

2015

**National High School
Athletic Coaches Association**

CONVENTION REPORT



Kahler Grand Hotel

Rochester, MN

June 16-20, 2015

TABLE OF CONTENTS

Table of Contents.....	Page 1
NHSACA Executive Committee Meeting Minutes.....	Pages 2 - 9
Board of Directors Annual Meeting Minutes.....	Pages 10 -18
Budget & Finance Report.....	Pages 19 - 20
NHSACA Committee Reports.....	Pages 21 - 26
NHSACA Region Reports.....	Pages 27 - 31
Sport Chair Convention Reports.....	Pages 32 - 56
Past President’s Meeting.....	Page 57
NHSSI Board Meeting.....	Pages 58 - 59

**NHSACA Executive Committee
Meeting 1
Tuesday, June 16, 2015 2:00-4:00 P.M.
Kahler Grand Hotel, Rochester, MN**

1. Call to Order Robbie

Parliamentarian- Randy Johnson
Recording Secretary – Dave Dolan {assisted by RS}

2. Comments/Reports/Communications

President Robbie Robinson
1st Vice-president Randy Johnson
2nd Vice-president Joe Cliffe
3rd Vice-President Dave Dolan
Immediate Past President Renee Schultz
NHSSI Rep. Don Prokes
State Ex. Sec. Rep- Ted Schroeder
Executive Director Dave Dougherty

3. March 2015 Executive committee minutes (previously emailed) Add in Carey McDonald to the spring minutes. Moved by Randy, second Ted. Minutes approved.

4. Financial Report by Dave Dougherty (see handout)

Moved to accept the financial report by Ted, second Renee
Dave presented expenses to be paid.

5. Standing committees Robbie

A list of the standing committee assignments was given by Dave.

6. Review of Sport Chairs due for appointment by Randy and Dave Dolan

We still need a Boys cross country chair. Forry Flaggen has volunteered to cover this convention.
A list of the current sport chairs was reviewed and opening was discussed.

7. Review of Region Directors for appointment

The list of current region directors was given. This will be an odd year for odd regions to be elected.

8. Review of 2015 Sponsors Dave – presented information from the current sponsors and the contract information and benefits for the NHSACA.

- a. Fling Golf
- b. GoRout
- c. M-F Athletics
- d. MilkPEP
- e. University of South Dakota
- f. State Associations of: Florida, Kentucky, Michigan, Minnesota, North Dakota, Nebraska, New Mexico, South Dakota, Wisconsin, SD Past Presidents.

g. Rochester CVB meal sponsored for the group

9. NHSSI Report

Don

The Institute board has not yet met, so he gave information that he will be presenting to the board.

10. Convention review and update

Dave, Robbie

Convention program

Duties: (See Handout)

General Session I

Hall of Fame Luncheon

General Session II

COTY Banquet

Absent BOD who will need coverage

Special Awards Recognition

Registration

Number registered

Hall of Fame Luncheon

COTY Banquet

Room reservations

College Credit

Communication with Hotel staff – Dave

AV equipment

Registration workers/materials

Items from the floor

11. Procedure for accession of officers. Dave provided information and the format we use.

12. Election procedure

Dave

13. Executive Director Report

Dave

review of current year

review of national office expenses

P.O. box Rental

Executive director travel

Supplies

Phone

Insurance

Convention Expenses (see handout)

14. Website update. Randy gave us an overview and explained some of the changes he is hoping to complete.

15. Current Dual State membership

Dave

16. At-Large members

Dave

17. Executive Committee Members presence at Region Meetings

Robbie

Reg. 1 – Ted
Reg 2
Reg 3 – Don
Reg 4 -Joe
Reg 5- Dave Dolan
Reg 6-Randy
Reg 7 – Renee
Reg 8 Robbie

18. Review of fall and spring executive meetings. After a lengthy discussion of dates, it was decided that everyone should check calendars and a decision will be discussed at the next meeting.

Fall meeting – Rock Island/ Moline, Ill

Spring meeting – Louisville, KY

18. Meeting recessed.

**NHSACA Executive Committee
Meeting 2
Wednesday, June 17, 2015 10:00 -12:00
Kahler Grand Hotel, Rochester, MN**

1. Call to Order Robbie
 - Parliamentarian- Randy Johnson
 - Recording Secretary – Dave Dolan
2. Comments/Reports/Communications
 - President Robbie Robinson
 - 1st Vice-president Randy Johnson
 - 2nd Vice-president Joe Cliffe
 - 3rd Vice-President Dave Dolan
 - Immediate Past President Renee Schultz
 - NHSSI Rep. Don Prokes
 - State Ex. Sec. Rep- Ted Schroeder
 - Executive Director Dave Dougherty
3. Announcements Dave, Robbie

Steve Bloom is here with Fling Golf. He hopes to be able to stop by the board meeting.

4. Convention Update Dave
 - Registration
 - Hall of Fame luncheon
 - Coach of the Year banquet
 - Room reservations

College credit
Board of Directors registration
Same registration numbers as yesterday.

5. 2014-15 Budget review Dave

Dave gave a handout of the budget that will be presented to the board. Line by line items were discussed.

6. Board of Directors social/Dinner Dave

Good weather – will be in the Plaza; Bad weather we will be in the ballroom

7. Executive Committee Duties for Board Meeting #1, #2 Dave, Robbie

Review of duties

8. Schedule for Board meetings #2, #3, #4 Dave

9. Social Media- Dave wants to know feelings of moving forward. Discussion held regarding possible avenues of using Twitter etc. It was recommended that Dave and Randy pursue this on behalf of the association.

10. Trademark for NHSACA Name & Logo. The certificate of registration for the NHSACA logo has expired. Discussion followed regarding the file for another registration of our trademark.

11. Non-profit certification- Dave wanted some clarification from states regarding the non-profit status of the association and to have the ability to be exempt from taxes during conventions.

12. Dress for board meetings will be shirt & tie.

13. Renee recommended that each board member be given a flash drive with documents so everyone has access.

Fall meeting –Randy would like the meetings to be: Nov. 14-15 and spring March 12-13 subject to checking with new executive members.

Meeting recessed until 3:00 p.m. Thurs.

**NHSACA Executive Committee
Meeting 3
Thursday, June 18, 2015 3:00-4:00 p.m.
Kahler Grand Hotel, Rochester, MN**

1. Call to Order Robbie
Parliamentarian- Randy Johnson
Recording Secretary – Dave Dolan (with help from RS)

2. Comments/Reports/Communications

President Robbie Robinson
1st Vice-president Randy Johnson
2nd Vice-president Joe Cliffe
3rd Vice-President Dave Dolan
Immediate Past President Renee Schultz
NHSSI Rep. Don Prokes
State Ex. Sec. Rep- Ted Schroeder
Executive Director Dave Dougherty

Many positive comments regarding the great job Ben Utecht did speaking at the general session. Also comments wanting the COTY finalists listed in the program as to either topics or times of speaking.

Resolutions should be added to the web site.

Dave is looking into a possible type of partnership with the Mayo Clinic that may provide articles etc. for the website.

3. Announcements

Dave, Robbie

4. Convention Update

Dave

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 #3

Dave, Robbie

6. Executive Duties for the day

Dave, Robbie

7. Schedule for Board meetings #3, #4

Dave

Meeting recessed

**NHSACA Executive Committee
Meeting 4
Friday, June 19, 2014 3:30-5:00 p.m.
Kahler Grand Hotel, Rochester, MN**

1. Call to Order

Robbie

Parliamentarian- Randy Johnson
Recording Secretary – Dave Dolan (assisted by R. Schultz)

2. Comments/Reports/Communications

President Robbie Robinson
1st Vice-president Randy Johnson
2nd Vice-president Joe Cliffe
3rd Vice-President Dave Dolan
Immediate Past President Renee Schultz
NHSSI Rep. Don Prokes
State Ex. Sec. Rep- Ted Schroeder
Executive Director Dave Dougherty

Comments: Some coaches are confused by the change in rooms. Overall good comments regarding the clinic. Randy has some names submitted for sport chair positions.

Hall of Fame was again a very classy affair and all the work behind the scenes was very much appreciated. Briefly discussed the possible changes for the COTY banquet.

The Queen will be leaving the executive meeting group. All are sad to see her go.

The NHSSI met and there will be some elections and a written report will be submitted.

The executive secretaries met and Darin Boysen will replace Ted on the Executive committee.

3. Announcements

Dave, Robbie

4. Convention Update

Dave

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, Robbie

Reviewed duties for meeting.

Reviewed the duties for the Coach of the Year Banquet. Discussed how to present Carey his award.

7. Other items

Randy & Dave will meet with Jimmie Reed regarding the convention next year.

Randy discussed sport chairs and possible coaches to fill those needed positions.

Renee wanted to review the possibility of providing a "handbook" for all board members. This may be in form of a flash drive that could be updated as needed. Too many board members are not aware of the job descriptions and duties of various board positions and the purpose of the standing committees. All board members should have access to this information as well as the By-Laws and Policies and Procedures. Renee will send an old draft to Randy

that may be used as a starting point. Randy will look in to the possibility of providing such information on the website that may be password protected for access only to board members. Discussion followed.

Meeting recessed until Sunday.

Executive Committee Meeting (June 21, 2015)
Meeting 5
Kahler Grand Hotel; Rochester, MN

- 1) Call to order 8:06 AM - Recording Secretary – Kirk Price
President Randy Johnson – Thank you to Renee Shultz for her years of service on the executive committee and Robbie Robinson (now immediate Past President) did a great job on the 2015 Convention, Thanks to him as well.
- 2) Convention Review – Dave Dougherty
COTY banquet was 4-5 meals short due to unforeseen personal problems
Bill will be paid prior to today's departure
All went smooth and was happy with the outcome
Should have had a walk through for sports chairs to find their meeting rooms as the location for the sports clinics was a bit of a problem – discussion followed
- 3) Budget
 - a) Dave's Salary
Dave's 2014 salary is paid in full, his 2015 salary has not been paid at all (Sept 2014 to August 2015) Don Prokes moved and Robbie Robinson seconded we pay Dave his salary at the dates and intervals of payment agreed upon previously
 - b) Dave's Contract
A copy was distributed and gone over for Sept1, 2015 to August 31, 2016. After discussion, Dave Dolan had some concerns over some wordings. It was decided Dave Dougherty will make a job description and submit it and Randy will update the contract before it is signed.
 - c) Insurance Liability
\$1400 to be paid Sept 1
 - d) Shipping of Plaques
Many plaques were left and the solutions are varied and some yet to come
 - e) Payroll and Tax preparation
This was completed, a good job and will continue
 - f) Outstanding Bills
All convention bills are paid, there will be a large postage bill yet to come
- 4) Monthly Newsletter Assignments
These are to go to Dave Dougherty 2 days before the 1st of the month
 - a) July – Robbie Robinson
 - b) August – Randy Johnson
 - c) September - Joe Cliff

- d) October – David Dolan
- e) November – Kirk Price
- f) December – Randy Johnson
- g) January – Robbie Robinson
- h) February – Joe Cliff
- i) March – David Dolan
- j) April - Kirk Price
- k) May - Randy Johnson

5) Fall Executive Committee Meeting

Dave Dougherty and Joe Cliff will find our exact destination point and this meeting will conclude by noon on Sunday December 6th

- a) Quad Cities – Rock Island: Moline, Illinois
Saturday December 5th & Sunday December 6th (if needed) Start time 9am Saturday

6) Spring Executive Committee Meeting

- a) Louisville Kentucky – Galt House, Sunday March 20th and Monday March 21st 9am start

7) Committee assignments for the Executive Committee

- a) Regional Directors – Joe Cliff and Kirk Price
- b) Sports Chairs - Dave Dolan

8) Hall of fame Luncheon/Coach of the Year Banquet - Dave Dougherty

HALL OF FAME LUNCHEON

Awards were received well

The room worked well

Meal Cost \$25/ meal we made \$25/meal

COACH OF THE YEAR BANQUET

Meals were slow getting out

May need to start earlier, 5pm at the latest

Discussion varied from changing start, get meals out faster, shorten bios

Maybe print out bios for all nominees

9) Board of director changes

Renew the following; Rocky Ruhl –Athletic Directors, Jeff Halseth-Boys Basketball

Vote unanimous

Sports Chair nominees

Boys Cross Country – Fred Finke Fla.

