



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

Elm	Coaching & Conflict	"Official-Coach Relationships"	Dave Klundt; Fargo Officials
Chestnut	Permit Preparation	"Fundamentals of Coaching – Need to attend all 3"	Pete Moe; Washburn HS
Birch	Special Topics	"Lower Extremity Injury Prevention"	Dr. Nicole German; NDSU
Walnut	Speed/Strength	"West Fargo Strength Training Program"	Rollie Swedberg; WF Sheyenne HS

9:00 Coaching Seminars

Elm	Coaching & Conflict	"Athletes as Leaders I"	Brittany Love; Grand Forks CVIC
Chestnut	Permit Preparation	"Fundamentals of Coaching – Need to attend all 3"	Pete Moe; Washburn HS
Birch	Special Topics	"Lower Extremity Taping"	Dr. Nicole German; NDSU
Walnut	Speed/Strength	"Speed Development"	Mike Thorson; Bismarck, ND

10:00 Coaching Seminars

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

11:00 Coaching Seminars

Elm	Coaching & Conflict	"Coaching Duties & Responsibilities to NDHSAA"	Matt Fetsch; NDHSAA
Birch	Permit Preparation	"Building Character in Sports Programs"	Barry Holmen, Minot HS
Birch	Special Topics	"Building Character in Sports Programs"	Barry Holmen, Minot HS
Walnut	Speed/Strength	"Supplements – Protein & Energy Drinks"	Kelsey Herrick; Sanford Health

NOON Woodland North Seminar Luncheon (provided by NDHSCA)

Luncheon Speaker "Nutrition for the Championship Athlete" Kelsey Herrick; Sanford Health

1:30 Coaching Seminars

Elm	Coaching & Conflict	"Concussions in Sports I"	Dr. Jay Albrecht/ Dr. Dawn Hammerschmidt; MSUM
Woodland East	Permit Preparation	"CPR, AED, First Aid Recertification – Need attend 1"	Barb Moe; Washburn, ND
Birch	Special Topics	"Coaching Ethics"	Todd Olson; Fargo Public Schools AD
Walnut	Speed/Strength	"Weight Room Culture"	Jason Miller; NDSU

2:30 Coaching Seminars

Elm	Coaching & Conflict	"Concussions in Sports II"	Dr. Jay Albrecht/ Dr. Dawn Hammerschmidt; MSUM
Woodland East	Permit Preparation	"CPR, AED, First Aid Recertification and Certification"	Barb Moe; Washburn, ND
Birch	Special Topics	"Hand, Wrist, Taping Techniques"	Shannon David; NDSU
Walnut	Speed/Strength	"Weight Room Culture II"	Jason Miller; NDSU

3:30 Coaching Seminars

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

3:00 Vendor Set Up Woodland South



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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
Woodland North	Basketball	"Defensive Philosophy"	Kyan Brown; NDSU
Walnut	Football	"Five Man Pressure and Coverage"	Joseph Klanderman; NDSU
Cedar	Softball	"Building a Stronger Pitcher"	Ashley Vandeven; Mayville State
Executive III	Swim & Dive	"Concordia Swimming"	Gary Fisher; Concordia College
Birch	Track & Field	"High Jump"	Clayton Pritchard; NDSU
Woodland East	Volleyball	"Jimmie Volleyball"	Jon Hegerle
Chestnut	Wrestling	"Jimmie Wrestling"	Daniel Lovell; University of Jamestown
Elm	X-Country	"Moorhead State Cross Country"	Ryan Milner; MSUM

9:45 ROOM	SPORT	TOPIC	SPEAKER; SCHOOL
Woodland North	Basketball	"NDSU Basketball"	Casey Matthews; NDSU
Walnut	Football	"Defensive Line Drills & Technique"	Buddha Williams; NDSU
Oxbow	Golf	"Learn from an Oxbow Pro"	Corey Herlickson; Oxbow CC
Cedar	Softball	"Training an Outdoor Sport Indoors"	Ashley Vandeven; Mayville State
Executive III	Swim & Dive	"Concordia Swimming"	Gary Fisher; Concordia College
Birch	Track & Field	"Sprint Starts"	Don Larson; NDSU
Woodland East	Volleyball	"Jimmie Volleyball"	Jon Hegerle
Chestnut	Wrestling	"Jimmie Wrestling"	Daniel Lovell; University of Jamestown
Elm	X-Country	"Moorhead State Cross Country"	Ryan Milner; MSUM

