



2016

**National High School Athletic Coaches Association
CONVENTION REPORT**

Galt House Hotel Louisville, KY June 25-29, 2016

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**NHSACA Executive Committee
Meeting 1
Saturday, June 25, 2016 1:00-5:00 P.M.
Galt House - Louisville, KY**

1. Call to Order Randy

Parliamentarian- Darin Boysen

Recording Secretary – Dave Dougherty

Jimmy Reed from the KCA welcomed us and provided a brief review of what they have done. Randy thanked Jimmie and the KCA. Dave Dougherty reviewed all the things that Jimmie and the KCA did for the convention and congratulated them on a great job!

2. Comments/Reports/Communications

President Randy Johnson: Randy welcomed us here and reminded us that we will have to move the B.O.D. meetings at a quick pace as they are shorter than in previous years.

Reported the leadership class was cancelled due to low enrollment. Reflected on the difficult year many members of the B.O.D. had with losing loved ones.

1st Vice-president Joe Cliffe: Joe agreed with Randy's final statement.

2nd Vice-president Dave Dolan: No Report

3rd Vice-President Kirk Price: Reported that he contacted Oregon about hosting the 2019 convention.

Immediate Past President Robbie Robinson: No Report.

NHSSI Rep. Don Prokes: Reflected on the tough times for people in Orlando because of the night club shooting. Spoke about the legacy of the NHSACA and all of us bequeathing something to the NHSACA.

State Ex. Sec. Rep- Darin Boysen: Not present yet (came a few minutes late)

Executive Director Dave Dougherty: Reviewed a few communications. Will make formal reports during the meeting.

3. March 2016 Executive committee minutes (previously emailed)

Don moved to approve the minutes. Seconded by Kirk. Discussion about this being posted on the B.O.D. agenda. Motion passed.

4. Financial Report

Dave/Danell

Dave handed out the financial statements and then reviewed the Wells Fargo bank statement with an ending balance of: \$30,248.62. Reviewed the Financial Statement from 3/16/16-6/21/16 including the receipts and expenditures. Joe moved to accept the financial report, seconded by Robbie. Motion passed.

5. 2015-16 Budget review

Dave

Dave handed out the anticipated revenue and expenses for the convention and the current budget's income and expense YTD. Discussion followed. Dave Dolan made a motion to place a budget expense item for AV charges during the convention in future budgets. Robbie 2nd the motion. Randy suggested \$5,000.00. The Motion passed.

6. Standing committees

Randy

Randy reviewed the current membership on the "A" and "B" committees and reported that they adhere to our by-laws. It was recommended that the Awards committee discuss the idea that a state cannot nominate a coach for the Hall of Fame and Coach of the Year award during the same year to determine the committee's feelings on this idea.

7. Review of Sport Chairs due for appointment

Dave Dolan

Dave Dolan reported that we need to replace the following sport chairs: Baseball, Girls' Basketball (we have one), Soccer, Softball, Swimming and Diving. The other sport chairs up for renewal have all agreed to a second term. Currently the number of sport chairs we renew each year is out of balance and Dave will bring a rotation back to the Executive Committee that will balance out the appointment schedule.

8. Review of Region Directors for appointment Joe and Kirk

Joe and Kirk reported that this year we need to hold elections in even numbered regions. Rich Montgomery (Reg 4) and Dan Mitchell (Reg 6) were appointed to complete the current year and will be nominated to run for their first full two year term.

9. Review of Current and potential Sponsors Dave

a. Fling Golf: We will continue the current marketing through our website but they will no longer be a major sponsor.

b. Built with Chocolate Milk: Sponsoring our Monday luncheon and providing a speaker. Will receive advertising in our programs and are paying the NHSACA \$10,000.00.

c. Coach and A.D. Magazine (Darin): Darin has been working this publication and they will return 25 cents to NHSACA for each individual subscription sold through NHSACA member states. This will be an exclusive offer to NHSACA member states and could provide some additional income to the NHSACA.

d. Affinity: Dave Dougherty has been working with them for their marketing program and is still waiting for some member states who agreed to send their mailing rosters for their member coaches for him to pass on to AIG. This is a critical component and we need more support from our member states.

e. Game Day Wipes: Randy report that Game Day Wipes is providing a sample to each registered coach at our convention and are still working with the NHSACA to market this fund raising product.

f. Strideline: Dave Dougherty reported on the proposal made by Strideline to partner with the NHSACA. They are offering the NHSACA 10% of the sales they make through the NHSACA. Discussion took place and it was decided that Dave should propose that they pay \$1,000.00 for website placement with a code to purchase these products and the NHSACA will receive an additional 25% commission from the sales.

g. IYCA: The partnership with the IYCA is continuing.

h. SAMSHA: Dave reported that he was contacted by SAMSHA about the NHSACA hosting Town Halls across the nation to promote the prevention of Alcohol and Drug use among high school students. It was decided that this was brought to the NHSACA too late in the process and we are not able to participate in this current year. We will explore doing so in future years.

i. State Associations of: Florida, Kentucky, Michigan, North Dakota, Nebraska, New Mexico, South Dakota, Wisconsin FB coaches, SD Past Presidents, Wyoming, Iowa, Arizona: Dave reported these state associations financially supported the NHSACA convention.

j. Louisville CVB: Dave reported that the Louisville CVB has been a great supporter for this convention including providing lanyards, arranging special speakers and providing the 10% off at most downtown business for the NHSACA guests.

10. NHSSI Report Don

Don reported that the NHSSI transferred \$1,200 to the NHSACA and that donations to the NHSSI were down this year.

11. Convention review and update Dave, Randy

Randy and Dave reviewed the location of meeting rooms for the convention.

Convention program: The Ex Cmte reviewed the program.

Duties: (See Handout): Randy and Dave reviewed and clarified the duties each member of the Executive Committee have for the events below.

General Session I
Hall of Fame Luncheon
General Session II
COTY Banquet

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

We need Softball and Soccer covered for the entire convention. Dave Dolan has covered soccer the entire year and will do so during the convention too. We need Football and Volleyball covered during the banquet as Jeff Bellar and Tim Wallstrum are finalists for COTY.

Special Awards Recognition:

DSA Recipients:

1. Bart Rison Kentucky
2. Scott King Montana
3. Don Melby Kansas

Registration

Number registered: 158

Hall of Fame Luncheon: 227 (Dave guaranteed 230)

COTY Banquet: 341 (Dave Guaranteed 350)

Room reservations 725

College Credit: 7 coaches at 3 credits per coach=21

Donations on Registration form: \$1,238.00

Communication with Hotel staff – Dave, Randy, Danell: Only Dave, Randy and Danell can make decisions with the hotel that could incur costs.

AV equipment: We are providing most of this ourselves. Will need to work with AV company contracted with the hotel for our large events.

Registration workers/materials: No Discussion

12. Procedure for accession of officers Dave

Don reported that he has visited with Max Hawk and Don will read the script during Wednesday's meeting.

13. Election procedure Dave

Dave reviewed the election process, including the nominating process.

14. Executive Director Report Dave

Dave provided a handout with information for the items below and reviewed this information. A short discussion took place.

review of current year

review of national office expenses

P.O. box Rental

Executive director travel

Supplies

Phone

Insurance

Convention Expenses (see handout)

15. Website update Dave, Randy

Randy reported on the changes to the NHSACA website and future changes that will take place.

On-going construction of NHSACA Site

On-line registration: Dave reported this process is going extremely well, but there are a few individuals who have difficulty understanding the instructions.

On-line COTY forms: Dave reported this process is running smooth and there will be some small changes made to the forms for next year.

16. Current Dual State membership Dave

Dave reported that we currently have 16 member state associations.

17. At-Large members Dave

Dave reported that there are currently 10 At-large members of the B.O.D.

18. Executive Committee Members presence at Region Meetings Randy

Randy assigned these regions to Ex Cmte members for their attendance:

Reg 1 Dave Dolan
Reg 2 Don Prokes
Reg 3 Don Prokes
Reg 4 Joe Cliffe
Reg 5 Randy Johnson
Reg 6 Darin Boysen
Reg 7 Kirk Price
Reg 8 Robbie Robinson

19. Update on NHSACA's switch from 501-c6 to 501-c3 Randy/Dave

As per the instructions from the Spring Meeting Randy, Dave and Danell have been working on the conversion of the NHSACA from a 501c6 to a 501c3. This will cost approximately \$900.00. Ted is going to assist with this.

Randy reported that we lost out on grants because we are a c6 and not a c3. Dave reported this may also be useful in requesting tax exempt status in the states we hold our conventions in.

20. Potential dissolution of NHSSI with transfer of funds to NHSACA Don/Ex Cmte

If the conversion takes place to a 501c3 then Don stated the NHSSI would not have to remain in existence and the money they have would be transferred to the NHSACA. There would be some changes necessary in our by-laws.

21. Board of Directors Churchill Downs Outing Randy/Dave

Randy reviewed this event with everyone.

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

Randy reviewed our duties. Dave asked for assistance for handing out documents to the members of the Board.

23. Trademark for NHSACA Name and logo Dave

Dave updated the Ex Cmte on this process. More information has been requested. Dave must submit it by Nov 6.

24. Review of Convention Schedule for Monday Dave, Randy

Dave provided handouts for the schedule which Randy reviewed.

Ex Cmte to meet at 7:30 a.m. Sunday

BOD meet at 8:00 a.m.

Committee A: 9:00 a.m.

Committee B: 9:30 a.m.

Buses leave for Churchill Downs: 11:00 a.m.

25. Dress Requirements Randy

Dave provided handouts for this and Randy reviewed the requirements.

25. AV needs and set up for meal functions and general sessions Dave, Randy

Dave reviewed the AV needs:

Monday: General Session I needs Computer, Projector, Screen (John Hutchison provided a large 9'x9' screen for our use at these events)

Monday: Built with Chocolate Milk Luncheon needs computer, two projectors, two screens

Tuesday: Hall of Fame Luncheon needs computer, projector and screen (Renee Schultz will run the slide show)

Wednesday: General Session II does not need anything

Wednesday: COTY Awards Banquet needs computer, projector and screen (Renee Schultz will run the slide shows)

26. Review of fall and spring executive meetings

Fall meeting – ???

Spring meeting – Embassy Suites, Peoria, IL

Discussed these meetings but no action was taken yet.

27. Items from the floor: None. Meeting recessed until Sunday at 7:30

**NHSACA Executive Committee
Meeting 2
Monday June 27, 2016 7:30-8:00a
Galt House - Louisville, KY**

1. Call to Order Randy
Parliamentarian- Darin Boysen
Recording Secretary – Dave Dougherty
2. Comments/Reports/Communications
President Randy Johnson: [No report](#)
1st Vice-president Joe Cliffe: [Presented Dave Dougherty a check for \\$250.00 from the IWC&OA for support of the National Wrestling COTY program.](#)
2nd Vice-president Dave Dolan: [None](#)
3rd Vice-President Kirk Price: [None](#)
Immediate Past President Robbie Robinson: [None](#)
NHSSI Rep. Don Prokes: [Reminded the committee that the Hall of Fame Committee may nominate up to 2 people for induction in to the Hall of Fame.](#)
State Ex. Sec. Rep- Darin Boysen: [None](#)
Executive Director Dave Dougherty: [None](#)
3. Announcements Dave, Randy:
[Randy is going to make a few changes in the order of the B.O.D. agenda in the B.O.D. meeting to follow as there are a few items that we must cover in that meeting and he is moving them up and will bring other items back to later meetings if we don't have enough time to cover them during the meeting.](#)
4. Convention Update Dave
Registration: [159](#)
Hall of Fame luncheon: [227 \(there are 6 inductees unable to attend\)](#)
Coach of the Year banquet: [346](#)
Room reservations: [No Update](#)
College credit: [No change](#)
Board of Directors registration: [No report](#)
Other items: [Guests: 36, T-shirts sold: 73, Polo's sold: 14](#)
Questions: [None](#)
5. Executive Committee Duties for Board Meeting #2, #3 Dave, Randy
[Randy reviewed these duties.](#)
6. Schedule for Board meetings #2, #3 Dave
[Dave reported the B.O.D. meetings are](#)
[Monday: 9:00 a.m. with juice provided by the Arizona Coaches Assoc. The Ex Cmte meeting will meet at 8:30 a.m.](#)
[Tuesday: 3:30 p.m.](#)
7. Review Executive Committee duties for General Session 1 Dave
[This was moved to tomorrow's meeting.](#)
8. Review "Built with Chocolate Milk Luncheon" Dave
[Dave reminded the committee that we must get at least 200 guests to attend!!](#)
9. Review of Convention Schedule for Monday Dave, Randy
[Randy reviewed the schedule and emphasized the need to make sure guests walk straight down to the "Built with Chocolate Milk" luncheon.](#)
10. Other items: [None. The meeting was recessed until Monday at 8:30 a.m.](#)

**NHSACA Executive Committee
Meeting 3
Monday, June 27, 2016 3:00-4:00 p.m.
Galt House - Louisville, KY**

1. Call to Order Randy
Parliamentarian- Darin Boysen
Recording Secretary – Dave Dougherty
2. Comments/Reports/Communications
President Randy Johnson: Commended the General Session I speaker for his moving message. Spoke to the “Built with Chocolate Milk” people. We had a delicious meal and they were very happy with the entire event.
1st Vice-president Joe Cliffe: Asked about door prizes being handed out. They will be handed out to members of the board during their final meeting.
2nd Vice-president Dave Dolan: Dave reported that he is working on someone to cover softball for the banquet, he has people lined up for their mini-sessions.
3rd Vice-President Kirk Price: None
Immediate Past President Robbie Robinson: None
NHSSI Rep. Don Prokes: Don reported that the management contract that the NHSSI has with the NHSACA will increase to \$200.00 per month in the coming year. Don also led a discussion on proper protocol at the podium.
State Ex. Sec. Rep- Darin Boysen: None
Executive Director Dave Dougherty: Dave thanked the Executive Committee for their outstanding work thus far during the convention.
3. Announcements Dave, Randy
Randy reported that the color guard will not be able to attend our convention because of military funerals they will be attending.
4. Convention Update Dave
Registration: 159
Hall of Fame luncheon: 228
Coach of the Year banquet: 339
Room reservations: No update
College credit: No update
Board of Directors registration: No update
Other items
Questions
5. Executive Committee Duties for Board Meeting #3 Dave, Randy
Randy has the following items to add to the B.O.D. 3rd meeting from earlier meetings that we didn’t get to:
 1. Committee Reports
 2. Sponsorships
 3. Post-convention surveys
 4. Region Meetings
6. Review of Convention Schedule for Tuesday Dave, Randy
Randy highlighted the Region Meetings that will be held at 11:30 a.m tomorrow and the State Executive Director’s meeting tomorrow.
7. Hall of Fame Luncheon Dave/Randy
Dave reported that because of the size of the stage we will use one screen for this Luncheon. Renee will run the projector and slide show. Darin and Dave Dolan will take care of the awards and Don is organizing the seating chart.

8. Schedule for Board meetings #3, #4

Dave

Tuesday: 3:30 followed by Dave and Dave's meeting with Sport Chairs

Wednesday: 8:00 a.m. with continental breakfast provided by SDHSCA and SD past presidents.

9. Other items: Darin made a motion to amend the budget committee's recommended budget to include a line item identifying a projected \$25,000.00 debt owed for National Office employees for the 2015-16 fiscal year. Robbie seconded the motion. Discussion took place. It was the consensus of the committee that in order to be transparent this line item must be identified. The motion carried. The meeting was recessed until 5:00 Tuesday.

**NHSACA Executive Committee
Meeting 4
Tuesday, June 28, 2016 5:00-5:30 p.m.
Galt House - Louisville, KY**

1. Call to Order

Randy

Parliamentarian- Darin Boysen

Recording Secretary – Dave Dougherty

2. Comments/Reports/Communications

President Randy Johnson: Randy thanked the Hall of Fame committee for the work they did and for the outstanding Hall of Fame Induction Ceremony and Luncheon.

1st Vice-president Joe Cliffe: Joe spoke of the appreciation people have of the 1st class way we do the banquet.

2nd Vice-president Dave Dolan: Dave Felt the Hall of Fame ceremony went well and commended Darin on the presentation he made at the B.O.D. meeting in behalf of the Ex Cmte and the Budget proposal.

3rd Vice-President Kirk Price: Kirs said he would communicate with the Colorado's Hall of Fame chair as Kirk is on the H of F committee in Colorado.

Immediate Past President Robbie Robinson: None

NHSSI Rep. Don Prokes: None

State Ex. Sec. Rep- Darin Boysen: None

Executive Director Dave Dougherty: None

3. Announcements

Dave, Randy

There weren't any announcements.

4. Convention Update

Dave

There wasn't an update as the day isn't over yet to tabulate the information.

Registration

Hall of Fame luncheon

Coach of the Year banquet

Room reservations

College credit

Board of Directors registration

Other items

Questions

5. Executive Committee Duties for Board Meeting #4 Dave, Randy
Randy reviewed the Ex Cmte's duties for the final B.O.D. meeting
Don wants the awards procedures in the policy and procedure manual. Dave Dougherty will provide this information to him.
6. Review of Convention Schedule for Wednesday Dave, Randy
Randy reviewed tomorrow's schedule.
7. Review Ex Cmte Duties for General Session II Dave, Randy
Randy reviewed the Ex Cmte's duties for the second General Session.
7. Executive Cmte Duties for the COTY Awards Banquet Dave, Randy
Dave and Randy reviewed these duties and clarified procedures to follow during the banquet.
8. Other items: The committee finalized sport chair appointments that were available at this time.

Randy and the entire committee expressed their appreciation to Robbie Robinson for his 5 years of exemplary service to the NHSACA during his years on the Executive Committee.
The meeting was recessed until Thursday at 8:00 a.m.

Executive Committee Meeting (June 30, 2016) – Galt House: Louisville, KY

- 1) Call to Order
President Cliffe called the meeting to order.
- 2) Convention Review
The receipts came in a little higher than expected. The final financials will be emailed to the executive committee when they are completed. The Feedback was good. Survey Monkey will be used for feedback online.
- 3) Affinity Group
Ted will begin working with Dave on the Affinity (AIG) group to move this forward.
- 4) 501 c3
Dave and Danell will contact their account about transferring to a 501c3. Ted provided information on WCA's move to a 501c3 which was very long and required a great deal of paperwork. Dave was directed to move forward as quickly as possible on this process.
- 5) NHSSI Transition
Discussed the future transition when the NHSACA receives its 501c3 designation.
Discussed if a representative from a different group would become part of the Executive Committee.

