

MINNESOTA **FOOTBALL**



'96



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

1996 MINNESOTA FOOTBALL

ANNUAL

Minnesota State

Football Coaches Association

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This publication is issued annually by the Minnesota High School Football Coaches Association as a media for the exchange of ideas and technique in the game of football.

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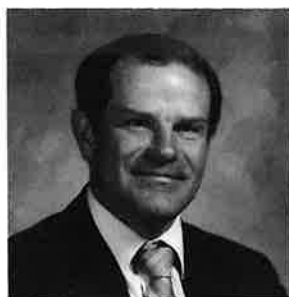
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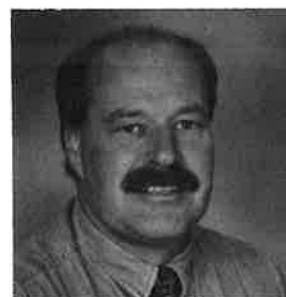
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President's Message

By the time the coaches in our association read this message we will be well into the preparation for the 1996 seasons. If the new season and school year are as good to our association as last year, we will see the continued growth and success our association has brought to high school football in the state of Minnesota.

I would like to take some time to congratulate George Thole of Stillwater for his great year of leadership during his presidential year. It has been a great learning experience watching George provide us with great knowledge and concern for our game. Neal Hofland, Chokio-Alberta, joins our Football Coaches Association Executive Committee this year as our new second vice president. He joins Dave Hylla, Proctor, and myself in our efforts this year. Both will provide a wealth of experience to the committee.

Congratulations to the coaching staffs of Cromwell, Chatfield, Kingsland, Detroit Lakes and Stillwater on their 1995 championships. They, along with their opponents, provided us with

another great year at the Prep Bowl. Special congratulations to Ken Jacobson of Chatfield on being named the Minnesota High School Football Coach of the year. He, along with our other Class Coaches of the year, Hall of Fame inductees, and Butch Nash Award winners, were honored at our annual recognition banquet held this spring.

Thanks again to Coach Jim Wacker and the rest of his staff for their successful Spring clinic. We wish Jim and his staff the best as they embark on a very important year. I hope we provide them and the Gophers with all the support and backing we can as an organization. Jim is a class act and we all want to see the Gophers be very successful.

One of the major areas that our committees will have to deal with this year is the implementation of the new six-class proposal in high school football for the 1997 fall campaign. I fully realize that there are probably some areas of concern as the change takes place. The change is brought about by the concerns of those who compete against competition sometimes 3 to 4 times their size in

the play-offs. It was also a way in which we could help keep the 9-man game alive in Minnesota which small towns in Minnesota need.

Hopefully the Executive Committee can work with the Minnesota State High School League to help set up a play-off plan and Prep Bowl event that will help improve our game in Minnesota. This is going to be a reality for the fall of 1997 so I would ask for your input and support as Minnesota high school football takes this next big step. Let's make the transition as positive and successful as we can.

The members of the Football Advisory Board to the MSHSL for this coming year are as follows: Dave Fritze, Eagan, Daryl Ramey, Willmar, for Class AA; Jim Simser, Fairmont, and Jeff Mumm, Thief River Falls, for Class A; myself and Ken Bellanger, Zumbrota-Mazeppa, for Class B; Dick Strand, Southland, and Mike Malmberg, Hawley, for Class C; and Neal Hofland, Chokio-Alberta, and Keith Bergstedt, Cromwell, 9-man. Please contact these class reps with questions or concerns pertaining to MSHSL matters.

I would ask one more favor of all of you. Please encourage your coaches to join the association if they are not members. We need all of the high school football coaches in the state to be a part of our outstanding organization. The Executive Committee is committed to doing the best we can for you and our association. I believe our association is the strongest in the state and with all of us supporting it, we can only become bigger and better for the game we so dearly love. Remember, each of us has an obligation to our players, schools, and committees to provide each with a very positive experience with the game of football. It is my pleasure to serve you as president of your organization for this next year. This is a very special fraternity that plays an important part in the development of the game and the young people we teach the game to. Thank you for the opportunity and most important for being "coaches."

Respectfully,
Ken Baumann,
Mahnomon High School



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"Football The Nugget Way"

By Mike Malmberg, Head Coach, Hawley High School

About The Author



Hawley Coaching Staff

Front Row - Mike Malmberg, Head Coach

Back Row - Lee Eklund, Bruce Zeller, Mike Grady

M.S., Curriculum Development, St. Thomas University, 1995

B.S., Elementary Education, Concordia College, Moorhead, 1988

Head Varsity Coach, Hawley High School, 1993-present

Asst. Varsity Coach, Waubun High School, 1990-1992

Coaching Record: 36-3. (1993 & 1994 Valley Plains Conference Champions), (1993 & 1994 Section 6C Champions), (1994 Class C Semi-Finalist). 1993 and 1994 Section 6C Coach of the Year, 1994 Valley Plains Conference Coach of the Year.

When I took over the head job in Hawley I was very fortunate. I replaced a coach that cared very much for the program and still is a part of my staff. I didn't have to start from scratch. In fact, we won the Section 6C championship the year before I took over and I was lucky to have some great players coming back from that team, along with a terrific coaching staff and an administration that also wanted to see the program get to the next level.

But like any coach there are things that you would like to do differently. The first thing that I felt we needed to do was to simplify things in our offense and try to establish the running game. In our school, like many others, most of the athletes play both ways. That means that practice time is very valuable and we need to use it wisely. Making

things simple would help in that area.

When I look back at the time when our staff was deciding on an offense and a defense to play, I believe we were all influenced by a lot of other teams and their coaches. Especially ones that we had tried to stop on defense and teams that had stopped us offensively. They always had something in common, they were fundamentally better than we were! They ran the same plays as we did, they played the same defense as we did, but they just did it better! So we wanted to concentrate on the fundamentals. I'd like to share some of those ideas that I believe made us a better football team.

1. Quick Huddle Offense - The first thing we attempted to do was to put in something offensively that made our kids believe in the running game. Some coaches might argue that the quick huddle doesn't give us that big of an advantage. They may be right, but if they were to ask our players about it, those coaches would hear one important thing, "confidence." If I learned anything from the quick huddle, it was how important believing in something is to a football team! We had over 4,800 total yards in offense in 13 games. Our team averaged over 330 yards a game running the football. If you want to install a new offense or defense, than you need to sell it like a used car salesman! I know our players believe that they can run the ball on anyone.

2. Play Calling - All of us have been in that system where we had to memorize a lot of numbers and words. In Hawley, we don't use a numbering system. After all, when does the ball carrier exactly ever go in the two hole on a 32 dive. If the hole is full of bodies, I sure hope he tries somewhere else. We just give the formation, name, and direction of the play. The quarterback for example will call: Flanker Right-Blast Right. There is less confusion in the huddle which helps us cut down on mental mistakes during the play.

3. Blocking Scheme - We also wanted to simplify our blocking scheme. Especially since we don't have all that time on the line of scrimmage to read a defense. Our linemen have to be able to react very quickly. Our linemen zone block, which cuts down on blocking mistakes. Sure we still miss

blocks, but we don't miss as many because of a player forgetting who he was suppose to block on a certain play depending on what defense the opponent is in.

4. Weight Room - I would have to say this was the hardest project that we undertook as a coaching staff (and it still is). The first job we had to do was fix up our facility to make it a place where players wanted to go. It needed painting, more equipment, new flooring, mirrors and not to mention more players using it. Our administration, community groups, and school groups all helped us out with different things. I found out that there are many people that will help out and all you need to do is ask. Our players have been seen more in the weight room now than ever, but the biggest difference will be our younger players in the next couple of years. We have more freshmen and sophomores lifting now than before.

5. Weightlifting Clubs - We needed to encourage our players to get into the weight room. As a coaching staff, we encourage our players to squat, bench and power clean. Since we are a smaller school, we aren't fortunate to have a full time strength coach on our staff. That means, like most of you, it's either us or no one, which means spending numerous hours of our year in the weight room with our players.

We have developed three clubs that we hope will get us to the next level of competition. A player makes the Elite Club if they can lift five times their body weight, using the three lifts that we encourage. If they make this club, we paint their name on the wall of the weight room with the year that they made it and they also are rewarded with a sweatshirt. The second club is the Gold Club. A player makes this club by lifting 4.5 times their body weight. Their name appears on a board in the weight room and they also receive a shirt. The last club a player can qualify for is the Maroon Club. A player who lifts 4 times their body weight has their name on a board and they receive a shirt. If the clubs help motivate one player to become stronger than they were then it is worth it!

6. Hard/Easy System - The University of Nebraska discussed this weight program at their spring football clinic. A player will make more progress over longer periods of time if they do not work at maximum loads during each workout. The

hard-easy system eliminates overtraining and mental burn-out. With it, there is only one hard workout per week per body part. The other days are light workouts. The first two workouts of the week (Monday and Tuesday) are the hard days. Thursday and Friday are the easy days.

Monday - Legs, Back, Biceps - Hard.

Tuesday - Chest, Shoulders, Triceps - Hard.

Thursday - Legs, Back, Biceps - Easy.

Friday - Chest, Shoulders, Triceps - Easy.

Wednesday, Saturday and Sunday - Rest.

7. Motivation - The last thing that I would like to mention that you might find useful are some ways that we (try) to use motivation. I firmly believe in discipline and hard work, but I also know that a player that is mentally ready to play is tough to beat! As a coach I try to use anything I can!

Along with the weight lifting clubs, we also have a board in our locker room that lists the players of the game. We give out that award for offense, defense and special teams.

But the best motivator that we use for our program is our highlight tape. The video helps us sell our program to the younger grades and at the same time it is something that our players will watch all summer long. We also show it to the public on our awards night and it usually brings some tears to some parents.

Sometimes it might be the little things that make a difference between losing and winning! If I have a team that wants to wear maroon shoe laces because that gets them ready to play, then we'll do it! I also like to put quotes up in the locker room for our players to read. This has even spread to our players. Last year my quarterback even put one in his helmet for each game which read, "The greatest weapon on Earth is the human soul on fire."

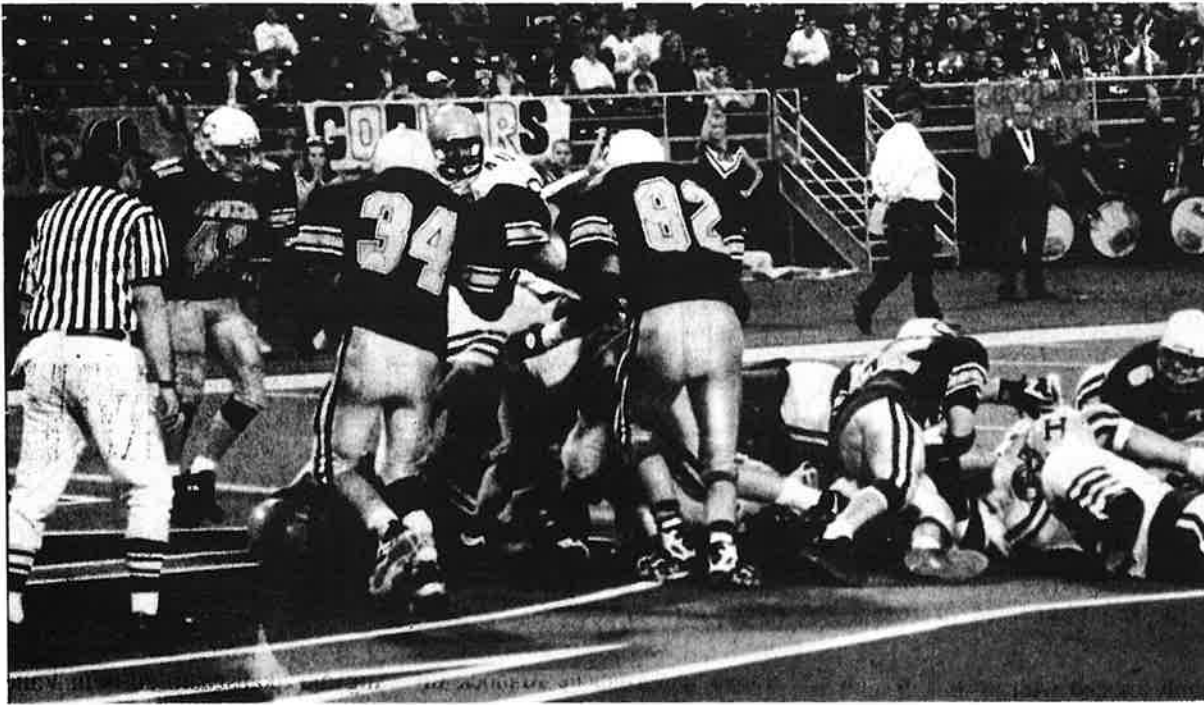
8. Assistant Coaches - I'm only as successful as my coaching staff is. The most important thing we have going in Hawley is consistency in our staff. One of my assistants has 18 years of head coaching experience in our school.

We also enjoy fishing, hunting and being together. We spend a lot of time together talking about players and dreaming up schemes. I try to give them as much to do as I possibly can. That's what they're there for, so you might as well keep them busy.

9. Speed - The last thing that I want to share with you is a simple concept. "Find speed on your team and play it." We really try to find players that can run and then find a place to play them. I don't care if my defensive tackle is 155 pounds and a sophomore, he can play there if he can run and

he is mentally tough. Some coaches get too caught up in the size of their players. "You either have speed or your chasing it."

I hope you have picked up one idea from me that helps you win one game. Then it was worth your time to read it. Good luck this fall.



Casey Marshall, shown here under a pile of Gophers, ran in Hawley's single touchdown in Prep Bowl XIV.

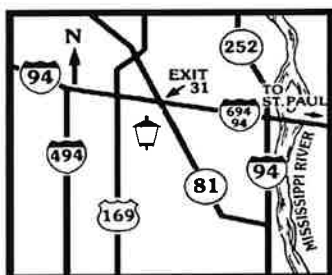
Mike Olson and Sheridan Johnson take action against the Gophers in Friday's game.



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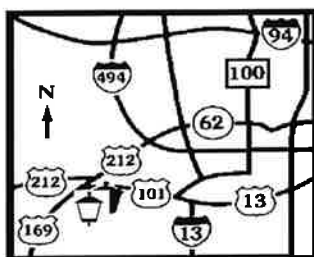
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More Than Just A Sticker

By Ed Melcher, Head Coach, Braham High School

About The Author



Left to Right: Ed Melcher, Terry Bodeen, Eric Graham, Mike Cross.

Ed Melcher is a graduate of Neligh High School in Neligh, Nebraska. He attended college at Dakota Wesleyan University in Mitchell, South Dakota. His first coaching job was at Frost, Minnesota, from 1968 to 1972, before moving to Braham, Minnesota. He assisted for two years before becoming the head coach in 1975.

The award system at Braham High School is one that has taken several years to develop. Each facet has been implemented into our program with a goal in mind that needs to be accomplished for the kids to be successful. It is also important that each individual team member have the opportunity to succeed. Therefore, each coach on the varsity staff was involved in creating the system and continues to be involved in the awarding process each week.

DEFENSIVE AWARDS

Defensive Coordinator Terry Bodeen and the defensive back coach, Mike Cross, believe that certain things have to happen in a game defensively for us to be successful and have an opportunity to win. We stress team defense with 11 people getting to the football on each snap. Defensive team goals are:

1. Hold total offense under 200 yards.
2. Shut them out.
3. Hold rushing yards under 150.
4. Hold first downs to 8 or less.
5. Intercept one pass.
6. 15 yards or less in defensive penalties.

7. Two quarterback sacks.
8. Hold passing yards under 50.
9. Hold pass completions under 30%.
10. Recover one fumble.
11. Achieve defensive goal of the week.

The award is a skull and cross bones to be placed on the back of the helmet. The award criteria:

1. Must play in two series on defense.
2. Must accomplish 6 of the first 10 for one skull.
3. One additional skull for every 2 additional goals accomplished.
4. One for goal of the week.

Goal of the Week: After breaking down the scouting reports and studying each weekly opponent, Coach Bodeen decides what is a unique strong point of the opponent that Braham must stop in addition to our regular goals to facilitate a win. Example: No TD from outside the 15 yard line; create a turn over that leads to a score, etc.

Defensive Individual Awards:

1. We have two black practice jerseys and each week two individuals have the honor to wear them during practice. They receive an additional skull. Individuals are chosen by their play on game night.
2. Players receive an additional skull for accumulating 20 tackles, recovering two fumbles, intercepting two passes or two QB sacks.
3. Head Hunter Award: Given to individuals who make big hits or a big play on defense.

OFFENSIVE AWARDS

Offensive Coordinator Eric Graham and I feel that the offense must perform on a consistent basis in order to be successful. If we accomplish our goals we will score. Offensive team goals:

1. Score enough to win.
2. Total offense of over 200 yards.
3. Total of 10 or more first downs.
4. Never punt inside our 30 yard line.
5. No more than one interception.
6. Score everytime a first down inside 15 yard line.
7. One play over 20 yards per half.

8. Complete 35% of passes.
9. Score 21 points.
10. Less than 20 yards in offensive penalties.
11. No QB sacks.
12. No more than one fumble.
13. Average 4 yards per rushing play.
14. Achieve offensive goal of the week.

Awards are stars to be placed on front of the helmet. Award Criteria:

1. Must play in two series of downs.
2. Must accomplish 8 of the first 13 for one star.
3. One additional star for every 2 goals.
4. One star for goal of the week.

Goal of the Week: Same criteria as defense. Examples: score one TD on drives of 50 yards or more each half, run 70 offensive plays, etc.

Offensive Individual Awards:

1. We have a red practice jersey that is given to the offensive lineman who grades out the highest that week to wear in practice.
2. Decleator Award: Given to individual who makes a block that takes an opponent clearly off his feet.
3. Back of the week: Individual receives a star.

SPECIAL TEAMS

Our special teams coordinator is Mike Cross. Special teams are very important elements in every football game and to every successful team. We feel this is an excellent area to get large numbers of our squad involved. Therefore, practice time is given every Tuesday and Wednesday to one area as needed and on Thursday all areas are practiced.

Special Team Awards:

Kick-Off Team - No return beyond opponent's 35 yard line or force opponent to start one series behind 20 yard line.

Kick-Off Return Team - Return all for average

of 15 yards or advance over 45 yard line.

Punt Return Team - Return all returnable punts for 5 yard average, fair catch all punts that should be caught.

Punt Team: No punts blocked and no punts returned more than 10 yards. Special team awards are footballs to be placed on left side of helmet.

Award Criteria:

1. Must play on team that accomplished their goal for the game. Receive one football.

Special team individual awards:

1. Big Hit Award: Given to players who make heavy hit tackles, TD saving tackles or blocks that create more yards on a return, receive one additional football.

All the information needed to determine team awards and individual awards is gathered and compiled by:

1. Jim Londgren our statistician, who records what happens on each play.
2. Tackle charts on side line.
3. Back up quarterback, who records each offensive play as it is sent into the game.
4. Hours of studying game films by each coach.

The awards are recorded by Sunday night. The awards are presented after Monday's practice and the individual awards are announced. We have a large bulletin board in the locker room that is designated for football in the fall. The names of all the special award winners are placed under the appropriate category.

In summary, while winning the game is important, it is also important to reward good play. Our award system gives the kids the chance to achieve individual success while at the same time achieve team goals.

Good luck to each of you in your upcoming season. If you would like more information please feel free to contact me at any time.



The Little Things: They Are Important

By Mark Herman, Dassel-Cokato

About The Author

Graduated 1967 from Raritan Township High School in Hazlet, New Jersey.

B.S. degree in physical education and health from Yankton College, Yankton, South Dakota in 1971.

Bounced around in the NFL and CFL for 2 years.

Came to Dassel-Cokato for my first teaching interview in 1974 and have stayed here for my entire career. Coached football, swimming and track and field. I had the privilege of coaching Matt Nyquist (recent graduate from the University of Wisconsin and signed with the Houston Oilers) to two state discus titles.

Presently the Charger football team is undefeated in conference play for the last three years (21-0) as well as being conference champions during that time.

Last year we had 10 former football players playing in various levels of college football. Community college through Division I.

I have been married to my wife Elaine for 24 years. We have four children: Melissa (22), Michele (20), Michael (17) and Maria (15).

When I was asked to write this article a few months ago the wheels started spinning and many ideas ran through my mind. Discuss offense? defense? specialty teams? Entire books are written about the wing-t offense and the 4-4 defense. Now it is the last quarter with no time on the clock and I have to make a decision in 25 seconds. Here is what I decided to go with; "What makes a program successful? It's a lot of things, it's the little things."

I have been at Dassel-Cokato for my entire 22 year coaching career. For the past 16 years as head coach I have had the luxury of a stable staff of energetic, knowledgeable, committed, dedicated, hard working and fun assistant coaches. My assistant varsity coaches are Roger Jansen for 16 years and Jeff Neutzling for 14 years. They have

been instrumental to the success of the Charger football team. Todd Smith has coached 9th grade and has coordinated our scouting for nine years. Chad Duwenhoeffer is our swing man responsible for the junior varsity team and assists with varsity as needed, which is most of the time. Another bonus for our program is our athletic director, Paul Kliewer, who tried out as a kicker for the Houston Oilers.

Little thing #1

As a head coach, put together a compatible staff. You probably don't realize how much time you will spend together, especially if you are a new head coach. It is critical for the success of the program that you are compatible with one another. If you have the option to choose your coaches, choose them wisely. You will spend more time with them during the season than you will with your wife.

Little thing #2

Plan a total program. As the head varsity coach, you are responsible for the entire program. You decide when the program starts; is it first grade or sixth grade or do you wait until high school. At Dassel-Cokato we start in fifth and sixth grade with a flag football program after school. then in seventh and eighth grade we have an intramural program. All of the varsity coaches and players try to watch or help coach these younger athletes whenever the opportunity presents itself. In our ninth grade and junior varsity programs the philosophy is to play all the athletes as much as we can. We want participation. We want all the athletes to feel a part of the team. Nobody cares or remembers the ninth and JV records but they do remember if they played.

Little thing #3

Put together a football system that the staff and players are comfortable with and stick with it. Monitor and adjust as players change but keep the same system throughout the program. What this does is it brings stability to the system, year in and year out. The athletes are more comfortable knowing what to expect and

how to do it.

Little thing #4

Treat each athlete with respect and dignity. As a young coach the only knowledge of coaching comes from your experience. If you grew up in the 60's and 70's as I did many coaches of that era were screamers. I had a few! That didn't work then and it doesn't work now. Nobody likes to be chewed out in front of their peers. I have made it a point to never yell or swear at my athletes. I take them aside and I'll ask them what they think they have to do to correct the mistake. They usually know. The bottom line is that the athlete wants to do it right.

Little thing #5

Treat each athlete like he is your ALL-Conference player. It is easy to coach the great ones. But as a coach, your responsibility is to coach every player to achieve his maximum potential. Note the little things they do and tell them.

Little thing #6

Keep everyone in the community informed about the program. Be a public relations expert. Do this by writing articles for the newspaper, highlighting the program. Use as many pictures of student athletes as possible. Invite the school administration, staff and board of education to the games, either personally or by a personalized letter. Send letters home to the players' parents/guardians with important information about the expectations of the program for the athletes and coaches. Talk up the football program whenever you have a chance.

Little thing #7

Have a vision. Each year at our first team meeting we review the team goals for the upcoming season. I ask the team to visualize a ladder and on each step of the ladder is one of our opponents for the regular season. On the top of the ladder is the Wright County Conference trophy. I tell them that we have to climb the ladder, one step at a time, to be conference champions. When the regular season is over we have a new ladder and at the top is the DOME. This ladder is also climbed one step at a time.

Little thing #8

Don't win at all costs. As a coach you are a

great influence on these young men's life. You might be the only man in some of their lives. They look to you for direction and purpose, today more than ever. Play by the rules. Be a respectable role model and show concerned interest in each one of your players.

Little thing #9

Remember your family! They are the key to your success. I would not be half the coach I am if it weren't for my wife, Elaine, and our four children, Melissa, Michele, Mike and Maria. They have been my support and provided me with the strength during my years of coaching. A wife can understand how her husband is consumed in football from August through November and pass that down to the children, so they understand why Dad is not there again for supper. Keep them informed and involved just as if they were your assistant coaches. Without their support, I would not have been able to do this for 22 years.

Little thing #10

Remember that football is a game and a game is fun. Keep it fun and keep everything in perspective. Whether you win or lose, the sun will always come up tomorrow.

I want to thank the MSFCA for the opportunity to share my thoughts with all the great coaches in the state of Minnesota. Much success to all of you in the upcoming season.

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Conditioning: The Buccaneer Way

By Randy Kuechenmeister, Blue Earth Area High School

About The Author



Family: Wife - Kris; Children - Joe (age 9), Katelyn (age 6).

Education: Luverne High School (1980 graduate), Southwest State University (1985 graduate).

Teaching Experience: Blue Earth Area High School 1986-present, Physical Education/Health Instructor.

Coaching Duties: Head Football 1991-present, B-Boys Basketball 1994-present.

In deciding on a topic, I wanted to choose one that could be helpful to all coaches. Each coach gets locked into an offense or defense that they like, but most still are interested in different types of conditioning methods. I hope that you will be able to use something from this article to help your program. By no means is it the only way, but it is what we believe here.

Blue Earth Area High School is centrally located in Blue Earth, Minnesota. We draw students from five communities in Faribault county and average between 130-140 students per class. We play in the South Central Conference; a very competitive conference that has some great rivalries. Our football program normally draws between 50-55 student athletes in grades 10-12.

I have been the head football coach for five years. My assistant coaches are Brad Huse, Rob Norman and Brent Schimek. In the beginning, we wanted to become more consistent in our program. We wanted to raise the expectations of our athletes. In the first few years the coaching staff felt we were working hard and becoming more consistent, but were still not finishing games or achieving what we felt we could or should. After

looking back, we felt as coaches, that we had overlooked something very important: conditioning. Our team's conditioning expectations were not high enough. Sure, we had lifted weights, ran sprints and performed agility drills in practice, but we felt we had never raised our athlete's expectations to the level that they needed to be. We wanted our players to take pride in everything they did, conditioning included.

Even though it has only been two years since we committed to this philosophy, it has helped our program in the following ways:

1.) Injury Prevention - Well conditioned athletes tend to have fewer injuries. Some injuries can't be prevented but a conditioned athlete tends to also heal quicker. Their body is accustomed to being worked.

2.) Two Way Players - We do not have the depth or the numbers that allow us to play people one way. Many players have both offensive and defensive roles. In order to compensate for that we have to be in better shape if we expect to compete in the fourth quarter.

3.) Pride - I wouldn't say our players enjoy conditioning but they do take a tremendous amount of pride in it. Our players encourage each other to improve and they push themselves for overall team improvement. When a team goes through a daily conditioning ritual and they improve, pride is instilled in them.

4.) Discipline - Conditioning requires discipline to improve. During conditioning drills, you can tell who will "dig down" and give you the little extra required to win. You will also see the athletes who will be content to stay where they are. Conditioning is discipline and discipline measures the heart of a player.

5.) Mental Toughness - Everyone on the team conditions. If they don't condition they don't practice or play. As a result their toughness improves. Little nagging injuries do not become a major factor.

Below is a brief summary of our in-season and off-season programs.

In-Season:

A.) Weight Training - We limit strength training

to Mondays during the season. We emphasize the following core lifts: 1. Bench, 2. Clean, 3. Triceps, 4. Lats, 5. Pectoral Flys. We want the athletes to spend 30-45 minutes in the weight room. We do not emphasize lifts with our legs primarily because as a coaching staff we feel our athlete's legs get a good workout in practice.

B.) Sprints - We run 20 yard sprints using a cadence. In August we will run up to 20 in practice. After we get into our game schedule we will run 14-16 daily. This is normally the way we end practice.

C. 350's - A 350 is once around the outside of the entire football field, end zones included. I believe this is the best in-season conditioning that we have done. We put all the backs, all the linemen and all the receivers together in different locations on the field. All three groups will run together and attempt to make it in the required time. At the beginning of the season, linemen are given 65 seconds to make it around and backs are given 60 seconds. There is a 30 second break between each run. Up until the second game of the season we run five a practice. We normally run 350s in the middle of practice and we allow the players to run without their helmets. All other pads are required.

After the fourth game of the season we raise our time expectations. Linemen are now required to make it around in 60 seconds and backs in 55 seconds. We also put in a little reward to those who can make all the 350s in the required time. If an athlete makes all the 350s in the required time, they do not have to do the last one. For example, if six 350s were required that day and the athlete made the required time on the first five they then would be excused from the sixth one.

Once we get past the first game of the season our normal 350 schedule is as follows: Monday - 5, Tuesday - 6, Wednesday - 5, Thursday - 3. This has really become a competitive thing for our athletes. I was amazed at how much pride our players took in 350s. They felt like they were all involved in a common goal: working together to improve.

At the end of the season I have the senior players write down suggestions or ideas to help the program. Last year many seniors wrote that the 350s made the difference for our team. They may not have liked them in the beginning, but they

believed in them at the end. We already have players asking how many next year. Let's try six coach, they tell me. Like I said, it becomes something they take pride in.

