



THE Minnesota PREP COACH

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MSHSCA 2025 Vice President Candidates

My name is Al Amdahl, and I have been teaching and coaching at Albany High School since 1992. My wife Dana also teaches and coaches at Albany, and we are the proud parents of grown children: Martha, who lives in Minneapolis, and Anders and his wife Emily, who live in Utica outside Rochester. I am very honored to have been nominated by the MN

Alan Amdahl...
continued on page 32



Alan Amdahl

My name is Jeremy Digiovanni, and I am in my 28th year in education. I am in my third year as the Activities and Community Education Director at Walker-Hackensack-Akeley High School. Before moving here, I was a classroom teacher and coach in football, basketball, and baseball in large metro districts and smaller outstate ones. I was fortunate to be part of sever-

Jeremy Digiovanni...
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Jeremy Digiovanni

I grew up in the Zumbrota/Pine Island area and graduated from Zumbrota High School in 1983. I played basketball and played baseball for 1 year while I was in school. After school, for me, it was straight into the workforce. I started working with my dad and would do many different things in the years to come. My coaching career actually started 25 years ago, with me coaching my daughter's youth basketball team for two years. She wanted me to follow on and coach her more, but she was at the point when I felt she needed to learn and grow. It was at that time that she needed someone new to coach her.

I still had the bug for coaching and wanted to grow. I then went on to coach in St. Charles as a Junior high GBB coach. It was great to learn more about the game and the broad array of talent I would see at that time. Learning how to grow young adults into not just



Mike Archer

better athletes but better people. I would eventually leave St. Charles and become the JV GBB Coach at Triton High School. This was the next step in my journey to become a head coach. It was here where the challenges grew, and responsibilities became more- helping to develop young people into better athletes and better people. I had the opportunity to move on

Mike Archer...
continued on page 32

Growing up in Hermosa Beach, CA, there were few sports I didn't try. In high school, I competed in baseball, basketball, football, and golf. I even wrestled for one season. While I wasn't a star, I always found ways to help the team and enjoyed the camaraderie with my teammates.

After high school, I drifted away from athletics due to work

Rob Economy...
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Rob Economy

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2024-2025 MSHSCA DELEGATES

SECTION	GIRLS SPORTS DELEGATE	BOYS SPORTS DELEGATE	AT LARGE DELEGATE	AT LARGE DELEGATE
1A	Adam Wilder (Mabel-Canton)	Gordy Klomps (retired)	Jessica Just (Lakeville South)	Doug Davis (Northfield)
2A	Eric Lewis (LeSueur-Hend)	Alan Woiotos (New Ulm Cathedral)	Craig Morgan (MN Valley Luth)	Marc Bachman (Saint Peter)
3A	Jess Smith (Windom)	Dave Blank (Wabasso)	Open Position	Open Position
4A	Chris Laird (Heritage)	Robert Economy(Eagle Ridge Aca)	Tim Herman (Heritage)	Jim Baker (Retired)
5A	Aaron Boyum (Albany)	Tom Lawrence (Foley)	Al Amdahl /Bill Baumann (Royaltan)	Chris Kircher /Tim Triplett
6A	Tavia Bachmann (Frazee)	Kyle Haberman (Lake Park-Audubon)	Mike Peterson (Perham)	Gregg Martig (Pequot Lakes)
7A	Matt Carlstrom (Deer River)	John Wagner(Mesabi East)	Matt Solberg (Proctor)	Nathan Johnson (Proctor)
8A	Dave Varriano (Mahnommen-Waubun)	Lon Boike (Crookston)	Jeremy Digiovanni (Walker-Hackensack-Akeley)	
1AA	Jeremy Biermaier (New Prague)	John Cassellius (Winona)	Rod Schwarz (Winona) (Retired)	Open Position
2AA	Mike Lhotka (Dassel Cokato)	Mike McGraw (Hutchinson)	Tink Larson (Waseca)	Open Position
3AA	Keith Randa (Apple Valley)	Jeff Groves (Apple Valley)	Tom Sharp (Eastview)	Open Position
4AA	Tracy Hrouda (Harding)	Tom Paulson (White Bear Lk)	Tim Ryan (Hill Murray)	Jerry Utech (Harding)
5AA	Mark O'Neill (Champlin Park)	William Totimeh (Fridley)	Mark Loahr (Totino Grace)	Larry McKenzie (Minneapolis)
6AA	Juno Nayagam (Benilde-St. Marg)	David Boone (Edina)	Kerry Sutherland (Hopkins)	Tarek Morey (Osseo)
7AA	Mark Solberg (Cambridge)	Kellie Stedje (Forest Lake)	Mike Hennen (Forest Lake)	Greg Apahn (Grand Rapids)
8AA	Kent Hamre (STMA)	Open Position	Rob Nielsen (Det. Lakes)	Stephen Schreiber (Bemidji)
		Tom Sharp (Eastview)		

SPORTS MEDICINE

2024-2025 MSHSCA SPORT ASSOCIATION OFFICERS

SPORT ASSOC	PRESIDENT	PRESIDENT ELECT/VICE PRES.	EXECUTIVE/SECRETARY	TREASURER/OTHER
AD	Will Short (Simley)	Bill Quan, (Osseo)	Dan Johnson (Exec Director)	Ken Hubert (Faribault)
Adapted Athletics	Brett Kosidowski (Eastview)	Luke Wisniewski (Mpls)		Kelli Waalk (Osseo) (Treas)
Baseball	Dean Schwartz (Glencoe-Silver Lake)	Troy Urdahl (St. Anthony)	Craig Anderson (Pine Island) (Exec Direc)	Rick Zollner (Pipstpne)
Boys Basketball	Matt Halverson- (Goodhue HS)	Josh Ortmann (Buffalo)	Tom Critchley Sr. (Exec Direc) (retired)	
Girls Basketball	Aaron Boyun (Albany)		Mark Cook (Maple Grove)	Scott Bergman (Sauk Centre)
Cross Country	Jeff Dickman (Rockford)	Jeff Morris (Perham)(Past Pres)	Christian Zimmerman(SW Christian)	Thomas Sharp(Eastview)
Dance	Kristen Gagnon (Totino Grace)	Tiffany Sandhurst (New Prague)	Marissa Haakonson Membership	Brittany Rehling (Roseville)
Football	Nick David(Mound-Westonka)	Bryan Strand(Barnesville)	Ron Stolski (Brainerd) (Exec Direc)	Jim Dotseth (Sec/Treas)
Golf	Heather Hoec (Milaca)	Craig Nasvik (White Bear Lake)		Alyssa Konecne (Fosston)
Gymnastics	Joni Reitmeier (Worthington) Pres.	Toni Kleber (Moorhead)- (Past Pres)	Shelly Eklund (Eagan)-Sec	
Boys Hockey	Ricky Saintey (Rosemount)	TBD	Dustin Vogelsang (East Ridge)	Pat Andrews (Hermantown)Girls
Hockey	Claire Goldsmith (Minneapolis)		Tim Morris Ex Direc (Lakeville South)	Robert Sherry (Lakeville South)
Boys Lacrosse	Andy Lee (Edina)	Giuseppe Palermo(Benilde-St. Margaret's)	Darin Nelson (Sec)	Lance Kuehn (Rosemount) (Treas)
Girls Lacrosse	Heather Pierson (Prior Lake)	Theresa Boyd (Hill-Murray)	Kelsey Long (Rosemount) (Secretary)	Kelly Crampton
Alpine Skiing	Nate Springer (Eden Prairie)	TBD	TBD	Bob Boldus (Lakeville North)
Nordic Skiing	Andrew Hanson (Wayzata)	David Johnson (Marshall) Past.	Jason Mork (Winona/Cotter) Acad	Richard Heilman (Lakeville N)
Robotics	Justin Scheider (Esko)	Curtis Robertson (Upsala) Past Pres	Alex Jurek (Becker)	Scott Davis (Irondale)
Soccer	Tracy Griess (Andover)	Jen Levisen (Austin)	Keith Randa (Apple Valley) (Exec Sec)	Art Seplak (Treas) Greg Juba (Clinic)
Softball	Sean Hall (Forest Lake)		Dawn Engebretson (Rockford)	Brenda Carlson (Treasurer)
Boys Swimming	Jason Tangen (Sauk Rapids-Rice)	Scott Johnson (Edina)	Todd Walsh (Bloom-Kennedy) (Exec Sec)	Katie Haycraft (Prior Lake) (Treasurer)
Girls Swimming	Megan Magnuson (Century)	Cassie Kieffer (New Prague)	Todd Walsh (Bloom-Kennedy) (Exec Sec)	Katie Haycraft (Prior Lake)
Strength	Jessica Gust (St. Louis Park) (Vice Pres)	Zack Nauert (Mound-Westonka)	Alex Greenway (Tracy-Milroy-Balaton)	
Synch. Swimming	Kathy Henderson(Stillwater)	TBD	Lauren Kranig (Richfield) (Secretary)	Natalie Bodin (Wayzata)
Tennis	Aaron Rothenberger(St. Peter)	Aaron Rothenberger(St. Peter)	Dave Wareham (Totino-Grace) (Exec. Sec)	
Track	Eric Klein (St. Charles)		Scott Christensen (Stillwater) (Sec/Treas)	Dave Gunderson (Hall of Fame)
Volleyball	Jim Lee (Ada-Borup)	Lonnie Morken (Mable-Canton)	Becca Pulju (Sebeka)	Kim Duis (Concordia)
Wrestling	Tim Haneberg (Hastings)	Matt Hennen (Scott West)	Kip Lynk (Dassel) (Exec Direc)	Kurt Habeck (Delegate)

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

President's Message

By: Kerry Sutherland

The Final Stretch

As the school year draws to a close, students, teachers, and staff alike find themselves coming down the home stretch, a place where exhaustion and anticipation blend into one final push. For athletes, the end of the school year also signifies the end of a sports season, and for some, the end of their sports career.

The finish line, once a distant thought, is now within reach. The end of the year brings with it a mix of emotions—satisfaction from accomplishments, nostalgia for moments shared, and excitement for what lies ahead.

But beyond the grades and exams, the end of the school year is a testament to resilience, perseverance, and the countless memories that shape the future.

Resilience: Overcoming the Challenges

The path to the end of the school year is rarely smooth. Every student, from the youngest to the oldest, faces obstacles along the way—be it tough assignments, balancing extracurriculars, personal challenges, or the simple struggle of staying motivated through long months. However, it's during these moments of difficulty that resilience is forged. Resilience is the ability to bounce back from setbacks, to learn from mistakes, and to persevere when the going gets tough.

Throughout the school year, students are continually tested—not just academically, but emotionally and mentally. They face peer pressure, periods of self-doubt, and the inevitable stress that comes with the demands of school life. The end of the year, then, represents the culmination of their ability to endure. Each final exam or project completed is more than just an academic task—it's a victory over the challenges faced earlier in the year.

Perseverance: Pushing Through to the Finish

Perseverance is what transforms the challenge into triumph. It is the steady commitment to pushing through despite setbacks and obstacles. Whether it's the last stretch of studying for exams or finishing a long-term project, perseverance is what makes the final days of school so rewarding. It's the internal drive that allows students to stay focused, finish their work, and look back with pride at the distance they've covered.

For teachers, perseverance is equally essential. They're not just guiding students through the curriculum but also helping them navigate their own challenges. In many ways, the end of the year is just as meaningful for them as it is for students, as they too have worked hard to foster growth and development, both academically and personally.

Memories: Reflecting on Growth and Accomplishments

As the days grow longer and the end of the year approaches, students and teachers alike take a moment to reflect on

everything they've accomplished. The memories built over the course of the year are not just of textbooks and lessons learned, but of friendships forged, challenges overcome, and personal growth achieved.

There are memories of the first day of school, the nervous excitement of stepping into a new grade or class, and the quiet triumphs that came from making it through tough assignments. There are also the shared moments—laughter in the halls, group projects, sports events, and the bonds formed along the way. These memories are the invisible threads that tie the past year together, reminding everyone of how far they've come.

New Beginnings: The Promise of What's to Come

With the end of the year comes the promise of new beginnings. Graduation ceremonies, promotions to new grades, and the excitement of summer break all signal a fresh start. But even more than the physical transition, the end of the school year marks the mental shift toward the future. Students move on with new knowledge, new skills, and a new sense of themselves. For many, the lessons learned in school—the value of hard work, resilience, and perseverance—serve as the foundation for future successes.

This season of transition is not just about closing one chapter but about setting the stage for the next. For those graduating, it's about stepping into the world beyond school, with all its challenges and opportunities. For others, it's about preparing for a new year, filled with new goals, friends, and experiences. No matter where you are in your academic journey, the end of the school year is a time of reflection, celebration, and anticipation for what's to come.

Conclusion: A Year's Worth of Growth

As we come down the final stretch of the school year, it's important to recognize that the journey isn't just about the grades or the final exams. It's about the resilience shown in the face of adversity, the perseverance to finish what was started, and the countless memories that shape who we are. The school year may end, but its lessons live on, preparing each student, teacher, and staff member for the adventures and challenges that lie ahead. With each new beginning, we carry forward the wisdom gained and the strength earned, ready to take on the world with the same courage and determination that got us through this year.