Golf - Terry Berg Wyo.

Tennis - Mike Kypriss Fla.

Tennis –Richard Johnson NM

Special Sports - Jim Caliendo III

Special Sports - Bruce Kleinsasser SD

Assistant Coach Boys and Girls - may be needed

Regional Director suggestions

Region 5 - Kathy Holloway as a temp

Region 2 - Open

MOTION TO ADJOURN Robbie Robinson

Seconded Don Prokes ADJOURNED 9:15

**NHSACA Board of Directors
Meeting 1
Wednesday, June 17, 2015
Rochester, Minnesota**

The meeting was called to order by President Robbie Robinson at 1:00 PM. He appointed Don Prokes, Parliamentarian; Renee Schultz, Sergeant at Arms; and Sara Kinney, Recording Secretary.

Dave Dolan gave the invocation and Randy Johnson led the Pledge of Allegiance.

President Robinson welcomed everyone to Rochester and thanked the coaches for the sacrifices they make throughout the year. He also brought attention to the copy of the flyer from the 1st convention that was given to board members.

Roll Call

Randy Johnson introduced the new board members and the executive committee. The remainder of the board introduced themselves.

Mission Moment

Joe Cliffe said he was honored to be a colleague of such great coaches. He told a story about being judged by a teacher who did not really know him when he was in college. He resolved to never do that to his students. Don Prokes made a motion to accept the 2014 Board Minutes. Ralph Manley seconded. The motion passed.

Nomination of 3rd Vice President

Don Prokes nominated Kirk Price for the position of 3rd Vice President. Gelaine Orvik seconded. President Robinson asked for nominations from the floor. Don Prokes moved to close nominations. Don Olsen seconded.

Annual Meeting Updates

Dave Dougherty distributed floor plans of the Kahler Grand and reported a few changes. He also reviewed the room assignments for the sports. He coordinated projector and laptop use. He also reported annual meeting numbers.

Hall of Fame 205

Coach of the Year Banquet 399

Registration 174

Gold Card 65

Guests 40

T-Shirts 101

2 College Credits 7

3 Credits 5

The Board of Directors Dinner will be at the Marriott Ballroom. Wristbands were distributed. This event is sponsored by the CVB.

Dave distributed forms to be used for the sports specific sessions.

Sponsorships

We have sponsorships with Fling Golf, Milk PEP, Game Day Wipes, University of South Dakota, North Dakota, Minnesota, the CVB, and 10 State groups that are sponsoring breakfast. Dave thanked Wayne Carney for starting this and there was a round of applause.

Report forms were distributed to committee chairs. Bill Weber made tiles to commemorate the 50th Anniversary of NHSACA for all board members. Those were made available. Dave reminded everyone about the Rubric Training from 3:30 – 4:30.

President Robinson recessed the meeting at 2:30 PM.

NHSACA Board of Directors Meeting 2 Thursday, June 18, 2015 Rochester, Minnesota

The meeting was called to order at 7:00 AM. Joe Cliffe gave the invocation and had a moment of silence for the victims in South Carolina.

President Robinson had the members attending their first meeting introduce themselves. We had a quorum.

Mission Moment

Sara Kinney gave the Mission Moment. She talked about the great opportunities in the NHSACA to make friends with coaches from across the nation, and to hear the best coaches in the country speak every year.

Annual Meeting Update

Dave Dougherty gave the update. He reported that all numbers were the same except for the lunch on Saturday which is at 46.

Finances

A financial statement was distributed. Randy asked for questions. Gelaine Orvik asked about the payroll check, has Dave been paid up to date? No, they expect him to be paid by March. Randy also mentioned that the speaker for the first general session was paid by donation from Robbie Robinson. Rich Tompkins reported that the NHSACA fulfilled its obligation to Michigan. Gelaine Orvik moved to accept the report. Rich Tompkins seconded. The motion passed.

Committee Reports

State Associations – Gelaine Orvik

They are in the process of determining who will be their representative to the board. Gelaine moved that the representative position being limited to two terms be looked at. Rich Tompkins seconded. Jerry Miller called the question. The motion passed.

Hall of Fame – John Hutchison

They discussed the need to follow-up with Dave Dougherty when they received information. Nick Zeoli suggested that we put Hall of Fame winners in the newspaper. Dave Dougherty reported that he sends a press release to the Hall of Famers so they can submit it to the papers of their choice. Rich Tompkins suggested that the association should do that since many Hall of Famers would not want to blow their own horn. Steve Johnson suggested the Hall of Famers record their newspaper names on their forms so that we would have access to it. Wayne Carney suggested sending the press release to the State Association Executive Secretary so it can be distributed throughout the state.

Budge & Finance – Randy Johnson

The committee reviewed the budget and accepted it.

Steve Bloom and ML Carr made a presentation for Fling Golf. They explained their partnership with the NHSACA.

Professional Education and Growth – Jim Okler

They discussed the need for more communication through social media. They need someone capable to do that

Nominations and Credentials – Renee Schultz

The committee reviewed the credentials of Kirk Price and he meets the criteria.

Publications – Steve Waters

They complimented the website improvements. They suggest that the host state make more of a push for their own coaches and surrounding states to attend the annual meeting. They suggest making up an eye-catching email to be distributed. They also feel more should be done to publicize the winners. A suggestion was made to solicit coupons from local vendors for the coaches attending the annual meeting.

Awards – Steve Mischke

The committee complimented the people who have improved the scoring for national coach of the year. It is much improved. The committee discussed the placement of Indoor Track and feel it should be in with Outdoor Track. They discussed the addition of other sports, but did not feel the need at this time. They also do not need extra meeting time in the future.

Dave Dougherty reviewed the scoring process. The 8 sports chair score honor and service points in their respective sports. All other categories are done by the office. The 8 finalists are determined. Then the 1st, 2nd, and 3rd vice presidents plus the immediate past president score honor and service for the finalists in each sport. Their scores are added to the sports chair score to determine the winner.

Gelaine Orvik mentioned that there are some regions that have 1 state and some that have 6. He asked for the awards committee to look into this. Kirk Price said the committee did discuss this, but it is a problem to decide between score and representation of the country.

Robbie Robinson said that his state would pull out if his region was denied a representative. Gelaine suggested that there be a minimum score for a nominee to be considered. Jerry Miller said we need to make sure that the states

put up quality nominees. Max Hawk expressed the idea of throwing out the bonus point. President Robinson referred this issue to the Awards Committee.

Nick Zeoli moved to accept the A Committee Reports. Kirk seconded. The motion passed.

Annual Meeting – Darin Boysen

The next annual meeting is in Louisville, KY. 2017 is being planned for the Quad Cities in Illinois. 2018 is planned for Sioux Falls, SD. Darin stated that Dave Dougherty has done a great job working with the various annual meeting cities. His committee discussed college credit concerns and wants to look at on-line courses. They also discussed a hands-on clinic that could attract some attendees.

National Office – Gelaine Orvik

His committee discussed the communications and that we need to make sure everyone is receiving everything. They also discussed the need for financial aid for the national office.

By-Laws - Sara Kinney

The executive committee suggested a by-law and after discussion, the committee agreed on the following:

Page 1 Article II Section 1. B. 1.

Remove "\$25.00" and add "\$10.00"

Resolutions – John Hutchison

The committee suggests the following resolutions:

Whereas we can no longer dismiss domestic violence since it is increasingly brought to our attention by the news media.

Therefore, the NHSACA resolves that we educate student athletes so they do not become involved in domestic violence themselves or ignore it in others.

Whereas multi-sport participation has been shown to enhance grade point average, reduce injuries from muscle and joint over use, decrease burn out and leads to total body development.

Therefore, the NHSACA encourages coaches to support multi-sport participation by student athletes.

Corporate Sponsorships – Virg Polak

The committee suggests that past Hall of Famers be invited to the Hall of Fame Luncheon and give them an opportunity to make a donation. They also suggest that T-shirts be sold on the website. We need to brainstorm to come up with a list of companies that might help.

Dave Dougherty mentioned that all of these things are in the works.

Kirk Price moved to accept the B Committee Reports. John Hutchison seconded. The motion passed.

Don Prokes moved to accept Kirk Price as 3rd Vice President by acclamation. Max Hawk seconded. The motion passed.

Kirk Price introduced himself and gave some of his views on the NHSACA.

The budget was distributed by Randy Johnson. This was the first reading of the budget.

Dave Dougherty went through changes to the schedule. Virg announced that door prizes would be after session 2 on the mezzanine

The meeting was recessed at 8:20.

**NHSACA Board of Directors
Meeting 3
Friday, June 19, 2015
Rochester, Minnesota**

The meeting was called to order at 7:00 AM. Randy Johnson gave the invocation and Ted Schroeder led the Pledge of Allegiance.

Robbie Robinson introduced a finalist that will be unable to attend the banquet on Saturday and presented her with her finalist award.

Ted introduced John Erickson, the MN Director. We had a quorum.

Mission Moment

Robbie Robinson talked about his experience growing up in a small school. His motto is:

“You want to be better today than you were yesterday and better tomorrow that you are today.” His greatest honor is being called coach by athletes and non-athletes alike.

Annual Meeting Update

Dave Dougherty reported the numbers:

176 Registrations

206 Hall of Fame Luncheon

394 Coach of the Year Banquet

65 Gold Cards

41 Guest Badges

47 Saturday lunches

Randy Johnson move to accept the budget as presented. Dave Dolan 2nd. The motion passed.

Dave Dougherty reminded sports chairs to get table counts in for the banquet.

Social Media

Randy and Dave have looked into Twitter and Instagram. Dave said that businesses are looking at social media as a very important component. Daren Boysen said that Nebraska uses Twitter and it is time consuming.

Randy brought in Keith Randa to receive his finalist award since he will be gone on Saturday.

Dave Dougherty mentioned the author exhibitor and asked that people visit him. He also asked that reports be sent in as soon as possible.

The Region Meetings will be after the General Session. Door prizes will be handed out at 9:45 outside of the General Session.

Max Hawk apologized because he has to leave and will miss the banquet. Jerry reminded everyone of the North Dakota, South Dakota, and Connecticut social in room 987 from 7 to 9 tonight.

Virg explained the Past President's silent auction. The winners will be announced tomorrow.

The meeting was recessed at 8:35.

NHSACA Board of Directors Meeting 4 Saturday, June 20, 2015 Rochester, Minnesota

The meeting was called to order at 7:02 AM. by President Robbie Robinson. Dave Dolan gave the invocation and Joe Cliffe led the Pledge of Allegiance.

Robbie Robinson thanked everyone for his/her service this week.

We had a quorum.

Mission Moment - Kathy Holloway

Kathy saw a copy of the "National Coach" and it changed her life. She was accepted as the Basketball Sports Chair and then she reviewed all the opportunities she had because of NHSACA. She thanked Carey McDonald for his influence in her life. She also thanked God who wants to direct your life.

Annual Meeting Update

175 Registrations
208 Hall of Fame Banquet
392 Coach of the Year Banquet
65 Gold Cards
41 Guest Badges
104 T-shirts
45 Saturday lunches

7 College Credits –2
5 College Credits – 3

Dave reminded everyone that the reception is at 5:30 and the Banquet at 6:00. He thanked the board for taking care of our guests. He described the banquet set up and asked that plaques be taken back to the state for people not in attendance.