Off-Season:

As a coaching staff we encourage our athletes to be involved in a variety of extra-curricular activities. Our school relies on the multi-sport athlete. With this in mind we cannot expect our athletes to spend hours each day on football. As a result, we encourage the following:

A.) Participation - Be involved in other sports. An athlete will stay in better condition when they are involved in several sports. The athlete will also be pushed more and they compete on an almost every day basis.

B.) Weight Training - Strength improves a player's confidence, self-esteem and mental toughness. There are many different kinds of programs out there that are available to use. I'm not going to tell you that one program is better than another. I just feel it's important to believe in a program and sell your athletes on it. We use a lot of the BFS (bigger, faster, stronger) program and concentrate on three core lifts. 1. Bench, 2. Clean, 3. Squat.

During the off-season when school is in session our coaching staff opens the weight room Monday, Wednesday and Friday at 6:30 a.m. In the summer it is open Monday, Wednesday and Friday evenings from 5:30-8:00 p.m.

An off-season program takes a lot of time commitment and sacrifice from your coaching staff. I've been very fortunate to have a dedicated coaching staff and one that believes in our program. The staff has all been active in our conditioning program. Our program would not work without them.

In closing, I would like to thank the State Football Coaches Association for giving me the opportunity to write this article. I hope that in some way your program can benefit from this writing. Football is a great game and as a coach you make a difference for a lot of young men. I applaud you for that and wish you continued success in the 96 season.

****We are still in need of a game on September 27 or 28, 1996. We would be willing to play at home or away. Please let me or our athletic director know if you have any information. Thank you.

Instilling Goals And Developing Player Ownership

By Neil Royer, Head Coach, Martin County West

About The Author



I graduated from Winnebago High School in 1963 and from Mankato State in 1967 with a B.S. in Mathematics. I accepted a teaching position in Trimont, MN in the fall of 1967. During my tenure at Trimont I have coached freshman basketball, junior high football, assistant basketball, head baseball and head football. In 1988 Martin County West was formed and I'm coaching junior high golf and head football.

In the years at Trimont and MCW we've won conference football championships in '75, '76, '80, '84, '86, '94, '95 and have been conference runnerup in '79, '83, '85, '88, '90, '91 and have an overall record of 125 wins and 90 losses. In 1973 Jackie Viesselman and I were married and we have two children, Justin (18) and Kelly (16).

Martin County West (Sherburn, Trimont, Welcome, Dunnell) was formed in the fall of 1988. I was fortunate to get the head football job after being head football at Trimont since 1973. The MCW coaching staff is made up of Larry Skogerboe (former Sherburn assistant), Randy Taylor (former Trimont assistant), Larry Phurman (former Welcome head coach) and Jim Gumto.

At MCW we have had good success instilling team goals through one of our conditioning drills called "The Cadence Run." The run is 880 yards, which is a 3/4 speed run for 760 yards and 120 yard sprint at the end. During the 760 yard portion we chant. One of the captains calls the chant and the players then repeat the call. Our 1995 chant was as follows:

We are Mavericks on the run,

We play football and have fun.
Sound off 1-2, sound off 3-4, sound off 1-2.
In the Valley we will thrive,
To win the title in 95.
Sound off 1-2, sound off 3-4, sound off 1-2.
We work hard to get in shape,
To be a Maverick feels great.
Sound off 1-2, sound off 3-4, sound off 1-2.
In Section play we're in 2B
To win the Gold for you and me.
Sound off 1-2, sound off 3-4, sound off 1-2.
We hit hard so they will fall,
Help them up, good sports we're all.
Sound off 1-2, sound off 3-4, sound off 1-2.
Our goal is to win the State,
When we're done we'll be top rate.
Sound off 1-2, sound off 3-4, sound off 1-2.
We're the Mavericks all for one,
We are the Mavericks on the run.

We also try to give the players options for their play on the field. The players make choices during the game based on the number of options given. Making these choices gives the players a sense of ownership. Some options for our offensive line on the basic inside running game are:

1. We divide our line into two parts: playside G, T and backside G, T. The center is always considered as backside.

Backside Playside

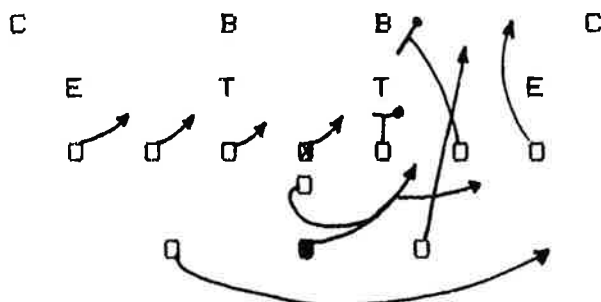
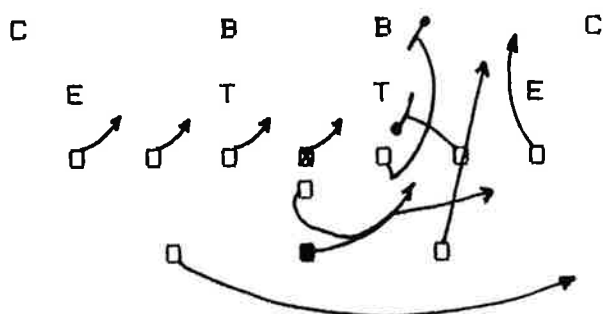
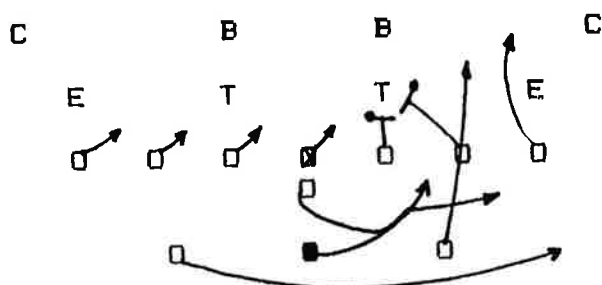
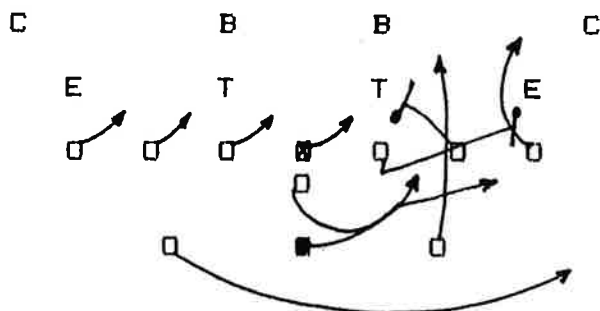


Play →

2. We have one backside rule and that is called playside gap. The backside linemen step to the playside gap and block anyone trying to cross their face. They get down field and cut off the secondary as quick as they can.

3. On the playside we teach a base rule and 3 combination possibilities. Our base is GAP-ON-LB with a shoulder drive block technique. The combinations are FOLD, DOUBLE, and CROSS.

4. The guard and tackle create their own line calls. They experiment in the early part of the game to determine the type of blocking which seems to work best.

BASE**FOLD****DOUBLE****CROSS**

I would like to thank the Minnesota Football Coaches Association for this opportunity to share some of our ideas from the MCW football program.

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Program Your Players With Successful Thinking Between Downs

By Bruce Miller, Defensive Coordinator/Secondary Coach, Eagan High School, Eagan, MN

The Author



We expect our athletes to do everything within their physical abilities to pursue and attain their personal and team goals both in the offseason and during the season. Are you as their coach doing everything within your abilities to prepare them to be mentally successful? As coaches, it is important for us to understand we win with the players. It is the strategic X's and O's that is the variable within each program.

Each coach has a little different notion on how to attack each offensive and defensive alignment put forth by his opponent, unfortunately, you cannot be on the field with each of your players assisting with each read and check they are faced with in each situation of the game. The "we win with players" philosophy is the most important concept we can manipulate. You must be prepared and organized for each situation that may occur in a game and become prepared to teach the situation in your practices so your players will learn how to react successfully to these during competition.

At Eagan High School we keep this in mind each week as we prepare for our opponent. Our goal as coaches is to get our players to think for themselves during the game and have a good understanding for their opponent and the game plan we have designed for our opponent. With this in mind we have established a format which includes 8 principles of successful thinking that begins immediately after the previous play has been whistled dead.

Know The Down And Distance

Each player in the huddle must know the down

and distance of the forthcoming play, but more importantly, do the players know why it is so important. We script our plays for each practice in preparation for specific situations in each game. For every play run in practice a down and distance call is made and the play that the service squad runs will be a play the opponent has a tendency to run in that situation. The reason for this is that from Monday through Thursday and even in our pregame film meeting on Friday our players are learning and thinking about the possible formations and plays our opponent will run before the snap is taken by the quarterback.

Know The Field Position Tendency

We divide the field into five zones and break down our opponent's tendency in each zone according to down and distance. Each defensive player receives a copy of this report and is asked to study it throughout the week of preparation. By doing this we believe each player has an understanding that our opponent will have a different philosophy within each zone. It is the responsibility of the position coach to get this taught to our players. For example, inside the 20 yard line our secondary personnel may tighten their vertical alignment with the receivers or if we are in a zone where our opponent likes to run to the perimeter we may have our inside linebackers deepen their alignment to help them get to the perimeter. Occasionally, we will design a specific field position scenario in practice for our players and then run the play against them so as to keep them thinking of the possibilities they may encounter in a game within a particular zone.

Know The Quarter And Time Remaining

It is at the very least a psychologically devastating error to not know the quarter and time remaining on the clock. Each player must be aware of this situation because the offense will be more end zone conscious than down and distance conscious when time is running out in either half. They may even be more big play conscious if time is running out of a quarter when wind is a factor and they have it to their advantage. Again, align-

ments may be adjusted to counter the offensive philosophy and tendency in this situation depending on the opponent.

Know The Tendencies From The PreSnap Reads

Gaining an advantage from presnap reads is the result of work from the first day of fall camp and outstanding film breakdown. Every team will have a tendency based on their formation, alignment splits, stances, shifts or motions. With extensive repetitions in practice against these different looks, your players will get an understanding of what will and will not happen from each presnap read. Again, it is the responsibility of outstanding position coaches to build within their individual drill periods situations that will build upon these presnap reads. During defensive line drills, offensive line splits and stances should be as your opponent would have them. Then the blocking schemes your opponent will build from these keys should be practiced. The linebackers need to know the backfield set and the tendencies from each set. Defensive backs must recognize each formation and know if a coverage check must be made based on what play is possible from the formation based on field position, down and distance, and time remaining. They must know the types of routes that can threaten them. If it is a twins set they must be alert for combination routes and to be aware of what they cannot see. If there is motion, what type of formation is the opponent building and how does that affect our alignment and defense called and does this indicate a need to make an adjustment? These presnap alignments must be coached to your service squad so when they run plays in practice your defense is getting repetitions against a realistic look.

Know The Hashmark Tendency

Does your opponent like to run into the boundary and like to put their formation strength to the boundary then your players need to know what kind of check they need to make to be sound. For instance it would be an error to keep your strong safety to the wide side of the field while rotating your coverage to the field when the offensive formation has its strength into the boundary. Your players need to recognize this potential mistake

and make a check prior to the snap to get the coverage rolled opposite or aligned differently or whatever your philosophy dictates in this situation. Again, these situations must be specifically scripted in practice to give your players an opportunity to recognize this and to make the correct check.

Know The Strength And Weakness Of Our Defensive Call

It is important for your players to understand your schemes and why you are calling them in a particular situation. Each call has a strength and a weakness. Your players must understand that in a traditional 3 deep coverage the quick hitch off a 3 step drop by the quarterback is vulnerable. They should realize that a completion of 5 yards or less is acceptable in this call and to understand we can adjust to take this away if our opponent makes it a habit. When your players know this they will not get down on a completion nor will they get down on a particular player for not knocking the ball down.

Know Their Personnel Tendencies

Every team has key personnel. Many times the alignment of the personnel can alert the defense of a particular play or at the very least a series of plays. You must do a good job of scripting for the service squad in practice the alignment of these players so your unit is getting repetitions against the alignment of the key personnel and having several opportunities at recognizing the tendency before the snap.

Know When Special Situations Occur

After a turnover many offensive coordinators will throw the long ball thinking they can catch the defense with their chins down. We coach our players that this may happen and to be alert in this situation. We like to huddle on the sideline to get everyone focused and we remind them of our goal of not allowing a touchdown score in this situation. Also, in breaking down game film try to get an idea of what the opponent will do in a clutch situation. We have a "dirty dozen" period on Thursdays where we run special plays the opponent has run in the past in various situations. This is one more opportunity for our players to understand our opponent's philosophy.

These are a few of the points on which we focus in our preparation for each opponent. These are not ideas we merely talk over with our players in meetings or include in our weekly scouting report, but rather points we are organized to include in our daily practice plans. Doing is learning. You must script into your practice specific situations for your players to recognize. Then you must coach on the run to ensure it not only gets done once in practice, but that it gets learned so it will get done in the game.

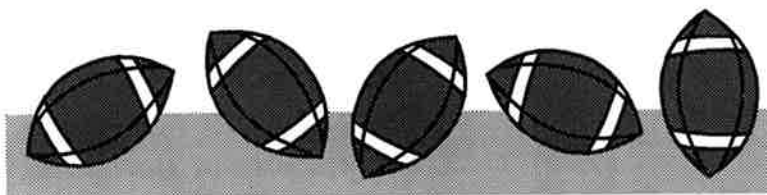
We even "play the game" on video by setting up specific situations on film and then asking players what their responsibilities are before showing them the play. We must have intelligent players on the field (something we can control as coaches) and this helps us to get the most of the talent we are dealt with each year. It also provides the players with a sense a ownership for their team in that they know what is going on within the game plan and can contribute in a consecutive manner to adjustments during the game.



Executing for the Alexandria Cardinals against Columbia Heights is tight end Ben Miller #83, tackle Scott Mattocks #70 and quarterback Neil Jenzen #15.

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Blackduck Football: A Simple System - But It Works!

By Jerry Sonnek, Head Coach, Blackduck High School

About The Author



Head Coach
Jerry Sonnek



Assistant Coach
Dick McKean

After graduating from Wells High School and the University of St. Thomas, I taught for one year in the U.S. Virgin Islands. I have been the head football coach at Blackduck High School for 30 years. Dick McKean has been my assistant for 24 years and has done an outstanding job.

My wife Dorothy and I have had the good fortune of raising three children, Steve, Scott and Sheila.

Blackduck High School is a Class C school playing in the North Star Conference. Our league is made up of 4 B schools and 4 C schools.

We have a unique situation in that 95% of our students are bussed, and we have a 435 square mile school district. Because of this we have to accomplish a great deal in a limited amount of practice time when school starts. We do not have much time for team meetings, position meetings, etc. Another complication is we have a small coaching staff. In grades 9-12 we have two coaches and in grades 7 and 8 we have two coaches. With a junior varsity schedule where we play on Mondays we are down to one coach on the varsity level.

Consequently as a staff we think that we have found the perfect match for our situation and a very simple but effective offensive system. I want to acknowledge and thank Jerry Vallatton from Foothills High School in California and Don Markham from Bloomington High School in

Southern California for their help and for originating and refining this system.

The system may cause you to view it with more than a little skepticism, but I have coached football for 31 years and this past fall we broke every school record that we had for scoring, number of plays from scrimmage, rushing yards as a team, individual rushing yards and first downs. For example our left halfback rushed for 1,574 yards in 205 attempts, our fullback rushed for 1,014 yards in 151 attempts, and our right halfback 440 yards in 88 attempts.

Our basic alignment is a balanced line with two tight ends and two wings. Nothing is too unusual yet - correct? Several things make the system unique; we take no splits, and we align the fullback with his helmet six inches from the quarterback. Wings are in a three-point stance facing inward toward the tight ends hip. Occasionally we will put both wings on the line of scrimmage. 99% of the time one of the wings will be in motion.

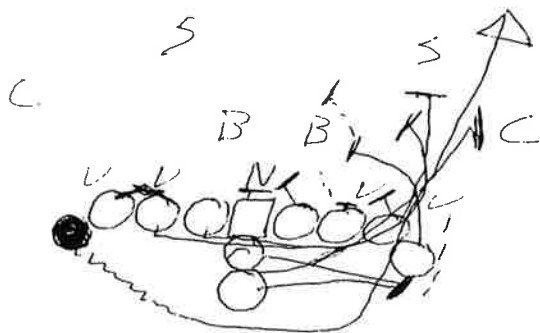


We did not break the formation very often and we were extremely simple. We ran four plays in our base offense and this was true 95% of the time. The plus of this philosophy was very few mental mistakes and we had great deception.

Several things sold me on this offense. No line splits virtually eliminated defensive penetration. Everyone has to be able to block - no one escapes sled drills. Simplicity eliminated doubts from our players minds and made them into very aggressive blockers.

In game preparation prior to last year, we were concerned about what defense our opponents

might run, and the adjustments we would have to make, plays to add to help us be able to move the ball, etc. We felt that no matter what defense people lined up in we were going to be able to move the ball on the ground. Conventional defenses were used the first two ball games and after that we saw all kinds of hybrid defenses and tactics used against us. The following diagram will illustrate our base play that people had to stop when they played us. We continued to run our base play until their defense adjusted.



Assignments:

Right End: Double-team with right tackle.

Right Tackle: Drive defensive tackle with head inside. If the linebacker fires he came off the double team and blocked him.

Right Guard: Double team with center on the nose.

Center: Blocked nose, came off block if the backside linebacker fires.

Left Guard: Pull and go through the hole and look to the inside.

Left Tackle: Pull and go through the hole and

look to the inside.

Left End: Block the first man inside.

Left Halfback: Go in motion, receive pitch and run to daylight.

Fullback: Kickout the defensive end.

Right Halfback: Block the playside linebacker if he scrapes toward the play.

Quarterback: Pitch to the left halfback after a reverse pivot and lead through the hole.

As you can see we get so many people out in front that even if they don't make a block it is tough to get at the ball carrier. The play is a marriage between the Old Southern Cal Student Body Right and the Old Washington Redskins Counter Trey. Teams really have to sell out and pursue, which opens them up to other plays to counteract the pursuit.

The other three plays that we ran complemented our power play off tackle. One was a fullback trap up the middle. This play I have run for years, but it is amazing how effective it is out of this set because of the location of the fullback - defenders cannot see him many times until it is too late. Another was a counter to the opposite halfback off power action which was also extremely effective. Finally we used a Wing-T Sweep with bootleg action.

I would like to thank the Minnesota State Football Coaches Association for this opportunity to share these ideas with other coaches. This basic approach to offense was very good for us during the '95 season and I hope that I have given you some ideas that you can use. Best of luck to everyone in the '96 season.



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Evolution Of An Offensive Philosophy

By Terry Arduser, Head Coach, Madelia/Truman Jayhawks

The Author



In the fall of 1975 I arrived to take over the head football position at Morgan, MN. I walked into a program which was competing against such outstanding Tomahawk teams as Gaylord, Winthrop, Fairfax, Wabasso and Sleepy Eye. Coaches such as Dave Main, Chuck Sundeen, Gary Hindt and Dave Brokke had solid programs and they were well on their way to achieving over 100 victories in their careers. Each of these excellent coaches had sound offensive philosophies with Main, Hindt and Sundeen employing the Slot-I; and Sleepy Eye and Fairfax coming at you with that classic wishbone option offense.

At Morgan we had only two coaches on staff, Jerry Kral and myself. As a result our first priority was simply just to stay in the game with these high powered ground orientated offenses. Jerry and I spent a lot of time studying and breaking down these offensive approaches and what it was they wanted to accomplish. We just hoped that we could play good enough defense and not make mistakes on offense in order to stay in the game. If we had games ending in scores of 7-6 or 14-13 we thought we had accomplished our goals and gave ourselves a chance to win a football game.

But of course these very imaginative coaches always came up with a few new offensive twists and would throw in some new or trick play or formation. It was certainly a school of hard knocks and a lot of trial and error those first few seasons. We were able to survive the first six years with a 30-24 record at Morgan.

In 1984 I arrived in Madelia with a program

that was struggling against such power house teams from Mt. Lake, Adrain, Fulda, Sherburn, Waterville and Mapleton (MAGT). Besides the power-I and the wishbone these teams were also running the Veer along with the Delaware Wing-T. Fine coaches such as Jerry Tieje, Jim Swensen and Jon Bakken had solid offensive approaches and had their players always ready to execute. There were too many games that these coaches and their fine teams ran offensive clinics against our defenses.

Just like the Tomahawk Conference the Middle-8 had some very fine football players and it was a real challenge to be competitive. But again by playing solid defense and establishing a sound running and pass action offense we were able to win a couple of Middle-8 Conference championships in the late 80's.

1990 came and certainly a change came to our football program at Madelia as communities of Madelia and Truman created a cooperative program between the two schools (Madelia/Truman). Along came games against power house teams from Jackson, Luverne, BOLD, Willmar, Maple River, Martin County West, Springfield/Comfrey and, of course, Chuck Sundeen's team from Gibbon/Fairfax/Winthrop.

More numbers, greater talent and, yes, some of the best coaches in the state were in the cards now. You either got with the program and learned something every game or you didn't survive. And something else was different with the M/T arrangement — for the first time in 12 years I had a coaching staff to work with. A coach for the J.V. teams and coaches who could specialize with the offense and defense personnel.

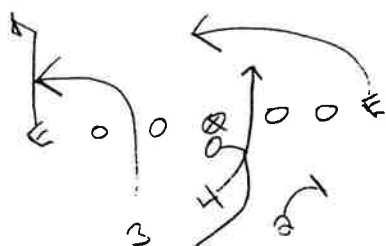
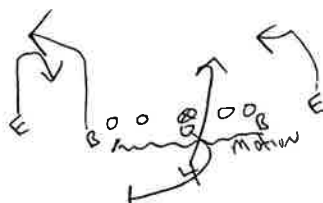
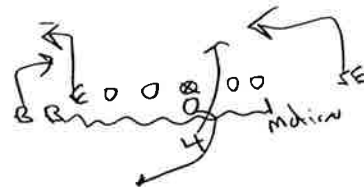
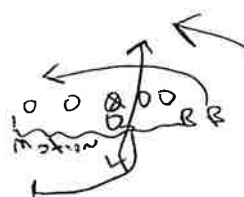
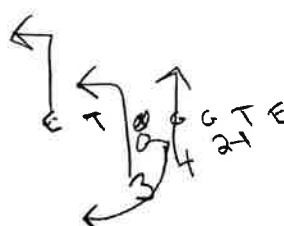
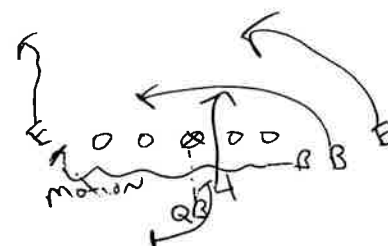
Since 1990 the M/T Jayhawks have won or tied for the Valley Conference title five times. The Jayhawks have played in six straight Section 2B playoffs and have been Section champs in 1993 and 1994. Assistant coaches Tim Ehlers, Dave Pace, Mike Ashburn and Jim Utermarck have helped build a football program at M/T which encourages numbers, participation and what we believe is a positive life experience.

We certainly want to win games but we believe that learning solid football basics and also having fun is a critical element of our M/T program and our success. One of those fun and interesting elements of our program is our attempt to "open" things up on offense; yet always attempting to keep it simple and basic for our players. This idea of "opening" things up is certainly a change in my thinking and approach with regards to my first 12 years of coaching.

So what do we do that is so different on offense? Nothing really! We have just taken a number of different offensive formations, added some motion and given it a simple numbering system. This hopefully gives us an opportunity for a slight edge in confusing our opponents but also the chance to confuse ourselves. We thought we had a lot of formations and plays until we met up with that Triton offense — result 50 to 30.

These past few seasons we have been scoring a few more points and we believe that we have taken advantage of some of our formations and plays to win some very important football games these past few seasons. More than likely, however, this increase in offensive production has been the result of talented players and not the result of our confusing coaching philosophy.

However, our players do appear to enjoy practice more as we put this "stuff" in during the week. As a result our practices and game preparation appears to be sound and we seem to be a better educated football team. The following are the offensive formations that we currently employ; along with one basic play out of each formation — attacking the 2 hole with play action pass included:

BASE:**I-SLOT****DOUBLE SLOT:****DOUBLE WING:****JET:****T-BONE:****OVER VEER:****GUN:**

Note that these plays all have play action pass. We can attack any hole and develop all kinds of different play action and passing possibilities with these different formations. The objective of course is to gain some kind of advantage over the defense and score enough points to win some football games.

However, it is still vital that we play with sound techniques and basic fundamentals. Good coaches know that solid defense wins football games and can pick up the offense when it is not functioning very well. But in recent years I have learned to appreciate having some fun making up the offensive game plan and attempting to employ it against some excellent coaches and teams.

The Split Back Veer Attack

By George Thole, Head Coach, Stillwater MN High School

About The Author



In his 28 years as a head coach, George Thole has a career record of 254-56-2. He has guided teams to state championships in 1975, 1982, 1984 and 1995. This season Stillwater High School never trailed an opponent during their entire 14-0 season. Teams have won 15 Conference Championships and appeared in 17 State Tournaments.

Philosophy

Through our experience, we have found these advantages to the use of the split back veer offense.

1. We are using few plays and even fewer blocking schemes. We use essentially the same blocking on ninety percent of our plays. Obviously, this allows us to master our technique to a greater level, encounter fewer mental errors, and get more repetitions in during our practices. We feel this is the real secret to good execution.

2. The use of a limited number of blocking schemes and techniques makes it harder for defenses to have keys on our attack.

3. The players at the running back positions are interchangeable. This reduces the amount of coaching required and allows for more flexibility in making substitutions.

4. The same is true in regards to the wide receiver positions.

5. The split back veer stretches the defense and forces them to play very disciplined to both sides of the line. They must cover the three parts of the triple option to each side of our attack against all formations.

6. We are using excellent pass formations hav-

ing three receivers and two backs in the split alignment.

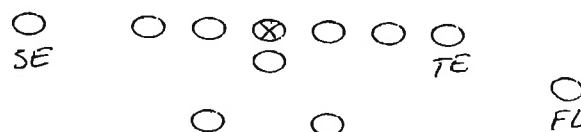
7. The straight ahead nature of the split back veer forces our backs to become harder runners.

Formations

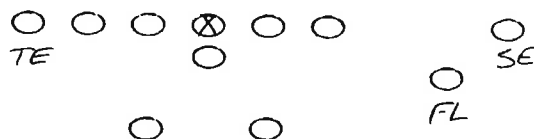
We use several formations in our offense. These are used for specific reasons, which I will discuss.

We use a split end, a tight end, a flanker, and two running backs.

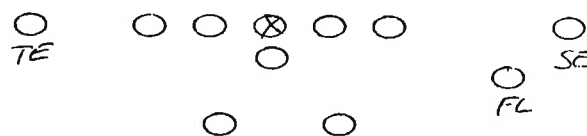
Pro



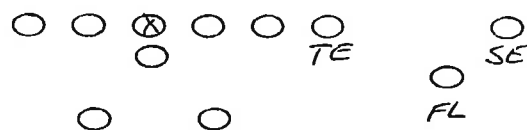
Twins



Twins Flex



Twins Over



Our linemen will take one yard splits. The split of our wide receivers is determined by the position of the football in relation to the hashes. With the ball on a hash mark, a short side wide receiver will split six yards from the sideline. A receiver to the wide side will align three when aligned three yards inside the hash. If the ball is off the hash we adjust

proportionally. Generally we have about a nine yard split from the next lineman inside.

Our running backs align five yards off the line behind our guards. This will be adjusted on some plays. We have a fullback who aligns weak side and a tailback who aligns strong side.

Outside Veer

Our base play for several years has been the outside veer. As on most of our plays, we will zone block playside and scoop block backside.

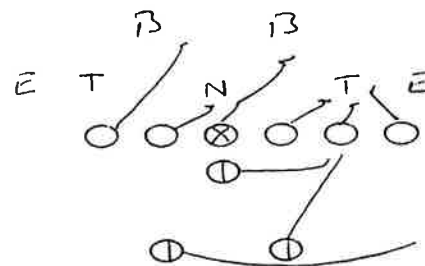
Our linemen use a four point stance. Our line stance is similar to a starting stance for a sprinter at a track meet. Our tail is lifted, feet under armpits (narrower than most team's stances), and eyes up. We tell our linemen that they are to take off along their path as if running a hundred meter dash. We spend most of our practice time working for this. We feel we have been successful because of the limited number of techniques we use.

For recognition and communication purposes we count the defensive personnel. A man over our center is the #0 man, the first man to each side is #1, and so on. However, our linemen are usually blocking through their playside gap. Therefore, we often are more concerned with where a defensive player is than who a defensive player is.

Versus an odd (noseguard) defense, our center will step playside 45 degrees. If the noseguard steps with us, we want our center to block him keeping his head to his playside. If the noseguard comes off backside we assign our backside guard to block him. Our center would then continue

downfield on his 45 degree angle seeking to block the playside linebacker. Unless the playside linebacker is stunting inside, our center will usually end up blocking the backside linebacker along his pursuit path.

