



2024 NDHSCA-NHSACA National Convention Schedule Bismarck Hotel and Conference Center, Bismarck, ND

2:00 PM – 9:00 PM Friday, June 21 NDHSCA Executive Board Meeting & Dinner (Room 3130)

Saturday, June 22; Leadership Seminar

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

7:30 AM College Credit Registration, Dr. Brad Strand; NDSU (1 credit) Cannonball

ROOM	SEMINAR	Topic	SPEAKER; SCHOOL
Cannonball	Leadership	"Mental Wellness for Coaches & Athletes"	Dr. Jim Haussler; Bismarck

ROOM	SEMINAR	Topic	SPEAKER; SCHOOL
Cannonball	Leadership	"Coaching Ethics"	Dr. Jim Haussler; Bismarck

ROOM	SEMINAR	Topic	SPEAKER; SCHOOL
Cannonball	Leadership	"Supporting Athletes with Mental Health Concerns"	Dr. William Burns; NDSU

ROOM	SEMINAR	Topic	SPEAKER; SCHOOL
Cannonball	Leadership	"Supporting Athletes with Mental Health Concerns"	Dr. William Burns; NDSU

12:00 – 1:00 Leadership Conference Lunch on your own

12:00 – 1:00 NDHSCA Executive Board Lunch (Restaurant)

ROOM	SEMINAR	Topic	SPEAKER; SCHOOL
Cannonball	Leadership	"Coach – Official Relationships"	Chad Bjornson; Bismarck, ND

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

ROOM	SEMINAR	Topic	SPEAKER; SCHOOL
Cannonball	Leadership	"Impact of Coaching Beyond X's & O's"	Pete Moe; Washburn, ND

ROOM	SEMINAR	Topic	SPEAKER; SCHOOL
Cannonball	Leadership	"Leadership on the Line Part I"	Dr. Brad Strand; NDSU

ROOM	SEMINAR	Topic	SPEAKER; SCHOOL
Cannonball	Leadership	"Leadership on the Line Part II"	Dr. Brad Strand; NDSU



2024 NDHSCA-NHSACA National Convention Schedule Bismarck Hotel and Conference Center, Bismarck, ND

Sunday, June 23; Leadership Seminar

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

8:00 ROOM	SEMINAR	Topic	SPEAKER; SCHOOL
Cannonball	Leadership	"Taping of Common Sports Injuries"	Rhonda Olson; Sanford Health

9:00 ROOM	SEMINAR	Topic	SPEAKER; SCHOOL
Cannonball	Leadership	"Long Term Athletic Development"	Michael Silbernagel; Sanford Health
Sheyenne	CPR	"AED, CPR, First Aid Recertification" (Extra \$15 Cost)	Christa Kovarik; Garrison NDHP

8:00 – 10:30 NHSACA Executive Board Meeting (Room 3130)

10:00 ROOM	SEMINAR	Topic	SPEAKER; SCHOOL
Cannonball	Leadership	"Concussion Management"	Dr. Jon Preszler; Sanford Health
Sheyenne	CPR	"AED, CPR, First Aid Recertification" (Extra \$15 Cost)	Christa Kovarik; Garrison NDHP

11:00 ROOM	SEMINAR	Topic	SPEAKER; SCHOOL
Cannonball	Leadership	"Accommodating In Season Athletes – Limited Space"	Matt Strecker; Sanford Health
Sheyenne	CPR	"AED, CPR, First Aid Recertification" (Extra \$15 Cost)	Christa Kovarik; Garrison NDHP

11:00 - 12:00 NHSACA Past Presidents' Meeting (Lamborn)

11:00 - 12:00 NHSACA Sport Chair Meeting (Heart)

11:00 - 12:00 NHSACA Region Director Meeting (Sheyenne)

12:00 – 1:00 Lunch on own

12:00 – 2:00 NHSACA Board of Directors Meeting Working Lunch (Lamborn)

1:00 ROOM	SEMINAR	Topic	SPEAKER; SCHOOL
Cannonball	Leadership	"Bridging the Gap Between HS & Collegiate Strength"	Ethan Bakken; Sanford Health

2:00 ROOM	SEMINAR	Topic	SPEAKER; SCHOOL
Cannonball	Leadership	"Training the Multi-Sport Athlete"	Sam Herauf; Sanford Health

2:00 - 3:00 NHSACA Board of Directors Meeting Standing 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
Lamborn North	Regional Directors, Growth and Development Committee
Lamborn South	Publications, Resolutions, and Social Media Committee

