



2019 NHSACA-NDHSCA National Convention Schedule Ramkota, Bismarck, ND

Saturday, June 22; Leadership Seminar

7:00 – 12:00 NHSACA-NDHSCA Registration Open

7:30 AM College Credit Registration, Dr. Brad Strand; NDSU (2 credits) Heart Room

8:00 ROOM	SEMINAR	Topic	SPEAKER; SCHOOL
Heart	Leadership	“Coaching Ethics”	Dr. Jim Haussler; Bismarck Schools

9:00 ROOM	SEMINAR	Topic	SPEAKER; SCHOOL
Heart	Leadership	“Coaching Athletes for Life, Not Just the Season”	Pete Moe; CMAA Washburn, ND

10:00 ROOM	SEMINAR	Topic	SPEAKER; SCHOOL
Heart	Leadership	“Character-Drive Department/Program Philosophy”	Mark Rerick; Grand Forks Schools

11:00 ROOM	SEMINAR	Topic	SPEAKER; SCHOOL
Heart	Leadership	“Core Value Based Coaching”	Mark Rerick; Grand Forks Schools

12:00 – 12:30 Lunch on your own

12:00 – 6:00 NDHSCA Executive Board Meeting (Governors Room)

12:30 ROOM	SEMINAR	Topic	SPEAKER; SCHOOL
Heart	Leadership	“Best Practice Practices for Coaches”	Mark Rerick; Grand Forks Schools

1:00 – 6:00 NHSACA Executive Board Meeting (Room 3130)

1:30 ROOM	SEMINAR	Topic	SPEAKER; SCHOOL
Heart	Leadership	“The Coaching Profession and the Changing Culture”	Ed Kershner; Oviedo, FL

2:30 ROOM	SEMINAR	Topic	SPEAKER; SCHOOL
Heart	Leadership	“The Coaching Profession and the Changing Culture”	Ed Kershner; Oviedo, FL

3:30 ROOM	SEMINAR	Topic	SPEAKER; SCHOOL
Heart	Leadership	“Winning the Situation Game”	Ed Kershner; Oviedo, FL

4:30 ROOM	SEMINAR	Topic	SPEAKER; SCHOOL
Heart	Leadership	“Coach/Official Relationships”	Brent Engebretson; Velva ND

5:30 ROOM	SEMINAR	Topic	SPEAKER; SCHOOL
Heart	Leadership	“Coaching The Line”	Dr. Brad Strand; NDSU

6:30 ROOM	SEMINAR	Topic	SPEAKER; SCHOOL
Heart	Leadership	“The Truth About Achievement”	Dr. Brad Strand; NDSU



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Sunday, June 23; Leadership Seminar

7:30 – 2:00 NHSACA-NDHSCA Registration Open

<u>8:00 ROOM SEMINAR</u>	<u>Topic</u>	<u>SPEAKER; SCHOOL</u>
Heart Leadership	"Social Media: Do's and Don'ts"	Scott Garvis, Ankeny HS, Iowa

<u>9:00 ROOM SEMINAR</u>	<u>Topic</u>	<u>SPEAKER; SCHOOL</u>
Heart Leadership	"Setting Up a Coach Mentoring Program in Schools"	Dan Brunner; WIFCA

9:00 – 12:00 NHSACA Executive Board Meeting (Room 3130)

<u>10:00 ROOM SEMINAR</u>	<u>Topic</u>	<u>SPEAKER; SCHOOL</u>
Heart Leadership	"Concussion in Sports Management & Return"	Candy Vander Wal, LAT; Sanford Health Samantha Stroh, LAT; Sanford Health Dr. Jon Kolberg; Sanford Health

<u>11:00 ROOM SEMINAR</u>	<u>Topic</u>	<u>SPEAKER; SCHOOL</u>
Heart Leadership	"Skin Infections in Sports"	Alicia Wells, LAT; Sanford Health Dr. Jon Kolberg; Sanford Health

12:00 – 12:30 Lunch on own

<u>12:30 ROOM SEMINAR</u>	<u>Topic</u>	<u>SPEAKER; SCHOOL</u>
Heart Leadership	"Long Term Athletic Development"	Chris Rivinius, CSCS; Sanford Health Nicklaus Jolliffe, CSCS; Sanford Health
Cannonball Leadership	"AED, CPR, First Aid Recertification" (Extra \$15 Cost)	Christa Sommer; Garrison NDHP

