



# 2023 NDHSCA COACHES CONVENTION SCHEDULE



Fargo Ramada Convention Center

## Monday, July 17<sup>th</sup>; 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**

Walnut Special Topics "Don't Tell Me How Rough The Sea Is, Just Bring The Ship In" Mike Berg; Grand Forks

### **9:00 Coaching Seminars**

Woodland East CPR/AED "CPR, AED, First Aid Recertification – Attend 1" Christa Kovarik; Garrison, ND

Walnut Special Topics "Concussions: Evaluations & Management" Dr. Jay Albrecht; MSMU

### **10:00 Coaching Seminars**

Woodland East CPR/AED "CPR, AED, First Aid Recertification – Attend 1" Christa Kovarik; Garrison, ND

Walnut Special Topics "Stress/Mental Health and How It Effects Performance" Desire'e Larson; NDSU

### **11:00 Coaching Seminars**

Woodland East CPR/AED "CPR, AED, First Aid Recertification – Attend 1" Christa Kovarik; Garrison, ND

Walnut Special Topics "Taking Care of Your Mental Health as a Coach" Desire'e Larson; NDSU

**NOON** **Woodland North East Seminar Luncheon (provided by NDHSCA)**

**Noon Lunch sponsored by North Dakota Beef Commission**

**Luncheon Speaker "Benefits of Beef in the Athlete's Diet" Nicole Wardner; ND Beef Commission**

### **1:30 Coaching Seminars**

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

### **2:30 Coaching Seminars**

Woodland NE Special Topics "What Drives Winning: A Winning Model" Dr. Brad Strand and Matt Veit; NDSU

### **3:30-5:00 Coaching Seminars – General Session**

Woodland NE "Hyperbaric Oxygen Therapy for Sports Related Injuries" Dr. Daphne Denham; Healing with Hyperbarics

**4:00 Vendor Set Up Woodland South**



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**Tuesday, July 18<sup>th</sup>**

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	“Bison Basketball”	Spencer Wilker; NDSU
Walnut	Football	“Bison Football”	Matt Entz; NDSU
Cedar	Soccer	??	
Birch	Track & Field	“Training Multiple Event Athletes in High School”	Stevie Keller; NDSU
Woodland East	Volleyball	“Bison Volleyball”	Jennifer Lopez; NDSU

**9:30-9:45 Visit Exhibits**

9:45 ROOM	SPORT	TOPIC	SPEAKER; SCHOOL
Woodland North	Basketball	“Bison Basketball”	Joshua Jones; NDSU
Walnut	Football	“Bison Football”	Steve Crutchley; NDSU
Edgewood	Golf	“Golfing Instruction”	Brad Strand; NDSU
Cedar	Soccer	??	
Birch	Track & Field	“Javelin”	Jeff Pflaumbaum; NDSU
Woodland East	Volleyball	“Bison Volleyball”	Jennifer Lopez; NDSU
Elm	X-Country	“Bison Cross Country”	Dennis Newell; NDSU

**10:45-11:15 Visit Exhibits**

11:15 ROOM	SPORT	TOPIC	SPEAKER; SCHOOL
Woodland North	Basketball	“Cobber Basketball”	Kim Wagers; Concordia College
Walnut	Football	“Bison Football”	Jason Petrino; NDSU
Edgewood	Golf	“Jimmie Golf”	Zach Hale; University of Jamestown
Cedar	Soccer	“Jimmie Soccer”	Connor Campbell; University of Jamestown
Birch	Track & Field	“Shot Put”	Jeff Pflaumbaum; NDSU
Carl Ben Gym	Volleyball	“Spartan Volleyball Practice Drills”	Rachel Hummel; Fargo North HS
Elm	X-Country	“Bison Cross Country”	Dennis Newell; NDSU

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

1:00 ROOM	SPORT	TOPIC	SPEAKER; SCHOOL
Woodland North	Basketball	“2-3 Match Up Zone”	Dennis Hutter; Mayville State
Walnut	Football	“Wildcat Football”	Eric Issendorf; NDSCS
Edgewood	Golf	“Jimmie Golf”	Zach Hale; University of Jamestown
Cedar	Soccer	“Jimmie Soccer”	Connor Campbell; University of Jamestown
Birch	Track & Field	“High Jump”	Clayton Pritchard; NDSU
South Gym	Volleyball	“Bruin Volleyball”	Peyton Wegleitner; Fargo South HS
Elm	X-Country	“Panther Cross Country”	Bill Jansen; Rugby HS