NHSSI – Don Prokes

He reported that there are \$16,193.31 in the accounts with most of that being in time accounts. He reported that he will be looking into Endowments and Foundations to see which direction we need to go. He stated that the \$680.00 received this year was given to the NHSACA. The committee will also be working on a Mission Statement. Don Prokes was elected to be the NHSSI representative to the Executive Committee of the NHSACA.

Region One Report – Gary Makowicki

The groups discussed how difficult it is to get coaches, budget issues, and when the Booster Club has too big of a role. They also discussed social media, and lack of leadership in students. They feel that the NHSACA should look into social media and blogs. Gary Makowicki will be the Region Director.

Region 3 Report – Ed Kershner

This group discussed the difficulty getting coaches to stay in coaching, non-faculty coaches, and trans-gender issues. Ed asked that the sports chair encourage all registrants to attend regional meetings. Ed was re-elected regional director.

Region 4 Report – Rich Tompkins

Coaching Certification was discussed and Rich mentioned that the NHSACA was in the forefront on this topic. They also discussed non-staff coaches and social media. There is an app called “Remind” that allows one-way texting. Michigan has a new three-sport award for a boy and girl in each class. We need more communication to all members.

Region 5 Report – Dave Dolan

There was only one attendee.

Region 6 Report – Daren Boysen

They discussed trans-gender issues and legislative involvement in this. They also talked about concussions and athletes signing with the pros and leaving college early. Dave Mitchell of South Dakota was elected the new Region Representative.

Region 7 Report – Ted Schroeder

They like the idea of on-line classes and a partnership with the Mayo Clinic. They feel we need things for young coaches.

Region 8 Report – Steve Johnson

They discussed lay-coaches, needing more teachers to coach, club coaches being a hindrance and some feeder programs also. Money is always a problem as is students who believe that are entitled to play. Social media was also talked about.

Don Prokes moved to accept the reports and the election results that were reported. Jerry Miller seconded. The motion passed.

Dave asked the sports chairs to send in reports within a week.

Carey McDonald talked about the institute and how it was founded so corporations could work with us and get tax free status. It attracts members. We need to offer something to get something.

Corporate Sponsorships

Dave mentioned Fling Golf, Game Day Wipes and that Got Milk wants to come back next year. Ted talked about the Affinity Group with discount packages for coaches and they would give us a percentage.

Contract

Randy reported that Dave has a 1 year contract and gets a percentage of corporation monies he brings in. Dave did not take any of the additional money this year. Daren mentioned that we need to be careful with the percentage idea since companies may not like that. Gelaine asked if we approve the director's contract. Don said that is the executive committee's job. Virg said that Dave is doing a great job and we need to figure out how to pay our bills.

Gelaine Orvik moved to recommend that the executive committee adjust Dave's salary accordingly if a big contract comes in. Don Prokes seconded. The motion passed.

Dave mentioned that he could pay some of this salary to someone else to help him. Gary Makowicki suggested that a job description and salary be developed to make it clearer.

Executive Committee Report

Robbie Robinson reported the first meeting was in Louisville. They met with some of the reps from that city and reviewed reports from the previous annual meeting. The second meeting was in Rochester where they made plans for the annual meeting.

By-Laws

Sara Kinney moved to accept the by-laws change:

Page 1 Article II Section 1. B. 1.

Remove \$25.00 and add "\$10.00"

Don Prokes seconded. The motion passed.

Robbie had Sara Kinney stand and thanked her for taking the minutes of the meetings. There was a round of applause.

Ted Schroeder moved to accept the resolutions previously presented and Kirk Price seconded. Gary Makowicki questioned the word "dismissed". Discussion followed. The motion was reworded to move that the resolutions be accepted with the rewording done as the committee sees fit. Kirk seconded this new motion. The motion passed.

Elevation of Offices

Don Prokes moved that Randy Johnson ascend to the office of President, that Joe Cliffe ascend to the office of 1st Vice-President, that David Dolan ascend to the office of 2nd Vice-President, that Kirk Price be placed in the position of 3rd Vice-President and that Robbie Robinson be placed in the position of Immediate Past President, and that Renee Schultz be placed in the position of Past President. Jerry Miller seconded. The motion passed.

New President Challenge

Randy Johnson said that he is thrilled for this opportunity. He thanked Renee Schultz for the last 5 years of her service. He thanked Robbie Robinson for his work as President. He challenged the board to spend some time next year helping this organization, even just 2 hours a month. He said that as a TEAM , Together Everyone Achieves More.

Gelaine Orvik passed out coins from North Dakota. He thinks Randy will do a great job and knows that North Dakota has Randy's back, but Randy can be his own man.

Nick Zeoli expressed concern about tolerance. This will be a hot topic in the next year. Steve Johnson suggested that left over tiles be sent to non-member executive secretaries to encourage them to join.

Ken Bruckner moved to adjourn. John Hutchison seconded. The motion passed. The meeting adjourned at 8:35 AM.

Budget and Finance Report

Members Present

- Randy Johnson – Co-Chair
- Joe Cliffe – Co-Chair
- Rocky Ruhl
- Dave Dougherty

The committee met to cover the budget submitted by Dave Dougherty. We went through each line to make sure everything agreed and the budget was balanced to \$0.00. The committee voted to approve the budget as shown below. This budget would be presented to the Board of Directors at the next meeting.

NHSACA Budget

Ordinary Income/Expense	2014-2015	2014-2015	2015-2016
Income:	Budget	Actual	Budget
College Credit	\$10,000.00	\$3,500.00	\$11,250.00
Corporate Sponsorship	\$-	\$11,500.00	\$9,000.00
Dinner & Luncheon Tickets	\$22,000.00	\$18,573.48	\$22,250.00
Exhibitor Fee	\$750.00	\$250.00	\$750.00
Membership Dues	\$17,000.00	\$14,500.00	\$16,500.00
Donations	\$5,000.00	\$2,660.82	\$2,000.00
NHSACA Shirt Sales	\$500.00	\$1,020.00	\$2,300.00
Registration/Convention	\$25,000.00	\$28,785.00	\$26,250.00
NHSSI, INC.	\$1,200.00	\$1,200.00	\$1,200.00
NHSSI, INC. (Sponsorships)	\$-	\$2,500.00	\$-
State Sponsorships	\$-	\$2,650.00	\$2,700.00
Convention Advertising	\$-	\$1,700.00	\$1,800.00
Individual Membership	\$-	\$175.00	\$2,000.00
Corporate Partnership Income	\$-	\$-	\$2,000.00
Total Income:	\$81,450.00	\$89,014.30	\$100,000.00

EXPENSES	2014-2015	ACTUAL	2015-2016
Accounting	\$500.00	\$450.00	\$500.00
Convention Site Inspections	\$-	\$-	\$1,500.00
Board of Director's Dinner	\$-	\$-	\$-
Convention Expenses (Cordonco cr card fees)	\$-	\$2,354.00	\$-
College Credit	\$2,500.00	\$1,305.00	\$4,500.00
Executive Director Expense for Ex Cm Meetings	\$1,000.00	\$1,023.00	\$1,200.00
Biographies for Hall of Fame and COTY	\$1,000.00	\$1,000.00	\$1,000.00
Hall of Fame Awards	\$2,400.00	\$2,693.55	\$2,700.00
Hall of Fame Luncheon	\$5,500.00	\$6,265.11	\$6,750.00
COTY Awards Banquet	\$9,300.00	\$14,140.30	\$12,250.00
COTY Awards	\$8,500.00	\$8,593.00	\$8,000.00
Special Awards	\$500.00	With Above	\$500.00
Coffee Stations/Social/Misc Food & Beverage	\$-	\$3,758.65	\$-
Vendor Set Up	\$350.00	\$-	\$350.00
Miscellaneous Hotel Charges	\$-	\$2,234.86	\$2,000.00
Speaker Fees	\$-	\$2,500.00	\$-
Federal & State Reports	\$500.00	With Accounting	\$500.00
FICA (Federal Insurance Contributions Act)	\$2,500.00	\$1,740.00	\$3,000.00
FUTA (Federal Unemployment Tax Act)	\$150.00	\$-	\$150.00
Liability Insurance	\$2,500.00	\$1,474.00	\$1,500.00
Licenses and Permits	\$125.00	\$-	\$125.00
Medicare Expense	\$290.00	\$652.50	\$675.00
Miscellaneous Expense	\$3,850.00	\$1,849.00	\$6,550.00
Payment to Past Executive Director	\$-	\$2,500.00	\$2,500.00
Built With Chocolate Milk Lunch	\$-	\$3,842.21	\$4,000.00
Shirts	\$-	\$843.07	\$1,050.00
Office Supplies	\$750.00	\$363.43	\$300.00
Payroll-2014	\$-	\$10,000.00	\$-
Payroll-2015	\$35,000.00	\$16,000.00	\$35,000.00
Postage, PO Box, Shipping	\$500.00	\$702.44	\$500.00
Printing (Programs, Place Mats, etc.)	\$3,000.00	\$1,870.38	\$2,000.00
Telephone	\$700.00	\$789.47	\$700.00
Website Maintenance	\$35.00	\$-	\$200.00
Total Expenses:	\$81,450.00	\$88,943.97	\$100,000.00
Total Income:	\$81,450.00	\$89,014.30	\$100,000.00
Net Income:	\$-	\$70.33	\$-

**Awards Committee Meeting
Wednesday, June 17, 2015
Rochester, Minnesota**

Members Present: Steve Mischke, Co-Chair, Dave Dolan, Co-Chair, Forry Flaagan, Kirk Price, Tim Wallstrum and Sara Kinney.

Steve discussed the standardization of scoring. It is working well. This is much easier and more consistent.

Dave asked if we should standardize the formatting on the rating sheets. It would not change the scoring, but it would make things more uniform. We should also put items on the sheets in the same order as the rubric.

There was a discussion about Indoor Track and Field being part of Special Sports. We were not aware of this and are not in favor as a committee. We recommend that it be included in Track and Field. The word "Indoor" could be added to the category if necessary.

We discussed adding sports. We do not feel there is a need at this time. Hockey and Lacrosse could be getting close. We would take suggestions if there are any that need to be investigated.

Kirk asked about the awards given and the cost involved. This is an executive committee decision.

We will inform Dave Dougherty that we do not need additional time any longer. In the future we can meet at the usual time.

2015 Hall of Fame Committee Report

The Hall of Fame Committee met as a part of Committee "A" on Wednesday, June 17, 2015. In attendance were Jerry Miller, Co-Chair; John Hutchison, Co-Chair; Kathy Holloway, Bob Davidshofer, Don Prokes, and Virgil Polak.

Our first discussion item was centered around our emphasizing to the inductees that we need certain information from them. There is a sample bio sent to them, and they need to be reminded that we do need the types of information that is in the sample bio.

Our second item of discussion was that we as a committee need to follow up with David Dougherty any information that we receive from inductees after we as committee members contact them as we encourage them to attend their convention.

Our third item was that we would like to see an alphabetical list of all inductees.... some of us got one, but all of us did not.

We need to keep looking for individuals who may have been overlooked, but who should be in the NHSACA Hall of Fame. A question did come up...."What is the dollar amount that is spent on each Hall of Fame Award? Report submitted by Co-Chair, John Hutchison.

Professional Ed / Growth & Development Relations

Attendees: Jim Bennett, Joel Sullivan, Jeff Bellar, Brian Midthun, Beth Mihaly, Pest President Jerry Horton, Jim Okler

Reviewed 2014 minutes and proposals- Continued discussion on type of certification to offer at national convention which lines up the sponsor's of the state's conversation.

Testing models are being required for many states which are medical, or ethnicity based.

Considering advancing NHSACA with social media to be attractive for new coaches. Also find ways to advertising to the local, and state media where the site of the national convention.

Consider the supporting of media specialist for national.

Consider offer educational models of morels and parents in sports on the website.