1:00 - 2:00 NHSACA Past Presidents' Meeting (Governors Room)

1:00 - 2:00 NHSACA Sport Chair Meeting (Lamborn)

1:00 - 2:00 NHSACA Region Director Meeting (Patterson)

<u>1:30 ROOM SEMINAR</u>	<u>Topic</u>	<u>SPEAKER; SCHOOL</u>
Heart Leadership	"Taping of Common Injuries in Sports"	Alicia Wells, LAT; Sanford Health Dean Chumley, LAT; Sanford Health
Cannonball Leadership	"AED, CPR, First Aid Recertification" (Extra \$15 Cost)	Christa Sommer; Garrison NDHP

2:00 - 3:00 NHSACA Board of Directors Meeting (Governors Room)

<u>2:30 ROOM SEMINAR</u>	<u>Topic</u>	<u>SPEAKER; SCHOOL</u>
Heart Leadership	"Taping Demonstration Lab"	Alicia Wells, LAT; Sanford Health Dean Chumley, LAT; Sanford Health
Cannonball Leadership	"AED, CPR, First Aid Recertification" (Extra \$15 Cost)	Christa Sommer; Garrison NDHP

3:00 – 4:00 NHSACA Board of Directors Committee Meetings

Grand Pacific North	Awards, Nominations, and Credentials Committee
Grand Pacific South	Professional Education Committee
Patterson North	Hall of Fame Committee
Patterson South	By-Laws, Policies, and Procedures Committee



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Lamborn North
Lamborn South

Regional Directors, Growth and Development Committee
Publications, Resolutions, and Social Media Committee

3:30 ROOM	SEMINAR	Topic	SPEAKER; SCHOOL
Heart	Leadership	"Return to Performance"	Candy Vander Wal, LAT; Sanford Health Brandon Dirk, PT; Sanford Health

4:20 NDHSCA – NHSACA Board of Directors Load for Fort Lincoln
4:30 – 9:00 NDHSCA – NHSACA Board of Directors and Special Guests Dinner and Activities (Fort Lincoln)

4:00 – 6:00 Exhibitor Setup at Ramkota (Courtyard)

Monday, June 24; Sport Specific Sessions

7:30 – 4:00 NHSACA-NDHSCA Registration Open

7:30 – 9:30 AM Exhibitor Setup at Ramkota (Courtyard)

8:00 AM College Credit Registration, Dr. Brad Strand: NDSU (2 or 3 Credits) Grand Pacific-Patterson

8:30 – 10:00 ROOM	TOPIC	SPEAKER; SCHOOL
Grand Pacific-Patterson	General Session #1 "Three-Dimensional Coaching"	Wes Simmons

10:00-10:15 Visit Exhibitors

10:15 ROOMSPORT	TOPIC	SPEAKER; SCHOOL
3130	Athletic Director	"Battling The Recognition Monster" Rich Montgomery; Rock Falls, IL
Lamborn	Basketball	"Three-Dimensional Coaching Presentation" Mitch Hull; Wes Simmons
Sheyenne	Football	"NHSACA National COTY Presentations" Jeff Bellar; Sport Chair
2160	Swimming	"NHSACA National COTY Presentations" Ralph Manley; Mandan HS
Heart	Track & Field	"Sprint Relays" Craig Kovash; Trinity HS ND
		"NHSACA National COTY Presentations" Greg Brown; Sport Chair
Cannonball	Volleyball	"NHSACA National COTY Presentations" Tim Wallstrum; Sport Chair
Lamborn	Wrestling	(With Basketball) "Three-Dimensional Coaching Presentation"
Governors	X-Country	"NHSACA National COTY Presentations" James Ford; Sport Chair