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

2:30 ROOM	SPORT	TOPIC	SPEAKER; SCHOOL
Woodland North	Basketball	“Building Team Culture Through Relationships”	Dennis Hutter; Mayville State
Walnut	Football	“Wildcat Football”	Eric Issendorf; NDSCS
Cedar	Soccer	“Cobber Soccer”	Rebecca Quimby; Concordia College
Birch	Track & Field	“Triple Jump”	Clayton Pritchard; NDSU
Carl Ben Gym	Volleyball	“Coaching Today’s Athletes”	Faith Radermacher; Concordia College
Elm	X-Country	“Round Table Discussion”	Bill Jansen; Rugby HS

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



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3:40 ROOM	SPORT	TOPIC	SPEAKER; SCHOOL
Woodland North	Basketball	"5 Out Dribble Drive Concepts"	Dennis Hutter; Mayville State
Walnut	Football	"Wildcat Football"	Eric Issendorf; NDSCS
Cedar	Soccer	"Cobber Soccer"	Rebecca Quimby; Concordia College
Birch	Track & Field	"Pole Vault"	Jackson Schepp; NDSU
Carl Ben Gym	Volleyball	"Maximizing Your Players Potential - Drills"	Faith Radermacher; Concordia College

4:45 ROOM	TOPIC	SPEAKER; SCHOOL
Woodland Northeast	General Session: "Understanding Optimal Performance" All Convention registrants are invited to attend	Dr. Brad Strand; NDSU

## Wednesday, July 19<sup>th</sup>

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	"Viking Basketball"	Ryan Montgomery; Valley City State University
Walnut	Football	"Fightning Hawk Football"	Kyle Schweigert; UND
Executive II	Golf	"Mental Skills Training for HS Athletes"	Ryan Teigen; Mindful Sports Performance
Executive III	Softball/BaseB	"Team Practice and Drills"	Gerice Olson; NDSU
Cedar	Swim & Dive	"Spartan Swimming"	Talia Butery; Fargo North HS
Birch	Track & Field	"Sprint Training"	Jim Vahrenkamp; UND
Woodland East	Volleyball	"Fightning Hawk Volleyball"	Jesse Tupac; UND

### 9:30-10:00 Visit Exhibits

10:00 ROOM	SPORT	TOPIC	SPEAKER; SCHOOL
Woodland North	Basketball	"Viking Basketball"	Ryan Montgomery; Valley City State University
Walnut	Football	"Fighting Hawk Football"	Daniel Freund; UND
Executive II	Golf	"Mindful Sports Performance Enhancement"	Ryan Teigen; Mindful Sports Performance
Executive III	Softball/BaseB	"Individual Skills for Defense"	Gerice Olson; NDSU
Cedar	Swim & Dive	"Packer Swimming"	Barb Fisher & Lisa Montplaisir; West Fargo HS
Birch	Track & Field	"100m/110m Hurdles"	Jim Vahrenkamp; UND
Woodland East	Volleyball	"Fighting Hawk Volleyball"	Jesse Tupac; UND
Chestnut	Wrestling	"Bison Wrestling"	Nick Magee; NDSU
Elm	X-Country	"Cobber Cross Country"	Maddie Van Beek; Concordia College

### 11:00-11:15 Visit Exhibits

11:15 ROOM	SPORT	TOPIC	SPEAKER; SCHOOL
Woodland North	Basketball	"Jimmie Basketball"	Danny Neville; University of Jamestown
Walnut	Football	"Fighting Hawk Football"	UND Football Staff
Executive II	Golf	"Round Table Discussion"	Jeremy St. Aubin; South Border
Executive III	Softball/BaseB	"Fighting Hawk Softball"	Jordan Stevens; UND
Cedar	Swim & Dive	"Building Culture in a Program and Setting Goals"	Cale Schafer; Bismarck HS
Birch	Track & Field	"Long Jump"	Molly Jones Vahrenkamp; UND
Woodland East	Volleyball	"Cardinal Volleyball"	Megan Trautman; Carrington HS
Chestnut	Wrestling	"Bison Wrestling"	Nick Magee; NDSU
Elm	X-Country	"Cobber Cross Country"	Maddie Van Beek; Concordia College

