



it's about tradition...

NCAA DIVISION II

GO WOLVES !!!

ABERDEEN, SOUTH DAKOTA



2008-2009 Wolves

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A Note from Coach and Carmen Meyer

“We appreciate all your thoughts, prayers, cards, flowers, and food you have sent to us in Sioux Falls, S.D. We are gradually getting better each day and excited about the return to Aberdeen and the team some day soon. We are so grateful for all the responsibility that your kids have shown with this situation and will always know that the team saved my life. How your children have responded to the accident and all the adversity since is a true testament to how they have been raised in your house with all the qualities you have instilled. We emphasize family in our program each day— this is the reason why!”

The Meyer Family



The 2008-2009 season is finally under way and it is fun to watch the guys compete with each other every day. The veterans look like they have come back excited and hungry for a great year. The young players are excited and seem to be ready to make larger contributions to the TEAM. We have added six new faces to the roster this year: Milos Jerotijevic, Logan Rohs, Bojan Todorovic, Tramel Barnes, Collin Pryor, and Lance Lee. They have added depth to the team this season and will be a good redshirting group to develop for next season. Our individual workouts and lifting have been going really well with an emphasis to improve a little each day. We really want to thank our seniors Kyle Schwan and Kevin Ratzsch for the leadership they have given us this during the off season and through the adversity this team has already faced.

We will officially start practice October 15, 2008! How fast that is coming is unbelievable to us, but we are really excited about it and ready to embrace it with the idea we can play faster and deeper than in the past. We appreciate all the support you give us through fundraising, food, and everything else you do for your son that we don't even know about. If there is ever anything we can do to help out or are missing about your son please give us a call or email about any concerns. We are here to be a family— this does not mean you will like all we do but we hope you will respect the reasons why we are doing it.

The Wolves Staff!

Northern State University Men's Basketball



Head Coach
Don Meyer



Assistant Coach
Randy Baruth



Assistant Coach
Brad Christenson



Assistant Coach
Matt Hammer



Assistant Coach
Mark Delaney

Neil Reede Golf Tournament

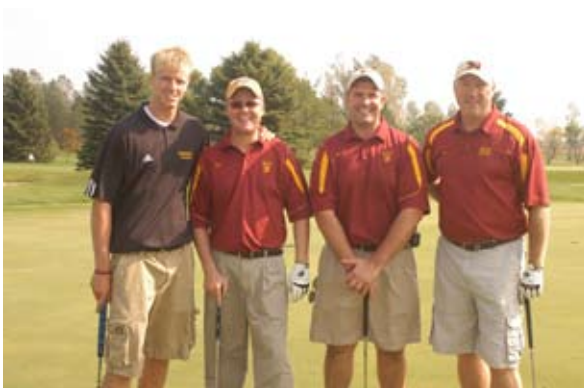
The second annual Neil Reede Golf Tournament was held at Moccasin Creek Country Club on Mon, Sep. 22. As many of you know Neil was a great supporter of Northern State athletics. I never had a bad day when visiting with Neil I am fortunate to call him my friend. I'm sure he's working on some way to communicate with referees and will offer them advice during our games.

The tournament will help achieve Neil's vision for a state-of-the-art locker and a weight room which would help recruit students and athletes to Northern State.

I ask all of you to continue to show your love and appreciation for Neil to his wife Patti, and his son, Nathan his wife Jackie and their children, Regan, Harrison, and Gus.