11:00 ROOM	SPORT	TOPIC	SPEAKER; SCHOOL
Woodland North	Basketball	"Comet Basketball"	Darren Tighe; Mayville State
Walnut	Football	"Wide Receiver Technique Do Simple Better"	Jason Ray; NDSU
Oxbow	Golf	"Learn from an Oxbow Pro"	Corey Herlickson; Oxbow Pro
Cedar	Softball	"Hitting Mechanics"	David Kivett; Minot State
Executive III	Swim & Dive	"Concordia Swimming"	Gary Fisher; Concordia College
Birch	Track & Field	"Pole Vault"	Clayton Pritchard; NDSU
Woodland East	Volleyball	"Knight Volleyball"	Katie Arthur; Grand Forks Central
Chestnut	Wrestling	"Jimmie Wrestling"	Daniel Lovell; University of Jamestown
Elm	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
Woodland North	Basketball	"Comet Basketball"	Darren Tighe; Mayville State
Walnut	Football	"DB Technique"	Dennis McCulloch; Valley City State
Oxbow	Golf	"South Border Golf"	Jeremy St. Aubin; South Border
Cedar	Softball	"Base Running"	David Kivett; Minot State
Executive III	Swim & Dive	"Round Table Discussion"	Brent Newman; Grand Forks Public Schools
Birch	Track & Field	"100/110 meter hurdles"	Chris Parno; MSU-Mankato
Woodland East	Volleyball	"What Should Practice Look Like and Why?"	Adam Longmore; Valley City State
Chestnut	Wrestling	"Bison Wrestling"	Roger Kish; NDSU
Elm	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
Woodland North	Basketball	"Program-Team & Coach Development/Leadership Thoughts"	Chad Walthall; MSUM
Walnut	Football	"Zone Blitz"	Coach Horner; Valley City State
Oxbow	Golf	"South Border Golf"	Jeremy St. Aubin; South Border
Cedar	Softball	"Outfield Topics"	Courtney Kivett; Minot State
Executive III	Swim & Dive	"Round Table Discussion"	Brent Newman; Grand Forks Public Schools
Birch	Track & Field	"300/400 meter hurdles"	Chris Parno; MSU-Mankato
Woodland East	Volleyball	"Where Should I Put My Best Defensive Players?"	Adam Longmore; Valley City State
Chestnut	Wrestling	"Bison Wrestling"	Roger Kish; NDSU
Elm	X-Country	"Viking Cross Country"	Joshua Mower; VCSU
3:45 ROOM	SPORT	TOPIC	SPEAKER; SCHOOL
Woodland North	Basketball	"Offensive Ideas for Players & Team"	Chad Walthall; MSUM
Walnut	Football	"Shallow Cross Pass Concepts"	Coach Matthe; Valley City State
Elm	9-Man Football	"Buccaneer Football"	Mike Zier; Beach HS
Birch	Track & Field	"Mid-distance Training"	Andrew Carlson; NDSU
Woodland East	Volleyball	"Training the Middles"	Tammy Blake; MSUM
Chestnut	Wrestling	"Demon Wrestling"	Mark Lardy; Bismarck High

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

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 Courts Plus except for 8:30 session.

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
Woodland North	Basketball	"Viking Basketball"	Vanessa Keeler-Johnson; VCSU
Walnut	Football	"Deacon Football"	Troy Mattern; Fargo Shanley HS
Executive II	Golf	NDHSCA Advisory Committee Review & Planning	Justin Fletschock; NDHSAA
Cedar	Softball	"NDSU Softball"	Gerice Olson; NDSU
Executive III	Swim & Dive	"Magician Swimming"	Jake Solper; Minot HS
Elm	Tennis	NDHSCA Advisory Committee Review & Planning	Brenda Schell; NDHSAA
Birch	Track & Field	NDHSCA Advisory Committee/Athletic.net/Provisionals	Kevin Morast; NDHSAA
Woodland East	Volleyball	"Setter Training"	Jennifer Lopez; NDSU
Chestnut	Wrestling	"Dragon Wrestling"	Kris Nelson; MSUM

9:45 ROOM	SPORT	TOPIC	SPEAKER; SCHOOL
Woodland North	Basketball	"Viking Basketball"	Vanessa Keeler-Johnson; VCSU
Walnut	Football	NDHSCA Advisory Committee Review & Planning	Justin Fletschock; NDHSAA
Executive II	Golf	"Round Table Discussion"	Ryan Nielson; Hillsboro HS
Cedar	Softball	"NDSU Softball"	Gerice Olson; NDSU
Executive III	Swim & Dive	"Diving Techniques"	Claudia Schoellkopf; Mandan HS
Courts Plus	Tennis	"Tennis Techniques"	Jason Thiner; Courts Plus
Birch	Track & Field	"Discus/Shot Put Drills"	Rob Jacobson; Fargo Davies
Woodland East	Volleyball	"Bison Volleyball"	Jennifer Lopez; NDSU
Chestnut	Wrestling	"Dragon Wrestling"	Kris Nelson; MSUM
Elm	X-Country	"Bulldog Cross Country"	Jon Jahner; Bowman County HS