Lock In and Finish Strong
Kerry Sutherland

*** A reminder for all sport association leaders and delegates: Please plan to attend the MSHSCA Spring Delegate Assembly at Mancini's Char House in St. Paul on Friday, March 21, 2025, 8:30 am check-in, 9:00 am meeting.**

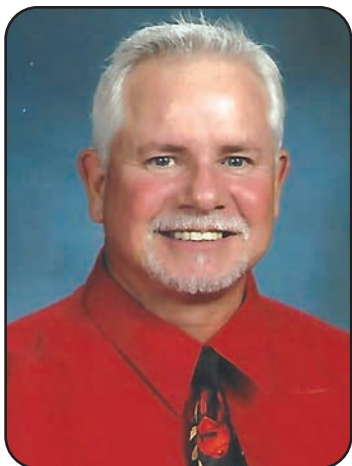
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Reflections by Ringer



By: Rick Ringeisen,
MSHSCA Executive Director

Coaching is a profession of love; You can't coach people unless you love them. - Eddie Robinson, Grambling State University Football Coach | 408-165-15

One of the most extraordinary things about coaching is all the various relationships we make while serving our teams, schools, and communities as teachers and coaches. No matter where you go, you will likely get a wave or hear someone call Coach! The members of your coaching staff become some of your closest friends, and sometimes, you are surprised by how far reaching your friendships and loving relationships you build.

In the last decade of my teaching career, I forged a close friendship with our new principal, who is a little older than me. We had a way of finding each other when we needed a second opinion or just a few moments to be with a friend of about the same age. He is a wise man, and I greatly respect and admire him. We could kid each other and be blunt about things the other needed to hear.

One day, he was telling me how much he respected coaches, and in truthful jest, he told me that he often considers coaches to be like hunting dogs. Before I could ask him to elaborate, he started making his case. He began by telling me that coaches are a special breed, raised on sports and trained to serve a higher purpose. They are fully committed once the season starts, and there is no pulling them off the task. Coaches follow their instincts and will work themselves to the bone. They never give up, and they pour all their physical strength, heart, soul, and intelligence into the service of others. The only time they let off is at the end of the season. Then, they are eager to start again with tremendous enthusiasm.

By the time he finished explaining, I understood his perspective. He did a darn fine job of selling his opinion. I admit I wasn't sure I would buy into his theory. I also realized that he admired and loved our school's coaches. As he laid out his thoughts, as a hunter myself, I began to see and feel the parallels. I could relate to personal experiences with many of my coaching friends and a lifetime filled with many extraordinary hunting family dogs with whom I have had the pleasure of being afield throughout the years. His words also jogged memories of my own coaches and their service of dedication and determination.

There is no doubt that the outstanding character of coaches makes us special. Our days are filled with passion, emotion, and a steady stream of opportunities to teach, inspire, and motivate. Those opportunities include our players, staff, school, and, we hope, also our community. Coaches are unique individuals focused on making a positive difference in the world, especially for their teams and communities!

Since becoming the MSHSCA Executive Director in 2020, my greatest revelation is that the coaching profession is filled with extraordinary individuals. Across the state, coaches give of themselves until they have no time left to spare. The decision to become a coach was not made because of the financial rewards.

Coaches focus on making a positive difference and giving back through coaching the sport that changed their lives and gave them purpose. They do not coach for the financial rewards. As proof, I have never heard a coach talk about the amount they will get paid or consider the pay amount before accepting a high school coaching position. Pay is rarely a factor in a coach's decision to take a position. Of course, eventually, knowing the amount does happen, mainly because our spouses want to know the trade-off for all the hours we are not at home. We then turn our focus back to our coaching. While the pay is not great, the satisfaction and rewards keep us dedicated and passionate.

When we accept our coaching positions with glee in our hearts, we dive in and commit 100%. As Coach Larry McKenzie says, "We get a full-time job for part-time pay." Once you are a coach, you are always a coach, and it goes with you everywhere. We never stop being a coach. If we are at a public location like a State Fair or Airport, we recognize coaches and notice athletes when we people-watch. In my head, I guess what sport they play. Athletes don't hide. They often wear sports apparel that provides clues to their sports of interest.

Recently, I was at the airport waiting for a flight. When the flight was delayed for several hours, I struck up a conversation with a gentleman seated near me. We noticed each other earlier, and we could both feel a sports/coaching connection. Once we started talking, we quickly learned we are both track coaches and officiate. Our conversation revealed that we have many friends and acquaintances in common. The wait for our flight passed quickly as I conversed with and built another quality relationship. This brings me back to the Eddie Robinson quote that opened my column. "Coaching is a profession of love. You can't coach people unless you love them".

Remember that the next time you greet or part company with someone you care about. As you lock eyes, reaching for a firm handshake or embrace, know that you are experiencing the love for them and coaching as Eddie Robinson described in his quote.

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

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

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



Delegates Corner

*Robert "Bob" Schueller, Browerville School
President Elect, MSHSCA, Browerville*

Suddenly, it is March, and one can hardly remember February's harsh, sub-zero temperatures. I feel like winter is behind us, but then again, the winter season State Tournaments tend to bring some wintry weather. March is a great month with the idea of getting outside for all the spring sports. Thank you, coaches, athletic directors, and administration, for everything you do to give our athletes the best possible experience.

The MSHSCA will have the annual spring delegate meeting at Mancini's on Friday, March 21, 2025. A great time to get together with all the sports associations and hear what is being done or has been done within their sport. Presidents and delegates of each of the associations really enjoy promoting their activities and do a great job. Erich Martens, Executive

Director from the MSHSL, will fill us in on any updates and other information from the MSHSL. There will also be an MSHSL Board of Directors Report, Sports Medicine Advisory Committee Report, Coaches Caring Report, and the Executive Directors Report from Rick Ringeisen. President Kerry Sutherland will introduce our Vice President candidates. Rob Nielsen will update us on our Website and Prep Coach. Scholarships, Hall of Fame Banquet, and the Distinguished Service Award for Officials will all be discussed. Finally, we will hear from each of the Sports Associations. Our delegates play a very important role in our organization. Let's all continue to move forward with the initiatives and great programs we have for our coaches, with the overall goal of looking out for the betterment of our athletes. Have a great Spring!

MSHSL BOARD OF DIRECTORS REPORT:

Tavia Bachman

At the MSHSL, this time of year, we celebrate all the successes of our winter activities and hope for some nice spring weather as we transition into our spring activities. Many of us are thinking, "MELT, SNOW!" As we prepare to dive into the spring, a huge thank you goes out to our coaches, who continually put in so much time supporting our student athletes. It doesn't get said enough, but know that what you do makes a difference and continually impacts the kids we work with.

The recent Executive Order addressing participation in female sports raised issues and questions for MSHSL Member Schools and the League. This order affects the participation rights of transgender females in athletics. Thus, this creates questions about the interaction of this Executive Order and Minnesota law. The Minnesota Human Rights Act and the Equal Protection Clause of the Minnesota Constitution prohibit discrimination against any person in any protected class, which includes sexual orientation and gender identity. The Executive Order appears to conflict with current State law. The MSHSL requested and received a formal opinion from the Minnesota Attorney General for guidance on the issues involved. The League will continue to work with all entities to seek clarification and direction. At this time, the MSHSL's current policy, created in 2014, provides a process for schools to follow in cases where transgender students appeal their eligibility remains in place, as the policy is based on the [Minnesota] Human Rights Act and the State Constitution. The MSHSL will continue to communicate with Activities Directors and schools regarding the direction that it receives and any other clarification.

February 6th Board Meeting:

The MSHSL's last board meeting was in February, where Fall Activity Proposals were voted on.

-Boys & Girls Tennis will allow On Court - In Match coaching. The board passed this proposal.

-MN Head Coach Requirement Policy - This policy was voted on and passed. It requires all varsity teams in interscholastic sports to employ and have present a head

coach who has met the head coach requirements identified in the statute.

Other items included:

-9th Grade Governance Bylaw - Bylaw 100 and 500 Series were voted on at this meeting and passed. There will continue to be discussion on other Bylaw Series, which will be voted on before the 2025-2026 school year.

-Alumni participation Bylaw - This was discussed, and proposals are being made to clarify "Non-school Competition and Training (Team and Individual Sports)."

March 5th Board Workshop:

During the Board Workshops, there are no action items, but discussion of proposals occurs. The following is what was discussed during this workshop.

-Bylaws 200-400 Series were discussed in relation to the 9th Grade Governance.

-Classification Numbers were recently sent out to member schools for team (appeal) sports, and the process of competitive section placement and district football continues. Other activity cut lines will have their numbers released soon (this is as of March 5th). The appeals process was due on March 7th and will continue. Schools will be notified on March 14 if their appeals are approved. The next step would be section assignments and approval is scheduled for the April 3rd MSHSL Board of Directors meeting. District Football Placement will continue with the approval of the assignments scheduled for the June 3rd MSHSL Board of Directors meeting. We encourage any coaches that may have questions about the process or their section placement to communicate with their Activities Director.

This is a reminder to Advisory Committees to be aware of the deadlines for 2025-2026 proposals that you would like to submit for consideration.

As we head into spring season, continue building and fostering positive relationships with our student-athletes. Each day, you are teaching life lessons that our kids will take with them into the future. Embrace the highs and learn from the adversities we face. Thank you for the opportunity to serve you on the MSHSL Board of Directors and keep making a difference!

Diversity, Equity, & Inclusion

By: Larry McKenzie

Evolving Cultural Landscape of Minnesota: The Impact on High School Sports

Last week Minneapolis Star Tribune Chip Scroggins wrote a series on the changing landscape of high school sports. I have provided my personal take on the changing landscape of Minnesota high school sports.

As Minnesota continues to grow and diversify, its cultural landscape is undergoing a significant transformation. This evolution is not just reshaping communities; it is also influencing the way high school sports are structured and experienced across the state. With an increasing emphasis on inclusivity and support for diverse student athletes, schools are reimagining their athletic programs to create an environment where every young athlete can thrive.

In recent years, the push for inclusivity has become a cornerstone of high school athletics in Minnesota. As schools' welcome families from a variety of cultural backgrounds, there is a growing recognition that sports can serve as a powerful tool for building community and fostering connections. Schools are now prioritizing programs that not only encourage participation but also celebrate the unique experiences and traditions of all student athletes.

This shift is evident in the creation of teams and leagues that reflect the diverse makeup of the student body. For instance, schools are forming multicultural teams and offering sports that cater to different interests and abilities, ensuring that every student feels represented. This inclusivity not only enhances the athletic experience but also promotes a sense of belonging among students who may have previously felt marginalized.

Effective communication is crucial in navigating the evolving landscape of high school sports. Schools are increasingly recognizing the need for transparent and open lines of communication with families from diverse backgrounds. Engaging parents and guardians in discussions about athletic programs can help bridge cultural gaps and foster a supportive environment for student-athletes.

Efforts to provide multilingual resources and culturally relevant information are being implemented to ensure that all families can easily understand and participate in their children's athletic journeys. By prioritizing communication, schools are not only enhancing the experience for student-

athletes but also building a stronger community around high school sports.

As Minnesota's student-athlete population grows more diverse, the need for tailored support systems becomes increasingly important. Schools are focusing on providing resources that address the challenges faced by various groups, including mentorship programs, mental health support, and opportunities for leadership development.

These initiatives aim to empower student-athletes, helping them navigate the pressures of competition while also embracing their identities. Coaches and administrators are being trained to recognize and celebrate diversity, fostering a culture of respect and understanding within teams. This holistic approach to support ensures that all student-athletes can pursue their passions while feeling valued and understood.

To build a thriving athletic culture, schools must actively engage new families and accommodate different backgrounds. This engagement goes beyond simply inviting families to attend games; it involves creating an inclusive atmosphere where everyone feels welcome. Schools are hosting events that celebrate cultural diversity, encouraging families to share their traditions and stories.

By fostering an environment of engagement and collaboration, schools can enhance the overall development of youth athletics in Minnesota. This approach not only benefits individual sports but also strengthens the community fabric, promoting teamwork and camaraderie among students, families, and coaches.

The cultural landscape of Minnesota is undeniably evolving, and with it, the realm of high school sports is transforming. As schools adapt to these changes, the focus on inclusivity, communication, and support for diverse student athletes is essential. By engaging new families and accommodating various backgrounds, Minnesota is laying the groundwork for a more vibrant and inclusive athletic culture. This evolution not only promises a richer experience for student-athletes but also ensures that high school sports will continue to be a unifying force within communities throughout the state.

2024-25 SPORT ASSOCIATION CLINIC & EVENT SCHEDULE

DATE	SPORT	LOCATION
Feb. 28-Mar. 2, 2025	Tennis Clinic - David Wareham - dwareham67@gmail.com	Lifetime Fitness, Bloomington
March 2025	Girls Lacrosse Meeting	Benilde-St. Margaret's High School
March 2025	NHSSCA MN Strength & Conditioning Clinic	Minnetonka High School
March 2025	MNIAAA AD Conference	River's Edge Convention Center & Kelly Inn, St. Cloud
March 27-29, 2025	MFCA Football Clinic - Ron Stolski - stolski@yahoo.com	DoubleTree, St. Louis Park
March 29, 2025	MFCA Youth Clinic	DoubleTree, St. Louis Park
March 29, 2025	MFCA Football Hall of Fame Banquet	DoubleTree, St. Louis Park
May 2 -3, 2025	Swimming and Diving - mplsswim@gmail.com	Marriott NW Mpls-Brooklyn Park
May 2, 2025	Swimming & Diving All-State & Hall of Fame Banquet	Marriott NW Mpls-Brooklyn Park

Sport Association officers, email Rick Ringeisen updates for the above schedule at ringer@mshsca.org.

