



2022 NDHSCA COACHES CONVENTION SCHEDULE



Mandan Baymont Inn & Suites Convention Center

Monday, July 25th; Coaching Seminars:

7:00 AM - 2:30 PM Registration Desk Open Baymont Foyer

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 Nautilus College Credit Registration, Dr. Brad Strand

8:00 Coaching Seminars

Cutty Sark	Coaching & Conflict	"The Coach and Mental Wellness"	Dr. James Haussler; Bismarck, ND
Nautilus	Special Topics	"Weight Training for Athletic Success"	Michael Silbernagel; University of Mary

9:00 Coaching Seminars

Cutty Sark	Coaching & Conflict	"Coach-Official Relationships"	Chad Bjornson; Bismarck, ND
Nautilus	Special Topics	"Acceleration/Change of Direction"	Michael Silbernagel; University of Mary
Santa Maria	CPR/AED	"CPR/AED/First Aid Recertification"	Christa Kovarik; Garrison, ND

10:00 Coaching Seminars

Cutty Sark	Coaching & Conflict	"Coaching Athletes for Life, Not Just the Season"	Pete Moe; Washburn, ND
Nautilus	Special Topics	"Lower Extremity Injuries"	Rachel Johnson Krug; University of Mary
Santa Maria	CPR/AED	"CPR/AED/First Aid Recertification"	Christa Kovarik; Garrison, ND

11:00 Coaching Seminars

Nautilus/Cutty	Coaching & Conflict	"Concussion Management and Return"	Rachel Johnson Krug; University of Mary
Nautilus/Cutty	Special Topics	"Concussion Management and Return"	Rachel Johnson Krug; University of Mary
Santa Maria	CPR/AED	"CPR/AED/First Aid Recertification"	Christa Kovarik; Garrison, ND

NOON Pier 7 Seminar Luncheon (provided by NDHSCA)

Luncheon Speaker	"Beef in the Athletes Diet"	Nicole Wardner; ND Beef Commission
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1:30 Coaching Seminars

Nautilus/Cutty	Coaching & Conflict	"Coaching Information from the NDHSAA"	Matt Fetsch; NDHSAA
Nautilus/Cutty	Special Topics	"Coaching Information from the NDHSAA"	Matt Fetsch; NDHSAA

2:30 Coaching Seminars

Nautilus/Cutty	Coaching & Conflict	"Working/Dealing with Parents"	Desire'e Larson; Fargo ND
Nautilus/Cutty	Special Topics	"Working/Dealing with Parents"	Desire'e Larson; Fargo ND

3:30-5:00 Coaching Seminars

Nautilus/Cutty	"Overtraining, Stress and Burnout"	Dr. Brad Strand; NDSU
Nautilus/Cutty	"Overtraining, Stress and Burnout"	Dr. Brad Strand; NDSU

4:00 Vendor Set Up Pier 7



2022 NDHSCA COACHES CONVENTION SCHEDULE



Mandan Baymont Inn & Suites Convention Center

Tuesday, July 26th

7:30 AM – 2:30 PM Registration Desk Open Baymont Foyer

**Special Notes: All Coaches are urged to attend sport specific “Advisory Review and Planning” Sessions!
Golf Sessions at Prairie West will run continuously starting at 9:45 AM CT!**

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

8:30-4:30 Convention Exhibit Hall Open Pier 7

8:30 ROOM	SPORT	TOPIC	SPEAKER; SCHOOL
Nautilus	Basketball	“Marauder Basketball”	Rick Neumann, University of Mary
Santa Maria	Football	“Beaver Football”	Michael Aldrich; Minot State University
Ambassador	Gymnastics	“Coaching to overcome fear in Gymnastics”	Erin Haugen; Grand Forks Therapy
Executive II	Swim & Dive	“Marauder Swimming”	Leah Neiheisel; University of Mary
Executive I	Track & Field	“1600m – 3200m Training”	Scott Reichenberger; Bismarck HS
Cutty Sark	Volleyball	“Marauder Volleyball”	Abigail Pollart; University of Mary
Mandan MS WR	Wrestling	“Strength & Conditioning with Wrestling”	Justin Schlecht; Dickinson State University