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

10:55 NDHSCA Annual Business Meeting Woodland North

Light Lunch provided by NDHSCA to General Business Meeting Attendees



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12:15 **Dining 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
Woodland North	Basketball	NDHSCA Advisory Committee Review & Planning	Justin Fletschock; NDHSAA
Walnut	Football	"Variation of Outside Zone"	Luke Knauf; UND
Cedar	Softball	"Cobber Softball"	Chad Slyter; Concordia College
Executive III	Swim & Dive	NDHSCA Advisory Committee Review & Planning	Kevin Morast; NDHSAA
Courts Plus	Tennis	"Tennis Techniques II"	Jason Thiner; Courts Plus
Birch	Track & Field	"Long Jump-Triple Jump"	Steven Mueller; Rugby HS
Woodland East	Volleyball	"UND Volleyball"	Mark Pryor; UND
Chestnut	Wrestling	"Dragon Wrestling"	Kris Nelson; MSUM
Elm	X-Country	"Cobber Cross Country"	Garrick Larson; Concordia College

2:15 ROOM	SPORT	TOPIC	SPEAKER; SCHOOL
Woodland North	Basketball	"Building Culture"	Daniel Neville; University of Jamestown
Walnut	Football	"Running Back Play"	Malcolm Agnew; UND
Cedar	Softball	"Cobber Softball"	Chad Slyter; Concordia College
Executive III	Swim & Dive	"Olympic Lifts in Swimming"	Nate Safe; FCA, Kindred
Courts Plus	Tennis	"Tennis Drills"	Zach Zitur; West Fargo HS
Birch	Track & Field	"1600m-3200m Training"	Garrick Larson; Concordia College
Woodland East	Volleyball	"UND Volleyball"	Mark Pryor; UND
Chestnut	Wrestling	NDHSCA Advisory Committee Review & Planning	Kevin Morast; NDHSAA
Elm	X-Country	NDHSCA Advisory Committee Review & Planning	Justin Fletschock; NDHSAA

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

3:30 ROOM	SPORT	TOPIC	SPEAKER; SCHOOL
Woodland North	Basketball	"Dealing with Adversity"	Daniel Neville; University of Jamestown
Walnut	Football	"Defensive Back Play"	Travis Stepps; UND
Cedar	Softball	NDHSCA Advisory Committee Review & Planning	Justin Fletschock; NDHSAA
Courts Plus	Tennis	"Tennis Drills II"	Zach Zitur; West Fargo HS
Birch	Track & Field	"800m Training"	Steve Silvey; Mississippi State
Woodland East	Volleyball	NDHSCA Advisory Committee Review & Planning	Kevin Morast; NDHSAA

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

6:00 NDHSCA Hall of Fame & COTY Banquet Woodland North-East

FRIDAY, July 27th

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

7:30-11:00 am Registration Desk Open

8:00 ROOM	SPORT	TOPIC	SPEAKER; SCHOOL
Woodland North	Basketball	"Marauder Mens Basketball"	Joe Kittell; University of Mary
Walnut	Football	"Olympic Lifts in Football"	Nate Safe; FCA, Kindred
Birch	Track & Field	"Sprint Training"	Steven Silvey; Mississippi State
Woodland East	Volleyball	"LaMoure Volleyball"	Laurie Good; LaMoure HS
9:15 ROOM	SPORT	TOPIC	SPEAKER; SCHOOL
Woodland North	Basketball	"Marauder Mens Basketball"	Joe Kittell; University of Mary
Walnut	Football	"Punt, Punt Return, Kickoff, Kickoff Return"	Wade Youngblom, MSUM
Birch	Track & Field	"400m Training"	Steven Silvey; Mississippi State
Woodland East	Volleyball	"Volleyball Statistics Round Table"	Lisa Strand & Tim Wallstrum



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10:20 ROOMSPORT		TOPIC	SPEAKER; SCHOOL
Woodland North	Basketball	"Marauder Womens Basketball"	Rick Neumann; University of Mary
Walnut	Football	"Defensive Line"	Tristian Johnson; MSUM
Birch	Track & Field	"Sprint Relays"	Steven Silvey; Mississippi State
Woodland East	Volleyball	"Breakfast Club – Team Development"	Mia Tabberson; UND
11:25 ROOMSPORT		TOPIC	SPEAKER; SCHOOL
Woodland North	Basketball	"Marauder Womens Basketball"	Rick Neumann; University of Mary
Walnut	Football	"RPO, RPO Routes, RPO Reads"	Chase Montplaisir; MSUM
Birch	Track & Field	"Javelin Technique"	Justin St. Clair; NDSU
Woodland East	Volleyball	"Fundamentals of Setting"	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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