



# 2022 NDHSCA COACHES CONVENTION SCHEDULE



Mandan Baymont Inn & Suites Convention Center

## Monday, July 25<sup>th</sup>; 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  
Bridget Bullinger; ND Beef Commission

### **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 26<sup>th</sup>

**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!**

**Gymnastics Sessions from 3:45 to 6:00 will be at Dakota Star Gymnastics (111 Old Red Trail, Mandan, ND)**

**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	“Creating Turnovers & Tackling”	Gregg Horner; Valley City State University
Board Room	Gymnastics	“Coaching to Overcome Fear in Gymnastics”	Erin Haugen; Grand Forks Therapy
Ambassador	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	“Inside Zone & RPO/PAP Off It”	Dustin Yorek; Valley City State University
Prairie West	Golf	“Cougar Golf”	Ronnie Stewart; Heart River Coop
Board Room	Gymnastics	“Athlete Mental Health for Coaches”	Erin Haugen; Grand Forks Therapy
Ambassador	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”	Rick Neumann, University of Mary
Santa Maria	Football	“Ball Security & Pass Protection”	Brandon Bouma; Valley City State University
Prairie West	Golf	“Cougar Golf”	Ronnie Stewart; Heart River Coop
Board Room	Gymnastics	“Nutrition for Peak Performance”	Joan Knoll; Bismarck Public Schools
Ambassador	Swim & Dive	“Marauder Swimming”	Leah Neiheisel; University of Mary
Executive I	Track & Field	“Triple Jump”	Aaron Teigen; University of Mary
Mandan MS Gym	Volleyball	“Marauder Volleyball”	Abigail Pollart; University of Mary
Mandan MS WR	Wrestling	“Practice Design Layout”	Justin Schlecht; Dickinson State University
Embassy	X-Country	“Roughrider Cross Country”	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	“Beaver Football”	Michael Aldrich; Minot State University
Prairie West	Golf (11:45AM)	“Jimmie Golf”	Zach Hale; University of Jamestown
Board Room	Gymnastics	“Gymnastics”	Sarah Weninger; Mandan
Ambassador	Swim & Dive	“Team Culture: Plant It, Water It, Grow It”	Kaden Huntrods; Northern State University
Executive I	Track & Field	“Shot Put”	Andrew Dubiel; Bismarck State College
Cutty Sark	Volleyball	“Numbered Balls – Vision Training”	Kristin Carmichael; Black Hills State University
Mandan MS WR	Wrestling	“Demon Wrestling”	Jeff Schumacher; Bismarck HS



# 2022 NDHSCA COACHES CONVENTION SCHEDULE



**Mandan Baymont Inn & Suites Convention Center**

**2:00-2:30 Visit Exhibits Pier 7**

<b>2:30 ROOM</b>	<b>SPORT</b>	<b>TOPIC</b>	<b>SPEAKER; SCHOOL</b>
Nautilus	Basketball	"Blue Hawk Basketball"	Eric Nelson; Dickinson State
Santa Maria	Football	"Beaver Football"	Michael Aldrich; Minot State University
Prairie West	Golf (12:45PM)	"Jimmie Golf"	Zach Hale; University of Jamestown
Board Room	Gymnastics	"Gymnastics"	Sarah Weninger; Mandan
Ambassador	Swim & Dive	"Walking Student-Athletes to College"	Kaden Huntrods; Northern State University
Executive I	Track & Field	"Discus"	Andrew Dubiel; Bismarck State College
Cutty Sark	Volleyball	"The Little Things – Drills for Skills"	Kristin Carmichael; Black Hills State University
Mandan MS WR	Wrestling	"Holstein Wrestling"	Dave Wolding; New Salem-Almont HS

**3:30-3:40 Visit Exhibits Pier 7**

<b>3:40 ROOM</b>	<b>SPORT</b>	<b>TOPIC</b>	<b>SPEAKER; SCHOOL</b>
Nautilus	Basketball	"Blue Hawk Basketball"	Eric Nelson; Dickinson State
Santa Maria	Football	"Beaver Football"	Michael Aldrich; Minot State University
Dakota Star Gym	Gymnastics	"Round Table Discussions"	Rachel Johnson-Krug; Bismarck PS
Ambassador	Swim & Dive	"Dryland Exercise and Equipment-Practice"	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	"Saints Wrestling"	Luke Mellmer; St. Mary's HS

<b>4:45 ROOM</b>	<b>TOPIC</b>	<b>SPEAKER; SCHOOL</b>
Pier 7	General Session "Mental Health and Athletes"	Laurynn Lauer; NDSU
All Convention registrants are invited to attend		

## **Wednesday, July 27<sup>th</sup>**

**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**

<b>8:30 ROOM</b>	<b>SPORT</b>	<b>TOPIC</b>	<b>SPEAKER; SCHOOL</b>
Nautilus	Basketball	"Beaver Basketball"	Matt Murken; Minot State University
Santa Maria	Football	"Special Teams-FG's/Exp Skills, Drills"	Steven Koch; 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
Ambassador	Swim & Dive	"Braves Swimming"	Claudia Schoellkopf; Mandan HS
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**