Outside Veer

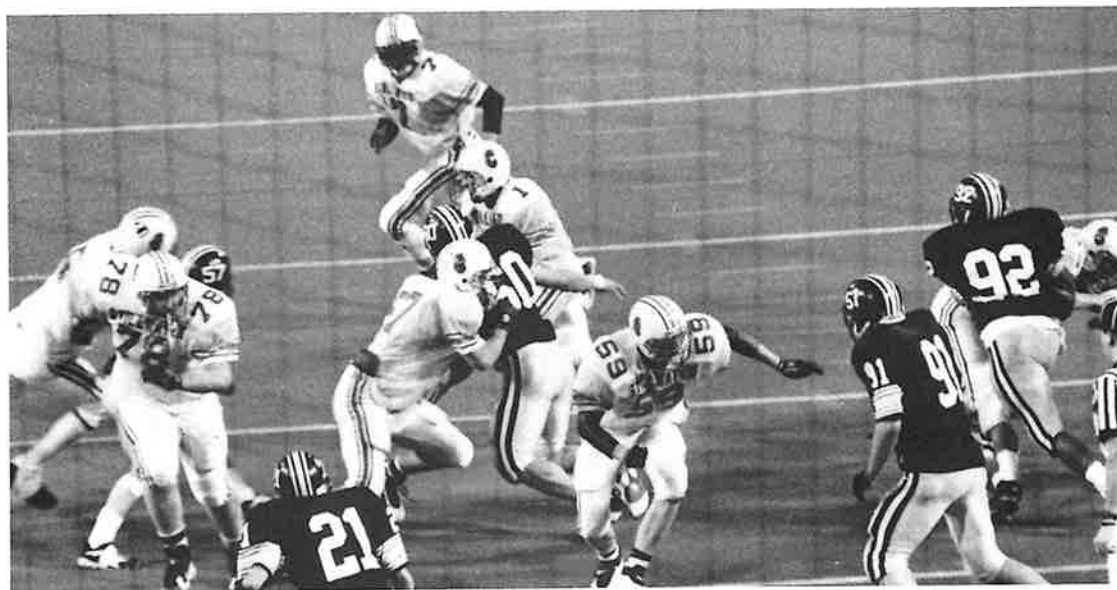


Against an odd defense, our backside guard scoop blocks. He is taught to "replace the steps" of our center, expecting to block the noseguard. If he does not find the noseguard to the backside of our center, he will continue downfield to block the backside linebacker.

Our backside tackle will also scoop block. His steps are not as flat since he is looking to block a linebacker.

Our playside guard steps playside at 45 degrees. He is assigned to block #1 (the linebacker in this case) through his playside gap. If the defensive tackle slants inside, he will block him with the help of our playside tackle. If the defensive tackle drifts outside, our guard will work on to the next level and block the linebacker.

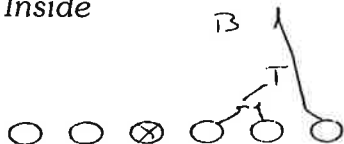
Our playside tackle steps with his playside foot attempting to gain outside position on the defensive tackle. He will be involved in a double team. Depending on the movement of the defensive tackle his partner in the double team will be the



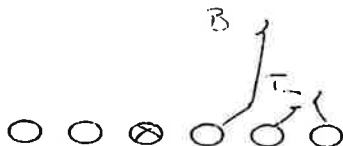
Ponies set up option blocking scheme vs. Burnsville during Stillwater's 31-14 State semi-final win. Zone blocking with backside scoop.

tight end or our playside guard.

DT Fights Inside



DT Fights Outside



Our tight end blocks inside. Steps down with inside foot. Cross over with outside foot. This enables TE to avoid getting tied up by the 3 man.

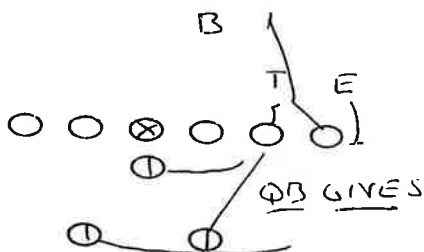
If we are using a formation with a wide receiver to the playside he will stalk block the deep third defender.

Our dive back is taught to "run a one hundred meter dash at the outside hip of the playside tackle." He will make a pocket by lifting his inside elbow and placing his inside arm across the top of his numbers. His outside arm is laid across his belt buckle.

Our quarterback takes the snap, pushes off his backside foot, and extends the ball as he sprints down the line. When first installing the play, the quarterback will have a hard time reaching the mesh point with the dive back. In time he will meet the mesh point. Here again we believe speed is important so we do not want to slow our dive back. We have found that speed creates better execution of the read and allows the dive back to hit the line with more authority.

If the defensive end does not close down inside, we want our quarterback to place the ball in the pocket of the dive back. The dive back will hug the block on the defensive tackle and sprint through the crease inside of the defensive end.

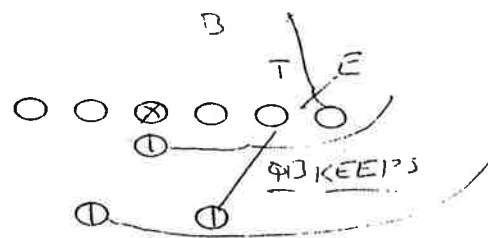
DE Does Not Close



We tell our quarterback that if he is uncertain of what to do he should give the ball to the dive back. We are a little different from any veer teams in that we do not want our QB to ride and then possibly pull the ball late. We teach our quarterback that if he places the ball in the pocket it is a give - no second thoughts. Again, when in doubt, give to the dive back.

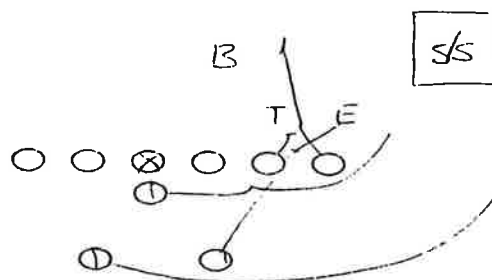
If the defensive end closes to stop the dive, our QB will keep the ball, sprint around the defensive end and turn downfield.

DE Closes



He must then find the defensive support player. If the support player attacks our QB, he will plant his inside foot and pitch.

QB Keeps



We teach the pitch by telling our QB to locate the 4 man and attack his inside leg. If he completes the pitch you will score most of the time. Never pitch off 3.

Our QB will only pitch off the support player. He can never pitch off a defender coming from inside-out on pursuit.

Our pitch back maintains a "five yards at forty-five degrees" relation with our quarterback. He must continue this relation downfield as there is occasionally a downfield pitch when using the outside veer. When fielding the pitch, we teach our pitch back to seat the ball in the outside arm and looking it in from the moment it is pitched.

Coaches of the Year...



Ken Jacobson
Chatfield
Class C Coach of The Year
Minnesota Coach Of The Year



Frank Fredlund
St. Peter
Class A Coach Of The Year



Mike Holzer
Kingsland
Class B Coach Of The Year



George Thole
Stillwater
Class AA Coach Of The Year



Keith Bergstedt
Cromwell
9-Man Coach Of The Year

1995 MINNESOTA CONFERENCE FOOTBALL COACHES OF THE YEAR

Conference	Coach	School			
212	Steve Solem	BOLD	Prairie North	Tom Trisko	Bertha-Hewitt
Big Nine	Jim Miller	Rochester Mayo	Prairie South	Chuck Kavanagh	KMS
Central Lakes	Mick Lucia	St. Cloud Apollo	Red Rock	Brad Holinka	Fulda
Central MN	Gerhard Meidt	Big Lake	Rum River	Larry Herm	Foley
Classic Lake	Roger Lipelt	Wayzata	Sea Range	Frank Fabish	Virginia
Gopher	Jon Bakken	Waterville-Elysian	South Central	Jim Simser	Fairmont
Great Northern North	Dave Beadle	Albrook	South Central	Frank Fredlund	St. Peter
Great Northern South	Keith Bergstedt	Cromwell	Southeast MN	Randy Kuechenmeister	Blue Earth Area
Great River	Ed Melcher	Braham	Southern Confederacy	Terry Highum	Lanesboro
Heart O'Lakes	Ken Baumann	Mahnomen	Southern Minnesota	Stan Olson	Leroy-Ostrander
Hiawatha Valley Blue	Ivan Kroulik	Kasson-Mantorville	Southwest	Dean Dieble	Sleepy Eye
Hiawatha Valley Gold	Don Henderson	Triton	St. Paul City	Joel Swanson	Luverne
Lake	Jay Anderson	Burnsville	St. Paul Suburban	Karl Dickman	St. Paul Johnson
Little Sioux	Kent Mikkelsen	Russell-Tyler-Ruthton	Three Rivers	Bob Slater	St. Thomas Academy
Mid State	Rick Manke	Detroit Lakes	Top of State	Mike Holzer	Kingsland
Minneapolis	Dan Roff	Edison	Tri Metro Gold	Mark Kroulik	Stephen
Minnesota River	Terry Turek	Le Sueur-Henderson	Tri Metro Maroon	Wally Mahlstrom	Mahtomedi
Missota	John Bennett	Prior Lake	Tri-Valley	Tony Johnson	De LaSalle
North Country	Mark Solberg	Cambridge	Twin Cities Suburban East	Carl Lemke	St. Croix Lutheran
North Suburban	Dave Nigon	Totino-Grace	Twin Cities Suburban West	George Thole	Stillwater
North Tri County	Rod Haugen	Fisher-Climax	Valley	Tim Hermann	Champlin Park
North Star	Jerry Sonnek	Blackduck	Valley	Terry Arduser	Madelia-Truman
Pheasant	Phil Lynn	Underwood	Valley Plains	Neil Royer	Martin County West
Polar North	Larry Mischke	Ely	West Central North	Mike Malmberg	Hawley
Polar South	Bill Hudspith	Esko	West Central South	Keith Swanson	West Central Area
Prairie North	Gary Graham	Browerville	Wright County	Jim Mader	Albany
				Mark Herman	Dassel-Cokato

1995 SECTION COACH OF THE YEAR

CLASS - 9 MAN

Section	Coach
1	Stan Olson, LeRoy-Ostrander
2	Neil Johnson, Wheaton
3	Keith Bergstedt, Cromwell
4	Mark Kroulik, Stephen

CLASS - C

Section	Coach
1	Ken Jacobson, Chatfield
2	Jerry Wallskog, LeCenter
3	Ed Melcher, Braham
4	Brad Holinka, Fulda
5	Gary Graham, Browerville
6	Mike Malmberg, Hawley
7	Lyle Anderson, Cook County
8	Ron Johnson, Clearbrook-Gonvick

CLASS - B

Section	Coach
1	Mike Holzer, Kingsland
2	Chuck Sundeen, Gibbon, Fairfax, Winthrop
3	Don Henderson, Triton
4	Keith Swanson, West Central Area
5	Tom Flood, St. Agnes
6	Dwight Lundeen, Becker
7	Steve Ott, Deer River
8	Terry Horan, Breckenridge

CLASS - A

Section	Coach
1	Bob "Bubba" Sullivan, Northfield
2	Frank Fredlund, St. Peter
3	Dave Nigon, Totino-Grace
4	Merrill Pavlovich, Delano
5	Clark Bergloff, Mora
6	Daryl Oja, Melrose
7	Frank Fabish, Virginia
8	Rick Manke, Detroit Lakes

CLASS - AA

Section	Coach
1	James Miller, Rochester Mayo
2	George Thole, Stillwater
3	Rich Kallok, Cretin-Derham Hall
4	Dave Nelson, Blaine
5	Dan Roff, Edison
6	Jay Anderson, Burnsville
7	Mark Solberg, Cambridge
8	Roger Lipelt, Wayzata

Jeff Olson of St. Peter Named Assistant Football Coach Of The Year For The 1995 Season



Jeff Olson, long time member of the St. Peter High School coaching staff, has been selected as the winner of the 1995 Minnesota Assistant Football Coach of the Year Award. The Saints finished as Class A runner-up this past fall.

Jeff received his BA degree in History and Political Science from Concordia College in Moorhead. He played two years of football for Jim Christopherson and spent two years as a Cobber JV football coach. Jeff has continued on for a Masters and Specialist Degree and in 1993 a PhD in Educational Administration from the University of Minnesota.

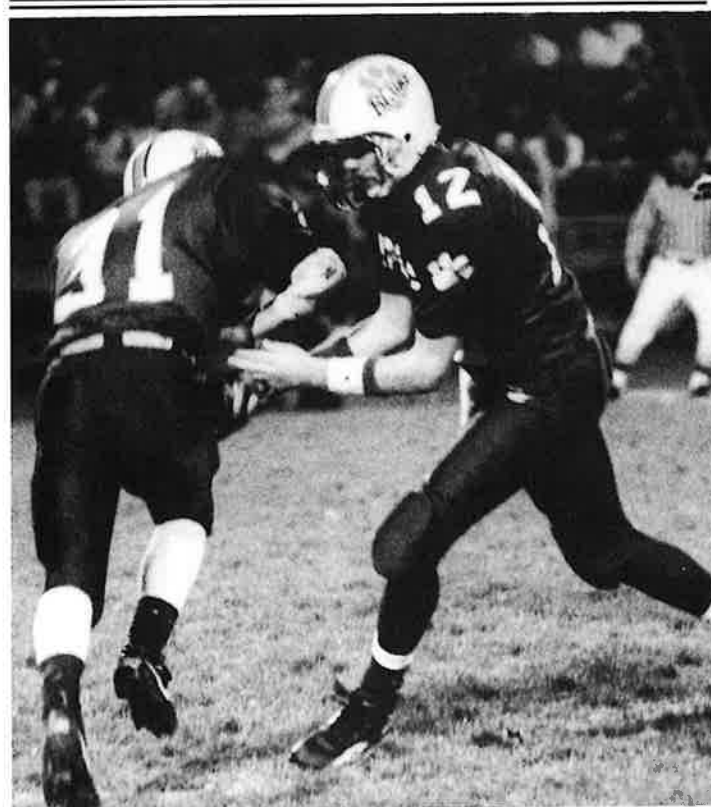
He began his teaching and coaching career in St. Peter in 1975. He taught all areas of social studies, served as the district's curriculum director, and has been High School Principal since 1993. Jeff was assistant track coach for eight years and coached basketball for 13 years including three years as head coach. But it is football where he has teamed up with fellow Butch Nash Award winner Dennis Booren and Head Coach Frank Fredlund in developing the Saints into one of the top Class A programs in the state. For their efforts Coach Fredlund was selected as Class A Coach of the Year and Jeff as Assistant Coach of the Year.

This past season was a memorable one for Jeff

and his son Brent. He had a chance to share with Brent, who was the Saints quarterback, the thrill of a drive to the state finals. The exciting win over Totino Grace in the semi finals was not diminished at all by the loss to Detroit Lakes in the finals. Both Jeff and Brent were members of the 1996 Outstate All Star team this summer. Brent will continue his football career at Gustavus Adolphus College this fall.

Jeff and his wife Judy, who is a 5th grade teacher in the St. Peter system, have three children. Travis is 22, and twins Stefanie and Brent are 18. Because of his duties as Principal Jeff is retiring from football so he will no longer be Frank's assistant and boss but just his boss!

Congratulations to Jeff Olson for his many contributions to education and football.



Blaine's Eric Ollestad (#31) takes a handoff from quarterback Andy Juntunen in Twin Cities Suburban Conference action.

Distinguished Service Award Winner Joe "Sam" Samuelson



"Sam"
Samuelson
with friends
and family.

Joe "Sam" Samuelson was chosen by the executive committee for the 1996 Distinguished Service Award. He has been the heart and soul of the Stillwater football program since 1959 giving countless hours and energies to all phases of the program. Sam joins Jim Lano, Bud Olson, Bob Roy, Don Swanson, Bill Etter and Tom Mahoney in being recognized by the MHSFCA for this prestigious award.

Sam was recognized at the 1996 Hall of Fame banquet. He was presented a plaque and a beautiful watch donated by Stan and Judy Skjei of Bloomington. His acceptance remarks touched everyone at the banquet.

After graduation from high school in Odebolt, Iowa, Sam enlisted in the U.S. Army and received a battlefield commission in 1945. He went on to

put in a total of 35 years in the National Guard and retired as a Colonel. Sam attended the University of Iowa from 1946-50 and played football until a knee injury brought his competitive career to a close. The next nine years were spent in coaching at three different Iowa high schools.

In 1959 Sam went to Stillwater as head football and assistant wrestling coach and the long love affair with Stillwater began. He coached everything within the football program, worked with wrestling and spent 14 years as head track coach. During his career he did take eight years out to serve as defensive coordinator at Hamline and spent three years on active duty with the Guard. He also spent one year as interim athletic director at Stillwater.

In 1982 George Thole asked him to come back for a couple of weeks until he could find a young guy for a position. The couple of weeks have now turned into 14 more years and Sam has loved every minute of it and Stillwater has received the benefits of his love for the game of football.

Sam and his wife of 48 years, Ellie, live in Stillwater. They have eight children and nine grandchildren. Congratulations, Sam, and thanks from all of us for your dedication!

Coach of the Year Award

1965 Bill Severin, Grand Meadow, Region I
 1966 Stan Canakes, Edina, Region V
 1967 Tom Mahoney, Fairmont, Region II
 1968 Jerry Sullivan, Minneapolis Roosevelt, Region V
 1969 Art Hass, Austin, Region I
 1970 Gary Gustafson, North St. Paul, Region IV
 1971 George Larson, Cambridge, Region IV
 1972 George Wemeier, Minneapolis Washburn, Region V
 1973 Dick Lawrence, Eveleth, Region VII
 1974 John Drews, Rochester John Marshall, Region I
 1975 Bob Swanson, Mountain Iron, Region VII
 1976 Lyle Eidsness, St. Peter, Region II
 1977 Paul Benson, Granite Falls, Region III
 1978 Jim Simser, New Richland-Hartland, Region I

1979 Ron Raveling, Columbia Heights, Class AA
 1980 L.E. Dreschel, Crookston, Class A
 1981 Gary Roebuck, Holdingford, Class B
 1982 George Thole, Stillwater, Class AA
 1983 Ron Scott, Coon Rapids, Class AA
 1984 Grady Rostberg, Hutchinson, Class A
 1985 Norm Johnson, Mpls. Roosevelt, Class AA
 1986 George Larson, Cambridge, Class A
 1987 Dave Brokke, Granite Falls, Class B
 1988 Gehardt Meidt, Minneota, Class C
 1989 Jim Mader, Albany, Class A
 1990 Ken Baumann, Mahanomen, Class C
 1991 Neal Hofland, Chokio-Alberta, 9-Man
 1992 Larry Thompson, Lakeview, Class AA
 1993 Rick Manke, Detroit Lakes, Class A
 1994 DeWayne Johnson, Anoka, Class AA
 1995 Ken Jacobson, Chatfield, Class C

"Hall Of Fame"

Sponsored By Minnesota High School Football Coaches Association

PREVIOUS WINNERS

1965

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

1966

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

1967

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

1968

Lee Brockmeyer
Sid Hartman
Charles "Bud" Wilkinson
Elmer Wigen

1969

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

1970

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

1971

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

1972

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

1973

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

1974

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

1975

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

1976

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

1977

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

1978

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

1979

Bruce Bakke
Herman Frickey
Bill Hanson
LeRoy McMahon
Dick Mulkern
Harry Newby
Milt Osterberg
Bob Schrank
Steve Silianoff
Lloyd Stein

1980

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

1981

Lou Barle
Irv Nerdahl
Glenn Redmann
Clayton Tonnemaker

1982

Bob Gove
Wally Hitt
Gary Olson
Don Nyland
Dale Scholl

1983

Stan Nelson
Joe Mrkonich
Jim Gotta

1984

Dick Lawrence
Tom Briere
Jim Henkes

1985

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

1986

Chuck Halsted
Ralph Hagberg
Pete Herges
Ike Pesonen
Cliff Senne

1987

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

1988

Herbert Claffy
Mac Dahl
Art Fredrickson
Ralph Peterson
Ron Raveling
Cal Stoll

1989

John Drugg
Don Fox
Jim Griffin
Bill Severin
Harvey Shew
Tony Thiel

1990

Roland Bromberg
Gary Gustafson
Tom Mahoney
Bob O'Neil
Dick Rezanka
Al Siegle

1991

Morgan Bandrup
John Davies
Earl Gramling
Roy Hokkanen
Ron Scott
Bob Youso

1992

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

1993

Les Dreschel
Ken Mauer
Tom Porter
Dana Powers
Dick Walker

1994

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

1995

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

1996

Jim Christopherson
Marv Gunderson
Mike Morrissey
Lloyd Peterson

MINNESOTA HIGH SCHOOL FOOTBALL
COACHES ASSOCIATION

1996 "Hall of Fame" Inductees Football Hall of Fame Annual Banquet



Jim Christopherson - Concordia College

Jim Christopherson earned 17 letters as a student athlete at Henning High School during the 1950s and later carried those talents with him to Concordia College in Moorhead. Jim graduated from Concordia in 1960 following a great all-around football career for the Cobbers. He lettered all four years, was a two-time All-MIAC selection, served as team captain, and was honored as the Most Valuable Player in the MIAC in 1959.

Jim taught and coached for a year at Brooten High School before playing two seasons with the Minnesota Vikings and leading the team in scoring in 1962. He then played one year with Toronto in the Canadian Football League before returning to Concordia as an assistant coach in 1964.

Jim succeeded the legendary Cobber coach Jake Christiansen in 1969 and since that time has achieved one of the outstanding records in small college football in the nation. In his 27 seasons as head coach, Jim has compiled a 190-78-1 record which ranks him fifth in career wins among active Division III coaches. His teams have won or shared 11 MIAC championships, won the NAIA national title in 1978 and 1981 and advanced to the post-season playoffs on six occasions. He has been named MIAC Coach of the Year six times and was honored as the NAIA Coach of the Year in 1981. He is also a past president of the NAIA Football Coaches Association.

In addition to his head football coaching duties, Jim Christopherson holds the rank of professor in

the Physical Education Department at Concordia. Jim and his wife, Sandy, have two children, Reid and Heather, both of whom are Cobber graduates.



Marv Gunderson - Winona High School

Marv Gunderson graduated from Alexandria High School in 1949 where he lettered in football, basketball and baseball. At Gustavus Adolphus College, he earned three letters in football and was a two-time All-MIAC lineman.

Marv began his teaching career at Kensington in 1956 by starting an 8-man high school football program as well as coaching basketball and baseball. Two years later he moved to Harmony where his football teams were undefeated for three consecutive seasons. Not only did his 1960 team finish undefeated, but it was also untied and unscored upon. In the fall of 1961, he became head football coach at St. James. During this three years there he directed the Saints to one South Central Conference championship and a co-conference title. In a five year period of coaching at two schools, Marv Gunderson's teams were undefeated with a remarkable record of 40 wins and 2 ties.

From 1964 to 1970, Marv was the head football coach at Winona High School. When he stepped down after seven seasons at the helm, his overall football coaching record was 77 wins, 46 losses and 4 ties. He later returned to football by serving as an assistant coach at Winona for 11 more years before retiring in 1991. During a three year period as defensive coordinator for the

Winhawks, the team had a 30 win and 4 loss record, won two Big-Nine Conference championships and finished second in the state in Class AA.

A recipient of many honors and awards during his 35-year career in education, Marv Gunderson is a "Life Member" of the Minnesota High School Coaches Association and a past president of the High School Football Coaches Association. He was also head of the science department for eight years at Winona High School.



Lloyd Petersen - Marshall High School

After graduating from Richfield High School in 1960, Lloyd Petersen continued his education at Westmar College in LeMars, Iowa. An excellent student athlete, he earned three letters in football and received "Honorable Mention" acclaim as an All-Conference center.

Upon completing his Bachelor of Arts degree in history and physical education in 1965, Lloyd served two years as assistant football coach at Westmar. From 1967-1970 he taught history and physical education and coached junior high football, basketball and track in Onawa, Iowa. While teaching in the West Monona school district, he also received his Master's degree in history from the University of South Dakota.

Lloyd Petersen began his 25-year career at Marshall High school in 1970. He served two years as an assistant before assuming the head football coaching position in 1972. Over the next 23 years Lloyd directed the Tigers to seven Southwest Conference titles and one Section II-A championship. During those years he was honored six times by his football coaching peers as the Southwest Conference Coach of the Year.

A highly respected history teacher and church member in the Marshall community, Lloyd was awarded his Ph.D. in history from The Union

Institute in Cincinnati, Ohio in 1995. Honored as Marshall's Teacher of the Year in 1993-94 and a "Distinguished Alumnus" by Westmar College, Lloyd Petersen is now an Assistant Professor of Education at Southwest State University.



Mike Morrissey - Sports Director - KDHL, Radio

A native of South Dakota, Mike Morrissey graduated from Aberdeen Central High School in 1959 where he lettered three years in football, basketball and track. After spending several years in United States Army Security, which included a brief stay in Vietnam, he returned home to work in the family grocery business.

In the spring of 1967 Mike enrolled at Brown Institute in Minneapolis, and a year later began his first job broadcasting in Valley City, North Dakota. A short time later he joined KWAD in Wadena where he worked for eight years before moving to Sidney, Nebraska in 1976. He returned to Minnesota a year later to accept a position at KDHL-Radio in Faribault. Four years later, Mike took his broadcasting talents to KEMT-Radio in Alexandria and in 1985, came back "home" to KDHL in Faribault.

Mike Morrissey has established himself as a great friend of high school and college sports in Minnesota. During his 28-year career he has broadcast more than 3,000 sports events and conducted hundreds of interviews with coaches and athletes at all levels.

In his current position as sports director at KDHL Mike can often be heard on "The Mighty 920" doing a variety of high school sports as well as amateur baseball games and is the "Voice of the Oles" on St. Olaf football and basketball broadcasts. He is also very proud to have broadcast at least one game from every Prep Bowl since it began in 1982.

Academic All-State Football Team Concept

Guidelines & Procedures:

- 1) Choose one champion in each class.
- 2) Use 60% of the tournament team number to decide the team G.P.A.
 - AA - 31
 - A - 27
 - B - 23
 - C - 22
 - 9-man - 16

Note:

- Each players name and G.P.A. must be listed.
- 3) In addition, 3 extra players G.P.A.'s will be listed for tie breakers, using them in order.
 - 4) The 4.00 grading system will be used. Other systems must be converted and 4.00 will be the highest possible grade. Grades should be rounded off to 2 decimal places.

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

Academic All-State Team Committee

- Class AA: Dave Nelson, Blaine
 Class A: Dave Hylla, Proctor
 Class B: Jerry Wallskog, LeCenter
 Class C: Con Natvig, Swanville (Chairman)
 9-man: Dave Krenick, Cleveland



Sophomore fullback Lou Filio (#41) looks for running room in Blaine's 19 to 8 win over Osseo.

Academic All-State Football Team Application

School _____ Class _____

Address _____ Phone _____

Head Coach _____

The following number of candidates may be listed for each class: AA - 31, A - 27, B - 23, C - 22, 9-man - 16; three extra players should be listed also for the purpose of tie breakers. The 4.00 grading system to 2 decimals will be used, so other systems must be converted. 4.00 is the highest grade used. The grades must be from the past full year.

Applications **must be in** to each Class Representative **by October 1st**. A team champion will be chosen in each class.

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

Composite _____

Send Your Team Application To:

		(Fax Numbers)
9-man	Dave Krenick, Cleveland	507-931-9088
Class C	Con Natvig, Swanville	612-547-2431
Class B	Jerry Wallskog, LeCenter	612-357-4825
Class A	Dave Hylla, Proctor	218-628-2907
Class AA	Dave Nelson, Blaine	612-422-5804

(Signature of verifying School Official)

Position

INDIVIDUAL Minnesota Academic All-State Football Player Guidelines and Procedures

A review of the Minnesota State Football Coaches Association's basic requirement for the team are:

- 1) Must be a senior varsity letterman for the current season who is a starter on either offense, defense or kicker.
- 2) The player must have outstanding football and leadership ability plus academic excellence.
- 3) Player must carry a 3.0 (4.0 scale) grade point average in an academic core curriculum in his sophomore, junior and first quarter of the senior year.
- 4) Player shall not have any Minnesota State League eligibility penalties or infractions during his high school career.
- 5) Each class will select a team consisting of the number stated below:

9-man = 11	Class A = 14
Class C= 12	Class AA= 15
Class B= 13	
- 6) The teams will not be selected by position, but the committee will select the top football players of each class who meet the criteria stated above.
- 7) The Coach submitting the player application must be a member of the Minnesota State

Football Coaches Association.

Guidelines & Procedures:

- 1) All applications should be typed or printed with correct names and data.
- 2) The selection Committee must have a good summary of not only the player's academic record, but the player's football accomplishments.
- 3) If the first quarter grades are not out for the applicant's senior year, his first quarter senior subjects must be listed.
- 4) All applications must be sent to your Class Academic Team Representative. If you have any problems, contact your Class Representative first. Please check the time deadlines on the application form.

Remember: This is your State's FOOTBALL COACHES ASSOCIATION'S endeavor.

Individual All-State Player Committee:

9-man: Mike Mahlen, Verndale
 Class C: Con Natvig, Swanville
 Class B: George Tuvey, Janesville
 Class A: Marv Peters, Rochester Lourdes
 Class AA: Dave Faust, Henry Sibley
 Individual Team Chairman: Dave Faust, Henry Sibley



WEM running back Tobin Pope (46) is about to put a move on NRHEG's Dan Routh (3). Pope led the Conference in rushing and scoring.