- 6) Other Sponsors
Dave will continue to contact potential sponsors. Darin and Dave (with Darin providing the lead) will work with Coach and AD Magazine to establish a true benefit to the individual coaches in our Member State and NHSACA's associations.
- 7) Budget
 - a) Dave's Salary: \$35,000.00
 - b) Dave's Contract: Joe and Dave will prepare a contract for approval.
 - c) Insurance: Liability Insurance will be paid in September. \$1470.00 (approx.)
 - d) Shipping of Plaques: Shipping plaques to finalists who did not attend will be approximately \$300.00
 - e) Payroll and Tax Preparation: Dave will take care of this and report at the Fall Meeting.
 - f) Outstanding Bills: There was a discussion of the bills that will be paid: Hotel, Insurance, Dave's salary.
- 8) Monthly Newsletter Assignments: Discussed information that should be contained in the news letters.
 - a) July – Randy Johnson
 - b) August – Joe Cliffe
 - c) September – Dave Dolan
 - d) October – Kirk Price
 - e) November – Ted
 - f) December – Joe Cliffe
 - g) January – Randy Johnson
 - h) February – Dave Dolan
 - i) March – Kirk Price
 - j) April – Ted
 - k) May – Joe Cliffe
- 9) Fall Executive Meeting: Set for Fargo on Nov 6 at the Baymont Inn.
- 10) Spring Executive Meeting: Set for March 25 and 26 at the East Peoria Embassy Suites.
- 11) Committee assignments for Executive Committee
 - a) Regional Directors – Joe Cliffe/Kirk Price
 - b) Sports Chairs – Dave Dolan/Ted Schroeder: We need Sport Chairs for softball, baseball, Soccer and Swimming and diving.
- 12) Hall of Fame Luncheon/Coach of the Year Banquet : Dave will update Ex Cmte on cost when he receives the hotel bill.
- 13) Board of Director Changes : Discussed the At-large, Sport Chair and Region Director positions.
- 14) Executive Committee Changes: Joe reviewed the Ascendency and assignments for Ex Cmte members.
- 15) Project 50 Committee: This Committee is no longer active.
Randy requested the minutes reflect the NHSACA's deep appreciation for the service Robbie Robinson has provided for his 5 years on the Executive Committee. He also asked the minutes to reflect a great appreciation to the Kentucky Coaches Association for doing a fantastic job hosting the convention and to the Louisville CVB and the Galt House.
Joe requested the minutes reflect his appreciation to Randy for he leadership, guidance and hard work he provided during the past year and to Dave for his work as Ex Director.
Dave Dolan requested the minutes reflect the NHSACA's appreciation to Danell for everything she does for the NHSACA
- 16) Motion to Adjourn
Randy moved to adjourn. Motion Carried.

**Board of Directors Meeting One
Louisville Kentucky
Sunday, June 26, 2016**

The meeting was called to order by President Randy Johnson at 7:03 am. He appointed Don Prokes, parliamentarian; Robbie Robinson, sergeant at arms; and Sara Kinney, recording secretary.

Kirk Price gave the invocation and Dave Dolan led the Pledge of Allegiance.

Randy welcomed everyone and thanked Kentucky for the great job they have done preparing for the convention. He also had a moment of silence for Rich Tompkins and the other loved ones lost during this past year.

Roll Call

The new members introduced themselves. The Executive Committee introduced themselves. The remaining members introduced themselves.

Minutes

Don Prokes moved to accept the 2015 minutes and Gelaine Orvik seconded. The motion passed.

Nomination for 3rd Vice President

Renee Schultz nominated Ted Schroeder for the position of 3rd Vice President. She mentioned his numerous years of coaching and many awards. She said that even more important was his ability to lead as shown by his previous leadership positions. Jim Okler seconded the motion.

Dave Dougherty - Updates

Dave said that Nominations and Credentials would report their findings on Monday. He stated that room assignments are posted in the hallways. The General Session would be held in Archibald. The luncheon is down one floor in Fountain. Please encourage everyone to attend the free lunch. He reported that the NHSACA group will be in Millionaire's Row at Churchill Downs. The buses leave at 11:00am. The Monday Social will be in Cochran, casual dress.

Dave reported there are 21 credits being taken, 346 signed up for the banquet, and 227 for the Hall of Fame.

Announcements

Randy asked that board members spread out in the room for the General Session. The sessions are at 10:30 on Monday and Wednesday in Archibald.

The Hall of Fame is Tuesday at 12:15 in Fountain. The Past Presidents lunch is Wednesday at 12:00 in Terrace.

Coach of the Year will be in both Archibald and Cochran with the reception in Cochran at 4:30.

Board Meetings are at 9:00 Monday, 2:30 Tuesday, and 8:00 Wednesday.

Randy reviewed the meeting rooms for the committee meetings.

Mission Moment

Don Prokes said how proud he was to have been with the NHSACA since 1979. There have been over 5,000 Coach of the Year nominees and 645 Coach of the Year recipients during that time. There have been 50 Presidents and we are so lucky to have been part of this. He recognized Carey McDonald who was the 2nd President and the Executive Director for 15 years. Carey is 91 years old now. Don read "The Passing of the Presidents", written by Carey McDonald.

Randy announced that the A Committee Meetings would run from 8:50 to 9:20 and the B Meetings from 9:25 to 10:00.

The meeting was recessed at 8:45 am.

Board of Directors Meeting Two Louisville Kentucky Monday, June 27, 2016

The meeting was called to order by President Randy Johnson at 9:00 am. He appointed Don Prokes, parliamentarian; Robbie Robinson, sergeant at arms; and Sara Kinney, recording secretary.

Dave Dolan gave the invocation and Kirk Price led the Pledge of Allegiance.

Randy praised Kentucky for the great trip to Churchill Downs. There was a round of applause.

Joe Cliffe had members of the board, who were attending their first meeting, introduce themselves.

Mission Moment

Gelaine Orvik said that joining this organization in 1979 was the second proudest moment in his life, second only to marrying Linda. He mentioned the many things the NHSACA does, including promoting athletics, providing professional services, and encouraging sportsmanship and a healthy life style. He suggested that we "Always take the high road", as said by Carey McDonald. He also said "Do not allow exceptions to your philosophical precepts". He challenged the board to protect our profession and to bring in young blood by inviting a young coach to the convention next year.

Dan Brunner brought up the problem of coaches leaving the profession early because they have no mentor. He distributed the Wisconsin Football Coaches Mentoring Manual. He is making this available to everyone to help address the problem.

Announcements

Randy asked that everyone attend the General Session and they go to the "Built with Chocolate Milk" luncheon.

Dave said that the Board Meeting times were changed based on feedback from the board.

Finances

Dave Dougherty distributed and reviewed the budget. Ralph Manley moved to accept the report. Gary Makowicki seconded. The motion passed. Dave distributed the budget for next year. This was the first reading of the budget.

More Announcements

Dave asked that board members be seated last at the luncheon in case there are more people than expected. He announced that the Past President's Meeting will be in Sampson Room with the NHSSI meeting immediately after.

Randy announced that even numbered regions will have elections at the Regional Meetings. He asked for a past president to help with softball. He asked that AV equipment be taken to the registration desk. He also asked sports chairs to post speaker schedules outside of meeting rooms.

Gelaine Orvik complimented the AD Representative for the schedule that is posted.

Committee Reports

Nominations and Credentials – Robbie Robinson said that the committee reviewed Ted Schroeder's credentials and he meets the requirements.

Budget and Finance – Dave Dolan said that they discussed the budgets. Joe Cliffe is working on improving the numbers in professional growth. The committee discussed bringing in special speakers to attract younger attendees. They also recommend knowing the speaker schedule in advance.

Awards – Gary Makowicki reported how pleased everyone is with the standardization of the scoring rubrics. The committee discussed dealing with discrepancies between states when scoring. The committee recommends that states be given minimum standards for nominees such as having at least 10 years of coaching experience or having some service.

Charter and Bylaws – Sara Kinney said the committee discussed future possibilities, but there are no recommendations for change at this time.

State Associations – Darin Boysen mentioned that states need to submit information in a timely fashion. They also discussed being nominated for Coach of the Year and going into the Hall of Fame in the same year.

Hall of Fame – John Hutchison said the committee discussed nominations they may make in the future.

Publications and Media Relations – Bill Weber said they discussed a need to have someone in charge of social media.

College Credit – Jerry Horton said they discussed on-line classes that could be available during the year. They suggest that the host state emphasize college credit with finalists. They also suggested having testimonials from previous students.

Don Prokes moved to accept the A Committee Reports. Ralph Manley seconded. The motion passed.

Annual Meeting – Darin Boysen said they discussed a format of having finalist do round table discussions rather than presentations. They also discussed having buffet lines instead of table service at the Awards Banquet. This could save time and money.

Ethics and Resolutions – John Hutchison presented the following resolution:

Now more than ever the attributes of, leadership (guiding others), integrity (what you do when no one is watching), and character (distinctive moral qualities), have become critically important in coaching.

Therefore, we the National High School Athletic Coaches Association encourage all coaches to: demonstrate leadership by example and instruction, model integrity by behaving honestly in all situations, display good character and ethical behavior, and instill in student athletes the desire to follow their actions.

Don Prokes moved to accept the B Committee Reports that have been given so far. Gelaine Orvik seconded. The motion passed.

Max Hawk said he has enjoyed his job of handling the elevation of the officers, but he would like someone else to do this in the future.

Election of 3rd Vice President

Darin Boysen moved to elect Ted Schroeder the 3rd Vice President of the National High School Athletic Coaches Association by acclamation. Renee Schultz seconded. The motion passed.

Announcements

Sports Chairs need to get meal counts in. Reports are due to Dave within one week after the end of the convention. There is a silent auction for a Louisville Slugger bat with NHSACA on it. The money will go to the Past President's fund.

The meeting was recessed at 10:03 am.

Board of Directors Meeting Three Louisville Kentucky Tuesday, June 28, 2016

The meeting was called to order by President Randy Johnson at 3:33pm. He appointed Don Prokes, parliamentarian; Robbie Robinson, sergeant at arms; and Sara Kinney, recording secretary.

Randy thanked Kathy Holloway and John Hutchison for a job well done at the Hall of Fame Luncheon.

Joe Cliffe gave the invocation. Randy announced that SD, ND and CN Night would be from 7:00 – 10:00pm in Suite Tower 1048.

Mission Moment

Kirk Price started in the NHSACA in 2003. He was reluctant to return but came and “volunteered” to be the Tennis Chair. Don Prokes introduced him to Bob Wood and Bob became a mentor to him. Kirk has since met many people and made friends. He said that we are in a state of flux with finances and we need sponsors. Kirk stated that this is our mission and it will take everyone.

Convention Report

Dave Dougherty reported 160 registered for the convention, 232 at the Hall of Fame Luncheon, and 346 for the NHSACA Banquet. For the banquet, the reception will be Cochran and then it will open to Archibald for the dinner.

Budget

Randy Johnson reported that the executive committee amended the budget at their meeting. Dave distributed a new budget that shows a \$25,000 debt after the convention. This is a serious problem. Gelaine Orvik moved to accept the budget and Rocky Ruhl seconded. Gary Makowicki asked the executive committee to look at the budget and make more cuts. Dave Dougherty mentioned the debts that have been paid off during the last three years. Kirk Price said that the budget is pretty thin already. Gary did not want to build up a large debt to the executive director. Gelaine asked that we work on states to join; this is an area where we can increase revenue. Don Prokes, President of the NHSSI, said the NHSSI has been able to pay for some things in the past because of the donations that were made. People can make tax deductible donations through the NHSSI to help the NHSACA. The motion passed.

Announcements

Randy reminded the sports chairs to get meal counts in to Dave Dougherty.

There is an effort to increase the user friendliness of the website and improve in the area of social media.

NHSSI

Don Prokes reported that the NHSSI had \$3580.47 in the account at the end of May. 6,409.15 and 6,064.71 are the amounts in the investments, totaling \$12,473.71. After paying \$1200.00 to NHSACA, there is \$2380.47 in the account.

There was a discussion concerning the 501c-3 possibilities. The NHSSI will most likely dissolve if the NHSACA is able to qualify. Gelaine Orvik, Kathy Holloway and Don Prokes were elected to a three year term as trustees. Virg Polak moved to accept the NHSSI report and Ralph Manley seconded. Kirk Price asked about methods for donation. Don said to send a check to the NHSSI to get a tax break. The motion passed.

501c-3

Randy Johnson said the NHSACA cannot write for grants because they are not 501c-3. Various states have qualified and the organization has changed, so it is possible that the NHSACA may qualify. Money could be saved on sales tax. Darin Boysen said that 501c-3 does not guarantee sales tax exemption. Dave

Dougherty reported that this is a 9-12 month process and will cost around \$900. Ted Schroeder has experience with this.

B Committee Reports

Corporate Sponsors – Virg Polack said the bios on the website should be updated, use of social media should be increased perhaps by using university interns, and we should seek small sponsorships.

National Office – Jerry Horton reported that Dave Dougherty's salary has not been paid. Dave thinks that 50% of it may come in by September. Ken Bruckner made a motion for the escrow account to pay 10% to Dave. John Hutchison seconded. The motion passed.

Sponsorships

Dave Dougherty reported that Fling Golf will still pay a percentage if they make sales, this has not occurred yet. Build with Chocolate Milk gave us \$10,000 and the NHSACA pays for the lunch. They were pleased with the Monday luncheon. He is still working with AIG for a possible partnership including state directors. Coach and AD Magazine will give us a percentage of sales that we market. Game Day Wipes is a fundraiser that we will receive a percentage of if a school participates. Stride Line Socks could also be a fundraiser. SAMSHA is a substance abuse group we are looking at and National Strength and Conditioning Coaches also want to maintain the partnership. We also advertise for Mayo and received educational materials.

Regional Meetings

Region 1 – Gary Makowicki reported 8 people present. Their concern was coaches being dismissed without due process. They had very positive comments from Coach of the Year nominees.

Region 2 – Don Prokes reported no attendees.

Region 3 – Ed Kershner reported 2 people in attendance. They discussed "Pay for Play", boys and girls playing for each other's teams and bus safety.

Region 4 – Rich Montgomery reported 15 attendees. Michigan brought up the problem of not being able to play other states. Specialization, club sports, playing more than one sport during the same season, lack of participation in girls' sports, and difficulty finding good coaches were discussed. Suggestion – knowing who is speaking in advance to encourage convention attendance. Rich was elected Region 4 Representative.

Region 5 – Randy Johnson reported 3 people present. They discussed budget cuts, private schools winning many state championships, club sports, and parent problems.

Region 6 – Dan Mitchell had 34 attendees. They discussed transgender and participation. The problems brought up included parents, volunteer coaches, club sports, sharing athletes, over-use injuries, number of young coaches dropping out and early recruitment. He was elected Region 6 Representative.

Region 7 – Kirk Price reported 5 attendees. The biggest problem discussed was parent's interaction with coaches. Their suggestion was giving state executive directors a list of NHSACA benefits and having them print this in their publications.

Region 8 – Steve Johnson reported 4 people in attendance. They discussed differences in budgets and coaches supporting each other and encouraging athletes to play multiple sports. They suggested encouraging convention attendees to come to the Regional Meetings. Steve was elected Region 8 Representative.

Gelaine Orvik moved to accept the region reports. Renee Schultz seconded. The motion passed.

Announcements

Randy Johnson said that a post-convention survey will be done. He still needed help with some sports chair duties. Jim Okler volunteered for soccer, Steve Johnson for football, and Kirk Price for volleyball at the banquet.

Randy said to remember room 1048 for the social. He asked that people visit the vendor. The sports chairs were asked to remain after the meeting for a brief chat. A continental breakfast will be at 7:45 in the morning, sponsored by the South Dakota Coaches Association. The bat for the silent auction is up to \$200. There will be door prizes at the board meeting tomorrow.

The meeting was recessed at 4:55pm.

Board of Directors Meeting Four Louisville Kentucky Wednesday, June 29, 2016

The meeting was called to order by President Randy Johnson at 8:03am. He appointed Don Prokes, parliamentarian; Robbie Robinson, sergeant at arms; and Sara Kinney, recording secretary.

Robbie Robinson gave the invocation and Don Prokes let the Pledge of Allegiance.

Randy wanted to make a dedication to the national leaders unable to attend; Carey McDonald, Bob Wood, and Nick Zeoli. He also announced that it was John Hutchison's 48th Anniversary.

Mission Moment

Jim Okler read the NHSACA Mission Statement. He pointed out that it is about what can be done to help student athletes. He discussed the difficult things that we have gone through to keep the NHSACA afloat. He also talked about friendship in coaching, mentioning Rich Tompkins, and said this is a great place. He summarized the Mark Twain quote:

"Keep away from people who try to belittle your ambitions. Small people always do that, but the really great make you feel that you, too, can become great."

Announcements

The General Session will be in Archibald at 10:30am.

Dave Dougherty reported 160 registrations, 7 people each taking 3 credits, 245 were served at the Hall of Fame Luncheon, and there are 350 for the National Awards Banquet.

Randy Johnson thanked Renee Schultz for running the projector and Joe Cliffe for taking pictures.

He also announced that the NHSACA Bylaws, NHSSI Bylaws, and Policy and Procedures Manuals are on the website.

Dave Dougherty said that he is in the process of renewing our trademark. Dual states are allowed to use it.

Randy mentioned that they will try to get 501c-3 status as soon as possible.

Reports are due to Dave Dougherty with a week.

Executive Director Contract

Joe Cliffe reported that Dave Dougherty is eligible for a three year term renewal. This will be handled by the executive committee.

Executive Committee Report

Randy Johnson reported that the Fall Meeting was held in Fargo to save money. It was a one day meeting. The second meeting was in Louisville. The same process will be followed next year. Joe Cliffe has the support of the Wrestling Coaches already. 2018 will be in Sioux Falls, South Dakota with the South Dakota Coaches hosting.

Jerry Miller said we need to go somewhere where the state will get people to the convention.

Randy thanked the board for the opportunity to serve. He thanked the North Dakota coaches for their support. He reiterated his idea of TEAM, working together we can continue to build.

Announcements

Randy thanked the states that donated money and South Dakota for breakfast. The Past President's Luncheon will be in The Terrace Room. Virg Polak gave out door prizes.

Elevation of Offices

Don Prokes moved that Joe Cliffe ascend to the office of President, that Dave Dolan ascend to the office of 1st Vice-President, that Kirk Price ascend to the office of 2nd Vice-President, that Ted Schroeder be placed in the position of 3rd Vice-President, that Randy Johnson be placed in the position of Immediate Past President, and that Robbie Robinson be placed in the position of Past President of the NHSACA. Gelaine Orvik seconded. The motion passed.

President's Challenge

Joe Cliffe thanked the board for the honor of serving. He said that the board has faith in him and he does not want to disappoint them. Joe thanked his wife for her support. He also appreciates having learned from the three previous presidents; Randy Johnson, Robbie Robinson and Renee Schultz. He talked about a survey of executives that showed 87% participated in activities while only 48% were in the National Honor Society. They learned to take direction and follow examples in their activities. He challenged the board to continue to follow Randy's challenge to spend one hour a week for the NHSACA. He said that if everyone raised \$250, this would go a long way.

Ken Bruckner moved to adjourn the meeting. The meeting was adjourned at 8:50am

Budget and Finance Report

Members Present:

Joe Cliffe, David Dolan, Dave Dougherty, Mark Holdren, Ed Kershner, Gelaine Orvik, Rocky Ruhl

First Discussion Item: 2015-2016 budget and 2016-2017 budget, accepted proposed budget.

Second Discussion Item: Profession growth for Illinois Coaches for 2017 convention and what is needed to draw them to East Peoria. Suggestion: Joe Cliffe is working with the coaches association and department of education of what is required for them.

Third Discussion Item: Bring in speakers to draw more non recipients to convention.

Fourth Discussion Item: Get sponsors to bring in or get coaches who have made it big to give back.