<b>10:00 ROOM</b>	<b>SPORT</b>	<b>TOPIC</b>	<b>SPEAKER; SCHOOL</b>
Nautilus	Basketball	"Beaver Basketball"	Matt Murken; Minot State University
Santa Maria	Football	"Blue Hawk Offense"	Russell McCarvel; Dickinson State University
Prairie West	Golf (9:30)	"How to Help Players Improve Putting"	Jordan Berglund; Bismarck
Board Room	Softball	"Beaver Softball"	Nathaniel Wagner; Minot State University
Ambassador	Swim & Dive	"Minot Diving Program"	Barb McPeak; Minot HS
Executive I	Track & Field	"Sprint Starts"	Shayne Wittkopp; Dickinson State University
Mandan MS Gym	Volleyball	"Setter Training – Spin Setting"	Brent Aldridge; Northern State University
Mandan MS WR	Wrestling	"Wolves Wrestling"	Rocky Burkett; Northern State University
Embassy	X-Country	"Coyote Cross Country"	Chase Gregory; Williston HS



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## **11:00-11:15 Visit Exhibits Pier 7**

<b>11:15 ROOMSPORT</b>	<b>TOPIC</b>	<b>SPEAKER; SCHOOL</b>
Nautilus	Basketball	"Beaver Basketball" Matt Murken; Minot State University
Santa Maria	Football	"Special Teams-Skills, Drills, Tackling" Steven Koch; Dickinson State University
Prairie West	Golf (10:30)	"Team/Program Organization" Dean Johs; Mandan HS
Board Room	Softball	"Beaver Softball" Nathaniel Wagner; Minot State University
Ambassador	Swim & Dive	"Program Organization" Richard Fisher; Fargo North HS
Executive I	Track & Field	"Javelin" Nathan Horgeshimer; Killdeer HS
Mandan MS Gym	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)**

<b>1:00 ROOM</b>	<b>SPORT</b>	<b>TOPIC</b>	<b>SPEAKER; SCHOOL</b>
Nautilus	Basketball	"Wolves Basketball"	Saul Phillips; Northern State University
Santa Maria	Football	"Cardinal Football"	Thomas Weidler; Nedrose HS
Prairie West	Golf (11:30)	"Putting Technique and Drills"	Dean Johs; Mandan HS
Board Room	Softball	"Culture/Teach the Game NOT the Play"	Andrea Frantz; University of Mary
Ambassador	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
Mandan MS WR	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**

<b>2:30 ROOM</b>	<b>SPORT</b>	<b>TOPIC</b>	<b>SPEAKER; SCHOOL</b>
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
Ambassador	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
Mandan MS WR	Wrestling	"Marauder Wrestling"	Adam Aho; University of Mary

## **3:30-3:45 Visit Exhibits Pier 7**

<b>3:45 ROOM</b>	<b>SPORT</b>	<b>TOPIC</b>	<b>SPEAKER; SCHOOL</b>
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
Ambassador	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
Mandan MS WR	Wrestling	"Marauder Wrestling"	Adam Aho; University of Mary

**6:00-10:00 Convention Social Pier 7**  
**Taco Bar with a Cash Bar – Horse Races**  
**Sponsored by NDHSCA and GAME ONE**





# 2022 NDHSCA COACHES CONVENTION SCHEDULE



Mandan Baymont Inn & Suites Convention Center

**Thursday, July 28<sup>th</sup>**

**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
Board Room	Softball	"Strength & Conditioning for Softball"	Danielle Radosa; University of Mary
Ambassador	Swim & Dive	"Spartan Swimming"	Talia Butery; Fargo North HS
Lounge	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
Executive II	Wrestling	"Coaching Girls' and Boys' Wrestling"	Travis Lemar; Central Cass 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
Ambassador	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
Executive II	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	"Patriot Baseball"	Kent Schweigert; Bismarck Century HS
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
Ambassador	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"	Laurynn Lauer; NDSU
Executive II	Wrestling	NDHSCA Advisory Committee Review & Planning	Kevin Morast; NDHSAA

**2:00-2:10 Break**



# 2022 NDHSCA COACHES CONVENTION SCHEDULE



**Mandan Baymont Inn & Suites Convention Center**

<b>2:10 ROOM</b>	<b>SPORT</b>	<b>TOPIC</b>	<b>SPEAKER; SCHOOL</b>
Embassy	Baseball	"Patriot Baseball"	Dalon Grimm; Bismarck Century HS
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
Ambassador	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**

<b>3:20 ROOM</b>	<b>SPORT</b>	<b>TOPIC</b>	<b>SPEAKER; SCHOOL</b>
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 Pier 7**

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