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



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<b>1:00 ROOM</b>	<b>SPORT</b>	<b>TOPIC</b>	<b>SPEAKER; SCHOOL</b>
Woodland North	Basketball	"Jimmie Basketball"	Danny Neville; University of Jamestown
Walnut	Football	"Squirrel Football"	Tommy Butler; Central Cass HS
Executive III	Softball/BaseB	"Fighting Hawk Softball"	Jordan Stevens; UND
Cedar	Swim & Dive	"Coyote Swimming"	Jason Mahowald; USD
Birch	Track & Field	"Discus"	Elijah Talk; UND
Carl Ben Gym	Volleyball	"Volleyball"	Brigitte Greywater; Valley City
Chestnut	Wrestling	"Mustang Wrestling"	Lex Lunde; West Fargo Sheyenne HS
Elm	X-Country	"Viking Cross Country"	Josh Roberts; Kindred HS

## **2:00-2:30 Visit Exhibits**

<b>2:30 ROOM</b>	<b>SPORT</b>	<b>TOPIC</b>	<b>SPEAKER; SCHOOL</b>
Woodland North	Basketball	"Keeping it Fresh – Practice Engagement"	Thad Sankey; University of Jamestown
Walnut	Football	"Short Passing Game"	Troy Mattern; Fargo Shanley HS
Executive III	Softball/BaseB	"Planning for Practice Indoors and Outdoors"	Molly Landon; Fargo South HS
Cedar	Swim & Dive	"Coyote Swimming"	Jason Mahowald; USD
Birch	Track & Field	"800m Training"	Ryan Milner; MSUM
Carl Ben Gym	Volleyball	"Volleyball"	Brigitte Greywater; Valley City
Chestnut	Wrestling	"Knight Wrestling"	Matt Berglund; Grand Forks Central HS

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

<b>3:45 ROOM</b>	<b>SPORT</b>	<b>TOPIC</b>	<b>SPEAKER; SCHOOL</b>
Woodland North	Basketball	"Competitive Growth – Building Relationships"	Thad Sankey; University of Jamestown
Walnut	Football	"Blue Jay Football"	Bill Nelson; Jamestown HS
Executive III	Softball/BaseB	TBA	
Cedar	Swim & Dive	"Coyote Swimming"	Jason Mahowald; USD
Birch	Track & Field	"1600m – 3200m Training"	Ryan Milner; MSUM
Carl Ben Gym	Volleyball	"Volleyball"	Brigitte Greywater; Valley City
Chestnut	Wrestling	"Midget Wrestling"	Trevor Conrad; Dickinson HS

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





# 2023 NDHSCA COACHES CONVENTION SCHEDULE



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## Thursday, July 20<sup>th</sup>

**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 following the 8:30 AM session!**

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

<b>8:30 ROOM</b>	<b>SPORT</b>	<b>TOPIC</b>	<b>SPEAKER; SCHOOL</b>
Executive III	Baseball/SoftB	"Bison Baseball"	Tanner Neale; NDSU
Woodland North	Basketball	"Cobber Basketball"	Tyler Bormann; Concordia College
Walnut	Football	"Viking Defense"	Eric Burgad; Kindred HS
Woodland South	Golf	NDHSCA Advisory Committee Review & Planning	Justin Fletschock; NDHSAA
Executive II	Gymnastics	TBA	TBA
Cedar	Swim & Dive	"Cobber Swimming"	Anneliese Bruns; Concordia College
Elm	Tennis	NDHSCA Advisory Committee Review & Planning	Brian Bubach; NDHSAA
Birch	Track & Field	"300m Hurdle Training"	Jeryl "Murph" Thompson; Drayton HS
Woodland East	Volleyball	NDHSCA Advisory Committee Review & Planning	Kevin Morast; NDHSAA
Chestnut	Wrestling	"Demon Wrestling"	Mark Lardy; Bismarck HS