Nominations and Credentials Committee Meeting minutes June17, 2015

Members present: Renee Schultz, Max Hawk, Harold Shepherd, Jim Ford, Jeff Halseth, Ralph Manley

The committee met and reviewed the resume and credentials of Kirk Price for the office of 3rd Vice-President. The committee was in agreement that he meets the criteria outlined by the By-Laws of the NHSACA.

For our new board members, a discussion was held in regards to the purpose and history of the committee.

Max Hawk explained that Don Prokes has approached him and requested that he be in charge of the ascendancy of officers.

NHSACA 2015 Committee MEDIA /PUBLICATION

Steve Waters , Ken Bruckner and Bill Weber attending.

Actions: More Sponsors in our publications needed. Convention area sponsors in our Convention Booklet with coupons for attendees. Suggest a Sponsor Coupon Page or insert.

Email Eye catching form/ letter from NHSACA president to States to gather attention and assist with more attendees. To be sent to State associations to distribute to members and Invite to Non Member states as well. Need better coordination and effort for local publications for COTY finalist and winners.

Our website is much better! Need more exposure with facebook , Twitter > social media !

New Larger Logo is Excellent for better Exposure and Branding.

2015 NHSACA National Office Committee Report

Committee Members Present: Gelaine Orvik, Co-Chair; Jerry Horton, Co-Chair and Bill Farthing.

Committee Members Absent: Becky Carlson, Josh Kinney, John Erickson and Jerry Wetzel.

The NHSACA National Office Committee was called to order with Co-Chairs Gelaine Orvik and Jerry Horton administering the meeting.

Discussion centered on the necessity of communications from the NHSACA National Office to and from NHSACA National Board of Directors as well as NHSACA National Coach of the Year Nominees. Discussion was heard regarding the lack of correct E-mail Addresses, cell phone numbers as well as physical USPS Mailing Addresses.

Discussion was also held regarding the recommendation for the NHSACA National Office to send a reminder to NHSACA National Coach of the Year Nominees from the previous two years. The message would be urging for their return to attend the current year's NHSACA National Annual Meeting. The essence of the message to previous nominees would be that they would have much to share with this year's attendees.

Discussion also noted the importance of obtaining endorsements and direct contact from and with every entity that is possible: National School Boards Association, National Principals Association, National Interscholastic Athletic Administrators Association, Sporting Goods and Manufacturing Association (Nike, Addidas, Under-Armor, etc.) and American Football Coaches Association (Grant Teaff, Executive Director).

The committee discussed the major concern by and for NHSACA. Discussion was held relative to Grant Writing. Someone in the Association always brings the availability of Grants and the ease of obtaining the Grants for schools and other Non-Profit Organizations. With most people discussing the ease of obtaining Grants with capable Grant writers, the committee recommended that whenever someone discovers a Grant Writer, his or her name be forward to the NHSACA Office to hire to write Grants. The committee suggested that the Writer be enticed for a job by paying him or her a small amount for writing the Grant, but including a sizeable percentage of the Grant as a bonus when the Grant is obtained (25% of \$100,000 is \$25,000).

The Grant writing also took the turn to include a stipend or rebate to Dual Member State Associations for their involvement and participation in the Grant. It was emphasized that Grants are usually for more than a one year period and oftentimes they are for 3-5 year periods. The committee emphasized that this should be of the HIGHEST priority for the Association.

Gelaine explained how he understood the operation of the NHSACA National Office with Danell serving as Dave's personal Administrative Assistant. She is not on the NHSACA National Office payroll, but is on Dave's personal payroll with their arrangement be arranged by Dave. Gelaine shared with the committee what he thought was a very important communication to continue with NOCAD! The longer NHSACA and NOCAD exists, the more likely past conflicts with personalities will disintegrate.

There are more and more State Coaches Associations' Executive Secretaries who are also very involved with NHSACA and have connections with NHSACA that will expand and grow tighter.

All members present continued to personally extended assistance and support in any way possible to Dave and the NHSACA National Office.

The committee meeting was adjourned.

Annual Meeting

Wednesday, June 17, 2015

Members Present: Ted Schroeder, Max Hawk, Darin Boysen, Randy Johnson

First Item Discussed: Future Dates and Sites of Annual Meetings

2016 – Louisville, KY – Galt House – June 25-29 - \$129 per night

2017 – Quad Cities Area of Illinois - TBD – TBD

2018 – Sioux Falls, SD – TBD – TBD

Action Suggested: No Action Taken

Second Item Discussed: Future Convention Sites – All Meetings Sites Under One Roof?

Action Suggested:

1. Trust Executive Committee and host state to make correct decisions
2. Weigh cost vs convenience
3. Signage is important if meetings are spread out

Third Item Discussed: College Credit at Annual Meeting

Action Suggested:

1. Education/Communication of host state requirements for re-certification of teachers/coaches
2. Consider and investigate offering year round on-line college credit courses through NHSACA
3. Hands on clinic for coaches in some sports if possible

Charter and By-Laws Committee

Thursday, June 17, 2015

Rochester, Minnesota

Members present: Wayne Carney, Co-Chair, Sara Kinney, Co-Chair, Don Prokes and Renee Schultz.

The executive committee presented a proposed by-laws change. The committee discussed it and proposed the following:

Page 1 Article II Section 1. B. 1.

Remove "\$25.00" and add "\$10.00"

This will pave the way for Dave to look into ways to entice more states to join the NHSACA.

This is the reworded resolution that was accepted by the board.

Whereas domestic violence continues to be a major concern for everyone, but especially for those involved and for the children who are witnesses.

Therefore, the NHSACA resolves that we educate student athletes so they do not become involved in domestic violence themselves or ignore it in others.

Whereas multi-sport participation has been shown to enhance grade point average, reduce injuries from muscle and joint over use, decrease burn out and leads to total body development.

Therefore, the NHSACA encourages coaches to support multi-sport participation by student athletes.

2015 NHSACA State Association Report

Committee Members Present:

- Gelaine Orvik Co-Chair
- Ted Schroeder Co-Chair
- Darin Boysen
- Wayne Carney
- Rich Tompkins

Committee Members Absent:

- Buster Mabry
- Don Olson
- John Erickson
- John Elder
- Steve Johnson
- Gary Makowicki
- Dan Brunner

The NHSACA State Association Committee was called to order with Co-Chairs Gelaine Orvik and Ted Schroeder administering the meeting.

The first item for discussion revolved around the position of the State Association Representative to the NDHSCA Executive. Ted Schroeder's term is complete and he is no longer available for representation since he will no longer be the Wyoming Coaches Association's Executive Director. Therefore, the position is open. After discussion, Darin Boysen was nominated and seconded for the position. He was elected by unanimous voice vote.

Darin accepted the nomination and appointment but shared that he has to receive permission for meetings from the Nebraska Executive Committee, since some of the NHSACA National Executive Committee Meetings may conflict with Nebraska Coaches' activities. Within the day understanding was shared with NHSACA that Executive Committee Meetings will always avoid those conflicts.

Gelaine led discussion to recommend to the NHSACA National Executive Committee that term limits be imposed and added to the NHSACA National Constitution and By-laws as well as into the NHSACA Guidelines. The recommendation was to be no more than three consecutive terms. This recommendation was introduced to prevent the same person from being presented to the position for approval over and over again without end.

Gelaine pointed out that there are six Sports Chair Positions open for appointment, including the following:

Girls' Sports' Assistant Coach Chair	Softball
Boys' Cross-Country	Tennis
Golf	

He emphasized the importance to involve Chairs from as many chairs as possible. If any state has an outstanding individual in any of the sports, the executive secretary is urged to forward a nomination form to Dave Dougherty as soon as possible.

The committee meeting was adjourned.

Ethics and Resolutions Committee June 17, 2015

Members present were Kathy Holloway, Co-Chair, John Hutchison, Co-Chair, Harold Shepherd, Rich Tompkins, Dan Brunner, and (Sara Kinney).

The committee met and discussed current issues. The resolutions are:

Whereas we can no longer dismiss domestic violence since it is increasingly brought to our attention by the news media.

Therefore, the NHSACA resolves that we educate student athletes so they do not become involved in domestic violence themselves or ignore it in others.

Whereas multi-sport participation has been shown to enhance grade point average, reduce injuries from muscle and joint over use, decrease burn out and leads to total body development.

Therefore, the NHSACA encourages coaches to support multi-sport participation by student athletes.

Corporate Sponsorship/Sports Competition/ Special Projects 2015

Co-chair: Joe Cliffe and Virg Polak with Steve Johnson, Jerry Miller, Jim Okler, and Nick Zeoli in attendance.

We reviewed the agendas from the last two years. We discussed: 1. To make an invitation and send out to all the past Hall of Fame winners to come back to the banquet or have a chance to donate money back to NHSACA. We would send them out about six to eight weeks to them. Joe Cliffe has a model to follow. The committee will work on this throughout the year by email to come up with the proper form to use. We will email Joe Cliffe with our ideas. 2. Nick Zeoli came to the meeting late and offer to donate \$100 to NHSACA. 3. We talk about get money from stuffing flyers in the packets at the Convention for those exhibitors that are unable to attend. 4. Contact a Shirt Company (The Graphic Edge) about t-shirts, and polo shirts with our logo. We could set up a link to purchase on line shirts from their company with NHSACA getting a fee from sales.

Submitted by Virg Polak

REGION I MEETING

No Report

REGION II MEETING

No meeting held.

REGION III MEETING

There were 7 coaches present:

North Carolina 1

Kentucky 1

Florida 5

Each coach introduced themselves and their position.

We discussed the issue of non-teaching coaches growing to ever-increasing numbers, and in Kentucky we discussed the benefits of coaching.

Administrators are not coach friendly in many schools. And Schools are instituting the pay-to-play system in Florida.

Some issues facing coaches in Kentucky include parents trying to coach, which can be good or bad.

In North Carolina Athletic budgets are facing cuts.

We discussed some hot topics:

Transgender athletics and Supplements.

Suggestions for improving NHSACA's role for coaches

Help with Sponsorship

Sport Chairs promote region meetings more

Sport Chairs promote COTY sessions more

Push college credit for all coaches

Election: Ed Kershner was re-elected Region III Director

**NHSACA REGION #4
Meeting Report
June 15, 2015
Rochester, Minnesota**

Committee: President and Regional Directors

Attendance: Michigan, Illinois, Kentucky

Discussion: Presented are states athletes lost due to over lapping of sports. There was good dialog and most states have the issue with overlap, and some coaches choice to handle on individual case.

Recommendations to Board of Directors: To conduct a survey and possible feedback how to correct conflict.

Discussion: How does AAU or club sport effect school teams in other areas of the country? Typical responds where kids were involved in both, and trying to balance. Some commented that athletes were not allowed to participated on school team, causing conflicts when students wanted to do other sports.

Recommendations to Board of Directors: None

Discussion: The impact on concussion in high school sports, and the media coverage. What are states doing to be proactive. Conversation that most states are in development stag of baseline testing program. Many state have established for players and coaches return to play guidelines and standards.

Recommendations to Board of Directors: None

REGION V MEETING

No meeting held.

NHSACA Region VI Meeting Friday, June 19, 2015

Roll Call of States/Number Present: 38 present from IA, CO, ND, SD, NE

All Present Made Introductions: Region Director, Darin Boysen (NE) led meeting discussions

Issues Discussed:

1. Transgender Athletes/State Policies
2. Concussion Education and State statues for legislation
3. Promoting NHSACA 2015 Resolutions
 - a. Domestic Violence Prevention
 - b. Promotion of Multi-Sports Participation
4. Promoting of Anti-Texting & Driving by Coaches
5. Younger Athletes in Sport Specialization
6. NCAA allowing high school students to leave early for college – preventing multi-sport participation
7. Early signing period for NCAA DI football players being considered – early college enrollment by expand

Suggestions for Improving NHSACA role for Coaches:

1. Individual membership benefits

Election of Region VI Director: Dan Mitchell (SD) was elected by an unanimous vote to complete the term to be vacated by Darin Boysen who has accepted the position of State Executive Directors Representative on the NHSACA Executive Committee.