3:00 ROOM	SEMINAR	Topic	SPEAKER; SCHOOL
Cannonball	Leadership	"Workload Management"	Brandon Dirk; Sanford Health

3:30 NDHSCA – NHSACA Board of Directors Load for Heritage Center
4:00 – 9:00 NDHSCA – NHSACA Board of Directors and Special Guests Dinner and Activities (Heritage Center)



2024 NDHSCA-NHSACA National Convention Schedule Bismarck Hotel and Conference Center, Bismarck, ND

Monday, June 24; Sport Specific Sessions

7:00 – 8:30 NHSACA Board of Directors Meeting (Governors)

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 (1 or 2 Credits) Patterson

8:30 ROOM	SPORT	TOPIC	SPEAKER; SCHOOL
Lamborn	Basketball	"Marauder Basketball"	Rick Neumann; University of Mary
Sheyenne	Football	"Blue Hawk Football"	Pete Stanton; Dickinson State University
3160	Golf	"Golf Rules"	Dustin Jensen; University of Jamestown
2130	Gymnastics	"TBA"	Rachel Johnson-Krug; Bismarck Schools
Heart	Track & Field	"Long Jump"	Steven Mueller; NHSACA Assistant Coach Finalist
Cannonball	Volleyball	"Marauder Volleyball" ??	Amy Pollart; University of Mary
Grand Pacific	Wrestling	"Marauder Wrestling" ??	Adam Aho; University of Mary
Governors	X-Country	"Water Park HS Cross Country"	Kristin McWilliams; NHSACA COTY Finalist

9:00 – 10:00 NHSACA Executive Board Meeting (3130)

9:30 ROOM	SPORT	TOPIC	SPEAKER; SCHOOL
Lamborn	Basketball	"Marauder Basketball"	Rick Neumann; University of Mary
Sheyenne	Football	"Blue Hawk Football"	Pete Stanton; Dickinson State University
3160	Golf	"College Recruiting"	Dustin Jensen; University of Jamestown
2130	Gymnastics	"TBA"	Rachel Johnson-Krug; Bismarck Schools
Heart	Track & Field	"TBA"	
Cannonball	Volleyball	"Marauder Volleyball" ??	Amy Pollart; University of Mary
Grand Pacific	Wrestling	"Marauder Wrestling" ??	Adam Aho; University of Mary
Governors	X-Country	"Bismarck Century, ND Cross Country"	Brad Lies, NHSACA COTY Finalist

10:20 – 10:35 Visit Vendors

10:35-12:15

Grand Pacific-Patterson **General Session #1** Rachael Steil
"Running In Silence"

12:15-1:00 Lunch on your own

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

12:45-1:00 Visit Vendors



2024 NDHSCA-NHSACA National Convention Schedule Bismarck Hotel and Conference Center, Bismarck, ND

Monday, June 24; Sport Specific Sessions (continued)

1:00 ROOM	SPORT	TOPIC	SPEAKER; SCHOOL
3130	Athletic Director	"Inclusive Sports Program"	Ben Lervick & Sara Bohrer; Bismarck Century HS
Lamborn	Basketball	"Beaver Basketball"	Matt Murken; Minot State University
Sheyenne	Football	"UND Fighting Hawks Football"	Kyle Schweigert; UND
Patterson	Golf	"Inside Practice Techniques"	Chris Strand; Hatton-Northwood HS
2130	Gymnastics	"TBA"	Rachel Johnson-Krug; Bismarck Schools
Heart	Track & Field	"Sprints"	James Vahrenkamp; UND
Cannonball	Volleyball	"Viking Volleyball"	Michelle Meiklejohn; Valley City State University
Grand Pacific	Wrestling	"Blue Hawk Wrestling"	Justin Schlecht; Dickinson State University
Governors	X-Country	"Coaching to Develop the Whole Athlete"	Rachael Steil

2:00-2:30 Visit Vendors

2:30 ROOM	SPORT	TOPIC	SPEAKER; SCHOOL
3130	Athletic Director	"Bismarck Public Schools Athletics"	Dave Zittleman; NHSACA AD Finalist
Lamborn	Basketball	"Beaver Basketball"	Matt Murken; Minot State University
Sheyenne	Football	"UND Fighting Hawks Football"	Kyle Schweigert; UND
Patterson	Golf	"Technology – Big & Small"	Chris Strand; Hatton-Northwood HS
2130	Gymnastics	"TBA"	Rachel Johnson-Krug; Bismarck Schools
Heart	Track & Field	"High Jump"	Molly Vahrenkamp; UND
Cannonball	Volleyball	"Viking Volleyball"	Michelle Meiklejohn; Valley City State University
Grand Pacific	Wrestling	"Blue Hawk Wrestling"	Justin Schlecht; Dickinson State University
Governors	X-Country	"TBA"	