9:30-9:45 Visit Exhibits Pier 7

9:45 ROOM	SPORT	TOPIC	SPEAKER; SCHOOL
Nautilus	Basketball	“Marauder Basketball”	Rick Neumann, University of Mary
Santa Maria	Football	“Beaver Football”	Michael Aldrich; Minot State University
Prairie West	Golf	“Cougar Golf”	Ronnie Stewart; Heart River Coop
Ambassador	Gymnastics	“Athlete Mental Health for Coaches”	Erin Haugen; Grand Forks Therapy
Executive II	Swim & Dive	“Marauder Swimming”	Leah Neiheisel; University of Mary
Executive I	Track & Field	“Long Jump”	Aaron Teigen; University of Mary
Mandan MS Gym	Volleyball	“Marauder Volleyball”	Abigail Pollart; University of Mary
Mandan MS WR	Wrestling	“Series Style Wrestling”	Justin Schlecht; Dickinson State University
Embassy	X-Country	“Cross Country Training”	Scott Reichenberger; Bismarck HS

10:45-11:15 Visit Exhibits Pier 7

11:15 ROOMSPORT	TOPIC	SPEAKER; SCHOOL
Nautilus	Basketball	“Marauder Basketball”
Santa Maria	Football	“Beaver Football”
Prairie West	Golf	“Cougar Golf”
Ambassador	Gymnastics	“Nutrition for Peak Performance”
Executive II	Swim & Dive	“Marauder Swimming”
Executive I	Track & Field	“Triple Jump”
Mandan MS Gym	Volleyball	“Marauder Volleyball”
Mandan MS WR	Wrestling	“Practice Design Layout”
Embassy	X-Country	“Roughrider Cross Country”

Rick Neumann, University of Mary
Michael Aldrich; Minot State University
Ronnie Stewart; Heart River Coop
Joan Knoll; Bismarck Public Schools
Leah Neiheisel; University of Mary
Aaron Teigen; University of Mary
Abigail Pollart; University of Mary
Justin Schlecht; Dickinson State University
Laura Tweeten & Nathan Stamstad; Southern McLean

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

1:00 ROOM	SPORT	TOPIC	SPEAKER; SCHOOL
Nautilus	Basketball	“Blue Hawk Basketball”	Eric Nelson; Dickinson State
Santa Maria	Football	“Wide Receiver Fundamentals”	Alex Kretzschmar; Valley City State University
Prairie West	Golf (11:45AM)	“Jimmie Golf”	Zach Hale; University of Jamestown
Ambassador	Gymnastics	“Gymnastics”	Sarah Weninger; Mandan
Executive II	Swim & Dive	“Wolves Swimming”	Kaden Huntrods; Northern State University
Executive I	Track & Field	“Shot Put”	Andrew Dubiel; University of Mary
Cutty Sark	Volleyball	“Numbered Balls – Vision Training”	Kristin Carmichael; Black Hills State University
Mandan MS WR	Wrestling	“Raiders Wrestling” ??	Travis King; Rapid City Stevens HS

2:00-2:30 Visit Exhibits Pier 7

2:30 ROOM	SPORT	TOPIC	SPEAKER; SCHOOL
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Nautilus	Basketball	"Blue Hawk Basketball"	Eric Nelson; Dickinson State
Santa Maria	Football	"Building the QB/WR Relationship"	Alex Kretzschmar; Valley City State University
Prairie West	Golf (12:45PM)	"Jimmie Golf"	Zach Hale; University of Jamestown
Ambassador	Gymnastics	"Gymnastics"	Sarah Weninger; Mandan
Executive II	Swim & Dive	"Wolves Swimming"	Kaden Huntrods; Northern State University
Executive I	Track & Field	"Discus"	Andrew Dubiel; University of Mary
Cutty Sark	Volleyball	"The Little Things – Drills for Skills"	Kristin Carmichael; Black Hills State University
Mandan MS WR	Wrestling	"Raiders Wrestling" ??	Travis King; Rapid City Stevens HS

