



NDHSAA BULLETIN

North Dakota High School Activities Association
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April 2010

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*Dave Carlsrud receiving award from
Sheryl Solberg, NDHSAA Assistant
to the Executive Secretary.*



*Mike Berg receiving award from
Pete Moe, NDHSAA Board Member
and NDIAAA Representative.*

Distinguished Service Awards

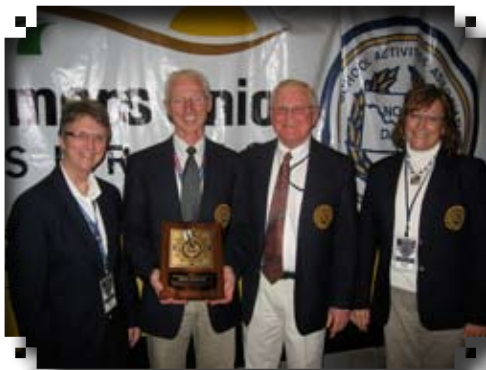
NDHSAA Premier Partner:



NDHSAA Supporting Sponsor:



Distinguished Service Awards - Dave Carlsrud and Mike Berg



At the State A Basketball Tournament in Bismarck, Mike Berg, Grand Forks and Dave Carlsrud, Valley City were recognized as Distinguished Service award recipients. The Distinguished Service program recognizes people for their contributions and involvement in the promotion of interscholastic activities. All candidates are considered on the basis of their significant and/or long term contributions and service to interscholastic activities within their specific areas that have a state-wide impact.

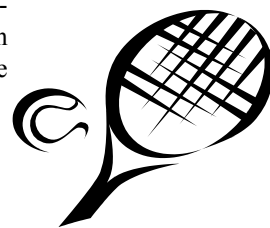
Mike Berg received the award for his statewide promotion of professionalism and integrity in coaching in North Dakota. Mike is known for his presentations at the North Dakota High School Coaches Association and his ability to help student athletes reach extraordinary results.

Dave Carlsrud, NDHSAA Assistant to the Executive Secretary, received the Distinguished Service award for his 21 years of dedicated service to officiating and boys' sports. Dave has served the North Dakota Officials Association, various NFHS national rules committees, and is known statewide and at the national level for his integrity and kind professional leadership.

The North Dakota High School Activities Association was honored to present this prestigious award to 2 of our state's great professionals—thank you Mike and Dave for your tremendous service to North Dakota students and schools!

The Role of a Tennis Spectator

Being a tennis spectator is not just like any other sport. You are expected to abide by the following sportsmanship guidelines. If you do not follow these guidelines you put the tournament officials and your team/coach in an uncomfortable situation. Schools are encouraged to share this information with your parents before the beginning of your tennis season.



Spectators:

- Are not permitted on the court
- Should not lean or crowd around the fence
- May not converse with players once they enter the court
- May not, in any way, assist the players with the match (coaching, scoring, line calls, rules, etc.)
- Should refrain from distracting the players
- May cheer or applaud when one of the players hits a winning shot
- Should not cheer or applaud when players commit unforced errors. If you do not understand the difference between an unforced error and a good shot by your player, DO NOT CHEER! The last thing the State or Region Tennis Tournaments need is the match to become a matter of which crowd can cheer the loudest. This is very distracting to the players.
- Should realize they are watching the match from angles that differ from the players. Line calls are very different to make as a tennis player. It is easy to criticize a player for making a bad call when you are standing still watching. Players who officiate their own matches are not always in a position to make quality calls.
- Good Sportsmanship means respecting the abilities of all players involved. It means giving credit to both sides – win or lose.

The North Dakota High School Activities Association, Tournament Officials, Coaches, and most of all the players thank you for your role in applying good sportsmanship in the stands. Thanks for your cooperation!

JOIN US IN GOOD SPORTSMANSHIP!

2010 Girls' Regional and State Tennis

May 20-22 2010 has been set for Girls Regional Tennis Tournaments. West Region will be held in Minot and East Region will be in Grand Forks. The deadline for team play-in is May 17. Coaches and ADs are reminded regional registrations are due to the NDHSAA office and tournament managers by NOON May 12. Entry forms are on the Girls' Tennis page under Tennis Publications.

State Girls' Tennis will be May 27-29, 2010 in Grand Forks. All regulations for state and regional tournament play may be found on the Girls' Tennis page of the NDHSAA website. http://www.ndhsaa.org/athletics/tennis_girls/girls_tennis_regulations

West Region-Minot
May 20-22
Pat McNally, Manager

East Region-Grand Forks
May 20-22
Todd Olson, Manager

State-Grand Forks
May 27-29
Todd Olson, Manager

NDHSAA/US Bank Distinguished Student-Where are they now?

Joe Pull

After graduating from Richland 44 High School in 1999, I followed Valley City High graduate Jeff Boschee to the University of Kansas. We never met. Boschee sank three-pointers in Allen Fieldhouse in front of national television audiences; I studied, cooked meals once per week for my on-campus cooperative-living housing group of forty-eight men, and played computer games and casual ultimate frisbee. Academic scholarships obviated the need for employment to pay for my classes, but I did devote a few hours per week as a research assistant to two professors in the political science department engaged in a research program that involved teaching computers how to “read” newswire stories. In the summer of 2002 I had the opportunity to spend six weeks studying and conducting newspaper library research in England.



