

**2019**

**National High School  
Athletic Coaches Association**

**CONVENTION REPORT**



**Ramkota Hotel**

**Bismarck, ND**

**June 22-27, 2019**



## **2019 CONVENTION REPORT**

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NHSACA Executive Committee  
1:00-6:00 P.M.  
Ramkota Hotel, Bismarck, ND

Meeting 1 Saturday, June 22, 2019  
Rm 3130

1. Call to Order: The meeting was called to order at 1:00  
Parliamentarian- Ted Schroeder  
Recording Secretary – Dave Dougherty
2. Comments/Reports/Communications

Joe

President Joe Cliffe

President Cliffe thanked the executive committee for bringing him back to serve as president. He is looking forward to a great convention. He made a donation to cover the cost of his president's ring. And, stated our thoughts and prayers are with Steve Johnson and his family.

1<sup>st</sup> Vice-president Ted Schroeder

Ted thanked Joe for returning and serving as our president. He asked us to keep Darin and his family in our prayers. He thanked Dave Dolan for his leadership.

2<sup>nd</sup> Vice-President Rocky Ruhl

He is glad to see everyone and to be here.

3<sup>rd</sup> Vice-president Justin Davie

Stated that he is glad to be here.

Immediate Past President Dave Dolan

Dave shared that he has enjoyed his past 5 years and he encourages us to stay the course. Also, he thanked Scott Garvis for his work with social media.

State Ex. Sec. Rep- Darin Boysen

Darin was unable to attend this year's convention.

Executive Director Dave Dougherty

Thanked Joe for serving an additional year and for all of the copying of documents he does for the convention. He also expressed his gratitude for the work and support Randy Johnson and the NDHSCA executive board has done for the 2019 convention. It has been exceptional.

3. March 2019 Executive committee minutes (previously emailed) Joe  
Moved by Dave Dolan to approve the minutes. Seconded by Ted. Motion Approved.

We now moved to item # 32 (Additional items) to bring Scott Garvis into the meeting to review our growth in Social Media.

4. Financial Report Dave/Danell  
(Includes financial statements and income/expense spreadsheet for current FY.

Danell reported on the bank statement as of 6/1/19. We had a balance of \$106,240.81. Danell reviewed the financial statement, the profit/loss statement, the balance sheet and the outstanding bills. Ted moved to reimburse Dave Dougherty for the national office expenses and travel to the convention. Seconded by Dolan. Motion carried. A discussion took place concerning the pay periods for the national office. Ted moved to pay national office salaries on February 1<sup>st</sup> and July 1<sup>st</sup> so that the withholdings to be paid during the same fiscal year. (The NHSACA fiscal year is 9/1-8/31) Seconded by Dolan. The motion carried.

5. 2018-19 Budget review Dougherty  
Dave reviewed the current income/expenses spreadsheet with the committee to update and evaluate the 2018-19 budget. This was through May 31.

6. Standing committees Joe/Dougherty  
a. Current Committees and Committee Members

The Executive Committee reviewed the current committees and committee membership. It was decided that we still need to identify the role of each committee.

b. Restructure of Committees from previous to current committees. Prepare a by-law change (with description of each committee's duties

Discussion took place on the Committee's amendment proposal. It was decided that Dougherty would re-type the proposal and remove language referring to the past president's committee assignments and bring it to the next day's meeting for approval.

7. Article XIV: Vacancies Dave  
Review Proposed By-law change for presentation at the B.O.D. Meeting on Monday

The committee reviewed the wording of the proposed by-law change. Ted moved to accept this proposal as written. Seconded by Rocky. Motion carried.

8. Updating policy/procedure manual for awards and others Dave/Justin  
a. Award Policy and Procedure

The committee reviewed this updated policy and procedure section for awards. Dougherty reported that he sent this to Renee Schultz to be forwarded to her Awards committee for their review, discussion, recommendations and adoption.

- b. Nominating Retired Coaches

The committee reviewed this section of the updated policy and procedure section for awards. A long discussion followed with concerns on understanding a “Calendar” year compared to “Conventions”. It was the consensus that we will leave it as it is and continue discussions in the fall.

9. Membership Pilot Program Dave/Joe

Discussed who would present this to the full board and lead the discussion. It was decided Dave Dolan would do so. Identified the points that needed to be highlighted for the board.

10. Review of Sport Chairs due for appointment Ted & Rocky

There was a long discussion on which sport chairs were up for replacement. There are a number of sport chairs who completed a term for someone else, and according to our by-laws are eligible to serve two full terms of their own in addition to completing someone else’s term. Rocky and the new 3<sup>rd</sup> VP will be the executive committee members to work with Forry in the sport chair area.

It was decided to have sport chairs announce to their participants in each session that if they are interested in serving as a sport chair to complete an application. This would allow us to build a data base of interested candidates in each sport. This information will be presented to the sport chairs at their Sunday meeting.

11. Review of Region Directors for appointment Joe and Justin

Joe and Justin will meet with this group and the Region Director Coordinator, Rich Montgomery to review the agendas for region meetings and to identify the regions that should run elections for region director during their meetings.

12. Review of Current and potential Sponsors Dougherty  
Dougherty  
a. Coach and A.D. Magazine

Dougherty reviewed the current proposal that sets the individual online subscription at \$1.50 for the first 2,000 individual subscriptions for a state association and \$.95 for any subscriptions beyond that.

- b. Affinity (Flyer and Power Pt) Ted & Dougherty

Dougherty reported that we received discount cards for Office Max/Office Depot and for Hertz for distribution during the convention.

c. Glazier Clinics

Dougherty

Dougherty reviewed the current contract. There was a long discussion on the actions take by Glazier to establish contracts with Illinois and Florida. There is a concern that Glazier is interested in the larger states but not too interested in smaller state associations. Dougherty shared his concern that they do not have the staff to accommodate the needs of all of our state associations, that they are stretched too thin right now. Ted expressed concern with their management. There was discussion on their model for pricing for individual schools.

d. 3DI

Dougherty

Dougherty shared the current M.O.U. with 3DI that provides a 20% on courses they provide. The state association will determine where that 20% goes.

e. State Associations Sponsorships:

Dougherty

Arizona, Florida, Illinois, Iowa, Illinois Wrestling Coaches and Officials Association, Kentucky, Montana, Nebraska, North Dakota, S.D. Past Presidents, South Dakota, Wisconsin, Wyoming, with advertising and/or financial support we all recognized by Dougherty for their financial support with ads or sponsorships during the convention.

13. Convention review and update

Dave, Randy, Joe

Convention program

Dougherty handed out the Convention Program, COTY Awards Program and Hall of Fame Program to each committee member.

Ex Cmte Duties: (See Handout)

The committee reviewed and discussed their assigned duties during the convention.

General Session I

The committee reviewed the agenda for this and didn't make any changes.

General Session II

Dougherty reported that Justin St. Clair from NDSU had to be replaced at this event. Justin was named to USA Track and Field coaching staff for the upcoming summer and he could still come do his sessions on Throws but could not do the general session. Justin was replaced by Dr. Brad Strand who has been published numerous times in national publications and has held, or currently holds leadership positions in national and international organizations focusing on athletics and/or HPER.

Hall of Fame Luncheon/40 Under 40

This agenda item was moved to the Sunday Meeting.

## COTY Banquet

This agenda item was moved to the Sunday Meeting.

### Dinners and Socials:

Dougherty identified the B.O.D. dinner/social on Sunday, the Past President's Lunch, the COTY taco bar social (all three sponsored in conjunction with the NDHSCA), the Hall of Fame/40 Under 40 Banquet, and the Coach of the Year Awards Banquet as the dinners and socials going on during the convention.

Absent BOD, or sport chair who are finalists who will need coverage

Dougherty identified and thanked the following Board Members for volunteering to cover sports during the convention.

Baseball: **Heath Hayes**

Swimming and Diving: **Ralph Manley/Jake Solper**

Golf: **Jim Okler (Banquet only as Leon Braisted is a finalist)**

Volleyball: **Gelaine Orvik (Banquet only as Tim Wallstrum is a finalist)**

Wrestling: **Mark Holdren (Banquet only as Herman Andrews is a finalist)**

Boys' XC: **Bob Davidshofer**

Tennis: **Robbie Robinson (as Michael Kypriss is coaching a tennis player who is playing in Wimbledon)**

### Special Awards Recognition

Dougherty reported only the host state, North Dakota, submitted a name for a DSA Award. Dolan reminded the committee that South Dakota used their 2019 DSA award last year when the convention was in South Dakota.

DSA Recipients:

North Dakota: Tim Wallstrum (Host State)

Registration:

Number registered: 567

Hall of Fame Luncheon: 326

COTY Banquet: 441

Leadership Class: 36

Sport Specific College Credit: 2 credit=36; 3 credit=29

¼ Zip Shirts: 77

Donations: \$1178

Online Store: No Report

Communication with Hotel staff:

Dougherty

Dougherty reminded the committee that with all of the people involved with the convention that only he, Randy and Danell should communicate requests and/or needs to the hotel staff.

AV equipment: Paul Lien (NDHSCA)

Randy Johnson will report on this later in the convention report.

Registration workers/materials

Randy Johnson will report on this later in the convention report.

Items from the floor (for this convention)

Randy updated the committee on preparations for the convention:

The NDHSCA is paying for everything except the COTY Awards Program (awards, banquet, programs) and the Hall of Fame/40 Under 40 Awards Program (awards, program, place mats). Randy clarified necessary seat time for the college credit provided through NDSU. Updated committee on speaker changes. Reported on the B.O.D. social/dinner on Sunday evening at Fort Lincoln State Park. Reported there are host couples to assist coaches in finding their meeting rooms. The NDHSCA has a support person for each sport chair to assist in the sessions and with A.V. equipment. The NDHSCA is providing projectors for each meeting room with the hotel providing screens. The NHSACA provided three screens for meeting rooms added this weekend. Updated the committee on the Monday evening social that will begin at 6:00 p.m. and will include a silent auction.

#### 14. Website update

Dougherty/Johnson

On-going construction of NHSACA Site

Sam Schill: a 40 Under 40 Award Winner will provide a new website at no charge for NHSACA. He has a company that develops websites. Dougherty will establish communications with Sam to see where this goes. Also, the committee expressed their gratitude for the work and support Randy has provided for years for the website and will keep Randy in the loop once we gather information on this proposal.

#### 15. Issues with the COTY Scoring Rubrics

Dougherty/Schroeder

Some of the cells lost their protection. Ted, Randy and Dave will get these corrected and protected for the upcoming COTY Award process.

#### 16. Election procedure for 3<sup>rd</sup> VP

Dougherty

Dougherty reviewed this process.

#### 17. Procedure for accession of officers

Dougherty

Dougherty reviewed the process and let the committee know that Don Prokes would read the approved script and motion during the final board meeting.

18. Executive Director Report Dougherty

- review of current year
- review of national office expenses
- P.O. box Rental
- Executive director travel
- Supplies
- Phone
- Insurance
- Convention Expenses (see handout)

The committee dispensed with this report as it has been, or will be, reported on during the executive committee meetings at the convention.

19. Current Dual State membership Dougherty

Dougherty provided a spreadsheet identifying the current dual state members reflecting the addition of the Indiana Football Coaches Association.

20. At-Large members Dougherty

Dougherty provided an electronic spreadsheet identifying the at-large members of the board. It was pointed out that each member state association is guaranteed two voting positions (exclusive of past presidents) and if they have not met this guarantee with sport chair or region director position, they will receive at-large positions.

21. Executive Committee Members presence at Region Meetings Cliffe

Following a discussion on executive committee members attending regional meetings, assignments were made as follows:

- Region 1 Joe
- Region 2 No one
- Region 3 Justin
- Region IV No one needed
- Region V Dave Dolan
- Region VI No one needed
- Region VII Ted
- Region VIII Rocky

22. Executive Committee Duties for Board Meeting #1, #2 Joe, Dave

The Committee reviewed their duties for each meeting.

23. Review of Convention Schedule for Monday (Booklet) Joe, Dave

Joe Reviewed the booklet with the committee.

24. Dress Requirements Joe  
This document was given to each committee member. It was a more relaxed dress requirement than in past years.

25. AV needs and set up for meal functions and general sessions Dave/Randy  
Randy provided information on this earlier.

26. Executive Director's Contract Dave/Rocky  
Dave Dougherty and Ted Schroeder have signed the Executive Director's contract for 2019-20. It is identical to the previous years' with the dates changed for the current year.

27. Update on 2020 Convention Dave /Ted  
Everything is moving forward very well. It appears that the NCA will be donating more than \$30,000.00 to NHSACA for the convention. Hotels have been secured for the Board, COTY finalists and Hall of Fame inductees. All of the sport sessions will be at a local high school. Ted provided additional information on some of the events.

28. Update on 2021 Convention Dave /Rocky  
Progress was being made to choose Arizona as the host site, but things are very uncertain now with the passing of Steve Johnson. Dougherty will continue to communicate with Bo Whitelock and the Arizona High School Athletic Coaches Hall of Fame Association to ascertain the support they can provide.

29. Update on 2022 Convention Dave /Justin  
Justin reported that Des Moines will be the site. The site will probably one of the following (though it may change) The Convention Center/Casino/Race Track site or the airport Holiday Inn. Dougherty will set up a site visit after the convention and he and Justin, (potentially Joel Sullivan and Scott Garvis too) will tour the sites, and hopefully meet with the CVB.

30. Update on 2023 Dougherty  
Nothing to report yet.

31. Sunday Meetings with Sport Chairs & Region Directors Dougherty  
Review Region Director Duties with them  
The Committee discussed the importance of communicating to the sport chairs the need to have everything prepared for the COTY Banquet as time will be critical.

Review items to be covered at region meetings  
This was discussed earlier in the meeting.

Check to see if they are “current” with this year’s duties  
This will be brought forward in their meetings.

32. Review of fall and spring executive meetings for 2019-2020

Cliffe/Ted  
Cliffe

Fall meeting –Oct 25-27 (Corresponding) ???

Possible dates included the weekends of Oct 19-20 or Nov 2-3. We will work with Darin for Hotels once the decision has been made.

Spring meeting – Mar 14-16 (Corresponding)???

Cliffe

This item was tabled to the New President’s meeting.

Discussion took place concerning the out-of-pocket expenses incurred by the members of the executive committee to attend the fall and spring meetings. There were many pro and con arguments discussed. Dougherty added that the reason he has not requested a raise is that the executive committee members and members of the board need financial help to attend meetings. Ted moved to provide a \$200.00 stipend to the executive committee for attending fall and spring meetings. Second by Dolan. The motion carried.

33. Items from the floor

This took place 15 minutes into the meeting beginning with Scott Garvis. Randy Johnson joined the meeting at 1:20.

Social Media: Scott Coordinated the gathering of pictures of finalists and posting them on social media. He shared the pics with Dave for his COTY banquet slideshow. Scott posted names and pics of COTY finalists and Hall of Fame Inductees. He also posted the schedule and announcements throughout the year on Facebook and Twitter. He was commended by the Executive Committee for the work he did. Scott asked if the Executive Committee would like to begin a social media campaign (ads) to attract individual coaches to our association as well as other state associations. There was a long discussion on this topic. Ted spoke on the need to focus, not only on umbrella associations, but on single-sport state associations as that is the way states are organizing now.

Scott suggests that we reach out to the NFHS about the potential for establishing a working relationship with them. And, to Dr. Blackmore at the NIAAA. We had an in-depth discussion on this.

Randy reminded the committee that the document to access board documents on the website is: nhsaca2015. He also reported that he completed the checklist of changes for the website that the committee put together in the fall meeting.

NHSACA Executive Committee  
9:00 A.M.-12:00 P.M.  
Ramkota Hotel, Bismarck, ND

Meeting 2 Sunday, June 23, 2019

Rm 3130

1. Call to Order: 9:00 a.m.

Joe

Parliamentarian- Ted Schroeder  
Recording Secretary – Dave Dougherty

2. Comments/Reports/Communications

President Joe Cliffe

We had a long meeting yesterday, probably due to the items carried over from the spring meeting when we had to change to a skype meeting and shorten the agenda due to flooding in South Dakota and Nebraska.