MnIAAA CORNER

*Will Short
Head Coach Simley Wrestling,
Activities Director, MNIAAA President*

The Joys of Competing in the Minnesota State High School Championships

Few experiences in high school athletics compare to the excitement of making it to the Minnesota State High School Championships. It's a journey filled with hard work, perseverance, and moments that unite a team, school, and entire community. The energy in the halls of a school leading up to state is electric—students rally behind their classmates, teachers show their support, and families come together to celebrate the dedication of young athletes. In the community, businesses hang

signs of encouragement, and alums reflect on their own memories of competing or cheering for their hometown team.

But beyond the thrill of competition, it's important to take a step back and reflect on the process of getting there. Championships aren't just built in a season; they are shaped through years of commitment, countless hours of practice, and the lessons learned in victory and defeat. The relationships formed, the resilience

MNIAAA CORNER.. continued on page 12

10
YEARS

WOMEN COACHES SYMPOSIUM

Friday, May 2, 2025

Huntington Bank Stadium, Minneapolis

REGISTER NOW

Visit wcs.umn.edu to learn more.



MEMBERSHIP CORNER

Joyce Ringeisen

Assistant to the Director

Remember to Register for 2024-25!

Registration for the new Membership Year will begin August 1, 2024 and goes until July 31, 2025.

The registration process with Digital membership cards continues to be more efficient and cost effective for MSHSCA.

The Option to Register and send a check or cash is no longer available due to payment issues.

The 2 Options to pay are:

1. **Pay with your personal credit card**
2. **(or) have your school pay using their credit card.**

MSHSCA members will receive emails with links to download and print their MSHSCA membership cards

See below for some common problems and troubleshooting tips with Digital Registration

It is very important that the email you use to sign in to your account is active because that is the email address that your insurance and membership links will be sent to.

The advantages of the digital registration process are as follows:

*MSHSCA members are able to carry an MSHSCA card digitally on their phones.

*MSHSCA members are able to print a copy of their MSHSCA membership card at home if they prefer to carry a hard copy with them.

*MSHSCA members have the option to add their picture to their MSHSCA membership card. This adds an additional level of security to the MSHSCA membership system.

*The MSHSCA saves thousands of dollars in card printing costs, envelopes, and postage.

When you join for the 2024-2025 membership year, you will receive two emails.

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

Hello Your Name,

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

For a copy of your receipt, you can click here.

Registration Info:

Username: your email

Registration Site: mshsca24.cordonco.com

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

Hello Your Name,

Thank you for registering with the Minnesota State High School Coaches Association. To print or save your information, click one of the following links:

General Liability Insurance Program

Insurance information.

Download the PDF: (Click here)

Navigate to the PDF: (Click here)

Download the image: (Click here)

Navigate to the image: (Click here)

Wallet Size Membership Card

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

Download the PDF: (Click here)

Navigate to the PDF: (Click here)

Download the image: (Click here)

Navigate to the image: (Click here)

Registration Info:

Username: your email address

Registration Site: mshsca24.cordonco.com

MEMBERSHIP CORNER... continued from page 8

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

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

MSHSCA Digital Membership Troubleshooting Tips:

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

This is likely due to one of the following reasons:

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

Solution:

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

Log in to <https://mshsca24.cordonco.com>. This is the same link you use to join MSHSCA every year.

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

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

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

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

“I cannot edit my MSHSCA Membership Profile.”

Solution:

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

COACHES CARING PROGRAM

Checks should be made out to the MSHSCA, and the donation should be mailed to the following address:

**MSHSCA
20085 Italy Avenue, Lakeville, MN 55044**

Thank you for considering a donation to the Coaches Caring program. The Coaches Caring program has supported and lifted coaches’ spirits with support when they are facing life-altering adversity. Since the Coaches Caring program was established in 2011, over eighty coaches have received letters of support and a check to help with expenses.

**Coaching Caring nominations should be emailed to Nathan Youngs
at nathan.youngs@dc.k12.mn.us.**

Your donation will make a difference to coaches and their families in their time of need.

Goal Posts

By: Ron Stolski

It is curious what you discover while looking for something else. A long time ago in another time and place, this writer, as a young coach (though with 13 years experience), met a leader who would become an inspiration, confidant, and mentor who changed the direction of this coach's journey forever.

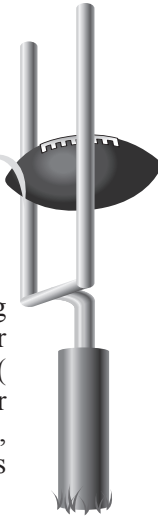
The man, legendary coach Tom Mahoney (yup, Mat's grandpa), met me at a meeting of sorts, put his arm around me, and said, "Hey, kid, you gonna be a career coach?" In awe of him, the reply was, "I hope so". Then, he said, "You gotta do two things: join the MFCA and the AFCA." I was already a member of the Minnesota association, so I joined the AFCA. I am a 50-plus lifetime member. Coach Mahoney influenced many young coaches throughout his life with his advice and wisdom. And that is the point.

You, colleague and keeper, can do the same. The influx of technology aside, you can be a mentor to so many. You are already are now. I have long believed that coaches have influence long beyond their realization. Walk the halls of your school, the streets and roads of your town; attend events large and small, dine at your favorite places, attend the church of your choice, compete with your schedule, be involved in and support the causes you believe in. You will see and run into former players and parents. In every place you are, you are a "coach." The best part is that you shall ever be a coach.

Recently, I chatted with Bob Madison of the MSHSL. He reported that our football coaches have been engaged and representing their teams well in submitting their team information forms. As of Wednesday, February 26, the league is still waiting for the publication of MDE enrollments. Once they are out, the league will quickly create football classes and continue their work on districts for the next two seasons. This has been a good transition from previous methods as it best represents our teams and schools most accurately. Especially for those who are not sure about their classification.'

* The MFCA clinic is March 27-29. We are again on a record pace. This is your clinic! It is not too late to register for 'the best high school clinic in the nation'!

We will see you then! The next time you see or meet a young coach, say, "Hey, kid," and they will be forever thankful.



DIAMOND CUTS

By: Sean Hall

MFCA Coaches Association President
Forest Lake High School
Head Softball Coach

MSHSL State Tournament Dates Set

The MSHSL Softball State Tournament will kick-off on Tuesday, June 3rd at Caswell Park in North Mankato. The Class AAAA Quarterfinal games will start at 10:00 AM, Class AAA games will begin at 12:30 PM, Class AA games will start at 3:00 PM, and Class A games will begin at 5:30 PM. On Wednesday, June 4th, the Consolation Semi-Finals will begin at 9:00 AM for Class A

AAA and Class AAA teams and at 11:30 AM for Class AA and Class A teams. The Semi-Final rounds will start at 2:00 PM for Class AAAA and Class AAA Schools, and the Class AA and Class A Semi-Final games will be at 4:30 PM. On Thursday, June 5th, the Class AAAA Consolation Championship will start at 10:00 AM, and the 3rd Place Game will be at 12:00 PM. The Class AAA Consolation Championship will start at 10:30 AM, and the 3rd Place Game will be at 12:30 PM. The Class AA Consolation Championship will start at 11:00 AM, and the 3rd Place Game will be at 1:00 PM. The Class A Consolation Championship will start at 11:30 AM, and the 3rd Place Game will be at 1:30 PM.

MSHSL Softball Championship Games at Jane Sage Cowles Stadium at the University of Minnesota

We are excited to host the MSHSL Softball Championship games at Jane Sage Cowles Stadium at the University of Minnesota Campus. The games will be divided into two sessions. The early session will be on Friday, June 6th, with the Class AAAA game at 9:00 AM and the Class AAA game at 11:30 AM. The later session will kick off with the Class AA game at 4:00 PM and the Class A game at 6:30 PM.

Number of Games Proposal with Baseball

The Minnesota Softball and Baseball Coaches are proposing new language that will allow teams to play additional games. For this proposal, tournaments not part of the MSHSL postseason tournament competition will count as one contest toward the total number allowed. Schools may not participate in more than two tournaments in addition to MSHSL postseason play. Tournaments played on two consecutive days will count as one playing date, with a maximum of three games. Teams may only compete in the maximum number of contests allowed per day (two for baseball).

THANK YOU, MINNESOTA TWINS!

The MFCA Coaches Association would like to thank the Minnesota Twins for hosting the 2025 Coaches Clinic at Target Field. Over 350 coaches attended. Also, a huge thank you to all the Coaches who presented this year and to all the coaches in attendance.

Trophies Plus - Sponsor of Coaches Caring

PREP COACH CONTRIBUTOR QUARTERLY DEADLINES
September 1st | December 1st | March 1st | June 15th

FLIP NOTES

By: *Cindy Jacobson*
MGGCA President



State Gymnastics celebrated 50 years this year. It was celebrated with past Individual Champions from the previous years. The attending champions led the Qualifying individuals on the State Class A and Class AA day. The meet was full of talent by these gymnasts and was exciting to watch. The banquet on Thursday night was very well attended, once again having over 1,000 gymnasts and families. During the banquet, we inducted Allie Cronk, "The voice of the State Tournament for 50 years," into the Hall of Fame. Allie has been there since the beginning. This honor was very well deserved.

Congratulations to this year's Class A State Team Champion Detroit Lakes with a 145.625 and Class AA Owatonna with a 146.825.

Individual Winners for Class A

All Around Champion: Lauren Hansen from Monticello with a 37.525

Vault champion: Maggie Schander from Detroit Lakes with a 9.775

Bars champion: Lauren Hansen from Monticello with a 9.425

Beam Champion: Hadassa Gonzalez from Watertown/Mayer/Mound/West Tonka with a 9.375

Floor champion: Lauren Hansen from Monticello with a 9.525

Individual Winners for Class AA

All Around Champion: Ava Bruegger from New Prague with a 37.575

Vault champion: Kaia Bauerova from Waconia with a 9.825

Bars Champion: Hailey Proshek from New Prague with a 9.575

Beam Champion: Cordelia Neumann from Owatonna with a 9.475

Floor Champion: Ava Bruegger from New Prague with a 9.60

The State meet went very well, with teams all over the state represented. Each year, these gymnasts' talent gets increasingly advanced, which is an exciting event to watch. I want to congratulate all of the senior gymnasts out there, for completing your high school career and wish them well on the next chapter in their life. Also, to congratulate all the gymnasts that made it to state and even the ones that didn't, keep dreaming and working hard, and your dreams can come true to make it to the big show!!

Happy Handstand and Flipping !!

BANK SHOTS

By: *Matt Halverson*



As I close up my two years as the MN Boys Basketball Coaches Association president, thank you to all the coaches, board members, and volunteers who make the coaches association what it is. You help shape lives, build character, and create lasting memories for countless athletes. The impact you have extends far beyond the basketball court. Thank you for your passion, leadership, and love of the game. The MN Boys Basketball Coaches Association thrives because of efforts from everyone, but I want to give a special shout-out to Tom Critchley, Ron Larson, and Dave Johnson, who have been helping run our association for many, many years. As we discussed at our yearly clinic, we will be looking for people to step up into various roles that these men have held for a long time. It is somewhat of a "changing of the guard", but they are also going to be nice enough to stick around and help us out. I wish all those who are still alive in the playoffs nothing but the best! For those that are already done, make sure you take time to get away from basketball and do something for yourself. This vocation we are a part of can take out some of our juice, so make sure to refill your cup. Again, thank you to everyone for allowing me to be the president these last two years, and thanks for a great learning opportunity!

OTHER SPECIAL MEETINGS OF IMPORTANCE

March 20, 2025

MSHSCA Finance Meeting

Hilton Garden Inn, Eagan

March 21, 2025

MSHSCA Spring Delegate/President Meeting

Mancini's in St. Paul

March TBD, 2025

MNIAA-ADs Conference

River's Edge Convention Center & Kelly Inn, St. Cloud

June 22-23, 2025

Summer Board of MSHSCA Directors Meeting

Hilton Garden Inn, Eagan

September 5, 2025

HOF Meeting

Minneapolis Marriott West

September 6, 2025

MSHSCA Fall President/Delegate Meeting

Minneapolis Marriott West

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Swim Strokes

By: Jason Tangen

Building a Championship Culture in Today's World

By the time this article is published, the Boys Swim and Dive season will be at the State Meet and wrapping up their season. A huge “thank you” needs to go out to all the schools that put in the effort to host these meets and make them memorable occasions for all of our athletes.

My topic for today revolves around building a championship culture in the world we live in. More and more coaches are struggling to find numbers to fill their rosters, and schools are finding it challenging to replace long-standing retiring coaches. In a time when recruiting and retention are ongoing challenges, fostering a strong, positive team culture is more important than ever.

One coach who exemplifies this approach is Evan Shanley, Boys and Girls Swim & Dive Head Coach at St. Cloud Apollo. Despite having a roster of only seven athletes (two of whom are divers) on the boy's team this year, Evan continues to build a highly competitive program. His success is not just about numbers but about the culture he has created within his team.

The Key Elements of a Championship Culture

1. Athlete Engagement & Development

Evan's championship culture is evident in the athletes he coaches and the results they produce. Over the past six years, nearly every record on the team's record board has been rewritten. He fosters a deep commitment to improvement, focusing on individualized training and motivation to bring out the best in each swimmer. His approach ensures that every athlete feels valued, regardless of team size.

