



2021 NDHSCA COACHES CONVENTION SCHEDULE



Fargo Ramada Convention Center

Monday, July 19th; Coaching Seminars:

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

REGISTRATION for Monday's Seminars

\$15.00 Extra Charge for CPR, AED, First Aid Recertification

MUST BE COMPLETE BEFORE 7:30 am

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

8:00 Coaching Seminars

Birch	Coaching & Conflict	"Coach-Official Relations"	Dave Klundt; Fargo
Walnut	Special Topics	"Lower Extremity Injuries"	Dr. Jay Albrecht & Dr. Dawn Hammerschmidt; MSUM

9:00 Coaching Seminars

Birch	Coaching & Conflict	"Challenges of Coaching Girls vs. Boys"	Jon Jahner; Bowman HS
Woodland East	CPR/AED	"CPR, AED, First Aid Recertification – Attend 1"	Christa Kovarik; Garrison, ND
Walnut	Special Topics	"Taping Session"	Dr. Jay Albrecht & Dr. Dawn Hammerschmidt; MSUM

10:00 Coaching Seminars

Birch	Coaching & Conflict	"Expectations of Coaches"	Todd Olson; Fargo Public Schools
Woodland East	CPR/AED	"CPR, AED, First Aid Recertification – Attend 1"	Christa Kovarik; Garrison, ND
Walnut	Special Topics	"Taping Session Continued"	Dr. Jay Albrecht & Dr. Dawn Hammerschmidt; MSUM

11:00 Coaching Seminars

Birch	Coaching & Conflict	"Nutrition for Peak Performance"	Kelsey Herrick; Sanford Health
Woodland East	CPR/AED	"CPR, AED, First Aid Recertification – Attend 1"	Christa Kovarik; Garrison, ND
Walnut	Special Topics	"Winning Weight Room Culture"	Jim Kramer; NDSU

NOON Woodland North East Seminar Luncheon (provided by NDHSCA)
Noon Lunch sponsored by North Dakota Beef Commission
Luncheon Speaker "Hyperbaric Oxygen Therapy for Sports Related Injuries" Dr. Daphne Denham

1:30 Coaching Seminars

Woodland NE	Coaching & Conflict	"Coaching Information from the NDHSAA"	Matt Fetsch; NDHSAA
Woodland NE	Special Topics	"Coaching Information from the NDHSAA"	Matt Fetsch; NDHSAA

2:30-4:00 Coaching Seminars

Woodland NE	Coaching & Conflict	"ND Beef Commission Program"	Nicole Wardner; ND Beef Commission
Woodland NE	Special Topics	"Beef in an Athlete's Diet"	Dr. Mike Roussell; ND Beef Commission

4:00 Coaching Seminars

Woodland NE	Coaching & Conflict	"Game-Based Approach in Coaching"	Kanae Haneishi; Valley City State
Woodland NE	Special Topics	"Game-Based Approach in Coaching"	Kanae Haneishi; Valley City State

4:00 Vendor Set Up Woodland South



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Tuesday, July 20th

7:30 AM – 2:30 PM Registration Desk Open 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 Woodland South

8:30 ROOM	SPORT	TOPIC	SPEAKER; SCHOOL
Woodland North	Basketball	“Player Development”	Spencer Wilker; NDSU Men
Walnut	Football	“Simple Way To Be A Multiple Front Defense”	Wayne Werremeyer; Fargo Davies HS
Cedar	Swim & Dive	“Diving”	Chris Pape; USD
Birch	Track & Field	“Sprint Starts and Acceleration”	Reece Vega; NDSU
Woodland East	Volleyball	“Planning Effective Practice with One Court”	Jeremiah Tiffin; UND
Chestnut	Wrestling	“Bison Wrestling”	Blanc Obenson; NDSU