INDIVIDUAL APPLICATION

Academic All-State Player Application

Sponsored by: The Minnesota State Football Coaches Association

Name of Applicant _____ Grade _____
 Birthday _____ Height _____ Weight _____
 month day year

School _____ Coach _____

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

Circle Class - 9 C B A AA Kicking Game: _____

Academic Information

Accumulative High School GPA: _____ Attach a Transcript or list subjects completed or enrolled in.

Grade 10 Subjects

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____

Grade 11 Subjects

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____

1st Quarter Senior Subjects

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____

Use a 4.0 Scale for GPA

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

Signature of Parent or Student Applicant if 18 years or older

PLAYER INFORMATION

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

School Background Information:

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

Football Information:

- 1) Football position: List in order of which player has best demonstrated ability (offense, defense, kicking game).
- 2) List all football honors - previous and this season.
- 3) Statistics (list stats from this season and career totals). Mention any school or conference records. Mention if a line-man has any team stats that may be pertinent to the team's success.

4) Coaches Comment: Please submit a short letter to the Academic Team Selection Committee describing your player in terms of ability, performance, potential character and what makes this football player special.

Time Deadlines:

- 1) All applications must be in the hands of the class representatives by Saturday, November 2.
- 2) Class selection committees must have teams picked by Saturday, November 9, and sent to the Academic Chairman.
- 3) Class Representatives must notify all team selections by Tuesday, November 12.

Send individual application to: (Fax Numbers)

- 9-man Mike Mahlen, Verndale, 218-445-5184
 Class C Con Natvig, Swanville, Call 612-547-2431
 and then 612-547-2432.
 Class B George Tuvey, Janesville, 507-234-5796.
 Class A Marv Peters, Rochester Lourdes,
 507-289-3991.
 Class AA Dave Faust, Henry Sibley, 612-405-2461
 Individual Team Chairman, Dave Faust, Henry Sibley
 612-405-2461.

The Butch Nash Award



To the many of us who know him, Butch Nash is the epitome of the ideal assistant coach:

Total loyalty to his school and the head coach.

Hard working - beyond measure.

Integrity in dealing with athletes and especially high school coaches.

Particularly competent in his coaching specialty—defensive ends.

Unique ability to relate to and be supportive of the athlete - their love for Butch is virtually legendary.

Lastly, the many, many years of dedicated service to his university.

It is these much admired qualities that have

motivated the Minnesota High School Football Coaches Association to institute an annual award to be given to those high school assistant coaches who approach the greatness of Butch Nash.

The requirements for selection as a recipient of the Butch Nash awards are:

1) An **active** assistant football coach at the high school level.

2) Although not strictly limited to varsity level coaches, the Executive Committee set a requirement of being an assistant who is a "front liner" - in the limelight, under the gun, recipient of praise or criticism approaching the level of that endured by the head coach.

3) Certainly, a few younger coaches can meet these requirements, BUT in all candor, years of service to a program will influence the selection committee's choices.

The recipients of the Butch Nash award for 1995 are:

Terry Bodeen, Braham

Joseph Brisson, Browerville

Stephen Collins, New Prague

James Knutson, Lakeville

William Krogram, Albany

Joe Roberts, Luverne

Gary Walter, St. Michael-Albertville

* Head coaches are urged to nominate outstanding assistant coaches for future consideration by the selection committee.



Terry Bodeen
Braham
Butch Nash Award



Joseph Brisson
Browerville
Butch Nash Award



Stephen Collins
New Prague
Butch Nash Award



James Knutson
Lakeville
Butch Nash Award



William Krogram
Albany
Butch Nash Award



Joe Roberts
Luverne
Butch Nash Award



Gary Walter
St. Michael-Albertville
Butch Nash Award

1996 ALL-STAR FOOTBALL TEAMS

Outstate All-Star Team

Pos.	Name	School
QB	Tom Linnemann	Melrose
QB	Brent Olson	St. Peter
DB	Kirk Midthun	Triton
DB	Frank Streit	Leroy/Ostrander
RB	Ryan Olesiak	Cromwell
DB	Mike Olson	Hawley
LB	Mike Pavlovich	Delano
WR	Joe Olson	Deer River
DB	Steve Nolander	Albert Lea
LB	Ross Sannes	Breckenridge
LB	Brandon Novak	Becker
FB	J. J. Burchardt	RTR
DB	Tom Aanenson	Fulda
DB	Steve Johnston	Brainerd
DB	Nick Chiodo	Thief River Falls
RB	Paul Winter	West Central
FB	Andy Thyen	St. Cloud Apollo
DE	Matt Kolling	Kingsland
DE	Tim Senjem	Hayfield
TE	Conrad Emmerich	Foley
RB	Mark Swanson	Clearbrook/Gonvick
LB	Josh Mancell	Fairmont
RB	Blaise Larson	Red Lake Falls
LB	Josh Keyes	Detroit Lakes
DE	Mike Foster	Northfield
OG	Cory Molenaar	BDRSH
OC	Matt Miller	Cambridge
OG	Matt Hegland	Glencoe-Silver Lake
NG	Brent Bosch	Luverne
DT	Jerod Thompson	Zumbrota-Mazeppa
OG	Guy Boysen	Proctor
DT	Jesse Thelen	Albany
DT	Jesse Reinert	Sartell
OT	Aaron Johnson	Cloquet
OT	Pat Gehrke	Waterville-Elysian
OC	Shaun Kral	Sleepy Eye
OL	Erik Larson	Cambridge
NG	Beau Price	Mayo
OT	Ryan Stadum	Little Falls
WR	Jeremy Belisle	Big Lake
TE	Matt Kelm	Winona
DE	Jason LaValley	Bemidji

1996 Outstate Coaching Staff

Head Coach	- Rick Manke - Detroit Lakes
Assistants	- Keith Bergstedt - Cromwell
	Don Henderson - Triton
	*Flint Motschenbacher - Detroit Lakes
	Jeff Olson - St. Peter
	Bubba Sullivan - Northfield
Hon. Coach	- Art Hass - Austin

Metro All-Star Team

Pos.	Name	School
WR	Nino Zezza	Mahtomedi
TE	Tom Dasovich	Hopkins
WR	Chris Raih	St. Thomas
RB	Bryan Granger	Apple Valley
RB	Darren Smith	Woodbury
QB	Andy Persby	Hill Murray
DB	Nick Altavilla	Forest Lake
DB	Ryan Pletcher	Stillwater
WR	Tony Paquette	Hill Murray
QB	Tate Hermann	Champlin Park
RB	Brad Grossman	Park
DB	Kenyata Arrandondo	Edison
LB	Matt George	Coon Rapids
RB	Jason Christopher	Jefferson
LB	Adam Stormoen	Armstrong
DB	Matt Severson	Lakeville
LB	Kris Staples	Henry Sibley
DB	Brent Deragisch	Eagan
DB	Nate Schwieger	Sp Lk Park
DL	Scott Mattis	Anoka
DB	Hoc Tia	Jefferson
LB	Matt Swinney	Mounds View
DB	Jeff Tarnowski	Wayzata
DL	Mike Olsen	Henry Sibley
OL	Justin Asher	Wayzata
TE	John McCambridge	Edina
OL	Sven Bjorklund	Edina
LB	Mychal Greseth	Blaine
DL	John Schlecht	White Bear Lake
DL	Paul Kane	Jefferson
OL	Ben Hamilton	Wayzata
OL	Dave Butler	Anoka
OL	Adam Bunge	Totino Grace
OL	Jeff Anderson	Totino Grace
OL	Adam Wright	St. Thomas
OL	Ben Beaudet	Stillwater
DL	Dennis Wasson	Johnson
TE	Sean Van Gemert	Cretin/DH
WR	Matt Wegge	Tartan
DL	Adam Haayer	Forest Lake
DL	Phil Hoskins	Tartan
TE	Dauge Retzlaff	Armstrong

1996 Metro Coaching Staff

Head Coach	- Dave Faust - Henry Sibley
Assistants	- John Bennett - Prior Lake
	Tim Hermann - Champlin Park
	Bernie Litecky - Totino Grace
	Richard Klein - Stillwater
	Bob Slater - St. Thomas Academy
Hon. Coach	- John Hansen - Osseo

* Due to illness Mike Holzer, Kingsland, was unable to participate and was replaced by Detroit Lake Defensive Coordinator Flint Motschenbacher.

ACADEMIC ALL-STATE FOOTBALL TEAMS**CLASS AA****SECTION**

- 1.) Albert Lea - 3.58
- 2.) Stillwater - 3.65
- 3.) Cretin-Durham Hall - 3.29
- 4.) Blaine - 3.74 - Champion
- 5.) N/A
- 6.) Edina - 3.45
- 7.) Cambridge - 3.44
- 8.) Alexandria - 3.60

CLASS A**SECTION**

- 1.) Northfield - 3.47
- 2.) St. Peter - 3.64
- 3.) Totino Grace - 3.46
- 4.) Monticello - 3.49
- 5.) Mora - 3.39
- 6.) Minnewaska - 3.46
- 7.) Proctor - 3.47
- 8.) Lincoln-Thief River Falls - 3.66 - Champion

CLASS B**SECTION**

- 1.) N/A
- 2.) N/A
- 3.) Waterville-Elysian-Morristown - 3.41
- 4.) N/A
- 5.) N/A
- 6.) Eden Valley-Watkins - 3.29
- 7.) East Central - 3.58
- 8.) Breckenridge - 3.65 - Champion

CLASS C**SECTION**

- 1.) N/A
- 2.) Minnesota Valley Lutheran - 3.59 - Champion
- 3.) N/A
- 4.) N/A
- 5.) Swanville - 3.14
- 6.) Hawley - 3.56
- 7.) Cook County - 3.56
- 8.) N/A

9-MAN**SECTION**

- 1.) Lyle - 3.58 - Champion
- 2.) Hillcrest Lutheran Academy - 3.51
- 3.) N/A
- 4.) Argyle - 3.19

Lake Conference

By Mike Barnes, Secretary, Lake Conference Football Coaches

Burnsville rolled to an undefeated Lake Conference title on the strength of great offensive and defensive balance. The Blaze defense was the league's stingiest, allowing only 209 yards per game. Their offense was the most productive in the conference, averaging 380 yards and 34 points per game.

Three teams were locked in a tie for second place in the Lake—Bloomington Jefferson, Lakeville, and Eden Prairie. They had identical records of 6-2 and each recorded impressive non-conference victories. Jefferson drubbed Park of Cottage Grove, the St. Paul Suburban runner-up. Lakeville administered the only regular-season defeat for Cambridge, the North Country champion. And Eden Prairie flattened Faribault, the Big Nine's third-place finisher.

Two programs on the rise headed the second echelon of Lake Conference teams, both on the strength of stalwart defenses. Eagan's 5-3 record placed them only one step behind the league leaders and Bloomington Kennedy's 4-4 mark put them into the playoffs for the first time in seven years.

Playoffs

Burnsville also swept into the State Tournament semi-finals, capturing Coach-of-the-Year honors for Jay Anderson. The Blaze defeated Lake rival Bloomington Jefferson for the Section 6AA crown, but lost to eventual State Champion Stillwater in the Metrodome.

1995 Final Standings

Burnsville	8-0
Bloomington Jefferson	5-2
Eden Prairie	5-2
Lakeville	5-2
Eagan	4-3
Bloomington Kennedy	3-4
Rosemount	2-5
Apple Valley	0-7
Chaska	0-7



Burnsville's all-conference quarterback, Ryan Staudinger, piloted the Blaze to the Lake Conference title and Section 6-AA Championship. (Photo-courtesy of Prep Action Sports)

Prairie South Conference

In the first year of the Prairie South the conference was very competitive. KMS won the championship, losing only to Brandon-Evansville. Swanville, Osakis and Brandon-Evansville finished tied for second, one game back.

Brandon-Evansville went the farthest in the playoffs. They were defeated by Browerville in the Section 5-C championship game in the Fargo Dome.

James Courtney of KMS was voted the outstanding back in the conference. Michael Slack of

Brandon-Evansville was the outstanding lineman. Chuck Kavanagh was voted coach of the year in the Prairie South.

PRAIRIE SOUTH STANDINGS

	Conference	Overall
KMS	4-1	6-3
Swanville	3-2	6-4
Osakis	3-2	5-4
Brandon-Evansville	3-2	7-4
Upsala	2-3	3-6
Royalton	0-5	0-8

Heart of Lakes Conference

A very balanced conference found the Perham Yellowjackets and the Pelican Rapids Vikings coming to the forefront to challenge the favored teams of Mahnommen, Breckenridge and Agassiz Valley. Injuries to Breckenridge early in the season and Agassiz Valley's loss of standout QB Jimmy Solum gave Mahnommen a slight edge. The Indians fought off all foes and won the conference title with a perfect 8-0 record. It was another fine coaching performance by Ken Baumann and staff.

Many conference schools had fine seasons. Darrel Olson's Pelican Rapids Vikings produced many fine games and Howie Kangas' Perham Yellowjackets were tough throughout the season. Frazee, under the direction of David Trautman, had a great end of the season run.

The success of the conference teams promised for an exciting Section 8B race. Pelican Rapids provided the fireworks with a 26-21 upset victory over Mahnommen in the semi-finals. Breckenridge coached by Terry Horan finally got over the injury bug and playing outstanding defense, behind All

State LB'er Ross Sannes, beat Agassiz Valley to reach the Section final for the second year in a row. This pitted Pelican Rapids against Breckenridge in the Section final at the Fargodome. The Vikings led through the contest only to have Breck complete a late 4th quarter TD pass to win the game and advance to state play.

The Cowboys turned in a fine tournament. They beat St. Anges and Deer River only to lose to State Champ Kingsland in the Finals.

CONFERENCE AWARDS

Most Valuable Player—Ross Sannes, Breckenridge.

Co-Most Valuable Off. Backs—Tony Harris, Agassiz Valley, and Jason McArthur, Mahnommen.

Most Valuable Def. Back—James Sweep, Mahnommen.

Most Valuable Off. Lineman—Jamie Grismer, Perham.

Most Valuable Def. Lineman—Jason Luksik, Mahnommen.

HOL Coach of the Year—Ken Baumann, Mahnommen.

St. Paul Suburban Conference

The St. Paul Suburban Conference Champion St. Thomas Academy finished conference play undefeated with a 7-0 record. Cadet Coach Bob Slater was named coach of the year.

Doug Ekmark's Park Wolf Pack finished 6-1. Their only loss was to Henry Sibley when a failed two point conversion in the game's final second provided the only blemish on a great season. The conference has nine members so not every team plays each other annually.

The conference produced great offensive numbers in 1995. Darren Smith of Woodbury and Brad Grossman of Park tied in points scored with 114 each. Dick Weinberger's Tartan passing attack of QB Joe Ashfield (1,846 yards and 19 TDs) and WR Matt Wegge (35 receptions) were leaders in those categories.

Defensively Henry Sibley led the league in yards allowed with 214.4 per game.

The St. Paul Suburban is comprised of both A and AA members. All six AA members compete in

Section 2AA. Gary Halvorson's Woodbury Royals scored more points against State Champion Stillwater 28 (35-28) and Dave Faust's Henry Sibley Warriors held the Ponies to 7 (7-0), the closest games in the Stillwater championship season.

The conference welcomed Ralph Kratochvil and his staff from Simley to the conference.

The Gatorade Circle of Champions player of the year in Minnesota was Darren Smith of Woodbury.

1995 Standings

St. Thomas Academy	7-0	7-2
Park	6-1	7-3
Henry Sibley	5-2	8-3
Tartan	5-2	7-3
Hastings	4-3	5-4
Woodbury	2-5	2-7
South St. Paul	1-6	2-7
North St. Paul	1-6	2-7
Simley	1-7	1-7

Red Rock Conference

1995 Final Standings

	Conference	Overall
Fulda	6-1	10-2
Red Rock Central	6-1	7-2
Heron Lake-Okabena-Lakefield	4-3	6-4
Adrian	4-3	6-4
Westbrook-Walnut Grove	3-4	4-5
Murray County Central	3-4	3-6
Mountain Lake-Butterfield-Odin	2-5	2-7
Sioux Valley-Round Lake-Brewster	0-7	0-8

For the second straight season the rough-and-tumble chase for the Red Rock Conference football title went down to the final exciting play of the season. And for the third year in a row the Fulda Raiders earned the conference championship. After claiming titles outright in '93 and '94, the Raiders shared last season's crown with upstart Red Rock Central. RRC completed a worst-to-first run to the title, vaulting from the league basement in '94 to a tie for the top in '95.

Once again the hard-hitting Red Rock League featured many close, exciting games that proved how well-balanced the league was.

RRC surprised many observers when they blanked Fulda 6-0 in the conference opener, handing the Raiders' football machine only its second regular season loss in three years. The race was on! The close loss seemed to ignite the Raiders, who dispatched rival HLOL 19-8 the following week while RRC nudged MCC 21-6 and Adrian claimed an important 22-21 decision over WWG.

RRC and Fulda kept pace with routs in week 3 while HLOL made it a four-team race for the rest of the way by knocking off previously undefeated Adrian 19-14.

The following week saw RRC remain unscathed with a 20-12 victory over WWG while Fulda handled Adrian 27-6 and HLOL shut out MLBO 12-0.

Fulda finally got what they had been waiting for all season in week 5 when Adrian knocked RRC from the ranks of the unbeaten by a 22-20 count. The Raiders held up their end of the bargain by topping SVRLP 28-8 while WWG dealt HLOL's chances a blow with a 7-6 setback.

Thus, with just two games remaining to play, RRC and Fulda sat on top with 4-1 league slates.

HLOL and Adrian were just a game back at 3-2 while WWG, MLBO, and MCC were all still mathematically alive with 2-3 marks.

RRC stayed in a tie for first in week 6 by scoring 16 points in the final 4:53 of the game to clip a stubborn MLBO outfit 22-17. Fulda doused WWB 32-6 while HLOL (34-14 over MCC) and Adrian (22-8 over SVRLB) remained just a game back in hopes of earning a share of the title in the final week.

Fulda and RRC finally settled for a share of the conference crown, but not without a fight in their final league tilts. Each team utilized last-minute TD's to claim the title, Fulda toppling MLBO 16-13 while RRC downed HLOL by the same 16-13 margin. MCC surprised Adrian 36-28 to force ties for third and fifth place as well.

In the opening round of Section playoff action, MLBO gave top-seeded Sleepy Eye all they could handle in 2C before falling 16-8, while in 4B MCC lost out to Morris Area 45-6. HLOL moved on in 2B with a 20-0 victory over Windom.

In Section 4C action Adrian topped conference foe WWG 35-14, Fulda rolled over Lincoln HI 27-0, and RRC was eliminated by Canby 27-8.

HLOL was ousted in the 2B semi-finals by Martin County West 35-0 while Fulda blasted Adrian 41-6 in 4C play.

This left Fulda as the lone remaining conference team still alive, and they did not disappoint. They earned their first-ever state football playoff appearance by shredding Russell-Tyler-Ruthton 26-0 in the Section 4C title game.

Head Coach Brad Holinka and his Raiders then ran into a buzzsaw in the form of the Chatfield Gophers in their state opener, and dropped a 49-13 decision. Chatfield then went on to win their second consecutive State Class C championship.

Another great season in the conference was highlighted by several tremendous players. Named to the Worthington Daily Globe All-Area team for Coach Holinka were QB Trent Kirchner, RB-DB Tom Aanenson, and OL Darin Henning from Fulda. Head Coach Brian Walker's RRC outfit landed QB Jesse Berg and L Luke Olson on the elite unit while RB-LB Israel Olson and G-LB Jared Rademacher were selected from longtime

mentor Wayne Heisinger's HLOL club. Also named to the squad were Garrett Spieker (WR-DB) and Glen Reisdorfer (RB-LB) from Adrian and Coach Randy Strand while first-year WWG Coach Mark Hall had Justin Schneider (E) and Brian Doom (FB) placed on the squad.

Fulda's Aanenson was also selected to play in

the State Prep All-Star Game as a member of the Outstate team.

Anticipate another entertaining, hard-hitting season in '96 as the aforementioned coaches plus crafty veterans Marty Skow of MLBO, Mike Naumann of SVRLB, and David Elle of MCC gear their troops for another interesting battle.

South Central Conference

By Frank Fredlund, St. Peter

The 1995 South Central Conference was another competitive season of football. St. Peter beat Fairmont, Blue Earth Area defeated St. Peter, and Fairmont beat Blue Earth to make a 5 and 1 record, thus a three-way tie for the conference championship. Blue Earth avenged its defeat, beating Fairmont in the Section II A playoffs and St. Peter got back at Blue Earth winning 20 to 6 for a Section II A championship.

St. Peter led the conference in points scored and total yards, while Blue Earth's fine defense was first in points allowed and yards given up. For the second straight year Waseca led the conference in passing yardage with their run and shoot offense.

The South Central was loaded with many fine players. Statistical leaders are as follows:

Rushing: Kruger, St. Peter.

Passing: Schmidt, Waseca.

Pass receptions: Conway: Waseca.

Punting: Tietje, Fairmont.

Punt returns, Sukalski, Blue Earth.

Kickoffs: Roberts, Blue Earth.

Kickoffs: Robertson, Blue Earth.

Kickoff returns: Selvig, New Ulm.

Pass interceptions: Gustafson, St. Peter.

Scoring: Schultze, Fairmont.

Total offensive yards: Olson, St. Peter.

Tackles: Mancell, Fairmont.

Brent Olson, who set St. Peter's all-time single season and career record in total yards gained, and led St. Peter to a runner-up in Class A, was selected to the Class A Academic All Star Team and the St. Paul Pioneer Press All-State Team. Ryan Gustafson, St. Peter's Junior defensive back who set the school record in interceptions, was named to the Associated Press All State Team.

Fairmont's John Mancell, who led the conference the last year in defensive points, and Brent Olson of St. Peter, will represent the South Central on the Outstate All-Star Team. Mancell will play his college football at Yale.

After 25 years coaching football, the last 10 as head coach, St. James Jerry Johnson retired from football and Assistant Coach Scott Allen will be taking over the helm. The South Central coaches congratulate Jerry on a job well done. Jerry's team won the conference out-right in 1992.

1995 FINAL STANDINGS

St. Peter	5-1
Blue Earth	5-1
Fairmont	5-1
Waseca	3-3
St. James	2-4
New Ulm	1-5
United So. Central	0-6



Brent Olson, St. Peter quarterback, picks up a nice gain against Totino Grace in the state Class A semi-finals won by St. Peter 22-7.

Prairie Conference North

The Prairie Conference North came about through a merger with the Prairie Conference and the Park Region Conference. When the two conferences came together, seven schools from the Prairie and six from the Park Region, the conference was split into two sections. A north half and a south half. Browerville and Eagle Valley came up to join Bertha-Hewitt, New York Mills, Parkers Prairie, Sebeka, and Menahga. Brandon-Evansville, a former Park Region team, went to the Prairie South.

The new conference proved to be very competitive throughout the season. Browerville, under the leadership of Gary Graham, looked to be the pre-season favorite coming off a 10-2 season in 1994. Bertha-Hewitt also appeared to be a strong contender as Head Coach Tom Trisko took his senior dominated Bears into the season with high hopes. New York Mills, with Matt Radneki at the helm, planned on contending for the championship as well. The Menahga Braves brought former Park Rapids coach Andy McCarty out of retirement to hopefully give them a new look and a more competitive team. John Sieling's Eagle Valley Rebels had big expectations, with a talented back field. The Parkers Prairie Panthers and Head Coach Dean Yocum had a young squad with the ability to make the big play. And finally, the Sebeka Trojans under the direction of Al Erickson hoped to see some improvement as well as the season progressed.

The first week, though no conference games were scheduled, proved to be very interesting as teams tried to establish themselves and get off to a quick start. There were several key matchups the first week. One was Browerville vs. Swanville. The game was a rematch of the conference championship from a year ago. This time, however, it was Browerville getting revenge with a 20-7 decision. This week would also see the New York Mills Eagles come from 12 points down in the second half to defeat Kerkhoven-Murdock-Sunburg 18-12. The Menahga Braves also took their season opener with an exciting 14-7 victory over Royalton.

In Week 2 conference play Bertha-Hewitt, fresh off a 48-21 win over Osakis, continued to put

points on the board as they downed Sebeka 51-14. Browerville came away with a hard fought win over Parkers Prairie 26-6. Menahga continued to roll with a 19-12 upset victory over Eagle Valley.

Week 3 saw two teams begin to emerge as dominant forces for contention of the conference championship. The Tigers of Browerville thumped the Menahga Braves 39-7. While Bertha-Hewitt won a tough battle over the Eagles of New York Mills 21-0. At this point, it looked as though it would be a two team race.

In the fourth week, Browerville continued to roll with a 27-3 win over Sebeka. New York Mills got back on the winning track with a 20-7 win over Eagle Valley. Menahga came up with another win as they downed Parkers Prairie 12-0.

As week five ended the stage was set for a Browerville-Bertha-Hewitt show down. The Tigers edged New York Mills 16-7 in a defensive battle. The Bears with their offense still rolling handed Eagle Valley a 48-12 defeat. In another game, Parkers Prairie downed Sebeka 20-6 for their first win of the season.

So week six was the showdown for the two conference leaders. The game was played in Bertha, the weather was very wet, but it didn't seem to dampen the spirit of the fans as it was a packed house by 7:00 p.m. Browerville took an early 7-0 lead but the Bears came storming back to score 27 unanswered points enroute to a 27-7 win. In other action, New York Mills defeated Parkers Prairie 33-0 and Menahga downed Sebeka 20-8.

In week 7 the weather conditions continued to be miserable. This time wind and freezing rain made it difficult for offenses to maneuver. This was a big advantage for Parkers Prairie as they attempted to upset the Bears of Bertha-Hewitt. In the end, though, the Bears came away with a 26-6 victory. It was a similar situation in Browerville as the Tigers eventually prevailed with a 33-2 win over the rival Rebels from Eagle Valley. In addition, New York Mills handed Menahga a 18-0 defeat in equally sloppy conditions.

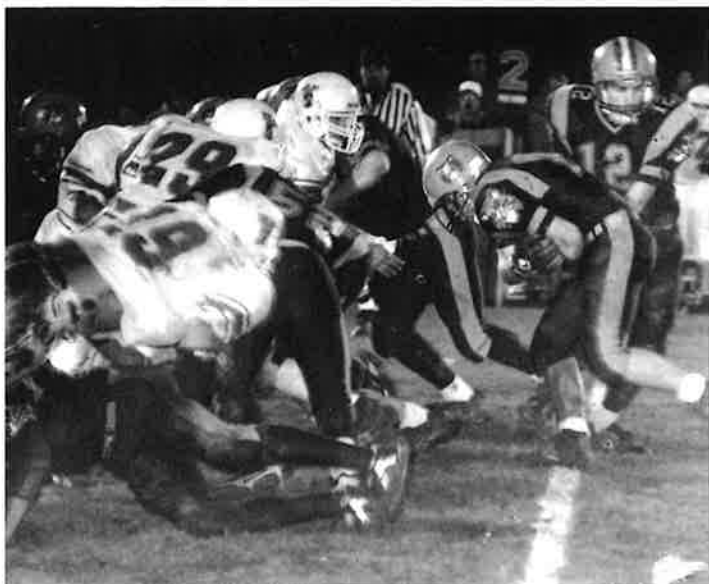
As the inclement weather continued in Week 8, Menahga traveled to Bertha in an attempt to knock down the Bears. The attempt was unsuccessful as Bertha Hewitt handed Menahga a 43-14

loss. For the Bears it was their third consecutive conference championship. Other action saw New York Mills surviving a scare 12-6 from Sebeka and Eagle Valley ousted Parkers Prairie from the Section 6 play-offs with a 33-0 win.

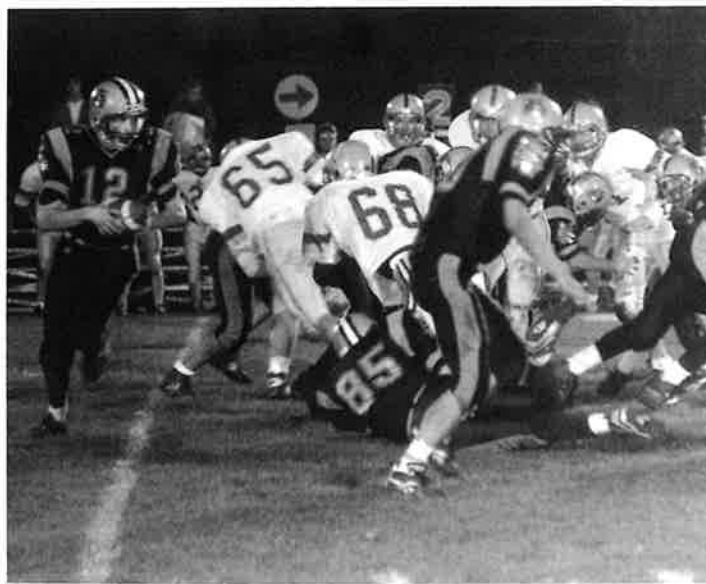
The conference competed well in the section play-offs. Browerville won Section 5 and ended up losing to Clearbrook-Gonvick in the quarter finals of the state play-offs. Bertha-Hewitt lost the

Section 6 final game to Hawley.