2. Community Outreach & Early Engagement

One of the biggest hurdles in swimming is getting young athletes involved early. Evan actively reaches out to middle school and elementary school students, fostering excitement and engagement in the sport. Last summer, his program even offered free summer memberships through community education to encourage participation and exposure to competitive swimming and diving. These efforts help ensure a steady pipeline of young athletes who will one day contribute to the high school team. This was all done while his pool was closed, and he had to utilize another nearby high school for practices.

3. Leveraging Social Media for Growth

Promotion and visibility play a significant role in developing a strong program. Evan has embraced social media as a tool to engage his community, keeping parents, students, and supporters informed. Through Instagram posts announcing meet schedules and real-time updates on race results, he has created a buzz around his program. This outreach increases program awareness, encourages attendance, and builds a broader support network for his team.

Applying These Lessons to Your Own Program

While every team is unique, Evan's principles can be adapted by any coach looking to build a championship culture. Here's how you can get started:

- **Invest in Your Athletes:** Make every athlete feel like they are an essential part of the team. Recognize their progress, celebrate small victories, and tailor your coaching to individual needs.
- **Grow the Pipeline:** Connect with local club coaches, middle schools, and even elementary schools to generate interest in your sport early. Consider offering free or low-cost introductory programs.
- **Utilize Social Media** to promote your program. Share team updates, meet/game results, and athlete highlights. Engage with parents, alums, and the community to increase program visibility.
- **Foster a Supportive Environment:** A championship culture isn't just about winning; it's about creating a positive, inclusive, and motivating atmosphere where athletes want to return season after season.

Evan's story reminds us that a championship culture isn't defined by the number of athletes on a roster. Instead, it's defined by the commitment, passion, and dedication that is poured into the program. As coaches, our impact extends beyond the pool, field, court, or wherever you compete; it shapes the confidence, work ethic, and success of the athletes we mentor. Let's continue to build programs that inspire and develop the next generation of athletes.

Upcoming Events for the Swim & Dive Coaches Association:

- Section Representatives Meeting: March 22nd
- Annual Swim & Dive Clinic: May 2nd-3rd
- All-State Banquet: May 2nd

MNIAAAA CORNER.. continued from page 7

developed, and the discipline instilled in student-athletes are what make the journey truly meaningful.

As a coach and Athletic Director, I have been fortunate to experience both the highs of victory and the heartbreak of defeat. No matter the outcome, I always remind myself of the bigger picture—education-based athletics. At the end of the day, it's not just about the wins and losses; it's about preparing students for life beyond the game. Lessons in teamwork, accountability, and

perseverance will stay with them far longer than any trophy or medal.

The Minnesota State High School Championships provide a stage for athletes to shine, but the real reward comes from the journey that leads them there. Whether celebrating a championship or learning from a tough loss, the impact of the season will last a lifetime. And that, above all, is what makes high school sports so special.

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SERVICE ACES

By: Aaron Rothenberger
MTCA PRESIDENT



Spring is just around the corner, and it will be great to return to the tennis courts again! Here are the recent news and announcements for 2025.

Girls Tennis Coaches of the Year

I am honored to recognize the 2024 Girls Tennis Coaches of the Year. For head coaches: AA - Lynn Larson (Bloomington Jefferson) and for A - Matt Draeger (Litchfield). The assistant coaches are AA - Jody Cullen (Blaine) and A - Taylor Knutson (Montevideo). We commend all four of these individuals for their hard work and dedication to their program and players.

2025 Northern Tennis Coaches Clinic

Over 170 coaches signed up. We honored our section and state coaches of the year on Friday night. On Saturday, we inducted three new coaches into the Minnesota Tennis Coaches Hall of Fame: Lisa Salo (Brainerd), Jeff Prondzinski (Wayzata), and Pepper Meyer (South St. Paul). Jorge Capestany, Tara Collingwood, and Jessie Daw were among many other speakers. We were very grateful to Christin Schumann (along with her RSPA crew) and Les Zellmann for organizing the conference!

In Match Coaching

Starting next fall, girls' tennis coaches and, in the Spring of 2026, boys' tennis coaches will be allowed to coach their players during the match. If any coach has not received rules and regulations for this new coaching format, check with your AD. Information will be sent to coaches in the next few months before the 2025 girls' tennis season. Almost all regional boards, along with the Minnesota State High School League Board, approved MTCA's executive committee's recommendation for in-match coaching.

We look forward to another great season of boys' tennis and hope the spring weather will be kind to us. Enjoy coaching your athletes, and good luck to your programs this spring!

*“Here’s how I’m going
to beat you.*

I’m going to outwork you.

That’s it.

That’s all there is to it.”

- Pat Summitt

UNDER THE BAR

By: Amanda Berg, M.S., CSCS
Dassel-Cokato High School Strength & Conditioning Coach

Lifting on Game Day

“Coach, it’s game day. I can’t lift”. “We have a big meet tomorrow, my coach says I can’t lift”. As a strength and conditioning teacher whose classes train all week, I used to hear this often. Until we created a unified instead of a uniform program and implemented the stoplight system, I didn’t know how to react as a teacher to these types of comments.

Whether as a coach you believe in lifting on game days or even before game days, the truth is that in the spring sports season and with the unpredictable weather, you never really know if game day is a go. The consequence of canceled meets and games often turns into multiple competitions in a row.

Our program has the concept of “we train movements, we do lifts”. What that means is whether you are competing today or have a nice recovery weekend, your workout will consist of athletic movement patterns such as a squat, hinge, push, pull, carry, and brace. However, it is not uniform in that everyone will front squat today. Instead, the students will see a drop-down menu on their workout of 5-6 variations of the squat pattern. We use a program management software, but before we had that, we used a simple concept of “Build-A-Workout”. Movement patterns would be written on a whiteboard with 5-6 choices in a box. Then it would be left up the entire week. The goal was for athletes never to repeat the same lift but to do similar movement patterns. As a coach, I have used Trainheroic’s Progressions and Regressions Chart as a good resource.

Implementing the stoplight system is the biggest component of buy-in for students and athletes who want to lift on or close to game day. This originally was a concept introduced by Coach Cody Hughes In-Season Training Protocols.

We have this posted throughout our weight room, and students are invited to adjust their workouts based on their schedules. The stoplight system simply says Green if students are 2+ days out of competition. In this they are guided to work out as normal without modifications. Yellow is one day before a game/competition. Student athletes should complete all sets at a typical weight but cut reps in half. Red is game day or playoff season. In Red, athletes should skip the last set of each exercise and cut reps in half. As a coach, I often guide them to decrease the weight if they feel it is necessary.

With the option of adjusting the lift but keeping the movement pattern similar and decreasing reps, sets, and weight on or around competition days, your teams can continue to get stronger as the season goes on, even an unpredictable one that the spring offers. My hope is that you finish your spring season at your strongest with the help of modifications. Good Luck to all Spring Coaches!

CLEARING HURDLES



By: Eric Klein, St. Charles High School,
President, MN Track & Field Coaches Association

The 2025 track and field season is fast approaching, bringing a sense of anticipation and (hopefully) some warmer weather. For some of our state's track coaches, that sense of anticipation began in January at the Minnesota Track & Field Coaches Clinic. I want to offer a sincere thank you to our dedicated clinic committee, as well as all of the speakers, for their time and effort in putting together another excellent clinic. I also want to congratulate all our Coach of the Year winners and especially our two 2025 Hall of Fame inductees, John Bennett (Holy Angels/Prior Lake) and Tom Plocker (Blue Earth Area), who were honored at this year's banquet. The committee is already hard at work putting together next year's clinic, so mark your calendars: The 2026 MN Track & Field Clinic will be held on January 15-17.

Now, on to the important info for this upcoming season:

1. New State Qualifying Standards —This spring will be our 2nd year with the updated State qualifying standards and our first with three years of true 3-class data. Thanks to the advisory proposal accepted by MSHSL in 2023, qualifying standards are now calculated using the 9th place average (in prelims, for events with prelims) over 3 years with a 1% change cap (the cap will not go into effect until 2026). We were thrilled by the impact of the new standards last year and are grateful to all those who played a pivotal role in making this change a reality. You can access this year's state standards on the MSHSL website.

2. New State True Team Location: Eden Prairie High School—After two decades, our final State True Team meet was hosted by Stillwater High School. I want to take a moment to offer a sincere thank you to Scott Christiansen, Ricky Michel, and all those at Stillwater who have done an incredible job making sure that our State meet was of the quality our kids and coaches deserve. We are also excited for the future, with Eden Prairie taking over as our State True Team host. In conjunction with our True Team Committee, Eden Prairie has been hard at work getting things ready for this next chapter in True Team history, and we're very excited for our first State meet there this spring.

3. New MSHSL State Meet Dates —as was communicated to membership back in August, the 2025 MSHSL State Championship has been moved from its traditional dates (Thursday- Saturday, June 5-7) to Tuesday- Thursday, June 10-12. This move was prompted by conflicts with St. Michael-Albertville's 24-'25 school calendar and is only a move for the 2025 track season. The track advisory board was consulted on this issue before it was finalized and voiced opposition to the move while offering several alternative suggestions to the League. They were receptive to our concerns and listened to our suggestions; ultimately, the League decided the best option

CLEARING HURDLES.. continued on page 23

CHIP SHOTS



By: Craig Nasvik, White Bear Lake
President - Minnesota Golf Coaches Association

Reminder:

Our annual Minnesota Golf Coaches Clinic is Saturday, March 15th.

The clinic will be once again at Office Golf in Bloomington, MN. The following is the link to the registration: <https://mgca.rsvpify.com>

Here are some reminders to do prior to the start of the 2025 golf season:

Get registered for the Minnesota State High School Coaches Association. Here is the link to register. <https://www.mshsca.org/joinnow>

By being a member of the MSHSCA, you have \$1,000,000 in insurance coverage while coaching. Your golfers will be eligible for All-State as golfers and All-State Academics as individuals and/or teams. You are eligible to receive any coaching awards as well.

Make sure to complete the Minnesota State High School League dashboard CER's ASAP....

You and your assistants must complete CERs to coach at the section and state tournaments.

Birdie Marketing continues to team up with our group by offering the opportunity to sell the 2025 Minnesota Golf Cards. Contact Diane Tollette at birdiem@comcast.net for details.

Look for links from the MGCA to nominate your team and individuals for All-State awards. As the season starts, these will be shared with you so you know when and where you need to submit your team and individual forms to be considered for these awards.

The MGCA Advisory is looking for women coaches from class A and AA to set up and join us on our MGCA Advisory team. If you want to be a part of the advisory, please contact me at craig.nasvik@isd624.org so I can answer any questions you may have about this opportunity.

Hope to see you at our upcoming clinic. Think Spring

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

- Megan Rapinoe, Soccer Player

2024-2025 WINTER CHAMPIONSHIP TEAMS & COACHES

SPORT	SCHOOL	COACH
ALPINE SKIING		
Girls	Mark Lindemer	Hill Murray
ALPINE SKIING		
Boys	David Gartner	Minnetonka
NORDIC SKIING		
Girls	Beckie Alexander	Minneapolis Washburn
NORDIC SKIING		
Boys	Andrew Hansen	Wayzata
DANCE-High Kick		
Class A		
Carly Wager	Lac qui Parle	Valley/Dawson-Boyd
Class AA	Kristen Gagnon	Totino-Grace
Class AAA	Cindy Clough	Brainerd
DANCE-Jazz		
Class A	Carly Wager	Lac qui Parle Valley/Dawson-Boyd
Class AA	Samantha Cameranesi	Benilde-St. Margaret's
Class AAA	Taylor Varghese	Eastview
GIRLS HOCKEY		
Class A	Jeremy Gunderson	Dodge County (Kasson-Mantorville)
Class AA	John Pohl	Hill-Murray School
GYMNASTICS		
TRUE TEAM		
Class A	Evan Moe	Owatonna
GYMNASTICS		
MSHSL		
Class A	Steve Zamzo	Detroit Lakes
	Lisa Lindgaard	Detroit Lakes
Class AA	Evan Moe	Owatonna
WRESTLING		
Class A		
Class AA		
Class AAA	Josh Joriman	St. Michael-Albertville
BOYS HOCKEY		
Class A	Tyler Palmiscno	East Grand Forks
Class AA	Jon Ammerman	Moorhead
BOYS SWIMMING MSHSL		
Class A	John Barnes	Saint Thomas Academy
Class AA	Scott Johnson	Edina
BOYS SWIMMING TRUE TEAM		
Class A	Brian Wright	Breck/Blake
Class A	Michelle Carlson	Breck/Blake
Class AA	John Bradley	Minnetonka
ADAPTED FLOOR HOCKEY PI		
	Todd Person	Brainerd
ADAPTED FLOOR HOCKEY CI		
	Jeremy Kalal	New Prague/TCU/LSH Belle Plaine/Jordan

MINNESOTA STATE HIGH SCHOOL COACHES ASSOCIATION, INC.

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

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

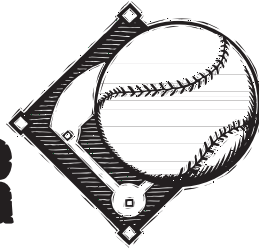
MINNESOTA STATE HIGH SCHOOL COACHES ASSOCIATION, INC.