2016 NHSACA Budget

Ordinary Income/Expense

Income:

College Credit
Corporate Sponsorship
Dinner & Luncheon Tickets
Exhibitor Fee
Membership Dues
Donations/Memorials
NHSACA Shirt Sales
Registration/Convention
NHSSI, INC.
NHSSI, INC. (Sponsorships)
State Sponsorships
Convention Advertising
Individual Membership
Corporate Partnership Income
Total Income:

2015-2016	2015-2016
Budget	Actual
\$11,250.00	2,100.00
\$9,000.00	15,000.00
\$22,250.00	23,520.00
\$750.00	250.00
\$16,500.00	14,500.00
\$2,000.00	1,793.00
\$2,300.00	2,580.00
\$26,250.00	24,528.71
\$1,200.00	1,200.00
\$-	-
\$2,700.00	4,713.40
\$1,800.00	-
\$2,000.00	50.00
\$2,000.00	383.94
\$100,000.00	90,619.05

Expense:	Budget	Actual
Accounting	\$500.00	\$ 570.00
Convention Site Inspections	\$1,500.00	\$ 351.20
Board of Director's Dinner	\$-	\$ -
College Credit	\$4,500.00	\$ 810.00
Executive Director Expense for Ex Cm Meetings	\$1,200.00	\$ 1,583.70
Biographies for Hall of Fame and COTY	\$1,000.00	\$ 1,000.00
Hall of Fame Awards	\$2,700.00	\$ 2,754.76
Hall of Fame Luncheon	\$6,750.00	\$ 7,914.19
COTY Awards Banquet	\$12,250.00	\$ 11,024.00
COTY Awards	\$8,000.00	\$ 8,181.79
Special Awards	\$500.00	\$ 270.90
Vendor Set Up	\$350.00	\$ -
Miscellaneous Hotel Charges	\$2,000.00	\$ 1,051.37
Federal & State Reports	\$500.00	\$ -
FICA (Federal Insurance Contributions Act)	\$3,000.00	\$ -
FUTA (Federal Unemployment Tax Act)	\$150.00	\$ -
IRS payroll taxes	\$-	\$ 6,280.00
ND State payroll taxes	\$-	\$ 192.00
Liability Insurance	\$1,500.00	\$ 1,474.00
Licenses and Permits	\$125.00	\$ -
Medicare Expense	\$675.00	\$ -
Miscellaneous Expense	\$6,550.00	\$ 952.60
Payment to Past Executive Director	\$2,500.00	\$ 5,000.00
Built With Chocolate Milk Lunch	\$4,000.00	\$ 6,338.80
Past Presidents Luncheon	\$-	\$ 447.11
Continental Breakfast/Coffee Station	\$-	\$ 901.36
Shirts	\$1,050.00	\$ 1,666.25
Office Supplies	\$300.00	\$ 517.49
Payroll	\$35,000.00	\$ 27,961.50
Postage, PO Box, Shipping	\$500.00	\$ 529.91
Printing (Programs, Place Mats, etc.)	\$2,000.00	\$ 3,032.75
Telephone	\$700.00	\$ 686.70
Registration Refunds	\$-	\$ 850.00
Website Maintenance	\$200.00	\$ -
Total Expenses:	\$100,000.00	\$92,342.38
Total Income:	\$100,000.00	\$90,619.05
Net Income:	\$-	\$(1,723.33)

Awards Committee Meeting

Members Present: Gary Makowicki, Sara Kinney, Steve Mischke, Kirk Price, Jerry Wetzel, Forry Flaagan, Bubba Davis.

First Discussion Item: Standardization of scoring. Well received by those involved in scoring.

Second Discussion Item: Regional vs. top 8 structure. Should some common sense be used to ensure that quality of finalists is maintained: Should some standards be established to use for states to nominate coaches. It has been observed that some finalists are not of quality for a finalist. A coach with 3 years experience should not be a finalist.

Action suggested: Establish standards for states to follow. For example – a coach must have been a head coach for 10 years, a coach must have some service at the local or state level.

Third Discussion Item: How do we address comparing states with such discrepancies with number of schools in classification.

Hall of Fame Committee Report

Members Present: Co-Chair Jerry Miller, Co-Chair John Hutchison, Bob Davidshofer, Kathy Holloway, John McInnis, Virg Polak, Don Prokes

First Discussion Item: We discussed inductee options for a nominee whom we could recommend for induction because of their being outside of normal nominating procedures. We don't have any like that for this year, but we have one that we are going to investigate for next year. If we hear of others whom we should check on, we will do that

Action Suggested: none, point of discussion only

Second Discussion Item: Questions for the biography sheet

Action Suggested: John Hutchison will talk to Dave Dougherty about this item.

Professional Education / Growth & Development Relations

Co-Chairs: Tim Wallstrum & Jerry Horton

Members present: John Hoch, Dan Mitchell, Joel Sullivan, James Caliendo

First Discussion Item: Online credit was discussed and presented by Jerry Miller of South Dakota. He indicated that if we had online credit it would discourage coaches from attending our convention. But, a possibility could be to have online credit offered during the year.

Action Suggested: Again, we would need a person to be in charge of grading the course work.

Second Discussion Item: We thought it might be possible to get testimonials from individuals attending the college credit classes to post on the NHSACA website.

Third Discussion Item: We felt it was important to work with the Coach of the Year Finalists to take the college credit offerings during the 2 or 3 day period. It could also work for the any coach attending.

Fourth Discussion Item: We felt it was important and necessary for NHSACA to offer college credit. NHSACA should continue to work with the host state offering credit for coaches that attend the convention. These offerings would take place during the 2 or 3 day period of the convention. Make use of the internet for communication of coaches.

Nominations and Credentials Committee

Members Present: Jim Ford, Harold Shepherd, Jeff Halseth. Ralph Manley, Renee Schultz and Robbie Robinson

First Discussion Item: Ted Schroeder to be NHSACA 3rd Vice President

Action Suggested: Harold Shepherd made a motion to nominate Ted Schroeder to be the Association's 3rd Vice President. Motion seconded by Renee Schultz. Renee then went on to discuss Ted's roll in hosting the Annual Convention in Jackson Hole, WY and the superb leadership he provided. Robbie Robinson followed the discussion by outlining the role Ted has played for the past several years as the State Executive Secretaries Representative. After further discussion, everyone agreed that Ted would be an outstanding addition to NHSACA Executive Committee. Ralph Manley called for a vote on Ted Schroeder's nomination be NHSACA's 3rd Vice President. Motion passed unanimously.

Media / Publication Committee

Members Present: Bill Weber - co chair, Nathan Oake, Brian Midthun

First Discussion Item: The website seems to be in good hands, maybe consider embedding twitter, Facebook, instagram, etc. Consider adding pictures of the banquets and the national convention.

Have sports chairs send the schedule with the pictures of the speaker, plus topic when completed to the ex. director, so they can put this on our website in advance of the national convention.

2016 NHSACA National Office Committee Report

Co-Chairs: Gelaine Orvik & Jerry Horton

Members in attendance: Gary Makowicki, Jerry Miller, Dave Dougherty, and Don Olson.

First Discussion Item: The National Office salary contract is \$35,000 to spent as the Executive Director feels fit. But, at this point in time, our director has not received any salary for the 2015-2016 fiscal year. Dave Dougherty did comment that he foresees about 50% of his salary to be expended by September 1st of 2016. Don Prokes delinquent salary has been paid to him in full at the end of March of 2016. The NHSACA Executive Committee passed a motion to reimburse Dave Dougherty a flat amount of \$55/month for phone expense rather than trace the percentage of each month's billing.

Action Suggested: A motion for an escrow account to make minimum payments for the Executive Director and it was suggested 15% of the registration, which is currently \$125, would go toward the Executive Director's salary. This was passed and seconded.

Second Discussion Item: The Trade Mark Application has been initiated and is in progress. The cost will be in the range of \$200-\$300 range. The application will be good for another 20 years.

Third Discussion Item: Filing of the 501-c-3 was discussed with Dave Dougherty explaining our options.

2016 NHSACA Annual Meeting

Members Present: Joe Cliffe (IL), Dave Dolan (SD), Darin Boysen (NE)

First Discussion Item: COTY Year presentations – is it time for a format change?

Action Suggested: Move to two sessions of round table discussions with the sport host moderating. Discussion questions sent to finalists in advance of the conference by sport host with possible other questions by other committees. Gives COTY finalists the chance to explore the host city while having fewer sport specific sessions. Attempt to team up with local colleges/universities to add a session(s) for sports. Must promote in host state and area before the conference to get local coaches to attend – cost to local coaches/revamp?

Second Discussion Item: Banquet meals & length – need to find cost savings and time savings within the program

Action Suggested: Move to a multi-line buffet rather than service at the tables. Possible savings in time and labor cost. Begin ceremonies/program as last attendees go through the buffet line.

Charter and By-Laws Committee

Members Present: Sara Kinney, co-chair, Don Prokes, Robbie Robinson, Renee Schultz and Bubba Davis

First Discussion Item: There was a discussion about the need for an Awards Manual.

Action Suggested: Sara and Renee will work on this.

Second Discussion Item: There was discussion concerning bylaws changes needed if the NHSACA becomes 501c-3.

Action Suggested: No action is needed at the present time.

2016 NHSACA State Association Report

Members Present: Randy Johnson (ND), Dan Brunner (WIFB), Steve Johnson (AZ), Don Olsen (MT), Jim Okler (MI), Darin Boysen (NE)

First Discussion Item: Should a state or NHSACA honor a coach with Hall of Fame Honors and National COTY Finalist in the same year/convention?

Action Suggested: No action suggested – pros and cons discussed.

Second Discussion Item: NHSACA partnership with Coach & Athletic Director Magazine - \$1.50 per coach for one year for digital version with 25 cents going to NHSACA. North Dakota and Nebraska state associations have made commitments for their entire membership. We need more states to develop a more powerful relationship with Coach & Athletic Director magazine.

Action Suggested: Encouraged states to discuss with their state board of directors. Hopefully more states will consider the program. Darin Boysen has volunteered to help promote to state directors.

Third Discussion Item: AIG – The Affinity Group – Benefits to NHSACA members. Need more states to send in mailing addresses before program can begin.

Action Suggested: Encourage states to send in mailing address for added benefits in the profession. Need to get to 25,000 mailing address to enter the program.

Fourth Discussion Item: Need additional help from state association's to supply correct contact information for HOF and COTY nominations. Makes process very difficult for the national office with inaccurate contact information.

Action Suggested: Informational item – no action recommended.

Ethics and Resolutions Committee

Members Present: Co-Chair Kathy Holloway, Co-Chair John Hutchison, Jim Okler, Ed Kirshner, Jerry Wetzel, Harold Sheppard, John Hoch, Dan Brunner, Sara Kinney (on committee as one who helps with the production and wording of what we submit as our resolution.

First Discussion Item: We discussed resolutions which we had done in the past, but which are still serious concerns today: bullying, sport specialization at too young an age, suicide among youth, substance abuse issues.

Action Suggested: Point of discussion only

Second Discussion Item: Pursue a positive resolution wording this year.

Action Suggested: Here is our resolution: Now more than ever the attributes of Leadership (guiding others), integrity (What one does when no one is watching), and Character (distinctive moral qualities), have become critically important in the coaching profession. Therefore, we the National High School Athletic Coaches Association encourage all coaches to: Demonstrate Leadership by example and instruction, model integrity by behaving honestly in all situations, display good character and ethical behavior, and instill in student athletes the desire to follow their actions.

Corporate Relations & Sponsorship

Randy Johnson, Virg Polak, Mark Holdren, Steve Johnson, Dan Mitchell, & Kirk Price were present.

We discussed Game Day Wipes as a fund raisers and ways they can get involved with us.

It was suggested to update bios of our National board on the website. The reason for that is so that potential sponsors can see what type of people we have in our organization. It might help us get on board with them. We need to use more social media (Twitter, Facebook, & others).

We need to try to get smaller sponsors (example \$500) per sport. We talked about Project 50 and the problems we occurred in getting sponsorships.

To get a university intern to be used to update our social media so we can get more computer hits so potential sponsors see a reason to get involved with NHSACA.

We feel we need to be more active throughout the year to make our committee more effective.

Region I Report

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

CT - 8

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

All introduced themselves. Seven COTY finalists and Reg. Director

Questions for discussion:

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

Things are good. Very good relationship with CIAC and CHSCA.

What Problems do Coaches Face – Budget issues, Parent issues

Concern with coaches being dismissed without just cause. Typically, due to disgruntled parents.

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

Parental pressures.

Miscellaneous Topics

State facing budget issues that are affecting schools.

Suggestions for Improving NHSACA's role for Coaches:

COTY sessions were very well received and of great value. What can be done to increase attendance at these sessions.

Region Director Election (if needed):

Submitted by:

Region II Report

No meeting. No one in attendance

Region III Report

Concerns were Crossover Boys-Girls Sports, Pay to Play is hurting participants in sports, AAU sports are hurting some sports drastically, mainly volleyball & soccer. Had 5 in attendance at meeting.

Region IV Report

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

Michigan—9, Ohio—0, Indiana—0, Wisconsin—0, Illinois—6

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

Michigan

Cheri Ritz—Softball, Dan Briesbaum—Baseball, Mark Heldron—Exec Sec, Asa Kelly—Cross Country, Dave King—Cross Country, Rick Bauer—Track and Field, Jim Okler—BOD, Nathan Oake—Golf, Mike Garvey—Athletic Director

Illinois

Jess Krueger—Golf, Joe Cliffe—BOD, Brian Evans—Girls Track, Sara Kinney—BOD, Jim Caliendo—BOD, Rich Montgomery—BOD

Questions for discussion:

What is the status of Athletics and Coaching in your state:
limited play outside border states (350 mile limit)—limited national competitions—no All Star competition till graduation—overlapping sport seasons and too many sport offerings in a sport season—private schools and competition issues

What Problems do Coaches Face – Budget issues, Parent issues

Participation numbers—Club Sports, specialization—lack of in-house coaches and problems using out of house coaches—more dual sport athletes and athletes being forced to pick one sport—lack of multiple sport athletes

What are Hot Topics – Do better job of promoting programs & Communication
\$\$\$--Club sports—specialization—participation numbers—pro-con of social media
Miscellaneous Topics

Suggestions for Improving NHSACA's role for Coaches:

Key note speaker bios—posted / speakers and topics posted earlier—more use of web site to rah-rah conference and offerings

Region Director Election (if needed):

Rich Montgomery AD/Activities/Transportation Director, Head Football

Rock Falls HS—Rock Falls Illinois

Submitted by: Rich Montgomery AD/Activities/Transportation Director, Head Football July 6, 2016

Region V Report

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

John McGinnis – Oklahoma

Stan Irvin – Oklahoma

Bubba Davis - Mississippi

Questions for discussion:

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

Extreme cuts because of finances in schools. Club sports are becoming an issue. Private schools seem to be winning most of the State Championships.

What Problems do Coaches Face – Budget issues, Parent issues

Travel has become an issue because of finances. The individual sports are being hit hard. Parents are an issue. They see coaching longevity becoming less because of all the parent problems. Coaches are also facing more discipline issues amongst the athletes because of the lack of parenting.

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

Same as above.

Miscellaneous Topics

Nothing more.

Suggestions for Improving NHSACA's role for Coaches:

The NHSACA needs to get the word out better for coaches to attend. Need to stress the importance of young coaches having the opportunity to visit with the Coach of the Year Finalists. They really are legends in their sport.

Region Director Election (if needed):

No election was held. President Randy Johnson conducted the meeting in Becky Carlson's absence.

Submitted by: Randy Johnson NHSACA President July 1, 2016.

Region VI Report

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

34 Total

MN- 0 SD - 13

IA – 10 NE - 5

ND – 6 CO - 0

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

Questions for discussion:

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

Two areas were brought up, Transgender participation and Head, Heart, & Health

What Problems do Coaches Face – Budget issues, Parent issues

Discussed problems between Parents and Volunteer coaches. Club sport issues with club coaches telling athletes not to go out for HS Sports. Young coaches #'s dropping, due to lack of support or weak administration or difference in philosophy or perspectives. Staff/Coach numbers limited. Sharing athletes. Injuries from overuse.

What are Hot Topics – Do better job of promoting programs & Communication
Sport Combines that are taking place in our states that are being used for recruiting.
Miscellaneous Topics

Suggestions for Improving NHSACA's role for Coaches:

Region Director Election (if needed):

Motion for Dan Mitchell –two year term, motions closed. Dan was elected as Region 6 Director.

Submitted by: Dan Mitchell Region 6 Director 6/28/2016

Region VII Report

1. Roll Call of States in Region (include # of people from each state:
Montana: 2
Wyoming: 2
Colorado: 1
2. Introductions: name, sport, & State of each person in the meeting:
All five new each other so there was no need for introductions
3. Questions for discussion:
 - a) What is the status of Athletics and Coaching in your state:
MT: Softball needs more schools for competition.
 - b) What Problems do Coaches Face – Budget issues, Parent issues
Parents have changed. Make it more difficult to coach the athletes.
 - b) What are Hot Topics – Do better job of promoting programs & Communication
State Executives need to get more information to the local coaches
Schools need to get district information and benefits to their coaches
Member states of the NHSACA need to provide a list of benefits to states and individual members.
 - c) Miscellaneous Topics

Submitted by: Kirk Price 3rd VP 6/28/16

Region VIII Report

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

We had Three people from AZ & one from NM

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

Chris Carroll, Zuni H.S. Boys CC, NM

Herman Andrews, Safford H.S. Wrestling Rep

Robbie Robinson, Mtn. View, Mesa, AZ Past President

Steve Johnson, Marvale H.S., Glendale, AZ Region 8 Director

Questions for discussion:

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

* Every state does things a little differently. Of the four people present, each one of us have very specific & unique situations. The bigger schools do ok in terms of getting students to participate vs. the smaller schools sometimes struggle to get kids to come out and then there is always the factor that involves schools that have students who can't decide which sport to participate in.

What Problems do Coaches Face – Budget issues, Parent issues

Each member has positive and challenging issues related to budgets. Some have to fund raise for their programs, learn to be very creative in coming up with money, schools actually have athletic budgets and others work with their administration. There are really no issues with parents

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

The biggest topic that coaches encounter is lack of communications with fellow coaches of not allowing them to participate in our sport. We also have to contend with club sports and not allowing our students to participate in our sport.

Miscellaneous Topics

Suggestions for Improving NHSACA's role for Coaches:

My personal thought in terms of something to think about is put announcements in the program directly related to reminders for attendees to be made aware of.

Region Director Election (if needed):

I am willing to continue as regional director and no one else was willing to run for the position.

Submitted by: Steve Johnson___Region 8 Director___June 28, 2016

**ASSISTANT COACHES – GIRLS’ AND BOYS’ SPORT REPORT
NATIONAL HIGH SCHOOL ATHLETIC COACHES ASSOCIATION
NATIONAL CONFERENCE – LOUISVILLE, KENTUCKY**

GIRLS’ SPORT CHAIR – BOB DAVIDSHOFER

BOYS’ SPORTS CHAIR – KEN BRUCKNER

Session One - Six people were in attendance,

Larry Toft of South Dakota spoke on “Being a Buffer and Earning the Trust of Athletes and the Head Coach. He also had worked with girls’ basketball and had success with his “motion offence: He had contributed to 5 state titles. He had coached for 44 years.