Joe, Trisha and family.

Graduation from KU in the spring of 2003 came with highest distinction, departmental honors in history and political science, Phi Beta Kappa membership, and completion of the KU Honors Program. My brother had followed me to KU in 2000, and in fall 2002 he introduced me to his friend Trisha, who I began dating during the following spring. Trisha moved to Baguio City in the Philippines in the summer of 2002 to teach at an English-language elementary school, and I went the opposite direction to New Haven, Connecticut to attend law school at Yale, but we continued our relationship long-distance. The voice-chat feature of AOL Instant Messenger made this easy and affordable.

The Yale Law class that enrolled in autumn 2003 included slightly fewer than 200 people, but four of them were North Dakotans – about 10 times the number that statistics would predict based on the state’s total population. One of the four had acted in movies and graduated from MIT; another had a decade of experience working for Senator Conrad on Capitol Hill. I had . . . scored somewhat above average on the LSAT. Nevertheless, I went to class, wrote final exams, ate pizza at the school’s events just like everyone else, and generally tried to hide the wetness behind my ears. I proposed to Trisha when she traveled back to the United States for Christmas break at the end of 2003, and we were married the following August.

During the summer of 2004 I interned with the United States Attorney’s Office in Kansas City, sleeping on the couch of my very generous former roommate from KU, who worked for an architecture firm in the area. Summer 2005 I worked for two months in the Washington, D.C. office of the law firm Ropes & Gray. Law school graduation came in June 2006, after which Trisha and I packed up our apartment and moved to Minneapolis, Minnesota. Chief Judge James Loken of the federal Eighth Circuit Court of Appeals had hired me for a one-year judicial clerkship beginning in August.

Between graduation and the start of the clerkship, I worked at the law firm Faegre & Benson in Minneapolis and studied for the Minnesota bar exam, which I passed at the end of July. A week after the beginning of the clerkship Trisha gave birth to our first child, a little girl.

Summer 2007 brought the end of the clerkship and another move, back to Washington, D.C. and back to Ropes & Gray – this time as a fully credentialed attorney. We settled in a house near the Metro train line into Maryland, a convenient method of commuting. I was grateful to be out of town on June 22, 2009, the day a collision killed nine people on a train traversing the same track that I ride to work each day.

Today, I continue to work for Ropes & Gray. Two additional little girls have joined the family, and the three-under-three experiment keeps us quite busy. During the summer I enjoy experimenting with growing pumpkins and other vegetables in a garden; one of the few advantages Maryland holds over North Dakota is a much longer growing season. I also make time to run; the Marine Corps Marathon in October 2009 was my sixth marathon. My race times put me squarely in the middle of the pack, but the energy expended in training and running allows me to eat substantially more of the delicious food that Trisha likes to prepare than I otherwise would be able to consume. Completing the Fargo Marathon in 2007 two weeks after completing a marathon in Lincoln, Nebraska, was particularly satisfying, though (in hindsight) fourteen days is not adequate recovery time between races!

Officially a resident of Maryland, I still consider myself a North Dakotan. Trisha, the girls, and I generally make it back to the Fargo area to visit family about twice each year. And March 2009 caused us great distress when the NDSU men’s basketball team qualified for the NCAA tournament, only to be matched up against KU in the very first round. My hopes that the Jayhawks would meet the Bison in the championship game dashed, we nevertheless enjoyed watching a close game with the proper outcome, while nervously gorging on tortilla chips and homemade guacamole.

NEW Online Rules Clinic for Coaches and Officials

The NDHSAA Board of Directors directed NDHSAA Staff to implement online rules clinics for some sports and activities for the 2010/11 season. Officials and head coaches must complete rules clinics in sports where clinics are offered. These online rules clinic will be in place of the face to face rules clinics as were done in prior years. The clinics offered will be available online only and must be completed within the clinic window. The clinic will be available through a link within MVP. You must have an MVP account in order to complete the rules clinic. Please note not all clinics are online for the 2010/11 school year. Some sports and activities will continue to have clinics at sites around the state. The complete clinic schedule will appear in the May NDHSAA BULLETIN.

Following are the sports and activities that will have online rules clinics for 2010/11 along with clinic windows.

Fall:

August 1 - September 3

Cross Country
Soccer
Swimming & Diving
Play
Student Congress

Winter:

November 1 - December 1

Basketball
Wrestling
Debate
Music
Speech

Spring:

February 15 - March 15

Track & Field

March 1 - April 1

Baseball

2010-11 Directory Update Reminder

Administrators are reminded the 2010-11 NDHSAA Directory of Member Schools will be sent to schools in August and published on our website under the Member Schools link.