EXECUTIVE COMMITTEE LIAISON ASSIGNMENTS 2024-2025

<u>PAST PRESIDENT</u>	B/G Soccer	B Swimming	Baseball
Jen Marshall	G Swimming	Wrestling	B Hockey
	Robotics		
<u>PRESIDENT</u>	Football	G Basketball	G/B Golf
Kerry Sutherland	Adapted Athletics	Gymnastics	G Hockey
<u>PRESIDENT ELECT</u>	B/G Cross Country	Nordic Skiing	B Tennis
Bob Schueller	G Tennis	Alpine Skiing	B/G Track
<u>VICE PRESIDENT</u>	Volleyball	Synch. Swimming	Softball
Kyle Haberman	B/G Lacrosse	B Basketball	Dance
Girls Sports	Becky Leuer		
Inclusion & Diversity	Larry McKenzie		

These are your representatives for your sports association on the MSHSCA Board of Directors. Please contact them if you have any issues, concerns, or questions. Their information is listed on our website at www.mshsca.org

DUGOUT CHATTER



By: *Troy Urdahl – President, MSHSBCA*

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

– Mike Singletary

BAM! Baseball Across Minnesota

Mark your calendars! This year's Baseball Across Minnesota (BAM) weekend is set for May 8 -11, 2025. Baseball Across Minnesota is a statewide celebration of baseball at all levels.

We encourage all participating teams to share photos and stories from their games using #BaseballAcrossMN on social media. Let's showcase the passion and community spirit of Minnesota baseball! Coaches, we also encourage you to connect with local media to spread the word. Highlights for this year include:

- The Twins host a series of youth clinics again this spring, including one at Castle Field in Anoka as part of the weekend
- St. Anthony Village and DeLaSalle High Schools will play a televised game at CHS Field following the Saints game on May 10
- Custom apparel will be available through Blue84 / Zephyr (branding featuring the Twins, Saints, MSHSBCA). The deadline for ordering will be April 15, 2025. Be sure to check it out!

Baseball Coaches Clinic

- Planning is already underway for our 4th annual winter baseball clinic at Target Field. Based on feedback from the Twins Survey, we will focus on delivering more practical sessions and take-aways for our coaches. The tentative dates for the clinic are January 16-17, 2026, with official confirmation expected this summer.
- Our previous clinics have been incredibly successful, drawing strong attendance from coaches across the state. We extend a special thank you to the Minnesota Twins Community Fund for their ongoing support in making this event possible.
- Great appreciation extends to Mark Downey for his incredible work coordinating clinic efforts for the MSHSBCA.

Mark plays a huge role in the clinic's success. Mike Max is an excellent ally for high school baseball and gave a wonderful speech for our Hall of Fame banquet.

MSHSBCA All-Star Series

The MSHSBCA All-Star Series returns to Chaska Athletic Park from June 19-21, 2025, featuring Minnesota's top senior baseball players.

Important All-Star Dates:

- Player nomination deadline: May 16, 2025 (midnight) – submit via the MSHSBCA website
- Team selection: May 18, 2025

The selection of coaching staff is nearly complete, and planning is progressing smoothly. Coaches of selected players are invited to attend the coach and player introductions on Saturday, June 21. A huge thanks to Don Gawreluk for his effort and leadership in making this premier event a success!

High School Baseball Updates & Key Dates

- Arm Care Week: Begins March 10, 2025 – remember this is a week only for arm care and conditioning
- First day of practice: March 17, 2025
- Stay updated: Visit www.mshsbca.org & follow us on Twitter @MSHSBCA

Need to schedule games or report records? Contact Tink Larson at tinklarson@gmail.com

If you haven't yet joined the Minnesota State High School Baseball Coaches Association, sign up today at www.mshsca.org!

Added Game Proposal

The MSHSBCA has proposed new tournament play language to increase playing opportunities while maintaining appropriate limits. We look forward to working on this proposal with the MSHSL and our softball association friends.

A survey on this and other key topics will be distributed in late March or early April. Prior to the survey, we will provide detailed communication outlining the benefits of the proposal. Stay tuned!

Honoring Excellence in Minnesota Baseball

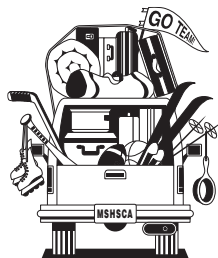
I am excited to announce that Craig Anderson will be inducted into the National High School Athletic Coaches Association Hall of Fame (2025)! Bruce Woitas will also be honored as a 2025 NHSACA Coach of the Year Candidate! The NHSACA awards ceremony will be held in Rapid City, SD this June.

Thank you for everything you do to promote high school baseball in Minnesota. Best of luck in the upcoming season – we're wishing you all a great season!

Have You Moved or Changed Your Email?

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

It is equally important for us to have current email addresses as our webmaster will send notices and updates

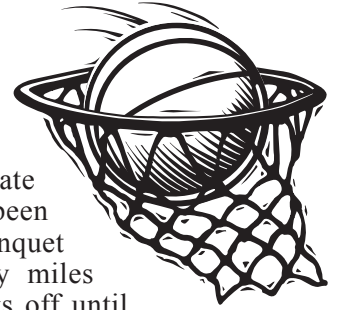


periodically. If you have a change, log into your MSHSCA profile and edit your email address. Remember that not only do we use this for mass e-mailings, but your email is also your login ID. You can change this anytime, just make sure to make a note of your current Login ID and password if you change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

Life and Retired Members: If you have moved and are receiving Prep Coach in the mail, it is important that you notify us of your new mailing address. You can send your mailing information to my email at : ringer@mshsca.org or mail us at MSHSCA 20085 Italy Ave. Lakeville, MN 55044 Phone (952) 250-9535

HOOP SCOOP

By: Aaron Boyum,
MGBCA President



As I write this, section tournaments have wrapped up and we look ahead to the Minnesota Girls Basketball State Tournament next week. It should be an exciting tournament! It features some returning tournament teams at each class with high seeds. Each class also has a blend of talented new teams that are looking to make some noise this week. It should be exciting to follow along with. We are thankful to be able to host events at the University of Minnesota Williams Arena and Maturi Pavilion venues as well the University of Concordia-St. Paul. These long-standing partners have been great to work with and we are so thankful that memories for players and coaches across the state will be made in these locations once again this year.

In conjunction with our state tournament week, our association will once again be hosting a state tournament banquet. For the third year in a row, our MGBCA will be hosting a state tournament banquet at the St. Paul RiverCentre. After not having a state tournament banquet for many years, we are fortunate to host it again as there really is nothing like having all 32 state qualifying teams in the same venue to kick off that action packed week of basketball. The banquet will take place on Tuesday, March 11th, with quarterfinal games taking place the following day for class AA, AAA and AAAA. I would like to give a

special shoutout to our Class A state tournament teams as they have been tremendous at attending our banquet even though many travel many miles to attend it and don't kick things off until Thursday at the state tournament. In addition to the 32 state tournament teams, our 10 member All-State teams for each class are also recognized at the banquet. Family members supporting the state tournament and all-state players are also encouraged to attend making the event all that much more meaningful for everyone involved.

Finally, our MGBCA All-Star Game is headed back to Northfield for the second year in a row. Players are being revealed to the public over time on social media. Follow MN Girls Basketball All-Star Series on Facebook to learn about the players participating in the game. The game will be played on April 5th at Carleton College. Our organizers do a great job of putting together several fun things to do over a couple days for the girls and their coaches. As part of the festivities, our 2025 Miss Basketball winner will be announced that weekend as well.

There will be a ton of amazing memories created over the next month and I look forward to following along with all that are created!



Chairlift Chat

By: Jason Gergen
Hastings Alpine
MSHSCA Section 4 Representative

The Alpine ski season turned out to be another memorable one. Mother Nature treated us to cold temps and ideal early season snow-making conditions. Unlike last season, frigid conditions pushed back the start of the MSHSL Alpine Championship race at Giants Ridge. It turned out to be a great day and a phenomenal race. The Minnesota Alpine Coaches Association congratulates Caden Burns from St. Paul Academy and the Skipper from Minnetonka as your boys' individual and team state champions. We would also like to congratulate Taylor Voigt on winning her second individual state championship. Her victory helped secure the state team championship for the Hill-Murray Pioneers. Congratulations to all the skiers who achieved goals this season and the coaches who shared their joy.

The MSHSCA wishes team Minnesota the best of luck at the Wester National High School Championships. This will be the third year that Minnesota will be represented at this prestigious race. Racers were selected based on their finish at sections, prior participation, and experience with

GS, which is included as part of the race. This year the team will be represented by the following athletes: Piper Grillo, Elizabeth Bergen, Adie Tredinnick, Hailey Voigt, Taylor Voigt, Brenna Peltz, Stella Stinnett, Ashley Schaffer, Claire Provencher, Grace Anderson, Sonja Pendergast, Danny Kinder, Oscar Anderson, Chipper Scott, Jack Olson, Owen Wendorf, Luke Lindemer, Owen McLain, Tate Wilker, Tristan Bristlin, Bergen Wolter, Hans Melhaff, Goshi Dimitrov and Bennett Erickson.

Some programs are short on coaches, so if you know anyone who is passionate about the sport and helping young athletes learn character skills, gain confidence, and stay active, please encourage them to get involved. We are also looking for some current coaches who wish to join the MNHSCA Alpine board. Please reach out to your section representative if you're interested. We have made some strides and effective changes over the past few years, but more work must be done. For now, thaw out and enjoy your springtime.

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MEMBERSHIP PERKS

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C
A

- **SHERATON MINNEAPOLIS WEST** - Minnetonka - 800-325-3535 (upon availability)
- **MARIOTT MINNEAPOLIS WEST** - (Code MSHSCA)
Call Patrick Riley - 952-367-5082 (upon availability)

For Hotel rates, coaches should indicate membership in MSHSCA.

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

REASONS WHY MSHSCA MEMBERSHIP IS BENEFICIAL

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

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

Over Hill and Dale

By: Jeff Dickman, Rockford High School
President, MN Cross Country Coaches Association

“Coaching is teaching, and teaching is inspiring learning.” Whether you’re a coach, teacher, parent, or are wearing all three hats, the mission of inspiring learning is a common thread across all disciplines. If you coach teenagers, you are fortunate to see the arc of growth and maturity with very clear milestones: starting high school, learning to drive, part-time work, junior varsity or varsity athletics, college visits, and graduation. As a teacher, the window may be a smaller slice of just one semester or school year, and as a parent, sometimes the growth curves fall into the phrase many parents use: “The days are long, but the years are short.” However we “coach” and from whatever platforms we inspire learning, the goal is always to be growing ourselves as we assist others on their journeys.

As we exit the Winter season and begin the Spring season (the last of the school year), we as coaches can help frame our conversations with student athletes to inspire critical thinking and problem-solving skills with every platform they experience. Challenging them to answer questions after a competition or practice such as “What worked?” and “What did you learn?” Building thought consistency and problem-solving momentum in all of the areas student athletes touch strengthens the partnerships we as coaches have with athletes.

Asking these simple questions, we coaches may also find that our reflection time strengthens our ability to meet athletes where they are physically, mentally, and emotionally.

In a recorded interview, the late Hall of Fame NBA player, Kobe Bryant, was asked about his drive and motivation to be one of the most honored and decorated basketball players of all time. The interviewer asked Kobe, “Do you love to win, or hate to lose?” Kobe’s response surprised the interviewer: “Neither, I play to learn.” I hope 2025 is a year of “playing to learn” for all of us and that we continue to inspire learning no matter the type or number of hats we wear. In the spirit of recognizing great coaches that inspire learning, I’d like to share with you the Minnesota High School Cross Country Coaches recognized for their outstanding work by their coaches association peers for the 2024-2025 Cross Country Season.

Congratulations to the following 2024-2025 Cross Country State Coach of the Year Winners:

Class AAA Girls – John Fick, Forest Lake
Class AAA Boys – Brian Bailey, Roseville Area
Class AAA Assistant – Brian Fendrich, Rosemount
Class AA Girls – Bryn Saunders, DeLaSalle
Class AA Boys – Brian Leibfried, Marshall
Class AA Assistant – Nikki Paradis, Alexandria
Class A Girls – Kyle Blomgren, Mt. Lake Area/Comfrey
Class A Boys – Benton Kodet, Redwood Valley
Class A Assistant – Mary Mohrbacher, Warroad



DISCOUNTS AND BENEFITS

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

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

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

www.hscoachesbenefits.org/

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CORNER KICKS

By: Ron Kruschwitz

North St. Paul Boys (retired)

Soccer Communications Officer

Tournament time is here, the weather is unpredictable, and soon we can move outside to play soccer. Congrats to all who are playing in winter season tournaments.

There are several items your association is working on to improve. The first is a new communication method with Section Reps and our members. Another important issue is for the Board to find an Assistant Treasurer to assist Art Seplak. Another item is reviewing the Senior Classic process and how it works. There are other matters being discussed, such as All-State selection and Mr. and Ms Soccer, Hall of Fame requirements, and changes that could be accomplished in the process of electing the Board of Directors and Special Directors. Many of these items will be discussed at the March 5 Board meeting. We will update you on many of these items in the next Prep Coach.

It is time for our annual awards to be announced. The first is Chrissy Makela (Mankato West Girls Retired), who has been selected as an NHSACA National Coach of the Year Finalist. The winner will be announced at the Coach of the Year Banquet in Rapid City, South Dakota, on Wednesday, June 25, 2025. From all of the coaches in Minnesota, we congratulate you on this prestigious honor and send our best to you.

