



# 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 College Registration, Dr. Brad Strand**

#### **8:00 Coaching Seminars**

Room	Coaching & Conflict	"Coaching Ethics"	Dave Zittleman; Bismarck Schools
Room	Permit Preparation	"Fundamentals of Coaching"	Pete Moe; Washburn HS
Room	Special Topics	"Prevention of Lower Extremity Injuries"	Dr. Robert Schulte; University of Mary
Room	Speed/Strength	"Nutrition for Peak Performance"	Joan Knoll; Bismarck Public Schools

#### **9:00 Coaching Seminars**

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

#### **10:00 Coaching Seminars**

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

#### **11:00 Coaching Seminars**

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

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

#### **1:30 Coaching Seminars**

Room	Coaching & Conflict	"Survey Results"	Dr. Anita Gust; Concordia College
Room	Permit Preparation	"CPR, AED & First Aid Recertification"	Barb Moe; Washburn, ND
Room	Special Topics	"Coaches Cooperation with the NDHSAA"	Matt Fetsch; NDHSAA
Room	Speed/Strength	"Speed and Agility Training"	Dr. Joey Eisenmann; USA Football

#### **2:30 Coaching Seminars**

Room	Coaching & Conflict	"Coaching Duties & Responsibilities to NDHSAA"	Matt Fetsch; NDHSAA
Room	Permit Preparation	"CPR, AED & First Aid Recertification and Certification"	Barb Moe; Washburn, ND
Room	Special Topics	"What AD's Expect from Coaches"	Gregg Grinsteiner; Dickinson Trinity HS
Room	Speed/Strength	"Weight Room Techniques - Variety is key"	Michael Silbernagel; U of Mary

#### **3:30 Coaching Seminars**

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

**3:00 Vendor Set Up**



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## WEDNESDAY, July 26<sup>th</sup>

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 8:30 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**

Room	Baseball	"Team Culture"	Scott Eul; Minot State
Room	Basketball	"Minot State Basketball"	Matt Murken; Minot State
Room	Football	"Specific Training for Football"	Joey Eisenmann; Michigan State
Prairie West	Golf	"Golf Sessions"	Brad Olson; Prairie West Pro
Room	Swim & Dive	"University of Mary Swimming"	Allan McCallum; University of Mary
Room	Track & Field	"Discus"	Brad Lejngang; Bismarck HS
Room	Volleyball	"Defensive Systems"	Dana Cordova; Minot State
Room	Wrestling	"Beaver Wrestling"	Evan Forde; Minot State
Room	X-Country	"Jimmie Cross Country Training"	Jim Clark; University of Jamestown

**10:15 ROOMSPORT TOPIC SPEAKER; SCHOOL**

Room	Baseball	"Pitching Mechanics"	Scott Eul; Minot State
Room	Basketball	"Minot State Basketball"	Matt Murken; Minot State
Room	Football	"NDSU Football"	Randy Hedberg; NDSU
Prairie West	Golf	"Golf Techniques"	Jordan Berglund; Hawktree Pro
Room	Swim & Dive	"University of Mary Swimming"	Allan McCallum; University of Mary
Room	Track & Field	"400/800m Training"	Mike Thorson; University of Mary
Room	Volleyball	"Blocking"	Dana Cordova; Minot State
Room	Wrestling	"Beaver Wrestling"	Evan Forde, Minot State

**11:30 ROOMSPORT TOPIC SPEAKER; SCHOOL**

Room	Baseball	"Viking Baseball"	Casey Olney; Valley City State
Room	Basketball	"Dickinson State Basketball"	Justin Wetzel; Dickinson State
Room	Football	"NDSU Football"	Randy Hedberg; NDSU
Prairie West	Golf	"Golf Techniques"	Jordan Berglund; Hawktree Pro
Room	Swim & Dive	"University of Mary Swimming"	Allan McCallum; University of Mary
Room	Track & Field	"Athletic.Net Training"	Bobby Hoffner; Benson County
Room	Volleyball	"Serve and Receive"	Dana Cordova; Minot State
Room	Wrestling	"Sidney Wrestling"	Guy Melby; Sidney HS
Room	X-Country	"Patriot Training"	Brad Lies; Bismarck Century HS