9:30-10:00 Visit Exhibits

10:00 ROOM	SPORT	TOPIC	SPEAKER; SCHOOL
Woodland North	Basketball	“Viking Basketball”	Vanessa Johnson; Valley City State
Walnut	Football	“Shanley Deacon Offense”	Troy Mattern; Fargo Shanley HS
Edgewood	Golf	“Why Do We Do It – Why Do They Do It”	Jeremy St. Aubin; South Border
Cedar	Swim & Dive	“Team Culture”	Chris Pape; USD
Birch	Track & Field	“Pole Vault”	Clayton Pritchard; NDSU
Woodland East	Volleyball	“Basic Essential Techniques and How To Train Them”	Jeremiah Tiffin; UND
Chestnut	Wrestling	“Bison Wrestling”	Roger Kish; NDSU
Elm	X-Country	“Bison Cross Country”	Andrew Carlson; NDSU

11:00-11:15 Visit Exhibits

11:15 ROOM	SPORT	TOPIC	SPEAKER; SCHOOL
Woodland North	Basketball	“Viking Basketball”	Vanessa Johnson; Valley City State
Walnut	Football	“Speed in Space/Team Character Building Ideas”	Matthew Crane; Kindred HS
Edgewood	Golf	“Jimmie Golf”	Zach Hale; University of Jamestown
Cedar	Swim & Dive	“Recruiting Process”	Chris Pape; USD
Birch	Track & Field	“High Jump”	Clayton Pritchard; NDSU
Woodland East	Volleyball	“Going Outside Comfort Zone to Utilize Team Strengths”	Jeremiah Tiffin; UND
Chestnut	Wrestling	“Bison Wrestling”	Cameron Sykora; NDSU
Elm	X-Country	“Bison Cross Country”	Andrew Carlson; NDSU

12:15-1:00 Lunch and Visit Exhibits (On Your Own)

1:00 ROOM	SPORT	TOPIC	SPEAKER; SCHOOL
Woodland North	Basketball	“Offensive Transition”	Daniel Neville; University of Jamestown
Walnut	Football	“Bison Football”	Matt Entz; NDSU
Edgewood	Golf	“Jimmie Golf”	Zach Hale; University of Jamestown
Cedar	Swim & Dive	“Jackrabbit Swimming”	Douglas Humphrey; SDSU
Birch	Track & Field	“Javelin”	Riley Dolezal; NDSU
Woodland East	Volleyball	“Effective Practice Planning”	Stevan Waddell; Lake Region State College
Chestnut	Wrestling	“Grizzlies Wrestling”	Mitch Greenwood; Pembina County North
Elm	X-Country	“Cross Country at its Best”	Maddie Van Beek; NDSU

2:00-2:30 Visit Exhibits



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2:30 ROOM	SPORT	TOPIC	SPEAKER; SCHOOL
Woodland North	Basketball	"Offensive Transition"	Daniel Neville; University of Jamestown
Walnut	Football	"Quarterback Development, Basic Fundamentals in Passing"	Randy Hedberg; NDSU
Cedar	Swim & Dive	"Jackrabbit Swimming"	Douglas Humphrey; SDSU
Birch	Track & Field	"100m – 110m Hurdles"	Stevie Keller; NDSU
Woodland East	Volleyball	"Creating Team Culture"	Stevan Waddell; Lake Region State College
Chestnut	Wrestling	"Bronco Wrestling"	Richard Lacina; Lisbon HS
Elm	X-Country	"Cross Country Workouts"	Maddie Van Beek; NDSU

3:30-3:40 Visit Exhibits

3:40 ROOM	SPORT	TOPIC	SPEAKER; SCHOOL
Woodland North	Basketball	"Offensive Transition"	Daniel Neville; University of Jamestown
Walnut	Football	"NDSU DB Skills and Drills"	Kody Morgan; NDSU
Cedar	Swim & Dive	"Jackrabbit Swimming"	Douglas Humphrey; SDSU
Birch	Track & Field	"300m Hurdles"	Stevie Keller; NDSU
Woodland East	Volleyball	"Linton-HMB Favorite Drills and Tips to Succeed"	Jaime Richter; Linton HS