Our Minnesota National Award winners are next. First, there are the girls, and thanks to Stacy Paleen (Park Girls Co-Coach) for her work on these awards. They are:

State Coach of the Year

Large Public School	Tony Pesznecker	Wayzata
Small Public School	Dave Wald	Mahtomedi
Private/Parochial	Paul Cronin	Providence Academy

Central HS Girls Coach of the Year

Small Public School	Dave Wald	Mahtomedi
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All-Midwest Team

Maddyn Greenway	Attacker	Providence Academy
Sarah Hyde	Midfielder	Wayzata
Jenna Maloy	Attacker	White Bear Lake Area
Lou Ruffien	Midfielder	Edina
Tenley Senden	Attacker	Wayzata
Becca Smith	Midfielder	White Bear Lake Area

All-American

Tenley Senden	Attacker	Wayzata
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Congratulations go out to these coaches and players.

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

State Coach of the Year

Large Public School	Mike Rogers	Minnetonka
Small Public School	Grant Steine	Orono
Private/Parochial School	James See	Academy of Holy Angels

All Great Lakes and All American

Franklin Miller	Defender	Maple Grove
Jabari Kibisu	Attacker	Totino-Grace
Ronan Selbo	Midfielder	Minneapolis Washburn
Kristian Baker	Defender	The Blake School
Eli Ryan	Midfielder	Minnetonka
Ezra Straub	Attacker	St. Paul Academy

We continue with the 2025 awards. Next up are the Mike Warter Awards. The MSHSSCA gives these thousand-dollar scholarships to honor the memory of Warter, an Eagan girls coach. It has been 25 years since the MSHSSCA voted to honor a girl and boy soccer player with this award. The first recipients were in 2000. Art Seplak (Bloomington Kennedy-girls retired) is the Chair of the Committee giving out the Warter scholarships. This is the 26th year of the Warter, and we have given \$50,000 in scholarships. Seplak announced the following three winners. Two boys were selected because of a tie in the rankings.

The girls' winner is Sabin Peterson Ranjalingam from Blake School. Sabina was a Class 2A Ms. Soccer finalist and was an All-State selection in 2023 and 2024. She is in the top 5% of her class and is a member of the mentorship at Thunder Academy. She coached middle school in London and is on several boards. She will attend Pomona College.

The first boys' winner is Seth Konik of Pine Island-Zumbrot-Mazeppa. He has been a five-year varsity player, All-State player, All-Conference player for three years, and captain. He has worked at local soccer camps and as a volunteer referee. He has also taken two mission trips with an emphasis on soccer. He will attend St. Mary's of Winona or St. Scholastica this fall.

The other award winner is Caden Laird of Heritage Christian Academy. Caden was a four-year player, three-year All-Conference player, and captain. He has worked at a local soccer camp and is a certified referee. He has been on three mission trips involving soccer. He is active in school drama and musicals and is the Student Body President. He will attend the University of Northwestern this fall.

Greg Juba (Park of Cottage Grove Girls, retired), our Clinic Director, has announced that the 2025 MSHSSCA Annual Clinic will be held on Thursday, August 7th, and Friday, August 8th. The summer issue of the Prep Coach will include more information and registration.

The 2024 inductee into the MSHSSCA Hall of Fame was Kurt Virgin of Apple Valley. The following Hall of Fame Coordinator is an excerpt from Bill Vance's (Totino Grace Boys) introduction of Kurt.

CORNER KICKS... continued on page 27

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Dig This

By: Lonnie Morken

Happy Spring from the MNVBCA. My name is Lonnie Morken and I am the new President of our Association. I have been the head volleyball coach at Mabel-Canton for 31 years and am excited to help out our great association. I take over from Jim Lee who did an amazing job in his two years. Jim has a special way of looking and working “outside the box” and that was never more apparent than during his presidency. His work on the 50th anniversary of volleyball and recognizing the first state tournament teams and players was remarkable. Thank you Jim!

Some great news in regards to some of our coaches. Our state coach of the year winners were Steve Willingham (AAAA) from Lakeville South, Mary Byrne (AAA) from

Alexandria, Kathleen Rustad (AA) from Hawley, and Joelle Grimsley (A) from Mayer Lutheran. The AVCA announced their Region Coach of the Year winner and that was Becca Rue from Delano. Finally, long time Apple Valley and Lakeville Coach Walt Weaver will be inducted into the National Coaches Hall of Fame this summer in Rapid City, SD. Congratulations to all.

Our coaches clinic will be held July 30 and 31. It will not be at Mounds View HS however due to some unforeseen circumstances. We are currently working on a new site and will inform everyone as soon as it is secured.

Section 1 and 2 in all 4 classes will be in need of BOC elections. We are waiting until the MDE gives us the new enrollment numbers before we conduct our elections. We want to see where each team will be placed for the upcoming season so we don’t get duplicate BOC officers in the same section.

This spring will be the first officially sanctioned season of boys volleyball in Minnesota. We are all excited to see how their inaugural season plays out.

If you have any questions I can be reached at lmorken@mabelcanton.org.



By: Heather Pierson

We are gearing up for the 2025 season with our head coaches’ meeting on Sunday, March 2nd. Guest speakers will join us to share their knowledge of the game, and MLUA will discuss points of emphasis with our coaches and rule changes this season! There have been few changes in lacrosse, but there are many new head coaches joining the association! We are looking forward to another awesome season of lacrosse!

“I swing big with everything I’ve got. I hit big or I miss big. I like to live as big as I can.”

- Babe Ruth

MEMBERSHIP REPORT 2024-2025

March 1, 2025

Types of Membership	Final 2022-2023	March 2023-2024	March 2024-2025
Active Class A & AA	6797	6238	6266
College Associates	1345	1360	1362
Other Associates	88	66	69
Active Life	323	350	365
Retired Life	1521	1545	1545
Honorary	5	5	5
TOTAL	10,083	9585	9612

Breakdown of membership by sports association

(2022-2024 totals in parenthesis)

Adapted Athletics (36) 40	Boys Lacrosse (34) 27
Alpine Skiing (67) 56	Girls Lacrosse (57) 48
Athletic Directors (93) 98	Football (1013) 1010
Baseball (395) 400	Football Retired (7) 12
Boys Basketball (586) 606	Robotics (137) 138
Girls Basketball (555) 569	Golf (boys & girls) (260) 258
Cross Country (469) 473	Soccer (boys & girls) (450) 488
Dance (321) 302	Softball (368) 361
Gymnastics (206) 237	Synchronized Swimming (13) 9
Nordic Skiing (127) 126	Girls Tennis (189) 202
Girls Swimming (262) 265	Boys Tennis (134) 130
Boys Swimming (197) 192	Track & Field (704) 719
Girls Hockey (161) 166	Boys Volleyball (0) 43
Boys Hockey (163) 166	Girls Volleyball (538) 552
Hockey Retired (4) 3	Wrestling (192) 196
	Strength (52) 49

Sports associations that collect their own dues and join the MSHSCA are Cheer (14) 10, Clay Target (9) 10, and Badminton (4) 3.

from the *Dance Floor*



By: *Tiffany Sandhurst - New Prague*
MADT Board of Directors

The 2024-25 Dance Season has ended with yet again another exciting and competitive State Tournament! Congratulations to all of the coaches and athletes for showcasing so much of what is great about our sport as we all continue to raise the bar each season!

2025 MSHSL DANCE TEAM STATE TOURNAMENT RESULTS

A JAZZ

1. Lac qui Parle Valley-Dawson-Boyd
2. Yellow Medicine East
3. St. Cloud Cathedral

AA JAZZ

1. Benilde-St. Margaret's
2. Orono
3. Totino-Grace

AAA JAZZ

1. Eastview
2. Maple Grove
3. Edina

A HIGH KICK

1. Lac qui Parle Valley-Dawson-Boyd
2. Yellow Medicine East
3. Holdingford

AA HIGH KICK

1. Totino-Grace
2. Benilde-St. Margaret's
3. Orono

AAA HIGH KICK

1. Brainerd
2. Eastview
3. Sartell

This year the Minnesota Association of Dance Teams passed a proposal to implement a new policy to align with many other sports in our state by recognizing and giving out a Section Coach of the Year Award. The award recipients were nominated and chosen by the Head Coaches of each of their Sections following their Tournaments. All of these coaches will be included in the ballot this year for the MADT Head Coach of the Year award which will be announced at the Dance Team Coaches Celebration in April.

CONGRATULATIONS TO EACH OF THE SECTION COACH OF THE YEAR RECIPIENTS!

- 1A JAZZ: Kristi Herzig - Zumbrota-Mazeppa
 1A KICK: Jamie Swenning - Cannon Falls
 2A JAZZ: Caitlin Mayo - Melrose
 2A KICK: Jennifer Ziemer - New London-Spicer
 3A JAZZ: Taylor Hastings - Worthington
 3A KICK: Bertina Schraw - Glencoe -Silver Lake
 4A JAZZ: Rachel Norwood - Crosby-Ironton
 4A KICK: Colleen Christensen - Aitkin

- 1AA JAZZ: Rozlyn Wilson - South St. Paul
 1AA KICK: Kayla Sellers - Austin
 2AA JAZZ: Samantha Cameranesi-Benilde-St. Margaret's
 2AA KICK: Kristen Gagnon-Totino-Grace
 3AA JAZZ: Emily Gibson-Holy Family
 3AA KICK: Melissa Koch-Delano
 4AA JAZZ: Olivia Brion-Monticello
 4AA KICK: Mollee Duffield-Alexandria
 1AAA JAZZ: Nicole Lonetree-Vrovold-Eagan
 1AAA KICK: Monica Bickett-Lakeville North
 2AAA JAZZ: Megan Schuler-Minnetonka
 2AAA KICK: Kristin Biwan-Edina
 3AAA JAZZ: Kim Chick-Duluth East
 3AAA KICK: Molly Engle-Two Rivers
 4AAA JAZZ: Ashley Sobotta-Rogers



- 4AAA KICK: Cindy Clough-Brainerd

On March 8th, 2025 the Minnesota Association of Dance Teams hosted the annual All-State Showcase at Prior Lake High School, featuring over 275 of the most talented dancers in the State. Each participant was selected by a committee of coaches after reviewing the athletes video submissions of a routine and variety of required skills. Over 430 dancers applied this season in competition for this honor. A very special thank you to our All-State Sponsor - Just For Kix, for their amazing contribution to the success of this event, providing quality instructors and outstanding choreography.

Here are a few reminders and a note from the Activity Advisory committee:

- The MSHSL passed a change to bylaw 522 which removed the spring tryout last May and was approved last June by the Board of Directors.

- You are NOT allowed to hold spring tryouts or evaluations of any kind as it relates to the 2025-26 winter competitive season for the purpose of rostering.

- There is a uniform proposal being worked on, but is not yet finalized and any program looking to take advantage of "early bird" pricing should do so with the current uniform rules as written. There is ongoing discussion at the advisory and league level through an ad hoc committee and more discussion forthcoming in an effort to ensure any and all changes have been thoughtfully considered and can be clearly interpreted by schools, coaches and officials.

DANCE.. continued on page 23

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DANCE.. continued from page 22

UPCOMING EVENTS

**Friday and Saturday April 11th and 12th
Coaches Celebration, General Membership Meeting & CCE**
Gather your staff and let's celebrate, learn and network together! Check your most recent MADT Memo or the MADT Social Media Pages for registration for these events.

FRIDAY, APRIL 11TH

7:00 PM - Dance Trivia at Next Chapter Winery

Join us for Dance Trivia Night at Next Chapter Winery! Test your knowledge of all things dance team while sipping on award-winning wines. Not a wine drinker? No problem! This winery also does cocktails, beer and N/A drinks! This event is open to the public, so gather your team and compete for fun prizes in a night filled with rhythm, laughter and great company.

SATURDAY, APRIL 12TH

8:30 AM - Registration

9:00 AM - Spring General Membership at New Prague High School

**For MADT members only*

12:00 PM - Coaches Continuing Education at New Prague High School

**All dance coaches including non-members are welcome to attend CCE*

Wanting to take your coaching education to the next level? Join the MADT Coaches Continuing Education event to expand your knowledge, refine your skills and bring fresh insights back to your team. This interactive event is designed to enhance your coaching strategies, foster self-development and provide practical tools for success. Whether you're looking to strengthen your leadership, improve communication or implement new techniques, this event will empower you with valuable takeaways to elevate both your teams and personal growth. This event is open to the public and participants do not need to be part of MADT. Stay tuned for social media teasers regarding our class instructors and keynote speaker!

6:30 PM - Coaches Celebration at Next Chapter Winery

**For MADT members only*

Join us for the 2025 MADT Coaches Celebration, an evening dedicated to honoring the hard work and dedication of our incredible members! Enjoy a night of recognition, awards and appreciation as we reflect on the season's successes. There will be a raffle for great prizes, a chance to connect with fellow coaches and plenty of moments to celebrate the impact made. Don't miss this special event to unwind, share stories and toast to another fantastic season.

CLEARING HURDLES.. continued on page 14

was to move the state meet to the above dates. We know this move has the potential to create significant conflicts with districts, coaches, and athletes, and we have communicated these concerns and frustrations to MSHSL. Again, this is a move for this upcoming season only. The arrangement of classes within those three days will stay the same, and Monday, June 9th, will feature open facilities for practice at St. Michael-Albertville, as has been done in the past.