To check your school's information:

- Log in to MVP
- Click on the Schools tab on the blue menu bar at the top of the page
- Click on the link to your school

To update your school information:

- Log in to MVP
- Click on the Admin Wrench
- Click on the Profile tab on the grey menu bar across the page
- Go through administrative profile tabs and check your school information. (Overview, Contact - Mascot & Colors - Directions - Teams)
- Click "Save" after correcting the information on each tab.

• Overview

- Check all information.
- Change the school year to 2010/11 in the drop down menu
- Enter your predicted enrollment for grades 9-12 for the 2010/11 school year.
- Choose your schools Main User (All NDHSAA correspondence will be sent to your school's Main User)

• Contact

- Check all contact information including website address and contact email.
- Provide physical address AND mailing address. Both will be listed in the 2010-11 Member School Directory.

• Mascot & Colors

- Upload mascot logo, check name, colors, school song

• Directions

A Google Map based on your school address will appear here. If there are special instructions to your school. ie: Use North door only, all visitors must check in at office, offices open 9-4 etc.

• Teams

- Verify your teams and coops and contact Brenda Schell concerning changes

Administrators are urged to have staff members create/amend MVP accounts as hiring for 2010-11 is completed. This way, current information is in the system without having to fill out additional forms or have concern about correct names in July. Contact Brenda Schell to remove incorrect roles in your school.

Your school profile will be downloaded by the printer the morning of July 15, 2010. We understand that you may not have all of your positions filled at this time; however, you will want to check your MVP school profile for accurate printing. Call or email NDHSAA if you have any questions.

State A Speech Tournament

April 17, 2010 - Jamestown High School

7:45-8:00 a.m. Registration

- 8:00 Draw begins for Extemporaneous Program Reading and Extemporaneous Speaking
- 8:15 General Meeting for Judges, Coaches, & Students in Theatre
- 8:30 Draw Begins for Round I of Radio and Storytelling in the Media Center
- 9:00 Round I for Group A Events
(Extemporaneous Speaking, Extemporaneous Program Reading, Radio, Poetry, Storytelling, Serious Duo, and Dramatic)
- 9:15 Coaches Meeting
- 10:15 Round I for Group B Events
(Persuade, Inform, Humorous, Serious, Entertain, Impromptu, Humorous Duo)
- 10:30 Begin Draw for Round II of EPR and Extemporaneous Speaking in the Media Center
- 11:00 Begin Draw for Round II Radio and Storytelling in the Media Center
- 11:30 Round II for Group A Events
- 12:45 Round II for Group B Events
- 1:00 Begin Draw for Finals of EPR and Extemporaneous Speaking in the Media Center
- 1:30 Begin Draw for Finals of Radio and Storytelling in the Media Center
- 2:00 Finals for Group A Events
- 3:15 Finals for Group B Events
- 4:30 Awards in Theatre

Burden of Proof: Remind students to have proof of copyright and genre ready for all Round I judges. Persuade, Entertain, and Inform participants must bring copy of script with a bibliography.

Extemporaneous Speaking participants should be prepared to have file box checked at entry to Media Center. (Be sure no speech outlines or extensive notes written on source material).

No electronic devices of any type allowed. Students must be in competition attire for awards.

Lunch will be available all day in the commons/cafeteria area.

Mandatory Administrator Meetings

NDHSAA will host mandatory Administrator meetings in August of 2010. Each member school must send at least one representative which may be a superintendent, principal, or activities/athletic director. Coaches are also welcome to attend.

Each school not in attendance at one of the meetings will be required to pay a \$50 non-attendance fee.

The meetings will cover information pertinent to administration of NDHSAA sponsored activities. Constitution & By-Laws, general regulations, and publications covering all activities shall also be reviewed.

All meetings are scheduled from 10:00 a.m. to 12:00 p.m. local time with locations to be announced.

August 2	-	Grand Forks	August 11	-	Dickinson
August 3	-	Valley City	August 12	-	Bismarck
August 9	-	Minot			

Illegal Basketball Uniform Reminder

The NDHSAA Board of Directors approved a 3 year phase-out of illegal basketball uniforms which includes school years 2008-09, 2009-10, and 2010-11. All uniforms must meet the National Federation uniform rule for the 2011-12 basketball season.

2010 State Music Check-In

Music directors are reminded to check in upon arriving at State Class A and B Music contests to verify participation numbers. These numbers are used for school participation checks that will be sent in June.

Team Scholar Reminder

Principals are reminded to submit Team Scholar Applications for winter activities using the 3rd nine weeks grading period.

Applications are made through MVP by logging into your MVP account, clicking on the Admin tab, and selecting Team Scholars in the gray task bar. If the coach or a director of a specific sport or activity does not have the team roster in MVP, please direct them to complete it prior to your submission.

Golf Sportsmanship Reminder

NDHSAA requests that sportsmanship and golf etiquette be emphasized during the spring golf season.

Golf coaches are asked to teach the rules of golf etiquette to their participants. There has been concern that some players are not being honest in counting their score and other rules are being broken because of ignorance of the rules.

Regional and State managers are asked to make an extra effort this year to see foursomes are properly supervised, rules and sportsmanship are covered in the pre-tournament meeting and the scoring procedure is followed.