1<sup>st</sup> Vice-president Ted Schroeder

No Communications

2<sup>nd</sup> Vice-President Rocky Ruhl

No Communications

3<sup>rd</sup> Vice-president Justin Davie

No Communications

Immediate Past President Dave Dolan

No Communications

State Ex. Sec. Rep- Darin Boysen

Not in attendance

Executive Director Dave Dougherty

No Communications

3. Announcements

Joe, Dougherty

There were no announcements

4. Convention Update

Dougherty

Registration

Hall of Fame luncheon

Coach of the Year banquet There were no updates as the convention has



11. Ass't COTY Award: Discussion on Potential Changes

Joe/Dave/Dave

a. Dave Dolan's information

Dave Dolan reported on his discussions with Renee Schultz (from Awards committee) concerning the low number of nominations NHSACA is receiving in Girls' Assistant Sports. They are going to bring ideas for increasing nominations to the awards committee meeting and to establish a plan for increasing nominations. Discussion followed.

b. Review of recent years for award

Dave provided the committee with data from the previous five years that detailed the number of nominations for boys' and girl's assistant COTY. A long discussion took place with the information presented by Dolan and Dougherty.

c. Need for By-law amendment

Following the previous discussion, the committee determined there was not a need to propose a by-law amendment that would change the assistant COTY categories.

d. Coordinating discussion at Board Meeting on Monday

A discussion took place organizing the information from this discussion for presentation to the full board that will allow the board to understand the need the executive committee had to address this issue and the process the committee used to reach its decision. It was decided that Dave Dolan would present this information to the full board and that Joe would insure all board members who wished, could be involved in the discussion.

12. Membership Pilot Program

Dougherty

There was a discussion on the new Membership Pilot Program adopted by the executive committee during the Fall 2018 meeting in order to organize the material to present it to the Full Board during the 3<sup>rd</sup> Board Meeting. The executive committee wanted to make sure the full board had a clear understanding of the Pilot Program and the goals we had for it.

13. Region Realignment Results

Dougherty

The committee reviewed the results of the region realignment by identifying how many nominees were in each region as well as how many nominees would have been in the traditional regions. A clear equalization in the number of nominees in each region was achieved. Dougherty will cover this material with the full board during the 3<sup>rd</sup> Board meeting.

14. Ad Hoc Cmte for A.D. Nomination Form and Scoring

Dougherty

Dougherty, Garvis, Ruhl, Hutchison

Wednesday: 9:30-11:00

Dave reported that this ad hoc committee will meet with the goal of reviewing and improving the nomination and scoring forms for the A.D. of the Year Award.

15. Social Media Update

Dougherty

There was a discussion concerning the pictures we take during the banquets and what we do with them. We are going to send them to finalists and Hall of Fame inductees and put some of them on the website.

16. Ex. Cmte Meeting Monday:

Dougherty

a. 1:00p-2:00p

Joe advised the committee that this will begin a few minutes late as the Past President's luncheon goes until 1:15

17. Review Meeting Rooms and Floor Plan

Dougherty

During this review Dougherty pointed out that the building is quirky to get around in and will take coaches a little while to know where to go.

18. Items from the Floor

Cliffe

Justin and Ted brought up the motion from yesterday's meeting concerning the \$200.00 stipend for attendance at the fall and spring meetings. Ted and Justin expressed concern about the stipend as it may not have the support of the board and may have a negative perception. Dave Dolan made a motion to rescind the stipend, seconded by Ted. The Discussion continued. All felt it would be nice to receive help for the expenses for the fall and spring meetings but that it is equally as important to help everyone attending the convention. All felt that if we can't help everyone, we shouldn't provide this stipend for the members of the executive committee attending the fall or spring meetings. The motion carried unanimously. Ted expressed his feelings that the executive committee will continue to work on finding ways to reduce the costs or Board Members attending the national convention.

NHSACA Executive Committee  
1:00 P.M.-2:00 P.M.  
Ramkota Hotel, Bismarck, ND

Meeting 3 Monday, June 24, 2019

Governor's Room

1. Call to Order: 1:09

Joe

Parliamentarian- Darin Boysen  
Recording Secretary – Dave Dougherty

2. Comments/Reports/Communications

President Joe Cliffe

Joe felt the first general session went really well and that our partnership with 3DI will be beneficial.

1<sup>st</sup> Vice-president Ted Schroeder

Nothing to report.

2<sup>nd</sup> Vice-President Rocky Ruhl

Nothing to report.

3<sup>rd</sup> Vice-president Justin Davie

Nothing to report.

Immediate Past President Dave Dolan

Nothing to report.

State Ex. Sec. Rep- Darin Boysen

Not in attendance

Executive Director Dave Dougherty

Nothing to report.

3. Announcements

Joe, Dougherty

The committee discussed the biographies and pictures of all the board members for our directory. Things are going well, but still have a few more to get completed.

4. Convention Update

Dougherty

Registration

Hall of Fame luncheon

Coach of the Year banquet Dougherty did not have an update as the numbers he reported at the board meeting are the same numbers now.

2 Credit Class

3 Credit Seminar

Other items

Questions

5. Executive Committee Duties for Board Meeting #3 ( (1.13.1) Joe, Dougherty  
 (Previous Handout from Meeting #1)  
 Reviewed our duties for this board meeting. It was noted that there are board members in attendance that weren't here yesterday so we will need to introduce them and get their pictures and biographies.
6. Review of Convention Schedule for Tuesday Joe, Dougherty  
 (Convention Booklet)  
 Joe reviewed the full schedule for Tuesday and noted that the second general session is at 2:15 with Brad Strand of NDSU providing the session.
- a. Region Meeting Locations  
 Dougherty had the committee look on page 7 of the convention booklet to identify the locations of the region meetings.
- b. Region Elections  
 Elections will take place in the odd regions. The executive committee members attending the region meetings should run the elections.
- c. NHSACA/NDHSCA Night  
 Dougherty reminded the committee that the social will be hosted by the NDHSCA and Universal Athletics. There is a taco bar, keg beer and beer can races. There will also be a silent auction with "Many" items to bid on. The NDHSCA board has put in a lot of time organizing the silent auction.
7. Hall of Fame Luncheon Joe, Dougherty  
 (Hall of Fame Program & Previous Handout)  
 Dougherty reviewed the agenda with the committee and reported that Jerry and Karen Horton, and Renee Schultz will set up the tables. Ted, Rocky, Dolan and Justin will organize all of the awards to be presented.
8. Review Agendas for Board meetings #3, #4 Dougherty  
 (Agendas for the BOD meetings)  
 The Agenda for the third Board Meeting was reviewed and the Agenda for the fourth Board Meeting as tabled to tomorrow's meeting.
9. Tuesday Ex Cmte Meeting: 12:15p-2:00p Joe  
 This meeting will be in the Governor's room.
10. Items from the floor Joe  
 The committee reviewed the by-laws committee report and proposal to accept the recommended by-laws brought to them by the executive committee. The Awards committee recommended no change in the Girls' COTY category.

1. Call to Order: 12:30

Joe

Parliamentarian- Darin Boysen  
Recording Secretary – Dave Dougherty

2. Comments/Reports/Communications

President Joe Cliffe

Joe apologized for going a little long in the Board meeting. Appreciated the good discussions we had during the Board meeting. The sport-specific sessions are going well.

1<sup>st</sup> Vice-president Ted Schroeder

No Report.

2<sup>nd</sup> Vice-President Rocky Ruhl

No report.

3<sup>rd</sup> Vice-president Justin Davie

Thinks Mark Holdren is really good, has good ideas and can be a great asset.

Immediate Past President Dave Dolan

The language at the social the previous evening was inappropriate. Need to be careful with discussions on gender issues. This is his last meeting and thanks everyone for all that they did. He felt he was part of good change for NHACA, that we have made big gains and we need to keep moving forward and he will do whatever we need him to do going forward.

State Ex. Sec. Rep- Darin Boysen

Darin was not in attendance

Executive Director Dave Dougherty

There were very good and positive discussions during the State Executive Director's meeting and during the Board Meeting.

3. Announcements

Joe, Dougherty

Dave notified the committee that out of 38 Hall of Fame inductees, only 4 would be unable to attend making this the largest group of inductees we have had in his memory.

4. Convention Update

Dougherty

Registration

Hall of Fame luncheon

Coach of the Year banquet As in previous meetings, this information

2 Credit Class was presented during the B.O.D. meeting

3 Credit Seminar so there isn't a need to report it here too.

Other items / Questions

5. Executive Committee Duties for Board Meeting #4 Joe, Dougherty  
 Joe reviewed these duties with the committee and there weren't any questions. The proposed by-laws vote was discussed concerning the procedure that should be used with each by-law. Should we vote on them as a package or individually? Dougherty recommended that each by-law be voted on individually.
6. Review BOD Meeting #4 Agenda Joe, Dougherty  
 (BOD Agenda)  
 Joe reviewed each agenda point. There weren't any questions or discussion.
7. Review of Convention Schedule for Wednesday Joe, Dougherty  
 (Convention Booklet)  
 Joe reminded the committee that the Board meeting tomorrow is at 7:30 a.m. and asked everyone to be there early. Dougherty reminded the committee that the S.D. Past NHSACA Presidents were sponsoring the continental breakfast.
8. Review COTY Banquet: Duties, Agenda Dougherty  
 (COTY Awards Program & Previous Handout)  
 Dave reviewed the process for setting up the banquet and the flow of the agenda during the banquet. There was discussion on placement of the tables with the awards, the seating area for each group of finalists brought forward, the picture area for the group pictures of finalists, the passing of the gavel, etc. Everyone is confident that the award banquet will go very well. Dougherty reminded the committee that we will have 455 people attending this banquet.
9. Thursday Executive Committee Meeting Joe  
 8:00-11:00 in Executive Board Room with Ted presiding.  
 Reminder of tomorrow's meeting 3308.

**Executive Committee Meeting (June 27, 2019)**

**Ramkota Hotel Bismarck, ND**

**Rm 3130**

- 1) Call to Order: 7:27 Ted
- 2) Welcome new 3<sup>rd</sup> VP: Tim Wallstrum Ted  
 President Schroeder welcomed Tim Wallstrum, newly elected 3<sup>rd</sup> V.P. to the executive Committee. Joe thanks us for having him come back and serve. Tim thanked us and the board for bringing him to the executive committee. Justin added that the executive committee is moving in the right direction for NHSACA.

3) Convention Review

Dougherty

a) COTY and Hall of Fame Banquet

Rocky felt the length of the bios were a little long. There was discussion on this and suggestions for addressing this. This includes bios for Hall of Fame, COTY, and the special awards.

b) Socials and Special Events

The consensus was that the socials and special events were big hits.

c) General Sessions

These were reviewed and the 3DI general session matches with the NHSACA philosophy. Brad Strand, a last minute replacement for the second general session and very good information for the coaches.

d) Sport Specific Sessions

Everyone felt these went very well.

e) Publications

The committee felt the quality and price were great.

4) Affinity Group

Ted

No further report from the previous meeting. Will put an order for cards for the Montana Convention.

5) Coach and AD Magazine

Dougherty

Dave will follow up with Kevin and/or Melissa to get their feedback on the 40 Under 40 event as well as the Coach and A.D. Magazine program.

6) Financial

Ted, Dougherty

a) Dave's Salary

This will be paid out on July 1<sup>st</sup>. First paycheck for 2019-20 will be February 1<sup>st</sup>.

b) Dave's Contract

Signed and filed.

c) Insurance

Dave Reported that the Insurance for NHSACA is paid in September and will approximately \$1400.00

d) Shipping of Plaques

Dave and Danell will ship all awards and plaques that weren't taken back to the states next week. There was a discussion about putting the slide show on the website.

e) Payroll and Tax Preparation

Dave will have the accountant determine the net take home for the national office salary as well as taxes that the NHSACA is responsible for.

f) Outstanding Bills

The bill from the hotel and the national office salaries are the major bills. There will be a few smaller expenses to take care of too.

## 7) Website Discussion

There was a discussion on a potential new website design. Sam Schill from IA, a 40 Under 40 award winner, has a very successful website design company and has indicated that he is willing to develop a new website for the NHSACA at no cost. A long discussion took place on this. There are questions concerning maintenance of the website: is Randy able to continue the website management. Also, discussion on the pros and cons of looking into this. Dave was directed to contact Sam Schill to gather information on this. Once the information is gathered Dave will contact the executive committee and Randy for further direction.

## 8) Monthly Newsletter Assignments

- a) July – Joe
- b) August – Ted
- c) September – Rocky
- d) October – Justin
- e) November – Tim                      Dave will work on developing calendar reminders so this  
are completed
- f) December – Ted                      efficiently and on-time.
- g) January – Joe
- h) February – Rocky
- i) March – Justin
- j) April – Tim
- k) May – Ted

## 9) Fall Executive Meeting: Lincoln, Fargo, Skype (checking on this now)

There was discussion on this and it was decided this needed to be a face-to-face meeting. It was set for October 19<sup>th</sup> at Noon and October 20<sup>th</sup> at 8:00 in Darin's office in Lincoln.

## 10) Spring Executive Meeting: Lincoln, Fargo, Skype (checking on this now)

This was tabled.

## 11) Committee assignments for Executive Committee

- a) Regional Directors – Joe/Justin Davie

There was a discussion on the needs of region directors. Rich Montgomery said he is working on and will complete a one-page marketing document. Dave will send Joe Madafarri, new Region 1 Director information on his duties. This opened a discussion on the committee appointments when there is an opening.

- b) Sports Chairs – Rocky Ruhl/Tim Wallstrum

There was a discussion concerning openings on the Sport Chair group

## 12) Board of Director Changes – Dougherty

Region 8: Dave will talk with Bo Whitelock about potential replacements for Steve Johnson. There is a change for the second Montana at-large member. Dave asked if he should send sport chair applications to all finalists who attended the convention. It was decided that he should.

#### 13) 2020 Convention Update – Ted, Dougherty

Ted brought up that the convention banquet room is limited in size and we may have an issue with the COTY banquet. Jeff Bellar is going to check with his district about supplying busses for transporting coaches during the convention. There will be nightly socials in a room at the hotel. Still need to find a general session speaker. There was a discussion on the publications for the convention.

#### 14) 2021 Convention Update – Rocky, Dougherty

Dave will contact Bo Whitelock and report back to the committee on Arizona's intentions for hosting the convention with the passing of Steve.

#### 15) Recruitment Plan

Ted will contact Rich Montgomery asking for each region director to establish a contact document for all of the sport associations in their regions.

#### 16) Policy and Procedures

The executive committee adopted our current policy in which the executive director communicates with the president the results of the COTY process in each category. Dave will provide the president with all information the president requests for this process.

#### 17) Items from the Floor

Justin Davie had a number of items. Discussion took place on each item:

Try to get an app developed so participants can download the schedule on their smart devices

Put presentations from sessions on the website

Have a board member take pics of finalists on the finalists' phone

Create a recap video showing the convention

Sport-specific session on being a female coach/being a spouse of a coach

Need to increase female participation: create a new award that identifies females supporting high school athletics in various roles.

#### 18) Motion to Adjourn

Joe Cliffe moved we adjourn. Motion carried.

**National High School Athletic Coaches Association  
Board Meeting One Minutes  
Sunday, June 23, 2019  
Bismarck, North Dakota**

The meeting was called to order by President Joe Cliffe at 2:10 PM.

President Cliffe appointed Ted Schroeder, Parliamentarian; Rocky Ruhl, Sergeant at Arms; and Sara Kinney, Recording Secretary. Rocky Ruhl asked that everyone silence their phones.

Wayne Carney gave the invocation and Jerry Miller led the Pledge of Allegiance.

Joe Cliffe welcomed everyone to Bismarck. He congratulated Ted and Renee on their 40<sup>th</sup> Anniversary. There was a moment of silence for Past President Bob Wood, Past President Joe Newton and board member Steve Johnson who passed away this past year. President Cliffe thanked everyone for the opportunity to serve again.

Roll Call

Dave Dolan introduced the new board members. The other members introduced themselves. Ted reported that there is a quorum.

Mission Moment

Virg Polak said that he was from a small town with one coach that did everything, but Virg wanted to become a teacher and a coach. He learned that you have to take the athletes you get and coach them. He came to his first National Convention and was impressed. He became a Regional Director, Football Chair, 3<sup>rd</sup> Vice President and served as President in 2010 in Sioux Falls. He emphasized the meaning of the word coach and suggested listening to “Wind Beneath My Wings”.

Justin Davie distributed bio sheets for everyone to complete and return.

2018 Annual Meeting Minutes

Randy Johnson moved to accept the minutes and Don Prokes seconded. The motion passed.

Nomination for 3<sup>rd</sup> Vice President

Dave Dougherty reviewed the procedure for becoming 3<sup>rd</sup> Vice President. Randy Johnson nominated Tim Wallstrum, the current Volleyball Sports Chair. Randy emphasized the contributions Tim has made to North Dakota for 30 years. Randy also praised his passion for coaching. John Hutchison seconded the nomination.

### Ramkota Hotel Information

President Cliffe suggested keeping your schedule book with you at all times so you can help people struggling with finding rooms. He also said there will be help at the registration desk. Room Changes: Special Sports-SW Courtyard, Soccer-1204.

### Convention Update

Randy Johnson reviewed the procedures for the Board Outing at Fort Lincoln. He also asked that everyone attend the Monday Night Event with a free taco bar and Silent Auction.