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

**1:30 ROOM SPORT TOPIC SPEAKER; SCHOOL**

Room	Baseball	"Viking Baseball"	Casey Olney; Valley City State
Room	Basketball	"Dickinson State Basketball"	Justin Wetzel; Dickinson State
Room	Football	"University of Mary Football"	Joshua Kotelnicki; University of Mary
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
Room	Swim & Dive	"Sprint Swimming"	Gideon Louw; University of Minnesota
Room	Track & Field	"Pole Vault"	Seth Mischke; Black Hills State
Room	Volleyball	"Dickinson State Volleyball"	Jennifer Hartman; Dickinson State
Room	Wrestling	"Sidney Wrestling"	Guy Melby; Sidney HS
Room	X-Country	" Fargo Davies Cross Country Building a Team"	Jason Edwards; Fargo Davies HS

**2:45 ROOM SPORT TOPIC SPEAKER; SCHOOL**

Room	Baseball	<b>NDHSCA Advisory Committee Review &amp; Plan</b>	DeWitt Mack and Jeff Feichtner
Room	Basketball	"Mens Basketball"	Ryan Montgomery; Valley City State
Room	Football	"University of Mary Football"	Joshua Kotelnicki; University of Mary



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## Mandan Baymont Inn & Suites

Room	SPORT	TOPIC	SPEAKER; SCHOOL
Room	Swim & Dive	"Sprint Swimming"	Gideon Louw; University of Minnesota
Room	Track & Field	"Triple Jump"	Seth Mischke; Black Hills State
Room	Volleyball	"Dickinson State Volleyball"	Jennifer Hartman; Dickinson State
Room	Wrestling	"Sidney Wrestling"	Guy Melby; Sidney HS
Room	X-Country	"Cross Country Training"	Rick Anderson; Griggs County
Room	Basketball	"Mens Basketball"	Ryan Montgomery; Valley City State
Room	Football	"University of Mary Football"	Joshua Kotelnicki; University of Mary
Room	Swim & Dive	"Sprint Swimming"	Gideon Louw; University of Minnesota
Room	Track & Field	"Sprint Training"	Nick Walker; Dickinson State University
Room	Volleyball	"Dickinson State Volleyball"	Jennifer Hartman; Dickinson State
Room	X-Country	"Bowman Cross Country Training"	Jon Jahner; Bowman County

**6:00-10:00 Convention Social (hors d'oeuvres & refreshments); Sponsored by Universal Athletics**

### THURSDAY, July 27<sup>th</sup>

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
Room	Basketball	"University of Mary Basketball"	Rick Neumann; University of Mary
Room	Football	"Magician Football"	Barry Holmen; Minot HS
Room	Golf	NDHSCA Advisory Committee Review & Plan	Dan Wolf; West Fargo
Room	Softball	"Practice Drills"	Kevin Gall, University of Jamestown
Board Room	Swim & Dive	"Magician Swimming"	Jake Solper; Minot HS
Room	Tennis	NDHSCA Advisory Committee Review & Plan	Paul Christen; Mandan HS
Room	Track & Field	NDHSCA Advisory Committee Review & Planning	Tracy Heisler; GF Red River HS
Room	Volleyball	"Cardinal Volleyball"	Dale Peaslee; Carrington HS
Room	Wrestling	"University of Mary Wrestling"	Adam Aho; University of Mary

9:45 ROOM	SPORT	TOPIC	SPEAKER; SCHOOL
Room	Basketball	"University of Mary Basketball"	Rick Neumann; University of Mary
Room	Football	NDHSCA Advisory Committee Review & Planning	
Room	Golf	"Round Table Discussion"	Perry Piatz, Kindred HS
Room	Softball	"Mental Game"	Kevin Gall, University of Jamestown
Board Room	Swim & Dive	"Round Table Discussion"	Brent Newman; Grand Forks
Capital Raquet	Tennis	"Bruin Skills and Drills"	Victor Youngs; Fargo South HS
Room	Track & Field	"Shot Put"	Larry Walker; Hillsboro-CV
Room	Volleyball	"Beulah Volleyball"	Brian Filibeck; Beulah HS
Room	Wrestling	"University of Mary Wrestling"	Adam Aho; University of Mary
Room	X-Country	NDHSCA Advisory Committee Review & Planning	Rick Anderson & Ken Gardner

**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
Room	Basketball	NDHSCA Advisory Committee Review & Plan	Randy Cranston; Watford City HS
Room	Football	"Bluehawk Defensive Back Play and Team Building"	Pete Stanton; DSU
Room	Softball	"Patriot Softball"	Kevin Ziegler; Bismarck Century HS
Room	Swim & Dive	NDHSCA Advisory Committee Review/Plan	Dick Fisher; Fargo North HS
Capital Racquet	Tennis	"Workhorse and Terminator Triangles"	Rod Morasch; Tennis Pro



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## Mandan Baymont Inn & Suites