11:15 ROOMSPORT	TOPIC	SPEAKER; SCHOOL
3130	Athletic Director	"Wearing Many Hats" Jack Tarr; Malcolm, NE
G Pacific North	Baseball	"NHSACA National COTY Presentations" Heath Hayes; Sport Chair
Lamborn	Basketball	"NHSACA National COTY Presentations" Jeff Halseth & Derek Sonderland
Sheyenne	Football	"Three-Dimensional Coaching Presentation" Mitch Hull; Wes Simmons
3160	Golf	"NHSACA National COTY Presentations" Leon Braisted; Sport Chair
Patterson North	Softball	"NHSACA National COTY Presentations" Cheri Ritz; Sport Chair
B Foyer North	Special Sports	"NHSACA National COTY Presentations" Wylene Hudson; Sport Chair
Sheyenne	Swimming	(With Football) "Three-Dimensional Coaching Presentation"
Patterson South	Tennis	"NHSACA National COTY Presentations" Michael Kypriss; Sport Chair
Heart	Track & Field	"Relay Exchanges" Michael Lashley; Lingle-Ft. Laramie HS WY
		"NHSACA National COTY Presentations" Greg Brown; Sport Chair
Cannonball	Volleyball	"NHSACA National COTY Presentations" Tim Wallstrum; Sport Chair
2130	Wrestling	"NHSACA National COTY Presentations" Herman Andrews; Sport Chair



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Governors *X-Country* *"NHSACA National COTY Presentations"* *James Ford & Forry Flaagan*

12:15 – 1:00 Lunch on your own

12:15 – 1:15 NHSACA Past President's Lunch (Restaurant)

1:00 ROOM	SPORT	TOPIC	SPEAKER; SCHOOL
3130	<i>Athletic Director</i>	<i>"Three-Dimensional Coaching Presentation"</i>	<i>Mitch Hull; Wes Simmons</i>
G Pacific North	Baseball	<i>"NHSACA National COTY Presentations"</i>	<i>Heath Hayes; Sport Chair</i>
Lamborn	Basketball	<i>"NDSU Basketball"</i>	<i>David Richman; NDSU</i>
3160	Golf	<i>"NHSACA National COTY Presentations"</i>	<i>Leon Braistad; Sport Chair</i>
Sheyenne	Football	<i>"NDSU Football"</i>	<i>Randy Hedberg; NDSU</i>
Patterson North	Softball	<i>"NHSACA National COTY Presentations"</i>	<i>Cheri Ritz; Sport Chair</i>
B Foyer North	Special Sports	<i>"NHSACA National COTY Presentations"</i>	<i>Wylene Hudson; Sport Chair</i>
2160	Swimming	<i>"University of Mary Swimming"</i>	<i>Allan McCallum; University of Mary</i>
Patterson South	Tennis	<i>"NHSACA National COTY Presentations"</i>	<i>Michael Kypriss; Sport Chair</i>
Heart	Track & Field	<i>"Sprint Starts"</i>	<i>Don Larson; NDSU</i>
Cannonball	Volleyball	<i>"Mystics Volleyball"</i>	<i>Jennifer Walsh, Bismarck State</i>
2130	Wrestling	<i>"University of Mary Wrestling"</i>	<i>Adam Aho; University of Mary</i>
Grand Pacific	X-Country	<i>"NDSU Cross Country"</i>	<i>Andrew Carlson; NDSU</i>

1:00 – 2:00 NHSACA Executive Board Meeting (Room 3130)

2:00 – 2:30 Visit Exhibitors

2:30 ROOM	SPORT	TOPIC	SPEAKER; SCHOOL
Lamborn	Basketball	<i>"NDSU Basketball"</i>	<i>David Richman; NDSU</i>
3160	Golf	<i>"NHSACA National COTY Presentations"</i>	<i>Leon Braistad; Sport Chair</i>
Sheyenne	Football	<i>"NDSU Football"</i>	<i>Randy Hedberg; NDSU</i>
2160	Swimming	<i>"University of Mary Swimming"</i>	<i>Allan McCallum; University of Mary</i>
Heart	Track & Field	<i>"Training the Multi-Event Athlete"</i>	<i>Stevie Keller; NDSU</i>
Cannonball	Volleyball	<i>"Mystics Volleyball"</i>	<i>Jennifer Walsh; Bismarck State</i>
2130	Wrestling	<i>"University of Mary Wrestling"</i>	<i>Adam Aho; University of Mary</i>
Grand Pacific	X-Country	<i>"NDSU Cross Country"</i>	<i>Andrew Carlson; NDSU</i>

2:30 - 4:00 NHSACA Board of Directors Meeting (Governors Room)

3:30 – 4:00 Visit Exhibitors

4:00 – 5:00 ROOM TOPIC SPEAKER; SCHOOL

NHSACA National Regional Meetings (Need to attend the Region Meeting for your State)