4:45 ROOM

Woodland Northeast	TOPIC	SPEAKER; SCHOOL
	General Session "If you Know Better – You Do Better" All Convention registrants are invited to attend	Dr. Brad Strand; NDSU

Wednesday, July 21st

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

Golf Sessions on Wednesday will be at the NDSU Training Facility – 1500 North University Drive

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

8:30 ROOM	SPORT	TOPIC	SPEAKER; SCHOOL
Woodland North	Basketball	"Dragon Basketball"	Chad Walthall; MSUM
Walnut	Football	"UND Quarterback Drills and Offensive Game Planning"	Daniel Freund; UND
NDSU Training	Golf	"NDSU Golf"	Matthew Johnson & Steve Kennedy; NDSU
Executive III	Softball	"Dragon Softball"	Amanda Reckamp; MSUM
Cedar	Swim & Dive	"Swimming Faster with Details"	Charlie King; MSUM
Birch	Track & Field	"1600m-3200m Training"	Ryan Milner; MSUM
Woodland East	Volleyball	"Training the HS Middle Hitter"	Patricia Ford; UWRF
Chestnut	Wrestling	"Dragon Wrestling"	Kris Nelson; MSUM

9:30-10:00 Visit Exhibits

10:00 ROOM	SPORT	TOPIC	SPEAKER; SCHOOL
Woodland North	Basketball	"Marauder Basketball"	Rick Neumann; University of Mary
Walnut	Football	"UND Passing Game"	Samuel King; UND
NDSU Training	Golf	"NDSU Golf"	Matthew Johnson & Steve Kennedy; NDSU
Executive III	Softball	"Dragon Softball"	Amanda Reckamp; MSUM
Cedar	Swim & Dive	"Training Principles for a 3 Month Season"	Charlie King; MSUM
Birch	Track & Field	"Shot Put"	Kyle Long; MSUM
Woodland East	Volleyball	"Upgrading the Right Side Hitter"	Patricia Ford; UWRF
Chestnut	Wrestling	"Dragon Wrestling"	Kris Nelson; MSUM
Elm	X-Country	"Training Plans"	Laura Januszewski; Concordia College

11:00-11:15 Visit Exhibits



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11:15 ROOMSPORT	TOPIC	SPEAKER; SCHOOL
Woodland North Basketball	"Marauder Basketball"	Rick Neumann; University of Mary
Walnut Football	"Fighting Hawk Football"	Brett Holinka; UND
NDSU Training Golf	"NDSU Golf"	Matthew Johnson & Steve Kennedy; NDSU
Executive III Softball	"Comet Softball"	Ashley Tomblin; Mayville State
Cedar Swim & Dive	"Coaching the New Generation"	Charlie King; MSUM
Birch Track & Field	"Discus"	Kyle Long; MSUM
Woodland East Volleyball	"Creating a Fun Fast Paced Practice"	Patricia Ford; UWRF
Chestnut Wrestling	"Dragon Wrestling"	Kris Nelson; MSUM
Elm X-Country	"Nutrition/Mental Mindset for Cross Country"	Laura Januszewski; Concordia College

12:15 - 1:00 Lunch and Visit Exhibits (On Your Own)

1:00 ROOM SPORT	TOPIC	SPEAKER; SCHOOL
Woodland North Basketball	"Viking Multi-Press Defensive System"	Ryan Montgomery; Valley City State
Walnut Football	"Social Media and Reaching the Target Audience"	Todd Hoffner; Mankato State
Executive III Softball	"Comet Softball"	Ashley Tomblin; Mayville State
Cedar Swim & Dive	"Team Culture"	Nicole Monanian; Purdue (Northern State)
Birch Track & Field	"Long Jump"	Trevor Barry; MSUM
Woodland East Volleyball	"The Whole Athlete"	Jessica Fritz; Rugby HS
Chestnut Wrestling	"Technique: Neutral"	Evan Forde' Minot State
Elm X-Country	"Dragon Cross Country"	Ryan Milner; MSUM