The conference looks to be even stronger for the 1996 season. Teams like Parker Prairie, Menahga, Sebeka and Eagle Valley fielded young teams in 1995. There is a good balance between teams and the rivalries are strong so 1996 should prove to be a very interesting year for the Prairie Conference North.



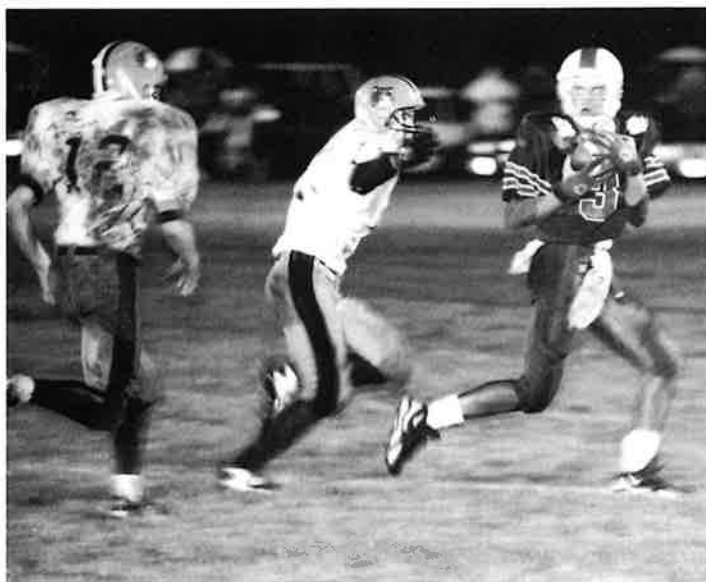
Browerville vs. Swanville - 1995 Section 5-C Semifinals at Browerville - October 28. #12 Jason Noska handing to #20 Karl Keller.



Browerville vs. Brandon Evansville - October 13 at Browerville. #12 Jason Noska starts around end behind a block by #85 Kevin Zetah.



#34 Josh Hennagir breaks into the open for the Bertha-Hewitt Bears in a game against the Menahga Braves. #46 Luke Makola and #66 Eric Hendrickson are in pursuit.



In the Conference Championship game between Bertha-Hewitt and Browerville, Mike Wirth #3 for the Bears hauls in a big pass reception as #12 Jason Noska pursues.

Minnesota River Conference

By Terry Turek

The MRC title race went right down to the last regular season game with three teams having a chance of sharing the championship. LeSueur-Henderson, Belle Plaine and Sibley East all entered the last game with title hopes on their minds. LSH had clinched at least a tie going into the last game, while Belle Plaine could get a share by defeating the Giants in their regular season "finale." Sibley East was just one game behind LSH in the standings. The Giants shutout the Tigers 12-0 in their matchup, while Jordan upset Sibley East.

In post season play the conference split into various sections. Le Center rebounded in Section 2C to win the title and gain a state playoff berth. The Wildcats under Head Coach Jerry Wallskog finished at 7-5. The year was also noteworthy for Wallskog as he was named Section 2C Coach of the Year and also won his 200th game of his career during the regular season. Jordan's win over Sibley East put the Hubmen into the playoffs and Jordan made the most of the opportunity by gaining second place in Section 5B. Belle Plaine, LeSueur-Henderson, and Mankato Loyola all advanced to their respective section semifinals before bowing out and Sibley East was defeated in

first round action in Section 4A.

The conference honored several individuals at the completion of the season. RB Ryan Hollom of Le Sueur-Henderson and RB/WR Mike Landkamer were named offensive co-MVPs for the MRC. Le Sueur-Henderson's Taylor Stockwell, DE/DT/C, was named lineman of the year for his efforts. And Terry Turek of LSH was honored as the conference coach of the year.

One last noteworthy aspect of the 1995 season was the retiring of Sibley East Head Coach Dave Main. Main steps down after having had many successful seasons at Gaylord and Sibley East. Main's Gaylord teams piled up numerous wins and Tomahawalk titles, while also winning three state championships under his leadership.

1995 Final Standings

	MRC	Overall
Le Sueur-Henderson	7-0	8-2
Sibley East	5-2	6-3
Belle Plaine	5-2	6-4
Mankato Loyola	4-3	5-5
LeCenter	3-4	7-5
Jordan	2-5	4-7
Montgomery	2-5	3-6
Norwood-YA	0-7	0-8

Missota Conference

It was another interesting year for the Missota Conference in 1995. Prior Lake won its first outright Missota title since 1970, and had to earn it by knocking off favorites Northfield and Hutchinson. The Lakers beat Northfield 14-9 in week four and in the regular season finale clinched the title with a 16-10 win over Hutchinson. Along with the conference crown, Prior Lake's John Bennett was named the Missota Conference Coach of the Year. Prior Lake finished 6-1 in the conference with its only league loss being a 28-27 setback at Red Wing. Red Wing, Northfield and Hutchinson tied for second behind Prior Lake in the league standings with 5-2 records. Two other pivotal Missota showdowns had Northfield knocking off Hutchinson 17-14 in the conference open-

er, and in a Missota finale Red Wing knocked off Northfield 14-13.

A feather in the hat to the Missota Conference was Northfield knocking off Menomonie, Wis., 17-14 in the season opener. Menomonie went on to win the Division II Wisconsin state championship. Though Northfield didn't win the conference title, the Raiders managed to advance to the state playoffs for the third consecutive year. In the sectional playoffs the Raiders got double revenge — blanking Red Wing (17-0) in the 1A semi-finals before avenging Prior Lake (31-0) in the 1A championship. At the state quarter-finals Northfield beat Virginia 27-2, then lost 32-26 to Detroit Lakes in the state semi-finals. It was the third consecutive year Northfield ended its season

with a loss to the state champion. Detroit Lakes went on to win in the Class A Prep Bowl 30-15 over St. Peter.

Several Minnesota football players were also recognized throughout the state and the Twin Cities metro area in 1995. Northfield's Rusty Klamm (Sr., NG) earned first-team all-metro and honorable mention all-state, and Sean Stanchina (Sr., K) earned AP all-state; Hutchinson's Josh Schlueter (Sr., LB) earned first-team all-metro and honorable mention all-state; Red Wing's Nate Sundberg (Jr., RB) earned honorable mention all-state; and Prior Lake's Jay Kocon (Jr., QB) was named honorable mention all-state.

Final Minnesota Conference statistics for 1995 had

Prior Lake ranking first in team offense and Hutchinson first in team defense. The top three skilled athletes in the Minnesota were all from Red Wing — Nate Sundberg in rushing (168 carries, 1,005 yards), Paul Hartmann in passing (828 yards), and Paul Riedner in receiving (24 receptions, 436 yards).

Other notes: Dan O'Brien resigned after 14 seasons as the head coach at New Prague. O'Brien's highlight was coaching the Trojans to the Class A State Championship in 1985. Jerry Miller, who coached Benilde-St. Margaret's seven seasons from 1987 through 1993, passed away this winter.

Big Nine Conference

The Big Nine Conference proved once again it is one of the best leagues in the state. In 1995 the conference champion Rochester Mayo Spartans advanced all the way to the state championship game before succumbing to the Stillwater Ponies.

The Dean of Coaches in the league is stepping down and won't be roaming the sidelines in 1996. Owatonna Head Coach Jerry Peterson opted to give up his coaching duties. Coach Peterson was just 11 wins away from the 200 career win mark. He finished his illustrious career with a mark of 189-104-2. The Huskies 1995 3-6 record snapped an amazing 18 consecutive winning seasons for the Owatonna varsity football program. When this program went to press a replacement had not been named.

Individually, Faribault's Curt Krenzke led the conference in rushing with 962 yards on 134 carries and crossed the goal line 13 times. Winona's Jeff Harrington completed just about 50 percent of his passes for 973 yards and 9 touchdowns to lead the league. Winhawk Matt Juaire led the conference in receptions with 29 for 527 yards. The Big Nine scoring leader was Krenzke with 98 points and John Marshall's Adam Beneke was 16 for 16 on extra points and booted a 43 yard field goal. Mayo's Jeff Robb was the league's best

punter, averaging 37.4 yards a kick. Albert Lea's Steve Nolander was the most successful thief with 5 interceptions and Austin's Bryan Scheidt sacked the quarterback 5.5 times in 7 conference games!

Faribault led the league in points scored with an average of 26.4 and Mayo's defense was the stingiest, giving up just 11.1 points per conference outing. Faribault led the league in total offense and rushing offense, while Winona had the league's best passing game. Mayo led the conference in total defense and rushing defense, allowing just 10 touchdowns in league play!

Expect another war in 1996!

1995 STANDINGS

Rochester Mayo	6-1
Albert Lea Tigers	6-2
Rochester John Marshall	4-3
Austin Packers	4-3
Faribault Falcons	4-3
Owatonna Huskies	3-4
Winona Winhawks	3-4
Mankato East	2-5
Mankato West	0-7

Southern Independent Confederacy

By Dave Krenik

LeRoy-Ostrander	8-0
Hills-Beaver Creek	7-1
Edgerton	6-2
Grand Meadow	5-3
Glenville-Emmons	4-4
Cleveland	3-5
Lyle	3-5
St. Clair	3-5
Ellsworth	1-7
Alden-Conger	0-8

LeRoy-Ostrander took top honors in the Southern Independent Confederacy in 1995. Stan Olsen's team dominated the regular season averaging 45.3 points per game, while allowing only 5. LeRoy-Ostrander also represented Section 1 in the Nine-Man state finals. LeRoy-Ostrander beat rival Hills-Beaver Creek 21-20 in a great section championship game, that went down to the final play.

Corey Johnson of Edgerton was the "Back of

the Year" while scoring 164 points and gaining 1,410 yards in 8 conference games. Collin Leuthold of Hills-Beaver Creek was named "Lineman of the Year" for his dominant play. Matt Metzger of H-BC lead the conference with 824 yards passing and Ryan Losinski of Cleveland lead all receivers with 422 yards. Stan Olsen of L-O was voted "Coach of the Year."

1996 should be a great year for the conference. Medford and Granada-Huntley East Chain-Martin Luther will be added to the conference giving it 12 teams and 2 divisions for the first time. This will be John Gross' Medford Tigers first venture into 9-man football. John has been assured that the game still comes down to blocking and tackling. GHEC-ML has played 9-Man football in the past.

LeRoy-Ostrander will again be the team to beat in the East division while the West division appears to be wide open with four teams having a shot at the title.

Hiawatha Valley League - Gold Division

In 1995 the Gold Division of the HVL consisted of Byron, Pine Island, Hayfield, Kenyon-Wanamingo, Triton, and Zumbrota-Mazeppa. Triton, with All-State Quarterback Kirk Midthun leading the way, proved to be the class of the conference as they breezed to a perfect 8-0 regular season mark. Triton easily won Section 2B while Zumbrota-Mazeppa finished in the runner-up spot in Section 1B, losing to Kingsland in the section finals. Triton eventually lost to Kingsland in the state semifinals. Because of their great success, Triton Head Coach Don Henderson was named HVL Conference Coach of the Year and also was named Section 2B Coach of the Year.

In 1996, we will see a major change in the HVL as long-time Pine Island Head Coach Willie Rauen will be stepping down. Taking over the helm at PI in 1996 will be long-time assistant coach Dean Krambeer. Rauen graduated from Adams High School and Winona State and took over as football coach at Wykoff in 1964. He moved on to Mabel-Canton in 1967 and then to Pine Island in

1971, spending the last 25 seasons coaching the Panthers.

During his time at PI the Panthers won conference titles in 1975, '79, '80, '81, '82, '86, '88, '89, '90, '91 and '92. They also won section titles in 1987 and 1992, and he was named Class B Coach of the Year in 1992. Willie leaves the coaching ranks with an overall record of 178-120-2.

Congratulations to Willie on a great career and thanks to him for taking the time to influence so many young lives.

HVL Gold 1995

	Conf.	Overall
Triton	5-0	12-1
Zumbrota-Mazeppa	4-1	8-3
Hayfield	2-3	3-6
Kenyon-Wanamingo	2-3	3-6
Pine Island	2-3	3-6
Byron	0-5	0-8

Great River Conference

Ed Melcher's Braham Bombers won their second straight Great River Conference title. The Bombers finished the conference and the regular season undefeated. They also won the Section 3C title and advanced to the state semi-finals before losing to the Class C State Champions Chatfield 20 to 0.

Coach Melcher was named the Great River Conference Coach of the Year and also selected as Section 3 Coach of the Year. Coach Terry Bodeen, Melcher's longtime assistant, was honored by receiving the prestigious Butch Nash Award.

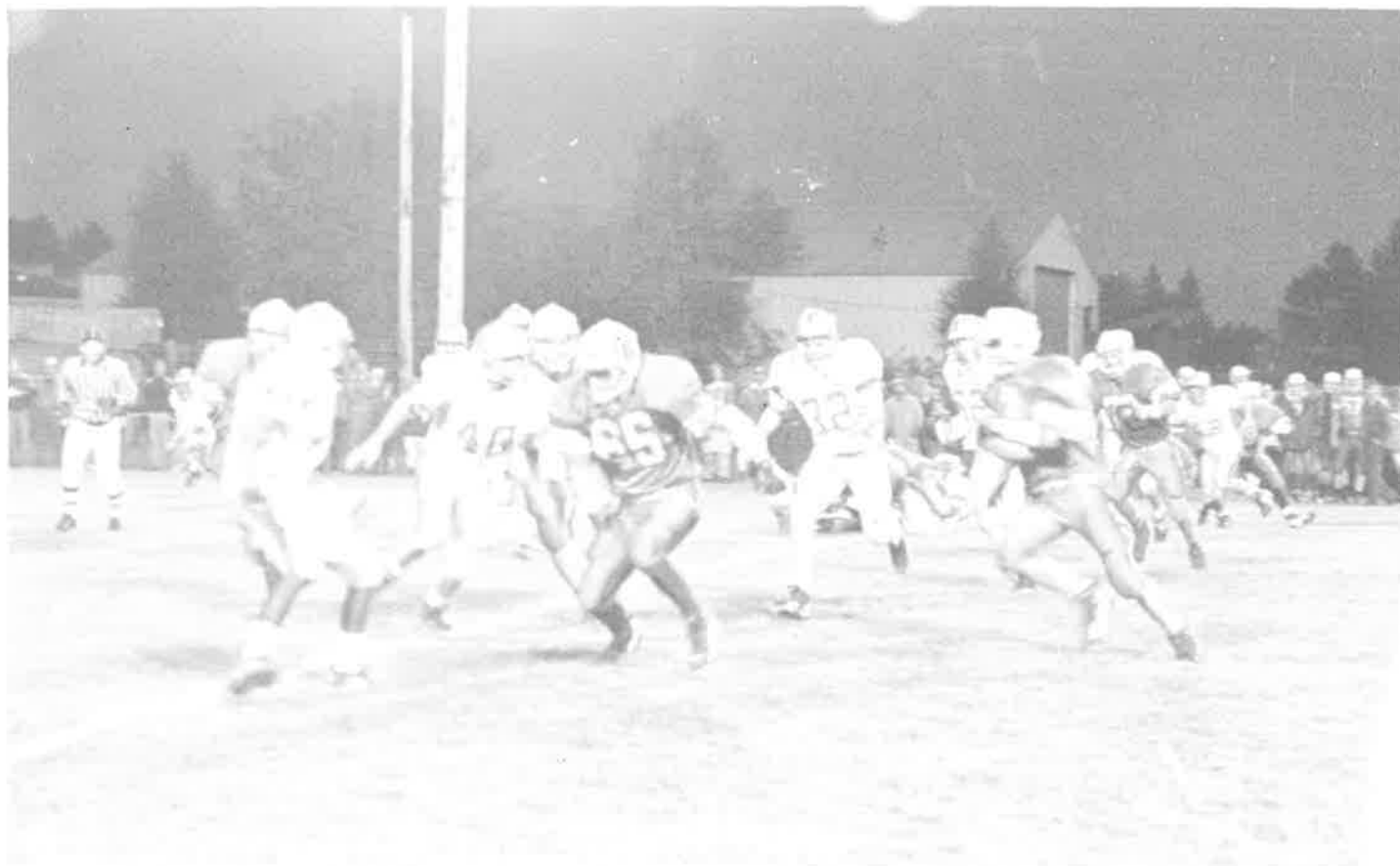
In winning the conference championship, the Bombers led the conference in rushing offense and total offense. The Hinckley-Finlayson Jaguars were the top passing team. On the defense side, the East Central Eagles led the conference in rushing defense and total defense. The Jaguars were the top defensive team against the pass.

The East Central Eagles team was the Class B Section 7 academic champion. The Great River Conference had three players named to the All-State Academic Team: Braham's Willi Pung and Jason Melcher on the Class C team and Neil Nye from East Central on the Class B team.

Willi Pung received all-state honors for his outstanding play at linebacker. Willi Pung was named the MVP of the league. The offensive players of the year were Jason Melcher of Braham and Andy Osterdyk of Mille Lacs. Ogilvie's Lucas tenCate was the defensive player of the year.

1995 Final Standings

Braham Bombers	6-0
Aitkin Gobblers	4-2
East Central Eagles	4-2
Ogilvie Lions	4-2
Mille Lacs Raiders	2-4
Hinckley/Finlayson Jaguars	1-5
Rush City Tigers	0-6



Braham's Guard Kelly Longren (#66) leads Jason Melcher on a sweep as East Central's Harding, Volk and Laursen close for the tackle.

North Suburban Conference

By Dave Frisell, Head Coach, Saint Francis High School

The 1995 season was very competitive in the North Suburban Conference, but one team stood out when the final records were posted. Totino-Grace, led by Head Coach Dave Nigon, finished the conference season unbeaten and went on to have a great deal of success in the post-season. The Eagles advanced to the semi-finals at the Metrodome before falling to the St. Peter Saints. Although the Eagles didn't win the Class A title, Coach Nigon had a very memorable 25th season, posting his 200th career victory along the way.

The rest of the league was very balanced and very competitive. Buffalo, led by Gerard Rohl, and Spring Lake Park, led by Jeff Schlieff, finished in a tie for second with 5-2 records. An improved St. Francis squad tied for fourth with Centennial at 3-4. Fridley, Monticello, and Columbia Heights were all very tough in the league as well.



#7 Brian Litecky hands off to #22 Trent Jude behind the block of #33 Adam Snegosky. St. Peter pursuers are #75 David Ferrington and #62 Jesse Anderson in State Class A semi-final game won by St. Peter 22-7.

The conference boasted some outstanding players as well. Phil Miller and Robbie Holmquist led Buffalo. Nate Schwieger was a standout for Spring Lake Park. Jeff Thompson, Adam Bunge, Brian Litecky, and Trent Jude led Totino-Grace to their conference title. Other notables were Jason Demars from Columbia Heights, Scott Solinger from St. Francis, and Ken Johnson from Centennial.

The North Suburban Conference was very strong in 1995 with Totino-Grace advancing to the Class A semi-finals and Spring Lake Park falling one game short of the state tournament. 1996 should be another exciting, competitive year with the addition of Cambridge and Irondale to the conference. What was a strong conference should become even stronger.



#88 Joe Loftus, #6 Joe Lopez, #32 Tom Klint and #70 Adam Bunge chase St. Peter quarterback #4 Brent Olson. #34 Andy Kruger blocks downfield in State Class A semi-finals action.

North Tri-County Conference

The 1995 season was another outstanding year for Clearbrook/Gonvick. The Bears won their fourth straight title with a perfect 7-0 record. Fisher/Climax's Ryan Evenson was selected as MVP back of the year, Jereme Budish, Clearbrook/Gonvick, MVP lineman, and Rod Haugen, Fisher/Climax, coach of the year.

The North Tri-County is a 9-man conference made up of the following schools: Clearbrook/Gonvick, Kelliher/Northome, Win-E-Mac, Norman County East, Norman County West, Ulen-Hitterdal, Red Lake and Fisher/Climax.

Because of their enrollments, three of these teams played in the Class C play-offs. The Bears were one of these teams. They defeated Badger/Greenbush-Middle River 36-6 in the first round of Section 8C. They then went on to defeat top seeded Red Lake Falls 30-12.

The Bears beat Fosston 26-7 for the Section 8C title, and defeated Browerville in the state quarter finals, before losing to Hawley in the semi finals. The Bears finished with their best record ever at 12-1 and went undefeated in regular season for the fourth straight year.

Central Lakes Conference

The 1995-96 football season for the Central Lakes Conference was hard fought and balanced as St. Cloud Apollo captured its first conference championship in school history.

Behind the running of Dave Bakker and Andy Thyen, the Apollo Eagles dominated the offensive statistics. Bakker rushed for 909 yards while Thyen added 674 yards. Apollo's offense racked up 2,032 total offensive yards. Like the offense, Apollo's defense was equally tough as linebackers Dave Rainler and Andy Thyen helped the defense give up only 49 points throughout the season.

The Alexandria Cardinals showed once again why they were contending for the conference championship. With the strong offense and defensive line play, the Cardinals ranked high on the conference stats. Outstanding athlete and Quarterback Chad Harker led the offensive attack and Linebacker Mitch Sumstad paced the Alex defense, second best in the conference.

St. Cloud Tech's strong defensive play helped the Tigers tie for second in the conference with Alexandria. Quarterback Sam Bugbee and Fullback Grant Christy were the key ingredients offensively, while Linebacker Curt Dumonceaux contributed 58 tackles for the defense. Tech's seven fumble recoveries and 10 interceptions ranked them number one with Sartell in takeaways.

Brainerd's defense claimed the number one spot in the conference as they only gave up 1,121 total

yards during the season. Defensive Back Chad Bertram and linebackers Jade O'Brian and Chris Stude anchored Brainerd's tough defense.

Other outstanding individual performances in the conference were by Brainerd's running back Brian Day with 539 yards and running back Dan Kliben of Little Falls with 647 yards. Sartell's Quarterback Steve Klaverkamp passed for 945 yards and rushed for 78 yards to lead the conference in quarterback statistics with 1,023 total yards. Rocori's Quarterback Gabe Dahl was second with 822 yards to his credit, while Joel Vettleson's linebacker play for Rocori took top honors in defense with 88 tackles.

CENTRAL LAKES CONFERENCE

St. Cloud Apollo	6-1
Alexandria	5-2
St. Cloud Tech	5-2
Brainerd	4-3
Willmar	4-3
Sartell	3-4
Little Falls	1-6
Rocori	0-7



Alexandria players making the tackle against Columbia Heights are #55 Mitch Sumstad, #13 Blair Hovel, and #68 Mike Grussing, with #54 Doug Schultz in pursuit. The ball carrier for Columbia Heights is #21 Ken Risvold who took the handoff from QB #1 Jason Demars.



#33 Aaron Crowser - Alexandria's All-State linebacker-fullback carries the ball against Minnetonka in the Section 8AA playoff game in the snow. Blocking for Alexandria is all conference tight end, #83 Ben Miller. Defending for Minnetonka is #71 Jakob Kuppe, and #29 Rob Larue.

Twin Cities Suburban-East Conference

The 1995 season was another outstanding year for football in the Twin Cities Suburban-East Conference. The East Division is comprised of seven schools. TCSC East members are Forest Lake, Hill-Murray, Irondale, Roseville, Mounds View, Stillwater and White Bear Lake.

The TCSC-East produced the Class AA State Champion, the Stillwater Ponies. Enroute to the State championship, Stillwater won its fourth consecutive Conference championship and the Section 2AA crown. The Ponies finished with a perfect 14-0 record under "Gentleman" George Thole.

Offensively Stillwater led the league in scoring with 279 points, followed by White Bear with 227 points. The league's best offense belonged to the Hill-Murray Pioneers (359.3 per game) followed by Stillwater (332.9 per game). White Bear Lake led the TCSC-East in rushing (2,316 yards) followed by Stillwater (2,144 yards). Hill-Murray had the top passing offense (2,113 yards) followed by Irondale (876 yards).

Defensively Stillwater led the league in total defense (157.8 per game) followed by White Bear (221.8 per game). Stillwater yielded only 18 points during the regular season. White Bear finished second giving up 114 in eight games. The top rush defense belonged to Stillwater (727 yards) followed by White Bear (889 yards). Stillwater also had the top pass defense (535 yards) followed by Hill-Murray (600 yards).



Stillwater Assistant Coaches Gary Gustafson (left) and Scot Hoffman gives words of wisdom to their players during a 56-21 victory over Tartan.

Many outstanding individuals show-cased their talents in 1995. Stillwater's Aaron Runk was the most valuable offensive player in the East. Runk led the league in scoring (92 points) followed by Jeff Rothmund (68 points) of Hill-Murray. Irondale's Brent Deutschman (927 yards) won the rushing crown followed by Runk (887 yards). Hill-Murray's Andy Persby was the top passer (2,113 yards) followed by Pat Meyer (712 yards) of Irondale. Hill-Murray had the top two receivers in the league—Tony Paquette (62 catches) and Nate



All-State defensive back Ryan Pletcher celebrates with his Stillwater fans after 31-7 victory over Rochester Mayo en route to 14-0 season.

Mauer (44 catches). Defensively Mounds View's Matt Swinney was selected as the most valuable defensive player in the East. Stillwater's George Thole was named the TCSC-East Coach of the Year.

Eight TCSC players played in the Minnesota High School All-Star Football game. Stillwater was represented by Ryan Pletcher and Ben Beaudet, Hill-Murray by Andy Persby and Tony Paquette, Forest Lake by Adam Haayer and Nick Altavilla, Mounds View by Matt Swinney and White Bear by John Schlecht.

Final Standings

Stillwater	6-0	14-0
White Bear Lake	5-1	6-3
Mounds View	4-2	6-4
Hill-Murray	3-3	6-5
Forest Lake	2-4	3-6
Roseville	1-5	2-7
Irondale	0-6	0-8

Change will once again occur in the Twin Cities Suburban Conference. The 1995 season was the finale of the East/West Division set up. The Twin Cities Suburban Conference will be arranged by school size. The National Division will include: Anoka, Blaine, Coon Rapids, Champlin Park, Forest Lake, Stillwater and White Bear Lake. The American Division will include: Elk River, Osseo, Park Center, Maple Grove, Mounds View, Roseville and Hill-Murray. Irondale goes back into the North Suburban Conference.

3-Year History of the Twin Cities Suburban-East

Stillwater	18-0
White Bear	14-4
Mounds View	10-8
Forest Lake	9-9
Irondale	5-13
Hill-Murray	5-13
Roseville	2-16

Sea-Range Conference

The 1995 season was another outstanding year for football in the Sea-Range Conference. Twelve conference teams began the year hoping to capture the conference trophy. There were many exciting games that were decided by less than a touchdown and in the closing minutes of the game. The Proctor Rails were able to emerge from the pack to win their fourth conference title in six years. The Rails finished 8-1 in conference play. International Falls and Duluth Denfeld were 7-2 and Virginia went 6-3. Cloquet and Crosby-Ironton also posted winning seasons in the conference.

Two outstanding players from the conference were named to the Minnesota High School All-Star Game. Guy Boysen of Proctor and Aaron Johnson of Cloquet were All-Star participants. Other outstanding players were Josh Watkins and Eric Nephew of Proctor, Justin Herriman and Scott Stromquist of International Falls, Brian Mooers and Jason Belich of Denfeld, Chris Ide and Jared Crep of Virginia, Steve Battaglia of Cloquet, Scott Roberts of C-I, Mike Lein of Mesabi East, Adam Egerdahl of Hermantown, Jeff Bright

of Two Harbors and Joe Drobnick of Eveleth-Gilbert. Aaron Johnson will go on to play Division 1 football at Ball State.

Frank Fabish of Virginia was selected as Sea Range Conference Coach of the Year. Two head coaches will be leaving coaching next season. Mark Redemske of Crosby-Ironton and Mike Zupetz of Mesabi East will be pursuing careers in educational administration. Frank Russ, long time assistant at Hermantown will also be retiring from coaching. Former head coach at Duluth Marshall, Daryl Illikainen, will join the Hermantown staff as an assistant and former Barnum head coach, Steve Brandt, will join the Cloquet staff.

Stuart Nordquist of International Falls and Dave Hylla of Proctor are nearing milestones in their coaching careers. Nordquist will be searching for his 200th career victory in the 1996 season. He has a coaching record of 195-89 while serving 22 years as head coach at International Falls and seven years at Adams. Hylla will be seeking his 100th victory and is currently 96-52 in 15 years at Proctor.

Gopher Conference

The Gopher Conference wrapped up its final year in football in 1995. Five Gopher Conference teams will join the 10-team Gopher/Valley Conference in 1996 with Medford opting to play nine-man football next season.

Jon Bakken's Waterville-Elysian-Morristown Buccaneers captured the Gopher Conference title again in 1995 with a perfect 5-0 record.

Bakken concluded his eighth season at WEM, and his teams have won the championship seven of those years. WEM finished 9-2 for the year, losing to Triton in the Section 3B championship.

Bakken has racked up a remarkable 82-19 record since he arrived at WEM, including 26-5 the last three years.