4. New All-American Program-- the National High School Track and Field and Cross Country Coaches Association has started an All-American program. They soft-launched this last year in several states with a lot of success. As we head through the upcoming season, please watch these standards to see if you have any athletes who qualify. We all feel that MN is one of the best places in the nation for track and field, which allows us to demonstrate that to the nation while getting our athletes some well-deserved recognition. Visit <https://www.nhstfxcca.org/>

for more information on the All-American Program and to view the 2025 qualifying standards.

Lastly, if you are interested in getting involved in the track and field coaches association, we may have a role for you. The track association is looking for someone to serve as webmaster/social media director. This person would oversee our website's management, ensuring all information is organized, up-to-date, and accurate. They would also manage the association's social media accounts to highlight all things Minnesota track, particularly True Team, association recognitions, and the winter clinic. If you feel you might be qualified for such a role and are interested in giving back to this sport, please contact me at eklein@schs.k12.mn.us.

As always, if you have any concerns, questions, or ideas for how the association can better support its members, do not hesitate to reach out. I wish you all the absolute best of luck and an abundance of fun for this upcoming 2025 season.

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

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

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





Coaches are in a unique position to have a far-reaching impact on student-athletes. “A Friend Asks” app provides coaches with a free tool that can be utilized with student-athletes. The app connects to The Jason Foundation website, Suicide & Crisis Lifeline, how to help a friend, warning signs, and resources for help. Encourage student-athletes to download the app today to help a friend tomorrow.



“A FRIEND ASKS” APP

Make a Difference and DOWNLOAD the APP “A Friend Asks”

FACTS:

- For middle and high school age youth (ages 12-18), suicide is the **SECOND** leading cause of death. (CDC WISQARS)
- For college age youth (ages 18-22), suicide is the **THIRD** leading cause of death. (CDC WISQARS)
- Overall, suicide is the **THIRD** leading cause of death for our youth ages 10-24. (CDC WISQARS)
- Suicide claims an average of more than 125 young lives each week in our nation.

“A Friend Asks” APP

A free smartphone app to help provide the information, tools, and resources to help a friend (or yourself) who may be struggling with thoughts of suicide.

Would you know how to help a friend who is contemplating suicide?

The “A Friend Asks” app contains the following information:

- Warning signs of suicidal ideation
- How to help a friend
- Resources for help
- How to get help now
- What to do and what not to do
- The 8-1-1 program

If in an immediate crisis, call 911. If you, or a friend, need to talk with a counselor for help or resources available to you, please call the National Suicide Prevention Lifeline (anytime, 24/7) or 1-800-273-8255. Or use the **Get Help Now Button** on the app.

The Jason Foundation, Inc.

www.jasonfoundation.com

Hall of Fame Banquet

The MSHSCA Hall of Fame Banquet will be held on Saturday, October 11, 2025, at the Sheraton West Minneapolis on Ridgedale Blvd., just off I-394. The social hour will begin at 4:30 p.m.; the doors will open between 5:30 and 5:45 p.m., with dinner and the banquet to follow at 6:00 p.m. Award winners are guests of the MSHSCA. Additional banquet tickets may be ordered in advance. Rooms will be available at the Sheraton Minneapolis West on the night of the banquet, and a special rate is available.

Sheraton Minneapolis West Hotel

12201 Ridgedale Drive
Minnetonka, MN 55305
952-593-0000

Check-in time: 3:00 pm
Check-out time: 12:00 pm

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

- MSHSCA Hall of Fame Class of 2025
- Officials Distinguished Service Award
- Assistant Coaches Distinguished Service Award
- George Haun Leadership Award
- Steve Kerzie Delegate Service Award
- Championship coaches
- Coaches of the Year
- Assistant Coaches of the Year
- 25-Year Life MSHSCA Members

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

MSHSCA Hall of Fame nominations are being accepted at mshsca.org. Follow the link for Awards to find the online nomination form. There is also a printed form included in this issue of Prep Coach.

Printed Nominations should be sent to:

Jen Marshall
5131 193rd Street West
Farmington, MN55024
Email: jen21marshall@gmail.com

A large graphic celebrating a 10-year anniversary. The number '10' is in a large, bold, black font with a yellow outline. Below it, the word 'YEARS' is written in yellow on a black ribbon banner. The background of the graphic shows a faded image of several women, likely coaches, in various settings.

IT'S A MOVEMENT
NOT A MOMENT

WOMEN COACHES SYMPOSIUM

Register at wcs.umn.edu

Huntington Bank Stadium, Minneapolis, MN

Join us in celebrating the 10th anniversary of the **Women Coaches Symposium**, a dynamic event dedicated to building community, and supporting and developing coaches. As women's sports reach unprecedented levels of viewership, popularity, and investment, we'll celebrate those who are shaping the movement for gender equity in sports, women leaders in sport, and coaches who make a difference. Don't miss this opportunity to be part of an inspirational day and historic celebration as we continue to create lasting change!



MSHSCA CODE OF ETHICS

As a professional educator, I will:

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

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

CORNER KICKS ... continued from page 20

“With a record of 445 wins and 129 losses and 49 ties, this year MSHSSCA Hall of Fame inductee is one of the few high school coaches in Minnesota to win 400 games in not one, but two sports, soccer, and basketball. Kurt Virgin coached the Apple Valley girl’s team to four section championships and a second-place finish in eight seasons. Next, he won the Lake conference at Eagan four times and the section championship six times. He was voted Section Coach of the Year eight times before he retired in 2011. More important than his record are the hundreds of lives he influenced as a teacher and coach.”

Congratulations from all of the soccer coaches in Minnesota and your athletes and students. A job well done, Kurt.

I want to thank Keith Randa, Art Seplak, Stacy Paleen, Greg Juba, Bill Vance, and James See for providing the information I needed to write this column.

Thanks again- much appreciated.

I’m running out of time and news. The summer issue of the Prep Coach will have updates on all the issues the MSHSSCA is working on to make our sport and organization more workable for athletes and coaches. Again, I will end with the statement that you have the greatest job in the whole world: working with student-athletes.

Minnesota Coaches are Finalists for National Coach of the Year Recognition!

The National High School Athletic Coaches Association (NHSACA) recently announced that fifteen MSHSCA members have been selected as top eight finalists for the National Coach/Athletic Director of the Year Award!

Sport/Ad	Ad/Coach	High School
Athletic Director	Brent Schimek	Deer River
Baseball	Bruce Woitas	Sleepy Eye-St. Mary’s
Boys’ Basketball	Larry Mckenzie	Minneapolis North
		Patrick Henry/HolyAngels
Girls’ Basketball	Brian Cosgriff	Minnetonka
Boys’ Cross Country	Howie Cook	Lake City
Girls’ Cross Country	Matt Gabrielson	Edina
Golf	Rob Nelson	Holy Family
Soccer	Crissy Makela	Mankato West
Softball	Don Krusemark	Mankato West
Football	Jeff Williams	Owatonna
Swimming & Diving	Rick Ringeisen	Lakeville South
Special Sports - Nordic Skiing	Bonnie Fuller-Kask	Duluth
Boys’ Track & Field	Ross Fleming	Mounds View
Girls’ Track & Field	Meghan Orgeman	Alexandria
Volleyball	John Dzubay	Stewartville

The above MSHSCA members have been invited to be honored at the NHSACA National Coach of the Year Banquet in Rapid City, South Dakota, which is being held on Wednesday, June 25, 2025.

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

- Lou Holtz

HALL OF FAME

Craig Anderson from Pine Island & Walt Weaver from Apple Valley will be inducted into the NHSACA National Coaches Hall of Fame!

Craig Anderson graduated from Mabel-Canton High School in 1971. He earned 17 letters while playing football, basketball, baseball, and golf. He graduated from Winona State University in 1975 with a degree in Elementary Education and a Coaching Certificate. He pitched for the Warriors, played on three conference championship teams, and was a captain as a senior. He later earned his master's degree at Winona State.



Craig Anderson - Pine Island

Craig began his teaching and coaching career at Central City, IA, for the 1975-1976 school year, where he was the varsity baseball coach. He accepted a 6th grade teaching, 8th grade football, and head baseball coaching position in Pine Island in 1976. He continued coaching football for 34 years, taught 6th grade for 36 years, and was the head baseball coach for 40 seasons. He concluded his tenure at Pine Island as the Activities Director for seven years before retiring in 2019. In 1999, he was named the Pine Island Teacher of the Year and was inducted into the Pine Island Athletic Hall of Fame in 2022. In 2021, he was recognized by the Region 1A Activities Directors as the Retired Activity Director of the Year.

During his 40 years as the head baseball coach, he had the opportunity to work with some outstanding talent, with many former Panthers going on to play college baseball. He was blessed with tremendous assistant coaches and outstanding administrative and community support. The 526 wins that the program achieved are the 8th most in state history, with 10 Conference, 7 Sub-Section, and 4 Section titles. He took pride in developing deep rosters and providing a positive experience for his players. Throughout his career, he was active in the Pine Island Summer Baseball Program, which frequently had over 300 kids playing baseball. He restarted the American Legion Baseball Program, coaching the team to the 1995 Division II State Championship. He coached Babe Ruth teams

every summer, winning 19 titles, and was involved with every level of the youth programs. In 2014, the Minnesota State High School Baseball Coaches Association started the "Craig Anderson – Ethics in Coaching Award" and recognizes a coach every year at their annual winter coaches' clinic.

He was fortunate throughout his career to work with great teams and have opportunities to work with great coaches in the state and nation. With that great support he has been recognized for these honors: Dick Siebert Award (1997), MSHSBCA Hall of Fame (2007), Jim Dimick/Retired Coach of the Year (2017), George Haun Award (2010), NHSBCA Hall of Fame (2013), Play Ball Minnesota – Coach of the Year Award from the Minnesota Twins (2013), NHSBCA Hall of Fame (2013), Terry Ryan Award (2016), MSHSCA Hall of Fame (2018), NHSACA Region 5 Coach of the Year (2021), NHSACA National Coach of the Year (2021), and was inducted into the Pine Island Athletic Hall of Fame (2022).

He has had numerous opportunities in leadership: Delegate to the MSHSCA from District 4 in the 80's, President of the MSHSBCA (1994-1996), District 5 Chairman to the NHSBCA (1995-2001), President of the MSHSCA (2006-2007), President of the NHSBCA (2006-2007), Chairman of the NHSBCA Hall of Fame Committee (2013-Present), Boys Sports Representative for the MSHSCA on the MSHSL Board of Directors (2015-2019), Vice President of the MSHSL Board of Directors (2018-2019), Executive Director of the MSHSBCA (2019-Present).

He would like to thank all the outstanding men and women that he has had the honor of working with at the local, conference, regional, state, and national levels. He is indebted to them for their friendship, guidance, mentorship, and support.

In conclusion, he would like to pay tribute to his wife, Sue, who has been a great partner for 50 years. No one stays in the coaching profession without great support at home. He also wants to thank their two daughters, Sarah Koceja (Tom) and their children Charlie and Sydney, and Rachel (Jeff) and their daughters, Ella and Ivy. They have been incredible in their support of his career, providing opportunities for their kids to be involved in athletics and music.

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@MSHSCA

HALL OF FAME

The MSHSCA is honored and proud to announce that Craig Anderson from Pine Island and Walt Weaver from Apple Valley are being inducted into the National High School Coaches Association (NHSACA) National Coaches Hall of Fame. The NHSACA National Hall of Fame Banquet will be held in Rapid City, South Dakota, on Tuesday, June 24, 2025.

Walt Weaver graduated from White Bear Lake High School and from the University of Minnesota with a BA Degree. Walt then went on to graduate with a Master of Education Degree from the University of Minnesota.

Walt Weaver began his volleyball career as a player on a men's team in the early 1970s, competing throughout the United States and Canada over several years.

His high school coaching career began in the Rosemount School District, where he spent one year as a young assistant before being hired as the Head Volleyball Coach at Apple Valley when the school opened in 1976. His Apple Valley teams amassed a record of 656 wins and 196 losses between 1976 and 2006. During his 31-year tenure as the Apple Valley Coach, the Eagles won 16 Conference Championships, 13 Section Championships advancing to the state tournament, and won two state titles in 1985 and 1992. In 2012, Walt also came out of retirement to coach at Lakeville North High School, leading the Panthers to a record of 56 wins and 6 losses. The Panthers went on to win the Section and State Championships in 2012.

Walt was named State Volleyball COTY twice and Regional COTY four times. In 1998, Walt left teaching for one year to become coach of the Minnesota Monarchs, a professional women's volleyball team playing in six major cities across the United States. The team had placed last in 1997 but second in 1998, and Walt was named Coach of the Year.

Walt served as President of the Minnesota Volleyball Coaches Association in 1984-1985, where he helped work to affect the change in game scoring from eighteen points to fifteen points and official match scoring from 2 of 3 games to 3 of 5.

In 1996, the Minnesota High School Volleyball Coaches



**Walt Weaver -
Apple Valley**

Association inaugurated a Hall of Fame, and Walt was honored as an inductee in the inaugural year. He has since been inducted to three more halls of fame, including the Apple Valley High School Hall of Fame in 2006, the Minnesota State High School League Hall of Fame in 2007, and the Minnesota State High School Coaches Hall of Fame in 2010.