3160	Region I (ME, NH, VT, NY, CT, RI, MA)
3130	Region II (NJ, PA, WV, DE, MD, VA, DC)
2130	Region III (NC, SC, GA, TN, KY, AL, FL)
Cannonball	Region IV (OH, IN, MI, WI, IL)
Heart	Region V (MO, KS, OK, TX, LA, AR, MS)
Lamborn	Region VI (MN, IA, ND, SC, NE, CO)



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Sheyenne Region VII (MT, WY, ID, OR, WA, AK)
2160 Region VIII (NM, UT, NV, CA, AZ, HI)

6:00 – 9:00 ROOM	TOPIC	SPEAKER; SCHOOL
Grand Pacific-Patterson	NHSACA-NDHSCA Social - Dakota Night (Sponsored by Universal Athletics) Silent Auction	

Tuesday, June 25; Sport Specific Sessions

7:30 – 5:00 NHSACA-NDHSCA Registration Open

8:30 ROOM	SPORT	TOPIC	SPEAKER; SCHOOL
G Pacific North	Baseball	“Offensive Strategy”	Scott Eul; Minot State
Lamborn	Basketball	??	Dave Joerger; Sacramento Kings
Riverwood	Golf	“Proper Fitting and Proper Use of Technology”	Tim Doppler; Riverwood Pro
Sheyenne	Football	“Bluehawk Football”	Pete Stanton; Dickinson State
Patterson North	Softball	??	??
2160	Swimming	“Patriot Swimming”	Kathy Aspaas; 2017 National COTY Century HS
Capital Racquet	Tennis	“Singles”	Rod Morasch; Tennis Pro Capital Racquet
Heart	Track & Cross	“Building A Sprint Culture”	Tommy Badon; University of Louisiana
Cannonball	Volleyball	“Blue Hawk Volleyball”	Jennifer Hartman; Dickinson State
2130	Wrestling	“Track Wrestling and How To Use It”	Mandy Antony; Track Wrestling

8:00 – 9:45 NHSACA State Executive Directors Meeting (Room 3130)

9:30 – 10:00 Visit Exhibitors

10:00 ROOM	SPORT	TOPIC	SPEAKER; SCHOOL
G Pacific North	Baseball	“Developing Pitchers”	Scott Eul; Minot State
Lamborn	Basketball	??	Dave Joerger; Sacramento Kings
Riverwood	Golf	“Teaching with the Launch Monitor Video”	Tim Doppler; Riverwood Pro
Sheyenne	Football	“Bluehawk Football”	Pete Stanton; Dickinson State
Patterson North	Softball	??	??
2160	Swimming	“Patriot Swimming”	Kathy Aspaas; 2017 National COTY Century HS
Capital Racquet	Tennis	“Triangles and Doubles”	Rod Morasch; Tennis Pro Capital Racquet
Heart	Track & Cross	“Mechanics of Speed”	Tommy Badon; University of Louisiana
Cannonball	Volleyball	“Blue Hawk Volleyball”	Jennifer Hartman; Dickinson State
2130	Wrestling	“Recruitment and Retention of Wrestlers I”	Mike Moyer; NWCA

9:45 – 11:15 NHSACA Board of Directors Meeting (Governors Room)

11:00 – 11:15 Visit Exhibitors

11:15 ROOM	SPORT	TOPIC	SPEAKER; SCHOOL
3130	Athletic Director	“Developing Student Leadership”	Aaron Steckler; Cedar Rapids; IA
G Pacific South	Assistant Coach	“NHSACA National COTY Presentations”	Ken Bruckner & Rhonda Motykowski
G Pacific North	Baseball	“NHSACA National COTY Presentations	Heath Hayes; Sport Chair



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Lamborn	Basketball	<i>"NHSACA National COTY Presentations"</i>	Jeff Halseth & Derek Sonderland
3160	Golf	<i>"NHSACA National COTY Presentations"</i>	Leon Braistad; Sport Chair
Sheyenne	Football	<i>"Bluehawk Football"</i>	Pete Stanton; Dickinson State
B Foyer South	Soccer	<i>"NHSACA National COTY Presentations"</i>	Dean Schaff; Sport Chair
Patterson North	Softball	<i>"NHSACA National COTY Presentations"</i>	Cheri Ritz; Sport Chair
B Foyer North	Special Sports	<i>"NHSACA National COTY Presentations"</i>	Wylene Hudson; Sport Chair
2160	Swimming	<i>"NHSACA National COTY Presentations"</i>	Ralph Manley; Mandan HS
Patterson South	Tennis	<i>"NHSACA National COTY Presentations"</i>	Michael Kypriss; Sport Chair
Heart	Track & Field	<i>"Sprint Relays"</i>	Tommy Badon; University of Louisiana
Cannonball	Volleyball	<i>"Blue Hawk Volleyball"</i>	Jennifer Hartman; Dickinson State
2130	Wrestling	<i>"Recruitment and Retention of Wrestlers II"</i>	Mike Moyer; NWCA
Governors	X-Country	<i>"NHSACA National COTY Presentations"</i>	James Ford & Forry Flaagan

