



2017 NDHSCA COACHES CONVENTION SCHEDULE



Mandan Baymont Inn & Suites

TUESDAY, July 25th; Coaching Seminars:

7:00-11:30 AM Registration Desk Open Baymont Inn Foyer

REGISTRATION for Tuesday's Seminars

MUST BE COMPLETE BEFORE 7:30 am

7:30 AM Nautilus College Credit Registration, Dr. Brad Strand

8:00 Coaching Seminars

Cutty Stark	Coaching & Conflict	"Coaching Ethics"	Dr. James Haussler; Bismarck Schools (retired)
Executive II	Permit Preparation	"Fundamentals of Coaching"	Pete Moe; Washburn HS
Nautilus	Special Topics	"Prevention of Lower Extremity Injuries"	Dr. Robert Schulte; University of Mary
Santa Maria	Speed/Strength	"Nutrition for Peak Performance"	Joan Knoll; Bismarck Public Schools

9:00 Coaching Seminars

Cutty Stark	Coaching & Conflict	"Coach and Official Relationships"	Brent Engebretson, Velva HS
Executive II	Permit Preparation	"Fundamentals of Coaching"	Pete Moe; Washburn HS
Nautilus	Special Topics	"Taping Techniques"	Dr. Robert Schulte; University of Mary
Santa Maria	Speed/Strength	"Supplements and Energy Drinks"	Joan Knoll; Bismarck Public Schools

10:00 Coaching Seminars

Cutty Stark	Coaching & Conflict	"Concussions in Sports"	Dr. Jay Albrecht/Dr. Dawn Hammerschmidt; MSUM
Executive II	Permit Preparation	"Fundamentals of Coaching"	Pete Moe; Washburn HS
Nautilus	Special Topics	"Taping Techniques"	Dr. Robert Schulte; University of Mary
Santa Maria	Speed/Strength	"Culture of Strength Training"	Michael Silbernagel; U of Mary

11:00 Coaching Seminars

Cutty Stark	Coaching & Conflict	"Concussions in Sports II"	Dr. Jay Albrecht/Dr. Dawn Hammerschmidt; MSUM
Executive I	Permit Preparation	"CPR, AED & First Aid Recertification"	Barb Moe; Washburn, ND
Nautilus	Special Topics	"Mentoring Successful Coaches"	Dr. Joe Deutsch; NDSU
Santa Maria	Speed/Strength	"Culture of Strength Training"	Michael Silbernagel; U of Mary

NOON Pier 7 Seminar Luncheon (provided by NDHSCA)
Luncheon Speaker "Sports Psychology-Mental Toughness" Dr. Joey Eisenmann, USA Football

1:30 Coaching Seminars

Cutty Stark	Coaching & Conflict	"Survey Results on Knowledge for Strength"	Dr. Anita Gust; Concordia College
Executive I	Permit Preparation	"CPR, AED & First Aid Recertification"	Barb Moe; Washburn, ND
Nautilus	Special Topics	"Coaches Cooperation with the NDHSAA"	Kevin Morast; NDHSAA
Santa Maria	Speed/Strength	"Speed and Agility Training"	Dr. Joey Eisenmann; USA Football

2:30 Coaching Seminars

Cutty Stark	Coaching & Conflict	"Coaching Duties & Responsibilities to NDHSAA"	Kevin Morast; NDHSAA
Executive I	Permit Preparation	"CPR, AED & First Aid Recertification and Certification"	Barb Moe; Washburn, ND
Nautilus	Special Topics	"What AD's Expect from Coaches"	Gregg Grinsteinner; Dickinson Trinity HS
Santa Maria	Speed/Strength	"Weight Room Techniques - Variety is key"	Michael Silbernagel; U of Mary

3:30 Coaching Seminars

Cutty/Nautilus	Coaching & Conflict	"Recovery and Wellness"	Dr. Joey Eisenmann; USA Football
Cutty/Nautilus	Permit Preparation	"Recovery and Wellness"	Dr. Joey Eisenmann; USA Football
Cutty/Nautilus	Special Topics	"Recovery and Wellness"	Dr. Joey Eisenmann; USA Football
Cutty/Nautilus	Speed/Strength	"Recovery and Wellness"	Dr. Joey Eisenmann; USA Football

3:00 Vendor Set Up



2017 NDHSCA COACHES CONVENTION SCHEDULE



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WEDNESDAY, July 26th

7:30-11:00 AM Registration Desk Open in BAYMONT INN Foyer

Special Note: All Coaches are urged to attend sport specific "Advisory Review and Planning" Sessions!