2:00-2:30 Visit Exhibits

2:30 ROOM SPORT	TOPIC	SPEAKER; SCHOOL
Woodland North Basketball	"Coaching the New Generation"	Ryan Montgomery; Valley City State
Walnut Football	"Culture and Chemistry Go Together"	Todd Hoffner; Mankato State
Executive III Softball	"Jimmie Softball"	Kevin Gall; University of Jamestown
Cedar Swim & Dive	"Social Media Use"	Nicole Monanian; Purdue (Northern State)
Birch Track & Field	"Triple Jump"	Trevor Barry; MSUM
Woodland East Volleyball	"Consistency with Coaching"	Brigitte Greywater; Valley City State
Chestnut Wrestling	"Technique: Top"	Evan Forde; Minot State

3:30-3:45 Visit Exhibits

3:45 ROOM SPORT	TOPIC	SPEAKER; SCHOOL
Woodland North Basketball	"The Viking Horns-Spread Offense"	Ryan Montgomery; Valley City State
Walnut Football	"The Future of Football"	Todd Hoffner; Mankato State
Executive III Softball	"Jimmie Softball"	Kevin Gall; University of Jamestown
Cedar Swim & Dive	"Event Specific Training"	Nicole Monanian; Purdue (Northern State)
Birch Track & Field	"800m Training"	Jon Jahner; Bowman County HS
Woodland East Volleyball	"Implementing Wash Drills with Skill Developing"	Brigitte Greywater; Valley City State
Chestnut Wrestling	"Technique: Bottom"	Evan Forde; Minot State

**6:00-10:00 Convention Social Woodland North East & South
Taco Bar with a Cash Bar – Bean Bag Tournament
Sponsored by NDHSCA and Universal Athletics**



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Thursday, July 22nd

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

7:30-2:30 am Registration Desk Open Ramada Courtyard

Special Note: All Tennis Sessions on Thursday will be held at Courts Plus after 8:30 AM!

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

8:30 ROOM	SPORT	TOPIC	SPEAKER; SCHOOL
Executive II	Baseball	"Hitting Drills and Techniques"	David Pearson; NDSU
Woodland North	Basketball	"Cobber Basketball"	Tyler Bormann; Concordia College
Walnut	Football	"RPO's in High School Football"	Nick Walker; Bowman County HS
Woodland South	Golf	NDHSCA Advisory Committee Review & Planning	Justin Fletschock; NDHSAA
Executive III	Softball	"Bison Softball"	Allison Walljasper; NDSU
Cedar	Swim & Dive	"Round Tqble Discussion"	Brent Newman; Grand Forks PS
Elm	Tennis	NDHSCA Advisory Committee Review & Planning	Brian Bubach; NDHSAA
Birch	Track & Field	NDHSCA Advisory Committee/Athletic.net/Provisionals	Kevin Morast; NDHSAA
Woodland East	Volleyball	"Jimmie Volleyball"	Jon Hegerle; University of Jamestown
Chestnut	Wrestling	"Best Move in the World"	Keenan Spiess; Fargo Davies HS

9:30-9-40 Break

9:40 ROOM	SPORT	TOPIC	SPEAKER; SCHOOL
Executive II	Baseball	"Pitching Drills"	David Pearson; NDSU
Woodland North	Basketball	"Cobber Basketball"	Tyler Bormann; Concordia College
Walnut	Football	NDHSCA Advisory Committee Review & Planning "National Football Foundation"	Justin Fletschock; NDHSAA Mike Berg; Grand Forks
Woodland South	Golf	"Trends for Golf Going Forward – Round Table"	Jeremy St, Aubin; South Border
Executive III	Softball	"Bison Softball"	Allison Walljasper; NDSU
Cedar	Swim & Dive	"Motivating Divers: Extrinsic & Intrinsic"	Claudia Schoellkopf; Mandan HS
Courts Plus	Tennis	"Tennis at its Best"	Jason Thiner; Courts Plus
Birch	Track & Field	"Track & Field Technology & Software"	Kevin Morast; NDHSAA
Woodland East	Volleyball	"Jimmie Volleyball"	Jon Hegerle, University of Jamestown
Chestnut	Wrestling	"Demon Wrestling"	Jeff Schumacher; Bismarck HS

10:50 NDHSCA Annual Business Meeting Woodland North East Membership encourage to attend.