Randy announced that there will be door prizes in the vendor area at every break. Golf and Tennis will meet off campus a few times and help with transportation is available.

North Dakota will have a helper at every sports session. That person will handle AV needs. All coaches registered can attend North Dakota sessions on Thursday. North Dakota is sponsoring all things except the Hall of Fame and National Awards Banquets.

### Annual Meeting Update

Dave Dougherty reported 154 registered for National and 413 for North Dakota. There are 36 in the Leadership Class. 36 are taking two credits and 29 are taking 3 credits. There are 326 for the Hall of Fame and 441 for the Coach of the Year. 79 Shirts have been sold. \$1178 was donated through registration. These numbers are as of Saturday, so they will change.

### General Sessions

Joe Cliffe reviewed the people who are covering for board members at the banquet and thanked them for helping.

### Convention Information

Dave Dougherty reviewed the Board of Directors meetings and announced a continental breakfast at the Wednesday meeting. The exhibitors are in the courtyard.

Dave also reviewed the states that donated money this year and thanked them for the \$2400.

### Regional Meetings

President Cliff reminded that odd numbered regions are electing new directors this year.

He reviewed the committee meeting places for immediately after the board meeting.

Justin Davie said that applications for sports chair or regional director were available for board members to distribute as needed.

Joe Cliffe recessed the meeting at 2:55.

**National High School Athletic Coaches Association  
Board Meeting Two Minutes  
Monday, June 24, 2019  
Bismarck, North Dakota**

The meeting was called to order by President Joe Cliffe at 2:30 PM.

President Cliffe appointed Ted Schroeder, Parliamentarian; Rocky Ruhl, Sergeant at Arms; and Sara Kinney, Recording Secretary. Rocky Ruhl asked that everyone silence their phones.

Gelaine Orvik gave the invocation and Dan Brunner led the Pledge of Allegiance.

Welcome

President Cliffe welcomed everyone and commented on the great presentation by Wes at the first general session

Roll Call

Justin Davie asked the members in attendance for the first time to introduce themselves. He is also getting bio's and head shots for the website. There is a quorum.

Mission Moment

Gary Makowicki praised the executive committee for trying to get "the young Turks" involved in the association. He talked about having played basketball and wanting to be a basketball coach. He was asked to be a track coach even though he had no experience. He fell in love with the sport and learned all he could about it. He joined the track committee, became a nominee and then the track chair. He then went through the chairs to become a NHSACA President. He thanked God for unanswered prayers. Gary expressed his appreciation for the opportunity to be a part of this organization.

NHSACA Annual Meeting Update

Dave Dougherty reported 155 registered for the NHSACA and 451 for North Dakota. There are 36 for credit in the Leadership class, 41 for two credits and 37 for 3 credits. The Hall of Fame has 330 and the Coach of the Year Banquet has 443. They have also sold \$403 worth of clothing. Dave also asked that board members sit among the attendees during the general session. He reminded that blue blazers are to be worn for the Hall of Fame and National Coach of the Year Banquets.

Financial Report

Ted Schroeder distributed the information for everyone to review on their own time.

## Committee Reports

### *Awards, Nominations and Credentials*

Renee Schultz said that this committee needs to be a working committee. The committee discussed the situation with assistant coach categories not getting enough nominees. Dave Dolan and Renee will meet with the Executive Secretaries to see if this can be addressed. The committee also discussed a policy for adding or removing sport categories. The credentials for Tim Wallstrum are in order.

### *Hall of Fame*

John Hutchison reported that since the committee has the opportunity to nominate people from other states, they are looking into Martha Woods. The committee would like to get the information from the inductees sooner. They are also looking for a sponsor.

### *Regional Directors, Growth and Development*

Rich Montgomery said that his committee needs to do some pre-conference communications. They talked about why people should join the association. They talked about colleges hosting the convention as a possibility. They asked that all board members help with contacts for non-member states. They talked about incentives to get representatives from non-members states to attend a convention and see what it is about. Some of this is being done. They also discussed social media and advertising in Coach and AD Magazine.

### *Professional Education*

Ted Schroeder reported that committee organization was discussed and that a little time needs to be spent working on issues during the year. They discussed the cost of attending a convention. They would like to see more done with sports psychology. They would also like more “member only” information on the website. They would like a blog for coaches needing answers to questions and also a Speakers Bureau.

### *Bylaws, Policies and Procedures*

Randy Johnson said the committee will work during the next twelve months to see if changes are needed. He has distributed the suggested changes for this year. These are to articles 5,10 & 14.

### *Publications, Resolutions and Social Media*

Scott Garvis talked about Skyping during the next year and perhaps hosting a podcast to interview board members, finalists, etc. There was discussion about creating a one-page blurb to market to non-member states. It would include the Mission Statement, what we offer, professional development, networking for coaches, resources, Hall of Fame and Coach of the Year, and Coach and AD Magazine.

Virg Polak moved to accept the committee reports and Robbie Robinson seconded. The motion passed

### Budget Presentation

Dave Dougherty reported that the organization had \$93,912.41 at the end of May. This included \$29,710 earmarked for the Nebraska convention. The National Office salaries are current, being paid February 1 and July 1. Rich Montgomery moved to accept the financial report and Bubba Davis seconded. The motion passed.

Ted Schroeder reported that the registration fee for next year will be \$65 to match that of Nebraska. Nebraska will make up the difference to the NHSACA for their registrants.

### Sport Chairs

Dave Dougherty asked for sports chairs to give meal counts to Forry Flaagan as soon as they have them.

### Restructuring of Committees

The Executive Committee was not following the by-laws because they felt the committee felt the structure was not functional at this time. They studied this and made the changes. They challenge the committees to get work done during the year. This change will be voted on tomorrow. President Cliffe thanked the committee for their work.

### Bylaw Proposal

The proposal for filling vacancies has been distributed.

### Assistant Coach Awards

Dave Dolan distributed the paper showing the nominations that have come in since 2015. The awards committee is looking at ways to help the states with the process. If any board member has ideas, let Dave or Renee Schultz know. Dave will report to the Executive Committee. Virg asked if there were any incomplete applications and Dave Dougherty said there were not. Dave Dougherty said there are an average of 12 nominees per sport and that non-members states also received nomination materials. Jerry Miller asked about the process for having an incomplete slate. Discussion followed concerning ways to increase the number of nominations. Dave Dougherty clarified that the NHSACA only accepts nominations for the state association in member states. Nominations are accepted from other people for non-member states.

### Announcements

Randy Johnson talked about the North Dakota Social for tonight. It starts at 6:00 with a taco bar. Universal Athletics is the sponsor. There is a silent auction and other activities. President Cliffe thanked the NDHSCA for putting on this event and especially Bill Weber and Dan Brunner. Jerry Miller announced a South Dakota social in room 2258 after the Hall of Fame Banquet. President Cliffe recessed the meeting at 3:30 PM.

**National High School Athletic Coaches Association  
Board Meeting Three Minutes  
Tuesday, June 25, 2019  
Bismarck, North Dakota**

The meeting was called to order by President Joe Cliffe at 9:45 AM.

President Cliffe announced that Eileen Covington has passed away. There was a moment of silence.

President Cliffe appointed Ted Schroeder, Parliamentarian; Rocky Ruhl, Sergeant at Arms; and Sara Kinney, Recording Secretary. Rocky Ruhl asked that everyone silence their phones.

Jim Okler gave the invocation and Jeff Bellar led the Pledge of Allegiance.

Welcome

President Cliffe congratulated Dan and Laura Mitchell on their anniversary. He thanked North Dakota for the event last night. He also thanked everyone for their hard work.

Justin Davie asked for any new attendees and announced a quorum was present.

Mission Moment

Rocky Ruhl asked "Why am I in this association?" He would like all board members to send him their answers to that question. He feels that because of the NHSACA he has become a better coach and a better person. He sees people here and grows because of that. He has been able to go to places he had never been. He like the support of all sports. He likes that we are all together, as coach K says, not five fingers-but the fist. [Rockyruhl@gmail.com](mailto:Rockyruhl@gmail.com)

Annual Meeting Update

Dave Dougherty reported 612 total registrations as of 8:00 AM. He reminded everyone that the Hall of Fame is a formal event. The doors will open at 4:30. Board members should sit at an open table. Let the guests go in first. For the Coach of the Year there will be a reception in the courtyard from 4:30-5:30. The Doors will open at 5:00. Forry needs head counts if they are not in. Dave thanked North Dakota and Universal Sports for the event last night.

Jerry reminded everyone of the South Dakota night in room 2258 after the Hall of Fame.

Budget Presentation

Ted asked if anyone had questions concerning the budget. The executive committee compares numbers with the previous three years to arrive at their totals. Don Prokes moved to accept the budget and Kathy Holloway seconded. The motion passed.

Website

Randy Johnson makes changes and updates as needed. He asked that you contact him if you have questions. He gave the password for board documents.

### Corporate Sponsorships

Ted talked about AIG. This is a benefit package, not a money maker. There are also Office Depot and Hertz discount cards available at registration.

Dave Dougherty talked about Coach and AD Magazine. It is \$9.95 on line and we pay \$1.50 for the first 2000 and \$.95 after that. If you are not receiving it, check you filter.

Dave also talked about 3DI. They came out of Fellowship of Christian Athletes, but they stand alone. They offer benefits for educating coaches to our state members. This can also make money for the states if they would like. Iowa is also supplementing the discount to make it even more affordable for their coaches.

Dave said that Glazier does clinics in 5 sports. The NHSACA provides contact with the states. The state gets \$1000 and the NHSACA gets \$500 if a relationship is established. The state provides contacts to schools. Glazier is doing a pilot with Illinois and Florida but there have been some issues. Drew Potthoff mentioned the disagreement over a graduated price for size of the school.

### Membership Pilot Program

Ted Schroeder presented a program adding a category of membership for states that do not want to be part of an awards program or that are single sport groups. Jerry Miller asked for the benefit to them, perhaps it should be free. Gelaine Orvik asked for the length of the pilot program. Discussion followed concerning inviting people, perhaps even a conference of schools. They could be given free tickets to check out what the NHSACA offers. Ted said the executive committee will make determinations after they see how things go.

### Regional Realignment Results

Dave Dougherty explained the process used this year. They established 6 regions and assigned states by number of nominees submitted, as if making lane assignments. The top scorer from each region was accepted plus the next two highest scorers. This was reviewed by the Executive Committee. There was a discussion concerning the number of schools in each state.

### Nominating "Retired" Coaches

Dave Dougherty explained that this policy allows a coach that does not become a finalist, but now they have retired, they can still be nominated the next year.

### Regional Meetings

*Region One* – Gary Makowicki talked about the good relationship with the state, budget difficulties, parents and kids being more disrespectful. They are facing transgender battles and have a law suit pending. Joe Madaffari was elected the new Region One Director.

*Region Three* – Ed Kershner talked about charter schools and 33 new schools in the state. They allow students to go to any school and play at any time during the year in Florida. Schools are also charging more to play sports. Ed Kershner was elected Region Three Director.

*Region Four* – Henry Johnson reported that club sports, off camps coaches, vaping, and a shortage of officials were discussed. This region also discussed increasing education for coaches.

*Region Five* – Bubba Davis said that budgets, parent issues, and social media were areas of concern. Bubba Davis was elected Region Five Director.

*Region 6*

Dan Brunner reported 103 in their meeting. Problems include coaching shortages, being attacked by state legislature, longevity is declining, referee shortages, parent, and a need for coaching education. Their hot topics are 6-man football, girls wrestling, and classes.

*Region 7*

Heath Hayes talked about the age gap in longevity, retaining women coaches, transportation and budgets. Heath Hayes was elected Region Seven Director.

*Region 8*

Robbie Robinson reported discussions on budget and expanding their region.

Dave Dougherty asked that all reports be submitted electronically as soon as possible. Gelaine Orvik moved to accept the regional director reports and Randy Johnson seconded. The motion passed.

President Cliff recessed the meeting at 11:15 AM.

**National High School Athletic Coaches Association  
Board Meeting Four Minutes  
Wednesday, June 26, 2019  
Bismarck, North Dakota**

The meeting was called to order by President Joe Cliffe at 7:30 AM.

President Cliffe appointed Ted Schroeder, Parliamentarian; Rocky Ruhl, Sergeant at Arms; and Sara Kinney, Recording Secretary. Rocky Ruhl asked that everyone silence their phones.

Robbie Robinson gave the invocation and Dave Dolan led the Pledge of Allegiance.

Roll Call

Dave Dougherty introduced Brian Prokes who will make a presentation on e-sports. Justin Davie announced that a quorum is present.

Mission Moment

Heath Hayes said he is the son of a former Wrestling Chair who was also his coach. Heath is a regional director. He likes that all high school and middle school coaches can get involved. All coaches are in it for the same thing, to help kids-all kinds of kids. Coaches only have two hours a

day to help them. He said his dad was his mentor, but also Steve Mischler. He also thanked Renee Schultz and Ted Schroeder. He distributed "Code of The West" and emphasized doing what needs to be done and riding for the brand.

President Cliffe wished Virg Polak a happy birthday.

### E-Sports

Brian Prokes from the Johnson STEM Activity Center talked about E-Sports. 8 states have adopted this and it was featured on CNN. He played a video from Steve Young. His group is investigating safety. He said that 12% of the people online are playing or watching video games. They need good coaches to make this work. He will be talking with the Executive Committee. Don Prokes said that although he does not always agree with him, he is proud of his son, Brian Prokes.

### Convention Updates

Ted Schroeder reported that Lincoln is on track and will be much different than other conventions. It is July 19-23. Dave added that we will meet in a school and the banquets will be downtown.

Rocky Ruhl and Dave will continue to explore Arizona for 2021. Jerry Miller expressed concern about going to a state that does not have numbers.

Justin Davie is working on Iowa for 2022.

### Annual Meeting Update

Dave Dougherty reported a total registration of 617. They have received \$1580 in donations. There are 338 adults, seven children for the Hall of Fame and 441 adults and 4 children for the National Awards Banquet.

Randy Johnson also announced a donation of \$3000 from the Silent Auction. Applause followed.

### Hall of Fame

Joe Cliffe thanked all the people that helped with the Hall of Fame: Jerry and Karen Horton, Renee Schultz, Randy Johnson, Kathy Holloway, John Hutchison, and Dan Mitchell (who will have pictures on drop box). He was humbled to make the presentations. Drew Potthoff asked if we could get the names of the 40 under 40 winners ahead of time.

### Election of 3<sup>rd</sup> Vice President

The ballots had been distributed and collected. Dave Dolan reported that it was unanimous. Joe Cliffe congratulated Tim Wallstrum on being elected 3<sup>rd</sup> Vice President. Applause followed.

### Voting on Bylaws

The following bylaws were up for approval:

## **ARTICLE X. COMMITTEES**

### **Section 1. Organizational Committees**

The chair and members of these committees will be appointed by the president with the exception of the Committee on **Awards, Nominations, and Credentials**. If the executive director is a member of the committee, he will be an ex officio member.

~~1. Budget & Finance; Nominations and Credentials; Charter & Bylaws; Convention; Growth and Development; Media Relations; Ethics and Resolutions; Awards; State Executive Secretaries; Sports Competition and Special Projects; Professional Education and National Drug Education; Publications; National Office; Hall of Fame; and Corporate Relations and Sponsorship.~~

B. Awards, Nominations, and Credentials; Professional Education; Hall of Fame; Bylaws, Policies and Procedures; Regional Directors, Growth and Development; Publications, Resolutions, and Social Media.

Don Prokes moved to accept the amendment and Kathy Holloway seconded. The motion passed.

## **ARTICLE V. DUTIES OF OFFICERS**

Section 1. The president shall be the chair of the Board of Directors and the Executive Committee, and an ex-officio member of all committees except the Committee **on Awards, Nominations, and Credentials Committee**.

Section 2. The vice-presidents, in order of rank, shall assume the duties in the absence of the president. They shall assume such other duties as may be assigned to them by the Board of Directors.

Section 3. The immediate past-president will serve as chair of the Committee on **Awards, Nominations, and Credentials** ~~and as a member of the Charter and Bylaws Committee~~ and such other duties as may be assigned by the Board of Directors.

Renee Schultz moved to accept the amendment and John Hutchison seconded. The motion passed.

## **ARTICLE XIV. VACANCIES**

~~Section 1. Officers – In the event of a vacancy occurring in the office of the president, or first vice-president or second vice-president, the next lower ranked officers shall fill the vacancies that exist. If this vacancy occurs when the National Convention is in session, the Board will determine if the next lower officers are willing and able to fill the vacancies, and if they are, will fill the open 3<sup>rd</sup> VP position through election. The Board may also direct the Executive Committee to act on any vacancy at a time following the closing of the final board meeting during the National Convention. If this vacancy occurs when the National Convention is not in session, the Executive Committee will either maintain the members and positions of the updated Executive Committee, or review the current members of the Board to select an individual to complete the term of the initial, vacated office. In the event of a vacancy in the office of the third vice-president, the office~~

shall remain vacant until the Board of Directors meeting at the next annual meeting. In the event of a vacancy in the office of immediate past-president, the last available past-president with current active membership status, who will accept this appointment, shall fill the vacancy.