12:15 – 1:00 Lunch on Your Own

12:15 – 2:00 NHSACA Executive Committee Meeting (Room 3130)

1:00 ROOM	SPORT	TOPIC	SPEAKER; SCHOOL
3130	Athletic Director	<i>"NHSACA National ADOTY Presentations"</i>	Scott Garvis; Sport Chair
GPacific-Patterson	Assistant Coach	<i>"Three-Dimensional Coaching Presentation"</i>	Mitch Hull; Wes Simmons
GPacific-Patterson	Baseball	<i>"Three-Dimensional Coaching Presentation"</i>	Mitch Hull; Wes Simmons
Lamborn	Basketball	<i>"NHSACA National COTY Presentations"</i>	Jeff Halseth & Derek Sonderland
GPacific-Patterson	Golf	<i>"Three-Dimensional Coaching Presentation"</i>	Mitch Hull; Wes Simmons
Sheyenne	Football	<i>"NHSACA National COTY Presentations"</i>	Jeff Bellar; Sport Chair
GPacific-Patterson	Soccer	<i>"Three-Dimensional Coaching Presentation"</i>	Mitch Hull; Wes Simmons
GPacific-Patterson	Softball	<i>"Three-Dimensional Coaching Presentation"</i>	Mitch Hull; Wes Simmons
GPacific-Patterson	Special Sports	<i>"Three-Dimensional Coaching Presentation"</i>	Mitch Hull; Wes Simmons
2160	Swimming	<i>"NHSACA National COTY Presentations"</i>	Ralph Manley; Mandan HS
GPacific-Patterson	Tennis	<i>"Three-Dimensional Coaching Presentation"</i>	Mitch Hull; Wes Simmons
GPacific-Patterson	Track & X-Country	<i>"Three-Dimensional Coaching Presentation"</i>	Mitch Hull; Wes Simmons
GPacific-Patterson	Volleyball	<i>"Three-Dimensional Coaching Presentation"</i>	Mitch Hull; Wes Simmons
2130	Wrestling	<i>"Recruitment and Retention of Wrestlers III"</i>	Mike Moyer; NWCA

2:00 – 2:15 Visit Exhibitors

2:15 – 3:15 ROOM	TOPIC	SPEAKER; SCHOOL
Grand Pacific-Patterson	General Session #2 (Keynote Speaker)	

3:15 – 3:30 Visit Exhibitors

3:30 ROOM	SPORT	TOPIC	SPEAKER; SCHOOL
Lamborn	Basketball	<i>"NHSACA National COTY Presentations"</i>	Jeff Halseth & Derek Sonderland
3160	Golf	<i>"NHSACA National COTY Presentations"</i>	Leon Braistad; Sport Chair
Sheyenne	Football	<i>"NHSACA National COTY Presentations"</i>	Jeff Bellar; Sport Chair
B Foyer North	Special Sports	<i>"NHSACA National COTY Presentations"</i>	Wylene Hudson; Sport Chair
2160	Swimming	<i>"NHSACA National COTY Presentations"</i>	Ralph Manley; Mandan HS
Heart	Track & Field	<i>"Off Season Speed and Agility Workouts"</i>	David Emeott; Michigan
		<i>"NHSACA National COTY Presentations"</i>	Greg Brown; Sport Chair
Cannonball	Volleyball	<i>"NHSACA National COTY Presentations"</i>	Tim Wallstrum; Sport Chair



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2130 **Wrestling** "Recruitment and Retention of Wrestlers IV" **Mike Moyer; NWCA**
 Governors **X-Country** "NHSACA National COTY Presentations" **James Ford & Forry Flaagan**

5:00 – 8:00 NHSACA Hall of Fame Banquet/Coach & Athletic Director 40 under 40 (Grand Pacific-Patterson)