Session Two – Six people were in attendance

Mark Yoakam of Montana spoke on “Developing a Track/Cross Country Program”. He is a retired teacher who has had great success in cross country at Corvalis High School in Hamilton, Montana. He had previously coached in Nebraska but had spent most of his coaching in Montana. He mentioned the distance in traveling to the meets was a major concern for them. Mark was the eventual winner in the Girls’ Assistant Sports category.

Session Three – Seven people were in attendance

Rodney Hardie of North Dakota spoke on “Being a Defensive Coordinator”. He had coached football at Fargo North High School for a number of years. He said he really liked working with kids and his teams had great success over the years. He stressed the importance of being the last one out of the locker room each day.

Session Four – Seven people were in attendance

Marc Murren of South Dakota spoke briefly on his program at Washington High School. Most of the session was a round table discussing the major concerns in the various programs. Some of the topics discussed were club sports, transgender concerns, budgets, and overlapping programs.

Session Five – Eight people were in attendance

Jim Epperly of Montana spoke on “Training at Bigfork High School. He had coached football, basketball, and track. He had been a head coach at one time winning 7 district titles. He thought the secret of the success that the school had was due to the longevity of the coaching staff.

Steve Larson of Nebraska spoke on the track and field program at Kearney Senior High School. He coaches at a small high school in central Nebraska where they have 8-man football. He also coaches football and track and teaching cabinet making and construction at the school. His mission is to serve youth and the community. He started with 3 athletes out for track and now has 120. His teams have been in the top 5 in the state the past 25 years. Steve has coached for 40 years.

Comments

A number of the finalists were not present for the convention. Several only came for the banquet. The finalists who were present for the mini-clinics said they had a very enjoyable experience.

Name of Sport: Athletic Directors

Submitted by: Rocky Ruhl

Session 1 Speakers: Chip Salvestrini, Danbury High School, Danbury, CT: Attendance Number:5
Chip's topic was communication. Chip discussed the number of students and staff at his school. He said that it is very important that there is a plan for communicating the good, the bad, and the ugly. He mentioned the importance of saying "good morning" to both staff and students in creating a positive climate. Consistent statements such as "This is how we are going to discipline your son/daughter" were key for him in dealing with over 1500 athletes and 94 staff members with 50 of these being out of house coaches.

Session 2 Speakers: Jim Haussler, Bismarck Public Schools, Bismarck, ND: Attendance Number:11
Jim's topic was Parents/Value of Athletics/Thoughts of an Old AD. He said, "We all have something to prove and we all have the same goals...so let's do it together. Jim talked about how important it is for kids to have fun. The reason they give things up is they are not having fun. He said the least enjoyable part of athletics is the ride home after the game. Kids love having grandpa and grandma at their games because they only say things like "I enjoy watching you play." Our job is to build better people. Those who are dedicated, respectful, committed, and responsible team players. Another key point in listening to parents is that the parents are not always wrong.

Session3 Speakers: Mark Armstrong, Lincoln Southwest, Lincoln, NE Attendance Number:7
Mark's topic was Effective Pre-Season Parent Meetings. He discussed the purpose of pre-season meetings is to disseminate important information, discuss expectations for all, sell passes, and build a sense of community. The meetings are held three times a year before each sport season. The meetings start with a general session before parents move to specific sport sessions with the coach. During his part of the meeting he introduces the staff, discusses: the mission or school philosophy for activities, code of conduct/training rules, attendance expectations, athletic training, transportation and required paperwork. He will also discuss what parents can expect from coaches and what coaches should expect from parents. Mark talked about the chain of command and what is appropriate to discuss and when. He will also have the school counselor and booster club president give presentations. Technology and social media are discussed and weather related protocols. Mark talked about the importance of educational based athletics. The importance of the athlete learning from their sport and developing self-advocacy.

Session 4 Speakers: Tom Lipovac, Perry High School, Perry, IA Attendance Number:7
Tom's topic was Student Activities and Department Advisory Council. Tom discussed several different ways of developing student leaders and the "Blue Jay Way." He had several different activities he did to develop these at his school. He presented detailed ways of creating leaders through activities. He has signs around the school with promoting character, commitment to excellence, hard work and improvement, dreaming big, and sportsmanship. He has developed an activities advisory council who present to who present to the 6th and 8th grade students about the benefits of participation in school activities, service, and school pride, spirit and support. He has a lot of good things going that involve the student athletes.

Session 5 Speakers: Ken Mueller, Scott High School, Covington, KY Attendance Number:10
Ken's topic was Title IX Compliance in Kentucky. Ken discussed how Title IX works in Kentucky. The other Athletic Directors in the audience were all amazed at the report that has to be submitted each year. It is much more detailed than any other state present. The schools in Kentucky are audited every five years by the state department of education's Title IX department. Ken mentioned in scheduling that 40% of the girls' basketball games must have prime time dates. Prime time dates are Friday, Saturday or

Sunday. If you have 12 home games 40% of 12 is 4.8 which means 5 games on the prime time dates. If the games are girl-boy double-headers they must alternate who plays first.

Session 6 Speakers: Jim Dorman, Sioux Falls Lincoln High School, Sioux Falls, SD Attendance Number: 9
Jim's topic was Patriotism: Show Proper Respect. Jim discussed the proper etiquette for standing at attention during the playing of the national anthem. The proper stance is to face the flag with your right hand over your heart and your left hand at your side. If you are a Veteran it is okay to salute. It is not okay to hold hands, swing hands, place your hand on your left hand on your back. Jim also said it is a great way to recognize your veterans after the anthem is played. The national anthem should be played before the starting line-ups are announced before the game.

Session 7 Speakers: Mike Garvey, Hackett Catholic Prep, Lawton, MI Attendance Number: 9
Mike's topic was An Easy Do It Yourself Captain's Clinic. Mike talked about the importance of leadership and developing leaders. Many times a captain is voted in and they don't know what to do. Mike asked the question, "Is your captain's main job to call the coin flip?" He has developed a clinic to teach the captains how to lead. In order to be a captain at his school you must complete the clinic. He also mentioned that the National Federation has an online version.

Name of Sport: Baseball
Submitted by: Brian Midthun

Session 1 Speakers: Wayne Dozier Attendance Number: 8
"Good players give you a chance to win." His program stresses being able to excel with their backs against the wall. Every practice is focused on making his players better with 4 simple goals. Self-Improvement, Cooperation, Dependability, and Sportsmanship.

Session 2 Speakers: Dan Griesbaum Attendance Number: 6
Character based coaching. Teaching life skills through baseball. Teach the mental game. Some people set rules to keep from making decisions.

Session 3 Speakers: Jake Burton Attendance Number: 6
Indiana baseball, how it has progressed throughout his career.

Session 4 Speakers: Jody Hamilton Attendance Number: 8
Kentucky One Class Baseball. How this has made his team more competitive. 70% of his players have gone on to play college baseball in his 35 year career.

Session 5 Speakers: Bret Hoyer Attendance Number: 8
Iowa Summer HS Baseball. How the summer baseball programs get more athletes than other states with spring programs. All track athletes participate. Allows for more freedom in scheduling practices and games. They even play Sunday afternoons and evenings with crowds of 500-1000 people.

Session 6 Speakers: Sal Capolla Attendance Number: 8

Amity Baseball, "How We Have Won 4 Straight State Titles." We practice "backyard loose" every day in practice. Kids love coming to practice, constant team building activities such as running a mountain and competitions.

Session 7 Speakers: Frank Ryan Attendance Number: 8

"The Wildcat Way" discussed how his programs have thrived in the baseball crazy town of Omaha. Emphasis on; Communication with every player, Being solid across the board, Fundamentals. 9 game goals.

Name of Sport: Boys and Girls Basketball
Submitted by: Jeff Halseth

Session 1 Speakers: Chris O'Hearn from Kentucky Attendance Number: 4

Chris spoke on how to build a championship program. He starts his program at the elementary level mainly grades 3rd thru 5th. He has the head coach has total control on what happens at the elementary level. He then must hire good elementary basketball directors. This is where his skill development starts. He uses his own players to help teach skills. This helps his high school players develop leadership skills. He will divide his elementary kids into 4 to 6 teams per each grade level. Teams are split evenly based on coaches evaluation. They will play in games through a small league within the school and once the league is over they will pick a traveling team for each grade to play in additional tournaments. At the middle school level he will look for coaches who are on board with the head coaches philosophy, and is will to come to varsity practice and learn the system.

Session 2 Speakers: Duane Mendlik from Nebraska Attendance Number: 8

Duane discussed the success he has had playing a 1-3-1 zone defense. He also discussed the personnel he likes at each of the positions. For the player at the point of the zone Duane likes to have a longer and taller guy at this spot in an attempt to get a hand on a pass. This person is responsible for the lane line extended to the opposite lane line extended. His wings play 1 step off the lane line to the 3pt. line. His middle guy needs to be a strong player and not necessarily a tall player. He plays the FT line until the ball gets to the corner. The bottom player needs to be a fast player. He will play from block to block until the ball get to the corner. Duane likes to us this defense to trap in certain areas such as the corner and the elbow.

Session 3 Speakers: Jerry Hulsing from Iowa Attendance Number: 9

Jerry discussed his rules that he uses with his players for his man to man defense. His # 1 rule in his defense is to not give up layups. He like to force the ball to the sidelines when the ball is on top and to the baseline when the ball is at the wing. He teaches his players to see both the ball and their player. He does not allow the offense to cut in front of his players and tries to keep opponents from cutting thru the lane. He teaches his girls how to rotate when players go help. He utilizes his shell drills to teach his defensive rules. He will start with the offense staying stationary then add certain motions for the offense to go thru, then add a couple dribbles for the offense. Once the defense is sound on his defensive rules they will play more live action.

Session 4 Speakers: Mike Flaherty from Illinois and Mike Forsberg from North Dakota
Attendance Number: 7

Mike Flaherty discussed the way they work on player development. Many of the drills that they work on in the off season are not necessarily position specific. They want fundamentally sound basketball players. They will hold evaluation meeting at the end of each season and let players know what areas they can improve on. He hopes this will form the basis for their offseason workouts. He also tries to teach his players the concept before the technique. He wants his players to know why they are doing a specific drill and how it will help them. He likes to work on drills with small groups (3-6 players). Drills should pertain to what you do in your program. Make drills game speed and competitive. Many of the drills he uses are found on various basketball websites.

Mike Forsberg discussed the motion offense that has worked for him. He will use this offense vs. man to man defenses and zone defenses. The certain actions that he uses within his offense allows his players to make reads off the defense to take what the defense gives them. These reads he tries to emphasize through drill work during his practices. He will dictate to the defense what he wants them to do so the offense can recognize certain actions and react accordingly.

Session 5 Speakers:Cindy Roybal from New Mexico Attendance Number:7

Cindy discussed her use of the full court press. She uses a combination of the 1-2-2 press and a 1-2-1-1 press. Coach Roybal discussed her reasons for using a full court press. Some of those reasons being: It takes seconds off the shot clock if your state uses one. A full court press can offset a height disadvantage. A press can create more scoring opportunities. A good pressing team can make up for a large deficit. Pressing is exciting and fun for her girls. She also discussed the rotations and responsibilities at each position.

Session 6 Speakers:Terry Thomas from MontanaAttendance Number:9

Terry discussed the success he has had using a 1-3-1 zone defense. Terry will use different defenses during a game and when broken down he uses his 1-3-1 zone 60% of the time, man defense 25% and a 2-3 zone 15%. The goals he tries to establish with his 1-3-1 are: to not give up layups, force opponents to shoot guarded shots, don't foul, and to be an aggressive defender. He has found that his advantages to using a 1-3-1 are: he can use athletic players but not necessarily skilled in basketball, can compete with smaller players, the zone limits offensive schemes, it makes efficient use of practice time and it keeps his players out of foul trouble. Terry also discussed what the responsibilities are for each position

Session 7 Speakers:Tim Mudd from Kentucky Attendance Number:9

Tim discussed what he does in the off season in developing his program. During the pre-season he has his players come in 4 days a week for a 1.25 hour practice. Within this time 30 minutes of it is spent on fundamentals. He will also spend 15 – 20 minutes on offenses strategies he will be using for the upcoming season. He like to spend time during these practices by putting his kids in to pressure free throw situations. During his practices, if at all possible, he likes to chart shots on each possession and compare whether shot in practice are the same from where they are getting them in games. In addition to his pre-season practices he also runs summer camps and a little kids league. He has 2 parent meetings as part of him developing his program. One meeting during the summer and one just before the season.

Session 8 Speakers:Jay Wood from Oklahoma Attendance Number:9

Jay discussed his success he has had with his High/Low Motion Offense. In his presentation the main rules to his offense that he emphasized is that he like to make sure that he always has on post player playing high and the other playing low. These post players should also be diagonal of each other. He showed us the 2 main ways his offense is initiated. Option #1 the high post can set an on ball screen for the point guard. The point guard looks to attack or looks for the high post rolling to the basket. The low post will exchange with the post rolling to the basket. His offense can also be initiated by passing to a wing with the same rules apply. He also illustrated a few st plays that also gets his team into the offense.

2016 NHSACA Boys Cross Country COTY Report

Submitted by: Forry Flaagan, SD -- Nat'l Chairman Boys Cross Country

MONDAY, 6-27-16:

National Winner Darrell Anderson, ND / Region 6

Session #2 = Attendance = 11

Asa Kelly, MI / Region 4

Benzie Central High School

9 years

"Had I Known Then What I know Now"

14 yrs coaching

-- balanced priorities = XC is only part of life, but is #1 while doing it.

-- games have direction = either direct or subtle, games have a purpose in training.

-- know every kid = weekly interview game for newbies, with turn-about questions.

Chris Carroll, NM / Region 11

Zuni High School

10 years

"Zuni HS-XC, Keeping Traditions Alive in 21st Century"

18 yrs coaching

-- reservation school = student population = 100% Zuni tribal – thrive on firm decisions

-- tradition-based sport = community has an amazing historical tradition of running and runners.

-- integrated team building activities / no Summer running.

Session #3 = Attendance = 13

Tom Butterfield, CT / Region 1

William Hall High School

39 years

"From the Start to the Finish"

53 yrs coaching

-- coaching diversity = includes 8 yrs in all-Black HS / 6 yrs in all-Jewish HS.

-- as a coach = be yourself; scientist or prankster, authoritarian or autonomist.

-- meaningful bulletin board = athletes dedicated and named the bulletin board for Coach Butterfield.

-- every workout is essential = be purposeful, explain why, how and why again.

TUESDAY, 6-28-16:

Session #4 = Attendance = 13

Sean McMahon, NE / Region 6

Fremont High School

18 years

"A Holistic Approach to Training and Cross Country"

-- don't over-race = athletes required to take minimum one (1) race off/season.

-- qualifying standards = spoke to issues on state meet qualifying standards and certifying courses.

-- off-season evaluation = season opening 3k time trial / 1-2 red-line workouts /season.

Session #5 = Attendance = 16

Kevin Kearney, IA / Region 6

South Winneshiek High School

21 years

"Coach the Runners You Have, Not the Runners You Wish You Had"

-- investment pays dividends = what you get out is based on what you put in.

-- goal matching = coach needs to match, not overly exceed athlete's goals.

-- started program = voluntarily initiated cross country program, unpaid.

WEDNESDAY, 6-29-16:

Session #6 = Attendance = 17

Darrell Anderson, ND / Region 6

Bismarck High School

36 years

"Attitude Training"

43 yrs coaching

-- philosophy quote = "Hope is not a good plan!"

-- success = tradition/history – high expectations – athletes celebrate successes.

-- leadership program = all school based program for "all" activities.

-- fitness evaluation = sub-30: over strenuous 5-mile course are included in team history.

David Riden, OK / Region 5

Deer Creek High School

14 years

"Deer Creek Cross Country; A Tradition of Character and Excellence"

-- character = of the utmost importance, be a good sport on the field and off.

-- excellence = a personal search, build for the same purpose.

-- beliefs = coach should reflect their own beliefs, but not push them.

Session #7 = Attendance = 16

Cross Country Finalist Round Table

2016 NHSACA GIRLS CROSSCOUNTRY REPORT/Louisville, Ky.

Submitted by: James Ford /Ct./ Guilford High School, National Girls Cross-Country Coaches Chair

MONDAY 6/27/16

Session #1: Attendance 10

Dave King /MI./Region 4.....Beal City HS/ 14 years

"By the numbers, Beal City HS Cross-Country "

- *Coaches both the Boys & Girls Teams
- *Coaches Jr. HS teams also
- *Program follows Jack Daniels training
- *Uses statistical data for training and workout analysis

Session #2: Attendance 11

Sean Allan/ND/Region 6.....Grand Forks Central HS/ 16 years

"North Dakota HS Cross-Country"

- *Build the kind of program you'd want to be part of
- *Saturday Long Run Donut Reward
- *Use of biking as Cross-training
- *Do the little things, e.g., being on time, properly prepared for practices and meets

Session #3: Attendance 13

Dave Van Sickle/AZ/Region 8.....Xavier College Prep HS/ 25 years

"Training in the Desert Heat"

- *Practices at 5am due to 105+ afternoon heat
- *Sacrifices of the athletes to get enough sleep to be up at 5am
- *Utilizes a PE class Mile Time trial, to identify candidates
- *All Girls Students school
- *Started Catholic Middle School & USATF Club to Support HS program

Joanne Cleveland/MT/Region 7....Corvallis HS/ 10 years

"Montana High School Cross-Country"

- *Coaches both the Boys & Girls Teams
- *Summer Running is key...7am 4 days a week all summer
- *Traditional Program Motivators, e.g., Dinner and a Movie before State Meet...Naked Cowboy T-Shirt (G rated) goes to whomever had the best race.....

TUESDAY 6/28/16

Session #4 Attendance 13

Laura Clay/OK/Region 5.....Westmoore HS/24 years

"Getting Girls out for Cross-Country "

- *Ran in HS @ Westmoore and now Teaches and Coaches at same school (Tradition & Family)
- *Be a better person when exiting the program

- *Hold athletes accountable/ 3 strikes
- *Get athletes early even if you must do it for free (Conduct middle School programs etc.)
- *Everything is earned.....your uniform, must be able to average a 9 minute mile

Session #5 Attendance 16

Mark Kauk/IA./ Region 6.....Unity Christian HS/38 years

"Think Long: Building a program and relationships that endure"

- *Senior Leadership is key, give them responsibilities before and during senior year
- *Goals provide motivation, be clear
- *Coach using the weed/root analogy.....on top everyone looks the same, but below is what counts, coach that way
- *Team bonding activities are key.....pasta parties, making locker magnets etc.

Wednesday 6/29/16

Session #7 Attendance 16

"Boys & Girls National COTY Finalists Roundtable

- *Team building
- *Favorite invitational meet and why...ie twilight meets with glow sticks...live music
- *Various state meet finish line methods of generating results ie video camera/chip timing etc
- *Survey if the NHSACA convention were held in their home state, would they pay to attend something like Louisville, even if they weren't Coty finalists....all replied that they would go and that it was worth it what they experienced in Louisville
- *Reviewed banquet protocol and procedures

NATIONAL COTY WINNER: Mark Kauk /IA/ Region 6..... Unity Christian HS

6 of the 8 COTY Finalists attended

Did Not Attend: Henry Phelan/MA/Region 1

Dave Nunez/NM/Region 8

Name of Sport: Football

Submitted by: Jeff Bellar

Session 1 Speakers: Jeff Bellar, Norfolk Catholic, Norfolk Nebraska
Coach Bellar session was on "Keys To Championship Football"

Attendance Number:8 Coaches

Session 2 Speakers:Kevin Wallace, Bowling Green High School, Kentucky Attendance Number:6 Coaches
Bowling Green Football Coach talked about his program

Session3 Speakers:Terry Dosch, Roncallie High School, Aberdeen South Dakota
Number:8 Coaches

Attendance

Team building activities for his team.