Nathan Reede, Mark Malchow, Chad Lang and Rob Fouberg



Casey Becker, Mike Bockorny, Mike Birgen and Todd Jordre



Mark Reede, Jane Reede, Ron Reede, John Reede, and Jordan King

Thoughts from an Upper Classman



The seasons are changing which means it is time for yet another Wolves' basketball season to begin. As everyone around the program knows, this has been a rather unique time for each and every person involved in our program. The night of Coach Meyer's accident could be viewed as a tragedy, but many miracles also came out of that fateful evening. First and foremost, no one can deny that we are all lucky to still have Coach with us today. His body was, and still is battered and bruised, but we owe a huge debt of gratitude to our Heavenly

Father for keeping his mind intact and sharp. Coach's greatest gift is his mind, and that certainly was not taken away from him. Along with that, no other members of the team, or the other driver were injured during the wreck which is a blessing in itself. Words cannot describe how much compassion and love our program has been blessed with over the last month. We always felt like we had the greatest support system, but events like this accident really prove how lucky all of us players are to be a part of NSU basketball. All the players want to thank each and every one of you for your prayers, kind wishes, and positive actions taken to help our team remain steadfast, focused and united. The message we would like everyone to understand is that when difficult times present themselves, a real team and/or a real family stick together and grow from it. Of course, there will be bumps, slides and plateaus we must overcome, but the lesson Coach Meyer works tirelessly to preserve is the vital importance of being a real TEAM.

Coach often refers to Tolstoy's quote about how "you can judge a man by how he responds to a challenge," and these past six weeks have certainly been a testament to that. In fact, this accident allowed all of us to witness some of Coach's lessons being put to the test, and let me tell you, this is one man who doesn't just talk to talk, he goes out and **Walks the Walk**. Even before the wreck, Coach Meyer's example has always been his greatest lesson. With that said, it is impossible for us to understand the magnitude of emotional challenges that Coach faces every day, and yet a few of the lessons he reinforced in his teaching shine through as he grinds his way back to health.

One of the most inspiring lessons through this entire process has been Coach's wonderful example of being a Christian witness to the Lord. Anyone who visits him in the hospital instantly knows that he is a man of strong faith. This faith didn't just come to the surface after the accident. Since I have been a part of this program it has been clear to see that Coach has always been a very spiritual person. A lot of our team handouts have to do with prayer lists, bible verses for various topics, and we even share an occasional Sunday spiritual discussion with the team if we cannot get to a church. A couple of the verses that Coach consistently shares with us include Ecc. 5: 19-20, which mentions that it is a true gift from God if a man can be happy in his work. Another verse that Coach enjoys is Eph. 6:10-20, and this discusses a concept that we really value in our program. It involves being a team that looks out for each other in through the good times and the bad times. We all want to be the "left tackle" that blocks for the quarterback on his blind side. This example of faith is one that Coach is living every day. What else can you say about a man who called his accident a "blessing" because of what was discovered?

Please continue to show your support to our program through prayer. Coach's spiritual fortitude is something that we can all learn from and apply to our daily lives.

Another lesson that coach is reinforcing at the moment revolves around something specific he said to me after I suffered an injury. He called me into his office and said that he felt bad for what happened, but that this would be the last time he said anything like that. He continued, "only ask yourself what now, never ask why me?" We all understand that Coach's wreck is a lot worse than a knee injury, but the concept still applies. It is human nature to sit around that feel sorry for yourself, or to look for reasons as to why things happened right away, but the real survivors ask themselves what can I do now to make the most out of this situation? Coach is demonstrating this principle by his daily dedication to his rehabilitation and his faith. Like he would say, "we want to see tangible evidence of progress."

This lesson is also very crucial for our team. Certainly, the wreck was scary, it sucks that coach is hurting, and it's difficult not knowing every detail about when he will be back, but the one thing that we must do together is continue to press forward as a team. Coach, along with all the previous players and teams who bought in to the program understand that this **PROGRAM** is bigger than any single person. In our program we often say that "tradition never graduates" because a real team is like a well oiled machine that never shuts down, it always keeps on producing. It may require some maintenance on the move or part replacement, but it always continues to produce. Well, the same is true for our team. Our lead Wolf may be recovering, but we must pick up the slack and rely on the lessons he instilled in us, which prepared us for times like this.

A couple more lessons Coach emphasized which are being reinforced during this time include the idea of constant learning and improvement, along with our program staple of being tough. If our program was a big family meal, the meat and potatoes of it would be toughness and learning/development/improvement. Learning goes hand in hand with the other words because the idea of learning is to develop and improve upon who we are. Coach refers to the Japanese word Kaizen which means "constant improvement." This idea is being demonstrated by coach as he makes his recovery. He talks about how he is learning a lot about coaching and teaching by watching the nurses and doctors interact with patients. Talk about the idea of asking what now!

