0204 or via email. See below. Deadline date to purchase tickets will be September 15th, 2020.

We would personally like to say thank you to Jim and Janet Baker for their many years of service as the HOF Coordinators. Because of their hardwork and dedication, we have a top-notch banquet. May they enjoy their retirement.

If you have any questions, please feel free to contact us.

John and Bernie Schumacher

HOF Coordinators

jschumacher@mshsca.org

bschumacher@mshsca.org

“There isn’t a single professional sports seasons now that doesn’t go on at least a month to long. Baseball starts in football weather, and football in baseball weather, and basketball overlaps them both.”

- James Reston

2019-2020 SPORTS ASSOCIATION CLINICS

DATE	SPORT	LOCATION
March 26-28, 2020	Football - Ron Stolski - stolski@yahoo.com	Double Tree, St. Louis Park
April 17-18, 2020	Swimming and Diving	Marriott NW Mpls-Brooklyn Park
Summer 2020	Volleyball Clinic-bpulju@sebeka.k12.mn.us	Sauk Rapids High School
August 2020	Cross Country-jhnelson@rwps.org	Twin Cities Orthopedics Vikings Complex
Aug 13-14, 2020	Soccer -gruba23@gmail.com	National Sports Center Blaine
Sept. 2020	Boys Hockey - mikejmacmillian@hotmail.com	Roy Wilkins Auditorium, St. Paul
Oct. 1, 2020	Wrestling - kip.lynk@gmail.com	Simley High School
Oct. 2020	Girls Hockey	TBA
Oct. 2020	Gymnastics - shelly eklund@district 196.org	Stillwater High School, Stillwater, MN
Oct 23, 2020	Girls BB - scott_bergman@isd743.k12.mn.us	St. Thomas Univ
Oct. 30-31, 2020	Boys BB - Tom Critchley Sr. - hctirc@earthlink.net	Mpls, Hyatt Regency
Nov 13-14, 2020	Baseball	TBA
Dec. 1, 2020	Robotics- Alex Jurek ajurek@isd726.org	St. Cloud State (Atwood Memorial Center).
January 2021	Track	Double Tree, Bloomington
Feb. 2021	Softball - shelly.hotzler@jccschools.com	Target Field
Feb 2021	Tennis- Rick Engelstad -rengelstad@isd578.org	Fred Wells Center, St Paul

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

**CRITERIA FOR THE
SELECTION OF
CANDIDATES**

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

**ELIGIBILITY
REQUIREMENTS**

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

Minnesota State High School Coaches Association
HALL OF FAME NOMINATING FORM



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

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

Nominating Person or Group _____
 Rationale for Nomination _____

Personal History: Hometown _____
 College/s _____ Year _____

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

Coaching awards, honors & highlights: _____

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

Present status _____ Organizations & honors other than coaching: _____

Coaches Association involvement & present status: _____

Please list other highlights & experiences: _____

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

MINNESOTA STATE HIGH SCHOOL COACHES ASSOCIATION GOALS & MISSION STATEMENT

Goals and Purpose

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

Goals

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

MSHSCA Mission Statement

Recognize

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

Communicate

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

Support

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

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

MSHSCA CODE OF ETHICS

As a professional educator, I will:

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

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

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MSHSCA SEEKS NOMINATIONS FOR OFFICIALS DISTINGUISHED SERVICE AWARD

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



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

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

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

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

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

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

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

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



OFFICIALS DISTINGUISHED SERVICE AWARD NOMINATION FORM

Name _____

Address _____

Phone (____) _____

Years officiated at varsity level _____

Sport(s) Officiated _____

Other information to support this nominee: _____

Nominating Person _____

Address _____

Phone (____) _____

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!

Women Coaches Symposium
Friday, April 24, 2020
TCF Bank Stadium

women
coaches
symposium

WCS