Region VII Annual Meeting Minutes

Submitted by: Renee Schultz, Immediate Past President

The Region VII meeting was called to order by Renee Schultz, Immediate Past President. Members in attendance were: Wyoming – 6, Montana – 3, Oregon – 1.

Introductions were made by all. Most members were coach of the year finalists. Questions were answered regarding the convention and banquet.

Suggestions for the NHSACA for the clinic from the members were as follows:

*Would be nice for the multi-sport coaches to know topic of other sessions. Because the timeline of printing is an issue, session topics may be added to the website that coaches could access through social media.

*Most liked the round table format for a session.

*General session suggested topics include sport training, injuries, legal liability, and motivation.

A discussion was held regarding the benefits of belonging to the NHSACA. Members expressed very positive comments in the possibility of being able to access articles from doctors. They recommended such topics as: concussion, sport training, rehab for an injury, cross fit training, nutrition and hydration. Another suggestion was for articles of various sports that may benefit the young coaches.

Members present recommended Heath Hayes to remain as Region VII Director.

Meeting adjourned.

REGION 8

Steve Johnson

ROLL CALL:

1. Herman Andrews Safford, AZ
2. Joe Giglia Cimarron, NM
3. Bill Woods Phoenix, AZ
4. Robbie Robinson Mesa, AZ
5. George Maya Las Cruces, NM
6. Rich Hamilton Mesa, AZ
7. Steve Johnson Glendale, AZ

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

*A lot of coaches are not teachers in the schools, this is a trend that has been seen in the last five to seven years.

*Club coaches is another issue that seems to be taking kids away from the high school programs.

*Feeder program concept of club coaches working alongside with the high school coaches. The NM coaches seemed to think that this concept would be ok and the AZ coaches concurred.

B) What problems do coaches face – budget issues, parent issues?

For the most part the discussion focused on money for equipment and uniforms. Every coach in attendance all had a different perspective and each indicated a different aspect of what happens at their schools and local district. Some get some money from their district for equipment and uniforms to little or no money. Which forces some of them to have to be creative to come up with the money needed for their programs.

*Competition for starting position on a team. Sometimes the parent has some influence for their kid to be playing because they are hoping for athletic scholarships.

C) What are hot topics – do a better job of promoting programs & Communications.

*The coaches in attendance felt good about communications between their administration and their sports.

*Having access to adequate funding for their programs and having some coaches not always being tuned in to the proper procedures for coaching,

*Entitlement – kids playing sports for the wrong reasons. Examples – I should be starting or playing, it's all about me.

Assistant Boys Coach Reports
Submitted by: Ken Bruckner
Assistant Boys Sports Chair-person

David Dolan- Rapid City's: Mr. Dolan was our first speaker and he spoke about coaching football and running the 4-3 defense, He also talked about Track and Field and Plyometrics. Mr. Dolan said that we need to develop a bond between coach and athlete as well as athlete and athlete. Mr. Dolan said that once the kids find out we care they will work harder for the coaches. There were 7 in attendance.

Bob Raeth – Packing Your Best Intensions as an Assistant Coach: Mr. Raeth spoke on his philosophy as an assistant coach and how we should work with the head coach and the athletes. Mr. Raeth said that the assistant coaches are the buffer between the head coach and the athlete and we need to keep the pieces of the puzzle together. There were 20 people present.

Chad Lyons- McCook, Nebraska- McCook Football Success. Coach Lyons talked about the key to the success that McCook football has had over the past 27 years. He talked about things that worked for their program. He talked about success breeding success and how the younger players are coached and pushed by the coaches and the upper classmen. They have summer leagues and they also have summer league for the younger athletes. They really get a lot of student athletes involved. There were 14 people present.

Claudia Schoellkopf Mandan High School. Coach Schoellkopf talked about swimming and diving and what it takes to be an athlete, teammate, and student. She talked about a team mate gets better then that will make the team better and themselves better as there is better competition in practice. Coach S. talked about how they use the feeder program and how the kids help each other out. They use video to help out with coaching points. There were 7 people present.

Tom Rowley from Natrona High Natrona High School in Casper, Wyoming spoke on the throwing events in track and field. Coach Rowley had the title of Indoor Throwing At Natrona High School. Coach Rowley talked about the success that they have had in all the events and said that the throwing has helped them to 5 state titles out of 6 years and back to back champs indoor and outdoor. Coach Rowley talked about coaching his own kids as well as how to coach the other kids. Coach Rowley closed by talking about drills and philosophy. There were 20 in attendance.

The clinic was well attended and we had some of the best sealers in recent years.

ASSISTANT COACH – GIRLS SPORTS REPORT
NATIONAL HIGH SCHOOL ATHLETIC COACHES ASSOCIATION
NATIONAL CONVENTION – ROCHESTER, MINNESOTA

Session One – Six people were present.

Becky Jensen of Irene, South Dakota spoke on “Creative Ideas for Track Practice”. She explained their “fun to do” days: (1) Flashback Day (wore old uniforms), (2) Hawaiian Shirt Day, (3) Easter Egg Hunt with coupons for McDonalds, (4) Mat Ball Game, (5) Crazy Hat Day, and (6) Scavenger Hunts. They usually do these on Fridays to break up the routine and have had great success with this program.

Session Two – Nine people were present.

Donnie Swiney of Elizabethtown, Kentucky spoke on “Communicating with Parents”. They have two parents meetings a year (Preseason & Summer). During the 1st one he discusses the expectations for the season as well as the standards for the team.. During the summer meeting he discusses the workouts and fund raising. He won’t discuss playing time of students with the parents at either meeting. He passed

out 2 articles (“Bad Behavior on Social Media Can Cost Recruits” & “Hydration”).

Session Three – Seven people were present.

Nevin Jacobs of Power, Wyoming spoke on “My Success Is Not My Own”. He helps out with the track & football programs but does not work for the school district. He stresses to the athletes to be better this week than the last. He says that he is surrounded by outstanding head and assistant coaches who have given him great guidance along the way. They don’t have an indoor facility at their school so he travels to Cody and works out with other coaches. He mentioned how well the coaches in his area get along.

Session Four – Fifteen people were present.

Ann Purdy of Grand Island, Nebraska spoke on “Volleyball For All Seasons”. She has spent 33 years coaching volleyball. The volleyball team has qualified for the state during the past 14 years. After the regular season is over, they have tryouts for club volleyball in November. They practice every Sunday from 12:00-4:00 until March and host a tournament in February. They don’t practice during the spring due to soccer & track. The team does extensive work in the weight room during the summer and have various themes for practice such as “Out Of This World”, “Horse Races”, “Summer Olympics”, “James Bond”–Licensed to Kill”, and “Hunger Games”.

Joy Gross of IKN-Manning in Iowa spoke on “More Than X’s and O’s”. She has been the assistant coach in softball for 30 years. She has a daughter on the team this year who has a disability and couldn’t play but came to all practices to be part of the team. She always gives the team a practice schedule ahead of time and demands that athletes call her if they are going to miss practice. There are three towns that are part of their school district so practice is divided among the three areas. It makes things more difficult but thus far things have worked out well. She uses Facebook to communicate with the team. The team must dress up when traveling to every game and is currently ranked 5th in the state.

Session Five – Sixteen people were present.

Liz Hill of Ann Arbor, Michigan spoke on “The Pioneer Program-Key to Success”. She has been the assistant swim coach for 32 years and has worked with her husband who is the head coach. They have experienced great success over the years with the pool being named in honor of her husband. She stressed the importance of rest in this sport. She tries to let every athlete attempt to swim every event before specializing. She thinks it’s very important to teach citizenship along with the swimming. She stressed the importance of dedication in this sport. Liz was the later named the winner in the

Assistant Girls Coach category.

We finished with a “Roundtable Discussion” of the following topics:

- (1) Coaching Your Own Kids
- (2) Fund Raising & Activity Fees
- (3) Team Meals
- (4) Athletes Not Riding On The Bus

Everyone said they really enjoyed this segment of the convention.

Bob Davidshofer
National Chair for Assistant Coach – Girls Sports

2015 National High School Athletic Coaches Association
Athletic Directors
Presentation Report

1st Session Monday (3 people attending)

Scott Garvis, from Newton Community School District in Newton, IA, was our first speaker. His topic was "Running a First Class Athletic Program." Scott discussed what it takes to run a quality athletic program. He has a strategic plan that includes all aspects of the program from parent communication guides to finances. He has developed his own technology tool called Pocket AD.

2nd Session Monday (4 people attending)

Dennis Murphy, from Havre High School in Havre MT. His topic was "Promoting the Student Athlete." Dennis discussed his situation in Montana and promoting his programs. One of the ideas was Blue Pony Friday. Everyone dresses in Blue Pony gear and become eligible for drawings throughout the day.

3rd Session Monday (7 people attending)

Bill Fitzgerald, from Fremont High School in Fremont, NE. His topic was "Making the Move from Coach to Athletic Director." Bill is a mentor to first year Athletic Director's in the state of Nebraska. His presentation gave must know information for a coach who moves into the Athletic Director position.

4th Session Tuesday (9 people attending)

Mark Meile, Sioux Falls Public Schools in South Dakota. His topic was "Organization and the Budget Process". Mark showed his method of organization and then discussed how he sets up the athletic budget for the schools in Sioux Falls. He discussed how he would increase or cut the budget based on the financial situation at the time.

5th Session Tuesday (9 people attending)

Gary Makowick, Norwich Free Academy in Norwich CT. His topic was "Running Special Events." Gary talked about the branding process and then discussed some of the events that took place at his school. Friday night football games were big nights with special events before, during and after the games.

Baseball Report

Session 4

Coach Jim Johns spoke about the use of Wood Bats and how offensive and defensive strategy has evolved since the adoption of wood bats.

Session 5

Jeff Fiechtner spoke about baseball in ND. Discussed how weather and wood bats has affected spring baseball in ND. Explained how practice plans change day to day according to weather.

Session 6

Dan Cimini talked on "The Liggett Way" How he has worked to change the culture of baseball at his school. He believes in process over over automoe and how this has changed his program.

Session 7

Bob Karn spoke about the prevention of injuries. Injury avoidance through coaching proper throwing techniques. Daily mechanics in throwing drill promoting thumbs up and pronation on release.

Session 8

Steve Daeges talked about Iowa Baseball and how Iowa baseball programs are different than others across the US. The summer program offers many opportunities for athletes to have more at bats and pitching appearances.

2015 NHSACA Presenter Summary Report Boy's and Girl's Basketball

Submitted by: Boys basketball Chairperson Jeff Halseth and Girls Basketball Chairperson Joel Sullivan

This year at the 50th Annual NHSACA National Convention we had 5 of the Boys' Basketball Coach of the year finalists and 6 of the Girl's finalists present during the Spots Specific Sessions. Below is an overview of the topics each finalist presented during the sessions.

Session #1- There were 9 people present during this session. Boy's finalist Al Marshal from Cascade Iowa was the first presenter and his topic was implementing the 2 – 3 zone defense. He provided a handout to all that were present outlining why he went from a primarily man-to-man defense to a zone defense coach. Coach Marshall has a DVD available through Breakthrough Basketball on the 2-3 zone.

Session #2 – There were 11 people present during this session. Boy's finalist Steve Kimbro from Nokomis Illinois was the presenter and he shared with the group on how to implement a 1-2-2 Press. He discussed how his press has evolved from a half court press to a three quarter press to a full court press and the rules that his players follow in implementing it. He provided a handout explaining all the rules and rotations to make the press successful in his program.

Session #3 – There were 7 people present during this session. We had two of the Girl's finalist present during this session. Russ Ninemere from Sandy Creek High School in Fairfield Nebraska presented on drills for the Run & Jump defense, his basic motion offense with multiple sets that he uses to get in to the offense. Coach Ninemere provided a handout that illustrates the multiple sets that he uses.