Session 4 Speakers:Jim Rattay, Cesar Chavez High School, Phoenix, AZ
Inner city issues with coaching football

Attendance Number:5 Coaches

Name of Sport: Golf
Submitted by: Nathan Oake

Session 1 Speakers: Steve Exstrom, Minden HS, NE Attendance Number: 6

“Doing More With Less” – Steve is from a very small HS in Minden, Nebraska (30 total girls). He explained the challenges of having 2-3 conflicting Girl’s sports run concurrently with Girl’s Golf – namely the pull of girl’s volleyball. He is prepared to find clubs for players, a range to practice at and creatively use his 9-hole golf course to make the game fun. He has had success helping kids find pre-owned clubs online. Steve’s team has turned tragedy into an annual community support day by hosting a Memorial Fundraising Scramble for a fallen community member. The event raises several thousand dollars each year and awards scholarships to players. Steve talked about the importance to have “friends” golf due to their influence on getting a few players to stick together and work hard. Steve has had a high amount of success in his State Tournament due to giving a lot of thought to his situation and making the game fun.

Session 2 Speakers: Kari Stoltenberg, Garrettson HS, South Dakota Attendance Number: 6

“Practice With A Purpose” – Kari has been instrumental in boys and girls golf in her community. She was part of a project that built the first golf course in the area, in part so her school could have a tee. Kari shared a great resource with our group, which is a small index card set of practice drills, color coded by type of work. Kari uses the numbered “Routines” to assign them to her players, based on their needs. Players whose statistics showed the need for putting were assigned competitive putting routines, in which they recorded their scores. This was also key in managing the numbers of players that were in each part of the course- as she wished to spread them out and keep them productive. Of particular note was a “fringe putting” game where a group of three players started with a long putt. The first player putted, then each player following tried to control their distance and just barely putt past the previous ball, without getting the ball to the fringe. The team who used the MOST putts to advance to the fringe wins the game. This drill is great for distance control. Thank you Kari

Session 3 Speakers: Jim Bennett, Grosse Ile HS, Michigan Attendance Number: 6

Jim’s session talked about the importance of knowing the distance that your different wedges go, and limiting your back/thru swing to control this. Jim referenced using numbers on the clock to create a 7:30-4:30 or 9-3 abbreviated swing with your wedges to control distance. His team used a tube of high quality golf balls to test each of these abbreviated swings with their different wedges and found the “average” distance for each club/length of swing. This was a key piece of their ability to control distances when they played. Jim’s teams played a game where they went on the course and played from 60 yard in. The scoring was as follows : Miss green (-3), Hit Green (+3), On the Green in 2 shots (0) – Putting: One Putt (+3), Two Putt (0), Three Putt (-3). Jim also played a game where in the normal course of play, the player tried to hit his/her approach into the greenside bunkers, instead of the green (1 stroke penalty for hitting green). This promoted a lot of concentration and practice with bunkers during the course of a normal round. Jim also used PVC pipe and a tarp to create small moveable targets for his driving range. This served as a friendly reminder how much focus it takes to hit a small target when playing. Thank you Jim

Session 4 Speakers: Perry Piatz, Kindred HS, Kindred North Dakota Attendance Number: 6

“Ten Mental Keys to Playing Tournament Golf” Perry credited his local teaching professional for his time and effort in developing the swings and course management of his team. He talked about the importance of positive attitude and the belief in one’s self, in addition to letting go of expectations. Perry encourages his team to use positive self talk should they hit a bad shot, and to try to forget about it quickly. His top priority for his team is to “never give up” and his teams have been involved in some very close competitions where this mindset has paid off. Perry encourages his players to play their own

game, and play within themselves. He also talks about the importance of playing one shot at a time and not letting your mind wander into the future and think about score. His teams are encouraged to commit to the moment in order to eliminate negative anxiety. Perry wants his teams to keep things simple and not be consumed about all types of swing mechanics while they play competitively. Great job Perry

Session 5 Speakers: Jess Krueger, Hinsdale, Illinois Attendance Number: 6

“Illinois History of Program, Team Building, Character, Success” Jess’s teams have won the last four 3-A State Championships in ILL and he shared his wealth of knowledge with our group. He echoed Perry’s goal of mental toughness and a never give up attitude. He mentioned a few examples of his top players starting out poorly, remaining cool, and turning everything around sometimes with a string of several birdies in a row. Jess talked about his work to change the character of his program and earn the respect of neighboring schools in his conference. His players are encouraged to keep chin up, chest out, and be proud of what they do, but with respect and class. His local conference is competitive which helps, but Jess also travels to top level junior tournaments throughout the country with his team. He plays multi day tournaments, and courses with similar conditions to the Finals course to prepare his team the best he can for the championship. When selecting a team from his highly competitive group, Jess uses 18-Hole average as a highly weighted component, followed by H2H comparison of closely ranked players, followed by character and team relations. Jess talked about players “learning how to win” with attitude rather than aptitude. His players are strongly encouraged to compete year round, and he asks players to turn in scores to him from summer events. He was intent on NOT letting his team get comfortable and complacent. Congratulations on your successes Jess.

Session 6 Speakers: Jeff Strickland, Three Forks HS, Montana Attendance Number: 6

“Competition in Practice” Jeff addressed the group of coaches with the importance of always keeping practice competitive. He opens every practice with a “barrel shot”. Jeff places a barrel 35-40 yards away. Each player must make 2 shots in order to move on. He keeps track of the 1st and last player to make two. The person with the most of each of these gets an award at the end of the year. Jeff ended every practice with a two putt challenge. All players must two putt from a long distance putt before the team can go home. Sometimes he substituted an up-and-down requirement in place of the two putt. Other techniques used were to play 5 holes from 150 yards and keep score, or play 5 holes from 100 yards and keep score. Everything was tracked and everything counts! Jeff has been highly successful with his program, has won 10 Montana State Championships, and was named the 2016 NHSACA National Golf Coach of the Year. Congratulations Jeff!

Soccer

No Report

Name of Sport: Softball
Submitted by: Dan Mitchell

Session 1 Speakers: Attendance Number:

Session 2 Speakers: Bart Rison Attendance Number: 7

Bart Rison is from Kentucky his topic title was "Building the Total Fastpitch Program at the High School Level". Bart started out by giving the group some background about himself. Bart then discussed the breakdown of off-season, preseason, in season, and post season of his program. After Bart was done we followed up with questions. We then had a round table discussion afterwards.

Session 3 Speakers: Attendance Number:

Session 4 Speakers: Attendance Number:

Session 5 Speakers: Cheri Ritz, Edward Kriskovich Attendance Number: 9

Cheri Ritz is from Michigan her topic title was "The Path to Winning 846 Games".

Cheri started out by giving the group some background about herself. Cheri then discussed her high expectations every year, her work on the mental game, showed an example of her locker room with posters, discussed that we need to be a lifelong learner, talked about year long softball training, how she stresses fundamentals every day, her schedule of practice 7 days a week all season, encouragement of multi-sport participation, and show the kids how much you care.

After Cheri was done we followed up with questions.

Edward Kriskovich is from Montana his topic title was "Montana Experience

Ed started out by giving the group some background about himself. Ed talked about starting Fast Pitch Softball in his community and then moving it into High School with Girls Fastpitch. Ed's philosophy is "Sell the softball program on academics". Ed feels that everybody deserves a chance.

After Ed was done we followed up with questions. We then had a round table discussion afterwards.

Session 6 Speakers: Stan Irvine, Scott Aresco Attendance Number: 7

Stan Irvine is from Oklahoma he started out by giving the group some background about himself. Stan discussed that he looks at his coaching career as being challenged. He said that through his experience he has found that girls have big hearts. Stan talked about volunteer integration, if they want to help he finds an area of the game for them to work with. Stan said that girls fastpitch softball is on the rise in Oklahoma.

After Stan was done we followed up with questions.

Scott Aresco is from Connecticut he started out by giving the group some background about himself.

Scott changed from baseball to girl's softball and said he would not change back. Scott said he adapted the "Small Ball" philosophy. He discussed that his girls were wrist bands with his play calls on them.

Scott went on and talked about all the different play calls he uses with his softball team.

After Scott was done we followed up with questions. We then had a round table discussion afterwards.

Special Sports

No Report

Name of Sport: Swimming and Diving
Submitted by: Ralph Manley

Session 1 Speakers: Ralph Manley Attendance Number:5

Ralph Manley Swim Chair did Introductions and an Informational time. Explaining mission of our organization, how award process works, explain banquet, go over schedule for the convention, and finally answer any questions the Finalist may still have.

Session 2 Speakers:Tom Hudson WY & Jake Solper ND Attendance Number:5

Laramie swimming Traditions and Training-

Tom explained many traditions that his team does from Not training or competing with caps for both Girls and Boys until the State meet. Sr dinners, Dress up days – He talked about the Culture of the team and how these traditions keep team unity.- Luck coaches gets a New Pool for next season- Good Session!!

Coach Solper – gave an over view of his team and program in Minot and then talked about how he organizes practices to test sets used during the season – he gave examples of Fun Sets that the athletes enjoy and keep training levels high. He explained how important peer coaching is to get all athletes thinking about the correct way to do turns or drills – Good Session!!

Session3 Speakers:Speakers did not attend Attendance Number:5

Speakers did not attend – Told them to go out and enjoy the city of Louisville - Reminded them of college credit requirements and the Kentucky Night Social

Session 4 Speakers:Todd Larkin KY Attendance Number:6

Coach Larkin – gave an overview of his program and school- Talked about the Standards that were expected from his athletes to be part of the Program – 115 athletes (5-10 of which are divers) Athletes must own their part of responsibility for the team showing up on time, 100%effort, stay Positive, help fellow team mates. Todd also talk about the relationship between his High school team and the USA swimming Clubs --- Good Session!!

Session 5 Speakers:Greg Phill MI Attendance Number:5

Coach Phill- gave a overview of his program and Facility Talked about his preseason Meeting with athlete and parents and about what the expectations are for both Parents and athletes. Coach Phill talked about being successful and what that is - If the Athlete can Better himself – Better Times Improve technique, become a better team mate – these are what makes or team successful. He talked about test sets and how weekly practices are broken down - Good Session !!

Session 6 Speakers:Round Table Discussion Attendance Number:5

The Topics that were discussed – Test Sets and what we do with the info, What equipment do you use and what you do with them ??(Kick Boards- Snorkels- Cords-) Sprint sets Beginning, Middle and end of season- WOW Great Session lots of info !!

Session 7 Speakers:No speakers Attendance Number:

Session 8 Speakers:No Speakers Attendance Number:

The Louisville NHSACA Convention was a Big Success !! Information Shared was Amazing

Coaches in Attendance Tom Hudson WY, Todd Karkin KY, Greg Phill MI, Jake Solper ND

Coaches NOT ATTENDING Rob Nathan CT, Shari Walling IA , Patrick DiBiase NE and Linda Wiginton OK

- This is the same time as Olympic Time Trials in Omaha

2016 NHSACA Coach of the YEAR Tom Hudson Wy

Name of Sport: Tennis
Submitted by: Michael Kypriss

Session 2 Presenter: Bruce Cottrell, New Mexico

Topics Covered:

Demographics of School Population

Scheduling Practices and Matches

Limited Courts

Session 5 Presenter: Troy Salsbury, Nebraska

Topics Covered:

2 Seasons – Boys Fall, Girls Spring

Classifications and Scheduling

Transportation Travels very far for Matches

Session 5 Presenter: Jason Olsen, South Dakota

Topics Covered:

Total Players on Team 81 Divides them into 2 Teams A&B

Travel and Lodging overnight for Matches

Limited Budget

Heavy Fundraising

Session 7 Presenter: Phil Barnes, Oklahoma

Topics Covered:

Private Coach and High School Coach Comparisons

Challenges of Travel for Matches

Huge interest in Tennis because of the Success of College Programs at OU and OK State

Session 7 Presenter: Scott McPherson, North Dakota

Topics Covered:

Weather issues

Travel and Expenses

Low Sport of Interest

Most players play other sports

Name of Sport: Boys and Girls T & F

Submitted by: Bill & Steve

Session 1 Speakers: Tony Harden (girls) Attendance Number:13

13 coaches present

Tony Harden St. Henry H.S.

Building A Successful Program

15 year head coach

Class A School

Middle School Program (7th & 8th graders can participate) important

Doesn't like to include them

Recruiting methods.....sell it

Plugs his kids into the voids, pushes the family concept

Lots of experimental lineups thru the season, have fun but work hard, finding a balance

Be good at the end

18 events in Kentucky

Nutricianist, lifting, preparing for the next day, month, season

Life mentor, character development,

Session 2 Speakers:Greg Williams (boys)Attendance Number:13 coaches

2A School works the family farm

30 kids out for track annually

Coaches throws and distance

Builds the team around the 800 meters (2nd at state this year)

State Meet at Drake University (38,000 attended)

Talked of his sources for training periodizations

Undertraining is more important than overtraining

Changes training methods throughout the year

Uses heart monitors

GPS watches.....he buys them from E-Bay

Pace beeper, lifting, nutrician (stay away from boxed and packaged food)

encourages hydration

Hill runs on Monday, tempo runs, intervals, mile repeats, vo2 max, speed development, barefooted runs,

Continuous relays (3 man and 5 man relays)

Goal sheets, multi sport athletes, progressions are important, run with the wind, 2 a day runs, hard/easy exchange, get to the 600 in a split time to run a great 800

60 miles a week

Session3 Speakers:Dennis Siefried (Boys) Attendance Number:18

Pool Workouts for the 200 & 400

Went to East Germany to learn water training

Eliminated hip, ham, groin injuries

Relays are double points

Deep water workouts forces the dorsi flex and proper arm action or they will go to the bottom

Also does throws in the pool

80-85 pounds of pressure on the down phase and the recovery phase

Does all the workouts in 3's (3 X 51 seconds with a three minute rest)

Visualize where they are on the track during a 51 second run in the pool

Followed by getting out of the pool

Followed by a roll out

Followed by 3 X 20 second blasts
First 10 meters are priceless
Heart, Courage, and Relaxation will win many races
Straight Leg Runs.....and also does explosions in the pool

Session 4 Speakers: Spencer Huls (Girls) Attendance Number:16

Making Progress With Beginning Hurdlers

Corvallis, Montana

Got into track & field by default

Has some great assistants....manages their egos and keeps them happy

4 Classes in Montana and they are A Class, 6 straight girls championships, 5 of 7 of the last years the boys were state championships

IAP for each hurdler.....no matter where they come from

Focus on trail leg when you do the lead leg "bleacher" drill....thus they go up and then they go down....not good....long trail leg....sprint into it....take off

Lead further than they are comfortable...push the hips thru....

Knee above ankle.....build good habits

Walking trail leg drill in front of the practice hurdle

Girls hurdling is sprinting and boys hurdling is hurdling

8 steps vs 7 steps to the first hurdle

Realize what kind of hurdler they are and modify the drills accordingly

Drill Arms in every drill....get those arms under control in every drill

Drill...put your hand under the hurdlers leg and then hold them so that they have to be able to get on top of the trail leg and push off the sprinters

Session 5 Speakers:Michael Kuhn (Girls) Attendance Number:18

Mandan North Dakota

Practice Periodization

Practice changes almost every day

You go thru Peaks and Valleys with your coaching but you must maintain passion or you are done

Not what you learn but how much you can remember....beg, borrow, and steal from other coaches

Coaches help other coaches/kids as there aren't any secrets

Two classes in ND....21 Class A and all the rest are Class B

40 to 50 kids out for track, 5 coaches,

Tap into the emotional side of the ladies in your program or you will lose them

13 weeks 91 days in the track season in NoDak (they have a start date and a completion date)

Spring is the time of conflicts and 4 of them are sports....soccer, tennis, softball, track....clubs and other conflicts

What is their level of fitness when they come out for track

Inside for the first 4 weeks of practice

Come to practice with Plan A, B, C....they use lots of circuit training.....upper body, lower body, core, both

Session 6 Speakers: Rick Bauer (Boys) Attendance Number:16

Saugatuck Track & Field

Projects the next years scores by this years results

40 points will win the state meet for his classification

Covered a historical time line for Saugatuck

Must be on the same page with the assistant coaches

Learn how to win.....he has had to deal with a different culture

Old track facility....square

New Facility.....now
4 Classifications in Michigan
First team had 21 members
Changing the culture, change behavior, DYNAMIC WARM UP,
Post State Qualifiers are posted all over the school
State meet might be the easiest meet of the year for some schools
Likes to Race Up
AQs for regionals, conference, and state.....extends the season
First to a meet and the last to leave.....they do a team cooldown

Name of Sport: Boys and Girls Track & Field
Submitted by: Steve M & Bill W

Session 1 Speakers: Bob Zimney (Boys) Grand Forks ND Attendance Number:18

Roughneck Hurdling

Talked about where Grand Forks is located and the number of coaches he has on his staff.
Finding & retaining quality coaches is a key to his program. Calls them his fellow coaches not his assistant coaches.
Coaches Hurdles because it is what was left to coach after he hired the staff
Video on Indoor Hurdling (foam hurdles until the first meet), hurdle stretches, all 9th graders (sprinters) go with the hurdle coach for the first hurdle practice, does lead and trail leg on both sides, sliders (5 times), pick up the lead leg when you are working trail leg walk-overs on the side and over the middle, hurdle hop over, run overs....fly bys...(heel to but, deodorant on your knee, bent lead leg, get lead leg down, one step drill (3 yards apart), 9th grade boys scoring record, two hurdles (side by side) two hurdles in normal distances and 5 step over the third hurdle, points in the hurdles for the year,

Session 2 Speakers: Brian Evans (Girls) Attendance Number: 14

Organizational Tips For Creating A Successful Track Program

Keep A Log
Get A Binder
Communication with staff, athletes, parents
Preseason Booklets
Calendar
Track Schedule
Daily Attendance (call home)
Shows Results, Personal Bests, AQ Marks
Keep a running total of the seasonal points
The importance of #5, #6, etc.
Continually Motivating, monitoring, Facebook, twitter, etc.
www.edmodo.com
Build the workouts for the next year
Kids fill out a Seasonal Log Book
Team meeting

How to Build A Track & Field Programs.....The Husky Way

Had an outline of the project, process
Have a vision
We both need an expectation of the track program
Going to get kicked in the teeth
Work your system,
Under-train
Event Coaches are really important
15 to 20 people that help
Post the workout
No Cut Program
Get them out and they will find a spot
Character development
Family atmosphere
Make T & F fun, hands out t-shirts
Kick-off luncheon with parents
Have a dream, stay the course, expect setbacks

Session 4 Speakers: Ton McGough (Boys) Attendance Number: 15

You Are The Biggest Boulders Of The Kids
CHARACTER DEVELOPMENT
Passionate & Emotional
Social Interaction
Hurdles in the warm-up
Pace Drills
Barefooted cool-down
I am there for my first place & last place athletes
Had a very SAGE FILLED presentation
Culture and Climate
Spoke of heritage and culture of a program
Compete with the best to be best
Kids know if you really care
Words are so powerful so be careful!