Don Olson moved to accept the amendment and Don Prokes seconded. The motion passed.

#### Executive Director Position

The contract has not changed and it has been signed. Applause followed.

#### Executive Committee Report

The following areas have been addressed this year: region realignment, skype meetings, partnerships with Glazier and 3DI, committee changes, bylaws changes, pilot membership, updating website, bios and pictures on website, and pay scale for national office.

#### President's Comments

President Cliffe thanked the board for the opportunity to serve again.

#### Installation of Officers

Don Prokes moved, in honor of Max Hawk, that Joe Madaffari , Region One; Ed Kershner, Region Three; Bubba Davis, Region 5; and Heath Hayes, Region 7 be installed as Regional Directors. Jerry Miller seconded. The motion passed.

Don Prokes moved that Ted Schroeder ascend to the office of President, that Randy Ruhl ascend to the office of 1<sup>st</sup> Vice-President, that Justin Davie ascend to the office of 2<sup>nd</sup> Vice-President, that Tim Wallstrum be placed in the position of 3<sup>rd</sup> Vice-President, that Joe Cliffe be placed for the second time in the position of Immediate Past President, and that Dave Dolan be placed in the position of Past President of the NHSACA. Kathy Holloway seconded. The motion passed.

Joe Cliffe thanked Dave Dolan for his help and there was a standing ovation.

#### New President's Challenge

President Schroeder thanked North Dakota for the convention and Joe Cliffe for stepping in. He also thanked the board for their support and trust. It is an honor and a challenge. He said the board is on the team and he needs their leadership. His main challenge is for continued growth. We need to think differently, perhaps looking for single sports groups in non-member states. He wants the committees to work during the year. We are working on educating every coach so we need the states to take advantage of what is offered. Ted reviewed some changes for the convention next year. He said "People who are crazy enough to think they can change the world are the ones that do".

Gary Makowicki commended the executive committee for their work the past few years. They have shown phenomenal leadership. He said "The road is paved with many flat squirrels that couldn't make a decision".

The meeting was adjourned by President Ted Schroeder at 8:50 AM.

<b>Income:</b>	<b>9/1/18-8/31/19</b>	<b>BUDGET</b>	<b>ACTUALS</b>
Membership Dues (States)		\$17,500.00	\$17,400.00
Individual Membership		\$-	\$60.00
Corporate Partnership Income		\$2,000.00	\$3,042.33
State Sponsorships		\$4,000.00	\$850.00
Registration/Convention/Guests		\$35,000.00	\$30,560.03
College Credit		\$15,500.00	\$11,220.00
Dinner & Luncheon Tickets		\$23,750.00	\$31,828.80
Convention Advertising		\$600.00	\$3,900.00
Exhibitor Fee		\$1,600.00	\$675.00
Donations/Memorials/Misc		\$1,500.00	\$6,992.00
NHSACA Shirt Sales		\$3,500.00	\$5,164.63
2020 Convention Donation		\$-	\$2,472.50
<b>Total Income:</b>		<b>\$104,950.00</b>	<b>\$114,165.29</b>
<b>Expense:</b>	<b>9/1/18-8/31/19</b>		
Payroll		\$35,000.00	\$35,000.00
FICA Social Security		\$2,170.00	\$2,170.00
FICA Medicare		\$675.00	\$507.50
Medicare Expense & Payroll Tax Expenses		\$6,650.00	\$175.00
Accounting		\$1,000.00	\$1,175.00
Biographies for Hall of Fame and COTY		\$1,000.00	\$500.00
College Credit		\$6,200.00	\$-
Convention Site Inspections		\$300.00	\$481.00
COTY Awards		\$4,000.00	\$5,491.90
COTY Awards Banquet		\$14,250.00	\$11,399.51
Exec Director Expenses for Ex Cm Mtgs		\$600.00	\$400.00
Federal & State Reports		\$500.00	\$-
Hall of Fame Awards		\$2,000.00	\$1,873.40
Hall of Fame Banquet		\$7,360.00	\$8,070.78
Liability Insurance		\$1,600.00	\$1,374.00
Licenses and Permits and Fees		\$125.00	\$61.25
Miscellaneous Expense		\$11,120.00	\$426.21
Miscellaneous Hotel Charges/Vendor Set up		\$2,350.00	\$-
Office Supplies		\$500.00	\$278.47
Postage, PO Box, Shipping		\$350.00	\$241.55
Printing (Programs, Place Mats, etc.)		\$4,000.00	\$4,634.90
Registration/Conv Fees, Refunds		\$-	\$1,953.46
Shirts		\$2,000.00	\$5,133.31
Special Awards		\$300.00	\$148.40
Telephone		\$700.00	\$660.00
Website Maintenance		\$200.00	\$-
<b>Total Expenses:</b>		<b>\$104,950.00</b>	<b>\$82,155.64</b>
<b>Total Income:</b>		<b>\$104,950.00</b>	<b>\$114,165.29</b>
<b>Net Income:</b>		<b>\$-</b>	<b>\$32,009.65</b>

## **By-Laws, Policies and Procedures Committee Report**

Members Present: **Randy Johnson; Co-Chair and Wayne Carney; Co-Chair Justin Davie, Bob Davidshofer, James Ford, John Hoch, Mark Holden, Jerry Horton, Tim Wallstrum and Bill Weber**

First Discussion Item:

**Committee discussed the By-Law change for Article X. Committees as proposed by the Executive Committee.**

Action Suggested:

**The Committee suggested this By-Law be changed as printed. The Committee felt it was important to update the By-Laws to follow the current trends and items necessary for success for NHSACA.**

Second Discussion Item:

**Committee discussed the By-Law change for Article V. Duties of Officers as proposed by the Executive Committee.**

Action Suggested:

**The Committee suggested this By-Law be changed as printed. The Committee felt this By-Law needed adjusting if Article X passes. This would follow right along with that By-Law change.**

Third Discussion Item:

**Committee discussed the By-Law change for Article XIV. Vacancies as proposed by the Executive Committee.**

Action Suggested:

**The Committee was concerned about the wording for this By-Law. There was much discussion. The Committee did not come up with any wording that was cleaner at this time. It was decided the committee would recommend the By-Law be passed as printed.**

Fourth Discussion Item:

**The Committee felt they needed to take a close look at the By-Laws and the Policies and Procedures. This needs to be done following convention until we meet again next year. They feel they need to make sure the By-Laws and Policies and Procedures fit one another. The committee will come with recommendations to next year's meeting.**

Action Suggested:

**The Committee will study the By-Laws and Policies and Procedures to recommend changes next year.**

## **Awards, Nominations and Credentials Committee Report**

Members Present: Renee Schultz, Co-Chair, Sara Kinney, Co-Chair, Greg Brown, Forry Flaagan, Derek Sonderland, Dave Dolan, Jerry Wetzel.

Renee discussed the email sent out earlier. This addressed the issue of retired coaches being nominated for Coach of the Year. They are eligible for one year after they retire. This will be added to the website.

There was a discussion about Assistant Coach of the Year. Dave Dolan will send out the statistics concerning nominations. There have been few nominations received. Dave and Renee will attend the Executive Secretaries Meeting and discuss the lack of nominations. There either needs to be an increase in nominations or consideration given to only having one Assistant Coach of the Year. The committee will investigate and suggest a course of action at a later time.

Renee asked that everyone reply all when they receive information so that all can see the suggestions.

There was discussion concerning scoring. Dave Dougherty does the scoring on two areas by himself. The question was asked about the need for having another person involved.

It was suggested to add the following to the Executive Office Scoring:

“and a member of the Awards Committee that is not a sports chair or award nominee”.

Forry brought up the issue of Special Sports meeting together when they may all coach totally different sports. He asked about rotating the sports being honored each year.

Credentials

The credentials for Tim Walstrum meet the requirements for 3<sup>rd</sup> Vice President.

## **Publication, Resolution & Social Media Committee Report**

No Report

## **Hall of Fame Committee Report**

Members present: Jerry Miller and John Hutchison (co-chairs), Kathy Holloway, Don Prokes, Harold Shepherd, Robbie Robinson, Bill Farthing, Ed Kershner, and Virg Polak.

First Discussion Item: Martha Wood will be inducted if someone is present to accept in 2020. Renee Schultz has a contact for information. We stressed that for an inductee from the committee to be inducted, that inductee needed to be present or someone needed to be present to accept. We will continue to look for inductees who may have been overlooked or who is extremely worthy but will likely not be recommended by a state coaching association.

## **Professional Education Committee Report**

Members Present: Ted Schroeder, Jeff Halseth, Dan Brunner, Drew Pottoff, Leon Braisted, Jeff Bellar, Wylene Hudson, Jim Okler

First Discussion Item: Time was spent discussing the Committee Reorganization. It was explained that this is an ongoing committee and further discussion about Education will be done throughout the year. Currently the yearly leadership classes, Coach and AD Magazine, 3-Dimensional Coaching, and Glazier Clinics are being offered to our members.

Second Discussion Item: It was felt that the current offerings to states are expensive especially when schools and athletic programs are experiencing budget problems. It was agreed that more educational resources should be provided member states. There was thought that more sports psychology programs should be investigated. The committee thought that a larger pool of resources should be available to members only on the website. As members find articles or videos of importance they would be added to this digital library. The committee also thought that a blog for coaches needing questions answered about current issues would be useful. It is recommended to establish a speaker bureau for member states to be able to access for potential speakers.

## **Regional Directors, Growth & Development Committee Report**

Attendees--Bubba Davis, Don Olsen, Heath Hayes, Dan Mitchell, Henry Johnson, Gary Makowicki, Rocky Ruhl, Rich Montgomery

First discussion item--discussion started with questions--Mission?? / What are we  
Committee felt --goals of comm--"State Membership Growth"--Sponsorship \$\$\$--Pre-  
Conference Communication

Brief discussions on the new set-up of the committees / National Development &  
communication with Darin

Action suggested-- Give one hour a month--emails might be sent as reminder to do some work

Second discussion item--Why should people join NHSACA??

Action suggested--Ask board members for contacts--potential new membership

Third discussion item--we need to work on single page flyer to Rah Rah NHSACA for Region  
Directors-- Question was asked about \_School Membership package

Action suggested--Incentives for attendance--waive registration, waive Banquet/tickets, Comp  
rooms

Fourth discussion item--"can we get a Media type Publication/Posters for state clinics /  
distribution

Action suggested--we need more use of social media to attract the younger groups--look into  
using Glazier and AD magazine to spread the word

## Region I Report

Roll Call of States in Region (include # of people from each state:  
CT – 6

Introductions: name, sport, & State of each person in the meeting:  
Sports represented - Track, XC, Field Hockey, Swimming

Questions for discussion:

a) What is the status of Athletics and Coaching in your state: Overall status is good. Relationship between coaching association, athletic director association and state governing body is strong.

b) What Problems do Coaches Face – Budget issues, Parent issues, schools of choice, prep school recruiting, disrespectful students.

c) What are Hot Topics – Out of season coaching, Transgender athletes

d) Miscellaneous Topics

Suggestions for Improving NHSACA's role for Coaches: Continue to provide professional development opportunities to states associations and coaches.

Region Director Election (if needed):  
Joe Maddafari was elected in 2018.

Submitted by:	Gary Makowicki	Region 1 Director	6/25/2019
	Name	Position	Date

## Region II Report

No Report

## Region III Report

Roll Call of States in Region (include # of people from each state:

Two coaches from Florida attended.

Introductions: name, sport, & State of each person in the meeting:

Questions for discussion:

a) What is the status of Athletics and Coaching in your state:

It is uncertain at this time. Have some exiting things happening, but also so uncertain things happening.

b) What Problems do Coaches Face – Budget issues, Parent issues

Addressing Title IX and remaining in compliance

Lack of coaches, especially coaches that are teachers

Schools in Florida are increasingly adopting the pay-to-play model making it difficult for students to participate.

c) What are Hot Topics – Do better job of promoting programs & Communication

Boys and Girls sports: both need better promotion, especially girls.

d) Miscellaneous Topics

Suggestions for Improving NHSACA's role for Coaches:

Introduce Hall of Fame Inductees, who are in attendance, at the COTY Banquet.

Keep coaches in the loop of decisions made.

Region Director Election (if needed):

Ed Kershner from Florida was elected Region Director

Submitted by:	Ed Kershner	Region 3 Director	6/24/19
	Name	Position	Date

## Region IV Report

Roll Call of States in Region (include # of people from each state:

Sara Kenny—Illinois	Jim Okler—Michigan	Cheri Ritz—Michigan
Rich Montgomery—Illinois	Mark Holdren—Michigan	John Hoch—Wisconsin
Drew Pothoff—Illinois	Leon Braested—Michigan	Dan Brunner—Wisconsin
Henry Johnson—Illinois	Berry Wroubel—Michigan	

Introductions: name, sport, & State of each person in the meeting:

Questions for discussion:

a) What is the status of Athletics and Coaching in your state:

IL—strong in most sports. IHSA regulates most all of sports. Our biggest changes/problems in IL is the growing number of coaches/assistants are non-staff coaches—coaches not in the building. This causes the effect of the “The Club” now wanting to coach in your school  
Mich—same problems with out of house coaches. Other concerns—seeding in sports—post season—Getting Coaches/Officials is a problem—decline of multiple sport athletes due to specialization and coaches not sharing athletes. State Coaches Association gives out an award for 3 sport athletes. Have to be a senior—names submitted by AD’s—schools have added multi-sport athlete awards

Wisc—Trying to promote multi-sport athletes—sports have a great relationship with WIAA—Wisconsin has seen a 10% drop in school population which is leading to lower participation numbers

b) What Problems do Coaches Face – Budget issues, Parent issues

IL/Wisc—huge problem is lack of officials

IL—club sports are becoming a problem. Parent fell that if they play AAU or travel ball they are automatic starters in HS

Mich—hoping to expand sponsorship of lower level sports championships to avoid some of the club sport / AAU problems

Wisc—voted for only 5 contact days –summer—all other sports are unlimited

IL—too many contact days (25) hurting coaches/sports getting multi-sport athletes

c) What are Hot Topics – Do better job of promoting programs & Communication

Mich—new transfer rules—if student transfers—they have to sit a year—some exceptions allowed

Miscellaneous Topics: Vaping—new issue

Suggestions for Improving NHSACA’s role for Coaches:

Improving situations for coaching

IL—education in coaching is a huge are that needs to be addressed to help coaches

--some kind of Library on NHSACA website for coaches to be able to access for pointers/help

\*\*\*get Indiana and Ohio on board with NHSACA

Region Director Election (if needed): Not needed

Submitted by: Henry Johnson Region IV Director 7/3/19

## Region V Report

Roll Call of States in Region (include # of people from each state:

Oklahoma - 2                  Louisiana - 1                  Mississippi - 6

Introductions: name, sport, & State of each person in the meeting:

Cheerleading, Tennis, Powerlifting, baseball.

Questions for discussion:

a) What is the status of Athletics and Coaching in your state:

Status is good in all states

b) What Problems do Coaches Face – Budget issues, Parent issues

Getting officials in certain parts of the state

c) What are Hot Topics – Do better job of promoting programs & Communication

Many coaches have used social media as a way to promote their programs. The cell phone are used by coaches to communicate with players and parents.

d) Miscellaneous Topics

Suggestions for Improving NHSACA's role for Coaches:

Coaches would like for state associations to do a better job of informing them what the NHSACA does for them.

Region Director Election (if needed): Bubba Davis - re-elected

Submitted by:	Bubba Davis	Region 5 Director	6/24/19
	Name	Position	Date

## Region VI Report

Roll Call of States in Region (include # of people from each state:

MN – 1  
IA – 6  
ND – 75  
SD - 11  
NE - 8  
CO - 2

Total - 103

Introductions: name, sport, & State of each person in the meeting:

Questions for discussion:

What is the status of Athletics and Coaching in your state:

We had a good discussion on Coaching and referee/umpires. South Dakota mentioned a shortage with coaches. North Dakota talked about a referee/umpire shortage. NE talked about their longevity of their coaches are running out and their parents think their kids are entitled. Minnesota talked about coaches that are not teachers is an issue, they also mentioned an official shortage.

What Problems do Coaches Face – Budget issues, Parent issues

All states mentioned they are having issues with club sports, social media, coach-player bonding(co-ops), and the need for mentoring.