New Richland-Hartland-Ellendale-Geneva, Blooming Prairie and Faribault Academies all tied for second with 3-2 records.

WEM defeated NRHEG 12-0 and FBA 19-8 for its most important wins during the year.

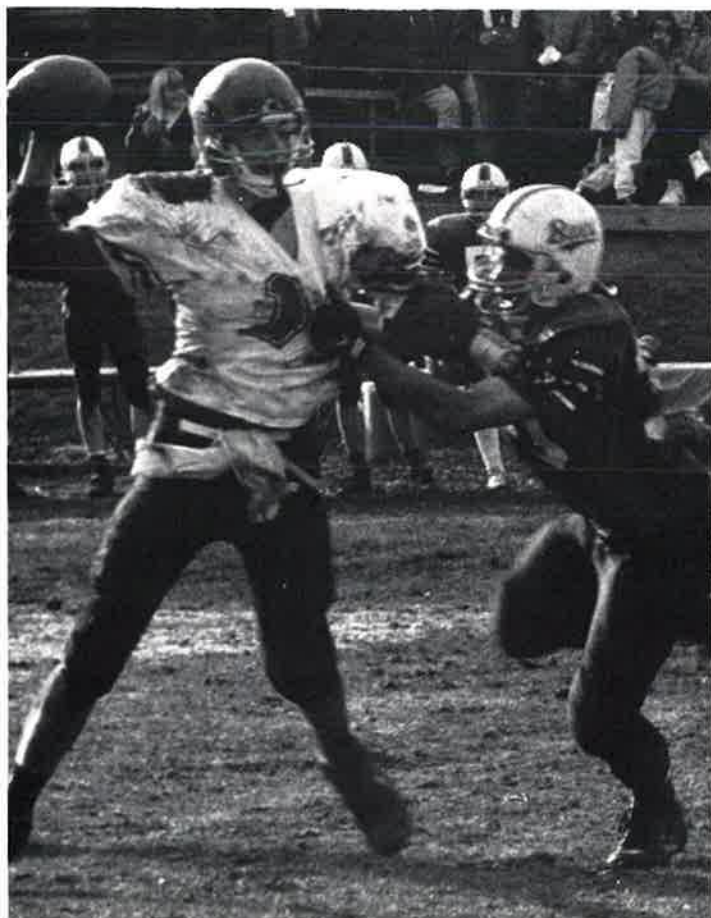
The three second place teams all qualified for the play-offs. NRHEG won its first round game before falling to Triton in the semifinals.

JWP finished a disappointing 1-4 in the conference. The Bulldogs were picked by many to contend for the title but injuries and a mediocre offense hurt the Bulldogs.

Medford was winless in conference play. The Tigers are the smallest school in the league and their lack of numbers hurt them late in most games.

1995 Standings

Waterville-Elysian-Morristown	5-0	7-1
New Richland-Hartland- Ellendale-Geneva	3-2	5-3
Bethlehem Academy-St. Mary's	3-2	4-4
Blooming Prairie	3-2	3-5
Janesville-Waldorf-Pemberton	1-4	3-5
Medford	0-5	1-7



Gopher Conference Action.



WEM quarterback Josh LaFrance is about to release a pass as Tobin Pope sets to block NHREG's Jeremy Holloper.

Twin Cities Suburban West Conference

By DeWayne Johnson

In 1995 the Twin Cities Conference was tough as usual. Anoka went undefeated in the conference play with a 6-0 record to win the conference title for the second straight year. Following close behind were Champlin Park and Blaine with 5-1 and 4-2 records respectively. Anoka finished the regular season with a 7-1 record with the only loss coming from Class AA State Champion Stillwater. Anoka finished the regular season rated third in the State AP Poll and Champlin Park received Honorable Mention.

In the playoffs, most of our conference goes through Section IV. Blaine played an excellent game in the section final to upset Anoka 29-22 and advance to the quarter finals. They played Rochester Mayo where they lost 28-7.

In conference stats, Anoka led offensively with points scored (27.9 points per game) and total offense averaging 340 yards per game. Champlin Park finished almost with the same at 340 yards per game.

On defense, Park Center led all defenses with the least yards per game (242.5). Anoka was second at 243.5 yards per game.

In the conference, Gamiel Hall, senior running

back from Champlin Park, was selected as the "Most Valuable Offensive Player." Scott Mattis, defensive end from Anoka, was chosen as the "Most Valuable Defensive Player." Tim Hermann, head coach at Champlin Park, was chosen as the "Conference Coach of the Year."

The following boys received All-State recognition for 1995: Dave Butler, Scott Mattis (Anoka), Mychal Greseth (Blaine), Tate Hermann (Champlin Park) and Matt George (Coon Rapids) were selected to this year's Metro All-Star Team. Tim Hermann, the head football coach at Champlin Park, was selected as an assistant coach for the Metro Team.

Twin Cities Suburban - West Final Standings

<u>School</u>	<u>Conference</u>	<u>Overall</u>
Anoka	6-0	7-1
Champlin Park	5-1	7-1
Blaine	4-2	5-3
Park Center	2-4	4-4
Osseo	2-4	2-6
Elk River	1-5	2-6
Coon Rapids	1-5	1-7



In a non-conference game Anoka lost to Stillwater (6-17). Anoka tacklers #34 Nick Eisinger, #31 (on the knees) Jason Kasick, in the background #44 Scott Mattis, #35 Matt Larson, the ball carrier is #7 Aaron Runk of Stillwater.



During the Anoka-Stillwater game (6-17) Aaron Runk #7 is being tackled by #34 Nick Eisinger, #44 Scott Mattis and #54 Mike Olson are in the background.

Valley Conference

The Valley Conference saw another dog fight for the conference crown in 1995. Maple River, GFW, Martin County West and Madelia/Truman were all in the hunt up until the last game of the season. Late season injuries did the Eagles of Maple River in while GFW lost two tough games to MCW and M/T by scores of 8-6 and 13-2 respectively. Always tough Springfield/Comfrey knocked off M/T in mid-season by a score of 24-12 as MCW went into the last game of the season one game ahead of the Jayhawks. M/T came away with a 24 to 14 win over the Mavericks to tie MCW for the 1995 Valley Conference Title.

M/T now has won the Valley crown outright or tied for the crown in five of the last six years — 1990, 1992, 1993, 1994 and 1995. Maple River won the Valley outright in 1991 while Martin County West has shared the title with M/T the last two seasons — 1994 and 1995.

GFW was the success story in the State Playoffs in 1995. The T-Birds took a 4 and 4 regular season record into Section 2A play and came up with three outstanding games to win the Section 2A crown for the third time in the last seven years. GFW defeated Maple River 28-6 in the first round and then in a defensive struggle got past number one seeded M/T by a score of 6-0 in the semi-

finals.

Meanwhile, MCW waltzed through their first and second round games over St. James and HLOL to move into the Section finals against GFW. On a cold and snowy November night the GFW T-Birds got past the MCW Mavericks by a score of 15 to 6 to claim the Section 2A title. A Valley Conference team has now won the Section 2A title the past three years with M/T winning the crown in 1993 and 1994.

1996 will again be a season of change for the Valley as the Gopher Conference and Valley Conference will have a shared football schedule. Tracy/Milroy/Balonton and Springfield/Comfrey will move on to join other conferences in 1996 while Maple River, Madelia/Truman, Martin County West, LCWM and GFW will pair up with five Gopher teams.

1995 Final Standings

Madelia/Truman	5-1	7-3
Martin County West	5-1	8-3
Gibbon/Fairfax/Winthrop	4-2	7-5
Maple River	3-3	4-5
Springfield/Comfrey	2-4	3-6
L.C.W.M.	1-5	2-6
Tracy/Milroy	0-6	1-7



GFW's Jeff Eckstein (80) breaks up a pass intended for M/T's Tim Baarson in Valley Conference action. Looking on is M/T's junior running back Barry Peterson (29). The T-Bird's tough defense led by LB Jason Schaefer and the late season running of junior Adam Bemmels got GFW into the State Playoffs in 1995. Photo by Bruce Lindquest.

Three Rivers Conference

The Three Rivers Conference in southeast Minnesota contributed two state champions in 1995. Both Chosen Valley of Chatfield and Kingsland High School of Spring Valley were state champs. Chatfield rolled through a tough conference schedule and then won the state Class C Championship for the second consecutive year. Kingsland went undefeated in conference play and went on to win the Class B State Championship.

The Three Rivers Conference may have established a record in having two state champs the same year.

The Kingsland Knights, under Coach Mike Holzer, rolled to 14 straight wins to claim their first state championship. Chatfield, coached by Ken Jacobson, won their second consecutive championship in Class C.

Other teams in the Three Rivers also had some success in '95. Plainview-Elgin-Millville finished the regular season 5-3 and competed in the Class A playoffs, losing a tough game to Red Wing. Lewiston-Altura finished third in the Three Rivers and completed the season at 5-4. Dover-Eyota managed to make it to the Section 1C championship game and finished at 6-5.

Over-All Records

Kingsland	14-0
Chatfield	12-2
Dover-Eyota	6-5
Plainview-Elg	5-4
Lewiston-Alt.	5-4
Wabasha-Kellog	3-6
St. Charles	2-6
Goodhue	0-8



Dan Howard (#74) gets a key block as #35 Matt Kolling rumbles for a gain against West Central in the state quarter finals.



Steve Vrieze (#79) and Ross Musel (#38) open a massive hole as Matt Kolling (#35) scores for Kingsland on their way to the Class B State Championship.



On a cold, windy day at Spring Valley #35 Matt Kolling powers his way for a touchdown against Winona Cotter in the Section 1B Final.



Doran Clark of Dover-Eyota wraps up #6 Jason Thieke of Chatfield in the final season game which Chatfield won 22-0.



Standing By In Sports

by Ralph Anderson

Just one school—Chatfield—repeated as a Minnesota State High School football champion on Friday, Nov. 24, at the Hubert H. Humphrey Metrodome in Minneapolis when titlists were named in five classes at Prep Bowl IV, sponsored by the Minnesota State High School League.

Chatfield, coached by Ken Jacobson, defeated Hawley 12-6 to capture the Minnesota Class C championship.

Other schools winning titles were:

Class AA—Stillwater, which won the school's fourth championship with a 31-7 conquest of Rochester Mayo.

Class A—Detroit Lakes, which won its third title in four years by defeating St. Peter, 30-15.

Class B—Kingsland, which turned back Breckenridge 22-3 in the title clash for the school's first-ever state crown.

Class 9-Man—Cromwell, which joined Kingsland as a first-time winner by defeating LeRoy-Ostrander 26-18.

Class AA—Stillwater 31, Rochester Mayo 7

(George Thole, Head Coach)

A touchdown on the final play of the first half lifted Stillwater's lead from 10-0 to 17-0 at the mid-point of the game and that was a key to the Ponies' 31-7 conquest of Rochester Mayo as the school completed a perfect 14-0 season.

Stillwater was sitting on a 10-0 lead and Mayo had the football in the closing seconds of the first half when a high snap got past Mayo quarterback Steve Graber. Kroy Johnson of Stillwater alertly picked up the ball and rambed 22 yards for a touchdown, Aaron Danielson kicked point and the Ponies led 17-0.

Just as important as the big play at the end of the first half was the stout defense put up by the winning Ponies, who limited Mayo to just 22 yards in the first two periods after the Rochester school had driven 50 yards on its first possession of the game before Stillwater's Ryan Pletcher intercepted a pass and

returned it the Mayo 31.

Aaron Runk, who gained 58 yards in 16 carries, scored three touchdowns for the Ponies and Danielson added an 18-yard field goal in addition to kicking four extra points by placement.

Mayo avoided a shutout when Tom Prow returned a fumble 31 yards for the final touchdown of the game.

Stillwater, making its sixth appearance in a state championship game, won its four state title, with other Class AA crowns being achieved in 1975, 1982 and 1989.

Mayo played without the services of two key players. Defensive end Nick Tietjen was sidelined with a broken leg suffered in his team's semi-final win over Cambridge and punter-kicker Jeff Robb missed the game after being injured in a car accident six days before the championship clash.

Mayo completed the season with a 12-2 record.

Class A—Detroit Lakes 30, St. Peter 15

(Rick Manke, Head Coach)

Scoring 14 points in the first two minutes, Detroit Lakes High School went on to topple the St. Peter Saints 30-15 in the Class A championship clash.

Senior runningback Craig Fredrickson of the Lakers returned the game's opening kickoff 93 yards for a touchdown, Nick Hagedorn kicked point and the Lakers led 7-0 before many of the spectators had settled in their seats. Fredrickson's return broke the old Prep Bowl record of 91 yards which was set by Charlie Nelson of Perham High School in the 1989 Class B championship game.

Sitting on the quick 7-0 lead, Detroit Lakes quickly got the football back when St. Peter fumbled on its first play from scrimmage and the Lakers' Joe Skaaland. Quarterback Todd Steinmetz scored from four yards out to cap a short drive, Hagedorn added his second PAT and it was 14-0 for Detroit Lakes.

A 32-yard Hagedorn field goal gave the Lakers a 17-0 lead in the second period, but—before the half

ended—St. Peter drew within 10 points on a touchdown by Brent Olson and an extra point by Joe Kern. The Saints cut deeper into the Laker lead in the third quarter on a 15-yard run by Andy Kruger and then got a two-point conversion to make it 17-15.

Detroit Lakes, however, pulled ahead 23-15 when Josh Keyes ran five yards for a score after Steinmetz and Justin Wood had hooked up on a clutch fourth down play to get a first down.



Craig
Fredrickson

Ken
Jacobson

Blaise
Larson

Dan
Kostich

Keyes, an all-state linebacker for the Lakers who is headed to the University of North Dakota (UND), put the capper on the decision when he intercepted a St. Peter pass and returned it 13 yards for the final score of the game in the closing moments and Hagedorn kicked point to make it 30-15.

Detroit Lakes, which won its third Class A title (the previous titles were earned in 1992 and in 1993), finished 14-0 on the season and was led in the rushing department by Steinmetz, who gained 137 yards in 28 carries. His older brother (Toby) quarterbacked the Laker championship teams of 1992-93.

St. Peter ended the season with a 12-2 record.

Class B—Kingsland 22, Breckenridge 3

(Mike Holzer, Head Coach)

Making the school's first ever state football tournament appearance, the Kingsland Knights made it a championship one by turning back the Breckenridge Cowboys 22-3 to capture the state's Class B title.

The Knights, who were 5-36 during the 1990-94 era, trailed early after a 25-yard field goal by Breckenridge's Jeremy Breuer, but built up a 16-3 half-time advantage and then scored their final touchdown in the third quarter.

A week before defeating Breckenridge, Kingsland (Spring Valley-Wykoff) had rolled to a 35-6 triumph over Triton, the defending Class B champion.

Trenton Hyland and Matt Kolling were the big guns on offense for the winning Knights.

Hyland ran 14 yards for one score and intercepted a Breckenridge pass and returned it 36 yards for another, while Kolling gained 126 yards by rushing, ran for one score and caught a pass from Hyland for a two-point conversion. For the season, Kolling rushed for

1,912 yards and scored 24 touchdowns.

Breckenridge finished the season with a 10-4 overall record.

Class C—Chatfield 12, Hawley 6

(Ken Jacobson, Head Coach)

Chatfield's Gophers became the only school to repeat for a Minnesota football championship in 1995 with their 12-6 victory over the Hawley Nuggets.

The Gophers displayed a strong running game and a stifling defense in turning back the Nuggets.

Craig Scrabeck gained 77 yards in 16 carries and Luke Thieke gained 62 yards in 21 carries and tallied both of his team's touchdowns in leading Chatfield to victory.

Winning Chatfield led 6-0 at the half and then drove 62 yards in 15 plays to score a touchdown in its first possession of the second half.

Hawley cut the lead to 12-6 on a 1-yard run by Casey Marshall, but the Nuggets were unable to score again. Marshall, who gained 79 yards in 22 carries, rushed for 1,988 yards on the season and tallied 23 touchdowns.

Chatfield finished the year with a 12-2 record and Hawley—which made its first appearance in a state championship game—completed 1995 with a 13-1 record.

Class 9—Man—Cromwell 26, LeRoy-Ostrander 18

(Keith Bergstedt, Head Coach)

A fourth quarter rally propelled the Cromwell Cardinals to a 26-18 victory over the LeRoy-Ostrander Cardinals and the Minnesota Class 9-Man Football Tournament championship.

Cromwell trailed 18-12 when LeRoy-Ostrander's Nick Rich scored on a five-yard run with 10:06 remaining, but then rallied and scored 14 points to gain the victory.

Tyler Holmstad tallied on a four-yard run and Dean Nyberg passed to James Anderson for a two-point conversion to give Cromwell a 20-18 edge and the winning Cardinals added an insurance score when Nyberg ran seven yards in the final minute.

Ryan Olesiak, who gained 141 yards and scored on a 53-yard run, led winning Cromwell in the rushing department as the Cardinals finished with a perfect 13-0 record on the season. Olesiak also passed to Nyberg for Cromwell's first touchdown.

LeRoy-Ostrander, which finished 12-1, got its first touchdown on a four-yard run by Josh Harrington and added three more points on a 23-yard field goal by Frank Streit.

Attendance up at All-Star Football Game

Attendance was better than in previous years on Saturday, June 29, when the Minnesota High School All-Star Football Game was played at Macalester



Paul Winter of West Central (white jersey) was driven out of bounds by Jeff Tarnowski of Wayzata as this photo was taken in a punt return situation in the first period of the 1996 Minnesota High School All Star Football Game at Macalester Stadium in St. Paul on Saturday, June 29. Rick Manke, head coach at Detroit Lakes High School and head coach of the Outstate team, watches at the left. The Outstate team posted a 10-8 win to give the Outstater a 9-8 lead over the Metro in the all-time series.

College Stadium in St. Paul.

The game found the Outstate team posting a 10-8 victory over the Metro squad and that gave the Outstater a 9-8 advantage over their Metro counterparts in the series.

A 61-yard pass play from Andy Persby of Hill Murray to Nino Zezza of Mahtomedi gave the Metro a 6-3 lead at the half. That TD overcame a 27-yard field goal by Outstater Mike Pavlovich of Delano.

Red Lake Falls High School all-around athlete Blaise Larson ran five yards for a touchdown to cap a long drive at the outset of the second half and Pavlovich's PAT made it 10-6 for the Outstate.

The Metro team got a safety in the fourth period to cut the lead to 10-8 and had a drive ended late in the

game when Outstater Mike Foster of Northfield and Jerod Thompson of Zumbrota-Mazeppa tackled Persby on a fourth down play to give the Outstate team possession.

Rick Manke, head football coach at Detroit Lakes High School, directed the Outstate squad, while the head coach of the Metro team was Dave Faust of Henry Sibley.

MSHSCA board to meet with football coaches

Members of the board of the Minnesota State High School Coaches Association (MSHSCA) will meet with officials of the state football coaches' association to re-evaluate the football clinic which was held in connection with the 1996 Minnesota All-Star Football

Game, according to John Erickson of Detroit Lakes, clinic secretary for the MSHSCA.

Erickson, who recently replaced Howard Emerson as the clinic secretary, said that attendance for the football clinic in June was "poor" and added that an assessment of the clinic situation is needed.

The MSHSL board will seek input from Jim Dotseth of Minneapolis Patrick Henry, chairman of the All-Star Football Game; Ken Baumann of Mahanomen, president of the football coaches group, and Jim Simser of Fairmont, secretary of the football coaches.

Expected to sit in on the meetings as representatives of the MSHSCA board—in addition to Erickson—are Darien DeRocher of Brainerd, the executive secretary; Keith Swanson of West Central, Tim Dittberner of South St. Paul and Leo Jacobson of Park Rapids.

It is Erickson's opinion that the June date for the All-Star Football Game will be continued, although he said he was somewhat puzzled by the lack of attendance at the clinic which preceded the game.

Simser said he was "very pleased" by the attendance at the game and called the move to playing it earlier "very positive" from that standpoint.



John
Erickson



Leo
Jacobson



Darien
DeRocher



Jim
Simser

"In the past, it seems we have had a problem by not having everyone selected to the all-star rosters at the game due to the fact that a number of colleges wanted to bring in their recruits early or, in some cases, running into a conflict with district American Legion baseball tournaments," Simser pointed out. "The earlier date for the game allowed everyone named to the squads being available."

State football tourney change adopted

Things will change on the Minnesota State High School Football Tournament scene in the fall of 1997.

The tournament, sponsored by the Minnesota State High School League (MSHSL), will switch from a five-class tourney to a six-class tourney following action

taken by the board of directors of the MSHSL.

Schools in Minnesota have competed in five classes—AA, A, B, C and 9-Man—ever since the football tournament format was introduced in 1972.

Based on enrollment data, the 1997 tournament will have 47 schools in Class 5A, 58 in Class 4A, 74 in Class 3A, 75 in Class 2A, 75 in Class 1A and 53 in Class 9-Man.

There will be a change in format for the 1996 tournament, with the football semi-final games to be played at the Metrodome in Minneapolis on Thursday and Friday, Nov. 14-15, and the Prep Bowl to be held on Friday, Nov. 29, which gives the semi-final survivors two weeks to prepare for the championship round of games.

Coaching changes

* **ST. JAMES**—Jerry Johnson, head coach of the Saints for 25 years, has resigned his grid duties and has been replaced by Scott Allen, former "C" squad football coach at the school and a member of the Saints' staff for three years. Johnson will continue to be head softball coach.

* **OWATONNA**—After a 30-year career and an overall record of 189-107, Jerry Peterson has stepped down and has been succeeded by Jeff Williams, whose father (Snuff Williams) is a former head coach at Rochester John Marshall. Peterson, whose Owatonna teams won six Big Nine Conference football titles, served as secretary-treasurer of the Minnesota High School Football Coaches Association from 1974-83. Williams, the new Owatonna coach, has been on the school staff for seven years.

* **SIBLEY EAST**—Randy Walsh has been appointed to succeed Dave Main as head coach of the Wolverines. Main, who has served for many years as the head grid mentor, will continue to be the school's athletic director. Walsh, the new head coach, has been at Sibley East for six years.

* **PINE ISLAND**—Willie Rauen, who has been a head football coach for 32 years, has resigned his football duties. Rauen began his football coaching career at Wykoff in 1964, moved to Mabel-Canton in 1967 and joined the Pine Island staff in 1971. His Pine Island teams won three section championships, finished runner-up in the Minnesota Class B Tournament in 1981 and he was chosen as Class B Coach of the Year in 1982. Dean Krambeer, who has been Rauen's assistant for many years, will take over the duties as head coach of the Panthers.

* **MOORHEAD**—Dan Kostich resigned as head football coach of the Moorhead Spuds to join the football coaching staff at Concordia College in Moorhead, although he will retain his teaching duties at Moorhead High School. Kostich directed the Spuds to a 120-57 record over a 15-year period. Moorhead won the Minnesota Class AA Football Tournament champi-

Continued to Page 80

1996 FOOTBALL PLAYOFF FORMAT

SECTION ASSIGNMENTS

Class AA (70 Teams)

Section 1AA (9)

Albert Lea
* Austin/Austin Pacelli
Chaska
Faribault
Lakeville
Owatonna
Rochester John Marshall
Rochester Mayo
Winona

Section 2AA (8)

Hastings
Henry Sibley, Mendota Heights
Park, Cottage Grove
Saint Thomas Academy, Mendota Heights
Stillwater Area
Tartan, Oakdale
White Bear Lake Area
Woodbury

Section 3AA (9)

Centennial, Circle Pines
Cretin-Derham Hall, Saint Paul
*Irondale, New Brighton/Buse Home School
Mounds View
Roseville Area
Saint Paul Central
Saint Paul Como Park
Saint Paul Harding
Saint Paul Johnson

Section 4AA (9)

Anoka
Blaine
Champlin Park
Coon Rapids
Forest Lake
Maple Grove
Osseo
Park Center, Brooklyn Park
Saint Francis

Section 5AA (9)

Minneapolis Edison
Minneapolis North
Minneapolis Patrick Henry
Minneapolis Roosevelt
Minneapolis South
Minneapolis Southwest
Minneapolis Washburn
Richfield
Robbinsdale Cooper

Section 6AA (9)

Apple Valley
Bloomington Jefferson
Bloomington Kennedy
Burnsville
Eagan
Eden Prairie
Edina
Hopkins
Rosemount

Section 7AA (8)

Bemidji
Brainerd
Cambridge
Duluth East
Grand Rapids
Hibbing
Little Falls
Moorhead

Section 8AA (9)

*Alexandria/New Testament School
Buffalo
Elk River
Minnetonka
Robbinsdale Armstrong
Saint Cloud Apollo
Saint Cloud Tech
Wayzata
Willmar

Class A (88 Teams)

Section 1A (12)

Farmington
Kasson-Mantorville
LaCrescent
New Prague
Northfield
*Plainview/Elgin-Milville
Prior Lake
Red Wing/Prairie Island Charter School, Welch
Simley, Inver Grove Heights
South Saint Paul
Stewartville
Waseca

Section 2A (11)

Blue Earth Area
Fairmont
*LeSueur-Henderson/MN New Country School
Luverne
Mankato East
Mankato West
Marshall
New Ulm
Redwood Valley, Redwood Falls
Saint Peter
Worthington

Section 3A (11)

Academy of the Holy Angels, Richfield
Benilde-Saint Margaret's, Saint Louis Park
Brooklyn Center
Columbia Heights
Hill Murray, Maplewood
Mahtomedi
Minnehaha Academy, Minneapolis
North H.S., North Saint Paul
Saint Paul Highland Park
Saint Paul Humboldt
Totino Grace, Fridley

Section 4A (11)

Dassel-Cokato
Delano
Glencoe-Silver Lake
*Hutchinson/Hall, Irvin, Maricle & Pulkabek Home Schools
Monticello
Mound-Westonka
Orono
Saint Louis Park
Shakopee
Sibley East, Arlington
Waconia

Section 5A (10)

Chisago Lakes Area, Lindstrom
Foley
Fridley
Milaca
Mora
North Branch
Pine City
Princeton
Sauk Rapids
Spring Lake Park

Section 6A (11)

Albany
Annandale
Lac Qui Parle Valley, Madison
Litchfield
Melrose
Minnewaska Area, Glenwood
Montevideo
New London-Spicer
Rocori, Cold Spring
Sartell
Sauk Centre

Section 7A (12)

Cloquet
Crosby-Ironton
Duluth Central
Duluth Denfeld
Eveleth-Gilbert
Greenway, Coleraine
Hermantown
*Indus/International Falls
Mesabi East, Aurora
Proctor
Two Harbors
Virginia

Section 8A (10)

Crookston
Detroit Lakes
East Grand Forks
Fergus Falls
Long Prairie-Grey Eagle, Long Prairie
Park Rapids Area
Perham
Staples-Motley
Thief River Falls
Wadena-Deer Creek

* Denotes cooperatively sponsored programs

Class B (86 Teams)

Section 1B (10)

Byron
Caledonia
Kingsland H.S., Spring Valley
*Lake City/Maple Springs Home School
Pine Island
Rochester Lourdes
Saint Charles
Wabasha-Kellogg
Winona Cotter
Zumbrota-Mazeppa

Section 2B (11)

GFW, Winthrop
Heron Lake-Okabena-Lakefield
Jackson
Lake Crystal Wellcome Memorial
* Madelia/Truman
Maple River, Mapleton
Martin County West, Sherburn
Saint James
* Springfield/Comfrey
United South Central, Wells
Windom Area

Section 3B (10)

Belle Plaine
* Bethlehem Academy/
Shattuck-Saint Mary's,
Faribault
Blooming Prairie
Cannon Falls
Hayfield
Janesville-Waldorf-Pemberton
Montgomery-Lonsdale
New Richland-Hartland-
Ellendale-Geneva
Triton, Dodge Center
Waterville-Elysian-Morristown

Section 4B (10)

Atwater-Cosmos-Grove City
Benson
B D R S H , Renville
B O L D , Olivia
Morris Area
Murray County Central, Slayton
Pipestone Jasper
* Tracy -Milroy/Balaton
West Central Area, Barrett
Yellow Medicine East, Granite Falls
(Granite Falls-Clarkfield)

Section 5B (11)

(The) Blake School,
Minneapolis
Breck, Golden Valley
DeLaSalle, Minneapolis
Jordan
Mayer Lutheran
Norwood-Young America
Saint Agnes, Saint Paul
Saint Anthony Huskies (Saint
Anthony Village/Faffier
Academy)
Saint Bernard's, Saint Paul
*Saint Croix Lutheran/West
Lutheran
Saint Paul Academy &
Summit School

Section 6B (12)

*Becker/Autumn Ridge Academy
*Big Lake/Zion Christian School
Eden Valley-Watkins
Holdingford
Howard Lake-Waverly
Kimball Area
Paynesville Area
Pierz
Rockford
Saint Cloud Cathedral
*Saint Michael-Albertville/Country
Lane School
Watertown-Mayer

Section 7B (11)

Aitkin
Chisholm
Deer River
East Central, Sandstone
Ely
Esko
Hinckley-Finlayson
*Mille Lacs Raiders (Isle/Schmidt
Home School/Onamia)
*Moose Lake/Willow River Rebels
Pequot Lakes
Pine River-Backus

Section 8B (11)

