



2018 NDHSCA COACHES CONVENTION SCHEDULE



Fargo Ramada Inn & Suites

TUESDAY, July 24th; Coaching Seminars:

7:00 AM - 2:30 PM Registration Desk Open Ramada Courtyard

REGISTRATION for Tuesday's Seminars

MUST BE COMPLETE BEFORE 7:30 am

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

8:00 Coaching Seminars

Room	Coaching & Conflict "Official-Coach Relationships"	Dave Klundt; Fargo Officials
Room	Permit Preparation "Fundamentals of Coaching – Need to attend all 3"	Pete Moe; Washburn HS
Room	Special Topics "Lower Extremity Injury Prevention"	Dr. Nicole German; NDSU
Room	Speed/Strength "Weight Room Culture"	Jason Miller; NDSU

9:00 Coaching Seminars

Room	Coaching & Conflict "Athletes as Leaders I"	Brittany Love; Grand Forks CVIC
Room	Permit Preparation "Fundamentals of Coaching – Need to attend all 3"	Pete Moe; Washburn HS
Room	Special Topics "Lower Extremity Taping"	Dr. Nicole German; NDSU
Room	Speed/Strength "Weight Room Culture II"	Jason Miller; NDSU

10:00 Coaching Seminars

Room	Coaching & Conflict "Athletes as Leaders II"	Brittany Love; Grand Forks CVIC
Room	Permit Preparation "Fundamentals of Coaching - Need to attend all 3"	Pete Moe; Washburn HS
Room	Special Topics "Coaches Cooperation with the NDHSAA"	Matt Fetsch; NDHSAA
Room	Speed/Strength "Speed Development"	Mike Thorson; Bismarck, ND

11:00 Coaching Seminars

Room	Coaching & Conflict "Coaching Duties & Responsibilities to NDHSAA"	Matt Fetsch; NDHSAA
Room	Permit Preparation "Building Character in Sports Programs"	Barry Holmen, Minot HS
Room	Special Topics "Building Character in Sports Programs"	Barry Holmen, Minot HS
Room	Speed/Strength "Speed Development II"	Mike Thorson; Bismarck, ND

NOON Seminar Luncheon (provided by NDHSCA)
Luncheon Speaker "Nutrition for the Championship Athlete" Kelsey Herrick; Sanford Health

1:30 Coaching Seminars

Room	Coaching & Conflict "Concussions in Sports I" Dr. Jay Albrecht/ Dr. Dawn Hammerschmidt; MSUM
Room	Permit Preparation "CPR, AED, First Aid Recertification – Need attend 1" Barb Moe; Washburn, ND
Room	Special Topics "Coaching Ethics" Todd Olson; Fargo Public Schools AD
Room	Speed/Strength "Supplements – Protein & Energy Drinks" Kelsey Herrick; Sanford Health

2:30 Coaching Seminars

Room	Coaching & Conflict "Concussions in Sports II" Dr. Jay Albrecht/ Dr. Dawn Hammerschmidt; MSUM
Room	Permit Preparation "CPR, AED, First Aid Recertification and Certification" Barb Moe; Washburn, ND
Room	Special Topics "Hand, Wrist, Taping Techniques" Shannon David; NDSU
Room	Speed/Strength "West Fargo Strength Training Program" Rollie Swedberg; West Fargo HS

3:30 Coaching Seminars

Room	Coaching & Conflict "Coaches Panel" Tracey Heisler; Grand Forks Red River
Room	Permit Preparation "CPR, AED, First Aid Recertification and Certification" Barb Moe; Washburn, ND
Room	Special Topics "Coaches Panel" Tracey Heisler; Grand Forks Red River
Room	Speed/Strength "Coaches Panel" Tracey Heisler; Grand Forks Red River

3:00 Vendor Set Up



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WEDNESDAY, July 25th

7:30 AM – 2:30 PM Registration Desk Open in RAMADA Courtyard

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

Woodland North 8:00 College Registration, Dr. Brad Strand; NDSU

8:30-4:30 Convention Exhibit Hall Open, **except, closed during NOON BREAK (Noon-1:00)**

8:30 ROOM	SPORT	TOPIC	SPEAKER; SCHOOL
Room	Basketball	“NDSU Basketball”	Jayden Olson; NDSU
Room	Football	“NDSU Football”	Randy Hedberg, NDSU
Room	Softball	“Building a Stronger Pitcher”	Ashley Vandeven; Mayville State
Room	Swim & Dive	“Concordia Swimming”	Gary Fisher; Concordia College
Room	Track & Field	“High Jump”	Clayton Pritchard; NDSU
Room	Volleyball	“Jimmie Volleyball”	Jon Hegerle
Room	Wrestling	“Jimmie Wrestling”	Daniel Lovell; University of Jamestown
Room	X-Country	“Moorhead State Cross Country”	Ryan Milner; MSUM