The following rules of golf etiquette/sportsmanship should be taught to each golfer and covered at every tournament.

1. Be honest; count every stroke.
2. Make sure you know how many strokes to add for each specific penalty. Don't guess; ask the tournament manager or club pro.
3. Don't move, talk, or stand too close to a player while s/he is making a stroke.
4. Don't play until the group ahead of you is safely out of the way.
5. Play without delay but stay with your foursome. Leave the putting green without delay with your foursome.
6. Each person should call out his/her score as soon as you have holed out so the score is verified.
7. Replace divots, smooth out bunkers, etc.
8. Don't step in the line of another golfer's putt.
9. Keep control of your temper. Do not use offensive language or throw clubs.
10. Be a lady/gentleman at all times. Do what is proper and sportsmanlike.
11. Electronic devices are not to be used on the course at any time.

2010-11 Distinguished Service Award Nominees Requested

The NDHSAA is requesting nominations for the 2010-11 Distinguished Service Award.

Nominees must exemplify the highest standards of professional ethics, sportsmanship, moral character, and carry the endorsement of their local high school. One may nominate an administrator, board of education member, coach, contributor, fine arts coach/director, fine arts judge, or game official.

The criteria letter and nomination form can be found at www.ndhsaa.com under Forms.

Nominations should be based on the following criteria:

- * School administrators would be considered on the merits of their high school administrative achievements and contributions to interscholastic activities.
- * Board of education nominees would be considered on the merits of their contributions to interscholastic activities, especially on a state level.
- * Coaches would be considered on the merits of their high school coaching achievements only.
- * Contributors would be individuals who have made a contribution to interscholastic activities in some other capacity other than those previously mentioned (may include such areas as sports medicine, sports media, or reporting other school activities).
- * Directors would be considered for their contributions to the interscholastic activities in their school and on a statewide basis.
- * Officials would be considered on the basis of their service as a high school official, adjudicator, judge, etc.

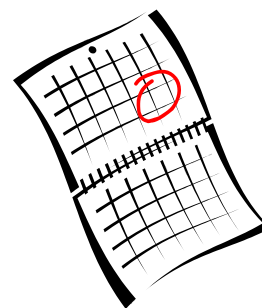
All candidates will be judged on their significant and/or long term contributions to interscholastic activities. While many have served their local programs over a long and distinguished career, longevity without meaningful state impact does not constitute appropriate credentials for Distinguished Service Award consideration. Their accomplishments must have been worthy of state recognition to be considered.

An appointed selections committee will review the nominations at the April Board of Directors meeting with a final list submitted to the entire Board of Directors at the June Annual Meeting.

2009/10 NDHSAA Board Meeting Dates

Following is a list of NDHSAA regularly scheduled Board meeting dates. Agendas, Board minutes, special meeting information and other Board documents may be found on the NDHSAA website by clicking the Board Agendas and Minutes link under the Boards & Committees across the top of every page on the NDHSAA website.

April	20	Board Meeting, Valley City
May	27	Fine Arts Committee, Bismarck
June	9	Athletic Review, Valley City
June	21-22	Board Meeting, Valley City



ACT-SAT National Test Dates



Administrators, activities directors and coaches should remind their students of the following 2009/10 and 2010/11 dates so that they may avoid conflicts. Please have them contact their school counselor for deadline registration dates and further details.

ACT National Test Dates

April 10, 2010
 June 12, 2010
 September 11, 2010
 October 23, 2010
 December 11, 2010
 February 12, 2011
 April 9, 2011
 June 11, 2011

SAT National Test Dates

May 1, 2010
 June 5, 2010
 October 9, 2010
 November 6, 2010
 December 4, 2010
 January 22, 2011
 March 12, 2011
 May 7, 2011
 June 4, 2011

Team Scholar Recipients

Girls' Basketball

Scranton-3.39, Fargo South-3.51, Harvey-3.90, Hillsboro-3.82, Lisbon-3.47, Maddock-3.64, Hazen-3.65, Valley City-3.40, Litchville-Marion/Montpelier-3.44, West Fargo-3.85, Shiloh Christian-3.47

Gymnastics

Fargo South-3.46, Jamestown-3.73

Girls' Ice Hockey

Fargo South-3.33

Boys' Swimming and Diving

Fargo South-3.21, West Fargo-3.57

Wrestling

Harvey-3.24

Speech

Valley City-3.52

Boys' Basketball

Harvey-3.57, Valley City-3.39, Hillsboro-3.32, Shiloh Christian-3.47



Pre-Participation and Physical Exam Requirements Updated by NDHSAA Member Schools

At the North Dakota High School Activities General Membership meeting January 28, 2010 in Bismarck, representative school administrators passed an amendment to the NDHSAA Constitution and By-Laws concerning student physical examinations.

Starting with the 2010-11 school year, student athletes participating in NDHSAA sanctioned sports programs will be required to file a pre-participation health history screening and physical examination with their school office prior to their participation (including practice) on a yearly basis. Physical examinations completed before June 15 are not valid for the following year.