Bagley
* Barnesville/Rothsay
* Battle Lake/Henning
Breckenridge
Dilworth-Glyndon-Felton
Frazee
Mahnommen
Pelican Rapids
Roseau
Walter-Hackensack-Akeley
Warroad

Class C (92 Teams)

Section 1C (12)

Chatfield
Dover-Eyota
Fillmore Central, Harmony
Goodhue
Houston
Kenyon-Wanamingo
Lanesboro
Lewiston-Altura
*Mabel-Canton/
N. Winneshiek, IA
Rushford-Peterson
Southland, Adams
Spring Grove

Section 2C (12)

Butterfield-Odin/
Mountain Lake
Glenville-Emmons
*Granada-Huntley-East Chain/
Martin Luther, Northrop
LeCenter
Mankato Loyola
Medford
Minnesota Valley Lutheran,
New Ulm
New Ulm Cathedral
Nicollet
Sleepy Eye
Sleepy Eye Saint Mary's
Wabasso

Section 3C (12)

Braham
Buffalo Lake-Hector
Concordia Academy, Roseville
Holy Trinity, Winsted
Lester Prairie
McLeod West, Brownston
Maple Lake
Minneapolis Lutheran,
Bloomington
Ogilvie
Randolph
Rush City
Saint John's Prep, Collegeville

Section 4C (11)

Adrian
Canby
Cedar Mountain, Morgan
Fulda
Lakeview, Cottonwood
Lincoln HI Ivanhoe
Minneota
Red Rock Central, Lamberton
Russell-Tyler-Ruthon
Sioux Valley-Round Lake-Brewster
Westbrook-Walnut Grove

Section 5C (11)

Belgrade-Brooklyn-Elrosa
*Brandon/Evansville
Browerville
Dawson-Boyd
Kerkhoven-Murdock-Sunburg
MACCRAY, Clara City
Ortonville
Osakis
Royalton
Swarville
Upsala

Section 6C (11)

Ada-Borup
Bertha-Hewitt
Cass Lake
Eagle Valley, Eagle Bend
Hawley
Lake Park-Audubon/Brown Home
School, Audubon
Menasha
New York Mills
Parkers Prairie
Sebeka
Waubun

Section 7C (11)

Barnum
Carlton
Cherry, Iron
Cook
Cook County, Grand Marais
*Eagle Country Christian/
Northland, Remer
(The) Marshall School, Duluth
McGregor
Mountain Iron-Buhl
Nashwauk-Keewatin
Silver Bay

Section 8C (12)

*Badger/Greenbush-Middle River
Blackduck
Clearbrook-Gonvick
Fertile-Beltrami
Fosston
*Goodridge/Grygla
*Lake of the Woods Bears,
Baudette (Indus/Lake of the
Woods)
*Oklee/Plummer
Red Lake
Red Lake Falls
Warren-Alvarado-Oslo

* Denotes cooperatively
sponsored programs

Class NINE MAN (46 Teams)

Section 1 9-Man (11)

Alden-Conger
Cleveland
Edgerton
Ellsworth
Grand Meadow
Hills-Beaver Creek
Lake Benton
LeRoy-Ostrander
Lyle
MN Academy for the Deaf,
Faribault
Saint Clair

Section 2 9-Man (12)

Ashby
Chokio-Alberta
Clinton-Graceville
Hancock
Herman-Norcross
Hillcrest Lutheran Academy,
Fergus Falls
Laporte
Nevis
Pillager
Underwood
Verndale
Wheaton

Section 3 9-Man (12)

Albrook, Saginaw
Babbitt-Embarrass
Bigfork
Cotton
Cromwell
Floodwood
Fond du Lac Ojibwe, Cloquet
Hill City
Littlefork-Big Falls
Orr
Tower-Soudan
Wrenshall

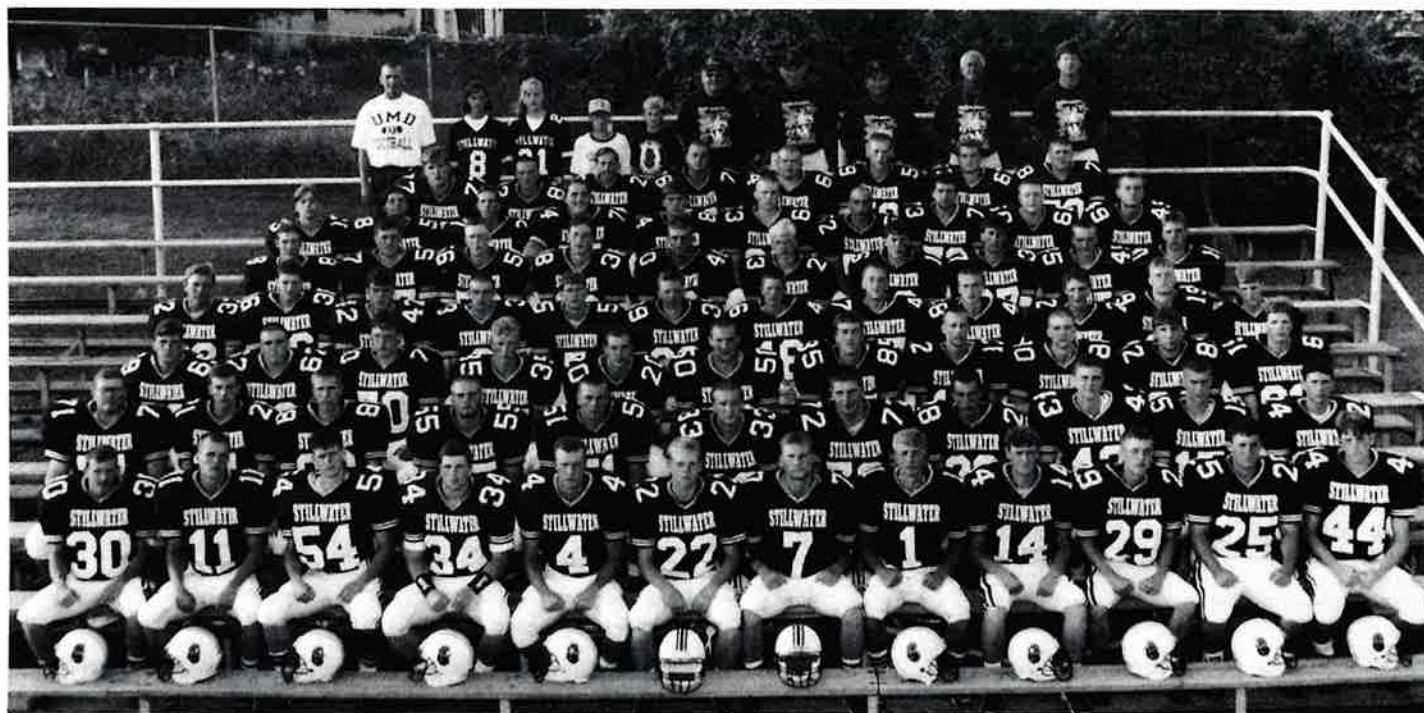
Section 4 9-Man (11)

*Climax/Fisher
Kittson Central, Hallock
Lancaster (Kittson North)
Marshall County Central,
Newfolden
Norman County East, Twin Valley
Norman County West, Halstad
Sacred Heart, East Grand Forks
Stephen-Argyle Central, Stephen
Tri-County Schools, Karlstad
Ulen-Hitterdal
Win-E-Mac, McIntosh

* Denotes cooperatively
sponsored programs

1995 State Champions

STILLWATER AREA—SECTION 2 CHAMPIONS—CLASS AA



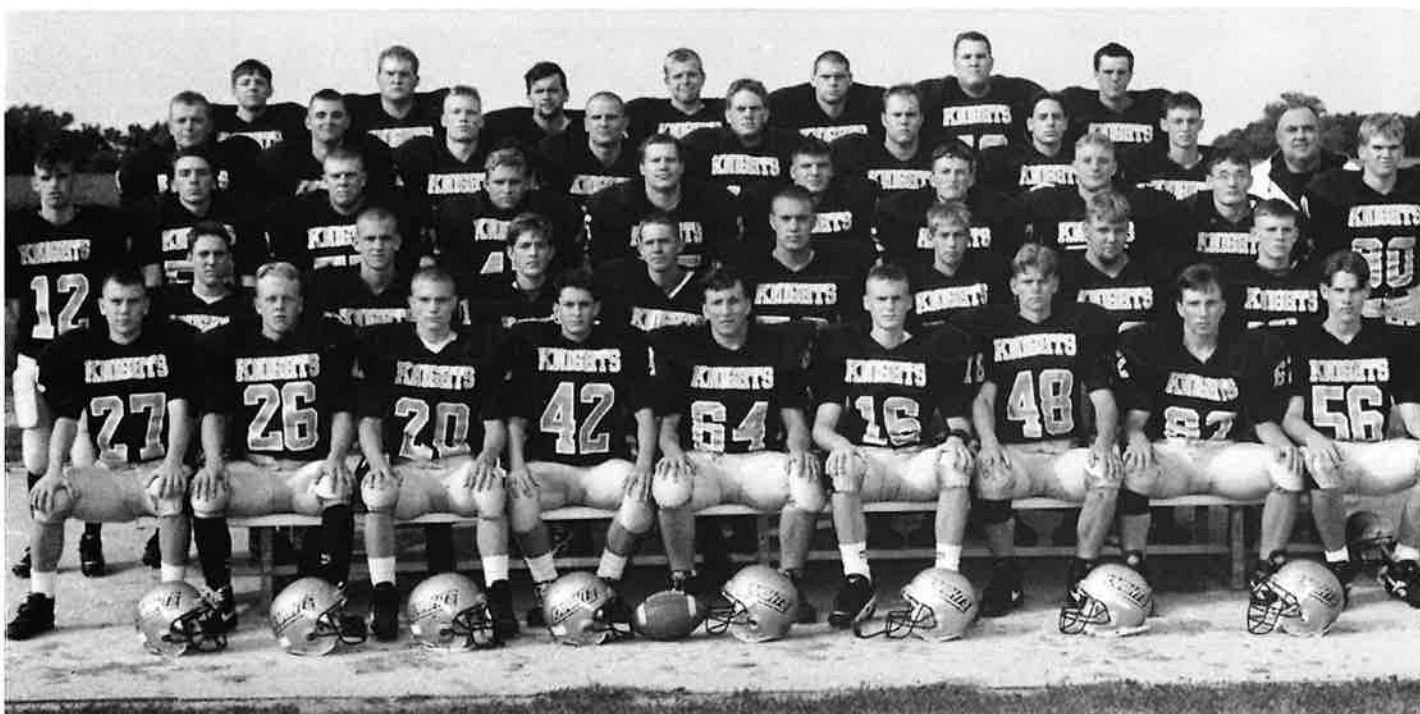
Row 1 (L-R): Ernie Hintze, Ryan Pletcher, Alex Broderick, Bill McGlynn, Ryan Salmon, Gabe Ellwein, Aaron Runk, Justin Hesse, Max Windmiller, Cletis Wright, Rob Shanley, Andy Kasun. Row 2: Tom Kriesel, Doug Eshleman, Aaron Danielson, Andy Agrimson, Eric Williams, Brad Fesler, Nate Dwyer, Tim Lanning, Ted Swanson, Matt Swenson, Derek Johnson. Row 3: Ryan Solomonson, Jeff Dionisopoulos, Ken Gard, Scott Stein, Tim Hayner, Carl Taves, Mike Darrington, Adam Runk, Brad Putnam, Nate Wagner, Brandon Gorder. Row 4: Kroy Johnson, Brant Ireland, Eric Hering, Tony Marchand, David Homing, Brian Gilewski, Kyle Carlson, Ben Johnson, Joe Gould, Nick Siljendahl, Mitch Ellingson, Dave Eichten. Row 5: Ryan Eskierka, Matt MacDonald, Dan Nord, Sean Frasier, Jeff Hoppe, Tim Safe, Chris Fisher, Erich Wolff, Shawn Seibert, Ben Gerds. Row 6: Zach Boardman, Peter Dahdah, Mike Coleman, Rich Hooley, Adam Larson, Joe Matel, Adam Kramer, Tony Raboin, Kevin Mathews, Paul Diercks. Row 7: Adam Stafne, Brian Dobson, Greg Coleman, Ben Beaudet, Ryan Polzin, Dan Hanson, Brock Stoltzmann, Chris Schmoeckel. Row 8: Student Manager Scott Drommerhausen, Andrea Reber, Tiffany Forster, Hans Larson, Ross Halverson, Head Coach George Thole, Assistant Coach Jerry Foley, Assistant Coach Dick Klein, Assistant Coach Gary Gustafson, Assistant Coach Scott Hoffman.

DETROIT LAKES—SECTION 8 CHAMPIONS—CLASS A



Row 1 (L-R): Heidi Kilde, Melissa Olson, Chrystal Chamberlain, Keely Bueckers, Anita McKeown, Kristen Allrich, Joy Mertes. Row 2: Rory Manke, Zach Zirbel, Justin Wood, Matt Hovdenes, Steve Skarie, Neal Kittelson, Josh Keyes, Pete Hedman, Matt Brattlie, Kris Spenningssby, Jamie Schweigert. Row 3: Quinn Dallmann, Nate Haspel, Tim Sundby, Wade Lewandowski, Dave Laudon, Craig Fredrickson, Joe Skaaland, Bryan Woodward, Dan Josephson, Anthony Schiller, Brian Redig. Row 4: Kenny Blattenbauer, Craig Hinson, Charlie Haggart, Brian Flanagan, Nick Bowers, Mark Potvin, Ronnie Sprafka, Jon Pratt, Ryan Wickum, Ryan Kotta, Kent Gronvold. Row 5: Ben Bergman, Richard Whiting, Wayne Schneider, Shawn Rehm, Mark Porter, Mike Steffl, Brady Peterson, Matt Behr, Paul Okeson, Reid Whitworth, Jeff Olmstead, Nate Pierson. Row 6: Doug Muzik, J.J. Larson, Troy Fingalson, Aaron Braaten, Adam Schneider, Joey Fingalson, Todd Steinmetz, Nick Hagedorn, Andy Reiffenberger.

KINGSLAND—SECTION 1 CHAMPIONS—CLASS B



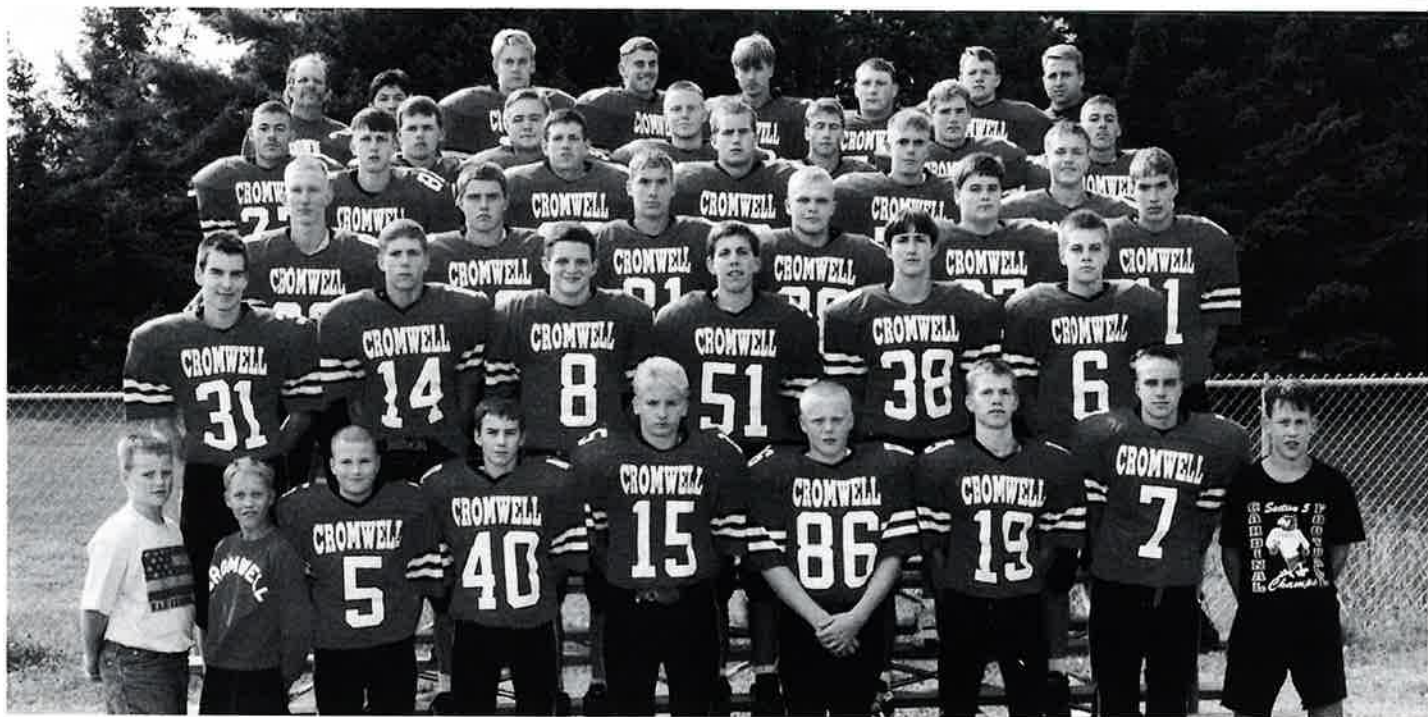
Row 1 (front) (L-R): 27-Wayne Rohe, 26-Chris Merkel, 20-Ben Johnson, 42-Ross Slettum, 64-Brandon Mensink, 16-Nick Green, 48-Jeremy Ruesink, 62-Shane Mensink, 57-Lyle Shreck. Row 2: 76-David Toews, 53-Josie Martin, 21-Jamie O'Connell, 84-Brett Oeltjen, 73-Ross Montgomery, 63-Scott Howard, 68-Ryan Wolfgram, 57-Josh Martin. Row 3: 12-Brian House, 50-Dustin O'Byrne, 77-Tom Root, 36-Darin Ruesink, 35-Matt Kolling, 72-Nathan Strunk, 75-Mike Leibold, 34-Marty Malone, 78-Dain McMillin, 60-Garrett Erdman. Row 4: 74-Dan Howard, 14-Trenton Hyland, 32-Chris Rohe, 38-Ross Musel, 45-Chad Nolte, 65-Chad Minnich, 44-Drew Neville, 85-James Eickhoff, Coach Mike Holzer. Row 5: 86-Matt Mangan, 69-Joe Schroeder, 58-Tory Paul, 66-Eric Howard, 28-Nathan Holzer, 79-Svein Vrieze, 70-Reid Forland.

CHATFIELD—SECTION 1 CHAMPIONS—CLASS C



Row 1 (L-R): Jackie McCabe, Susan Wright, Heather Timm, Kari Baker, Amy Patten, Kristi Hamann, April Copeman, Becky Hylland. Row 2: Matt Sogla, Eric Rain, Jon Sutherland, Tim Walker, Jeremy Rabe, Josh Goldsmith, Seth Allen, Scott Tuohy. Row 3: Peter Klema, Justin Harmening, Matt Rabe, Jason Bothun, Tony Klema, Dan Conway, Tom Hahn, Ryan Hawkins. Row 4: Manager Steve Opat, Assistant Coach Mike Walker, Assistant Coach Gary Hansen, Head Coach Ken Jacobson, Assistant Coach Dan Hurley, Assistant Coach Brent Rauk, Manager Mark McMahon. Row 5: Troy Proper, Matt Hinckley, Jared Borst, Jason Worden, Noloan Schild, Andy Hamann. Row 6: Matt McClellan, Chris Scrabeck, Wyatt Flies, Trever Niemeyer, Luke Thieke, Shane McBroom, Brian Bicknese, Casey Borgen, Matt McCabe, Matt Johnson. Row 7: Darin Eisenman, Aaron Fohrman, Mike Boelter, Jake Lane, Jeremy Wright, Dan Schellhammer, Jason Meyer, Chris Jacobson, Rob Goldsmith, Tim McMahon.

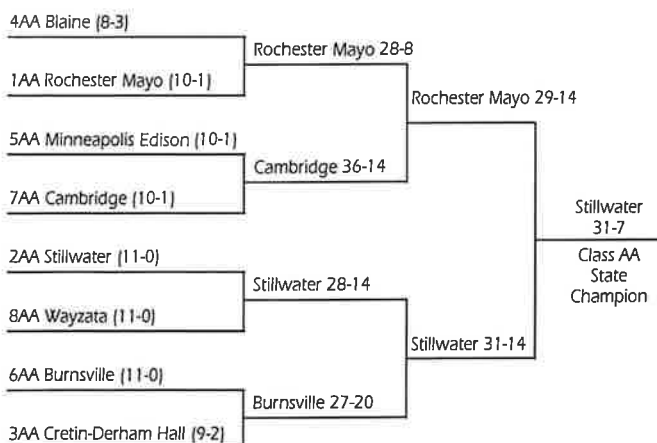
CROMWELL—SECTION 3 CHAMPIONS—9 MAN



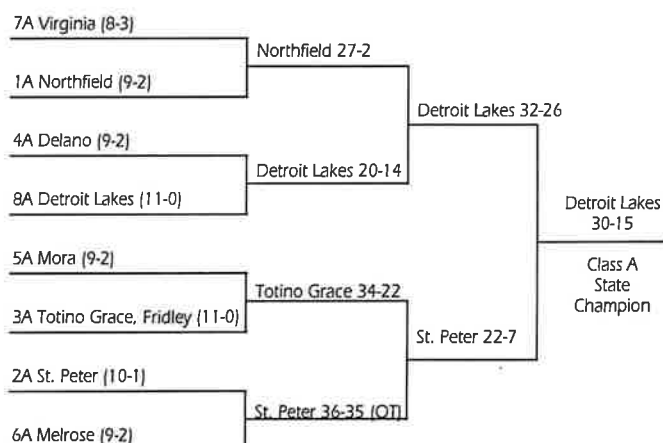
Row 1 (L-R): Manager Rusty French, Manager Tony Homstad, Eric Waldemarsen, Craig Freiermuth, Mason Hansen, Michael Johnson, Mike Olesiak, Rick Hanhela, Manager Justin Goranson. Row 2: Nick Axtell, Shayne Korpela, Carl Switzer, Darin Smith, Tom Gervais, Dean Goranson. Row 3: Matthew Martin, Matthew Hakala, Jeff Anderson, Seth Koivisto, Brian Lind, James Anderson. Row 4: Jason Graff, Daniel Dahl, Brandon Suhonen, Troy Bridge, Seth Aho, Tyler Homstad. Row 5: Ryan Mattson, Travis Homstad, Pete Eggert, Cory Schleret, Cory Aho, Jon Graff. Row 6: Coach Keith Bergstedt, Mark Ponce, Dean Nyberg, Brian Granholm, Gabe Aho, LeAlan Shelton, Ryan Olesiak, Coach Dan Holgate.

1995 Playoff Results

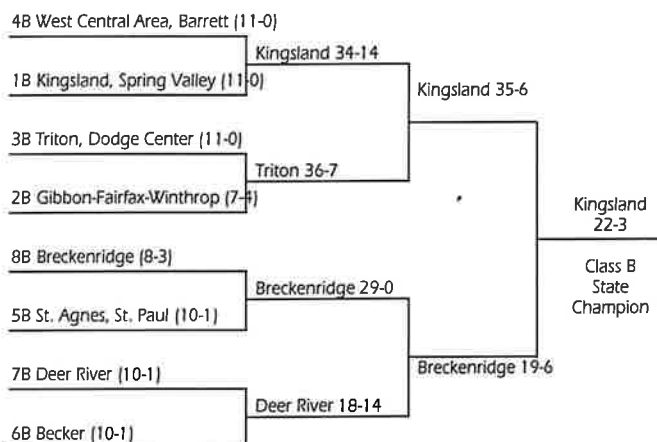
1995 Class "AA" Playoff Results



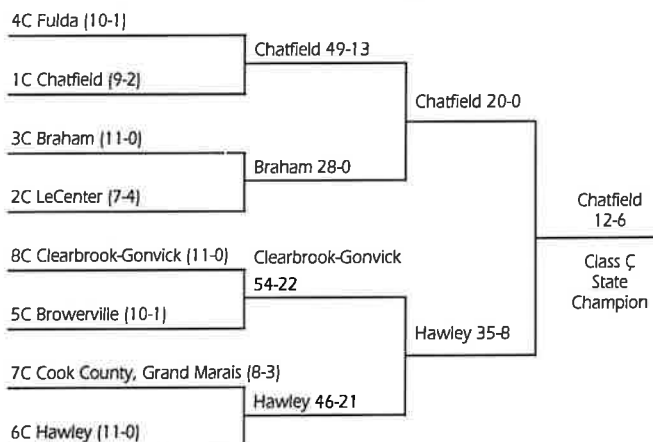
1995 Class "A" Playoff Results



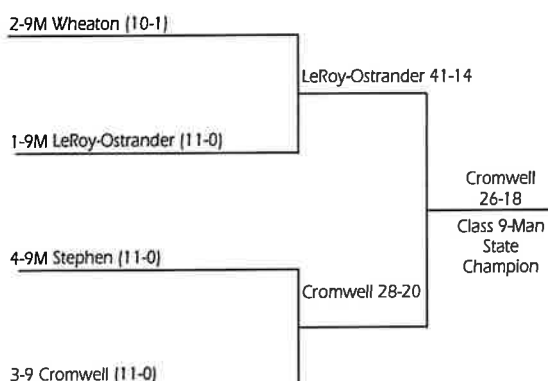
1995 Class "B" Playoff Results



1995 Class "C" Playoff Results



1995 Class "9-MAN" Playoff Results



State Football Playoff Championship Games (1972 - 1995)

1972

Class	Champions	Runners-Up	Score
AA	Mpls. Washburn	Moorhead	26-6
A	Burnsville	Sauk Centre	46-19
B	Mountain Iron	Dassel-Cokato	54-6
C	Garylord	Preston	26-6
9-Man	Rothsay	Cotton	64-12

1973

Class	Champions	Runners-Up	Score
AA	Rochester- John Marshall	St. Paul Harding	25-0
A	Eveleth	Willmar	28-18
B	New Prague	Appleton	13-7
C	Garylord	Holdingford	29-6
9-Man	Lake Benton	Brandon	50-12

1974

Class	Champions	Runners-Up	Score
AA	Rochester John Marshall	Jefferson	41-19
A	Alexandria	Chaska	26-7
B	New Prague	Caledonia	41-12
C	Battle Lake	Bird Island	34-26 (2 OT)
9-Man	Lake Benton	Fisher	36-6

1975

Class	Champions	Runners-Up	Score
AA	Stillwater	Richfield	20-17
A	St. Thomas Acad.	St. Peter	21-14
B	Gaylord	Onamia	14-13
C	Esko	Karlstad	62-0
9-Man	Ruthton	Audubon	42-20

1976

Class	Champions	Runners-Up	Score
AA	White Bear Lake	Cloquet	14-36 (OT)
A	St. Peter	Mora	56-12
B	Caledonia	Sartell	38-7
C	New Richland- Hartland	Bird Island	21-19
9-Man	Deer Creek	Fergus Falls Hillcrest Luth. Acad.	57-14

1977

Class	Champions	Runners-Up	Score
AA	Mpls. Washburn	Stillwater	13-0
A	Fridley Grace	Cold Spring Rocori	36-12
B	Granite Falls	Stewartville	44-6
C	Battle Lake	Henderson	22-20 (OT)
9-Man	Deer Creek	Fergus Falls Hillcrest Luth. Acad.	20-0

1978

Class	Champions	Runners-Up	Score
AA	Edina West	Fridley	21-0
A	Fridley Grace	Apple Valley	17-14
B	New Richland- Hartland	Barnesville	48-8
C	Alden-Conger	Battle Lake	15-14
9-Man	Hoffman	Albrook	44-28

1979

Class	Champions	Runners-Up	Score
AA	Columbia Heights	Richfield	8-3
A	Rochester Lourdes	Apple Valley	22-6
B	Gaylord	Mahnomen	15-6
C	Bird Island-Lake Lillian	Harmony	34-6
9-Man	Russell	Toivola-Meadowlands	17-14

1980

Class	Champions	Runners-Up	Score
AA	Burnsville	Cambridge	23-6
A	Crookston	Pipestone	32-6
B	Mahnomen	Austin Pacelli	34-0
C	Bird Island-Lake Lillian	Mountain Lake	20-7
9-Man	Hoffman Kensington	Tiovola- Meadowlands	18-14

1981

Class	Champions	Runners-Up	Score
AA	Rosemount	Moorhead	40-14
A	St. Peter	Hermantown	18-14
B	Holdingford	Pine Island	39-0
C	Medford	Clarkfield	33-28
9-Man	Argyle	Starbuck	31-19

1982

Class	Champions	Runners-Up	Score
AA	Stillwater	Owatonna	34-27
A	Brooklyn Center	E. Grand Forks	30-8
B	LeCenter	Mahnomen	12-6
C	Truman	Belgrade	16-14
9-Man	Westbrook	Fergus Falls Hillcrest Lutheran Academy	34-12

1983

Class	Champions	Runners-Up	Score
AA	Coon Rapids	Bloomington	
		Jefferson	34-31
A	Hutchinson	Park Rapids	36-14
B	Jordan	Breckenridge	27-0
C	Southland (Adams)	Bird Island-0 Lake Lillian	28-0
9-Man	Silver Lake	Norman County West Climax	27-12

1984

Class	Champions	Runners-Up	Score
AA	Stillwater	Burnsville	36-33
A	Hutchinson	Centennial	32-7
B	Granite Falls	Breckenridge	13-7
C	Harmony	Glyndon-Felton	20-14
9-Man	Norman Co. West	Silver Lake	37-20

1985

Class	Champions	Runners-Up	Score
AA	Burnsville	Apple Valley	27-21
A	New Prague	Mora	16-12
B	Jackson	Mahnomen	26-20
C	Glyndon-Felton	Zumbrota	38-14
9-Man	Westbrook	Norman Co. West	45-18

1986

Class	Champions	Runners-Up	Score
AA	Apple Valley	Osseo	35-6
A	Cambridge	Stewartville	24-0
B	Watertown-Mayer	Granite Falls	29-6
C	Minneota	Sherburn-Dunnell	52-19
9-Man	Argyle	Silver Lake	32-7

1987

Class	Champions	Runners-Up	Score
AA	Moorhead	Winona	13-7
A	Cambridge	Lakeville	28-14
B	Granite Falls	Ely	43-20
C	Minneota	Grand Meadow	27-7
9-Man	Silver Lake	Verndale	30-14

1988

Class	Champions	Runners-Up	Score
AA	Blaine	Cretin-Derham Hall	25-24
A	Lakeville	Staples-Motley	35-28
B	Breckenridge	Morris	21-7
C	Minneota	Rushford	42-28
9-Man	Hallock	Stewart	35-24

1989

Class	Champions	Runners-Up	Score
AA	Burnsville	Stillwater	21-7
A	Albany	Totino Grace	41-32
B	Gibbon-Fairfax	Perham	27-15
C	Waterville-Elysian	Mahnomen	14-7
9-Man	St. Clair	Albrook	47-12

1990

Class	Champions	Runners-Up	Score
AA	Anoka	Elk River	14-0
A	Fridley	Sartell	34-12
B	BOLD	De La Salle	15-14
C	Mahnomen	Becker	27-7
9-Man	Hills-Beaver Creek	Argyle	28-21

1991

Class	Champions	Runners-Up	Score
AA	Burnsville	Lakeville	10-7
A	Spring Lake Park	Rocori	20-0
B	BOLD	Deer River	14-0
C	Mahnomen	Mankato Loyola	42-0
9-Man	Chokio-Alberta	Gyrgla/Goodridge	7-6

1992

Class	Champions	Runners-Up	Score
AA	Lakeville	Cretin-Durham Hall	19-7
A	Detroit Lakes	Farmington	21-0
B	St. Cloud Cath.	BOLD	7-6
C	Mahnomen	Mankato Loyola	20-13
9-Man	Stephen	Cromwell	36-20

1993

Class	Champions	Runners-Up	Score
AA	Apple Valley	Rochester J.M.	29-7
A	Detroit Lakes	Northfield	21-14
B	St. Cloud Cath.	Zumbrota-Mazeppa	28-6
C	Mahnomen	Minneota	43-23
9-Man	Chokio-Alberta	LeRoy-Ostrander	35-0

1994

Class	Champions	Runners-Up	Score
AA	Anoka	Alexandria	34-7
A	Sartell	Northfield	24-21
B	Triton	Becker	40-21
C	Chatfield	Red Lake Falls	34-14
9-Man	Kittson Central	Verndale	36-16

1995

Class	Champions	Runners-Up	Score
AA	Stillwater	Rochester Mayo	31-7
A	Detroit Lakes	St. Peter	30-15
B	Kingsland	Breckenridge	22-3
C	Chatfield	Hawley	12-6
9-Man	Cromwell	LeRoy-Ostrander	26-18



Stillwater's All-State running back Aaron Runk breaks loose on a 31 yard punt return. Ponies defeated Mayo 31-7 for Class AA Title. Ponies finished season 14-0.