NAUTILUS ROOM 8:15 College Registration, Dr. Brad Strand; NDSU

9:30-4:30 Convention Exhibit Hall Open, **except, closed during NOON BREAK (Noon-1:00)**

9:00 ROOM SPORT TOPIC SPEAKER; SCHOOL

Ambassador	Baseball	"Team Culture"	Scott Eul; Minot State
Nautilus	Basketball	"Minot State Basketball"	Matt Murken; Minot State
Santa Maria	Football	"Specific Training for Football"	Joey Eisenmann; Michigan State
Prairie West	Golf	"Golf Sessions"	Brad Olson; Prairie West Pro
Board Room	Swim & Dive	"Backstroke & Freestyle Technique"	Allan McCallum; University of Mary
Executive I	Track & Field	"Discus"	Brad Leingang; Bismarck HS
Cutty Stark	Volleyball	"Defensive Systems"	Dana Cordova; Minot State
Executive II	Wrestling	"Mental Training in Wrestling"	Evan Forde; Minot State
Embassy	X-Country	"Coaching Cross Country – Unique Sport"	Jim Clark; University of Jamestown

10:15 ROOMSPORT TOPIC SPEAKER; SCHOOL

Ambassador	Baseball	"Pitching Mechanics"	Scott Eul; Minot State
Nautilus	Basketball	"Minot State Basketball"	Matt Murken; Minot State
Santa Maria	Football	"Quarterback Fundamentals"	Randy Hedberg; NDSU
Prairie West	Golf	"Common Faults & Simple Fixes"	Jordan Berglund; Hawktree Pro
Board Room	Swim & Dive	"Fly & Breaststroke Technique"	Allan McCallum; University of Mary
Executive I	Track & Field	"400/800m Training"	Mike Thorson; University of Mary
Cutty Stark	Volleyball	"Blocking"	Dana Cordova; Minot State
Executive II	Wrestling	"Practice Planning/Drills/Conditioning"	Evan Forde, Minot State

11:30 ROOMSPORT TOPIC SPEAKER; SCHOOL

Ambassador	Baseball	"Viking Baseball"	Casey Olney; Valley City State
Nautilus	Basketball	"Defensive Concepts"	Justin Wetzel; Dickinson State
Santa Maria	Football	"NDSU Offense and Tight End Fundamentals"	Tyler Roehl; NDSU
Prairie West	Golf	"How to Save Strokes with Course Management"	Jordan Berglund; Hawktree Pro
Board Room	Swim & Dive	"Dryland Training"	Allan McCallum; University of Mary
Executive I	Track & Field	"Athletic.Net Training"	Bobby Hoffner; Benson County
Cutty Stark	Volleyball	"Serve and Receive"	Dana Cordova; Minot State
Executive II	Wrestling	"Selling Your Program"	Guy Melby; Sidney HS
Embassy	X-Country	"Patriot Training for Cross Country"	Brad Lies; Bismarck Century HS

Noon-1:00 Exhibit Hall Closes; Exhibitors' Lunch with NDHSCA Executive Committee in Room Pier 7

1:30 ROOM SPORT TOPIC SPEAKER; SCHOOL

Ambassador	Baseball	"Viking Baseball"	Casey Olney; Valley City State
Nautilus	Basketball	"Player/Program Buy In"	Justin Wetzel; Dickinson State
Santa Maria	Football	"Triple Offensive Line Play"	Joshua Kotelnicki; University of Mary
Dining Room	9-Man Football	"Holstein Football"	Steve Kleinjan; New Salem HS
Prairie West	Golf (12:30)	"Home on the Range with Mustang Golf"	Jeremy St. Aubin; South Border
Board Room	Swim & Dive	"Sprint Swimming"	Gideon Louw; University of Minnesota
Executive I	Track & Field	"Pole Vault"	Seth Mischke; Black Hills State
Cutty Stark	Volleyball	"Dickinson State Volleyball"	Jennifer Hartman; Dickinson State
Executive II	Wrestling	"In and Out of Season Organization"	Guy Melby; Sidney HS
Embassy	X-Country	" Fargo Davies Cross Country Building a Team"	Jason Edwards; Fargo Davies HS

2:45 ROOM SPORT TOPIC SPEAKER; SCHOOL

Ambassador	Baseball	NDHSCA Advisory Committee Review & Plan	DeWitt Mack and Nathan Walsh
Nautilus	Basketball	"Low Cutter Offense"	Ryan Montgomery; Valley City State
Santa Maria	Football	"Trap and Trap Option"	Bob Jones; University of Mary