Wednesday, June 26; Sport Specific Sessions

8:00 – 5:00 NHSACA-NDHSCA Registration Open

7:30 – 9:30 NHSACA Board of Directors Meeting (Governors Room)

8:30 ROOM	SPORT	TOPIC	SPEAKER; SCHOOL
G Pacific North	Baseball	"Hitting Drills & Techniques"	David Pearson; Des Moines ACC
Lamborn	Basketball	"Minot State University Basketball"	Matt Murken; Minot State
Riverwood	Golf	"Junior Golf – College Preparation"	Mike Herzog; Hawktree Pro
Sheyenne	Football	"Fighting Hawk Football"	Bubba Schweigert; UND
Patterson North	Softball	"Hitting Mechanics"	David Kivett; Minot State
2160	Swimming	"University of Minnesota Swimming"	Kelly Kremer; University of Minnesota
Capital Racquet	Tennis	"Drills From a Pro"	Jon Hilzendeger; Tennis Pro
Heart	Track & Cross	"110m Hurdles"	Mike Thorson; University of Mary
Cannonball	Volleyball	??	Tim Wallstrum; Sport Chair
2130	Wrestling	"Beaver Wrestling"	Evan Forde; Minot State

9:30 ROOM	SPORT	TOPIC	SPEAKER; SCHOOL
G Pacific South	Assistant Coach	"NHSACA National COTY Presentations"	Rhonda Motykowski; Sport Chair
3130	Athletic Director	"TBD"	Liz Flikkema; Manhattan Christian, MT
G Pacific North	Baseball	"Hitting Drills & Techniques"	David Pearson; Des Moines ACC
Lamborn	Basketball	"Minot State University Basketball"	Matt Murken; Minot State
Riverwood	Golf	"Teaching/Coaching Relationship"	Mike Herzog; Hawktree Pro
Sheyenne	Football	"Fighting Hawk Football"	Eric Schmidt; UND
B Foyer South	Soccer	"NHSACA National COTY Presentations"	Dean Schaff; Sport Chair
Patterson North	Softball	"Infield and Outfield Drills"	David Kivett; Minot State
B Foyer North	Special Sports	"NHSACA National COTY Presentations"	Wylene Hudson; Special Sports
2160	Swimming	"University of Minnesota Swimming"	Kelly Kremer; University of Minnesota
Capital Racquet	Tennis	"Drills From a Pro"	Jon Hilzendeger; Tennis Pro
Heart	Track & Cross	"300m Hurdles"	Mike Thorson; University of Mary
Cannonball	Volleyball	??	Tim Wallstrum; Sport Chair
2130	Wrestling	"Beaver Wrestling"	Evan Forde; Minot State

10:30 – 11:00 Visit Exhibitors

11:00 ROOM	SPORT	TOPIC	SPEAKER; SCHOOL
G Pacific South	Assistant Coach	"NHSACA National COTY Presentations"	Ken Bruckner & Rhonda Motykowski
3130	Athletic Director	"TBD"	Stephanie Blackwell; Bixby, OK
G Pacific North	Baseball	"Pitching Drills"	David Pearson; Des Moines ACC
Lamborn	Basketball	"NHSACA National COTY Presentations"	Jeff Halseth & Derek Sonderland
3160	Golf	"NHSACA National COTY Presentations"	Leon Braistad; Sport Chair
Sheyenne	Football	"Fighting Hawk Football"	Dan Freund; UND
B Foyer South	Soccer	"NHSACA National COTY Presentations"	Dean Schaff; Sport Chair



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Patterson North	Softball	"NHSACA National COTY Presentations"	Cheri Ritz; Sport Chair
B Foyer North	Special Sports	"NHSACA National COTY Presentations"	Wylene Hudson; Sport Chair
2160	Swimming	"University of Minnesota Swimming"	Kelly Kremer; University of Minnesota
Patterson South	Tennis	"NHSACA National COTY Presentations"	Michael Kypriss; Sport Chair
Heart	Track & Field	"Coaching the Team Aspect in Track & Field"	Timothy Egan; CT
		"NHSACA National COTY Presentations"	Greg Brown & Bill Weber
Cannonball	Volleyball	??	Tim Wallstrum; Sport Chair
2130	Wrestling	"NHSACA National COTY Presentations"	Herman Andrews; Sport Chair
Governors	X-Country	"NHSACA National COTY Presentations"	James Ford & Forry Flaagan