Previously, student athletes participating in NDHSAA sanctioned sports were required to have a physical examination every 2 years. The purpose of changing from every 2 years to every year is to protect athletes from any undiscovered health concerns. School administrators passed the amendment 68/7.

Fine Arts/Career & Tech Ed Calendar

Approved Fine Arts Dates 2010-11	Start Date	End Date
Student Congress 1st Competition Date	9/1/2010	
State Student Congress	11/4/2010	11/5/2010
Debate 1st Competition Date	11/12/2010	
State B Plays	11/22/2010	11/23/2010
A Speech 1st Competition Date	1/1/2011	
B Speech 1st Competition Date	1/1/2011	
NDHSAA State Debate	2/4/2011	2/5/2011
State Science Fair	4/7/2011	4/8/2011
State DECA	3/13/2011	3/15/2011
State A Plays	3/21/2011	3/22/2011
State TSA	3/21/2011	3/22/2011
State FBLA	3/27/2011	3/29/2011
NDMEA ALL STATE	3/20/2011	3/22/2011
State Science Olympiad	4/26/2011	(tentative)
Good Friday	4/22/2011	
Easter Sunday	4/24/2011	
Last Date for B Speech Regions	4/16/2011	
Last Date for A Music Regions	4/15/2011	
A Speech Regions	4/2/2011	
State FCCLA	4/10/2011	4/12/2011
A Speech State	4/16/2011	
Last Date for B Music Regions	4/23/2011	
SKILLS USA	4/17/2011	4/19/2011
State A Vocal/Strings	4/29/2011	
B Speech State	4/30/2011	
State B Music	5/7/2011	
Fine Arts Review (tentative)	5/26/2011	
State FFA	6/6/2011	6/10/2011

Participants Must Be Accompanied

Please remember that all individual and team participants in NDHSAA-sponsored events must be accompanied by a coach or an authorized faculty member of the participants' school (Article III-Contests, Section V, p.9 By-Laws).

Managers of Regional and State NDHSAA sponsored events have been notified to strictly enforce this rule. No participant or team will be allowed to participate without a coach or faculty representative present at the contest.

NDHSAA Contact Information

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Valley City, North Dakota 58072-0817**

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Spring MVP Website Requirements

Spring sport rosters/pictures/cutlines and schedules are soon due. Schools are required to have this information for all spring sports uploaded to MVP three weeks into each season. Failure to upload required information will result in a \$50 late fee for the first season and \$100 for subsequent seasons. Schools have the ability to edit this information as rosters change throughout the season. NDHSAA member schools are required to upload a team picture, cutline which identifies the lineup on the team photo, team roster and schedule/record for all sports. This process allows invitational, district, regional and state tournament managers the ability to download and prepare tournament programs. Information within MVP is also sent to the public NDHSAA website. The cutline is not show on the public website as per member school request. For additional information on uploading team information to MVP, please contact Brenda Schell at the NDHSAA office.

Below are deadline dates:

Sport/Activity	Deadline	Sport/Activity	Deadline
Softball	April 12	Girls' Soccer	April 19
Baseball	April 12	B Boys' Golf	April 19
Boys' Track & Field	April 15	B Girls' Golf	April 19
Girls' Track & Field	April 15	Girls' Tennis	April 26
		A Boy's Golf	May 3

State Class B Speech Tournament

April 24, 2010—Mandan Middle School

7:30-7:50 Registration

Go in the main entrance of Mandan Middle School at 2901 12 Ave NW, Mandan, ND 58554
(Go north of I-94 Sunset Boulevard Exit).

- 7:40 Judge meeting in Band Room
- 8:00 Timer meeting in Choir Room
- 8:00 Draw Begins for Round I Radio and Storytelling in the Library
- 8:00 General Meeting for all coaches and all participants not in an early draw in the Theatre
- 8:30 Round I for Group A Events (Radio, Storytelling, Poetry, Inform, Serious, Persuade, and SDUO)
- 8:45 Draw begins for Round I of XS and EPR in Library
- 9:00 Coaches meeting in Theatre
- 9:45 Round I for Group B Events (XS, EPR, Dramatic, HDUO, Humorous, Entertain, and Impromptu)
- 10:30 Draw begins for Round II of Radio and Storytelling in the Library
- 11:00 Round II for Group A Events
- 11:15 Draw begins for Round II of XS and EPR
- 12:15 Round II for Group B Events
- 1:15 Draw begins for Finals of Radio and Storytelling
- 1:45 Finals for Group A Events
- 2:15 Draw begins for Finals of EX and EPR
- 3:15 Finals for Group B Events
- 4:45 Awards in Theatre

All Draws and Preps in the Library—There will be a separate room available for EPR and Story Prep.

Lunch will be available all day in the cafeteria. There are students with peanut and latex allergies; no schools may bring candy bars or peanuts of any kind.

No electronic devices may be on in performance rooms. Penalty=DQ.

T Shirts will be available in limited quantities.

Remember: Your students are responsible to be on time in the correct room.

1. Interp Participants: Bring Proof of copyright and genre for Round I.
2. Original Speech Participants: Bring your script with a bibliography.
3. Extemp Speakers: No outlines, prepared speeches, or electronic devices may be brought into the library.
4. Students must be in competition attire for awards.