### 9:30-9-40 Break

**Tennis Sessions at Courts Plus from 9:45 AM to 1:45 PM**

<b>9:40 ROOM</b>	<b>SPORT</b>	<b>TOPIC</b>	<b>SPEAKER; SCHOOL</b>
Executive III	Baseball/SoftB	"Bison Baseball"	Tanner Neale; NDSU
Woodland North	Basketball	"Cobber Basketball"	Tyler Bormann; Concordia College
Walnut	Football	NDHSCA Advisory Committee Review & Planning	Justin Fletschock; NDHSAA
Woodland South	Golf	"Round Table Discussion"	Jeremy St. Aubin; South Border
Executive II	Gymnastics	"Sports Psychology"	Erin Haugen; Grand Forks Therapy
Cedar	Swim & Dive	"Cobber Swimming"	Anneliese Bruns; Concordia College
Courts Plus	Tennis	"Fast Paced Drills for Teams"	Oliver Summers; Courts Plus
Birch	Track & Field	NDHSCA Advisory Committee Review & Planning	Kevin Morast; NDHSAA
Woodland East	Volleyball	"Keys to Success, Mental Toughness, Skills and Drills"	Jaime Richter; Linton HS
Chestnut	Wrestling	"Squirrel Wrestling"	Travis Lemar; Central Cass 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)**



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<b>1:00 ROOM</b>	<b>SPORT</b>	<b>TOPIC</b>	<b>SPEAKER; SCHOOL</b>
Executive III	Baseball/Softball	"Jimmie Baseball"	Tom Hager; University of Jamestown
Woodland North	Basketball	NDHSCA Advisory Committee Review & Planning	Justin Fletschock; NDHSAA
Walnut	Football	"Comet Football"	Rocky Larson; Mayville State
NDSU Training	Golf	"Bison Golf"	Steve Kennedy & Matt Johnson; NDSU
Executive II	Gymnastics	TBA	TBA
Cedar	Swim & Dive	NDHSCA Advisory Committee Review & Planning	Kevin Morast; NDHSAA
Courts Plus	Tennis	"Fast Paced Drills for Teams"	Oliver Summers; Courts Plus
Birch	Track & Field	"Sprint Starts"	Lisa Rollefstad; Choice Fitness Grand Forks
Woodland East	Volleyball	"Teaching Skills Through Progressions"	Stevan Waddell; Lake Region State College
Chestnut	Wrestling	"Northern Lights Wrestling"	Ryan Mitchell; Northern Lights

## 2:00-2:10 Break

<b>2:10 ROOM</b>	<b>SPORT</b>	<b>TOPIC</b>	<b>SPEAKER; SCHOOL</b>
Executive III	Baseball/Softball	"Jimmie Baseball"	Tom Hager; University of Jamestown
Woodland North	Basketball	"Efficient Preparation"	Kenyon Wingenbach; West Fargo Sheyenne HS
Walnut	Football	"Comet Football"	Rocky Larson; Mayville State
NDSU Training	Golf	"Bison Golf"	Steve Kennedy & Matt Johnson; NDSU
Executive II	Gymnastics	TBA	TBA
Cedar	Swim & Dive	"Jackrabbit Swimming"	Douglas Humphrey; SDSU
Birch	Track & Field	"Form Running – Technique"	Lisa Rollefstad; Choice Fitness Grand Forks
Woodland East	Volleyball	"Position Specific Training"	Stevan Waddell; Lake Region State College
Chestnut	Wrestling	"Grizzly Wrestling"	Mitch Greenwood; Cavalier HS
Elm	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>
Executive III	Baseball	NDHSCA Advisory Committee Review & Planning	Justin Fletschock; NDHSAA
Carl Ben Gym	Basketball	"Developing a Fearless "Firebird"'"	Dustin Brodina; Devils Lake HS
Walnut	Football	"Comet Football"	Rocky Larson; Mayville State
NDSU Training	Golf	"Bison Golf"	Steve Kennedy & Matt Johnson; NDSU
Executive II	Gymnastics	TBA	TBA
Executive III	Softball	NDHSCA Advisory Committee Review & Planning	Justin Fletschock; NDHSAA
Cedar	Swim & Dive	"Jackrabbit Swimming"	Douglas Humphrey; SDSU
Birch	Track & Field	"Spring Relays"	Tommy Butler; Central Cass HS
Chestnut	Wrestling	NDHSCA Advisory Committee Review & Planning	Kevin Morast; NDHSAA
Woodland East	Volleyball	"Building Team Culture & Communication"	Stevan Waddell; Lake Region State College

**5:00-6:00 NDHSCA AWARDS BANQUET RECEPTION AT Woodland East**

**6:00 NDHSCA Hall of Fame & COTY Banquet Woodland Square**