9:45 ROOM	SPORT	TOPIC	SPEAKER; SCHOOL
Room	Basketball	“NDSU Basketball”	Jayden Olson; NDSU
Room	Football	“NDSU Football”	Randy Hedberg, NDSU
Room	Golf	“Learn from an Oxbow Pro”	Corey Herlickson; Oxbow CC
Room	Softball	“Training an Outdoor Sport Indoors”	Ashley Vandeven; Mayville State
Room	Swim & Dive	“Concordia Swimming”	Gary Fisher; Concordia College
Room	Track & Field	“Sprint Starts”	Don Larson; NDSU
Room	Volleyball	“Jimmie Volleyball”	Jon Hegerle
Room	Wrestling	“Jimmie Wrestling”	Daniel Lovell; University of Jamestown
Room	X-Country	“Moorhead State Cross Country”	Ryan Milner; MSUM

11:00 ROOMSPORT	SPORT	TOPIC	SPEAKER; SCHOOL
Room	Basketball	“Comet Basketball”	Darren Tighe; Mayville State
Room	Football	“NDSU Football”	Randy Hedberg; NDSU
Room	Golf	“Learn from an Oxbow Pro”	Corey Herlickson; Oxbow Pro
Room	Softball	“MSU Softball”	David Kivett; Minot State
Room	Swim & Dive	“Concordia Swimming”	Gary Fisher; Concordia College
Room	Track & Field	“Pole Vault”	Daniel Gooris; NDSU
Room	Volleyball	“Round Table Discussion”	Tim Wahlstrum; Kenmare & Lisa Strand; Thompson
Room	Wrestling	“Jimmie Wrestling”	Daniel Lovell; University of Jamestown
Room	X-Country	“Cross Country Training”	Andrew Carlson; NDSU

Noon-1:00 Exhibit Hall Closes; Exhibitors’ Lunch with NDHSCA Executive Committee in Woodland South

1:00 ROOM	SPORT	TOPIC	SPEAKER; SCHOOL
Room	Basketball	“Comet Basketball”	Darren Tighe; Mayville State
Room	Football	“Valley City State Football”	Dennis McCulloch; Valley City State
Room	9-Man Football	“Buccaneer Football”	Mike Zier; Beach HS
Room	Golf	“South Border Golf”	Jeremy St. Aubin; South Border
Room	Softball	“MSU Softball”	David Kivett; Minot State
Room	Swim & Dive	“Round Table Discussion”	Brent Newman; Grand Forks Public Schools
Room	Track & Field	“100/110 meter hurdles”	Chris Parno; MSU-Mankato
Room	Volleyball	“What Should Practice Look Like and Why?”	Adam Longmore; Valley City State
Room	Wrestling	“Bison Wrestling”	Roger Kish; NDSU
Room	X-Country	“Viking Cross Country”	Joshua Mower; VCSU

2:00-2:30 Visit Exhibits



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2:30 ROOM	SPORT	TOPIC	SPEAKER; SCHOOL
Room	Basketball	"Dragon Basketball"	Chad Walthall; MSUM
Room	Football	"Valley City State Football"	Dennis McCulloch; Valley City State
Room	Golf	"South Border Golf"	Jeremy St. Aubin; South Border
Room	Softball	"Outfield Topics"	Courtney Kivett; Minot State
Room	Swim & Dive	"Round Table Discussion"	Brent Newman; Grand Forks Public Schools
Room	Track & Field	"300/400 meter hurdles"	Chris Parno; MSU-Mankato
Room	Volleyball	"Where Should I Put My Best Defensive Players?"	Adam Longmore; Valley City State
Room	Wrestling	"Bison Wrestling"	Roger Kish; NDSU
Room	X-Country	"Viking Cross Country"	Joshua Mower; VCSU

3:45 ROOM	SPORT	TOPIC	SPEAKER; SCHOOL
Room	Basketball	"Dragon Basketball"	Chad Walthall; MSUM
Room	Football	"Valley City State Football"	Dennis McCulloch; Valley City State
Room	Track & Field	"Mid-Distance Training"	Stevie Keller; NDSU
Room	Volleyball	"Training the Middles"	Tammy Blake; MSUM
Room	Wrestling	"Demon Wrestling"	Mark Lardy; Bismarck High

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

THURSDAY, July 26th

7:30-2:30 AM Registration Desk Open in Ramada Courtyard

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

8:30-3:30 Convention Exhibit Hall Open, **except, closed during NDHSCA Annual Meeting (10:45-11:30)**

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

8:30 ROOM	SPORT	TOPIC	SPEAKER; SCHOOL
Room	Basketball	"Viking Basketball"	Vanessa Keeler-Johnson; VCSU
Room	Football	"Deacon Football"	Troy Mattern; Fargo Shanley HS
Room	Golf	NDHSCA Advisory Committee Review & Planning	
Room	Softball	"NDSU Softball"	Darren Mueller; NDSU
Room	Swim & Dive	"Magician Swimming"	Jake Solper; Minot HS
Room	Tennis	NDHSCA Advisory Committee Review & Planning	
Room	Track & Field	NDHSCA Advisory Committee Review & Planning	
Room	Volleyball	"Setter Training"	Jennifer Lopez; NDSU
Room	Wrestling	"Dragon Wrestling"	Kris Nelson; MSUM