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4:00 ROOM	SPORT	TOPIC	SPEAKER; SCHOOL
Board Room	Swim & Dive	"Sprint Swimming"	Gideon Louw; University of Minnesota
Executive I	Track & Field	"Triple Jump"	Seth Mischke; Black Hills State
Cutty Stark	Volleyball	"Dickinson State Volleyball"	Jennifer Hartman; Dickinson State
Executive II	Wrestling	"Sidney Eagle Wing Series-Turk-Tilt"	Guy Melby; Sidney HS
Embassy	X-Country	"Griggs County Cross Country Training"	Rick Anderson; Griggs County
Nautilus	Basketball	"Pinch and Pressure Defense"	Ryan Montgomery; Valley City State
Santa Maria	Football	"Defending RPO's out of a 2-Shell"	Jason Thier; University of Mary
Board Room	Swim & Dive	"Sprint Swimming"	Gideon Louw; University of Minnesota
Executive I	Track & Field	"Sprint Training"	Nick Walker; Dickinson State University
Cutty Stark	Volleyball	"Dickinson State Volleyball"	Jennifer Hartman; Dickinson State

6:00-10:00 Convention Social (Taco Bar & Horse Races); Sponsored by Universal Athletics

THURSDAY, July 27th

7:30-11:00 AM Registration Desk Open in BAYMONT INN Foyer

Special Note: The Tennis sessions on Thursday will be held at Capital Racquet.

8:30-3:30 Convention Exhibit Hall Open, **except, closed during NOON BREAK (12:00-1:00)**

Special Note: All Coaches are urged to attend sport specific "Advisory Review and Planning" Sessions!

8:30 ROOM	SPORT	TOPIC	SPEAKER; SCHOOL
Nautilus	Basketball	"University of Mary Basketball"	Rick Neumann; University of Mary
Santa Maria	Football	"Practical Ways to Build a Program"	Barry Holmen; Minot HS
Dining Room	Golf	NDHSCA Advisory Committee Review & Plan	Dan Wolf; West Fargo
Ambassador	Softball	"Practice Drills"	Kevin Gall, University of Jamestown
Board Room	Swim & Dive	"Boys Swimming at Minot High"	Jake Solper; Minot HS
Capital Raquet	Tennis	"Workhorse and Terminator Triangles"	Rod Morasch; Tennis Pro
Executive I	Track & Field	NDHSCA Advisory Committee Review & Planning	Tracy Heisler; GF Red River HS
Cutty Stark	Volleyball	"Some Things I Have Learned Over the Years"	Dale Peaslee; Carrington HS
Executive II	Wrestling	"University of Mary Wrestling"	Adam Aho; University of Mary
9:45 ROOM	SPORT	TOPIC	SPEAKER; SCHOOL
Nautilus	Basketball	"University of Mary Basketball"	Rick Neumann; University of Mary
Santa Maria	Football	NDHSCA Advisory Committee Review & Planning	Vryn Muir & Bret Johnsrud
Dining Room	Golf	"Round Table Discussion"	Perry Piatz, Kindred HS
Ambassador	Softball	"Mental Game"	Kevin Gall, University of Jamestown
Board Room	Swim & Dive	"Swim & Dive Round Table Discussion"	Brent Newman; Grand Forks
Capital Raquet	Tennis	"Notes from the National & Bruin Drills"	Victor Youngs; Fargo South HS
Executive I	Track & Field	"Shot Put"	Larry Walker; Hillsboro-CV
Cutty Stark	Volleyball	"Coach Filibecks Favorite Drills"	Brian Filibeck; Beulah HS
Executive II	Wrestling	"University of Mary Wrestling"	Adam Aho; University of Mary
Embassy	X-Country	NDHSCA Advisory Committee Review & Planning	Rick Anderson & Troy Thorson

10:30-1:30 Exhibit Hall Closes during NDHSCA General Session

10:45 NDHSCA Annual Business Meeting

Light Lunch provided by NDHSCA to General Business Meeting Attendees

12:15 Room NDHSCA Hall of Fame Luncheon for Inductees (Past Presidents, Past Inductees & Executive Committee are invited to attend)

1:00 ROOM	SPORT	TOPIC	SPEAKER; SCHOOL
Nautilus	Basketball	NDHSCA Advisory Committee Review & Plan	Brett Thielges & Brent Hintz
Santa Maria	Football	"Bluehawk Defensive Back Play and Team Building"	Pete Stanton; DSU
Ambassador	Softball	"Patriot Softball"	Kevin Ziegler; Bismarck Century HS
Board Room	Swim & Dive	NDHSCA Advisory Committee Review/Plan	Dick Fisher; Fargo North HS



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Capital Racquet Tennis		NDHSCA Advisory Committee Review & Plan	Paul Christen; Mandan HS
Executive I	Track & Field	"Javelin Training"	Justin St. Clair; NDSU
Cutty Stark	Volleyball	"Round Table Discussion"	Carolyn Olson; GFRR & Tim Wallstrum; Kenmare
Executive II	Wrestling	"Magician Wrestling"	Justin Racine; Minot HS
Embassy	X-Country	"Bowman County Cross Country Training"	Jon Jahner; Bowman County
2:15 ROOM	SPORT	TOPIC	SPEAKER; SCHOOL