What are Hot Topics – Do better job of promoting programs & Communication

6-man football ND starting up the last 4 years. SD talking about 6 man, NE already have 6 man football.

SD Girls Wrestling starting up.

North Dakota looking at 3 classes instead of 2 classes in Basketball

Miscellaneous Topics

NONE

Submitted by:	Dan Mitchell	Director	6-25-19
	Name	Position	Date

## Region VII Report

Roll Call of States in Region (include # of people from each state:

**Montana - 2 Wyoming - 7**

Introductions: name, sport, & State of each person in the meeting:

Questions for discussion:

What is the status of Athletics and Coaching in your state:

age gap, longevity, and keeping young coaches in the profession  
women coaches not being present  
women are underserved

What Problems do Coaches Face – Budget issues, Parent issues

transportation costs - teams having to share a bus with rival in-district school.  
fundraising to help support team budget. Spring sports get less support

What are Hot Topics – Do better job of promoting programs & Communication

3D Coaching

Parent support

Miscellaneous Topics

Suggestions for Improving NHSACA's role for Coaches:

Website - need easier ways to find information

Social Media - as a driving force to share information

Blog possibilities

Coaches Education

Poster advertising for younger coaches - available for state conventions.

5. Region Director Election (if needed): nomination by Ted Schroeder, second by Don Olson for Heath Hayes to serve this position.

Submitted by:	Heath Hayes	Region 7 Director	6/24/19
	Name	Position	Date

## Region VIII Report

Roll Call of States in Region (include # of people from each state:

Arizona: 3                      California: 1                      New Mexico: 1

Introductions: name, sport, & State of each person in the meeting:

Robbie Robinson (Retired) AZ; Herman Andrews, Sr. Track and Field – AZ; Herman Andrews, Jr. Wrestling – AZ; Brandon Gonzales, Soccer/A.D. – CA; Toby Manzanaras Volleyball - NM

Questions for discussion: There is a need to appoint a Region VIII Director following the passing of Steve Johnson from AZ a week ago.

What is the status of Athletics and Coaching in your state:

Athletics are strong, but there are always the issues of participation, cost, etc.

What Problems do Coaches Face – Budget issues, Parent issues

There are difficult budget issues across the region that are affecting all athletics, and other co-curricular activities.

What are Hot Topics – Do better job of promoting programs & Communication

NM has one large umbrella organization for all sports while AZ and CA of sport-specific associations which makes coordinating issues affecting high school athletics difficult, as well as unifying coaches under one cohesive organization and voice.

Miscellaneous Topics

Suggestions for Improving NHSACA's role for Coaches:

NHSACA should communicate with individual schools and not just state associations.

Region Director Election (if needed):

No Election Held

Submitted by:	Robbie Robinson	NHSACA Past President	6-254-19
	Name	Position	Date

## Boys' Assistant Coaches

We had 7 Finalists at the Banquet. Chet Stevenson from Brainerd Minnesota was selected as our winner. Other coaches in attendance were Chad Chronister from Pauls Valley, Oklahoma, Richard Donovan , Groton, South Dakota, Tim Gonzalles from Mountain View, Wyoming, Jim Hansen, Lincoln Pius X, Lincoln, Nebraska, Rodney Hardie, Fargo North Dakota, Bill Rex from Pekin Community School in Iowa. And Chet Stevenson from Brainerd, Minnesota.

**Session 1:** Jim Hansen from Lincoln Pius X in Lincoln, Nebraska was our speaker and his talk was on being an assistant coach and the role that a coach plays as an assistant and that the head coaches need to lean on the assistant in good and bad times. Coach Hansen has his kids write down what they did to make themselves better and how they did the work to get better. Coaches need to be positive after a loss or victory because the kids will remember what and how you said your post game talk. He talked about the success of the programs that they have and how. We had 15 members in attendance.

**Session 2:** our speaker was Richard Donovan from Groton, South Dakota. His talk was on how to build a successful track program in a small school. Coach Donovan talked about how the coaches have to work together to make a successful program. No one person can do it on their own. He talked on how the Tiger coaching staff meets every day and plans the next day practice and the meets. He spoke of what has worked and by what has not worked. It was a very good session and he answered questions. There were 21 in attendance.

**Session 3:** was presented by Bill Rex from Iowa. Coach Rex's presentation was on Longevity in coaching. Coach Rex has spent 50 years under the same head coach and 43 years with the same coaching staff. He presented about ideas that coaches could use and what had worked for their staff. There were 16 in attendance.

**Session 4:** was presented by Tim Gonzalles from Mountain View High School Coach in Mountain View Wyoming.. He chose to speak on what it takes to be a good assistant coach. Coach Gonzalles said that we have to be there for their head and assistant coaches and for the kids. We want to improve every day as a coaching staff and we want our athletes performances to be better every day. He said make the practices competitive so they know how to compete. As coaches we want no excuses from our athletes or from ourselves. "A couple quotes that stood out were " Success is never owned, it is rented and rent is due everyday! Also " You get what we tolerate. There were 14 in attendance.

**Session 5:** Was presented by W. Chad Chronister from Pauls Valley, Oklahoma. His topic was" what it takes to be a great assistant coach. Coach Chronister spoke on the things that their football team uses and how they have won several state titles. Coach had great ideas on how to organize and motivate their athletes. Coach Chronister was entertaining and very down to earth. He spoke on how we need to appreciate where we are at, who we are with, and why we are coaching. There were 8 in attendance.

## Girls' Assistant Coaches

Ronda Motykowski (NE) Girls Assistant Coach Sports Chair

### **Coach Contacts:**

Donna DeKrey 1389 Moran St Rock Springs, WY 82901 (307-389-0520)

[bdekrey@wyoming.com](mailto:bdekrey@wyoming.com)

Tim Delmore 1155 South 83 Street Grand Forks, ND 58201 (701-739-6136)

[Tdelmore72@gmail.com](mailto:Tdelmore72@gmail.com)

Kevin Hubbell 1601 Old Farm Road Lincoln, NE 68152 (402-436-1302)

[khubbell@lps.org](mailto:khubbell@lps.org)

Kelly Magendie 32201 Oubre Road Paulina, LA 70763 (225-362-6101)

[kmagendie@stjames.k12.la.us](mailto:kmagendie@stjames.k12.la.us)

Cindee Mutchelknaus PO Box 305 Irene, SD 57037 (605-661-4944)

[Cindee.mutchelknaus@k12.sd.us](mailto:Cindee.mutchelknaus@k12.sd.us)

Robin Smith PO Box 218 Bridger, MT 59014 (406-670-5861)

[rswdstmn@gmail.com](mailto:rswdstmn@gmail.com)

### **Biographies:**

**Donna DeKrey:** In 1987 with her husband, started the track program at the Rock Springs high school. She and her husband own a Wholesale Company

**Tim Delmore:** Begins his 42nd season as assistant boys track and field coach at Red River in 2018. Widely respected as one of the finest jumps coaches in the state, he has mentored overall state record holders in the high jump and the triple jump, as well as coached two state high jump champions (1983, 2003), two state long jump champions (2005, 2010), four state triple jump champions (1992, 1998, 2016, 2017), and a state pole vault champ (1983). In addition, he works with the Red River girl's jumpers, who have also earned numerous awards and accolades under his coaching. He was inducted into the North Dakota High School Track and Field Hall of Fame in 2015 and has been a finalist for the National Assistant Coach of the Year on two occasions. From 1982-2008, he also served as the jumps coach at the University of North Dakota. He is a retired health and physical education teacher.

**Kevin Hubbell:** A Lincoln native and a 1981 graduate of Lincoln East, Coach Hubbell competed in football and track, and was a member of the 1979 state championship football team. He attended the University of Nebraska, where he participated on the UNL Track team as a pole vaulter for two years. He was married in 1985, and then in 1986 he and his wife Anne moved to California for six years where they taught high school. They have 3 children.

**Kelly Magendie:** Attended Nicholls State from 2001-2005 where she competed as a Powerlifter. It was there she met her future husband and coaching Partner, who she is quick to credit for the success of the Lutcher High School program. The Class 3A state championship teams were how she began her tenure at Lutcher. Since then, the school has moved up to Class 4A where competition amongst bigger schools began.

**Cindee Mutchelknaus:** Head cross country coach and assistant track and field coach from Menno High School. Math teacher and student advisor.

**Robin Smith:** Recently retired after 30-plus years as Wayne Moorman's assistant coach at Bridger. The Scouts won 10 Class C state volleyball championships under the duo's guidance and earned a runner-up finish this past fall.

**Review of Sessions:**

**Donna DeKrey** began the track program in 1987. Her presentation was not necessarily about the x's and o's and drills but, that of how her high school community was brought together by the tragic deaths of three athletes throughout the years at Rock Springs high school. Her high school is considered to be a somewhat difficult school with a number of "at-risk" students. She considers the success of her career to be centered around the run race benefit that was put together to help out the first of these three athletes who passed away tragically. This has had a huge positive impact in teaching their track athletes as to the importance of giving back to their community and not always thinking they need to be receiving. Their motto is "I am because we are".

**Robin Smith** has been a science teacher and has coached for 33 years. Ironically, coaching was not the career path he had on his radar – AT ALL!! He was born and raised in southwestern Montana, was a bit arrogant and worked a year in an auto parts store. He used the GI Bill to go to college and ended up getting a teaching certificate. Upon interviewing for jobs, he was "talked into" coaching. Soon he was coaching football, boys' basketball and track. He then moved into the middle of the state and this is where he began his career of assistant volleyball coach.

**Tim Delmore** has spent 43 years at the same school. He credits having a great Head coach as to help with his own successes. He strives to share his experiences with those who will be taking over the reins of coaching. Thinks that the forgotten parts of clinics is to try to teach coaches not so much about drills and techniques, but, to educate how to really know your athlete. How do you know if they are stressed? How are they feeling? Dealing with issues is half the problem. Make mental notes about your athletes and then learn to adjust to each of them. Recommended "Blink" (a book about trusting your instincts). Suggests that as your brain gathers so much information that over time, a coach gets better with experience. Athlete's look at a coaches body language all the time. You can't fool them. Finally, he had a teachable moment to let coaches know that you need to categorize your life and coaching.

**Cindee Muthelknaus** became a coach very unexpectedly. She gave some advice on how to be a good assistant coach. Never try to compete with the Head coach, support them. Help out with fundraisers and be a PR person for publicity and recognition for your athletes. Manage the equipment and assist with making hotel reservations and accommodations. Be professional, communicate and listen. She was the only female coach, so, help out on conversations with the female athletes. She ended with telling us that coaching has changed her life and that lessons in life are not always about the x's and o's.

**Attendance:**

Session 1 (11:15-12:15) 15 in attendance

Session 2 (9:30 – 10:30) 14 in attendance

Session 3 (11:00-12:00) 14 in attendance

Session 4 (1:00-2:00) 7 in attendance

**Other:**

\*How do we get younger coaches and other states involved in NHSACA.

\*Everyone involved in the Assistant Coach discussion had questions from visiting coaches listening in on how to balance coaching and personal lives.

## **Athletic Directors**

Stephanie Blackwell, CMAA, Bixby Public Schools, Bixby OK: Using Your Mascot as a Character Development Program. Acronym: “DISC” Discipling, Integrity, Sacrifice, Courage.

Bill Clements, CAA, Dakota Valley High School, North Sioux City SD: Surround Yourself With Great People. “I’m not a jack of all trades; I’m a master of many. I don’t feel there is anything I can’t do if I want to.”

Guy Fridley, Activities Director, Dickinson Public School, Dickinson ND: Enhancing Student Activity Leadership at Dickinson High School. Alan Keith quote: “Leadership is ultimately about creating a way for people to contribute to making something extraordinary happen.”

Rich Montgomery, Athletic, Activities & Transportation Director, Rock Falls High School, Rock Falls IL: Battling The Recognition Monster.

Todd Olson, CMAA Director of Student Activities, Fargo Public Schools, Fargo ND: Thoughts on Coaching Your Coaches. John Wooden Definition of Success: “Success is peach of mind which is a direct result of self-satisfaction in knowing you did your best to become the best you are capable of becoming”

Aaron Stecker, CAA, Activities Director, Kennedy High School, Cedar Rapids IA: Developing A Student Leadership Program. Getting Started, Thins We Learned, & Where We Go Next. “Goals are important for great teams to set as they pursue their vision & mission.

Jack Tarr, CMAA, Malcolm Public Schools, Malcolm NE: Making the Wearing of Many Hats Work. “Student expectations have not decreased, my students know I have high standards and that I expect them to meet them.”

## Baseball

Submitted by: Heath Hayes

<u>Session 1</u>	Speakers:	Attendance Number:
Jeff Fiechtner, North Fargo High School, North Dakota COTY Finalist		7
<u>Session 2</u>	Speakers:	Attendance Number:
Tyler Rogers, Nanih Waiya High School, Mississippi COTY Finalis		8
<u>Session 3</u>	Speakers:	Attendance Number:
Delon Grimm & Kent Schweigert, Bismarck Century HS		7
<u>Session 4</u>	Speakers:	Attendance Number:
Scott Eul, Minot State		7
<u>Session 5</u>	Speakers:	Attendance Number:
Paul Twenge, Minnetonka High School, Minnesota COTY Finalist		11
<u>Session 6</u>	Speakers:	Attendance Number:
Tom Hager, University of Jamestown		14
<u>Session 7</u>	Speakers:	Attendance Number:
Tom Hager, University of Jamestown		14
<u>Session 8</u>	Speakers:	Attendance Number:
Tom Hager, University of Jamestown		8
<u>Session 9</u>	Speakers:	Attendance Number:
Dan Griesbaum, Gross Point South High School, Michigan COTY Finalist		8
<u>Session 10</u>	Speakers:	Attendance Number:
Alex Bohl, Newman Catholic High School, Iowa COTY Finalist		8
Shaun Ratchford, Danbury High School, Connecticut COTY Finalist		8

### Summaries:

Possibly was the best lineup of speakers for baseball other than the finalists. Thoughts of having baseball speakers speak on the 2nd and 3rd days of the clinic to allow less travel time as many have legion baseball going on.

## Boys Basketball

Submitted by: Jeff Halseth

Session 1 Speakers: Mike Hendrickson Attendance Number: 42  
Coach Hendrickson spoke on some of his favorite drills that he uses in his practices that has made his program successful. Many of his drills he has used are the same drills that many other

coaches are using today. He has adapted these drills to make them work for the guys he has to make them successful. He believes in using drills that are purposeful to your program. He likes to make drills competitive. He does not give consequences for losing in a drill but rewards the team that won the drill.

Session 2      Speakers: Thomas Vix

Attendance Number: 40

Coach Vix discussed a little about his philosophy and the main point is that his philosophy was developed through the people and the experiences that he has been through in his career. His main topic was about his 2-3 zone that he plays. Coaches need to adapt to the changes in the game from year to year he feels his 2-3 allows for those changes. The reason he like to use the zone is that he like to have other teams use practice time to prepare for his zone. To make his zone successful he feel that putting pressure on the ball at all times in an attempt to extend the zone.

Session 3      Speakers: Mike Hilmer

Attendance Number: 42

It doesn't matter how good of a coach you are you will never make everyone happy. Someone will always be upset. He focuses on his players character. He also discussed his run & jump press he uses. He likes to use it because it forces the pace of the game, provides more scoring opportunities, and he feels it is fun for his players. He explained how his run & jump works through the use of his handout.

Session 4      Speakers: Kevin Scheef

Attendance Number: 44

His philosophy is, "to be better today than we were yesterday." He discussed what he does to run a successful program. His philosophy is a big part of that. He allows feels relationships with parents, the kids, opposing coaches and his administration is a big part to a successful program. Coming from a small town he feels his youth program has been just as important to his program success as well. He promotes his program through his teams website; a post season booklet including current season stats, record holders, and a scrapbook of pictures throughout the season.

Session 5      Speakers: Terry Thomas

Attendance Number: 44

Coach Thomas discussed his combination 1-3-1 zone and 2-3 zone. He was looking for ways to change up his defense without changing a lot of rules in his zones. This makes it harder for the opponents to adjust and easier for his team because the rules stay the same. He believes keeping pressure on the ball is the key to being successful. He wants his guys moving on the pass not on the catch. He did mention some disadvantages to the zone. Those include: rebounding, can sometimes give up some open 3pt. shots, and it takes time to teach multiple defenses. He had a handout that everyone received as he discussed his zone.

Session 6      Speakers: Frank Castillo

Attendance Number: 35

Coach Castillo discussed a little bit about his program and shared some quick hitting plays. He gave a lot of credit to the success to his program to his assistant coaches and his players throughout the years. Some of his quick hitters he showed were ways to get your best player open for shots. He gave everyone in attendance a handout of the quick hitters.