Session 5 Speakers: Dave Hutchfield (girls) Attendance Number: 15

Hurdling
4 classes in Iowa, 19 events, Hurdles are important in Iowa
8 regionals, top 2 qualify and then the next 8 also qualify so 24 go to state
Drake Relays has qualifying standards.....track is a big deal in Iowa
Drills
Internet has hundreds of drills and you can't them all done

Drill at 30", both legs, lead leg on the wall, lead with the knee, (punch the lead arm)
Trail leg on the fence, toe up knee up, drive the knee down the track
Slide drill come off the hurdle and run ... get the trail leg off the hurdle.....NO DIP & FLIP
Walk overs, 3 steps apart
Skips 3 steps apart
7 steps apart and do the three step drills

Start to the first hurdle, then over 2, then over 3
Sprint over the hurdles laid down
4 to 3 steps...Move #2 up one base and #3 up two bases
Hurdle on the lane line
Troubleshooting the flaws, weavers, helicopter arm, hold on to a piece of rope to help with the arms
Lane Line Hurdling
Sends out a letter over Christmas break
Little Sister Big Sister Day
Top 10 List

Session 6 Speakers: Deb Petruzzille (Girls) Attendance Number: 16
What Will Your Athletes Remember?
It's The Little Things That Matter

Pre Title IX Era
42 years in the same school
Multiple Intelligence
Believer in the Benefits of Athletics
Hands out a folder at the beginning of their career
Schedule, Goal Sheets, Event Sheets, Nutrition Sheets, other data.
Post meet meeting.....usually on Monday
Pool Activity....water aerobics...relaxation thru imagery
Stars for improvement or activity
Circuit training when you can't go outside
Gag Gifts for everyone
Character Development.....to build relationships and trust you.....fun.....stays exciting.....fond memories of HS Track & Field Days

Name of Sport: Volleyball
Submitted by: Tim Wallstrum

Session 1 Speakers: Tim Wallstrum Attendance Number: 6 in attendance counting me.

Tim is from Kenmare, ND and his topic was "Warm-up to Prevent Injury". This session was on warm-ups in Volleyball in order to prevent injuries. Most injuries in volleyball occur to the ankle, knee, shoulder, and an occasional concussion. A video of the warm-up was shown as an example of what Kenmare High School does as a warm-up to help prevent these injuries. This session was at 8:00 on June 27th.

Session 2 Speakers: Jill Christensen Attendance Number: 8 in attendance

Jill is from Parker, SD and her topic was "It takes a Village". She talked about her secret spike activity in which players have to guess who is getting them fire up gifts during the year. She also discussed the Quote of the Week in which a player must have a quote and discuss what it means to me and how it relates to the team. Coach Christensen felt that success in Volleyball comes from Family, Coaching Staff, History of the Team, the Players, and Training. She presented a very nice slide show that showed many of these activities including pep-rally's.
She has yoga every Friday in practice. She is able to have a trainer come in to practice two days a week.

Jill also discussed her Friend of Volleyball Award in which they give a plaque to a person who spends a lot of time helping out their program. They also had the word ICE put on their shirts to stand for Intensity, Concentration, and Enthusiasm. Jill talked about something called the rooster rag. It is

kind of a terrible towel. Since they are the pheasants they call it the rooster rag and their gym is called the bird cage. Coach Christensen has developed a Web-site that shows the history of the team.

Session 3 Speakers: Diane Lichtenberg Attendance Number: 12

Diane from Bettendorf, IA had the topic of "Developing Team Chemistry" Diane said that teams do not succeed by talent alone and that success is about The Journey, Uniting the Group, Overcoming Individual Differences, how much the athletes excel, and teaching life skills. Coach Lichtenberg talked about some of the service projects her team does. They worked on the elementary school grounds as an example. She does not believe in the terms Varsity...JV... and says that they are all one team and refers to them that way. One of her favorite quotes is that ...hard work beats talent when talent doesn't work hard.

Coach says that she like to have the color of the day in practice. For example Orange... orange you glad we won last night. She also talked about how she likes to use...hudl and remind 101... Diane also said that she likes to have a team adventure. They may go on a team canoe trip or go through an obstacle course, or even just a board game night as a team as an example. The team sometimes breaks into groups and performs skits for the rest of the team.

Session 4 Speakers: Rochelle Rohlfs Attendance Number: 10

Rochelle Rohlfs from Omaha, NE had the topic of "Favorite Competitive Drills". Coach Rohlfs said that she likes to keep all of her drills competitive because that develops the team to play at a high level in crucial game situations. She discussed 18 different drills that she likes to use in her practices, even though she has decided to become the schools athletic director and give up the role of coaching for now.

Session 5 Speakers: Kenny White Attendance Number: 12

Coach Kenny White is from Cache Oklahoma and his topic was "Success in Volleyball from the ground up." Coach White also coaches basketball and talked about the correlation between basketball and volleyball. He wanted all his basketball players to play volleyball because he felt it made them better basketball players. He said that he felt volleyball was the ultimate team sport.

Coach White talked about the pros and cons of club sport on his program and how sports and work ethics have changed over the years. He also talked about getting his young players involved in the sport. He said that they are able to start teaching many of these skills in elementary physical education classes and that really helps his program. He feels that you should keep everything super simple and do things right. You should participate in multiple sports and keep on the path of life.

Session 6 Speakers: Jodi Manore Attendance Number: 10

Jodi is from Bedford, MI and her topic was the Volley Totz / Kids / for the Cure Programs. Jodi felt that with other sports starting at such a young age, volleyball players have the ability to start at a much younger age than they do in most schools today. She talked about how movement, ball work, passing, obstacle courses, setting, partnerwork , and attacking could all be used done with younger players. She also talked about many of the service projects that her teams do. She talked about her team doing the adopt a family project and how they raised a lot of money for the Dig Pink organization. She said that the key to these programs is to have a good chairperson (parent) in charge of them, but you occasionally have to reel in the chairperson. Coach Manore said that they started their program for 3-5 years olds seven years ago. It is usually a four week program. They often have one day camps over Christmas or other holiday breaks. The high school players are the coaches and they like to run 60-90 minute sessions and 5-10 minutes per drill and move on to keep their interest up. They try to have 3-5 players per coach and 2-3 for the youngest ones. They try to emphasize proper movement and terminology that they can understand and she recommends a Molten 1st touch ball. She is retired and has the advantage of just coaching and not teaching at the same time.

Session 7 Speakers: Kim Bell Attendance Number: 10

Coach Bell is from Moriarty, NM and her topic was “What I know now, that I wish I knew then.” Kim was a coach in San Diego for a while and coached a gatorade player of the year who went on to play at Pepperdine. She also said that she had the pleasure of coaching three sets of identical twins at the same time and it made the news headlines for a while at the time.

Coach Bell felt the biggest influence on her coaching was in 2008 when she developed breast cancer. She talked about how it influenced her coaching today. She said that her team has a Circle of survivors celebration every year. They escort the people onto the floor with their players on the night of the dig pink game. It has become a highlight of their season. She said that she was thankful for suffering her health ailments because it has deepened every part of her. It has deepened her relationships and influenced her to maintain those connections. She feels that she has a renewed compassionate and caring heart – a heart of gratitude. She now asks how do I make the last years my best. She feels that all coaches should ask these questions and think about the legacy that they wish to leave behind.

Kim feels that many young people do not think this way, instead they have an attitude of entitlement. They give up, take the easy way out, and have a lack of respect. They always want to know “what is in it for me?” She talked about a variety of books that she has read that have influenced her coaching, such as 3-D Coaching. She feels that kids are not ready for the real world and value convenience over commitment. They are overwhelmed, over – connected, over protected and over served. She does say that this generation has strengths. They are passionate, generous, social, and are high achievers. They just need direction and our challenge is to change our coaching to fit their strengths and build their character. Don’t just throw up your arms and let them go. Adjust your coaching to fit their needs. We need to get them focused on something besides themselves. They should be “other centered” and not self centered.

She discussed programs of service like the Dig Pink Program. She talked about having a word to focus on that reflects what you wish to accomplish and how they do team building projects such as a lock in.

Session 8 Speakers: Tara Taylor Attendance Number: 11

Tara is from Fergus, MT and her topic was “A Lasting Tradition of Excellence, Building and Maintaining a successful high school volleyball program.” Coach Taylor wanted to have a mission of providing a memorable experience for every player while developing fundamentally sound individuals and teams. She feels that there is no substitute for hard work. Coach talked about the circuit training that they do in practice and the importance of having minimal down time. The importance of out of season training programs was illustrated. She talked about Vertimax, Weight Training, and Summer AMP programs.

Coach Taylor talked about team building, progressing your team through coaches expectations, and the things she expects her team to remember. She emphasized that there are two things that you can control; attitude and effort. Coach Tara felt that you should try new things to keep it fresh. She also felt that it was beneficial to use former players in any way to enhance your program. It demonstrates the traditions of the team. She also felt that a coach be consistent in running their programs and discussed several ways to promote your program including scrap books she puts together for the team.

Name of Sport: Wrestling
Submitted by: Herman Andrews Jr.

Session 1 Speakers: Derrick Dixon Attendance Number:5

Mr. Dixon was able to make it even though his mother passed away on the 15th of June. Mr. Dixon is a Silver Certified Coach and has 39 years of coaching as head coach and Music teacher. Dual record 310-190-7 with 22 State Champs. Mr. Dixon talked about his rules and expectations of students and parents. Mr. Dixon also talked about our changing athletes ; work ethics, wrestling cheerleaders(lack of), youth participation, year around wrestling, wrestling burnout, girls in the sport of wrestling and Hydration changes. Mr. Dixon talked about the practice schedule; weights in the morning prior to school then practice after school consisting of drilling, penetration drills (everyday) and very little live wrestling till the end of the season.

Session 2 Speakers: Brandon Day Attendance Number:5

Mr. Day talked about kids that value hard work. 600 kids in the high school. 13 state titles, 13 runner-ups, 7 wrestling State Championships (Mr. Day) 5 state runner-ups (Mr. Day). He hit these points hard; Core, tech and drilling, solid drilling, make the kids best at what they do, build bond with kids/parents and don't allow middle school team to wrestle live until two weeks left in the season. Fund raising over \$40,000.00 a year. Wrestling and crossfit go hand and hand. Whole town is behind them.

Practice schedule: Monday-Neutral
 Tuesday-Short offense (Front headlock)
 Wednesday-Pinning combos/Tilts
 Thursday- Top
 Friday-Bottom

Past President Meeting 2016
At Louisville, Kentucky

Present at the meeting: Bill Farthing, Max Hawk, Gelaine Orvik, Jerry Miller, Kathy Holloway, Don Prokes, John McGinnis, Sara Kinney, Jerry Wetzel, John Hutchison, Gary Makowicki, Harold Shepard, Virg Polak, Jim Okler, Dave Dougherty, Renee Schultz, and Robbie Robinson.

We read a welcome of the Past Presidents.

The Past Presidents went around the room to tell about what is happened in the last year in their life.

The group talked about some past presidents that could not make the convention.

We had a gift exchange among the past presidents.

We gave away a copy of Dick Katte's book to one of our members.

It was decided to have a gift exchange for next year. Remember to keep in touch with each other during the year.

Addition to the minutes: At the Past Presidents luncheon it was decided to give Dave & Danell Dougherty a gift of \$500 for appreciation of all their work for NHSACA. This gift will not be used to help pay off Dave's salary.

**NHSSI Board Meeting Louisville, Kentucky
Monday, June 27, 2016**

The meeting was called to order by Don Prokes at 2:30 pm.

Don Prokes, President; Kathy Holloway, Vice President; Sara Kinney, Secretary; Max Hawk, Gary Makowicki and Gelaine Orvik were present. Dave Dougherty was also present as an observer.

The minutes from the previous meeting had been distributed. Gary Makowicki moved to accept the minutes. Kathy Holloway seconded. The motion passed.

Finances

Don reported that there was \$3580.47 in the account at the end of May. 6,409.15 and 6,064.71 are the amounts in the investments, totaling \$12,473.71. After paying \$1200.00 to NHSACA, there is \$2380.47 in the account. He mentioned the \$2500.00 that Robbie Robinson deposited and then it went out immediately for a speaker at the last convention.

Don reviewed the donations and memorials that were made.

Past Presidents	600.00
Memorials	770.00
Donations	450.00

Don discussed the legacy possibilities.

There was a discussion concerning the 501c3 status with the NHSACA and the implications for the NHSSI.

Gary Makowicki moved to increase the management agreement amount to \$500.00 a month. Gelaine Orvik seconded. Discussion followed concerning having the money needed without going into the investment amounts. The motion failed.

Gary Makowicki moved to increase the management agreement amount to \$200.00 a month. Gelaine Orvik seconded. The motion passed unanimously.

Election of Trustees

Gary Makowicki moved to re-elect Gelaine Orvik, Kathy Holloway and Donald Prokes as trustees for NHSSI. Sara Kinney seconded. The motion passed.

Kathy Holloway moved to adjourn. The meeting was adjourned at 3:20 pm.

BYLAWS OF THE NATIONAL HIGH SCHOOL ATHLETIC COACHES ASSOCIATION

ARTICLE I. GENERAL

Section 1. The name of this organization will be the National High School Athletic Coaches Association, Inc. The registered office of the Association shall be determined by the Executive Director with the approval of the Executive Committee. The executive director of the Association shall be appointed by the Executive committee with the approval of the Board of Directors.

ARTICLE II. MEMBERSHIP

- Section 1. Dual State Membership
- A. All sport state associations
 - B. Individual sport state associations
 - C. District of Columbia or U.S. territory sports associations

- Section 2. Individual Membership
- A. Active
 - B. Public
 - C. Honorary

ARTICLE III. FEES

Section 1. The annual fees for membership shall be payable in advance to the association as follows:

- A. Dual State Memberships
 - 1. One to five hundred members - \$500
 - 2. Over five hundred members - \$1,000
- B. Individual Membership
 - 1. Active members - \$10.00
 - 2. Public members - \$10.00
 - 3. Honorary members – no charge

Section 2. Due dates, delinquencies, suspensions, and reinstatements are described in the Policy and Procedure Manual.

ARTICLE IV. OFFICERS

Section 1. The officers of this Association shall be a president, a first vice-president, a second vice-president, a third vice-president, and the past-president.

Section 2. The officers of this Association shall perform the duties usually performed by such officers, together with such duties as shall be prescribed by the Bylaws and policies of the Association or the Board of Directors.

Section 3. The terms of office for all officers elected at the annual meeting shall commence at the installation of officers.

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 Nominations.

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 past-president will serve as chair of the Committee on Nominations and as a member of the Charter and Bylaws Committee and such other duties as may be assigned by the Board of Directors.

ARTICLE VI. EXECUTIVE DIRECTOR (SECRETARY-TREASURER)

Section 1. The executive director shall perform the duties of the secretary-treasurer and such other duties as may be assigned by the Board of Directors or the executive committee of this Association:

Section 2. The salary and contractual negotiations with the Executive Director will be the responsibility of the executive committee with recommendation to and final approval by the Board of Directors.

Section 3. The Executive Director must serve three one-year terms of satisfactory service after which he or she will be eligible for a three-year term, which is renewable annually.

Section 4. The Executive Director shall transfer all correspondence, records, funds and other materials, equipment and keys to his or her successor within a period of 60 days, and only after a complete "other comprehensive basis of accounting" of all Association finances and properties paid for by the NHSACA. The current sitting NHSACA President shall oversee the above.

Section 5. The Executive Director must give notice of six months or more to the executive committee prior to resigning or retirement.

Section 6. The Executive Director shall ensure that an annual financial report be conducted by the NHSACA CPA Accountants, and paid for by the NHSACA, and that the results shall be made available to the Executive Committee and the Board Members.

ARTICLE VII. EXECUTIVE COMMITTEE

Section 1. There shall be an executive committee of the Board of Directors, composed of the president, the three vice-presidents, the past-president, the state Executive Director's Representative, and the Executive Director (ex-officio).

Section 2. The executive committee shall have the powers of the Board of Directors to transact business during the interim between the annual meetings of the Board of Directors. All transactions of the Committee shall be reported in full to the Board of Directors.

Section 3. The executive committee shall have two interim meetings annually.

ARTICLE VIII. BOARD OF DIRECTORS

Section 1. There shall be a Board of Directors of the Association. The Board shall consist of the president, three vice-presidents, the immediate past-president, the eight regional directors, the chairs of the National Sports Committees, the chair of the State Associations Executive Secretaries, and at-large members as herein provided. National past presidents will continue to serve on the National Board of Directors. The Executive Director will be an ex-officio member of the Board.

Section 2. Dual states shall have voting representation based on their paid membership as follows:

- | | |
|------------------|----------------|
| 1- 500 members | - minimum of 1 |
| over 500 members | - minimum of 2 |

Section 3. At-large members of the Board of Directors shall be appointed by their respective State Associations to meet the minimum voting representation.

Section 4. Regular meetings of the Board will be held during the annual meeting.

Section 5. Special meetings of the Board of Directors may be called by the president.

Section 6. There shall be a director who shall represent each of the eight NHSACA geographic regions and shall be known as regional director.

Section 7. There shall be a chair of each National Sports Committee.

ARTICLE IX. DUTIES OF THE BOARD OF DIRECTORS

Section 1. The Board of Directors is the legislative body of the Association.

Section 2. The Board of Directors shall transact the general business of the Association.

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 Nominations. If the executive director is a member of the committee, he will be an ex officio member.

- A. 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.

Section 2. National Sports Area Committees

- A. Assistant coach (boys), assistant coach (girls), athletic directors, baseball, basketball (boys), basketball (girls), cross country (boys), cross country (girls), football, golf, soccer, softball, special sports, swimming, tennis, track (boys), track (girls), wrestling, and volleyball.

ARTICLE XI. NOMINATIONS

Section 1. Officers – The committee on nominations shall receive nominations for the elective offices and make a final report to the Board of Directors.

Section 2. Regional Directors - Nominations and election of regional directors, when due, are made by the region in which the vacancy occurs at their Regional meeting and forwarded to the Board of Directors for confirmation.

Section 3. National Sports Area Chair – Nominations should be submitted to the President and Board of Directors

ARTICLE XII. ELECTIONS

Section 1. Election of officers shall be by written ballot.

Section 2. Officers - The president and the three vice-presidents shall be elected by the Board of Directors. The term of service for the officers shall be one year with annual ascendancy as per Board of Directors action. A candidate for 3rd vice-president must either be a current member of the Board of Directors or have served at least three years on the board at some time in the past.

Section 3. Regional Directors - The directors that represent the NHSACA geographic regions will be appointed by the executive committee upon recommendation by the Dual State Executive Secretary/Director Representative and subject to the confirmation of the National Board of Directors.

- A. That directors from Regions 1-3-5-7 will be appointed on the odd-numbered years;
- B. That directors from Regions 2-4-6-8 will be appointed on the even-numbered years; and
- C. Regional directors shall serve two-year terms with a limit of not more than three terms.

Section 4. Dual State Executive Secretary and National High School Sports Institute (NHSSI) Representatives to the Executive Committee - Each group may recommend at least one person for approval by the NHSACA Board of Directors. Length of term will be two years with renewal possible. The NHSSI Representative is elected in odd years and the Dual State Executive Secretary/Director Representative is elected in even years.