3:30-3:40 Visit Exhibits Pier 7

3:40 ROOM	SPORT	TOPIC	SPEAKER; SCHOOL
Nautilus	Basketball	"Blue Hawk Basketball"	Eric Nelson; Dickinson State
Santa Maria	Football	"Creating a Balanced Attack"	Alex Kretzschmar; Valley City State University
Gym Academy	Gymnastics	"Round Table Discussions"	Rachel Johnson-Krug; Bismarck PS
Executive II	Swim & Dive	"Wolves Swimming"	Kaden Huntrods; Northern State University
Executive I	Track & Field	"Pole Vault"	Jared Pflipsen; University of Mary
Gym	Volleyball	"6 vs 6 Games – A Side/b Side Score"	Kristin Carmichael; Black Hills State University
Mandan MS WR	Wrestling	"Raiders Wrestling" ??	Travis King; Rapid City Stevens HS

4:45 ROOM	TOPIC	SPEAKER; SCHOOL
Nautilus/Cutty	General Session "Mental Health and Athletes"	Laurynn Lauer; NDSU
<i>All Convention registrants are invited to attend</i>		

Wednesday, July 27th

7:30-2:30 AM Registration Desk Open Baymont Foyer

Golf Sessions at Prairie West will run continuously starting at 8:30 AM CT!

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

8:30 ROOM	SPORT	TOPIC	SPEAKER; SCHOOL
Nautilus	Basketball	"Beaver Basketball"	Matt Murken; Minot State University
Santa Maria	Football	"Blue Hawk Defense"	Pete Stanton; Dickinson State University
Prairie West	Golf	"Helping Players Lower Score with Course Management"	Jordan Berglund; Bismarck
Board Room	Softball	"Beaver Softball"	Nathaniel Wagner; Minot State University
Executive II	Swim & Dive	??	
Executive I	Track & Field	"Training the Sprinter"	Shayne Wittkopp; Dickinson State University
Cutty Sark	Volleyball	"Statistics: Measure Manage What Matters"	Brent Aldridge; Northern State University
Mandan MS WR	Wrestling	"Wolves Wrestling"	Rocky Burkett; Northern State University
Embassy	X-Country	"Coyote Cross Country"	Shane Wahlstrom; Williston HS

9:30-10:00 Visit Exhibits Pier 7

10:00 ROOMSPORT	TOPIC	SPEAKER; SCHOOL
Nautilus	Basketball	"Beaver Basketball"
Santa Maria	Football	"Blue Hawk Offense"
Prairie West	Golf (9:30)	"How to Help Players Improve Putting"
Board Room	Softball	"Beaver Softball"
Executive II	Swim & Dive	??
Executive I	Track & Field	"Sprint Starts"
Mandan MS Gym	Volleyball	"Setter Training – Spin Setting"
Mandan MS WR	Wrestling	"Wolves Wrestling"
Embassy	X-Country	"Coyote Cross Country"

11:00-11:15 Visit Exhibits Pier 7

11:15 ROOMSPORT	TOPIC	SPEAKER; SCHOOL
Nautilus	Basketball	"Beaver Basketball"
Santa Maria	Football	"Blue Hawk Special Teams"
Prairie West	Golf (10:30)	"Braves Golf"



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Board Room	Softball	"Beaver Softball"	Nathaniel Wagner; Minot State University
Executive II	Swim & Dive	??	
Executive I	Track & Field	"Javelin"	Nathan Horgeshimer; Killdeer HS
Cutty Sark	Volleyball	"Hitter Training – Getting Off & Available"	Brent Aldridge; Northern State University
Mandan MS WR	Wrestling	"Wolves Wrestling"	Rocky Burkett; Northern State University