Session 7      Speakers: Neil Alexander

Attendance Number: 42

Coach Alexander discussed the success he has had with a 1-2-2 ball pressure press. He has been teaching this defense for the past 25 years. He has found that even with the success he has had very few teams that his teams play will use it. He thinks the main reason for it is that teams don't want to commit to it. Half of his practices are spent on defense. He feels if you believe in something you want to do it right. It is a defense where all 5 players are moving at the same time. It is a style of defense that can be played with short quick players or tall slow players or a combination of. You just have to have players that want to play hard.

## **Girls Basketball**

2019 Girls Basketball Speakers and COTY Finalist Speakers

Submitted by: Derek Sonderland (GBB Sport Chair) June 28, 2019

Session #1

Speaker: Mitch Hull- 3 D Coaching

Attendance: 50

Synopsis- 60% of coaches get out of coaching because of parents

One coach will impact more lives than a person will in their lifetime

80% of communication is non-verbal

Overly involved parent/under involved parent

Session #2

Speaker: Mike Hendrickson (Fargo South)

Attendance: 45

Synopsis- Practice drills were his favorite

Takes his 5 assistants for 5 days to go watch D1 schools practice

Positive Reinforcement- uses Gatorades, never punishment in practice

### Session #3

Speaker: David Richman (NDSU Men's Basketball)

Attendance: 45

Synopsis: The "How" Process

Ask "What are you doing?"

How are you doing it vs. why are you doing it?

He doesn't recruit he selects

Passes- on time and on target

### Session #4

Speaker: Dave Joeger (Sacramento Kings)

Attendance: 50

Synopsis: How to defend ball screens

Uses easy drills to warm up his voice.

Goes shell drill to love shell drill

Teaches closeouts all the way to the touch

Can you guard the basketball

### Session #5

Speaker: Jodi Stanley (Little Snake River, Baggs, Wyoming)

Attendance: 45

Synopsis: Using positive words to Power your Program

Very small program 5-9 players

Talked a lot about GRIT

Bounce Back stats

Talk to yourself, don't listen to yourself

Excellence vs. Success

### Session #6

Speaker: New Mexico Coach

Attendance: 45

Synopsis: Wants makes not just shooters, everyone is a shooter he wants a maker

5 man weave into 3 on 2 back to 2 on 1

Ran a lot of different offenses- really likes the flex

### Session #7

Speaker: Dawn Seiler (Aberdeen High School)

Attendance: 40

Synopsis: 2 kinds of coaches- been fired and going to get fired

Coaches choose the captains, but you don't choose who runs your locker room

She liked to change the environment in the locker room  
Uses lots of examples of positive reinforcement in the locker room  
Makes her own pyramid of success

#### Session #8

Speaker: John Harder- from Brandeton, FL

Attendance: 40

Synopsis: 6<sup>th</sup> man and the team's role players

Would like to write a book about the 6<sup>th</sup> man

6<sup>th</sup> man has to accept the transitions

6<sup>th</sup> man has to be able to play numerous positions

#### Session #9

Speaker: Matt Musken (Minot State Men's Basketball)

Attendance: 45

Synopsis: 3 on 3 Angle Drill

4 on 4 Closeouts

4 on 4 Angle Drill

Does Book Club with coaches/players

5 on 5 Angle Drill

#### Session #10

Speaker: Trudy Samuelsen

Attendance: 45

Synopsis: 1-3-1 Defens

Read Eyes, Keep Hands up, Fake trap by hedging, Fron Post, Middle of 1-3-1 starts at the FT Line, have to gamble in the 1-3-1. Huge key is to move on the flight of the ball

#### Session #11

Speaker: Thomas Vix

Attendance:45

Synopsis: Ball Offense, has really played every kind of defense and has been successful with every kind of defense

#### Session #12

Speaker: Wendy DeVorak Kohler

Attendance: 45

Synopsis: Getting everyone on the same page

Tone of voice is so important for athletes

Don't call it a season- call it a journey

Be the Energy you want to attract

Top 20 Mindset (Mentality and Mindset)

Human Value = All Equal, each player is equal  
You get what you allow  
A leader who cares, builds a team that cares

## Boys Cross Country

Submitted by Bob Davidshofer

Monday, 6-24-2019

Speaker: Doug Butler                      Satellite HS                      Florida

Attendance                      29

Topic                      "Fun, Family, & Fit for Life"

Summary:

1. He has spent 20 years of coaching boys' and girls' cross country in a private school.
2. The school has won 8 boys' and 7 girls' state championships.
3. Has a running camp in the summer and stresses the 1<sup>st</sup> thing he wants is his athletes to have fun.
4. Unlike most coaches, he takes the entire squad to the state meet.
5. Displayed time chart for workouts based on 2-minute times. Will run 400's for 25 minutes.
6. Spends most of his time with the bottom kids.

Tuesday, 6-15-2019

Speaker: Shane Fruit                      Ogallala HS                      Nebraska

Attendance                      36

Topic                      "Core of Running"

Summary

1. He had 22 years of coaching cross country.
2. In races he doesn't stress hitting certain splits, only stresses "go out and run".
3. He has a low weekly mileage for runners, 25-35 miles.
4. His long run is on Saturdays and they only go 4-7 miles.
5. Stresses "don't get high on good races or low on bad races".
6. Emphasized the importance of Jan Johnson's Hip Flexor drill.

Speaker                      Eric Pooley                      Sioux Falls Lincoln                      South Dakota

Attendance                      29

Topic "Distance Training Principles"

Summary

1. Ten year coach who doesn't spend much time with data.
2. He plans half of the workouts and lets the team plan the other half.
3. Doesn't believe in "death defying" workouts.
4. Long run is 65 minutes. Does very few 1000's.
5. Workout consists of 15 minute warmups, 35 minutes of running and 10 minutes of cool down.
6. Stresses the importance of hill workouts

Speaker Greg Warnick                      Tupelo Christian Preparatory HS                      Mississippi

Attendance 29

Topic "Successful Strategies for Small XC Programs"

Summary

1. Due to the size of the school, he must share athletes with other sports (they have 15 sports)
2. Must have cooperation among coaches.
3. Must have support of he athletic director and the principal.
4. Must have a full time cross country coach who knows and cares about running.
5. He tries to host as many meets as possible. Cross country is the most profitable sport at his school.
6. Smaller schools usually mean smaller teams so coaches can give quality instruction and feedback to each runner.

Wednesday, 6-26-2019

Speaker Rick Anderson                      Griggs Country Central HS                      North Dakota

Attendance 33

Topic "Cougar Cross Country"

Summary

1. Coached cross country, track and basketball during a 45 year coaching span.
2. Retired 4 times in each sport but returned to coach again in each sport.
3. Started cross country in 1990 at the request of the kids at the high school and wasn't paid for several years.
4. The school is very small with only 60 students; there were only 6 graduates this year.
5. He meets with kids before and after every practice.
6. Doesn't allow runners to wear head phones when running. Stresses tempo running.

Speaker John Stilitti                      Manhattan HS                      Montana

Attendance 33

Topic "Servant Leadership"

Summary

1. He coaches football & basketball besides cross country.
2. Lives in a small town where the altitude is quite high.
3. Promotes volunteering and it has become addictive in his community.
4. Enjoys working with Special Olympics.
5. Big supporter of community running.
6. Has coached cross country for 20 years.

Speaker Brad Dekrey Rock Springs High School Wyoming

Attendance 33

Topic "Workout – Share Out"

Summary

1. Coaches cross country & track in an area of high altitude.
2. He thinks rest between intervals is very important in his program & concentrates on heart rates.
3. One of the biggest problems he encounters is having all the runners in a group get their rates down  
so as not to wait too long for some.
3. Has been at the school for 40 years and has been a national nominee several times.
4. Coaches both boys and girls
5. Most of his speech dealt with answering questions from those present at the session.

Speaker Dan Chinana Jemez Valley High School New Mexico

Attendance 33

Topic "Warrior Country"

Summary

1. Coaches boys' cross country on an Indian Reservation.
2. Showed slides of his championship teams and recent state meets.
3. Showed diagrams of his course and the difficulty in running it.
4. His assistant was a marathon runner and nearly made the Olympics with Billy Mills and has been a big help in winning their state championships.
5. His course is considered the toughest one in New Mexico because of the hills and trails.

## Round Table

Attendance 28

### Summary

1. Difficulty with multiple sports and ways to solve the problem.
2. Injuries to both boys and girls and how to prevent them.
3. How to handle weight problems with your runners, especially girls.

WINNER OF THE BOYS' COACH OF THE YEAR - Brad DeKrey

## Girls Cross Country

### Session One

Sean Allan .....N. Dakota...."Grand Forks Central GirlsXC workouts"

Attendance.....32 .....plus ....B&G xc sport schairs....NDXC chair

1..utilizes numerous running games for workouts, ie run/bike/run.....pony express

Fox n hound...Elmo run

2..no negativity on team, any negative statement must be countered by 2 positives

3..intervals 2 x a week

4..xc camp in August to increase team bonding

### Session Two

Attendance. 32 plus both xc sport chairs and NDXC chair

BrianCollins.....CT. "Glastonbury Girls XC...teamwork, mirrors,& family "

1.....Research your opponents

2.....summer running.....upperclassmen mentor new runners

3....prepare your team, not just for meets, but for life

4.....use of Garmin to track workout data, also good for development of self pacing

5.....emphasize quality over quantity

6....sportsmanship important, especially after a bad day/race

Tim Simpson.....MI. "Lansing Catholic Girls XC...beginner to elite, a plan for all"

1...emphasize toughness, no complaining

2...embrace cross training especially biking & swimming

3..due to daily variables, workouts must be adjustable

4...aim for quality, keep injuries at bay

5...5/5/5 workout...easy, threshold , hard

6.... 100....100's.....quality, yet doable for all

### Session 5

Attendance 33....plus both xc sports chairs...and ND xc chair

Charles Covington.....MS....."Developing a XC community at Saltillo HS "

- 1....recruit everyone...gets 200 kids trying out
- 2....encourage streak running..ie training days in a row....nalgene water bottles and personalized stickers for those that do. 1e 15 in a row for newbies...30 for returnees
- 3....cross training to minimize injuries, especially swimming
- 4....involve parents to build the program
- 5.....shares athletes in season with other teams

### Session 7

Attendance ...34...plus same xc sports chairs as noted above

Joanne Cleveland...MT....."Montana XC by the numbers"

- 1....Montana has 3 person scoring in C division
- 2...team traveled over 2400 miles
- 3...grades 6, 7, 8....compete with grades 9-12
- 4....wildfires can cancel meets, also necessitate practice adjustments  
1e treadmill training indoors

### Session 9

Attendance 27....plus all the same xc sports chairs mentioned above

Jeremy Haselhorst...NE...."Mental training with the Lady Titans"

- 1...besides the usual physical training, what are you doing to train the mental side/approach
- 2...uses "train2b clutch" program
- 3....athletes safe to take risks
- 4....utilizes visualization and positive self talk
- 5....utilizes runners individual journals

### Session 11

Attendance 31... plus the aforementioned xc sports chairs

Cole Manlove....WY....."Small school XC programs "

- 1...competes and trains at altitudes of 3000 to 7000 feet
- 2..regional school, 2 schools that cover 6 grade levels
- 3...state meet scoring...run 7....score 4
- 4...shares athletes
- 5...always on the lookout for new athletes

### Session 13

Attendance 31....plus the aforementioned xc sportschairs

Dan Iverson.....IL...."XC training at Naperville North HS"

1..school of 2700

2..recruit former soccer players

3...develop mission statement

4...emphasis is in improvement over a season & career

5...check ferritin levels, many female runners are below

6...uses cross training, weight training, wicket drills,yoga

## Football

Submitted by: Jeff Bellar

Session I Speaker: Jeff Bellar Round Table Discussion Attendance: 25

Discussion topics: Safety, Concussion protocol; Practice length; Amount of practices before 1<sup>st</sup> contest; Team rules.

Session II. Speaker: Mitch Hull Attendance: 23

Topic: Dealing with parents in athletics. Role of parent; role of coach; role of athlete.

Session III. Speaker: Randy Hedberg, NDSU Attendance: 28

Topic: 3 Step Drop, QB technique; short passing game, routes and pass protection.

Session IV. Speaker: Tyler Roehi NDSU Attendance: 24

Topic: Fullback play and Tight End play; blocking technique; pass routes; ball control.

Session V. Speaker: Pete Stanton, Dickinson State Attendance: 26

Topic: Culture and Defense. Alignment and technique.

Session VI. Speaker: Michael McGuire, Dickinson State Attendance: 27

Topic: Offensive Football; base run and pass plays in their offense.

Session VII. Speaker: Russell McCarvel, Dickinson State Attendance: 24

Topic: Running back play. Ball handling technique; pass receiving & routes; blocking technique.

Session VIII. Speaker: Dan Smrekar, St. Mary's Bismarck, ND Attendance: 26  
Topic: Keeping athletes involved in Football; Special Meetings for Moms;  
Study time for athletes; equipment fitting.

Session IX. Speaker: Jeff VanLeur, South Dakota Attendance: 20  
Topic: Seahawk Football 3-4 defense alignment and coverage's.

Session X. Speaker: Bubba Schweigert, North Dakota HC Attendance: 30  
Topic: Special Teams play; organization and drills.

Session XI. Speaker: Bob Gaddis, Indiana Attendance: 36  
Topic: Respect The Game, coaches role in continuing the great sport of Football.

## **Golf**

Session 1 - Successful program - we had 12 people in attendance (counting me) - I moderated all sessions with assistance from Coach nominees who were present

Session 2 - Starting a program - we added 2 more coaches - 13 - counting me - 14 - this session was unique from my perspective - since I carry 28-45 players in my programs

Challenge them to add more, less stress for them as coaches

Session 3 - 15 totals - Rules and procedures - topics ranged from Fundraising, how to manage team practices, tips in reaching more people, tournaments

Sessions 4-5 - were held at the driving range, 17 totals - as they were told - individualized instructions - we had coaches from various sports who wanted to hit golf balls

They were given tips how to teach the swings - do and don't of swing, some were disappointed - did not get enough time to hit balls

Session 6 - Question and answers - what is on your mind - we chatted about rules, regulations, how they varied from State-State. How many tournaments, importance of making everyone being a part of a team - 16 totals attendance

Session 6 - Driving Range (11) - drills to work on, games to play at the course, expectations, also new technology to use for players and adults. Lots of talking, prefer to see and play games

Sessions 7-8 - wrap up 21 people in attendance - How to improve the games, Tips that us coaches used with our teams, lots of notes were taken when I was speaking, drills to incorporate for their teams.

Drills - Chipping with a purpose, Putting with a purpose, contest - such as 9 holes - short game using the putting green.

Some expressed that I could have shown them in person at course.

Drills - Visiting Driving Range, steps to make practice more useful

Rewards - playing for a shake and much more.

Day 1 - myself and another coach was there

Day 2 - myself and 2 other nominees chatted

Day 3 - myself and 2 others showed up, but did not want to chat much.

Saw how various coaches respond with questions and giving up their secret to success. Overall, my experiences were memorable, especially when I can share what I have used. I was that coach who started with 7 players. Getting coaches to arrive early seems to be an issue. In and out and other commitments to attend to. Grateful for all my coaches that were in attendance.

## **Soccer**

Submitted by: Dean Schaff

### Session 1

Speakers: Scott Steinbrook (Finalist)

Attendance Number: 6

Summary: "Culture, Mission, Values"

Scott talked about his team philosophy, how to create one, and how he gets his team to buy in. He talked about his teams core values and his mission statement.

### Session 2

Speakers: Jim Hill

Attendance Number: 6

Summary: "Soccer Specific Fitness"

Jim talked about the weekly fitness he incorporates into practice. How he uses fitness to evaluate players coming into the season.

### Session 3

Speakers: Chris Allen

Attendance Number: 6

Summary: "Developing the attributes of your team"

Chris talked about how he developed team culture in practice and during games.

### Session 4

Speakers: William Phelps

Attendance Number: 6

Summary: "Beyond X's and O's"

William explained how he builds relationships with his athletes. Developing trust and communication.

### Session 5

Speakers: Mike Bare

Attendance Number: 6

Summary: "Monitoring player performance using GPS"

Talk about how he use modern technology like GPS to track his players performances.

## **Softball**

**Submitted By: Cheri Ritz**

**Monday, June 24 11:15 Speaker Patrick Johnson Topic: The Art of Pitching**

This Session was all about the Mechanics of Fastpitch Pitching. Patrick talked about the various grips for various pitches. He broke down pitching into the throwing motion, and talked about the K position. He discussed spin work. He gave attendees warmup drills for pitching and talked about throwing the change up. Number in Attendance: 10

**Monday, June 24 1:00 Speaker Patrick Johnson Topic: Q and A with Patrick**

This session was suppose to have a Collegiate Coach but this session was cancelled. We were lucky to have Patrick stay and do a question and answer with us. Patrick gave Coaches more pitching drills for skill development and technique. Coaches like Drills, Drills ,Drills!