Briant Teichert from Cokeville Wyoming was the next presenter. He started his presentation talking about the "Cokeville Miracle". It was a movie about an attempted mass killing in 1986. His main topic was his use of the fast break that his teams use to push tempo in his games. He provided video clips to go with his handout as he showed us how his fast break works.

Session #4 - There were 9 people present during this session. Boy's finalist Gregg Grinsteiner from Trinity High School in Dickinson, ND was the only presenter during this session. He discussed the topic on how to build a program and the keys to sustaining a successful one. He discussed how his team believes in what he calls the "Big 4" – Faith, Family, Academics, and Basketball in that order. He believes that if team buys into those four keys his team will be successful on and off the court. He provide an excellent handout with some great material to share with our teams.

Session #5 – There were 11 people in attendance for this session. Boy's finalist Gary Ernst from Mountain View High School in Mesa, AZ was our first presenter. His topic was about Mountain View Basketball. He shared with us how his calendar on how he does things from Pre-season leading up to the season and then post –season work. He stresses the importance of working on the fundamentals of the game, not just during the season but more importantly during the pre-season and post-season workouts. During the season he has his players come in during lunch to work on their free throws.

Girl's finalist Tom Lilly for Xavier Catholic High School in Cedar Rapids, IA gave his presentation on his use of feeder programs within his school. Within his feeder program he hires coaches who cannot be parents of the kids in his program. He has families sign waivers with the intent that their kids will attend Xavier High School. They practice 2 times a week and play 3 tournaments a month. The season runs from October to March and the cost is \$600.00 plus expenses.

Session #6- There were 15 people in attendance for this session. Girl's finalist John Harder from Southeast High School in Bradenton, FL was our first presenter. He discussed the importance of the 6th man in basketball and the philosophy and psychology that goes with being the 6th man in accepting that role. The 6th man needs to be able to play more than one position and believe they can accomplish more than they are capable.

Boy's finalist Ed Kershner from Oviedo, FL was the 2nd presenter of this session. His topic was on what he calls the "Stretch Defense". It is basically his man-to-man defense that he uses to try to control the tempo of the game. He can play it as a full court pressing defense, which he does most of the time or he can use it in a half court sense trying to stretch out the offense to slow the tempo down. Coach Kershner provided a handout explaining these concepts.

Session #7 – There were 11 people in attendance for this session. Girl's finalist George Maya from Mayfield High School in Las Cruces, NM was the 1st presenter. His topic was the development of his program from how he had approx. 6 people watching his first game to the success his team is having today. He plays a very up tempo style and in order to play this style he needs to make sure his girls are conditioned enough to do so. He does all of his conditioning at the beginning of every practice which includes pool work outs. He provided a hand out that explains his pool work outs and conditioning program.

Girl's finalist Bill Gottenborg from Hawley, MN was the last presenter. His topic was on John Wooden's Pyramid of Success. Coach Gottenborg has developed drills that he uses with his players and how these drills relate to the pyramid of success. He provided a handout of these drills and also showed video clips of his players demonstrating these drills.

National High School Athletic Coaches Association 2015 NHSACA Boys Cross Country COTY Report

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

THURSDAY, 6-18-15:

Session #1 = Attendance = 8

Bill Miles, MN / Region 6

"With the End in Mind" 39 years

- balanced priorities = XC is not #1 in life, only part of it.
- as a coach = be yourself; scientist or prankster, authoritarian or autonomist.
- every workout is essential = be purposeful, explain why, how and why again.
- know every kid = weekly interview game for newbies, with turn-about questions.

Session #2 = Attendance = 8

Rickey Baker, AZ / Region 8

"Hopi Traditional Training" 27 years

- reservation school = student population = 100% Hopi / 415 students
- ceremonial-based sport = natural, ancestral athletes, run prayer sticks to springs & shrines for rain.
- very disciplined athletes = visualize running for --tribe-clan-mankind-, power talk = relax -- hit strong.

Session #3 = Attendance = 8

Cross Country Panelist/Finalist Round Table

FRIDAY, 6-19-15:

Session #4 = Attendance = 12

Rob Murray, CT / Region 1

"Cross Country the Danbury Way"

14 years

- lettering = competitive point system to earn letter through meet competition.
- depth development = dual meet season, rotate line-up through early/mid season.
- off-season evaluation = season opening 3k time trial / 1-2 red-line workouts /season.

SATURDAY, 6-20-15:

Session #5 = Attendance = 17

Jim Barker, NE / Region 6

"Championships are Won in the Summer" 40 years

- learning opportunities = clinics & BS sessions, plagiarism really is a compliment.
- off-season = very closely monitored, meets with athletes 6 days/week throughout Summer.
- training surfaces = grass or unpaved 80% of the time, all-weather surface rather than road when possible.

Greg Schabron, WY / Region 7 "Team Building and Parent Communications" 12 years

- Parental Guide = disseminated at start of each season with intense parent meeting accompanying.
- weekly emails = weekly itinerary and post-meet results and evaluation
- off-season evaluation = race-type time trial at end of week 1 of season.

Session #6 = Attendance = 17

Gregg Meyers, IL / Region 4 "The Best Coaching Job in the Country" 18 years

- Success = tradition/history – high expectations – athletes celebrate successes.
- leadership program = all school based program founded by coach's father during his tenure as coach.
- fitness evaluation = sub-30: over strenuous 5-mile course are included in team history.

>> Session #7 = Attendance = 18

Kurt Schultz, SD / Region 6 "Cross Country at a Small School" 43 years

- statewide divisions = "B" = 3/2 -- "A" = 4/2 -- "AA" = 5/2, allows fair competition for school size range.
- multi-sport athletes = must cooperate/share athletes with other sports in same season to maintain team
- must balance workouts to allow for participation in other sports.

Fred Finke, FL / Region 3 "Preparing for the Next Level" 41 years

- outside school coaching = high degree of participation in Nat'l level coaching programs.
- networking = highly networked with coaches throughout the nation, constant communicator.
- job not a hobby = continually developing software and programs for matrixing training techniques.

Session #8 = Attendance = 18

Cross Country Panelist Round Table

Rickey Baker, AZ / Region 8

National Winner

National High School Athletic Coaches Association 2015 NHSACA GIRLS CROSS-COUNTRY REPORT

Submitted by:

James Ford / CT/ Guilford High School, National Girls Cross-Country Chairman

Thursday 6-18-15:

Session #1: Attendance = 8 plus the 2 National Chairs

Jorge Guerra/CT/Region 1 EO Smith HS/ 30 years

“How to Keep Runners Motivated in the Off-Season”

- 4 practices a week are off campus
- Often utilizes nearby rail to trail for training
- Jump roping used for a lot of conditioning and lower leg strength
- Run in groups of like partners
-

Session #2: Attendance = 8 plus the 2 National Chairs

Nancy Smith/MI/Region 4 Northville HS/ 22 years

“Building a Championship Program”

- Recruitment of incoming 8th graders is vital; meet with them in June/ contact PE teachers/emails, etc..
- Use local Arboretum to train
- Use ETraXC and Athletic.net to set up training logs, etc.

Session #3: Attendance = 8 plus the 2 National Chairs

Cross-Country Panelist/Finalist Round-Table Discussion

Friday 6-19-15

Session #4: Attendance = 12 plus the 2 National Chairs

Mark Garber/MT/Region 7 Belt HS & Centerville HS/ 11 years

“Rural Cross-Country in Montana”

- Co-op High School
- Staggered practice; 6:15 at Belt HS, 3pm at Centerville HS
- Shared athletes, i.e., football and XC during the fall
- 3 person scoring system
- No dual meets / all Invitationals
- Prodigious traveling to get to meets, uses it to build team comraderie

Saturday 6-20-15

Session #5: Attendance = 17 plus the 2 National Chairs

Todd Nott/NE/Region 6 Plattsmouth HS/ 23 years
"Nebraska HS Cross-Country"

- Utilizes Covenant Program
- Team is like a tribe
- Team dinners at various homes, helps give background and insight to each runner's individual circumstance
- Coaches both the Boys and Girls teams

Session #6: Attendance = 17 plus the 2 National Chairs

Julie Stavn/ND/Region 6 Century HS/ 31 years
"Patriot XC: A Few of My Favorite Things"

- Use of running games is very popular
- Use of various cross-training methods to reduce injury, such as spinning/pool work
- Gradual progression of workout groups is key

Mark Kachler/KY/Region 3 Mason County HS / 14 years
"Kentucky HS Cross-Country"

- 7th grade and up can run HS XC
- No real background in XC until he was asked to over program
- Think outside the box to solve problems – helped turn an abandoned underwear factory into indoor track which is no a major revenue producer for his programs

Session #7: Attendance = 18 plus the 2 National Chairs

Todd Thorson/SD/Region 6 Ipswich HS/ 14 years
"Energy Systems Training and the Distance Runner"

- Has waterski summer camp which helps with recruiting
- Set up detailed individual workout plans, and follows it
- Uses pace wheel.com and calculator.com to help set up proper paces

Session #8: Attendance = 18 plus the 2 National Chairs

"Cross-Country Panelist/Finalist Round Table"

NATIONAL WINNER: (Unable to attend)

Cynthia Wagner/IA/ Region 6 Wahlert Catholic HS / 38 years

NOTE: following the Awards Banquet, when I returned to my hotel room, I emailed Cynthia with the results. I will forward that in a separate email.

Football Specific Clinic Sessions

Friday June 19:

Sessions 4

Dave Gentry from Murphy High School in North Carolina presented. He spoke about the Wing T to the Wing Gun. There were 8 coaches present.

Saturday June 20, 2015

Session 5

Steve Kueter from Sioux Falls O’Gorman HS in SD spoke about Hot Topics in Football, specifically, “Contact Limits. There were 7 Coaches present.

Saturday June 20:

Session 6

Mark Wortman from Elkhorn HS in NE spoke on the running game he has established. There were 5 coaches present.

Session 7

John Hoch from Lancaster HS in Wisconsin spoke and provided an overview of how they have built their football program.

National COTY recipient was John Hoch!!

Jeff Bellar
Football Chair
Norfolk Catholic

Golf sessions report

1. Randy Johnson – Michigan

The ABC'S of golf

Randy has internal competition for his team during the year. As they compete for playing positions, the players earn a golf ball to use for the match which has their position as the number. So player 1 gets ball # 1, etc. He has older players mentor the younger players for team building. He has his players think about their next shot as they are walking to the ball, not when they get to the ball. He instills character in his players- they are investing in qualities that will be with them the rest of their lives. Most of all he keeps his practices fun.

2. Kathy Berglund – North Dakota

Kathy talked about keeping players committed to golf for the entire season, regardless of the weather. They practice rain or shine, as long as there is no lightning. She feels that this gives her team an advantage because other girls golf teams in her area don't practice in bad weather.

Her players must also score 90% or higher on a general rules test before they can play in a match.

3. Jim Hamann – Illinois

Jim's session was spent at a practice green at the golf course. He had set up drills he uses for his players to hit the "landing zone" and roll out from there. The landing zone is the first 6 feet of green between the ball and the cup. By using different clubs a player will get a different amount of roll. The more loft the less roll. In instances where the landing zone is not practical, the player should guess the number of bounces the ball will need to get to the green and choose the club accordingly. This one of the best presentations I have seen.

4. Dave Frantz – Florida

Dave's session was an overview of what he does for the season. He started with a player meeting to set some team and individual goals that are realistic for the players for that year. He sets a schedule that allows his team to play against the best teams in the state, in preparation for the State Finals. He does periodic evaluations of each player in each aspect of the game, but mostly the short game. Since about 75% of the strokes used are within 75 yards of the green, this is where most of the evaluation takes place.

5. Tom Malin – Connecticut

Tom talked about making and maintaining a good working relationship with his local course and professional. He hosts a tournament at his local course to bring in revenue to the course. He also has his players do minor cleanup for the course at the beginning of the season. He has his players help out at the course for some of the events hosted there. Tom included some insight for their State tournament, as well. In his division there are about 40 teams and 20 of those teams go to the final tournament.