Active High School Head Coaches 100 Victory Club (Entering 1996 Season)

Head Coach & School	W-L-T Record	Years Head Coach	Head Coach & School	W-L-T Record	Years Head Coach
1. Ken Baumann, Mahnomon	257-43-2	27	39. Jim Mader, Albany	152-54-0	19
2. George Thole, Stillwater	254-56-2	28	40. Howard Emerson, Warren	152-78-1	26
3. Grady Rostberg, Hutchinson	246-83-2	32	41. Dwight Lundeen, Becker	152-99-3	26
4. Les Dreschel, Red Lake Falls	244-95-9	38	42. Deryl Ramey, Willmar	149-89-4	23
5. Gerhard Meidt, Big Lake	231-68-0	30	43. Wayne Beisel, Lewiston/Altura	149-97-1	27
6. Ron Stolski, Brainerd	219-109-5	34	44. Merrill Pavlovich, Delano	148-57-0	21
7. Burton "Buz" Rumrill, Glencoe/S.L.	219-112-3	34	45. Dick Strand, Southland	144-70-0	23
8. Billy Beck, Lac Qui Parle Valley	216-130-6	38	46. Gene Stritesky, Ogilvie	136-67-0	20
9. Jim Roforth, Osakis	214-97-3	36	47. Ken Hill, Sauk Rapids	135-115-1	27
10. Don Stueve, Fergus Falls	214-114-1	36	48. Larry Thompson, Lakeville	131-55-1	16
11. Neal Hofland, Chokio-Alberta	210-50-2	27	49. Ken Jacobson, Chatfield	130-100-0	23
12. Jerry Wallskog, LeCenter	204-87-1	30	50. Earl Wetzel, Farmington	128-65-0	19
13. Dave Nigon, Totino Grace	200-69-0	25	51. Larry Mischke, Ely	128-68-0	21
14. Stuart Nordquist, Int. Falls/Indus	195-89-2	29	52. Virg Vagle, Paynesville	127-123-1	28
15. Mike Mahlen, Verndale	194-65-3	27	53. John Heller, St. Paul Highland Park	126-119-1	27
16. Jim Simser, Fairmont	192-79-1	28	54. Neil Royer, Martin County West	125-90-0	23
17. Terry McLean, Elk River	188-81-2	28	55. Mike Finco, Fisher/Climax	124-75-0	18
18. Roger Lipelt, Wayzata	186-98-1	31	56. Lyle Anderson, Cook County	123-78-0	22
19. DeWayne Johnson, Anoka	182-83-2	27	57. Ed Melcher, Braham	123-116-0	26
20. Con Natvig, Swanville	182-102-2	30	58. Gary Brantl, Red Lake Co. Central	122-117-0	26
21. Jerry Sonnek, Blackduck	180-77-3	30	59. Terry Karlsgodt, Atwater-Grove City	120-69-0	20
22. Clark Bergloff, Mora	177-55-0	23	60. David Montgomery, St. Paul Academy	119-104-2	25
23. Frank Fredlund, St. Peter	177-74-1	25	61. Jim Brown, Winsted Holy Trinity	118-78-0	20
24. Ron Johnson, Convick-Trail	176-73-0	27	62. James Swanson, Maple River	118-88-0	23
25. Rich Oliphant, Faribault	172-108-0	30	63. Dennis Hale, Worthington	116-91-0	22
26. Dave Beadle, Albrook	170-109-3	37	64. Ken McDonald, Hopkins	116-105-0	25
27. Bill Bailey, Minnewaska	167-113-0	30	65. Floyd Smaller, St. Paul Central	115-100-0	24
28. Dave Brokke, Yellow Medicine East	166-55-0	21	66. Michael Hyland, Wrenshall	114-68-0	23
29. Gary Trimble, Kimball Area	164-93-0	25	67. Steve Ott, Deer River	111-19-0	11
30. Rick Manke, Detroit Lakes	162-52-0	20	68. Steve Frickey, Hill-Murray	103-75-0	19
31. Stan Olson, Leroy-Ostrander	162-76-0	24	69. Terry Arduser, Madelia/Truman	102-77-0	18
32. Gary Graham, Browerville	161-49-0	20	70. Dan Rohman, BORSH	102-78-0	19
33. Ken Belanger, Zumbrota-Mazeppa	161-118-2	30	71. Doug Patnode, Princeton	102-105-0	22
34. Carl Lemke, St. Croix Lutheran	160-80-0	24	72. Rich Kollok, Cretin Derham Hall	101-45-0	15
35. Keith Swanson, West Central Area	156-60-0	20	73. Curt Strand, McLeod West	101-50-0	15
36. Bruce Harding, East Central	156-114-2	30	74. Bill Soltys, Grand Rapids	101-62-0	16
37. Charles Sundeen, Gibbon-Fairfax-Winthrop	155-78-1	24	75. Steve Radniecki, Norman County East	101-70-0	17
38. John Gross, Medford	155-121-0	31	76. Terry Ogorok, Kittson Central	100-58-0	16

COACHES APPROACHING 100 VICTORIES AT BEGINNING OF 1996 SEASON

Head Coach & School	W-L-T Record	Years Head Coach	Head Coach & School	W-L-T Record	Years Head Coach
1. Craig Anderson, Dilworth-Glyndon-Felton	98-55-0	15	8. John Sieling, Eagle Valley	95-79-0	19
2. Dennis Holsman, Hill City	97-76-0	19	9. Mike Watson, Centennial	95-97-1	21
3. Robert Just, Little Falls	97-107-0	22	10. John Bakken, Waterville	90-28-0	11
4. Terry Highum, Lanesboro	96-60-0	16	11. John Bennett, Prior Lake	90-85-0	19
5. Jim Trapp, Jordan	96-64-0	16	12. Dave Nelson, Blaine	89-40-0	12
6. Dave Hylla, Proctor	96-52-0	15	13. Mark Herman, Dassal Cokato	88-57-0	16
7. Dave Trautman, Frazee	95-70-0	18	14. Neil Johnson, Wheaton	84-19-0	10

200 VICTORY CLUB

Two outstanding coaches achieved their milestone 200th victory during the 1995 season. That takes a lot of dedication and hard work and is a real tribute to them and their staff.

Jerry Wallskog of LeCenter finished his 30th season with a record of 204-87-1. Jerry and LeCenter have been a dominant force in the Minnesota River Conference and Section 2C for a number of years. The Wildcats won the Class B State Championship the first year in the dome back in 1982.

Dave Nigon of Totino Grace finished the season with a record of 200-69. He accomplished the total in 25 seasons. Dave and his veteran staff have long been one of the top Class A programs in the state. The Eagles won Class A State Championships in 1977 and 1978 and went to the state semifinals this past season.

Other active coaches with 200 victories are Ken Baumann, Mahanomen; George Thole, Stillwater; Grady Rostberg, Hutchinson; Les Dreschel, Red Lake Falls; Gerhard Meidt, Big Lake; Ron Stolski, Brainerd; Buz Rumrill, Glencoe/Silver Lake; Billy Beck, Lac Qui Parle Valley; Jim Roforth, Osakis; Don Stueve, Fergus Falls, and Neal Hofland, Chokio-Alberta.



Jerry Wallskog
LeCenter



Dave Nigon
Totino Grace

NCAA INITIAL - ELIGIBILITY CLEARINGHOUSE (General Information)

(COACHES SHARE THIS WITH YOUR STUDENT/ATHLETE)

The Clearinghouse's responsibilities begin with the students who enrolled as freshmen in college during 1995-96. Certification processing for these students began August 1, 1994. Students who want to participate in NCAA Division I or II athletics should start the certification process by the end of their junior year or early in their senior year.

To be certified by the Clearinghouse, students must:

1. Graduate from high school. Preliminary certification will be issued for students not yet graduated. Final certification will be issued only after final transcript receipt, including proof of graduation.
2. Earn a grade point average of at least 2.0 on a 4.0 scale in at least 11 academic core courses, including at least the following: 3 years of English, 2 years of Math, 2 years of Social Science, 2 years of Natural Science (including at least one laboratory class, if offered by the high school), 2 years of additional academic courses.

NOTE: Effective August 1, 1995, the minimum number of required courses will increase from 11 to 13. The additional core courses must be in English, Math, or Natural/Physical Science. Also effective August 1, 1995, the minimum core course GPA for Division I will be determined by an initial-eligibility index. Effective August 1, 1996, course requirements for Division I will include four years of English, and the two-year Math requirement will include one year of Algebra and one year of Geometry.

3. Earn a composite score of at least 17 on the ACT or a combined score of 700 on the SAT.

NOTE: Effective August 1, 1995, the minimum test score requirement for Division I will be determined by an initial eligibility index.

1650 Brown's Lane N., Brainerd, MN 56401
DARIEN DEROCHE - EXECUTIVE SECRETARY

TOTAL.....\$

REASONS WHY MSHSCA MEMBERSHIP IS BENEFICIAL

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

MSHSCA MEMBERSHIP PERKS

AS OF MARCH 1, 1996

•**SHERATON METRODOME HOTEL, MPLS** - \$58 per night

•**HOLIDAY INN, ALEXANDRIA**

Sunday-Thursday \$42/single; \$47/two or more

Friday & Saturday \$55/single; \$60/two or more

For information call Jim Satterlund at 612-763-6577

•**NORMANDY INN - MINNEAPOLIS - 1-800-373-3131**

Corporate Rate - \$59.50 - Parking included

•**BRAINERD HOLIDAY INN - 1-218-829-1441**

Corporate Rate - \$49/Single; \$54/Family

Special Rates for Teams - Call Mark Innes

•**BEST BUY - Commercial Division - 1-800-373-3050**

Commercial Rate (store rate minus 15-25% - usually)

Call and ask for Jay Sitter. Identify yourself as a member of the MSHSCA. They will give you a quote on any merchandise they carry. Quotes include freight. They will ship on receipt of personal check or school purchase order. They will fax specs on different kinds of equipment.

•**MINNESOTA ZOO - APPLE VALLEY**

Corporate Rate - 20% off all admissions.

Call Shirley Allsot for discount card at 612-431-9298.

•**SAM'S CLUB - Affiliated Group Membership**

Allows all State High School Coaches Ass'n members to sign up for individual advantage memberships at Sam's Clubs. Call Jo Moderie (612) 844-2527.

•**IZATY'S RESORT - Lake Mille Lacs**

Corporate rates for rooms - Call 1-800-533-1728.

•**MINNESOTA TIMBERWOLVES** - \$3 discount on tickets - Team discount on tickets. Call John Fromm at 612-673-1388.

•**SUPER 8 - SHAKOPEE** - Corporate Rates - 612-445-4221

•**SUPER 8 - BLOOMINGTON** - 10% discount - 612-888-8800

•**ALAMO RENT-A-CAR** - Discount on Car Rentals - 1-800-354-2322

•**MINN. TWINS, MINN. VIKINGS & MINN. MOOSE**

Promotions for members of MSHSCA via special mailings from these organizations.

•**NORDIC TRACK** - 15% off - Call 1-800-292-4797. Tell them you are a MSHSCA member participating in corporate benefitness program.

COACHES ASSOCIATION SEEKS TO UPDATE RECORD BOOK

The Minnesota Football Coaches Association is continuing its efforts in compiling and recording high school football statistics, records, and other associated stories. The current book, which contains the records/statistics from over 150 football programs throughout the state, continues to grow with updates provided by football coaches, newspaper writers, and various sports statisticians.

As the current book grows it is still necessary for football programs to submit their records/statistics and/or to update records as they are broken or established by recent players, programs, and coaches. It is understood that some football programs do not keep certain types of statistics or even any records. But the majority of schools do have some kind of records and the Association will take whatever type, and however much, of the records that coaches are willing to submit.

Records can, and have, been submitted by creditable "statisticians," some of whom have been very helpful in compiling the current book. The Association will take help and records from any and all credible sources. The Minnesota State High School League has also been a source of statistics. The League is in the initial stages of compiling the sources for records in other activities, as well as football, sponsored by the MSHSL.

Coaches who wish to have a copy of the current, updated version of the records and/or would like to submit school records may do so by contacting the Association's record bookkeeper/statistician at the following address:

Terry Turek
Le Sueur/Henderson H.S.
901 E. Ferry St.
Le Sueur, MN 56058
507-665-3305 ext. 68

Coaches should keep in mind that we are looking for any and all statistics kept or recorded by themselves, their newspaper, local statisticians, etc.

MSHSL FOOTBALL ADVISORY COMMITTEE

Each year the president of the MHSFCA selects an advisory committee to the MSHSL. The committee serves as the link between the two organizations and as such is your means of communication of problems or proposed changes. This committee represents you!

Committee members for 1996-97 are: AA—Daryl Ramey, Willmar, and Dave Fritze, Eagan; A—Jeff Mumm, Thief River Falls, and Jim Simser, Fairmont; B—Ken Bellanger, Zumbrota-Mazeppa, and President Ken Baumann, Mahanomen; C—Dick Strand, Southland, and Mike Malmberg, Hawley; 9 Man—Neal Hofland, Chokio-Alberta, and Keith Bergstedt, Cromwell.



Russ Hudson (56) of LCWM gives chase to M/T's junior running back Sam Guyer in Valley Conference action. In the background is M/T's Josh Leimer (71), Chad Becker (67) and Steve Seig (62). The M/T Jayhawks went on to win this Valley game and then defeated Martin County West to gain a share of the Valley Conference title with the Mavericks. Photo by Bruce Lindquest.

Retired Life Membership

What's new in the MHSFCA? Lifetime membership in the MHSFCA for retired football coaches is what's new! Thanks to the efforts of Ron Raveling and Bob Roy we now offer an opportunity for retired football coaches to remain involved in association matters.

Membership is open to retired football coaches (both assistant and head) who are life members or who have been longtime football coaches. A one-time fee of \$25.00 will bring all benefits of association membership. PASS THE WORD! Contact Jim Simser, 900 Johnson St., Fairmont, MN 56031.

MHSFCA Retired Life Members

Bob Anderson - Minneapolis

Roosevelt

Bob Celt - Red Wing

Herb Claffy - Milaca

Mac Dahl - LaCrescent

Wayne Dietz - Woodbury

Les Drechsel - Crookston

Pete Eikren - Chisago City

Earl Gramling - LeCenter

Lauren "Huns" Hagge -

Rochester

Chuck Halsted - Brainerd

Russ Helleckson - Minneapolis

Washburn

Jim Henkes - Wheaton

Peter Herges - Albany

Del Hiebert - Ceylon

Jerry Jerdee - Benson

Richard Kubes - West St. Paul

George Larson - Cambridge

Dick Lawrence - Eveleth-Gilbert

Tom Mahoney - Fairmont

Bob Nangle - Pipestone

Andy Nelson - Lake Benton

Warren Olson - Brooklyn Center

Bob O'Neil - Fridley

Bob Peterson - Esko

Jerry Peterson - Owatonna

Ralph Peterson - Fridley

Ron Raveling - Columbia Heights

Reno Rossini - St. Paul

Bob Roy - St. Louis Park

Robert Ryan - St. Paul

Humboldt

Ron Scott - Coon Rapids

Cliff Senne - Welcome

Al Siegle - Pelican Rapids

Steve Silianoff - South St. Paul

George Smith - Mahtomedi

Tom Smith - New Richland-Hartland

Lloyd Stussy - Wells-Easton

Don Swanson - Minneapolis

Henry

Tony Thiel - Battle Lake

Leo Taurig - New Ulm

Dick Walker - Richfield

Bob Wilkowski - Perham

Jack Willhite - St. Louis Park

William Wilson - Fairmont

Bob Youso - Moose Lake



Gopher
Conference
Action.

WINNING MINNESOTA FOOTBALL PROGRAMS

By Terry Turek

Minnesota's football tradition goes back many years and in certain aspects has changed much over the years, yet in some respects little at all. Rules have been under constant revision and change, as have equipment and materials. Just one example being six man football. Unheard of by almost all current players, it was once an integral part of allowing small schools to offer football for their students.

Yet the ultimate purpose of the game has remained constant. And that is to use a relatively large number of participants, working together as a unit, to execute, and coordinate their assignments to the best of their abilities and ultimately defeat their common opponent. This is at best an oversimplified definition but it does convey the idea of one of the game's constants.

From looking at Minnesota's high school records, the playing of football goes back over 100 years. The Shattuck School in Faribault first began play in 1878. As a college preparatory school it played almost exclusively against college teams. Mankato high school recorded a game versus the Mankato Normal School (currently MSU) in 1889. The earliest known recorded game between two high school opponents was in 1899, when Sleepy Eye defeated Redwood Falls 18-11.

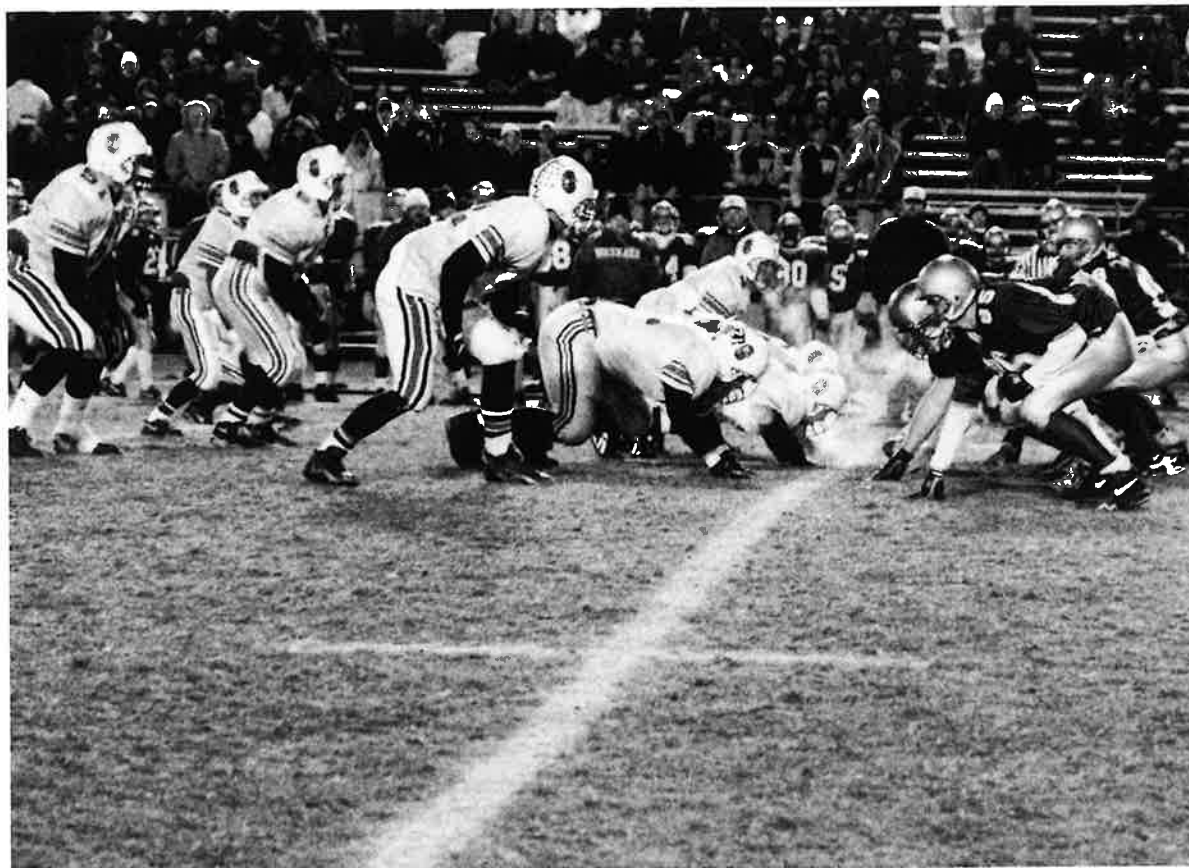
Winning traditions can also be traced back nearly 100 years. The easiest criteria on which to base a program's success is the win/loss column. There are other factors that normally should be accounted for, such as school enrollment, enrollment of opponents, conference affiliation, community support, etc. But a program's winning percentage does give a fairly accurate assessment of how all factors combine to form a successful program. Especially when it exists for a long period of time and outlasts any one head coach's influence (over 35 years, for example.)

In Minnesota then, the "top 11" of the more successful programs, over a a period of thirty five years of more, would be those such as:

<u>School#</u>	<u>Wins</u>	<u>Losses</u>	<u>Ties</u>	<u>Win Percentage*</u>	<u>Years</u>
Albany	308	82	6	78.97%	1955-95
Mahnomen	456	142	9	76.25%	1922-95
Cambridge	477	154	24	75.59%	1910-95
Gaylord/GW	316	105	8	75.06%	1945-89
Fairmont	460	188	22	70.98%	1913-95
LeCenter	366	183	17	66.67%	1928-95
LeSueur/LSH	366	206	17	63.99%	1927-95
Montevideo	395	223	25	63.92%	1913-95
Granite Fl's/YME	354	216	27	62.11%	1926-95
Stillwater	413	263	27	61.09%	1915-95
Starbuck	280	186	19	60.09%	1923-89

#not all schools, as of yet, have entered their records

*ties not factored into percentage



Stillwater's defense gets set for Wayzata during 28-14 victory.

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Standing By In Sports

continued from page 63

onship in 1987 and reached the championship game in 1981 before losing. Succeeding him as the school's head football coach has been Steve Connelly, who has served four years as an assistant in the program.

* **GRAND RAPIDS**—After serving 16 years as head coach of the Indians, Bill Soltys has stepped aside after directing his teams to an overall 101-62 record. His replacement is Tim Botsford, an assistant in the system for 14 years and the school's offensive coordinator the last few years.

* **KIMBALL AREA**—Gary Trimble has retired after serving 19 seasons as head football coach of the Kimball Area Cubs, who play in the Central Minnesota Conference.

* **NEW PRAGUE**—Dan O'Brien, head football coach at New Prague High School since 1982, has resigned with a career record of 78-56. His teams won the Minnesota Conference championship three times, won the Minnesota Class A crown in 1985 and reached the state tournament semi-final round in 1989.

* **ST. CLOUD**—New head football coaches have been appointed at both St. Cloud Apollo High School and at St. Cloud Tech High School. Mike Lucia resigned the position at Apollo following the 1995 season and Jim Wagner, a 1995 graduate of Saint John's University, has been named as his successor. Officials at St. Cloud Tech did not renew the contract of Dave Holder because of a reported conflict between Holder and his players. Ron Kaczor, an assistant at Tech for 11 years and the former line coach, has been named as Holder's successor.

Stueve resigns as teacher; retains grid duties

Don Stueve, the Henning High School/University of North Dakota (UND) graduate who has been head football coach at Fergus Falls High School for 29 years, will begin his 30th year as head mentor of the football Otters this fall, although he has retired from his teaching duties in the system. Stueve—who taught and coached at Pelican Rapids, Breckenridge and Montevideo before joining the Fergus Falls Public Schools—was inducted into the University of North Dakota Hall of Fame last October.

Arlington Heights to play jayvee schedule

Arlington Heights, the new St. Paul area high school, will play a junior varsity football schedule this fall—provided there is enough interest when the 1996-97 school term begins. Bill Dunn, principal at the school, said he expects there will be ample interest and added that, if the interest is there, he will ask the St. Paul School Board to approve varsity team competition in 1997-98. Coleman "Coley" McDonough, an assistant at St. Paul Humboldt for the last three years, has

been appointed as the first football coach in the history of the school system.

Two No. 1 teams take state titles

Two of the schools which won 1995 Minnesota State High School Football Tournament championships followed up being rated No. 1 in the final Associated Press poll by capturing state championships in their divisions.

They are Stillwater in Class AA and Cromwell in Class 9-Man.

Detroit Lakes, which won the Class A crown, was rated second in the final poll behind Totino-Grace. Totino-Grace lost in the Class A semi-final round to St. Peter and the Lakers downed St. Peter for the championship.

Kingsland, winner of the Class B crown, finished 10th in the final poll. Kingsland defeated Triton, which was ranked No. 1 in the final Class B poll, in the state semi-final round and then toppled Breckenridge, unranked in the final poll, for the state title.

Chatfield, which won the Class C championship for a second straight year, wasn't even rated in the final Associated Press poll. The Chatfield Gophers defeated Hawley, which was No. 1 in the final Class C poll, in the state championship showdown at the Metrodome.

Tesch new coach at Bemidji State

Robbinsdale High School/Moorhead State University graduate Jeff Tesch, 39, has been named the new head football coach at Bemidji State University.

Tesch succeeds Kris Diaz, who has returned to Ohio to teach and coach.

There were 54 applicants for the Bemidji State job and Tesch was named after serving as an assistant coach at the University of North Dakota for the past 10 years.

A union of football powers

Two longtime Class 9-Man football powers will be combined into one with the consolidation of the Argyle and Stephen schools in a vote which was approved in late January.

Argyle lost just two football games last fall (both to Stephen) and Stephen won the Class 9-Man-Section Four championship before losing in the state semi-final round.

Over the past 16 seasons, Argyle has won the Minnesota Class 9-Man championship twice and Stephen has won the state crown once. Between them, the two schools have won or shared the Top of the State Conference football championship 12 times.

Even with consolidation, the school will still qualify for the Minnesota Class 9-Man Football Tournament.

Head football coaches at the schools last fall were Jim Guetter at Argyle and Mark Kroulik at Stephen.