

## **SAINT THOMAS ACADEMY'S IHNOT TO BE INDUCTED INTO MBCA HALL OF FAME**

**MENDOTA HEIGHTS, Minn., Oct. 16, 2008** – Saint Thomas Academy announced today that assistant varsity basketball coach and former head coach Tom Ihnot will be inducted into the Minnesota Basketball Coaches Association (MBCA) Hall of Fame on Sunday, Oct. 26 at 12 Noon at the DoubleTree Park Place Hotel in St. Louis Park.

Ihnot has coached basketball for 37 years – 19 of which he was a head boys basketball coach amassing a record of 277-174. His first head coaching assignment was at Cannon Falls from 1974-1976. He joined Saint Thomas Academy in 1976, where he coached until 1989, compiling a record of 204-111. His 1984-85 and 1987-88 Cadets earned Region 3 AA championships and state tournament appearances, with the '84-'85 squad winning the consolation championship. In 1989, he went to Burnsville High School, where he led the Blaze to the school's first Lake Red Conference championship. Ihnot has also served as a head coach for girls' teams at Visitation and Simley, and currently is an assistant varsity boys coach at Saint Thomas Academy. His overall record as a head coach is 362-215. Ihnot was named Region 3AA Coach of the Year in 1985 and 1988, and he coached the Metro All Stars in the 1986 All Star game.

“Tom built a strong basketball program at Saint Thomas Academy, which we continue to benefit from today,” said Mike Sjoberg, dean of students and head basketball coach. “I brought him back as an assistant coach because he has incredible coaching skills, is able to inspire the players and has a contagious love for the game. These all contribute positively to the character of our players and our teams' records. He is the best basketball coach I have ever been around.”

In addition to his coaching contributions, Ihnot has served the sport and coaching community in several venues. He is a past president of the MBCA (1984), founded and supervised selection of the MBA Academic All-State team, and served as a member of the MSHSL Basketball Advisory Committee. Ihnot is also one of the developers of the “Read Naturally” reading program.

Other 2008 MBCA Hall of Fame inductees include Al Bauman of Little Falls, Loren Marschel of Okabena, Bob Nelson of Pine River-Backus and Tom Vix of Rushford-Peterson. The purpose of the MBCA Hall of Fame is to give special recognition to the people of Minnesota who have made significant contributions to promote high school basketball in the state via their accomplishments and service.

### **About Saint Thomas Academy**

Founded in 1885, Saint Thomas Academy is an all-male, college preparatory, Catholic, military/leadership school committed to preparing young men to succeed in college and in life. Nationally accredited by the Independent Schools Association of the Central States (ISACS), the academy challenges young men to excel academically, spiritually, morally and physically in and out of the classroom.

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