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

1:00 ROOM	SPORT	TOPIC	SPEAKER; SCHOOL
Nautilus	Basketball	"Wolves Basketball"	Saul Phillips; Northern State University
Santa Maria	Football	"Cardinal Football"	Thomas Weidler; Nedrose HS
Prairie West	Golf (11:30)	"Braves Golf"	Dean Johs; Mandan HS
Board Room	Softball	"Culture/Teach the Game NOT the Play"	Andrea Frantz; University of Mary
Executive II	Swim & Dive	"Adventures of First Ever Head Coach"	Spencer Wheeling; Bismarck Century HS
Executive I	Track & Field	"100m/110m Hurdles"	Tim Jacobsen; Bismarck Century HS
Cutty Sark	Volleyball	"Titan Volleyball"	Breanna Sisson; Dickinson Trinity HS
Ambassador	Wrestling	"Marauder Wrestling"	Adam Aho; University of Mary
Embassy	X-Country	"Cowboy Cross Country"	Nathan Horgeshimer; Killdeer HS

2:00-2:30 Visit Exhibits Pier 7

2:30 ROOM	SPORT	TOPIC	SPEAKER; SCHOOL
Nautilus	Basketball	"Wolves Basketball"	Saul Phillips; Northern State University
Santa Maria	Football	"Developing a Coaching Philosophy"	Jim Dooley; Beulah HS
Board Room	Softball	"Pitching/Catching–Drills, Arm Care, Bull Pen Workout"	Andrea Frantz; University of Mary
Executive II	Swim & Dive	"Building a Program from the Ground Up"	Thomas Wheeling; Bismarck Legacy HS
Executive I	Track & Field	"300m Hurdles"	Tim Jacobsen; Bismarck Century HS
Mandan MS Gym	Volleyball	"Saber Volleyball"	Jennifer Astle; Bismarck Legacy HS
Ambassador	Wrestling	"Marauder Wrestling"	Adam Aho; University of Mary

3:30-3:45 Visit Exhibits Pier 7

3:45 ROOM	SPORT	TOPIC	SPEAKER; SCHOOL
Nautilus	Basketball	"Wolves Basketball"	Saul Phillips; Northern State University
Santa Maria	Football	"Round Table Discussion"	Eric Olson; Sargent County
Board Room	Softball	"Conditioned for Softball-Mental and Physical"	Andrea Frantz; University of Mary
Executive II	Swim & Dive	"How We Incorporate USRPT in our Training"	Jake Solper & Ken Disher; Minot HS
Executive I	Track & Field	"800m Training"	Shane Wahlstrom; Williston HS
Mandan MS Gym	Volleyball	"Braves Volleyball"	Anna Folk; Mandan HS
Ambassador	Wrestling	"Marauder Wrestling"	Adam Aho; University of Mary

6:00-10:00 Convention Social Pier 7
Taco Bar with a Cash Bar – Bean Bag Tournament
Sponsored by NDHSCA and GAME ONE

Thursday, July 28th

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

7:30-2:30 am Registration Desk Open Baymont Foyer

Special Note: Tennis Sessions starting at 9:40 AM Thursday will be held at Capital Racquet!

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

8:30 ROOM	SPORT	TOPIC	SPEAKER; SCHOOL
Embassy	Baseball	"Marauder Baseball"	Tanner Spencer; University of Mary
Nautilus	Basketball	"Beaver Basketball"	Michael Brandt; Minot State University
Santa Maria	Football	"Offensive Line Play in the Century Run Game"	Cory Volk; Bismarck Century HS
Pier 7	Golf	NDHSCA Advisory Committee Review & Planning	Justin Fletschock; NDHSAA



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Board Room	Softball	"Strength & Conditioning for Softball"	Danielle Radosa; University of Mary
Executive II	Swim & Dive	"Spartan Swimming"	Talia Butery; Fargo North HS
Dining Room	Tennis	NDHSCA Advisory Committee Review & Planning	Brian Bubach; NDHSAA
Executive I	Track & Field	NDHSCA Advisory Committee/Athletic.net/Provisionals	Kevin Morast; NDHSAA
Cutty Sark	Volleyball	"Cardinal Volleyball"	Rich Olson, Langdon Area HS
Ambassador	Wrestling	"Demon Wrestling"	Jeff Schumacher; Bismarck HS