People taking two Graduate Credits must attend

Light Lunch provided by NDHSCA to General Business Meeting Attendees following Meeting

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
Executive II	Baseball	"Team Defense Philosophy and Drills"	Scott Berry; Mayville State
Woodland South	Basketball	NDHSCA Advisory Committee Review & Planning	Justin Fletschock; NDHSAA
Walnut	Football	"Offensive Line Play – Skills & Drills"	Cory Volk; Bismarck Century HS
Elm	9-Man Football	"Love, Diversity, Culture and Football"	Mark Kennedy; Surrey HS
Woodland North	Golf	"IWanamaker for Golf"	Doyle Heisler; IWanamaker
Executive III	Softball	NDHSCA Advisory Committee Review & Planning	Justin Fletschock; NDHSAA
Cedar	Swim & Dive	NDHSCA Advisory Committee Review & Planning	Kevin Morast; NDHSAA
Courts Plus	Tennis	"Tennis at its Best"	Jason Thiner; Courts Plus
Birch	Track & Field	"Building Camaraderie"	Tracey Heisler & Jeff Bakke; GFRR HS
Woodland East	Volleyball	"Patriot Volleyball"	Jamie Zastoupil; Bismarck Century HS
Chestnut	Wrestling	"Demon Wrestling"	Mark Lardy; Bismarck HS



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2:00-2:10 Break

2:10 ROOM	SPORT	TOPIC	SPEAKER; SCHOOL
Executive II	Baseball	"Offensive Game Planning and Practice Routines"	Scott Berry; Mayville State
South Gym	Basketball	"Defensive Practice Drills"	Mike Hendrickson; Fargo South HS
Walnut	Football	"Quarterback Drill Progression"	Joseph Federico; University of Jamestown
Woodland North	Golf	"IWanamaker for Golf"	Doyle Heisler; IWanamaker
Cedar	Swim & Dive	"Fargo South Season Planning"	Skip Fisher; Fargo South HS
Courts Plus	Tennis	"Tennis at its Best"	Jason Thiner; Courts Plus
Birch	Track & Field	"Weight Training for Track and Field"	Rory Beil; Fargo Davies HS
Woodland East	Volleyball	"Round Table Discussion"	Lisa Strand; Thompson & Tim Wallstrum; Kenmare
Chestnut	Wrestling	NDHSCA Advisory Committee Review & Planning	Kevin Morast; NDHSAA
Elm	X-Country	NDHSCA Advisory Committee Review & Planning	Justin Fletschock; NDHSAA

3:10-3:20 Break

3:20 ROOM	SPORT	TOPIC	SPEAKER; SCHOOL
Executive II	Baseball	NDHSCA Advisory Committee Review & Planning	Justin Fletschock; NDHSAA
South Gym	Basketball	"Offensive Practice Drills"	Mike Hendrickson; Fargo South HS
Walnut	Football	"Jimmie Defense"	Brian Mistro; University of Jamestown
Courts Plus	Tennis	"Tennis at its Best"	Jason Thiner; Courts Plus
Birch	Track & Field	"Sprint Training and Special Sprinter Workouts"	Rory Beil; Fargo Davies HS
Woodland East	Volleyball	NDHSCA Advisory Committee Review & Planning	Kevin Morast; NDHSAA

5:00-6:00 NDHSCA AWARDS BANQUET RECEPTION AT Woodland North

6:00 NDHSCA Hall of Fame & COTY Banquet Woodland South