Music and Speech State Schedules

Schedules for State Class A & B Music and Speech will be posted on their respective website pages prior to the contests.

Music: http://www.ndhsaa.org/athletics/music/music_tournament_information

Speech: http://www.ndhsaa.org/athletics/speech/speech_tournament_information

State Class B Music Festival

The 2010 State Class B Music Festival is set for Saturday, May 1st on the Minot State University campus and will run from 8:00 a.m. to 5:00 p.m. with registration beginning at 7:15 a.m.

Vocal and instrumental soloists and ensemble members that received a Star rating at one of the 10 Regional contests will advance to the State contest. There will be 9 minute time slots for each performance allowing for written and oral critique to each performer or performing group.

Directors are reminded to indicate at the regional festivals whether your participants will arrive at the state festival city on Friday evening or Saturday morning for state scheduling purposes. Remind students that special requests will not be honored.

It is important that each school's director check in at the registration desk and receive directions before going to performance areas. A map of the Minot State University campus will be provided on the music page of our website at http://www.ndhsaa.org/athletics/music/music_tournament_information.

Due to the low number of available judges, judges may be assigned to the same students s/he had at regions.

Directors are asked to remind students to be ready for oral critiques following their performance and bring recorders if they want their performance and one-minute oral critique taped. Students must be accompanied to the contest by their director. Directors are responsible for picking up ballots and awards at the State site or leaving \$5 at the results table for their materials to be mailed.

The official NDHSAA T-shirt will be available in limited supply at the festival. Questions can be directed to Brian Bubach:
Brian.Bubach@sendit.nodak.edu



State Class A Music Festival

The 2010 NDHSAA sponsored Class A Music Festival will be held at Jamestown College on Friday, April 23rd. Class A music participants qualify for the State Festival by receiving a Star rating at East or West Region vocal and strings festivals held in late March or early April.

Schedules will be posted on the Music page of the NDHSAA website at http://www.ndhsaa.org/athletics/music/music_tournament_information

Registration will begin at 7:15 a.m. at Jamestown College Reiland Fine Arts Center Lobby and the festival will run from 8:00 a.m. to 3:30 p.m. Upon arrival, directors need to report to the registration desk to confirm entries and participants.

Directors are asked to remind students to be ready for oral critiques following their performance and bring recorders if they want their performance and one-minute oral critique taped. Students must be accompanied to the contest by their director. Directors are responsible for picking up ballots and awards at the State site or leaving \$5 at the results table for their materials to be mailed.

The official NDHSAA T-shirt will be available in limited supply at the festival. Questions can be directed to Brian Bubach:
Brian.Bubach@sendit.nodak.edu



2010 Track Minimum Standards FAT

GIRLS	EVENT	BOYS
13.04	100 Meter Dash	11.44
26.94	200 Meter Dash	23.24
61.74	400 Meter Dash	52.24
2:24.30 (A)	800 Meter Run	2:01.80 (A)
2:26.30 (B)		2:03.30 (B)
5:30.00 (A)	1600 Meter Run	4:35.00 (A)
5:35.00 (B)		4:40.00 (B)
12:05.00 (A)	3200 Meter Run	10:05.00 (A)
12:16.00 (B)		10:20.00 (A)
16.74	100 Meter Hurdles	
	110 Meter Hurdles	16.04 (A)
		16.24 (B)
48.84	300 Meter Hurdles	42.04 (A)
		42.24 (B)
16' 8" (A)	Long Jump	20' 9"
16' 5" (B)		
34'	Triple Jump	41' 6"
5' 1"	High Jump	6' 2"
35' 6"	Shot Put	48' 6" (A)
		46' 9" (B)
118' (A)	Discus	147' (A)
115' (B)		140' (B)
110' (A)	Javelin	160'
115' (B)		
9' 0"	Pole Vault	12' 6" (A)
		12' (B)
53.04	4 x 100 Meter Relay	45.44 (A)
		45.94 (B)
1:51.80	4 x 200 Meter Relay	1:34.30 (A)
		1:35.30 (B)
4:16.30	4 x 400 Meter Relay	3:34.30 (A)
		3:36.30 (B)
10:10.00 (A)	4 x 800 Meter Relay	8:24.00 (A)
10:20.00 (B)		8:35.00 (B)

NOTE: Some qualifying times are different for A and B Divisions

Handheld: All handheld times must be rounded up to the higher tenth and add .24.

Baseball & Softball - Coach and Official Mandatory Online Testing

Officials and head coaches of baseball and softball must take an open book test in the sport(s) in which s/he is a head coach or official. This test will be available online only and must be submitted within the testing window. The test will be available through a link on the NDHSAA website. The test taker may revisit the test site numerous times before submitting her/his test; however, once submitted, no changes may be made. The test results will be available immediately upon submission of the test online.

If you created an exam profile in the 2008/09 school year or thus far in the 2009/10 school year, you must use this profile. If you did not create an online testing profile in either the 2008/09 or 2009/10 school year, you must create an account and profile.