Number in Attendance: 8

**Tuesday June 25 11:15 Speaker Justin Chaney Topic: Hitting Drills**

This session was many hitting drills. Hitting drills included: Weighted ball soft toss, Short bat drills, Tee Drills, Bouncing tennis ball drills, Heavy bats, and many many more. He also discussed his Individualized Hitting Plans for every hitter on his team.

Number in Attendance: 11

**Wednesday June 26 10:00 Speaker Terry Graver Topic: Elkhorn South Defense/21 Outs**

This session was all about defense and how it is the key to winning championships. Terry talked about his defensive philosophy. He discussed how bunts win ball games. He discussed 1st and 3rd defense and what to do with a runner on 2nd. He also talked about pick off plays. He stressed defense and gave many defensive drills to use in practice.

Number in Attendance: 11

**Wednesday, June 26 11:00 Speaker Jerry Pease Topic: More Defensive Drills**

This session. Jerry gave out a handout with 9 defensive drills. This session was all drills. The drills included: Long Toss, Double Play Drill, Reaction Drill, Corners ground ball drill, Infield gap drill, Outfield gap drill, Five minute situation drills, 21 outs and Pass the bat drill.

Number in Attendance: 9

**Wednesday, June 26 1:00 Speaker Todd Merial Topic: Building competition into Practices**

Todd talked about great books to read for the mental aspect of coaching. He talked about incorporating competition in practice. He gave out competitive throwing drills and competitive pitching drills that coaches can use in practice. He also included competitive hitting drills in his session. This session stressed keeping practices fun and competitive everyday.

Number in Attendance: 12

**Wednesday, June 26 2:30 Speaker Lori McFerrer Topic: Building a Championship Culture and Practice Planning**

This session stressed Winning in the Locker room and what you can do to motivate your players throughout the season. She gave many practice planning strategies. She did a powerpoint on her locker room and the great ideas that she does in her program.

Number in Attendance: 10

## Special Sports

Submitted by Wylene Hudson

Session 1 Speakers : **Scott Duley** Sport : Girls Powerlifting Attendance Number: 8

Topic Title: The Psychology of Success

School: East Union Attendance Center Email: [Sduley@gmail.com](mailto:Sduley@gmail.com) Phone: 662-316-9683

Address: 1667 Hw 30 East

New Albany, MS 38652

Girls Powerlifting is a sport that competes at the state level. Competing in this sport at state enables a large group of girls to be able to come out to compete and in turn train for other sports. Scott was excellent to start off the conference with his energy and positive attitude. He stated that we need to be program builders not killers. The coach is the most important to bringing energy. In staying positive we need to celebrate small victories; to help see failures as opportunities. We need to have good body language to lead.

Discussions talked about even if we don't compete in weightlifting how weightlifting is important in all sports. We need to be prepared for chaos, be flexible, change things if needed, have goals. It is important to know our kids, coach individuals to get the most out of our athletes.

Scott mentioned we need to fight for our athletes. I have a girl that quit my cheerleading program after camp. I shared this with the group. She was one of the All American cheerleaders and very talented cheerleader. She felt that she was being bullied and felt that she needed to quit. I talked to the athletic director, parent and to the cheerleader. I did all I could do as a coach. In saying that, sometimes we need to let go and pray for the best for the athlete and her/his family. I love the athletes, that is why I coach.

Session 2 Speakers: **Lerina Johnson** Sport: Badminton Attendance Number: 3

Topic Title: From "Nope" to "Dope"

School: Perry High School Email: [johnson.lerina@cusd80.com](mailto:johnson.lerina@cusd80.com) Phone: 480-510-6712

Address: 4925 E. Indian Wells Drive

Chandler, AZ 85249

Badminton is a fall sport for Chandler High School in Arizona. We all listened intently as most of us were hearing of a sport and is not in our state. Lerina kept saying they had to trust the process. The badminton team went from the underdog to top dog on campus after winning state championships.

When asked about how she helped to grow her program she said they would have a fundraiser and have Students come in to play as a challenge for the student body. Students that were negative to the program found out that it wasn't as easy as it looked. The student body then looked at the badminton team with pride for their school.

Lerina also spoke in other sessions as various other coaches were interested in hearing about badminton as a sport. The number was down in her session so she was able to share her story in other sessions.

Session 3 Speakers: **Kim Wilson** Sport: Cheerleading Attendance Number: 7  
Topic Title: Coaches working together to benefit the student athlete  
School: Newkirk High School Email: [kwilson@newkirk.k12.ok.us](mailto:kwilson@newkirk.k12.ok.us) Phone: 580-763-0500  
Address: 228 N Apple Ave.  
Newkirk, OK 74647

Kim is a coach of Newkirk cheerleaders in Oklahoma. While she has an all girl team on the sidelines of football and basketball, she competes with a coed team. She recruited boys from the football team to Compete in the regional and state competition. She practices at a time that does not interfere with football. These practices are on Tuesday and Saturday.

For the discussion, it doesn't always set well with the football coaches that their boys are on the cheer squad. Even though the coed team wins state competitions the squad doesn't get the deserved recognition. In Oklahoma we have a large coed division and a small coed division. Newkirk is on the Small coed division. I know Kim from state conferences and have had the privilege of seeing her squads compete. It is great that she can recruit boys and make it work with their schedule.

Lerina was able to speak about badminton in this session.

Session 4 Speakers: **Casie King** Sport: Competitive Cheer Attendance Number 5  
Topic Title: Coaching the Confident  
School: Sioux Valley High School Email: [Casieleeking@hotmail.com](mailto:Casieleeking@hotmail.com) Phone: 605-690-7663  
Address: 401 Lee Ann Ave.  
Volga, SD 57006

Casie is a coach for a competitive cheer team in South Dakota. In her cheer world sideline cheer is not what she coaches. In this state they are allowed to have a competitive team and be state sanctioned without cheering for school sports. Her squad has seventh to twelfth grade cheerleaders. Tryouts for this squad is in trying to take everyone that trys out.

Focus is not on winning but on team goals, stunt group goals. They do rituals like a team song, prayer, And pump up talk at the end.

Discussions included age differences on the squad and National Federation guidelines. A school class for her cheerleaders is not an option since she has a variety of ages and grades. Incorporating varies grades enables Casie's squad to have higher level skills. School games are not a precedent in cheerleading where Casie coaches as compared to other states where school cheer has priority over competition.

### **NHSACA COTY 2019**

Session 5 Speakers: **Kent Van Ellis** Sport: Gymnastics Attendance Number 9  
School: Dickinson High School Email: [kentvanellis@gmail.com](mailto:kentvanellis@gmail.com) Phone 701-260-0064  
Address: 912 Heart Drive, Dickinson, ND 58601  
Topic Title: Thirty-six Years of Gymnastics at Dickinson High School

Kent is a teacher at Dickinson Public Schools and has been for 32 years. He is presently in his 37<sup>th</sup> year as head gymnastics coach at Dickinson High School. Kent has ten North Dakota State gymnastics championships, is in North Dakota's State High School Hall of Fame and Dickinson High School Hall of Fame.

Gymnastic is a September to Oct. and November to February sport. June and July they work on new skills and they are always continuing to train.

Kent is married to Valerie and they have two adult children.

Speakers: **Brian J. Prokes** Sport: eSports Attendance Number 9  
Email: [bprokes@johnsonrd.com](mailto:bprokes@johnsonrd.com) Phone: 407-592-9259  
Address: 275 Decatur St. SE  
Atlanta, GA 30312

Brian gave a presentation on school gaming. This is becoming more popular in schools and has a large impact on kids. The students have a passion for gaming, as in other sports they represent family and school. Some states have 20 gaming computers. Teams have school jerseys, they work on teamwork as other sports. Lerina Johnson said they actually had this program at her school. Like badminton it is taking time for student involvement.

Education emails for eSports: [skillshot.com](http://skillshot.com), [playvs.com](http://playvs.com), [foreveryoung.com](http://foreveryoung.com), [utube](http://utube.com)  
Competition is a fall season February to June with 3 games.

Session 6 Speakers: **Rick Stonehouse** Sport: Alpine Skiing Attendance Number 8  
Topic Title: Alpine Skiing in Wyoming  
School: Cody High School Email: [rstonehouse@park6.org](mailto:rstonehouse@park6.org) Phone: 307-250-5499  
Address: 30 Longhorn Drive  
Cody, WY 82414

Rick was amazing to listen to for Alpine Skiing. The team travels one hour to ski. If the snow is hard or too much powder, they can't compete. They have twelve races in a two-day event. They have five different locations to ski at.

Rick stated they take all skiers, no prerequisites. They take non-skiers, beginners, exchange students, special needs, etc. They are usually racing for 2<sup>nd</sup> place since Jackson dominates. They teach the athletes that it's NOT about the trophy.

One of Ricks favorite quotes came from a JV/extra skier this year who just graduated after skiing with them for four years, yet never making the varsity team: "When I came to ski team I couldn't do or ski Anything. Now I can and do and ski everything." (Adam Klessens)

Family-coaches. All their coaches – two paid and two volunteers-are former ski racers themselves, who all skied for CHS (including Rick). They are now helping coach their own kids and promoting the next generations of skiers. They have had skiers go on to ski academies, colleges, and even World Cup.

Fundraising and expenses: Skiing is an expensive sport. All families must purchase lift tickets for local area and all equipment, clothing etc. They get outstanding support from their community. The fundraiser they do each year as a raffle. Prizes include processed buffalo, beef, skis, bikes, weekend getaways, handguns and shotguns, etc. The student cost for skiing is around 2,000. Plus.

Speaker: **Wylene Hudson**

**Attendance 8**

My topic and motto were “Shine Where YOU Are!” I explained that at the beginning it had to do with the cheerleaders’ sideline formations. I change up the formations every game and explain that it doesn’t matter if you are center front. If you are doing your job with a great attitude you will be seen, and eyes will go to you. This attitude has carried over in the classroom, commons area and everyday life. It is an expression of a guiding principle to share and help our youth to build character.

I also have a real stick that I call my spirit stick. This stick is kept in an Expect A Miracle cup. I tell this real-life story to show God’s miracle that was shown to me. What a wonderful God we have. In everyday life we have his love to sustain us. The squad is told we are commanded to love one another and to work as a team.

I truly enjoyed the 3D coaching session at the NHSACA convention. I loved the part on the screen where a man was asked to sing Amazing Grace. The first time he sang it, his voice was gorgeous and being one of my favorite songs I was blessed to hear it. When the man singing the song was given a purpose to sing, for instance knowing that someone was healed, saved, etc., the message in the song came alive like no other song I have heard. His voice was even more exemplified and had purpose in his words of praise. We too need to have a purpose in our coaching and lifting up our student athletics. This 3D message will stay with me forever! I am so thankful to hear this message.

Finalist not able to attend the conference:

**Salvator Follo III** Sport: Hockey

School: Foran High School

Email: [smfollo@outlook.com](mailto:smfollo@outlook.com) Phone: 203-627-7200

Address: 14 Kenny Ct

East Haven, CT 06512

**Julie Shepherd** Sport: Cheerleading

School: Choteau High School

Email: Choteauschools.net

Phone: 4060590-2734

Address: P.O. Box 1348

Choteau.net 59422

## Swimming and Diving

No Report

## Tennis

No Report

## Boys & Girls Track and Field

Submitted by: **Bill Weber and Greg Brown**

Session 1 Mon: 10:15 am

Attendance Number: 40

**Craig Kovash; Trinity HS ND (boys)** - Sprint Relays

Easier to be on a relay or do it on your own was his first question? Trinity philosophy is that they do not specialize and be a whole part of the team. All head coaches of other sports are all assistant for track for the most part. All of his assistant coaches are former athletes except for one, no profanity is allowed. 49 state champions, 22 were relays. Weather is a big part of there workouts (wind). You have compete competitively in meets to reach your top performances, practice will not get you to that point. How do choose your runners? Stop watches do not lie, put faster four on your relays. Shorter runners on the curves, taller runners on straight aways. 20/20 steps for the 400 relay. Girls 800 relays use open hand offs.

**John Ward; Hazen HS ND (girls)** - Hazen Bison thrower's Tire work outs

Hazen has 50 throwers 7-12, need to spread them out. Core strength is huge for throwers using tires is key. Confidence in flipping the tires carries over to the throws. Competitive edge against the tires, prove to yourself you can do this. Use lots of tires of different sizes, use good form when flipping tires carries over to the throws. Tires flip and Jump through it. Tri dips using the tires. Tire twist tossing back and for to parent, make sure double twist with feet and keep tire back. Toss up ties with car tires, put your hips through. Tires elevator push ups and superman push ups by pushing off the big tires. Tire cling or like a dead lift. Tires pulls with a partners back and forth. Tire pops with a belt around your hips and tire popping off the ground. Step ups on big tires. Jump ups on the big tires. Partner squats to a partner with the big tire, only with older throwers. Tire rolls for a distance or a team relays. I leg sand bag squats with a sand bag. Sand bag jumps through a big tire.

Session 2 Mon: 11:15 am

Attendance Number: 40

**Michael Lashley; Lingle-Ft. Laramie HS WY (boys)** Dogger track 4x100 Relay Exchanges  
100 students in high school in far south east corner. Mascot is a DOGGER. Since 1990 they have won 17 state championships and 7 state runner ups. They have a dirt track for there practice facilities. Athletes must buy into the team concept, athletes must understand role and do it. Athlete must be handle the batons. Where and who you place each athlete in the relay varies from week to week and the weather. Talked about who should be in each spot of the 400 relay. Bring home the GOLD, only use gold batons in their relays. Have settled on the overhand pass "hammer, not saw". " Say it, see it, stick it". Showed some video of video.

**Leroy Millsap, IL (boys)** Training Young Triple Jumpers

Leroy competed as a triple jumper in college and competed against some of the best in the country.

Leroy when to Cuba to get some training on the triple jump. His school record now is 53'7.5". It is a national high school record. They have to do drills that they hit the board everyday every drill. Just Leroy and one other coach on his staff. Do not jump on your toes. Hit the middle of the foot doing drills for 50-60 yards. Hips are like a bucket of water, do not spill the water out of the bucket. 1 minute drills of doing the same drill over and over. Bound 200 meters for number of bounds on Mondays. Tues do the same drills with fewest bounds. Thurs how fast can you get there doing the same drill. Graph the jumps and should be improving each meet no plateauing. Run lots of 40 and 60 yard dashes for workouts. Jumping stadium steps and over hurdles. Uphill and downhill workouts. Drive with the knees not the toes.

Session 3 Mon: 1:00 pm

Attendance Number: 30

**Stevie Keller; NDSU (college)** Breaking down the Start

Young athletes might be better doing a standing start instead of using blocks. Teach kids how to run first before putting them into the block. 1st stage of sprints is Acceleration 4-6 seconds, shin angle low to high. Drive and Push are excellent words with teaching acceleration mechanics. Training examples, rolling starts, standing LJ starts, sleds and tire pulls, acceleration ladders. Starting progression: standing starts, 3 point start, Skeller10 start, block start. BLOCKS 2 shoes to front pad and 3 shoes to second pad. Big arms when running. Talked about getting into the blocks, the set position and Go. Do the drill to LEARN something, not do the drill to just do the drill!

Session 4 Mon: 2:30 pm

Attendance Number:

**Board meeting**

Session 5      Tues: 8:30 am

Attendance Number: 35

**Tommy Badon; University of Louisiana.** “Building A Championship Sprint/Hurdles Culture”  
“Speed Kills... Especially if you Think You Don’t Have Any”. Tommy has coached many sports and in many different schools. Tommy like to go to a school that is struggling and build the program up, especially in the sprints. You have to have a belief that you can find the athletes and build them up to build up that program. VISION the ability to see things that other can’t before they ever happen. Big Picture mentality. CHANGE THE MINDSET- either growth mindset or fixed mindset. **Paradigm Shift** - fundamental change in an individual or a society view of how thing work in the world. “If things aren’t different, results won’t be either”. CORE VALUES - What do you stand for? “THIS IS WHAT **WE** DO”. If you don’t stand for something, you’ll fall for anything! RESPONSIBILITY and ACCOUNTABILITY are two words always. BUILD A CHAMPIONSHIP MENTALITY-be a champion in practice, that is where champions are made. BUY-IN. “If you don’t believe, you do not belong” BUILD IN-if you fail to plan you plan to fail. PLAN THE WORK, WORK THE PLAN - Do workout that work. Most events in track are SPEED/POWER. PRIORITIZE - Everyone has limitations, educate yourself on current trends. Put CNS work first into your program then develop the art on putting things together that work the best. CNS Central nervous system - High intensity with short durations. Do stations of high intensity with short duration in drills and wt room. EXPECTATIONS - are you an EAGLE or a DUCK? How high are your expectations for your athletes. COMPATIBILITY TO TEAM SPORTS - team sports are mostly speed/power events. INCLUSIVENESS- Allows you as a coach to build a program. Helps buy-in from other sport coaches. A good coach can change a game, a great coach can change a life! tbadon4486@gmail.com.