ARTICLE XIII. REMOVAL FROM OFFICE

Section 1. A Board of Directors member may be removed or suspended from his or her office for criminal conviction, neglect of regular or assigned duties, failure to perform duties due to illness, or termination of active coaching or athletic responsibilities.

Section 2. The Executive Director may be removed or suspended from office because of criminal conviction, neglect of regular or assigned duties or failure to perform duties due to illness.

Section 3. The procedure for such removal or suspension is outlined in the Policy and Procedures Manual.

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 officer shall fill the vacancy until the adjournment of the next annual meeting or until his or her successor is elected. 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 shall fill the vacancy.

Section 2. Regional Directors - A vacancy among Regional Directors of this Association will be filled by the executive committee upon recommendation of the president.

Section 3. National Sports Committee Chairs - A vacancy in the committee chair positions will be filled by the executive committee upon recommendation of the president.

Section 4. Executive Director - In the event of a vacancy in the position of Executive Director, the president shall notify the Board of Directors of the vacancy, and then call a meeting of the executive committee.

ARTICLE XV. QUORUM

Section 1. Four members shall comprise a quorum for the transaction of business at any meeting of the executive committee.

Section 2. A majority of the Board of Directors shall constitute a quorum at any meeting of the Board of Directors. The president or a vice-president must be in attendance. The number of active past presidents who are in attendance at the Annual Meeting will be used in determining a quorum.

Section 3. A majority of the members of any committee of this Association shall constitute a quorum for the transaction of business.

ARTICLE XVI. FISCAL YEAR

Section 1. The fiscal year of this Association shall be September 1 through August 31.

ARTICLE XVII. PARLIAMENTARY AUTHORITY

Section 1. The rules contained in the Robert's Rules of Order on parliamentary procedure shall govern meetings of this Association in all cases to which they are applicable and in which they are not inconsistent with these Bylaws.

ARTICLE XVIII. ANNUAL MEETING

Section 1. There shall be an annual meeting.

Section 2. It shall be the purpose of this Association to conduct an annual meeting where active and public members may meet and exchange ideas with their colleagues from other sections of the country who have common interests and problems in the area of high school and amateur sports.

Section 3. The annual meeting site (city and property) will be selected by the executive committee after invitations have been tendered.

ARTICLE XIX. AWARDS

Section 1. There shall be a National Awards Banquet held annually.

Section 2. There shall be a Hall of Fame Banquet held annually.

Section 3. The award categories include:

- A. National Coach or Athletic Director of the Year
(specific sports areas)
- B. Coach or Athletic Director of the Year National Finalist
- C. Hall of Fame
- D. Dwight T. Keith Award
- E. Carey E. McDonald National Citation
- F. Distinguished Service

Section 4. Guidelines and criteria for each award will be outlined in the Association Policy and Procedure Manual.

ARTICLE XX. REGIONS AND STATES

Section 1. Regions for administrative uses and purposes of this Association shall be set by the Board of Directors upon recommendation of the executive committee.

Section 2. Regions: The United States of America shall be divided for NHSACA regions as follows:

- A. Region 1 - Maine, New Hampshire, Vermont, New York, Connecticut, Rhode Island, Massachusetts
- B. Region 2 - New Jersey, Pennsylvania, West Virginia, Delaware, Maryland, Virginia, District of Columbia
- C. Region 3 - North Carolina, South Carolina, Georgia, Tennessee, Kentucky, Alabama, Florida
- D. Region 4 - Ohio, Indiana, Michigan, Wisconsin, Illinois
- E. Region 5 - Missouri, Kansas, Oklahoma, Texas, Louisiana, Arkansas, Mississippi
- F. Region 6 - Minnesota, Iowa, North Dakota, South Dakota, Nebraska, Colorado
- G. Region 7 - Montana, Wyoming, Idaho, Oregon, Washington, Alaska
- H. Region 8 - New Mexico, Utah, Nevada, California, Arizona, Hawaii

ARTICLE XXI. AMENDMENTS TO THE BYLAWS

Section 1. These Bylaws may be amended, altered, or repealed at any duly constituted meeting of the Association Board of Directors by an affirmative vote of two-thirds of the board members present.

Section 2. A proposed amendment must be submitted in writing to the Executive Director and/or the President. The Board of Directors shall be given the proposed amendment in writing not less than one day prior to board meeting and final action.

Section 3. The Board of Directors may also take such board action as in Section 2, on proposed amendment(s) by a mail poll or electronic poll.

ARTICLE XXII. DISSOLUTION

Section 1. In the event of dissolution, the residual assets shall be turned over to Dual State Associations which are exempt as organizations described in Section 501(c)(3), 501(c)(6) and 170(c)(2) of the Internal Revenue Code of 1954 or corresponding section of any prior or future law. The method of distribution of Association assets will be as follows:

- A. To be divided equally among the dual state coaches associations who hold in their own name an official Internal Revenue Service tax exempt service under Code 501(c)(3) or 501(c)(6).
- B. If none of the dual state associations qualify, the assets will be contributed to the U.S. Olympic Fund.

Section 2. Under no circumstances shall any of the property or assets of this Corporation, during the existence and/or upon dissolution thereof, go or be distributed to any officer, director or member of the Corporation.

ARTICLE XXIII. AMENDMENTS TO THE ARTICLES OF INCORPORATION

Section 1. Only the Board of Directors of this Corporation may propose amendments, alterations, or rescission of these articles.

As amended: August 20, 2016.

State of Florida

DEPARTMENT OF STATE • DIVISION OF CORPORATIONS

I certify that the following is a true and correct copy of Articles of Incorporation of NATIONAL HIGH SCHOOL ATHLETIC COACHES ASSOCIATION, INC., a corporation not for profit organized under the Laws of the State of Florida, filed on June 30, 1978, as shown by the records of this office.

The charter number for this corporation is 743440.



GIVEN under my hand and the Great Seal of the State of Florida, at Tallahassee, the Capital, this the 30th day of June, 1978.

Gene A. Smathers
SECRETARY OF STATE

DEPARTMENT OF STATE



Bruce A. Smathers
Secretary of State

David C. MacNamara
Assistant Secretary of State
June 30, 1978

DIVISION OF CORPORATIONS
The Capitol
Tallahassee, Florida 32304

F. R. Ritter
Director
Division of Corporations

BUREAUS OF
UNIFORM COMMERCIAL CODE
AND CORPORATE RECORDS

Jay Fleisher, Esq.
P.O. Box 788
Gainesville, FL 32602

Dear Mr. Fleisher:

Articles of Incorporation for NATIONAL HIGH SCHOOL ATHLETIC COACHES ASSOCIATION, INC., a corporation not for profit, were filed on June 30, 1978, and assigned Charter Number 743440. Enclosed please find a certified copy of the articles.

The above information is now on file as a public record, so please notify us if there are any discrepancies with your own records. Also your check for \$38.00 covering the various fees has been deposited.

If you desire further information please telephone (904) 488-9020.

Sincerely,

F. R. Ritter

F. R. Ritter, Director
Division of Corporation

FRR/sl

Among the many improvements underway in the Department of State to better serve the citizens of Florida is an all new telephone system for the Division of Corporations. The numbers listed below take effect January 1, 1978.

Since our switchboard will be eliminated, it will be necessary for you to dial the program area you wish directly. All numbers are area code 904 followed by 488.

Corporate information on the computer will be provided at only one number — (904) 488-9000. To obtain information on how to file, consult the type of filing. General information can be obtained at (904) 488-9130. To find out if a corporate name is available for use call (904) 488-9260. Uniform Commercial Code's number is (904) 488-1010 for general information and (904) 488-9285 for debtor information on the computer.

THESE NUMBERS EFFECTIVE 1-1-78

ALPHABETICAL LISTING	
Subject	(904) 4
Amendments, Domestic	902
Amendments, Foreign	984
Amendments, other: see specific types	
Annual Reports	906
Articles of Incorporation	
Domestic	902
Foreign	984
Certificates Under Seal,	
Corporations	952
UCC	101
Certified Copies,	
Corporations	914 - 964
UCC	101
Computer Information,	
Corporations	900
This is the only number that will provide corporate information from the computer including the following: name, registered agent, officers, directors, date of incorporation, status, and principal office address.	
Computer Information, UCC	928
Conference Room	963
Corporate Information—	
see Computer Information above	
Corporate Information—how-to-file and status of filings: see specific types of filings.	
Correspondence	966
Debtor Information, UCC Filings	928
Declarations of Trust	984
Dissolution, involuntary	908
Dissolution, Voluntary	902
Domestic Charters, Amendments	902
Domestic Charters, Non-Profit	902
Domestic Charters, Profit	902
Fees, Corporations (General)	913
Fees, (see specific types of filings also)	
Fees, Uniform Commercial Code	101
Filing Information (General)	913
Filing Information (see specific types of filing)	
Financing Statements—(see UCC)	
Fiscal—Returned Checks	963
Foreign Qualifications, Amendments	984
Foreign Name Registrations	984
Foreign Withdrawals	984
General Information	913
How to File —	
(General Information)	913
(see specific types of filings)	
Uniform Commercial Code	101
Limited Partnerships	984
Mergers, Domestic	902
Mergers, Foreign	984
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Microfilm	963
Name Availability	926
Name Reservations, how to file	913
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Non-Profit Corporations, Domestic	902
Non-Profit Corporations, Foreign	984
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Domestic and Foreign Charters	908
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Service of Process	952
Systems Analyst	971
Trademarks	984
Uniform Commercial Code	101
Voluntary Dissolutions	902
Withdrawals, Foreign	984

The 1977 Florida Legislature increased the fee for filing the 1978 Annual Report from \$5 to \$10. Please make check or money order payable to the SECRETARY OF STATE when filing this year's Annual Report.

ARTICLES OF INCORPORATION
OF

NATIONAL HIGH SCHOOL ATHLETIC COACHES ASSOCIATION, INC.

We, the undersigned hereby desire and agree to form a corporation not for profit under the provision of Chapter 617 Florida Statutes and say:

ARTICLE I

NAME OF CORPORATION

The name of this Corporation shall be National High School Athletic Coaches Association, Inc.

ARTICLE II

REGISTERED OFFICE AND AGENT

The street address of the initial registered office of this Corporation shall be 3423 E. Silver Springs Boulevard, Suite 9, Ocala,,Florida 32670. The registered agent for the Corporation shall be Carey E. McDonald, whose business office is at 3423 E. Silver Springs Boulevard, Suite 9, Ocala, Florida 32670. The Board of Directors may from time to time change its registered office or its registered agent.

ARTICLE III

EXISTENCE

This Corporation shall have perpetual existence unless sooner dissolved according to the law.

RECEIVED
JAN 10 1970
FEDERAL BUREAU OF INVESTIGATION
U.S. DEPARTMENT OF JUSTICE

ARTICLE IV

POWERS, OBJECTS AND PURPOSES

This Corporation shall be authorized to exercise the powers permitted non-profit corporations under Chapter 617 of the Florida Statutes. It shall be the purpose of this Corporation to provide leadership and programs which foster national amateur athletic competition in a wholesome atmosphere under conditions which assure maximal athletic performance through youth participation and competent coaching, and to direct educational functions relating to the teaching of high school and amateur athletics to individuals and groups. In furtherance of this purpose, the corporation's activities may include but not be limited to:

Section 1. Conducting informative activities which educate the general public about high school and amateur sports in the United States of America.

Section 2. Compiling and disseminating information governing athletes, coaches, and athletic activities.

Section 3. Fostering high standards of ethics and sportsmanship among athletes, coaches, administrators, and the general public.

Section 4. Promoting better understanding and closer cooperation among athletes, coaches, administrators, game officials, and the general public.

Section 5. Fostering and encouraging high school athletics in accordance with the highest tradition of athletic competition.

Section 6. Providing motivation for young boys and girls to participate in interscholastic athletics.

Section 7. Providing training programs which will assist athletes and coaches in developing and maintaining maximum standards of student safety and welfare.

Section 8. Conducting and disseminating research and information in the operation of the interscholastic athletic program.

Section 9. Maintaining a membership composed of individual persons interested in fostering high school athletic competition and other sports activities in the United States.

Section 10. Providing a national office which will collect and distribute information to members of the organizations associated with amateur sports.

Section 11. Cooperating with the National Federation of State High School Associations, the President's Council on Physical Fitness & Sports, AAPHER, and other national educational and/or governmental agencies which promote and or administer high school and amateur sports.

Section 12. Educating all parties involved; athletes, coaches and the general public.

ARTICLE V

MEMBERSHIP

Section 1. Membership in this Corporation shall consist of all officers, all members of the Board of Directors, constituent association members, and all members of the public who evidence an interest in high school athletics.

Section 2. Constituent Association Membership. The members in good standing of a state association may be eligible for membership in the Corporation if the state association forwards to the Secretary-Treasurer (Executive Director) an official list of state association members in good standing together with the fees of such members. Said fees shall be as specified in the By-Laws of this Corporation.

Section 3. Public members. The manner of admission of members of the public shall be by application to the Secretary-Treasurer, (Executive Director) and made on a form provided by the Corporation, accompanied by fees for the current year. Public membership is subject to the approval of the Secretary-Treasurer (Executive Director). Said form and fees shall be specified in the By-Laws.

Section 4. Classes of Membership, which may include but are not limited to, active, public, life and honorary, shall be defined in the By-Laws of the Corporation.

Section 5. The annual registration fee for members shall be determined by the Board of Directors at its annual meeting.

ARTICLE VI

OFFICERS

The affairs of this Corporation shall be managed by the officers of the Corporation.

Section 1. The officers of this Corporation shall be the President, First Vice President, Second Vice President, Third Vice President, Secretary-Treasurer (Executive Director) and Immediate Past President.

Section 2. The officers shall be elected annually by a majority vote of the Board of Directors of the Corporation present at the annual meeting.

Section 3. The officers shall be active members of the Corporation.

Section 4. The names of the officers who are to manage the affairs of the Corporation until the first election under the Articles and By-Laws are:

Dr. Robert Metcalf	President
Mr. Robert Mosher	First Vice President
Mr. Max Hawk	Second Vice President
Mr. Larry McHugh	Third Vice President
Mr. Paul Briggs	Immediate Past President
Mr. Carey E. McDonald	Secretary-Treasurer (Executive Director)

ARTICLE VII

BOARD OF DIRECTORS

Section 1. The number of directors shall be as provided in the By-Laws of the Corporation, however, there shall never be less than three (3) or more than fifty (50) directors.

Section 2. Only members of the Corporation shall become Directors of the Corporation.

Section 3. The Board of Directors of this Corporation shall be comprised of: the officers, eight District Directors, Executive Secretary Emeritus, National Athletic Responsibility Area Chairmen, the Chairman of the State Association Executive Secretaries Committee and one at large member from each official State Association of a state not otherwise

represented on the Board of Directors.

Section 4. The procedures for filling any vacancies which may occur on the Board of Directors shall be as prescribed in the By-Laws.

Section 5. The number of persons constituting the first Board of Directors is thirty-six (36). The names and addresses of the First Board of Directors, which shall serve until their successors are elected or appointed at the first annual meeting of the membership of the Corporation are as follows:

Corporation Officers:

President	Dr. Robert L. Metcalf 115 Riss Drive Normal, Ill. 61761
1st Vice President	Mr. Robert Mosher 4824 Goldenrod Road Orlando, Fla. 32807
2nd Vice President	Mr. Max Hawk 1805 College Street Yankton, S.D. 57078
3rd Vice President	Mr. Larry McHugh Coach Drive Northford, Conn. 06472
Immediate Past Pres.	Mr. Paul Briggs 4213 Orinda Way Bakersfield, Ca. 93306
Secretary-Treasurer (Executive Director)	Mr. Carey E. McDonald 1604 S.E. 13th Street Ocala, Fla. 32670

District Directors:

District 1.	Mr. Charles W. Miller 446 Reeves Road Pittsford, N.Y. 14534
District 2.	Mr. Jim Hawley 1407 Broad Street Alta Vista, Va. 24517

District 3.	Mr. Charles Grisham 201 Hill Drive Carrollton, Ga. 30117
District 4.	Mr. Bob James 31646 Flynn Street Warren, Mich. 48092
District 5.	Mr. Joe Tunnell 702 1/2 West Creek Lindsay, OK 73052
District 6.	Mr. Ed Kintz 6910 W. Floyd Avenue Lakewood, CO 80227
District 7.	Mr. Tinker Hatfield Route #1, Box 66 Halsey, OR 97348
District 8.	Mr. Edmund Strelow 445 Crestmont Drive Oakland, CA 94619
Executive Secretary Emeritus	Mr. Dwight T. Keith 1421 Mayson Street Atlanta, Ga. 30324
Chairmen of the National Sports Area Committee	
Basketball	Mr. Howard Sharpe 4733 Wabash Avenue Terre Haute, Ind. 47803
Baseball	Mr. Gordon Morgan 2162 S. Fulton Place Tulsa, OK 74114
Track	Mr. Ralph Bergdoll 2112 Bellsburg Drive Dayton, Ohio 45459
Wrestling	Mr. Leo Johnson Char-Koll Farms Baldwinsville, N.Y. 13027
Swimming	Mr. Glenn Kaye 1504 N. 40th Avenue Hollywood, Fla. 33021
Cross Country	Mr. Elton Wright 3535 Southland Drive Jackson, Miss. 39212

Athletic Director	Mr. Don Kielsing 1760 Kilkenny Drive Lake Oswego, OR 97034
Football	Mr. John Friend 8816 Columbia Avenue Munster, Indiana 46321
Golf	Mr. Glenn Russell 703 Plymouth Street Newport News, VA 23602
Tennis	Mr. David Silcox 6316 W. Mission Lane Glendale, AZ 85302
Soccer	Mr. George Kennedy 501 Pamela Street Gastonia, N.C. 28052
State Association Executive Secretaries Committee Chairman	Mr. Bob R. Williams 668 North Louisa Shawnee, OK 74801
At Large Members	
	Julius Babb 113 Joneway Greenwood, S.C. 29046
	William Wilson 1411 Hennessy, Apt. 11 Dodge City, KA 67801
	Robert King 221 14th Street, N.E. Valley City, N.Dakota 58072
	Bryan Mahoney P. O. Box 407 Buffalo, WY 82834
	C. W. Powell P. O. Box 211 Summerville, W. VA. 26651
	Don Burnett 9322 21st Ave., N.W. Seattle, Wash. 98107
	Ralph Halverson 364 Beth Drive Great Falls, Montana 59405

Robert Gibbs
3333 Truman Street, N.E.
Albuquerque, N.M. 87101

Alton Franklin
103 3rd West Street
Haynesville, LA 71038

ARTICLE VIII

ADVISORY COUNCIL

The Advisory Council shall be comprised of persons who are members of the Corporation. The number of persons serving on the Council from each state will be pro-rated from each state as prescribed in the By-Laws.

ARTICLE IX

EXECUTIVE COMMITTEE

The Executive Committee shall be composed of the Officers of the Corporation.

ARTICLE X

VOTING

Section 1. All members shall have the privilege of the floor at the annual meeting but the privilege of voting shall be exercised only by the Members of the Board of Directors.

Section 2. Voting on issues during the interim between annual meetings shall be the privilege of the Executive Committee. Such voting may be by a method of mail polling as prescribed in the By-Laws.