Note: Your testing profile is in no way connected with MVP accounts on the NDHSAA website. You may create or check your profile before the test window opens.

The test windows are as follows:

Baseball and Softball test window opens on April 6th and closes April 13th, 2010 at 11:00 pm, CST.

NOTE: This online test is completely separate and different from the online rules clinic. Baseball coaches and officials must complete both the online rules clinic and the online exam.

2010 State Track & Field Meet Schedule

FRIDAY

9:30 A.M. PARADE OF ATHLETES
 10:30 A.M. 300 Meter Hurdles – Prelims
 11:15 A.M. 4 x 200 Meter Relay – Prelims
 12:15 P.M. 1600 Meter Run – Final
 1:15 P.M. 100 Meter Dash – Prelims
 2:00 P.M. 400 Meter Dash – Prelims
 2:45 P.M. High Hurdles – Prelims
 3:30 P.M. 200 Meter Dash – Prelims
 4:15 P.M. Class A 4 X 800 Meter Relay – Final
 4:50 P.M. 4 x 100 Meter Relay – Prelims
 5:30 P.M. Class B 4 X 800 Meter Relay – Final

SATURDAY

8:45 A.M. National Anthem
 11:00 A.M. 300 Meter Hurdles
 11:30 A.M. 4 x 200 Meter Relay
 12 NOON 3200 Meter Run
 1:00 P.M. 100 Meter Dash
 1:30 P.M. 400 Meter Dash
 2:00 P.M. High Hurdles
 2:30 P.M. 200 Meter Dash
 3:00 P.M. 800 Meter Run
 3:30 P.M. 4 x 100 Meter Relay
 4:00 P.M. 4 X 400 Meter Relay

ALL FINALS

NOTE: Events to be run in this order:

B Boys, A Boys, B Girls, A Girls,

FIELD EVENTS

FRIDAY

10:30 A.M.
 Shot – B Girls
 Javelin – A Girls
 Triple Jump – B Boys
 Pole Vault – A Boys

12:30 P.M.
 Shot – A Boys
 Javelin – B Girls
 Long Jump – A Girls
 High Jump – B Boys

2:30 P.M.
 Shot – B Boys
 Javelin - A Boys
 Triple Jump – B Girls
 Pole Vault - A Girls

4:30 P.M.
 Shot – A Girls
 Javelin – B Boys
 Long Jump – A Boys
 High Jump – B Girls

SATURDAY

8:45 A.M. – National Anthem

9:00 A.M.
 Long Jump – B Girls
 Discus – A Girls

10:00 A.M.
 Pole Vault – B Boys

11:00 A.M.
 Triple Jump - A Boys
 High Jump – A Girls
 Discus – B Girls

1:00 P.M.
 Long Jump – B Boys
 Discus – A Boys

2:00 P.M.
 Pole Vault – B Girls

3:00 P.M.
 Triple Jump – A Girls
 Discus – B Boys
 High Jump – A Boys



Sites Chosen at April Board Meeting

Anyone wishing to submit an invitation to host a 2010-11 regional or state tournament may download invitation forms from our website at www.ndhsaa.com. Click on Publications and Forms and Site Selection Forms. They may be printed. Complete and send those forms to the NDHSAA office for placement on the April Board agenda.

The policy used to set sites is as follows: basketball and volleyball chairpersons meet with the other district representatives in their region to mutually agree on regional sites.

2009/10 Winter NDHSAA State Champions

Congratulations to the following 2009/10 Winter NDHSAA State Champions!

Sport	Division	School Winner
Basketball	A Girls	Bismarck Century
	B Girls	Beach
	A Boys	Bismarck
	B Boys	Carrington
	Overall Champion	Fargo South
		Minot
Debate		Grand Forks Central
Gymnastics	A	West Fargo
Hockey	A Boys	Minot
	A Girls	Bismarck
Swimming & Diving	A Boys	Oakes
	A Dual	West Fargo
Wrestling	B Boys	Oakes
	B Dual	



Officials Registration Online

All officials hired for interscholastic competition at the high school level must be registered with the NDHSAA before officiating. Out-of-state officials who officiate contests in North Dakota must submit a reciprocity form and fee to NDHSAA before working games or meets. Registration is not complete until forms and fees have been received by the NDHSAA office.

Officials registration will again be available online only through MVP and officials must have an MVP account in order to register. Officials registration is due before July 1st of each year. Registration between July 1st of each year until the last rules clinic date in each sport is available, however late fees will apply.

Rules clinic attendance is mandatory for all officials in the sport(s) they plan to officiate. (See Online Rules Clinics for Coaches and Officials article in this BULLETIN). Exams must be taken each year in the sport(s) in which exams are offered. Beginning with the 2002-03 school year each basketball official must have officiated or have been a supervisor at an NDHSAA approved rules clinic/day camp within the previous three years to be eligible for officiating region and state tournaments. Requirements for officiating vary from sport to sport and will be available in their entirety in the May BULLETIN and on the Officials & Judges page of the NDHSAA website.

Complete registration information will be available on our website in the beginning of May.