Room	Track & Field	"Javelin Training"	Justin St. Clair; NDSU
Room	Volleyball	"Magician Volleyball"	Sherry Carlson; Minot HS
Room	Wrestling	"Magician Wrestling"	Justin Racine; Minot HS

<b>2:15 ROOM</b>	<b>SPORT</b>	<b>TOPIC</b>	<b>SPEAKER; SCHOOL</b>
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Room	Basketball	"University of Mary Basketball"	Joe Kittel; University of Mary
Room	Football	"Training Quarterbacks"	Nick Walker; DSU
Room	Softball	"Magician Softball"	Gerard Cederstrom. Minot HS
Room	Swim & Dive	"Round Table Discussion"	Brent Newman; Grand Forks
Capital Racquet	Tennis	"Tennis Session"	Brian Peterson; Tennis Pro
Room	Track & Field	"300 Meter Hurdles"	Don Larson; NDSU
Room	Volleyball	NDHSCA Advisory Committee Review & Plan	Linette Irwin; Hazen HS
Room	Wrestling	"Round Table Discussion"	Mark Lardy; Bismarck HS
Room	X-Country	"Cross Country Training"	Jeff Manley; Pembina County

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

<b>3:30 ROOM</b>	<b>SPORT</b>	<b>TOPIC</b>	<b>SPEAKER; SCHOOL</b>
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Room	Basketball	"University of Mary Basketball"	Joe Kittel; University of Mary
Room	Football	"Offensive Line Play"	Jace Schillinger; DSU
Room	Softball	NDHSCA Advisory Committee Review & Plan	Kevin Ziegler; Bismarck Century HS
Capital Racquet	Tennis	"Tennis Session"	Brian Peterson; Tennis Pro
Room	Track & Field	"Long Jump and Jump Conditioning"	Stevie Keller; NDSU
Room	Volleyball	"Patriot Volleyball"	Jamie Zastoupil; Bismarck Century HS
Room	Wrestling	NDHSCA Advisory Committee Review & Plan	Larry Eslick, Jamestown HS
Room	X-Country	"Killdeer Cross Country"	Nathan Horgeshimer; Killdeer HS

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

**6:00 NDHSCA Hall of Fame & COTY Banquet**

**FRIDAY, July 28<sup>th</sup>**

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

**7:30-11:00 am Registration Desk Open**

<b>8:00 ROOM</b>	<b>SPORT</b>	<b>TOPIC</b>	<b>SPEAKER; SCHOOL</b>
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Room	Basketball	"Legacy Basketball"	Jason Horner; Bismarck Legacy HS
Room	Football	"Together – Bringing Rivals Together"	Jon Schiele; Ellendale-E-K
Room	Track & Field	"Billings Track & Field Philosophy"	Rob Stanton; West Billings HS
Room	Volleyball	"Colorado Volleyball"	Jesse Mahoney; University of Colorado

<b>9:15 ROOM</b>	<b>SPORT</b>	<b>TOPIC</b>	<b>SPEAKER; SCHOOL</b>
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Room	Basketball	"Motion Offense"	Daniel Neville; University of Jamestown
Room	Football	"Minot State Football"	Michael Aldrich; Minot State
Room	Track & Field	"4 x 100m, 4 x 400m Relays"	Rob Stanton; West Billings HS
Room	Volleyball	"Colorado Volleyball"	Jesse Mahoney; University of Colorado

<b>10:20 ROOMSPORT</b>	<b>TOPIC</b>	<b>SPEAKER; SCHOOL</b>
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Room	Basketball	"Jimmie Offensive Sets"	Daniel Neville; University of Jamestown
Room	Football	"Minot State Football"	Michael Aldrich; Minot State
Room	Track & Field	"100m/110m Hurdles"	Rob Stanton; West Billings HS
Room	Volleyball	"Colorado Volleyball"	Jesse Mahoney; University of Colorado

<b>11:25 ROOMSPORT</b>	<b>TOPIC</b>	<b>SPEAKER; SCHOOL</b>
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Room	Basketball	"Jimmie Offensive Sets"	Daniel Neville; University of Jamestown
Room	Football	"Minot State Football"	Michael Aldrich; Minot State



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## Mandan Baymont Inn & Suites

Room	Track & Field	"High Jump"	Brad Townsend; Century HS & Dallas Hinderer; Bismarck HS
Room	Volleyball	"Dickinson High Volleyball"	Jay Schobinger; Dickinson HS

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

**12:15 NDHSCA Executive Committee Meeting in Board Room**

Printed (6/8/2017 11:15 PM)

Tentative Schedule (6-8-2017)