Nautilus	Basketball	"University of Mary Defensive Strategy"	Joe Kittel; University of Mary
Santa Maria	Football	"Training Quarterbacks"	Nick Walker; DSU
Ambassador	Softball	"Magician Softball"	Gerard Cederstrom. Minot HS
Board Room	Swim & Dive	"Swim & Dive Round Table Discussion"	Brent Newman; Grand Forks
Capital Racquet Tennis		"Stroke Production"	Brian Pederson; Tennis Pro
Executive I	Track & Field	"300 Meter Hurdles"	Don Larson; NDSU
Cutty Stark	Volleyball	NDHSCA Advisory Committee Review & Plan	Linette Irwin; Hazen HS
Executive II	Wrestling	"Round Table Discussion"	Mark Lardy; Bismarck HS
Embassy	X-Country	"Cross Country Training & Program"	Jeff Manley; Pembina County

3:30 Exhibit Hall closes; Exhibit Hall is locked for Banquet Setup!!!

3:30 ROOM	SPORT	TOPIC	SPEAKER; SCHOOL
Nautilus	Basketball	"Scouting Opponents – Top Actions in NSIC"	Joe Kittel; University of Mary
Santa Maria	Football	"Offensive Line Play"	Jace Schillinger; DSU
Ambassador	Softball	NDHSCA Advisory Committee Review & Plan	Kevin Ziegler; Bismarck Century HS
Capital Racquet Tennis		"Stroke Production"	Brian Pederson; Tennis Pro
Executive I	Track & Field	"Long Jump and Jump Conditioning"	Stevie Keller; NDSU
Cutty Stark	Volleyball	"Discussion on Patriot Volleyball"	Jamie Zastoupil; Bismarck Century HS
Executive II	Wrestling	NDHSCA Advisory Committee Review & Plan	Larry Eslick, Jamestown HS
Embassy	X-Country	"Injury Prevention and Ancillary Training"	Nathan Horgeshimer; Killdeer HS

5:15-6:00 NDHSCA AWARDS BANQUET RECEPTION AT Foyer

6:00 NDHSCA Hall of Fame & COTY Banquet

FRIDAY, July 28th

7:00-8:00 Fellowship of Christian Athletes gathering (Coffee, Juice & Rolls) in Exhibit Hall (Pier 7)

7:30-11:00 am Registration Desk Open

8:00 ROOM	SPORT	TOPIC	SPEAKER; SCHOOL
Nautilus	Basketball	"Basketball Round Table"	Andy Braaten; Carrington HS
Santa Maria	Football	"Together – Bringing Rivals Together"	Jon Schiele; Ellendale-E-K
Executive I	Track & Field	"Billings Track & Field Philosophy"	Rob Stanton; West Billings HS
Cutty Stark	Volleyball	"Practice Preparation Volleyball Execution"	Jesse Mahoney; University of Colorado

9:15 ROOM	SPORT	TOPIC	SPEAKER; SCHOOL
Nautilus	Basketball	"Motion Offense"	Daniel Neville; University of Jamestown
Santa Maria	Football	"Minot State Football"	Michael Aldrich; Minot State
Executive I	Track & Field	"4 x 100m, 4 x 400m Relays"	Rob Stanton; West Billings HS
Cutty Stark	Volleyball	"Problem Solving – Squeezing Points"	Jesse Mahoney; University of Colorado

10:20 ROOMSPORT	SPORT	TOPIC	SPEAKER; SCHOOL
Nautilus	Basketball	"Jimmie Offensive Sets"	Daniel Neville; University of Jamestown
Santa Maria	Football	"Minot State Football"	Michael Aldrich; Minot State
Executive I	Track & Field	"100m/110m Hurdles"	Rob Stanton; West Billings HS
Cutty Stark	Volleyball	"Favorite Drills & Drill Progressions"	Jesse Mahoney; University of Colorado



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11:25 ROOMSPORT	TOPIC	SPEAKER; SCHOOL
<i>Nautilus</i>	Basketball	"Jimmie Offensive Sets" <i>Daniel Neville; University of Jamestown</i>
<i>Santa Maria</i>	Football	"Minot State Football" <i>Michael Aldrich; Minot State</i>
<i>Executive I</i>	Track & Field	"High Jump" <i>Brad Townsend; Century HS & Dallas Hinderer; Bismarck HS</i>
<i>Cutty Stark</i>	Volleyball	"Dickinson High Volleyball" <i>Jay Schobinger; Dickinson HS</i>

All College Credit Packets are to be mailed to Dr. Strand in appropriate envelopes!

12:15 NDHSCA Executive Committee Meeting in Board Room

Printed (7/19/2017 11:05 AM)