Guidelines for NDHSAA Cooperative Applications

Guidelines for NDHSAA cooperative sponsorship applications were approved at the January 24, 2009 meeting of the Board of Directors and became effective for the 2009/10 school year. The revised coop application form is available on the NDHSAA website. The NDHSAA Board of Directors must approve all cooperative sponsorship applications and dissolutions.

Complete guidelines for cooperative sponsorships are available on the NDHSAA website. Deadlines for coops are included in the guidelines available on the NDHSAA website. < http://www.ndhsaa.org/board_and_committees/athletics_co-ops >

Re-Transfer Eligibility Rule

At the January membership meeting, NDHSAA member schools approved the elimination of the re-transfer option for students who leave home, transfer to another school and want to move back and be immediately eligible for varsity competition. The NDHSAA Board of Directors has determined that the original re-transfer clause will be in effect for any student that has transferred to or attended another school under open enrollment as a freshman, sophomore or junior prior to the 2009-10 school year. Please see the following flow chart so you can counsel students who are contemplating a transfer without a corresponding move of the parents.

Re-Transfer Eligibility Chart						
School Year	Grade					
2008/09	7	8	9	10	11	12
2009/10	7	8	9	10	11	12
2010/11	7	8	9	10	11	12
2011/12	7	8	9	10	11	12
2012/13	7	8	9	10	11	12
White Boxes - Eligible for Re-transfer						
Grey Boxes- NOT Eligible for Re-transfer						

April Calendar

4/1/10	Region 4 Vocal Music, Leeds
4/2/10	Date for First Authorized B Golf Meet/Game
4/2/10	First Authorized Girls' Fast Pitch Softball Game
4/2/10	Good Friday
4/2/10	First Contest for A & B Baseball
4/4/10	Easter
4/5/10	Starting Date for Girls' Tennis
4/5/10	Region 2 Speech, Richland
4/6/10	Region 1 Speech, NDSCS-Wahpeton
4/6/10	Region 3 Speech, Grand Forks Central
4/6-13/2010	Baseball & Softball Online Exams, April 6-13
4/7/10	NDHSAA Tournament Managers' Meeting, Carrington
4/7/10	Region 5 Small Groups Instrumental, Jamestown College
4/8-12/2010	NAESP National Convention
4/8/10	Region 10, Speech, Richardton-Taylor High School; Region 7 Speech, Washburn
4/8/10	West Region Vocal, Bismarck
4/8/10	Final Date for A Music Regions
4/9-10/2010	State Science Fair, Fargo NDSU, April 9-10
4/9/10	First Authorized Girls' Soccer Game
4/9/10	Region 9 Speech, Ray
4/10/10	Final Date for A Speech Regions
4/10/10	Region 8 Speech, Minot SU; Region 4 Speech, Rugby; Region 5 Speech, Kensal
4/10/10	NDIAAA Board Meeting, Fargo, 5:30 PM
4/10/10	ACT National Test Date
4/10/10	Final Date for B Speech Regions
4/10/10	A East Region Speech, Grand Forks; A West Region Speech, Bismarck, Horizon Middle School
4/10-12/2009	NDIAAA Spring Conference, Fargo, April 10-12
4/10/10	Region 6, Speech, Linton
4/11-13/2010	FCCLA State Convention, Bismarck, April 11-13
4/12/10	Picture, Cutline, Roster, Schedule Due: A & B Baseball; Girls' Softball
4/12/10	Starting Date for A Boys' Golf Practice
4/14/10	Region 2 Instrumental Music, Valley City SU
4/15/10	Region 4 Instrumental Music, Langdon
4/15/10	Picture, Cutline, Roster, Schedule Due: Track
4/15/10	Region 7 Small Groups Music, Steele
4/15/10	Region 5 Small Groups Vocal, Valley City SU
4/15/10	Region 10, Vocal Music, Dickinson; Region 1 Small Groups Music, NDSCS-Wahpeton
4/16/10	First Authorized Girls' Tennis Contest
4/16/10	Region 9 Instrumental Music, Crosby
4/16/10	Date for First Authorized A Boys' Golf Meet
4/16/10	Region 3 Small Groups Music, Mayville SU
4/17/10	STATE A SPEECH TOURNAMENT, JAMESTOWN, April 17
4/17/10	Region 6 Small Groups Music, Edgeley
4/17/10	Final Date for B Music Regions
4/17/10	State Science Olympiad, NDSU-Fargo
4/18-20/2010	SKILLS USA State Convention, April 18-20
4/19/10	Picture, Cutline, Roster, Schedule Due: B Girls' & Boys' Golf; Girls' Soccer
4/20/10	NDHSAA Board of Directors Meeting, Valley City
4/23/10	STATE A VOCAL/STRINGS MUSIC FESTIVAL, JAMESTOWN COLLEGE
4/24/10	STATE B SPEECH TOURNAMENT, MANDAN
4/25-/26/2010	National Honor Society State Conference, Bismarck Ramkota
4/26-27/2010	Spring Middle Level Conference, Bismarck Ramkota
4/26/10	Picture, Cutline, Roster, Schedule Due: Girls' Tennis