Our team must also take this principle to heart because we are a team that has a lot of new members. Every player on our team has an individual responsibility to try making daily improvements to help this team get better. We call our young first year guys "rookies," and it is the job of the older players, the "veterans" to bring them along. Since we are a program that takes pride in how we do things, we expect each rookie to have some degree of "program shock" since they have not been a part of a program as committed as we would like to be. If we want to be that well oiled machine I mentioned earlier, we must all make a commitment to continue to learn and grow as a team. One way to do this is to identify team roles. This is a method we use to simplify or bring clarity to our team. Roles must be identified, understood, accepted, and fulfilled in order to really make our team effective. If every player learns to do these things involving roles, then it will really make our team tough to play against.

Another way we try to bring clarity to our program is by adhering to a system of talk. All this implies, without going into much detail, is that we have a specific form of communication on the floor. Verbal cues and hand signals are a couple examples of ways that allow us to understand the action around us more efficiently. This also helps eliminate confusion and build togetherness by creating a system of talk known only by our team. In fact, one of the things the coaches are really emphasizing this year is just that. In our first meeting as a team it was made very clear that we will do two things well from the first practice on: have a defensive conscience and TALK. The coaches will say things like “a quiet gym is a scared gym,” and “we don’t talk our game we yell our game” just to keep this fresh in our mind. The idea of communication cannot be stressed enough, and it is definitely a priority for our team.

Our team has a shirt we wear that is really important to coach. It reads:

**Tough
Effort
Attitude
Motives
Servant Leaders**

The first word, and a major aspect of our program involves being tough. The examples about Coach discussed above truly represent the fact that he is one tough cookie. Developing this quality is really paying off for Coach in times like these which really helps me understand why he values it so much. Whenever Coach talks about a former player in a story or example, one of the first things that is always noticeable is either his admiration for that person’s toughness or his loathing for lack of it. Now, it should be made clear that we are talking about a specific kind of toughness, not just some no-holds barred out-of-control psycho. We are talking about an intelligent, calculating, working, disciplined, poised, aware kind of person who will leave nothing in the tank when something important is on the line. We are talking about guys that you want on your team as a left tackle, or better yet, with you in your foxhole during a time of war! This is the toughness that Coach displays and works diligently to teach, and this is something our team needs to understand and continue to work toward.

Being a part of this teaching program for so many years, I feel like I could go on forever about different lessons learned so I better stop there. As a group we have a lot of work to do to become the best team we can be when March rolls around. We must apply these lessons and show up eager to work each day. Again, thanks to everyone for your generosity and prayers! We are all excited for the season to get underway and for Coach Meyer to return.

Thoughts from Parents

Laurie and I want to share our observation, experiences and feelings with regard to the basketball program lead by Coach Don Meyer.

Our interaction with the NSU Basketball program and Coach Meyer began immediately upon coaches’ arrival. Our first observations were about the organization, the emphasis on we, not I and the passion Coach Meyer demonstrated in leading the Team.

Our interaction with the program started with our son Kyle’s interest in the teaching of Coach Meyer through camp, clinics and tapes. When Kyle finished his sophomore year of high school, we knew Coach had an “interest” in Kyle playing for NSU. The only reason my son stayed in town was for Coach Meyer at the beginning of his career...as time has passed and challenges appeared it’s been for the love of teammates, coaches and the “program.”

In reflecting on the impact of the “program”, we can see clearly the stages we’ve experienced. A program with a mission and purpose; to have boys grow into men. Men committed and bonded to each other by hard work, constant improvement and the truth - men responsible for passing the torch to the new members who’ve joined them - men learning a role, one that may change each year and one that always focuses on the Pride of the Pack. The commitment to each other and to excellence is a lifetime trait worth having!