NHSACA – 2015 Soccer Report

Chair: Steve Waters

Overall : 5 of 8 regional coaches Attended the Convention - One arrived late Friday evening.

Presentations:

Brian Chadderdon: “Playing Against and training for a 4-4-2”

Learned to prepare during season to play against this formation of rival team. He made coaching adjustments with player personal to ready the group for a big game during season. Prepared them to play against Multi - systems of play ; while keeping his team in a 4-3-2-1 formation system. He made player and role adjustments while concentrating on Counter attacking as a inferior team.

Cy Tucker (Nat. COTY) : “ Coaching Generation Z” : After coaching for years he had to adjust his thought processes on directing his and understanding the newer players “MINDSET”. The player culture has changed in last 10 yrs. He has noticed a lack of leadership and responsibility levels decreasing. A short Attention span and social media as infiltrated the Generation Z players.

Amber Ashcroft : “Team Chemistry / Synergy” ; Communication > Core Values> Lessons in Losses are her primary stages of coaching her team which continually ranks top ten in state. Watches two Movies with players: “For Ever Strong” and “When the Game Stands Tall”.

Very Direct but Fun coaching style while keeping the players involved with Team Involvement!

String ball thrown from player to player in circle to create a WEB and cohesion with team!

Keith Randa: “ Defensive Posturing” ; First Defender vs Covering Defender. First def. closes down player with ball .

2 v 2 ; 3 v 3 and 4 v 4 drills to cover defensive responsibilities of who , when to cover ! KEEP Feet moving and Butts down ; training on bellies up and short sprints to train for chase.

6 v 6 with 3 Defenders behind to cover in limited area / channels

Paul Christianson : “HOW To Keep a Successful Program “ handout on Sat night to coaches at dinner.

Team Building NHSACA – 2015 SOFTBALL Presentations

Neil Johnson; “Position drills for Inside then Outside”

40 yr coach: early years to recent years; differences of Drills and Instructions Development. Many changes .

A-Z skill set per position. Very detailed instruction. Sequence of drills > Senior girls tech younger players

Teach first base coach , assistant Decision making

Terry Gardner: 17 yrs coaching. “ 21 OUTS”

Playing great defense > Philosophy of Defense > Bunt defenses, throw to first, slap defense

Get the out > play to First /// Deception > trick plays /// Very Impressively broken down with statistical thought process to get OUTS!

Randy Wolken – 36 years, “Slapping and Bunting”

Detailed technical / tactical instruction on hands and feet positioning

Very well schooled on how bat contacts ball > step into 2 , step to first

Drills for bunting Left vs right handed

Miss by inch to hand eye training and head position

Power Slap > Bunt > drop bat

Rich Hamilton , 9 yrs coaching H.S. “Red Mountain Way” (school name)

and Bonding value.

Stadium Décor w/ championships > Warm up precise intimidating.

Team Meals every game > pre –game Hacky-Sac fun.

Locked in room “Zombie” fun team build

Sr Captains and leadership importance

Players Competitive Attitude > killer Instinct

‘Tammy Practice’ fun > water games and Amazing Race fun.

PROVE WHO WE ARE Wow Factor!

NHSACA Sport Specific Clinic Sessions-Special Sports

David Hoff—Athlete Development for All Sports

Audience of: 5

Based on Dr. Stephen Norris' "Own The Podium"

David covered youth sports science and how to maximize practice time by using station-based practices to keep athletes involved and active at all times. It helps to time their actual activity during practices vs standing or chatting time.

Using the American Development Model for developing athletes from ages 6-20. Focusing on the long term development of players by making practices fun and engaging and age appropriate. Coaches need to be patient and persistent to develop resilient young adults that can deal with adversity.

Coaches are there to serve and develop the player. Good coaches develop the PERSON.

Emily Tilden-Building Sport Culture and Community

Audience of: 5

Used "The Talent Cone" by Daniel Coyle

A strong connection to the community helps to validate and encourage an athlete to continue in the sport and to excel. Connecting the community to high school sports program makes the sport worthwhile.

HS Athletes can run a community outreach program to help teach their sport to the town as a whole and to the youth specifically to help grow a feeder program and develop interest in that sport.

Mike Turner—The Efficient Use of Practice Time

Audience of: 6

Coaches should arrive early and always have a written practice plan. Athletes should also arrive early so that when ice time or gym time or pool time or whatever starts, it isn't wasted.

Coaches should put aside personal problems and make the sport a refuge for players. All should be glad to be there.

Set practice plans up with short lines and lots of reps to spread the kids out and maximize development. Use station based practices and split levels to encourage all levels to improve.

Complete engagement, total focus, no sloppiness equal high quality activity and high production. It all starts and finishes with a well prepared and executed plan.

Matt Schneider—Extracurricular Diversification

Audience of: 7

Coaches should encourage their athletes to bowl in the off season. More sports means more coaches which means more people watching grades and conduct. Better peer group because there is a larger group to choose from. It helps develop cross-sports skills: strength & agility, team work, strategy skills. Encourage athlete participation and they will bring their friends.

Don't focus on the results, always encourage the effort!

Marcus Onsum-Adapting the Game: Sports Opportunities for Athletes with Disabilities

Audience of: 7

You can make sports competition available for all—just find a way to make it work. MN has been working to make Adapted Athletics part of HS sports since 1968. Became a formal organization in 1978. Still the only state organization that offers this option for disabled athletes.

They are constantly adapting and expanding to reach all that need. Currently adding an Autism Spectrum to the physically impaired and cognitively impaired branches.

Leagues include Adapted Soccer, Adapted Floor Hockey, Adapted Softball and Adapted Bowling.

Must accomplish individual success before the team as a whole can succeed. Success is different for every athlete. Can't is never allowed!

Bruce Kleinsasser—How to Deal with Administration

Audience of: 9

Better communication is key.

Have the kids work throughout the Athletic Department and at the school to earn things (new uniforms, etc.).

Administrators don't like to be surprised by things, make sure you are in constant contact.

**National High School Athletic Coaches Association
50th National Coaches Annual Meeting
Rochester, Minnesota - The Grand Kahler
June 16-20, 2015
Swimming and Diving Report**

Swim Chair Ralph Manley

The Swimming and Diving Coaching Finalist clinics had great information presented, was well worth attending. We only had Seven Finalist - **Five** (5) out of the (7) Finalist in attendance at the convention. All Five (5) attending finalist giving presentations.

Shannon Dunworth MI & Michelle Meyer IL- **Did Not Attend**

Here is a list of names, topics, and number of people present at the session. (+1-is Swim chair)

Thursday 6-18 Session 1 8:30-10:00

Ralph Manley – Swim chair - ND 4+1 =5

Topic : Introductions and Information - Finalist said Communication was Excellent and timely. Topic of school related Drowning were brought up and discussed, along with added safety precautions lifeguards, coaches getting certified. . Decided we need to stay proactive rather than reactive.

General session: Ben Utecht- Former Football player wide Receiver Colts (won Super Bowl) and Bengals

Talked on concussions WOW Great Speaker !! Swimming finalist really enjoyed presentation. 5 +1 Attended

Lunch Presentation: “Chocolate Milk” Good Information- Recovery of Athletes with the use of Chocolate Milk- Great Meal !! Swimming finalist really enjoyed presentation. 4 +1 Attended

Thursday 6-18 Session 2 1:00-2:30

Suzanne Hoyt – Glastonbury HS- CT 4+1 =5

Topic : “Team building and creating bonds between athletes” - Good presentation Creating Family setting- – everyone helps with formation of Team and Family – Purple Passion- Why Swim?- P O M (Proud of Me) Great Team Building ideas for Girls & Boys Team.

Thursday 6-18 Session 3 3:00-4:30

Georgia Lee Forney Hardin HS – MT 5+1=6

Topic: “HS Athletes and supplement Use” - On how to inform your athletes with their Decisions on supplements- and their choices- Need to know your athletes – several team meetings on what is actually needed to perform at the top level and supplements are not needed!!

Friday 6-19 Session 4 10:30-12:00

Shawn DeBoef - West Desmoines HS IA 6+1=7

Topic: Practical tips for coaching a Large Team -(Girls only 60-70 Athletes) Good Topic Varsity /Jarsity/ Jr Varsity - 4 mornings & 5 afternoons 7 lane pool loses 2 lanes for diving in Varsity Practices- High intensity practices- low yardage- Sprint mind set – limited time in the pool – each group has its own practice

Friday 6-19 continued

General Session: Wow another Great Speaker –

National Regional Meetings: The Coaches that attended the meeting thought they were ran well but wondered why more coaches from other States were not involved? Lead to Good Discussions on the NHSACA.

Saturday 6-20 Session 5 8:30-10:00

Marsha Dahl - West Fargo HS ND 9+1= 10

Topic: “What we do” Marsha gave an overview of what the packers do –Practices, meets, lineups, pool use, parents and many more daily things Swimming coaches face everyday

Good Discussion – gave Coaches opportunities to ask many questions in many areas !! Many times Coaches do not talk to local or State coaches like this because they do not want their competition to know what they do.

Wow very informative – lots of experiences to share Great Job!!

Saturday 6-20 Session 6 10:30-12:00

Jim Jenkins- Jackson Hole HS WY 11 +1=12

Topic: “The Hole Story of Jackson Hole Swimming”

Jim Gave an overview of his program – Great Presentation - team mid 30’s – sprint !! low yardage- 9 hour bus trip to Conference & State- Gave many example of practice sets – wants athletes to enjoy practice!

The response I have received following the convention has all been very positive saying that special honor of being nominated for such an outstanding award and the way the banquet was done, really made for a memorable experience. The Sessions were a great way to share ideas and information while making some new friends along the way.

GEORGIA LEE FORNEY

From HARDIN, MONTANA was the

2015 NATIONAL SWIMMING AND DIVING COACH OF THE YEAR

The 2015 Annual Meeting was very successful

I am looking forward to the 51st Annual Convention 2016 in Louisville, Kentucky - June 25th -29th

Respectfully submitted,

Ralph Manley;

Swimming and Diving Chair

Tennis Report 2015 NHSACA Convention Sports Chair – Kirk Price

Thursday 1 – 2:30

Kirk Price was welcoming the tennis coaches with general convention information. The coaches present were Bill T Woods (Ariz) and Chad Anderson (ND)

We changed Chads Presentation to Saturday AM due to lack of Finalists present at this meeting

Friday 8:30 – 10:00

Present for this session were Chad Anderson ND, Bill Woods AZ, Mike Kypriss FLA,

Kitty Palmer CT, Steve Bischof NE, Kirk Price CO, Guests – Mag Smith, Nancy Tropey Arleen Burke

1st Presenter was Mike Kypriss (Florida) Dr Michael Krop HS

Mike went over his situation and how he developed good relationships with the private coaches in his immediate area and emphasized his need to be in a good give and take relationships with his players private coaches and reminded us that their work with his players and more is how they make their living. Hand out distributed

His team has 12 boys and 12 girls. He has to cut due to lack of facilities at his school and their availability to the school in the area.

Discussion followed on Florida's state tournament and the format for the dual matches .

2nd Presenter was Kitty Palmer Connecticut, Daniel Hand HS

Her topic was Double up – The key to success. She explained Connecticut's tennis dual matches and state. Her school is in Madison (So. Ct.) 16 girls on her team, 4 courts, 4 singles and 4 doubles. Kitty had great handouts for drills. Discussion followed

Saturday 8:30 -11:00

Present for this session were Steve Bischof NE, Mary Perkins WYO, Chad Anderson ND, Kitty Palmer CT, Mike Kypriss FLA, Bill Woods AZ, Kirk Price CO.