12:00 – 1:00 Lunch on Your Own

1:00 ROOM	SPORT	TOPIC	SPEAKER; SCHOOL
G Pacific South	Assistant Coach	"NHSACA National COTY Presentations"	Ken Bruckner & Rhonda Motykowski
3130	Athletic Director	"Jack of All Trades – Small School AD"	Bill Clements; Dakota Valley, SD
G Pacific North	Baseball	"NHSACA National COTY Presentations"	Heath Hayes; Sport Chair
Lamborn	Basketball	"NHSACA National COTY Presentations"	Jeff Halseth & Derek Sonderland
3160	Golf	"NHSACA National COTY Presentations"	Leon Braistad; Sport Chair
Sheyenne	Football	"NHSACA National COTY Presentations"	Jeff Bellar; Sport Chair
B Foyer South	Soccer	"NHSACA National COTY Presentations"	Dean Schaff; Sport Chair
Patterson North	Softball	"NHSACA National COTY Presentations"	Cheri Ritz; Sport Chair
B Foyer North	Special Sports	"NHSACA National COTY Presentations"	Wylene Hudson; Sport Chair
2160	Swimming	"NHSACA National COTY Presentations"	Ralph Manley; Sport Chair
Patterson South	Tennis	"NHSACA National COTY Presentations"	Michael Kypriss; Sport Chair
Heart	Track & Field	"Training the 800m Runner"	Greg Williams; Iowa
		"NHSACA National COTY Presentations"	Greg Brown & Bill Weber
Cannonball	Volleyball	"NHSACA National COTY Presentations"	Tim Wallstrum; Sport Chair
2130	Wrestling	"NHSACA National COTY Presentations"	Herman Andrews; Sport Chair
Governors	X-Country	"NHSACA National COTY Presentations"	James Ford & Forry Flaagan

2:00 – 2:30 Visit Exhibitors

2:30 ROOM	SPORT	TOPIC	SPEAKER; SCHOOL
3130	Athletic Director	"Ideas on Coaching Your Coaches"	Todd Olson; Fargo, ND
G Pacific North	Baseball	"NHSACA National COTY Presentations"	Heath Hayes; Sport Chair
Lamborn	Basketball	"NHSACA National COTY Presentations"	Jeff Halseth & Derek Sonderland
3160	Golf	"NHSACA National COTY Presentations"	Leon Braistad; Sport Chair
Sheyenne	Football	"NHSACA National COTY Presentations"	Jeff Bellar; Sport Chair
Patterson North	Softball	"NHSACA National COTY Presentations"	Cheri Ritz; Sport Chair
2160	Swimming	"NHSACA National COTY Presentations"	Ralph Manley; Sport Chair
Patterson South	Tennis	"NHSACA National COTY Presentations"	Michael Kypris; Sport Chair
Heart	Track & Field	"NHSACA National COTY Presentations"	Greg Brown & Bill Weber
Cannonball	Volleyball	"NHSACA National COTY Presentations"	Tim Wallstrum; Sport Chair
2130	Wrestling	"NHSACA National COTY Presentations"	Herman Andrews; Sport Chair
Governors	X-Country	"NHSACA National COTY Presentations"	James Ford & Forry Flaagan

3:30 ROOM	SPORT	TOPIC	SPEAKER; SCHOOL
Gym	Basketball	"Patriot Basketball"	Darin Mattern; Century HS
Sheyenne	Football		
Heart	Track & Field	"NHSACA National COTY Presentations"	
Cannonball	Volleyball	"NHSACA National COTY Presentations"	Tim Wallstrum; Sport Chair



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- 4:30 – 5:30 NHSACA Coach of the Year Awards Banquet Reception (Courtyard)
(Doors to Banquet Open at 5:00)**
- 5:30 – 8:30 NHSACA National Coach of the Year Awards Banquet (Dakota Ballroom)
(Serve at 5:45)**

Thursday, June 27; Sport Specific Sessions

7:30 – 2:30 NDHSCA Registration Open

7:30 – 8:30 FCA Breakfast (Governors Room – Coffee, Juice, Rolls)

8:00 – 11:00 NHSACA Executive Committee Meeting (3130)