9:30-9:40 Break

9:40 ROOM	SPORT	TOPIC	SPEAKER; SCHOOL
Embassy	Baseball	"Marauder Baseball"	Tanner Spencer; University of Mary
Nautilus	Basketball	"Beaver Basketball"	Michael Brandt; Minot State University
Santa Maria	Football	NDHSCA Advisory Committee Review & Planning	Justin Fletschock; NDHSAA
Pier 7	Golf	"Round Table Discussion"	Jeremy St. Aubin; South Border
Board Room	Softball	"Miner Softball"	Trevor Yetterboe; Wilton/Wing HS
Executive II	Swim & Dive	NDHSCA Advisory Committee Review & Planning	Kevin Morast; NDHSAA
Capital Racquet	Tennis	"Singles Directionals"	Rod Morash; Capital Racquet
Executive I	Track & Field	"Sprint Relays"	Mike Kuhn; Mandan, ND
Cutty Sark	Volleyball	"Wildcat Volleyball"	Janet Erhardt; Center-Stanton HS
Ambassador	Wrestling	"Round Table Discussion"	Mark Lardy; Bismarck HS

10:50 NDHSCA Annual Business Meeting Pier 7 Membership encourage to attend.

People taking two Graduate Credits must attend

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

12:10 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
Embassy	Baseball	"Blue Hawk Baseball"	Michael Dahl; Dickinson State University
Nautilus	Basketball	NDHSCA Advisory Committee Review & Planning	Justin Fletschock; NDHSAA
Santa Maria	Football	"Marauder Football"	Craig Bagnell, University of Mary
Pier 7	Golf	"Round Table Discussion"	Jeremy St. Aubin; South Border
Board Room	Softball	"Blue Hawk Softball"	Kristen Fleury; Dickinson State University
Executive II	Swim & Dive	"Blue Jay Swimming"	Ben Smith; Jamestown HS
Capital Racquet	Tennis (10:40)	"Singles Directionals"	Rod Morash; Capital Racquet
Executive I	Track & Field	"High Jump"	Brad Townsend & Dallas Hinderer; Bismarck Schools
Cutty Sark	Volleyball	"Mental Toughness"	Lauryann Lauer; NDSU
Ambassador	Wrestling	NDHSCA Advisory Committee Review & Planning	Kevin Morast; NDHSAA

2:00-2:10 Break

2:10 ROOM	SPORT	TOPIC	SPEAKER; SCHOOL
Embassy	Baseball	"Blue Hawk Baseball"	Michael Dahl; Dickinson State University
Mandan MS Gym	Basketball	"Saber Basketball Drills"	Jim Petrik; Bismarck Legacy HS
Santa Maria	Football	"Marauder Football"	Craig Bagnell, University of Mary
Board Room	Softball	"Blue Hawk Softball"	Kristen Fleury; Dickinson State University
Executive II	Swim & Dive	"Round Table Discussion"	Jake Solper; Minot HS
Capital Racquet	Tennis (11:40)	"Doubles Contract"	Rod Morash; Capital Racquet
Executive I	Track & Field	"Braves Track & Field"	Greg Brown; Mandan HS
Cutty Sark	Volleyball	"Lions Volleyball"	Nick Theis; Bishop Ryan HS
Nautilus	X-Country	NDHSCA Advisory Committee Review & Planning	Justin Fletschock; NDHSAA

3:10-3:20 Break



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Mandan Baymont Inn & Suites Convention Center

3:20 ROOM	SPORT	TOPIC	SPEAKER; SCHOOL
Embassy	Baseball	NDHSCA Advisory Committee Review & Planning	Dewitt Mack; Mandan HS
Mandan MS Gym	Basketball	"Saber Basketball"	Jason Horner; Bismarck Legacy HS
Santa Maria	Football	"Marauder Football"	Craig Bagnell, University of Mary
Board Room	Softball	NDHSCA Advisory Committee Review & Planning	Justin Fletschock; NDHSAA
Executive I	Track & Field	"Bulldog Track and Field"	Jon Jahner; Bowman County HS
Cutty Sark	Volleyball	NDHSCA Advisory Committee Review & Planning	Kevin Morast; NDHSAA

5:00-6:00 NDHSCA AWARDS BANQUET RECEPTION AT Baymont Foyer

6:00 NDHSCA Hall of Fame & COTY Banquet Pier 7