Session 6      Tues: 10:00 am

Attendance Number:

**Board Meeting**

Session 7.      Tues: 11:15 am

Attendance Number: 37

**Tommy Badon; University of Louisiana.** “Sprint Relays”

Teaching Baton handling and Skills. Planning optimal Tactics and Strategies  
Go around and talk about Relay markings The start mark and the takeoff Mark  
Moving the stick, Spacing adjustments. Fix the the handoffs at meets not at practice. Exchange zones still 20 meters to get the stick. **Blind handoffs** use verbal command. Stay focused on mark, shoulder alignment, high hand. Receiving at shoulder ht or higher, thumb down hand up and push hand into other hand. Run through the zone not to the zone. **Visual Exchange** incoming runner stay focused under fatigue, negotiating traffic. Personal for 4 x 100 - anchoring ability, block starting, curve running, competitiveness. 4 x 200 use a **Modified Blind Exchange** 3 rights turn and get baton.

Session 8      Tues: 1:00 pm

Attendance Number: 100+

**Mitch Hull; Wes Simmons.** Three Dimensional Coaching Presentatio

Why do you coach? Compared to how do you coach?

Parent/coach communication - Relationships, trust, safety, clear definition of rolls.

70% of communication is visual

Build a partnership with parents: Tell them your story, Listen to there story, Ask them for their help, Problem to solve, not a fight to win.

3 parts of a fights: You, the other person, US

Do you build bridges or walls with parents

There are responsibilities, not rights with parents and coaches.

Session 9      Tues: 3:30 - 4:45pm

Attendance Number. 50

**David Emeott; Michigan (boys)** Off Season Speed & Agility Workouts

Coached for 25 years, last 15 year head coach(Pole Vault). Most diverse school in the state with a total enrollment of 2400. 160 boys and 130 girls on his team this last season. Won 8 championship of the last 11 years. 2010 won new balance national meet. Host a speed and agility program to all the athletes in the school in the off season. 2:45 to 3:45 every Tues. and Thurs. Dynamic warm up of about 30 drills, basic running form. Stair workouts once a week or every other week, 3 sets of different legs and hops. Mini hurdles or Wickets. Sets of 20 around 4 hall ways. Everyday we do character lesson. Stay to end of the meet. Travel with 6 charter buses to every meet. Kids talk about each other after the meets. No individual awards at the end of the year.

**Troy Sturgeon, SD (girls)** Team Building Process

1100 students, about 6th largest school.

Coaching 28years about 16 years as a head coach. Starting in 2007 they started to change by: What is your vision, your values, your goals? Decide on your rules - consistency.

Communication. Track is a TEAM sport. Team handbook, revised each year. Communication Twitter, facebook, snail mail, mail, text. Important to keep your parents informed. Develop personal relational with your athletes."One Unit, one family, one goal, Team BV". Have fun with your teammates everyday. Keep track of PR's, School Records, top 10 list. Good sense of values: a love of your sport, thirst for knowledge. Expectations of the team each year are: Be on time, Take care of yourself, make a school priority, we expect to win the ESD title, Metro title, and state meet. How to mentally tough, be dedicated to your teammates, Show great effort, show respect, humility and a leader! Team meals, Fundraising, Overnight trip to meets, Music Practices, Work MS meets. Pizza ranch gift cards sales.

Session 10 Wed: 8:30 am  
**Board Meeting**

Attendance Number

Session 11 Wed: 9:30 am

Attendance Number. 45

**Mike Thorson; University of Mary;** What to you need to be a successful 300 M Hurdler?  
Get a good plan of action for training. Need good hurdle mechanics. Start and approach to first hurdle: make adjustment at 30 meters, check number of strides to first hurdle or what is time to first hurdles.

Hurdle clearance: basic mechanics of a good hurdler. Speed up to hurdle, less body lean, sprint through the hurdle. Stride Pattern between Hurdles: odd number of strides is recommended, have to be able to alternate legs. Run in: Mental toughness.

Session 12 Wed: 11:00am -12:30pm

Attendance Number. 40

**Timothy Egan; CT (boys)** Coaching the Team Aspect in Track & field

Been coaching since 1983, started teaching after a few years in the field of ART! Retired this year after 25 years of teaching, but will keep coaching track. Track is a TEAM SPORT, in their conference you have win all the dual meets during the year to win conference. Have to find athletes to fill all the events, about 600 athletes in high school. Get @ 40 athletes out each year. They involve a lot of kids in dual meets that are marginal athletes, but will score for the team. Team goals, win all dual meets. They usually go wed and sat for meets each week through out the season. No Jr hi track in Connecticut in his area, so no feeder program. 17 events in Connecticut.

**Susan Loeffler; MT (girls)** Sprints & Relays

Just finished her 45 year of coaching and taught for 44 years. 320 students in High school. Montana can be in 5 events in a meet. Brother would bet her to beat other athletes and when she was young. Sprinting is her passion, 90% of the kids in her school are 3 sport athletes. Workouts in her school have be very creative for indoors with weather in Montana. Form Running is big, dynamic warm up for 20 minutes. Static stretching after working. 2 days a week is hills running and working on form. Forward and backward on the hills. Hip flexer is a major issue to stretch, so use hurdles to do drills with. Mini hurdles to work on form. Then work on stride length with the hurdles. STARTS: The last they have to think about in the blocks is best for kids. 3 steps and 2 steps to get into blocks. Hands and shoulder straight line and then all you have to do is lift their hips ups. Train all sprinters like they are 400 runners. 47 secs and 55 secs full speed run to see how far you can get, do this once a week. 150 run and walk 50 and do 8 to 10 of them. Timing the relays through the exchange zones.

**Nancy Lockmon; NE (girls)** Track & Field Success in Small Town Nebraska

Success from 2008-2019. 35 years of teaching and coaching, Coach 3 sports, and math teacher. 17 events in Nebraska, 4 classification they are class D. 5 years in a row state champs in girls

and working towards the 6th in row. 5 assistant coaches, are the key to their success. They have no track to practice on, but have great community support.

Session 13 Wed: 1:00 - 3:30pm

Attendance Number 40

**Greg Williams; Iowa (boys)** Training the 800 Runner

Coaching 30 years all back in his home town. Usually around 40 out for track each season. He handed out a packet for training and drills for distance runners. You can hurt a kid by over training them, make the recovery day the most important day! Large Aerobic base training. Static stretching is a not a good thing to start practice, but Ok to end practice. GPS watches so he can be at other events to coach. Pace keeper is an app for your I pad. Big proponent of the wt room and strength training. Eat real food, not so much out of a box. Hydration is big as the season goes on and gets warmers. Hills are on Mondays, Tempo runs, critical velocity training. Flying 30's, continuous relays. Russian 300, run 2 miles out and 2 miles back at a harder pace. Run with the wind runs on easy day.

**Kevin Kearney; Iowa (girls)** Training 200/400/800/ Runners - Less is More

"Kearney unweaving rainbow" is a packet on the internet of his presentation Using common "themes" is setting up training. Started coaching in 1994 and have about 180 kids in high School. Co Head Coaches with boys and girls. Coach the kids you have, not the kids you wish you had. The enemy of good and great is the quest for perfection. We want great races, not great workouts. "Complete track and field" is a great site for workouts for track. High Quality, Lower Volume, More Recovery! More meets don't matter - USE them as Special Endurance Workouts. You can't run a longer distance fast if you can't run a shorter distance fast.

**Pete Boudreaux, LA (boys)** Building the Total Track Program

From Catholic HS in Baton Rouge, LA. When he took over track program they were terrible and he has been coaching for 52 years. Track team compared Track Program. YOUR ATTITUDE, Team ATTITUDE, Not hiding behind schools. Sell the program to the school, parents, athletes, coaches, etc. Motivate and team. Emphasis the TEAM concept. Need a strong cross country program. Each practice must be well planned and organized. Keep Records, work all events, don't just work with the champions, Don't become a specialist, Scheduling, Never stop motivating your athletes. Stress the importance of the total Workout - Everything is important, refused to be outworked by anyone. Success breeds one of two things: **More success or Complacency. "Good Coaches coach Athletes, Great Coaches coach People"**

**Herman Andrews; AZ (boys).** Track Placement of track athletes

Never ran track in high school, he played baseball. Then in college played baseball and started coaching baseball and was getting bored. So he started learning from the track coach at the school he was in and then started coaching track in 1978. His first two years he was listening to the parents for what they want there kids in. Then he switched the why he coached. Then they came up with standards for what you could get for a time or distance to get into a college.

Worked hard to get kids into college by hitting those standards. The first week of track they set goals for two events and coach chooses the other ones. Watch for a couple of weeks and then you need to be COACH - help make adjustments or switching events. Father and son are both up for national coach of the year this year!!! Great story of winning a state championship after a 11 year drought to end his presentation.

### **Johnathan Perkins; MS (girls) How to Build A Winning Program**

8 years as head coach of his school he went to. 15 years total of coaching. Have won the last 7 state championships in girls track in 6A. They have 3 state records in girls and one in boys. Lots of athletes in SEC track at present. 6 keys to building a winning program - demographics what type of athletes. Feeder schools- middle schools and search high schools. Assist Coaches - 7 assist coaches. Preparation and training - Seasonal Training schedule revised yearly. Discipline - no one is bigger than the team. Next Season Preparation - what changes need to be made.

## **Volleyball**

Submitted by: Tim Wallstrum

Session 1: Monday June 24<sup>th</sup> 10:15 Attendance Number: 44

Jeff Barkell , Wyoming– “Hope is not a Strategy”

Kelly Walsh High School for 32 years. He felt that people need to plan for success and be proactive rather than sitting back and waiting for things to happen. He used the Golden Circle as an example and said that people need to work from the inside out of the circle. It should go Why?, How?, What? Instead of the other way around.

- Tilt the outcome in your favor
- Expect to do more than your share
- He reads to his players every day- being ethical
- How to give instead of get
- Failure is never final
- Matching and mirroring – wrist bands – start intense

Session 2: Monday June 24<sup>th</sup> 11:15 Attendance Number: 45

Wayne Moorman , Montana – “A lot of lies about nothing”

Wayne talked about his coaching career and how fortunate he had been. He talked about how he got into coaching for his daughters and had been coaching five decades. He believed in being humble and that he had a stack of plaques and trophies that no one sees. He was honored to

have a wife who picked up the slack at home so he could coach and talked about the story of the little boy learning to make pancakes for his father. The story is in relation to our heavenly father. He had everyone in the room riveted and in tears. He was an excellent speaker.

Session 3: Tuesday June 25<sup>th</sup> 3:30 Attendance Number: 37

Darcy White , Nebraska– “How to manage a roster of 10-12”

Darcy about the difficulties of managing her team in a small town outside of Lincoln Nebraska. When she started she had fair numbers but the town kept getting small because there was nothing to keep them there. She had to work with less players.

- She went from a 30 team roster to 12
- They have 6 classes in Nebraska – 56 schools in her class – lowest class
- Girls are in everything – June BB open gym, July VB open gym
- She has gone to much shorter practices than when she started. 3hr – 1.5hr
- Hire a strength and conditioning coach for all sports

Session 4: Wednesday June 26<sup>th</sup> 1:00 Attendance Number: 37

Toby Manzanaras, New Mexico – “Team Defined”

A practical approach to unlock your teams success. Establishing and maintaining excellence in a volleyball program. It is a long term process.

- You must have Core Values; Trust – Chemistry – Unity; Team Chemistry Wheel
- Must use the 80% rule – practice at 80% intensity all the time.
- 4 Rocks; Attitude – Work Ethic – Being good teammate – Practice 80% Rule
- Pencil has eraser to erase mistakes, 15 All Black Principles
- Nothing is more unequal than the equal treatment of the unequal
- Pillars; Characteristics the players exhibit – Fun, Competitive, Sportsmanship

Session 5: Wednesday June 26<sup>th</sup> 2:00 Attendance Number: 42

Betty Wroubel , Michigan – “Gratitude is the biggest gift”

Betty talked about her career and the organization of her volleyball program. She said that she was told that the purpose of her high school volleyball team was to get them ready for club.

- Frustration of club vb
- She had one of the few states to play winter VB when she started
- Cheer nice,
- Flowers to players, gave a copy of a hitting and serving tracking chart
- They can play in 50 matches a season, gave a copy of a passing tracking chart
- She told a story of a fire on her bus.

Session 6: Wednesday June 26<sup>th</sup> 3:30 Attendance Number: 37

Tim Wallstrum , North Dakota – “Opposite the Little Things”

Tim talked about the different names for the right side hitter – one of them being the OPPOSITE. He also talked about several other small things which is the reason for the title. He also spent time talking about one of his passions, psychology of coaching volleyball. He was the last presenter as the two other finalists were unable to attend.

- Shorten practices just make them more intense as the season goes along
- Take time off during the season.
- Take time off during the season, basketball runs into volleyball there is little rest time
- How to compliment your players and how much
- Duties of a national sport chair
- Handed out application forms

## **Wrestling**

Submitted by: Herman Andrews Jr.

Session 1 Speakers: Three-Dimensional Coaching,  
Attendance Number: Basketball and Wrestling  
Coaching strategies based on the pyramid of coaching.

Session 2A Speakers: Herman Andrews Jr. Attendance Number: 19

- How to keep good stats and records. Both state and school records and stats.

Session 2B Speakers: Derrick Dixon TMCHS ND

Attendance Number: 19

- Braves Wrestling Past and Present. Also stats and hand book.

Session 3 & 4 Speakers: Adam Aho, U of Mary

Attendance Number 25

- Talked about buy in, culture, communication, the 3-D's. Desire, Dedication and Discipline.

Session 5 Speakers: Mike Moyer

Attendance Number: 26

How do we get more students in our sports and keep them. NWCA leadership academy. make participants has grown 4000 since 1999.

Session 6 Speakers: Colonel David Fallon USMC Attendance Number: 24

Recruitment and Retention of Wrestlers and Marines.

Session 7 Speakers: Mike Moyer

Attendance Number: 27

Female wrestling. Girls state championships in 17 states as of 2019. Training and developing coaches. Women wrestling needs support.

Session 8 Speakers: Mike Moyer

Attendance Number: 23

Journey of great coaches panel. Risk management.

Session 9 Speakers: Mike Moyer Attendance Number: 22

A vision/mission process. The package is \$99 can be ordered on the website.

Why create a vision?

Transformation leader

Transaction leader

Developer your mission statement to a line with state and school mission.

Session 10 Speakers: Evan Forde

Attendance Number:

Technique and Drills.

Session 11 Speakers: Evan Forde

Attendance Number:

Technique and Drills

Session 12A Speakers: Shawn Lewis

Attendance Number:

Power point

Session 12B Speakers: Dean Boyer

Attendance Number:

Building a Program in a Small School & Sustaining it.

Session 13 Speakers: Marty Lindford

Attendance Number:

Coaching in a Small School

Session 14 Speakers: Patrick Risley

Attendance Number:

**National High School Athletic Coaches Association  
Past President Meeting in Bismarck, ND  
Sunday, June 23, 2019**

Present were: Bill Farthing, Jerry Miller, Kathy Holloway, Don Prokes, Wayne Carney, Sara Kinney, Jerry Wetzel, John Hutchinson, Gary Makowicki, Harold Shepard, Virg Polak, Jim Okler, Dave Dougherty, Jerry Horton, Renee Schultz, Robbie Robinson, Randy Johnson, Joe Cliffe, Dave Dolan.

We welcome everyone for coming. Our financial report was given and we have \$2065.26 in our account after Dave Dolan paid his \$100 dues.

Each of the past presidents told the group about what was going on their life in the past year. We talked about some of the past presidents that could not make it to the convention and how they were doing. We remembered Bob Wood and Joe Newton who have passed away in the last year. They will be missed.

We had a special presentation to our three women past presidents (Kathy, Sara, & Renee). They received a rose and flowers (to be planted). Kathy also received a special award for her work with squirrel reduction for the state of Louisiana. We had a gift exchange.

We do not adjourn this meeting, so we can stay in contact throughout the year with each other.

Submitted by: Virg Polak

PS Thank the North Dakota High School Coaches Association for providing our Past President's Luncheon on Monday, June 24. We had jocularity, visiting and good food. We picked up 3 Past Presidents Gelaine Orvik, Dick Katte, & Dave Oman for a total of 22 Past Presidents at the Convention. See you all next year in Lincoln, NE.