As a consistent advocate for volleyball over several decades, he has been instrumental in designing and developing camps that continue to draw hundreds of athletes each summer, and a coaches' clinic has evolved into a national annual event for volleyball coaches. Walt and former Olympic and University of Minnesota Volleyball Coach Hugh McCutcheon lobbied the MSHSL to add boys' high school volleyball. The mission was successful! Boys' high school volleyball is starting this spring!

Walt is never far from a volleyball court. In 1981, he was one of the founders of the first Junior girls volleyball team in Minnesota. Today, thousands of girls between 10 and 18 play junior volleyball every year!

Beyond his high school and coaching career, he has coached at St. Olaf College, professionally for the Minnesota Monarchs, and club teams. After his retirement, Walt continued to coach at the Northern Lights Club program until 2020. His teams won four Open National Championships in both AAU and USA National Tournaments.

Along with his wife Tracey, they own and operate Midwest Volleyball Instructors Camps and Clinics (MVI). They conducted the top annual spring National Coaches Clinic at Apple Valley High School from 1984 to 2019. Their camps included every USA Olympic Volleyball Coach until the present, with the exception of Lang Ping.

Walt is grateful for all the friendships and support he has enjoyed throughout his career. He is incredibly thankful for the love and support of his wife Tracey, their children, and their spouses: Christopher & Tara Mumm, Lindsey & Greg Weaver, and Cassie & Jerron Weaver-Smith. Grandchildren: Evelyn & Isabelle Mumm, Lill & Jameson Weaver, and Adiya Weaver-Smith.

PREP COACH CONTRIBUTOR QUARTERLY DEADLINES
September 1st | December 1st | March 1st | June 15th



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MSHSCA SEEKS NOMINATIONS FOR OFFICIALS DISTINGUISHED SERVICE AWARD



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



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

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

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

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

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

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

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

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

OFFICIALS DISTINGUISHED SERVICE AWARD NOMINATION FORM

Name _____

Address _____

Phone (____) _____

Years officiated at varsity level _____

Sport(s) Officiated _____

Other information to support this nominee: _____

Nominating Person _____

Address _____

Phone (____) _____



[Redacted]

[Redacted]

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

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

[Redacted]

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

HDI Global Specialty (A Rated)

[Redacted]

[Redacted]

August 1, 2024 – August 1, 2025

[Redacted]

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

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

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

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

[Redacted]

[Redacted]

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

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

[Redacted]

[Redacted]

- The use of automobiles, buses, watercraft and aircraft
- Property of others in the care, custody, and control of the insured.
- This insurance does not apply to members that coach at an All-Star game that is not approved by your state coaches association.
- This insurance does not apply to any loss, cost or expense arising out of infectious or communicable disease.

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kboller@loomislapann.com

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

Alan Amdahl... continued from page 1

Baseball Coaches Association as a candidate for Vice President for the MN Coaches Association.

I grew up on a farm outside of Atwater, MN. I participated in many sports and activities at Atwater-Grove City High School, where I had the opportunity to play for three HOF coaches: Terry Karlsgodt, Jeff Tanner, and Doug Torgeson. These coaches taught me three important lessons: there are many roles inside a team, and all are valuable; enjoy the “GRIND”; and that the only place success comes before work is in the dictionary.

I played football and baseball at Gustavus Adolphus College, and those years also greatly impacted me and my career path.

During my thirty-three years of coaching at Albany, I had the tremendous opportunity to be mentored by three more HOF coaches: Pete Herges, Jim Mader, and Mike Kleinschmidt. Those mentors and colleagues taught me all about “Purple Pride,” how important it is to be a part of the community, and how valuable the community is to success. I was the head baseball coach for thirty years, enjoying the opportunity to coach in three state tournaments. I continue coaching as an assistant for one of my former assistant coaches, Grant Johnson, who is now head coach at Albany. I have also coached football for thirty-three years, twenty-five of which were as a varsity assistant coach. We had many successful seasons with numerous state tournament opportunities, including two State Runner-Ups and one State Championship.

The nights on the gridiron and the hundreds of games on the diamond were very special, but nothing like the relationships with players. I have had the pleasure of coaching the sons of my former players and seeing many former players become coaches themselves.

I have sought professional development opportunities through coaches’ associations throughout my career. Through these organizations, I have made many friends among my coaching competitors and colleagues. My work serving in the coaches’ associations has also been extremely rewarding. The coaches I met through these organizations have all been tremendous mentors for me. They are some of the most successful in the state, but more importantly to me, they are great leaders and outstanding people. I have to give a little shoutout to our Executive Director Craig Anderson, who helped get me involved in the National Baseball Coaching Association, which has greatly impacted my coaching career. I have been a MN Baseball Coaches Association (MHSBCA) member my entire coaching career. I served as MHSBCA President and have been on its advisory board for twelve years. I am a National High School Baseball Coaches Association (NHSBCA) member and serve on their field of the year committee. I am also a American Baseball Coaches Association (ABCA) member. I have been honored to be inducted into the MHSBCA Hall of Fame and the NHSBCA Hall of Fame.

The MN Coaches Association helped me out tremendously as a young coach. I have been a delegate for nearly two decades, and the opportunity to talk and share with other coaches about their experiences has helped me grow as a coach. I appreciated the chance to represent MN as a baseball finalist for coach of the year in 2023 in Lincoln, NE. The MN Coaches Association is such a tremendous organization for coaches but also for school programs that benefit kids, and that is what it is all about. Thank you for the opportunity to serve you and coaches from all around the state of Minnesota.

Mike Archer.. continued from page 1

and move into the next phase in my career when an opportunity opened at Century High School in Rochester, MN.

I would be at Century High School not only for GBB but also for baseball. In my GBB time, I was both a JV Coach and 9th-grade grade coach. For Baseball, I was a 9th-grade Grade Coach and a JV Coach. It was an awesome time, and I had the opportunity to coach and mentor kids who wanted to grow in what they were doing. I was asked while at Century to Coach Volleyball at John Marshall. I started at JM as a 9A Coach and would coach B-Squad, JV, and Varsity as a Head Coach for one year and Co-Head Coach the following year. I would eventually leave Century and go to JM for Volleyball and GBB. The girls wanted me there, and I wanted to be there for them. My big break came in 2021 when I was hired as the Head Girls Basketball Coach at Wabasha-Kellogg.

It was a job where I would start the program from scratch. I took over a program that didn’t have a varsity program for 3 years prior to me getting hired. It has been 4 years, and we are turning things around. It is baby steps and a labor of love for me. When asked about wins, I say what I said the day I was hired: It will happen when it happens. I also spent two years at Wabasha-Kellogg as an Associate AD.

I also coach the 9B volleyball team at Century High School in the fall. I am back with the coaches I had while at JM.

My reason for wanting to be Vice President lies in my purpose statement, which says, “To Possess a Genuine Appreciation for the Contribution and Commitment that Everyone Makes, for Together, we shall get it done.” I believe in all coaches and would be honored to represent you all as Vice President. Thank you for considering my candidacy.



DISCOUNTS AND BENEFITS

Access exclusive discounts/benefits for member coaches of the Minnesota Coaches Association. There are thousands of products and services available to you exclusively through the National High School Athletic Coaches Association. Annual membership paid by MSHSCA. Discounts on travel, insurance, office depot/office max and others.

www.hscoachesbenefits.org/

find us on **facebook**



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@MSHSCA

Jeremy Digiovanni... continued from page 1

al great programs which allowed me to work with many outstanding students and be part of fantastic coaching staffs, both of which allowed me to meet and work alongside a network of people that helped me grow professionally as a coach and personally in developing friendships that have continued long after the games and practices were finished. These relationships are a large part of why I enjoy the coaching profession so much and one of the reasons I remain active in the coaches association after moving into my new role outside of coaching. I continue to serve as an at-large delegate with the MSHSCA, in addition to my role on the executive board of the Girls' Basketball Coaches Association.

Throughout my career, I have seen first-hand the positive effect our extracurricular activities have on the lives of our students. Some of the most important skills in working cooperatively, communicating effectively, persevering toward a goal, and handling adversity with grace and resilience are just a few of the life lessons our students gain through participation in high school activities and sports. In a time where district budgets, parental pressures, and single-sport specialization threaten the livelihood of our programs,

I am eager to work with coaches from across our state in each of our activities to increase our participation numbers and preserve the great benefits that our kids receive through being part of these programs.

Our school recently honored one of our coaches for 50 years of service in coaching multiple sports. As that generation moves into retirement, we see fewer coaches have such great longevity due to various factors. We also have significantly fewer young people joining our profession as the ever-increasing demands are often too many for those who would make good coaches willing to make sacrifices in other areas of their lives to do the job effectively. I would welcome the opportunity to serve in this leadership position where I can help find solutions to recruiting new coaches and retaining the experienced and talented ones we already have. This will enable us to continue to give our students first-class experiences that will help them be well-rounded, successful people long after their high school careers are in the past. Thank you for being an important role model for the students, staff, and families in your own community where a good coach can change a game, and a great coach can change a life.

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

Rob Economy... continued from page 1

and family commitments but came roaring back just before I turned 40. A challenge to beat a friend in a marathon led me to immerse myself in running (and learning about running). (Yes, I did beat them!). From there, my passion led me to a coaching opportunity while still working in corporate America. I even got my son involved in coaching; he is now the head track and field coach at Holy Family.

In 2014, I started as the lead distance coach in Track and field and an assistant cross-country coach at Holy Family. I thoroughly enjoyed working with the athletes and helping them develop a passion for the sport.

In 2018, I became head coach at Eagle Ridge Academy. I began learning what it takes to run programs, working with the administration to build a fledgling program into a competitive one. In my first year, we had 8 athletes in cross country and did not have a scoring girls team. We currently have 40 athletes and host the Gryphon Invitational each October. The meet has grown to 23 teams in the 6 years we have hosted it. This past season, I also took over as host of the MCAA Conference Meet

Our track program has grown from 23 athletes to over 140. Beginning in 2021, we began hosting multiple home track meets each season. This coming season, I will serve as meet director for seven home meets, including the MCAA Conference Meet, which will be held at the University of Minnesota. This will also be my fourth season as Meet Director for the Section 4A Track & Field Meet, which we host at Bethel University.

Over the years, I have continually sought to expand my knowledge through additional training. I have attained USATF Level 1 and Level 2 for Distance,

Sprints and Hurdles, and the Cross-Country specialization. I am also in the process of being certified as a USATF Official. In 2023, my peers honored me by selecting me as the Section 4A Girls Track & Field Coach of the Year.

In addition, I am part of the MSHSCA Advisory Committee for cross country and worked with the MSHSL on finding a new site for the State Meet when St Olaf decided they no longer wished to host. Since then, I have led the survey and analysis of information from member coaches on the State Meet and what went well or could be improved. We are currently analyzing the three class competitive sections to determine a method to balance the number of athletes on the starting line at section meets.

My involvement in these areas and desire to serve comes down to a simple philosophy – don't complain unless you are willing to get involved. Although I don't complain much, being involved is the best way to shape how things go, which will impact the athletes on my teams or the state as a whole. Also, as my corporate career will be ending next January, I will have more time available to dig into areas of focus. Some areas that we may wish to explore include the following:

Push the state to be more competitive in the education-based athletics versus the club-based athletics marketplace.

Enhance coaching clinics.

Find ways to spotlight and promote more coaches across the state so the general public knows what a fantastic job you are all doing.

I look forward to the opportunity to support you and build on the athletic programs in Minnesota.

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

**CRITERIA FOR THE
SELECTION OF
CANDIDATES**

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

**ELIGIBILITY
REQUIREMENTS**

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

Minnesota State High School Coaches Association
HALL OF FAME NOMINATING FORM



SEND NOMINATIONS TO: Jen Marshall, 5131 193rd Street West,
Farmington, MN55024 Email: jen21marshall@gmail.com

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

Nominating Person or Group _____
 Rationale for Nomination _____

Personal History: Hometown _____
 College/s _____ Year _____

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

Coaching awards, honors & highlights: _____

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

Present status _____ Organizations & honors other than coaching: _____

Coaches Association involvement & present status: _____

Please list other highlights & experiences: _____

Nominated by: _____ Date _____

Phone: _____ Email: _____

PREP COACH CONTRIBUTOR QUARTERLY DEADLINES
September 1st | December 1st | March 1st | June 15th

MINNESOTA STATE HIGH SCHOOL COACHES ASSOCIATION GOALS & MISSION STATEMENT

Goals and Purpose

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

Goals

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

MSHSCA Mission Statement

Recognize

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

Communicate

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

Support

Due to our statewide scope, the MSHSCA is able to provide many areas of support for our members. Our relationship with the Minnesota State High School League, its Board of Directors and the many committees that it offers, gives our state high school coaches a voice in the establishment of the rules and regulations of their sport groups.

MSHSCA CODE OF ETHICS

As a professional educator, I will:

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

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





Coaches Assistance Program

Athlete suicide is very real and on the rise

Coaches are excitedly preparing for a new school year and season of their desired sport. It is important for coaches to prepare yourself to serve student-athletes' mental health as well as their physical well-being. Coaches, I would encourage you to spend a few minutes and view the video "Suicide Prevention for Student-Athletes." It will be time well invested.



SUICIDE PREVENTION FOR STUDENT-ATHLETES A TRAINING FOR COACHES AND ATHLETIC PERSONNEL

Coaches are in a unique position to have a lasting impact on the young people that they encounter on a daily basis. In this presentation, we will delve into the problem of suicide within student athletes, the unique pressures that they face, and hear from several experts on the subject.

coachesassistanceprogram.com/training-camp/