ARTICLE XI

AMENDMENTS TO THE ARTICLES

Section 1. Only the Board of Directors of this Corporation may propose amendments, alterations or rescission of these articles.

Section 2. A proposed amendment, alteration or rescission must be submitted in writing to the Secretary-Treasurer (Executive Director). Notification of the Board of Directors by the Secretary-Treasurer (Executive Director) of the proposed amendment, alteration or rescission shall be as provided in the By-Laws. However, in no event shall such notice be less than three (3) days prior to the Board Meeting or mail poll. Such notice shall be a prerequisite for consideration of the proposed amendment by the Board of Directors.

Section 3. A proposed alteration, amendment or rescission of the Articles may be adopted at any meeting of the Board of Directors by the affirmative vote of two-thirds of those Board Members present.

Section 4. Such Board action on amendments, alterations or rescissions may also be taken by the Board of Directors pursuant to a mail poll. The method of said mail poll shall be as specified in the By-Laws.

ARTICLE XII

BY-LAWS

The Board of Directors of this Corporation by two-thirds vote of the members present at any meeting of the Corporation may adopt, amend or rescind By-Laws for the conduct of the affairs of this Corporation. Notice of any proposed adoption, amendment or rescission of By-Laws shall be given as provided in the By-Laws, provided, however, that at least two days notice shall be given. By-Laws may be adopted, amended or

rescinded by mail poll of the Board of Directors. The method of taking said poll to be as provided in the By-Laws of the Corporation.

ARTICLE XIII

REMOVAL FROM OFFICE

An Officer, District Director, or National Athletic Responsibility Area Chairman may be removed from office under procedures prescribed in the By-Laws.

ARTICLE XIV

NAMES AND RESIDENCES OF SUBSCRIBERS

The names and residences of the subscribers to these Articles of Incorporation are as follows:

Dr. Robert L. Metcalf	115 Riss Drive Normal, Ill. 61761
Mr. Robert Mosher	4824 Goldenrod Road Orlando, Fla. 32807
Mr. Carey E. McDonald	1604 S.E. 13th Street Ocala, Fla. 32670

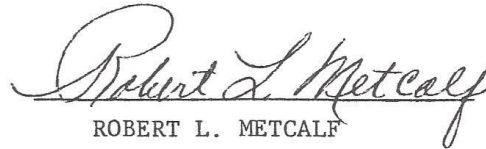
ARTICLE XV

DISSOLUTION

In the event of Dissolution, the residual assets shall be turned over to Constituent State Associations which are exempt as organizations described in Section 501 (c)(3) and 170(c)(2) of the Internal Revenue Code of 1954, or corresponding section of any prior or future law. The method of such distribution shall be as specified in the By-Laws of the Corporation. If there be no such organizations at the time of the Dissolution of this Corporation, then the residual

assets will be turned over to any organization or organizations which are exempt or organizations described in Section 501 (c)(3) and 170(c)(2) of the Internal Revenue Code of 1954, or corresponding Sections of any prior or future law. The method of such distribution shall be as specified in the By-Laws of the Corporation. Under no circumstances shall any of the property or assets of this Corporation, during the existence and/or upon Dissolution thereof, go or be distributed to any Officer, Director or member of the Corporation.

IN WITNESS WHEREOF I, the undersigned subscribing
incorporator, have hereunto set my hand and seal this 2nd
day of JUNE, A.D., 1978, for the purpose of forming
this Corporation not-for-profit under the laws of the State
of Florida.



ROBERT L. METCALF

STATE OF ILLINOIS

COUNTY OF McHenry

I HEREBY CERTIFY that on this day, before me, a Notary
Public, duly authorized in the State and County aforesaid
to take acknowledgments personally appeared ROBERT L.
METCALF, to me known to be the person described in and who
executed the foregoing instrument, and acknowledged before
me that he executed the same for the purposes therein
expressed.

WITNESS MY HAND and Official Seal in the County and
State named above this 2nd day of June, A.D., 1978.


Notary Public

My Commission expires: 12/18/78

IN WITNESS WHEREOF, I, the undersigned subscribing
incorporator, have hereunto set my hand and seal this 5th
day of June, A.D., 1978, for the purpose of
forming this Corporation not-for-profit under the laws of
the State of Florida.

Robert Mosher
ROBERT MOSHER

STATE OF FLORIDA

COUNTY OF Orange

I HEREBY CERTIFY that on this day, before me, a Notary
Public, duly authorized in the State and County aforesaid
to take acknowledgments personally appeared ROBERT MOSHER,
to me known to be the person described in and who executed
the foregoing instrument, and acknowledged before me that
he executed the same for the purposes therein expressed.

WITNESS MY HAND and Official Seal in the County and
State named above this 5th day of June, A.D., 1978.

Fonda C. Black
Notary Public
State of Florida at Large

My Commission expires:

Notary Public, State of Florida at Large
My Commission Expires Feb. 24, 1982

IN WITNESS WHEREOF I, the undersigned subscribing
incorporator, have hereunto set my hand and seal this 31st
day of May, A.D., 1978, for the purpose of forming
this Corporation not-for-profit under the laws of the State
of Florida.

Carey E. McDonald
CAREY E. McDONALD

STATE OF FLORIDA

COUNTY OF Alachua

I HEREBY CERTIFY that on this day, before me, a Notary
Public, duly authorized in the State and County aforesaid
to take acknowledgments personally appeared CAREY E. McDONALD,
to me known to be the person described in and who executed
the foregoing instrument, and acknowledged before me that he
executed the same for the purposes therein expressed.

WITNESS MY HAND and Official Seal in the County and
State named above this 31st day of May, A.D., 1978

Anna M. Cuenca
Notary Public
State of Florida at Large

My Commission expires:

NOTARY PUBLIC, STATE OF FLORIDA AT LARGE
MY COMMISSION EXPIRES JULY 24, 1981



FLORIDA DEPARTMENT OF STATE
Division of Corporations

September 13, 2016

DAVE DOUGHERTY
PO BOX 10277
FARGO, ND 58106

Re: Document Number 743440

The Articles of Amendment to the Articles of Incorporation for NATIONAL HIGH SCHOOL ATHLETIC COACHES ASSOCIATION, INC., a Florida corporation, were filed on September 6, 2016.

The certification requested is enclosed.

Should you have any question regarding this matter, please telephone (850) 245-6050, the Amendment Filing Section.

Rebekah White
Regulatory Specialist II
Division of Corporations

Letter Number: 316A00019535

www.sunbiz.org

Division of Corporations - P.O. BOX 6327 -Tallahassee, Florida 32314

State of Florida



Department of State

I certify from the records of this office that NATIONAL HIGH SCHOOL ATHLETIC COACHES ASSOCIATION, INC. is a corporation organized under the laws of the State of Florida, filed on June 30, 1978.

The document number of this corporation is 743440.

I further certify that said corporation has paid all fees due this office through December 31, 2015, that its most recent annual report/uniform business report was filed on January 12, 2015 and its status is active.

I further certify that said corporation has not filed Articles of Dissolution.

Given under my hand and the
Great Seal of the State of Florida
at Tallahassee, the Capital, this the
Thirteenth day of September, 2016



CR2EO22 (1-11)

Ken Detzner

Ken Detzner
Secretary of State

State of Florida



Department of State

I certify the attached is a true and correct copy of the Articles of Amendment, filed on September 6, 2016, to Articles of Incorporation for NATIONAL HIGH SCHOOL ATHLETIC COACHES ASSOCIATION, INC., a Florida corporation, as shown by the records of this office.

The document number of this corporation is 743440.



CR2EO22 (1-11)

Given under my hand and the
Great Seal of the State of Florida
at Tallahassee, the Capital, this the
Thirteenth day of September, 2016

Ken Detzner

Ken Detzner
Secretary of State

Articles of Amendment
to
Articles of Incorporation
of

FILED

16 SEP -6 PM 6:19

National High School Athletic Coaches Association

(Name of Corporation as currently filed with the Florida Dept. of State)

743440

(Document Number of Corporation (if known))

Pursuant to the provisions of section 617.1006, Florida Statutes, this *Florida Not For Profit Corporation* adopts the following amendment(s) to its Articles of Incorporation:

A. If amending name, enter the new name of the corporation:

N/A

The new name must be distinguishable and contain the word "corporation" or "incorporated" or the abbreviation "Corp." or "Inc." "Company" or "Co." may not be used in the name.

B. Enter new principal office address, if applicable:

1819 19th St S

(Principal office address MUST BE A STREET ADDRESS)

Fargo, ND 58103

C. Enter new mailing address, if applicable:

(Mailing address MAY BE A POST OFFICE BOX)

P.O. Box 10277

Fargo, ND 58106

D. If amending the registered agent and/or registered office address in Florida, enter the name of the new registered agent and/or the new registered office address:

Name of New Registered Agent:

N/A

New Registered Office Address:

(Florida street address)

(City)

, Florida

(Zip Code)

New Registered Agent's Signature, if changing Registered Agent:

I hereby accept the appointment as registered agent. I am familiar with and accept the obligations of the position.

Signature of New Registered Agent, if changing

If amending the Officers and/or Directors, enter the title and name of each officer/director being removed and title, name, and address of each Officer and/or Director being added: N/A

(Attach additional sheets, if necessary)

Please note the officer/director title by the first letter of the office title:

P = President; V = Vice President; T = Treasurer; S = Secretary; D = Director; TR = Trustee; C = Chairman or Clerk; CEO = Chief Executive Officer; CFO = Chief Financial Officer. If an officer/director holds more than one title, list the first letter of each office held. President, Treasurer, Director would be PTD.

Changes should be noted in the following manner. Currently John Doe is listed as the PST and Mike Jones is listed as the V. There is a change, Mike Jones leaves the corporation, Sally Smith is named the V and S. These should be noted as John Doe, PT as a Change, Mike Jones, V as Remove, and Sally Smith, SV as an Add.

Example:

<input checked="" type="checkbox"/> Change	<u>PT</u>	<u>John Doe</u>
<input checked="" type="checkbox"/> Remove	<u>V</u>	<u>Mike Jones</u>
<input checked="" type="checkbox"/> Add	<u>SV</u>	<u>Sally Smith</u>

<u>Type of Action</u> (Check One)	<u>Title</u>	<u>Name</u>	<u>Address</u>
1) <input type="checkbox"/> Change	_____	_____	_____
<input type="checkbox"/> Add			_____
<input type="checkbox"/> Remove			_____
2) <input type="checkbox"/> Change	_____	_____	_____
<input type="checkbox"/> Add			_____
<input type="checkbox"/> Remove			_____
3) <input type="checkbox"/> Change	_____	_____	_____
<input type="checkbox"/> Add			_____
<input type="checkbox"/> Remove			_____
4) <input type="checkbox"/> Change	_____	_____	_____
<input type="checkbox"/> Add			_____
<input type="checkbox"/> Remove			_____
5) <input type="checkbox"/> Change	_____	_____	_____
<input type="checkbox"/> Add			_____
<input type="checkbox"/> Remove			_____
6) <input type="checkbox"/> Change	_____	_____	_____
<input type="checkbox"/> Add			_____
<input type="checkbox"/> Remove			_____

E. If amending or adding additional Articles, enter change(s) here:
(attach additional sheets, if necessary). (Be specific)

Article IV

POWERS, OBJECTS AND PURPOSES

This Corporation is organized and operating for educational purposes under the Internal Revenue Code 501(c)(3) exclusively for educational purposes, including, for such purposes, the making of distributions to organizations that qualify as exempt organizations under section 501(c)(3) of the Internal Revenue Code, or the corresponding section of any future federal tax code. This Corporation shall be authorized to exercise the powers permitted non-profit corporations under Chapter 617 of the Florida Statutes. It shall be the purpose of this Corporation to provide instruction and training to high school and middle school coaches in the United States in order to develop the capabilities of new coaches and to improve the capabilities of veteran coaches. In furtherance of these purposes, the corporation's activities may include, but not limited to:

Section 1. Providing Leadership Classes to coaches during the annual national convention to improve their knowledge of the coaching profession.

Section 2. Providing instructional sport-specific sessions during the annual national convention for the purpose of developing knowledge and additional skills for coaches.

Section 3. Providing general sessions during the annual national convention which will provide coaches with information essential for them to improve and develop their capabilities as coaches.

Section 4. Maintain the corporation's website which will include educational materials and links to educational resources for coaches and the general public to access.

Section 5. Conducting informative activities which educate the general public about high school and middle school sports in the United States of America.

Section 6. Fostering high standards of ethics and sportsmanship among athletes, coaches, administrators, and the general Public.

Section 7. Promoting better understanding and closer cooperation among athletes, coaches, administrators, game officials, and the general public.

Section 8. Fostering and encouraging high school athletics in accordance with the highest tradition of athletic competition.

Section 9. Providing motivation for young boys and girls to participate in interscholastic athletics.

Section 10. Conducting and disseminating research and information in the operation of interscholastic programs.

Section 11. Maintaining a membership composed of individual persons interested in providing instruction and training to coaches in the United States for the purpose of improving and developing their capabilities.

Section 12. Providing a national office which will collect and distribute information to members of the National High School Athletic Coaches Association and to members of organizations associated with high school and middle school athletics.

Section 13. Cooperating with other national, state or local organizations and/or governmental agencies which promote or administer high school and middle school sports.

ARTICLE VI

OFFICERS

The affairs of this Corporation shall be managed by the officers of the Corporation.

Section 1. The officers of this Corporation shall be the President, First Vice President, Second Vice President, Third Vice President, Secretary-Treasurer (Executive Director), Immediate Past President, and the State Executive Secretaries Representative.

ARTICLE VII

BOARD OF DIRECTORS

Section 1. The number of directors shall be as provided in the By-Laws of the Corporation, however, there shall never be less than three (3) or more than 75 (75) directors.

Section 3. The Board of Directors of this Corporation shall be comprised of: the officers, eight Region Directors, Executive Secretary Emeritus, National Sport Chairs, the representative of the State Association Secretaries Committee, the at large members from each official state association of a state not represented on the Board of Directors and the active past presidents.

ARTICLE VIII

ADVISORY COUNCIL

~~—The Advisory Council shall be comprised of persons who are members of the Corporation. The number of persons serving on the Council from each state will be pro-rated from each state as prescribed in the By-Laws.—Delete this Article.~~

ARTICLE IX becomes ARTICLE VIII.

ARTICLE X becomes ARTICLE IX

Section 2. Voting on issues during the interim between annual meetings shall be the privilege of the Executive Committee. Such voting may be by a method of mail polling and/or electronic polling as prescribed in the By-Laws.

ARTICLE XI becomes ARTICLE X

ARTICLE XII becomes ARTICLE XI

ARTICLE XIII becomes ARTICLE XII

ARTICLE XIV becomes ARTICLE XIII

ARTICLE XV becomes ARTICLE XIV

The date of each amendment(s) adoption: 09-01-2016, if other than the date this document was signed.

Effective date if applicable: _____
(no more than 90 days after amendment file date)

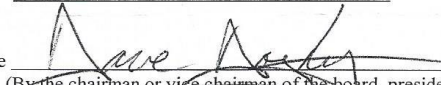
Note: If the date inserted in this block does not meet the applicable statutory filing requirements, this date will not be listed as the document's effective date on the Department of State's records.

Adoption of Amendment(s) **(CHECK ONE)**

- ☒ The amendment(s) was/were adopted by the members and the number of votes cast for the amendment(s) was/were sufficient for approval.
- ☐ There are no members or members entitled to vote on the amendment(s). The amendment(s) was/were adopted by the board of directors.

Dated 09-01-2016

Signature


(By the chairman or vice chairman of the board, president or other officer-if directors have not been selected, by an incorporator-if in the hands of a receiver, trustee, or other court appointed fiduciary by that fiduciary)

Dave Dougherty

(Typed or printed name of person signing)

Executive Director

(Title of person signing)

NHSACA CONFLICT OF INTEREST POLICY

I. Purpose

The purpose of the NHSACA Conflict of Interest Policy is to protect the NHSACA's interest when it is contemplating entering into a transaction or arrangement that might benefit the private interest of an officer or director of the Organization or might result in a possible excess of benefit transaction. This policy is intended to supplement but not replace any applicable state and federal laws governing conflict of interest applicable to nonprofit and charitable organizations.

II. Definitions

1. Interested Person

Any director, principal officer, or member of a committee with governing board delegated powers, who has a direct or indirect financial interest, as defined below, is an interested person.

2. Financial Interest

A person has a financial interest if the person has, directly, or indirectly, through business, investment, or family:

- a. An ownership or investment interest in any entity with which the Organization has a transaction or arrangement.
- b. A compensation arrangement with the Organization or with any entity or individual with which the Organization has a transaction or arrangement, or
- c. A potential ownership or investment interest in, or compensation arrangement, with, any entity or individual with which the organization is negotiating a transaction or arrangement.

Compensation includes direct and indirect remuneration as well as gifts or favors that are not insubstantial.

A financial interest is not necessarily a conflict of interest. A person who has a financial interest may have a conflict of interest only if the appropriate governing board or committee decides that a conflict of interest exists.

III. Procedures

1. Duty to Disclose

An interested person must disclose the existence of a financial interest and be allowed the opportunity to disclose all material facts to the Board of Directors, or to the Executive Committee when the Board is not in session.

2. Determining whether a Conflict of Interest Exists

After disclosure, and any with the interested person, the interested person shall leave the meeting and the members of the Board or Executive Committee will discuss and vote on whether a conflict of interest does exist.

3. Procedures for addressing a conflict of Interest

If the Board or Executive Committee determines that a conflict of interest exists the shall:

- a. An interested person may make a presentation to the Board or Executive Committee in support of their proposed transaction arrangement. Following his/her presentation, the interested person will leave the meeting.
- b. The Board or Executive Committee, after exercising due diligence, shall determine whether the Organization can obtain, with reasonable efforts, a more advantageous transaction or arrangement from a person or entity that would not give rise to a conflict of interest.
- c. If the Board or Executive Committee determines that a more advantageous transaction or arrangement not producing a conflict of interest is not reasonably possible under the circumstances, the Board of Executive Committee shall vote whether to enter into the transaction or arrangement with the interested person.

4. Violations of the Conflicts of Interest Policy

If the Board or Executive Committee has reasonable cause to believe that a member has failed to disclose an actual or possible conflict of interest it shall notify the member of the basis for such a belief and afford them member the opportunity to explain the alleged failure to disclose. If after a hearing the Board or Executive Committee determines there was a failure to disclose by said member, it shall take appropriate disciplinary and corrective action.

IV. Compensation

1. Executive Director

- a. The executive director is precluded from voting on any matter that directly or indirectly relates to compensation he/she will receive from the Board.
- b. The executive director and the president will negotiate in “good faith” the terms of employment for each year of employment.
- c. The president shall report the results of those negotiations to the Executive Committee. The executive committee shall enter into an executive session to discuss, and through a majority vote, accept or reject the terms of employment for the executive director. The executive director will leave the meeting during this discussion and vote, however, the executive committee may request the executive director to return to the meeting for the purpose of answering questions from member of the executive committee.
- d. If the executive committee rejects that terms of employment for the executive director they shall instruct the president to continue negotiations with the executive director.

2. Voting Members of the Board

A voting member of the board is precluded from voting in any matter of compensation that directly or indirectly benefits board member.