1st presenter Steve Bischof Nebraska, Elkhorn South HS

Steve explained how he started coaching tennis. 1995 the girls team, 1998 the boys team he has 53 boys and 61 girls, a no cut program. Season matches have 6 singles and 3 doubles, at state 2 singles and 2 doubles. Handouts given out and A very lively discussion followed

2nd Presenter Mary Perkins Wyoming, Torrington HS

Mary drives as much as 6 to 7 hours one way to her matches. She's the Boys and Girls Coach and she started in 1999. Handouts were given out. 2 singles and 3 doubles is the lineup for duels and state. Lots of discussions and a much closer group dynamic is great.

3rd Presenter Bill T Woods Arizona , Brophie College Prep

Has been at Brophie College Prep for 21 years is currently the AD. He has 6 singles and 3 doubles where most players play twice. Bill told us many stories about his season and state organizations. His handouts created great interest. He takes a team trip to a California Tournament, a great team builder. Discussion occurred throughout

4th Presenter Chad Anderson North Dakota, West Fargo HS

Chad is Boys (Fall) & Girls (Spring) Coach Currently his courts are un useable 3 expansion joints were put in down courts lengths they are being redone this summer. His over night trip is to Western ND. He gave us all a handout about his seasons . During the Season they have 6 singles, 3 doubles with replay. State Team Tournament has 3s and 2d with no replay. Individual Tourn has 16 draw for 1 singles and 1 doubles

ROUND TABLE FOLLOWED with info on COTY Banquet This Evening

NHSACA Sports Specific Clinic Session Girls Track and Field

Session: 1

People Present: 15

Name of Presenter: Mike Lashley

Topics Covered: Dogger Track, That's Where it's at.

The Slogan came from long time throws track coach. Mike explain where there logo came from as a Dogger. If you are willing to work hard, you will be successful in track or anything in life. Since 1990 they have 15 state titles and 7 runner ups, It was the program, coaches and athletes that made this possible. Dirt track is there facility and says that is better on the joints of their athletes. They have all files from practices and meet back to 1971. All time top 5 list for their school from 1971 on, they also have Freshmen Records. Mike talked about his training cycles and peaking at the state meet. Wyoming has sanctioned indoor state track champion. Track handbook covered based on a movie theme. Team T shirts each season, the senior get to design. State champions ride on fire trucks with horns blowing and track team on it. Go to track clinics and big time meets to keep learning your whole life. The limbo is a good drill.

Session: 2

People Present: 14

Name of Presenter Craig Nelson

Topics Covered: True Team Track Luverne Style

Bob Hayes story at Howard Wood meet in the 60's - funny and awesome story. That really is what got him interested in track along with his dad being coach. 3 P's Participation, Persistence, Phun. 325 Kids in HS, talked about True Team track and field state champs in Minnesota. 3 classes scoring everyone scores individual and relays. 8 regions to make it state meet. Good assistant coaches kept for 20 years makes for a great program. He is in charge of Minnesota track coaches clinic and has great connections with lots of coaches. He stressed recruiting kids in your own school. 2 Summer meet for younger kids. Have athletes fill our an information sheet and your jr and seniors lead all practice. Practices are 60 - 90 minutes each day and make sure you have fun. "Swing" routine with 20 lb sandbags. Warm up the same way everyday and make it a routine. Promote your program anyway you can.

Submitted by:	Name	Position	Date
	Steve Mischke	Girls Track & Field	6-18-2015

NHSACA Sports Specific Clinic Session Boys Track and Field

Session: 1

People Present: 17

Name of Presenter: John Lober

Topics Covered: High Jump tips and techniques for high school

John has been coaching for 51 years, with the last 46 years in Travers City Central, Michigan. Finding the correct kids that are high jumpers are a key component in good jumpers and teaching them the science of high jump. Making points for take off, with no mark outside of 12 wide from the base. Then back 30, 40, 50 feet and we will run 10 steps with 5 lefts. The Run and takeoff are the most important parts of the high jump, pole vault and long jumps, with all events take off the same way. Coach needs to count out loud to give them the sequence to the proper take off. Running the perfect curve with strength being a keep component. Coach ask them what they felt after the jump and then make the adjustments. Run the 3 pt line for practice the curve run. Invent drills to help the athlete with making adjustments. If you going to fast you are going to crash. Coaches Eye is a great program. the hinge effect is throwing a part of cross bar with a rubber pad on bottom and what it go over the bar, will be the correct position for going over the bar. Have to have good shoes when high jumping. Hardest thing to do is to keep the body stabilized at the plant.

Session: 2

People Present: 17

Name of Presenter: Randy Johnson

Topics Covered: Sprint Relays 400 & 800

Hazen Track and field head coach in North Dakota. Right, left, right left for baton carry in the relays. Baton needs to stay a maximum speed through the handoff and exchange. Eyes on the hand they are giving to for incoming runner to outgoing runner. Outgoing runner need to sprint out like coming out of blocks. Leaning standing start or a 3 pt stance for outgoing runner. Same foot forward like they would be in starting blocks, each athlete is different. Verbal command words like hike, hand, stick,etc. 2nd runner is fastest sprinter has worked well. 4th runner is the most competitive and can finish a race. Have athletes run in different positions in practice and possibly meets, so ready for any substitutions that might have to happen. Boys 20 shoe lengths and girls 15 for mark

Submitted by:	Name	Position	Date
	Bill Weber	Boys Track & Field	6-18-2015

NHSACA Sports Specific Clinic Session

Name of Sport: Boys and Girls Track

Session: 3

People Present: 12

Name of Presenter: Round table Discussion.

Topics Covered: Coaches not on staff, True team Champions meet, Track rules. States concerns and ways they do things in each state. Uniform and jewelry rules.

Submitted by:	Name	Position	Date
	Bill Weber	Boys Track & Field	6-18-2015
	Steve Mischke	Girls Track & Field	6-18-2015

2015 Wrestling Report

Our first session was with Mr. Doug Denson. Mr. Denson talked about his programs Winning Philosophy. He also covered Social Media, Track Cast, Track Wrestling and HUDL. The information was great and he also offered everyone his tech's if we need help setting up our Social Media.

Second we had Mr. Mark Fong. Mr. Fong talked about Coaching the Whole Student Athlete. Start a Youth Program, Middle School since he took over the program. Mr. Fong had good solid skills on Team Building. Mr. Fong also talked about how wrestling carries over to the Classroom and Community. Mr. Fong also talked about a program he started for troubled youth called X-Men.

Third session was Mr. Jeff Campbell. Mr. Campbell talked about Highlights the Success of Small Schools. Mr. Campbell discussed Power of Community and Train in stations. Mr. Campbell uses his assistants and volunteer coaches in the station training. He hardly does any live wrestling. The station acts as a part of their conditioning.

Last to speak was Mr. Jeff Schumacher. Mr. Schumacher talked about what works for his program. Mr. Schumacher discussed summer wrestling, fund raising, and printing programs with sponsors and the wrestler's photo description and stats. They sell over 500 programs at \$5.00 each. Mr. Schumacher gives out the line up at the home meets to get the kids fired up to wrestle.

In all this was a great conference. I had a great time with the participant's and their families. We also, shared ideas and info that works for our kids and schools. I want to thank you again for allowing me to be a part of this great organization.

Herman Andrews Jr.
NHSACA Wrestling Chair

Past President Committee Report 2015

Members present: Co-chairs Virg Polak and Jim Okler with Carey McDonald, John Hemmer, Wayne Carney, Jerry Miller, Max Hawk, Renee Schultz, Gelaine Orvik, Kathy Holloway, Don Prokes, Sara Kinney, Jerry Wetzel, John Hutchison, Rich Tompkins, Harold Shepherd, Jerry Horton, Nick Zeoli, Bill Farthing, and Dave Dougherty in attendance.

Welcomed everyone and went around updating everyone's past year. Jim Okler gave a gift of a glass with the 50th year of NHSACA on the glass and a coaster from Bill Weber, Boys Track Chair. We discussed about some new projects for the past-presidents: 1. Four silent auction items with money to go to the past-president fund to help in paying our past-president luncheon. We had four silent items with the person who won it and the amount rose: Black Hills Silver women watch Tim Wallstrum \$100, Black Hills men watch Rich Tompkins \$60, Ring Jerry Miller \$150 and NHSACA Wall Hanging Harold Shepherd \$110. We raised \$420 for this project. 2. New project for next year is to have past president bring an item from their state for a gift exchange cost limit about \$10 if you forget just put a \$10 bill in. 3. In the future if needed do a split pot with a deck of decks—winners get \$200 and \$20 the rest \$300 goes into the past president fund. The cost is \$10 for each card. If we do not sell all the cards we will pro rate the winnings. 4. We called Bob Wood to see how he was doing. It was talked about calling other past presidents that were not attendance. 5. We asked if there was any information from the Executive Board for us and there was none. 6. We decided to keep Virg Polak as the chairman for this meeting. 7. We handed out door prizes for the group. Next year we would like to have you bring a door prize to share. 8. Saturday, June 20th at 12:00-1:00 PM will be the past presidents luncheon. Meeting was adjourned and enjoy the rest of the convention. Submitted by Virg Polak

NHSSI Board of Trustee Meeting

Thursday, June 18, 2015 4:00 P.M.

President Don Prokes called the meeting to order at 4:05 P.M. Members present were President Don Prokes, Vice President Kathy Holloway, Secretary Sara Kinney, Trustees Wayne Carney, Max Hawk, Gary Makowicki, and Gelaine Orvik. Trustees Carey McDonald and Bob Wood were unable to attend. There were three guests observing.

Minutes

Don asked for a review of the minutes. Wayne asked about the management agreement. Don reported that the NHSSI pays \$100 per month to the NHSACA for services rendered. Wayne Carney moved to accept the minutes from the 2014 meeting. Gary Makowicki seconded. The motion passed.

President's Report

Don reported on the two executive committee meetings he had attended during the year.

Finances

The checking account contains \$3778.47 and the Time Accounts contains \$6399.51 and \$6063.95 respectively for a total of \$16,134.93. Don reviewed all the donations and expenditures for the year. \$680.00 in donations remains from the deposits this year. There was a discussion concerning what should happen with this money. Kathy Holloway took over the running of the meeting for the discussion. The discussion centered on the original intentions for the money in the NHSSI accounts and the way things are happening at the present time. Most people felt that money given to the NHSSI should remain in the NHSSI to help increase the fund balance. Any money not designated for another purpose would stay with the NHSSI. This needs to be clarified. Wayne Carney recommended that Don Prokes investigate Foundations and Endowments so the NHSSI can make an informed decision about how the money should be handled. Since that has not been done yet. Wayne Carney moved to transfer the remaining \$680.00 to the NHSACA. Gelaine Orvik seconded. The motion passed.

Legacy

Don stated that it is important to leave something in their will to the NHSACA to show how much this organization has meant to them.

New Business

Don Prokes said that we need to make the By-Laws available to everyone. Sara will send a copy to Dave Dougherty to be forwarded to the board of the NHSACA.

Don presented 2015-16 the Management Agreement for approval. Kathy Holloway moved to continue the management agreement and Gelaine Orvik seconded. The motion passed.

Don Prokes reported that the Executive Committee asked for the NHSSI to give \$5,000.00 to the NHSACA to pay the remainder of the money owed to Don Prokes. Kathy Holloway took over the meeting during the discussion,

Several members stated that this does not meet our intentions for the money.

Gelaine Orvik expressed our desire to help the NHSACA. This is why we are investigating ways to handle the money. We need to address our need to maintain a fund balance for the future and to assist the NHSACA in its mission.

This is our year to elect a representative to the executive committee. Discussion followed. Wayne Carney moved that Don Prokes continue as representative to the executive committee. Kathy Holloway seconded. The motion passed.

Gelaine Orvik asked if the board members could receive quarterly reports. Don said that he would send those out.

Wayne Carney asked that Sara investigate a Purpose and Mission Statement for the NHSSI.

The meeting adjourned at 5:10 PM