We’ve watched many young men prosper and grow. We’ve watched and partaken in the parents “bond”; lifetime friendships are formed. We’ve watched with pride because of the class by which we’ve won or lost. We’ve prayed, laughed, cheered and cried with our friends, our family – the NSU BB Program.

With Pride in the Pack,
John P. & Laurie Schwan



John, Kyle and Laurie Schwan

Photo Courtesy of Annette J. Schwan



2008-09 Northern State University Men's Basketball

October

25 Black Hills State University (Exhibition) Home 7 p.m.

November

6 University of Minnesota (Exhibition) Away TBA

8 Purdue University (Exhibition) Away TBA

18 Mount Marty College (McWolves Registration) Home 7 p.m.

20 Mayville State Home 7 p.m.

21 Presentation College Home 8 p.m.

(NSU MBB Team Social #1 @ Americc Inn Following Game)

24 Jamestown College Home 7 p.m.

29 University of Minnesota/Duluth Sioux Falls 2 p.m.

30 Bemidji State University Sioux Falls 2 p.m.

December

5 Wayne State College Home 8 p.m.

(WBB/MBB Potluck @ Americc Inn Following Game)

6 Augustana College Home 8 p.m.

(MBB Parents Night- announced in between games)

12 Southwest Minnesota State Univ. Home 8 p.m.

13 Mankato State University Home 8 p.m.

(NSU MBB Team Social #2, @ Shenanigan's Sports Bar & Grill Following Game)

28 Midland Lutheran College Home 7 p.m.

January

2 Winona State University Away 8 p.m.

3 Upper Iowa University Away 8 p.m.

10 University of Mary (McWolves Halftime Show) Home 8 p.m.

(NSU MBB Social #3 @ NSU MBB House)

16 Bemidji State University (Alumni Wkend) Home 8 p.m.

17 University of Minnesota/Duluth (Alumni Wkend) Home 8 p.m.

23 Concordia St. Paul University Away 8 p.m.

24 St. Cloud State University Away 8 p.m.

30 Minnesota State University/Moorhead Away 8 p.m.

31 University of Minnesota/Crookston Away 8 p.m.

February

6 Winona State University Home 8 p.m.

7 Upper Iowa University (I Hate Winter) Home 8 p.m.

(NSU Parent Social @ ? Parents Only)

14 University of Mary Away 8 p.m.

20 Wayne State University Away 8 p.m.

21 Augustana College Away 8 p.m.

25 Minnesota State University/Moorhead Home 8 p.m.

28 Southwest Minnesota State University Away 8 p.m.

Ticket and Apparel Information

Ticket Info: Contact Jackie Witlock on all your ticket information for the Minnesota Gophers, Purdue University and the Thanksgiving Holiday Hoopfest in Sioux Falls, S.D. 605-626-3377 or email jgwitlock@northern.edu

Apparel info: NSU Bookstore on line @ www.northern.edu/bookstore or 605-626-2655

The University Bookstore will be open:
Saturday, November 1, from 12:30 - 2 p.m.
Saturday, November 8, from 12:30 - 2 p.m.
Saturday, December 6, from 12:30 - 2 p.m.

Announcements

Men's BB Parent/Family Social

November 21, 2008

9:30-10 a.m. Coffee and Rolls @ Barnett Center

10-11 a.m. NSU Men's BB Practice @ Barnett Center (NSU family members welcome!)

11:30 a.m.-1 p.m. Player/Parent Luncheon @ Shenanigan's Sports Bar and Grill

4 p.m. Subway Pre-Game (Players Only)

7 p.m. NSU vs. Presentation College Game @ Barnett Center

Post Game Parent Social @ Americinn Wolves Room

Thanksgiving Plans

The Wolves will be playing on the road this year with the new Holiday Hoopfest in Sioux Falls. We will however be having another catered meal by (Kessler's) Thanksgiving Dinner @ TBA Wednesday November 26, 2008.

Visit us on the Web at:

<http://www.iss-lnk.com/nsu/index.htm>

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