9:45 ROOM	SPORT	TOPIC	SPEAKER; SCHOOL
Room	Basketball	"Viking Basketball"	Vanessa Keeler-Johnson; VCSU
Room	Football	NDHSCA Advisory Committee Review & Planning	
Room	Golf	"Round Table Discussion"	Ryan Nielson; Hillsboro HS
Room	Softball	"NDSU Softball"	Darren Mueller; NDSU
Room	Swim & Dive	"Diving Techniques"	Claudia Schoellkopf; Mandan HS
Room	Tennis	"Doubles"	Joseph Murrey; Concordia College
Room	Track & Field	"Javelin Technique"	Justin St. Clair; NDSU
Room	Volleyball	"Bison Volleyball"	Jennifer Lopez; NDSU
Room	Wrestling	"Dragon Wrestling"	Kris Nelson; MSUM
Room	X-Country	NDHSCA Advisory Committee Review & Planning	

10:45-11:30 Exhibit Hall Closes during NDHSCA Annual Business Meeting

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)



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1:00 ROOM	SPORT	TOPIC	SPEAKER; SCHOOL
Room	Basketball	NDHSCA Advisory Committee Review & Planning	
Room	Football	"UND Football"	Paul Rudolph; UND
Room	Softball	"Cobber Softball"	Chad Slyter; Concordia College
Room	Swim & Dive	NDHSCA Advisory Committee Review & Planning	
Room	Tennis	"Doubles II"	Joseph Murrey; Concordia College
Room	Track & Field	"Long Jump-Triple Jump"	Steven Mueller; Rugby HS
Room	Volleyball	"UND Volleyball"	Mark Pryor; UND
Room	Wrestling	"Dragon Wrestling"	Kris Nelson; MSUM
Room	X-Country	"Moorhead State Cross Country"	Garrick Larson; Concordia College

2:15 ROOM	SPORT	TOPIC	SPEAKER; SCHOOL
Room	Basketball	"Viking Mens Basketball"	Ryan Montgomery; Valley City State
Room	Football	"UND Football"	Paul Rudolph; UND
Room	Softball	"Cobber Softball"	Chad Slyter; Concordia College
Room	Swim & Dive	"Olympic Lifts in Swimming"	Nate Safe; FCA, Kindred
Room	Tennis	"Tennis Techniques"	Jason Thiner; Courts Plus
Room	Track & Field	"Discus Drills"	Rob Jacobson; Fargo Davies
Room	Volleyball	"UND Volleyball"	Mark Pryor; UND
Room	Wrestling	NDHSCA Advisory Committee Review & Planning	
Room	X-Country	"Bulldog Cross Country"	Jon Jahner; Bowman County HS

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

3:30 ROOM	SPORT	TOPIC	SPEAKER; SCHOOL
Room	Basketball	"Viking Mens Basketball"	Ryan Montgomery; Valley City State
Room	Football	"UND Football"	Paul Rudolph; UND
Room	Softball	NDHSCA Advisory Committee Review & Planning	
Room	Tennis	"Tennis Techniques II"	Jason Thiner; Courts Plus
Room	Track & Field	"1600m-3200m Training"	Garrick Larson; Concordia College
Room	Volleyball	NDHSCA Advisory Committee Review & Planning	

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

6:00 NDHSCA Hall of Fame & COTY Banquet

FRIDAY, July 27th

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

7:30-11:00 am Registration Desk Open

8:00 ROOM	SPORT	TOPIC	SPEAKER; SCHOOL
Room	Basketball	"Marauder Mens Basketball"	Joe Kittel; University of Mary
Room	Football	"Olympic Lifts in Football"	Nate Safe; FCA, Kindred
Room	Track & Field	"Sprint Training"	Steven Silvey; Mississippi State
Room	Volleyball	"LaMoure Volleyball"	Laurie Good; LaMoure HS
9:15 ROOM	SPORT	TOPIC	SPEAKER; SCHOOL
Room	Basketball	"Marauder Mens Basketball"	Joe Kittel; University of Mary
Room	Football	"Moorhead State Football"	Steve Laqua, MSUM
Room	Track & Field	"400m Training"	Steven Silvey; Mississippi State
Room	Volleyball	"Volleyball Statistics"	Sherry Carlson; Minot High



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10:20 ROOMSPORT		TOPIC	SPEAKER; SCHOOL
Room	Basketball	"Marauder Womens Basketball"	Rick Neumann; University of Mary
Room	Football	"Moorhead State Football"	Rob Hunt; MSUM
Room	Track & Field	"Sprint Relays"	Steven Silvey; Mississippi State
Room	Volleyball	"UND Volleyball"	Mia Tabberson; UND
11:25 ROOMSPORT		TOPIC	SPEAKER; SCHOOL
Room	Basketball	"Marauder Womens Basketball"	Rick Neumann; University of Mary
Room	Football	"Moorhead State Football"	Rob hunt; MSUM
Room	Track & Field	"800m Training"	Steven Silvey; Mississippi State
Room	Volleyball	"UND Volleyball"	Mia Tabberson; UND

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

12:15 NDHSCA Executive Committee Meeting in Executive II

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