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

8:30 ROOM	SPORT	TOPIC	SPEAKER;SCHOOL
G Pacific North	Baseball	“Round Table Discussion”	??
Lamborn	Basketball	“Marauder Basketball”	Rick Neumann; University of Mary
Sheyenne	Football	“Marauder Football”	Craig Bagnell; University of Mary
Riverwood	Golf	“Golf Workouts”	Chuck Ruppert; Golf Pro
Patterson North	Softball		
2160	Swimming	“Round Table Discussion”	Ralph Manley; Mandan HS
Patterson South	Tennis	NDHSCA Advisory Committee Review & Planning	Paul Christen; Mandan HS
Heart	Track & Field	NDHSCA Advisory Committee Review & Planning	Tracey Heisler; Red River HS
Cannonball	Volleyball	“Marauder Volleyball”	Korie Tetzlaff; University of Mary
2130	Wrestling		

9:45 ROOM	SPORT	TOPIC	SPEAKER; SCHOOL
G Pacific North	Baseball	NDHSCA Advisory Committee Review & Planning	Dewitt Mack; Mandan HS
Lamborn	Basketball	“Marauder Basketball”	Rick Neumann, University of Mary
Sheyenne	Football	“Marauder Football”	Craig Bagnell; University of Mary
Riverwood	Golf	“Golf Drills and Correcting Ball Flight”	Chuck Ruppert; Golf Pro
Patterson North	Softball	NDHSCA Advisory Committee Review & Planning	Kevin Ziegler; Century HS
2160	Swimming	“Round Table Discussion”	Ralph Manley; Mandan HS
Patterson South	Tennis	“Round Table Discussion”	Scott McPherson; Legacy HS
Heart	Track & Field	“Triple Jump Drills and Technique”	Tim Delmore; Grand Forks RR HS
Cannonball	Volleyball	“Marauder Volleyball”	Korie Tetzlaff; University of Mary
2130	Wrestling		
Governors	X-Country	NDHSCA Advisory Committee Review & Planning	Rick Anderson; Griggs County

10:45 Exhibit Hall Take Down

10:55 NDHSCA Annual Business Meeting

Light Lunch provided by NDHSCA to General Business Meeting Attendees

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



2019 NHSACA-NDHSCA National Convention Schedule Ramkota, Bismarck, ND

1:00 ROOM	SPORT	TOPIC	SPEAKER; SCHOOL
Lamborn	Basketball	"Titan Basketball"	Gregg Grinsteinner; Dickinson Trinity HS
Sheyenne	Football	"Marauder Football"	Craig Bagnell; University of Mary
3160	9-Man Football	"Beach Football"	Mike Zier; Beach HS
G Pacific North	Golf	NDHSCA Advisory Committee Review & Planning	Jeremy St. Aubin; South Border
Patterson North	Softball		
2160	Swimming	NDHSCA Advisory Committee Review & Planning	Skip Fisher; Fargo South HS
Heart	Track & Field	"Discus Drills and Technique"	Brad Leingang; Bismarck HS
Cannonball	Volleyball		
2130	Wrestling	NDHSCA Advisory Committee Review & Planning	Larry Eslick; Jamestown HS

2:10 ROOM	SPORT	TOPIC	SPEAKER; SCHOOL
Lamborn	Basketball	NDHSCA Advisory Committee Review & Planning	Mike Santjer; Rugby HS
Sheyenne	Football	"Marauder Football"	Craig Bagnell; University of Mary
3160	9-Man Football	"New Salem-Almont-GU Football"	Steve Kleinjan; New Salem HS
Heart	Track & Field	"Javelin Drills and Technique"	Dave Michaelson; Dickinson HS
Cannonball	Volleyball		

3:20 ROOM	SPORT	TOPIC	SPEAKER; SCHOOL
Lamborn	Basketball	"Marauder Basketball"	Joe Kittel; University of Mary
Sheyenne	Football	NDHSCA Advisory Committee Review & Planning	Bret Johnsrud; Hazen HS
Heart	Track & Field	"High Jump Drills and Technique"	Brad Townsend & Dallas Hinderer; BHS & CHS
Cannonball	Volleyball	NDHSCA Advisory Committee Review & Planning	Jamie Zastpil; Century HS

5:00-5:45 NDHSCA AWARDS BANQUET RECEPTION (Courtyard)

5:45 NDHSCA Hall of Fame & COTY Banquet (Grand Pacific-Patterson)

Friday, June 28

8:00 – 12:00

NDHSCA Executive Board Meeting (Governors Room)