3:30 – 3:45 Visit Vendors

3:50 – 5:00

Grand Pacific-Patterson **General Session #2**
Brent Sanford; Former ND Lieutenant Governor
Head of GROW; Bakken Oil Recruitment of Workers
"Welcome"

6:00 – 10:00 ROOM	TOPIC	SPEAKER; SCHOOL
Dakota Ballroom	NHSACA-NDHSCA Social - Dakota Night (Sponsored by Game One and the North Dakota Beef Commission) Silent Auction	



2024 NDHSCA-NHSACA National Convention Schedule Bismarck Hotel and Conference Center, Bismarck, ND

Tuesday, June 25; Sport Specific Sessions

7:00 – 8:30 NHSACA Board of Directors Meeting (Governors)

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

8:30 – 10:00 NHSACA State Executive Directors Meeting (Room 3130)

8:30 ROOM	SPORT	TOPIC	SPEAKER; SCHOOL
2130	Baseball	"Building a Winning Culture"	Lee Milano; NHSACA COTY Finalist
Lamborn	Basketball	"Magician Basketball"	Dean Winczewski; NHSACA COTY Finalist
Sheyenne	Football	"TBA"	
Riverwood	Golf	"Club Fitting"	Tim Doppler; Riverwood Pro
1264	Soccer	"TBA"	
1266	Softball	"TBA"	
2160	Swimming	"Marauder Swimming"	Abigale Loel; University of Mary
Heart	Track & Field	"NHSACA Finalist"	
Cannonball	Volleyball	"Mystic Volleyball"	Kyle Kuether; Bismarck State
Grand Pacific	Wrestling	"Wrestling"	Troy Steiner; Gopher Wrestling Club
Governors	X-country	"NHSACA Finalist"	

9:30 ROOM	SPORT	TOPIC	SPEAKER; SCHOOL
2130	Baseball	"TBA"	
Lamborn	Basketball	"Cardinal Basketball"	Andy Braaten; NHSACA COTY Finalist
Sheyenne	Football	"TBA"	
Riverwood	Golf	"Teaching the New Golfer-Get off on Right Foot"	Tim Doppler; Riverwood Pro
1264	Soccer	"TBA"	
1266	Softball	"TBA"	
2160	Swimming	"Marauder Swimming"	Abigale Loel; University of Mary
Heart	Track & Field	"Viking Track & Field"	Josh Allmaras; NHSACA COTY Finalist
Cannonball	Volleyball	"Mystic Volleyball"	Kyle Kuether; Bismarck State
Grand Pacific	Wrestling	"Wrestling"	Troy Steiner; Gopher Wrestling Club
Governors	X-country	"NHSACA Finalist"	

10:30 – 10:45 Visit Vendors

10:45-12:15

Grand Pacific-Patterson **General Session #3 Rebekah Trittipoe**
"Building Better Teams by Building Better People"

12:15 – 1:00 Lunch on Your Own

1:00 – 2:30 NHSACA Executive Committee Meeting (Governors Room)



2024 NDHSCA-NHSACA National Convention Schedule Bismarck Hotel and Conference Center, Bismarck, ND

Tuesday, June 25; Sport Specific Sessions (Continued)

1:00 ROOM	SPORT	TOPIC	SPEAKER; SCHOOL
3130	Athletic Director	"NHSACA Finalist"	
Patterson	Baseball	"Baseball Pitch Count & More"	Brady Schwab; Thompson HS
Lamborn	Basketball	"NDSU Bison Basketball"	Dave Richman; NDSU
Sheyenne	Football	"NDSU Bison Football"	Tim Polasek; NDSU
Riverwood	Golf	"Utilizing the STOP SLOW GO"	Paul Christianson: Barton College & Brad Strand
1264	Soccer	"TBA"	
2130	Softball	"TBA"	
1266	Special Sports	"NHSACA Finalist"	
2160	Swimming	"Wolves Swimming"	Kaden Huntrods; Northern Aberdeen
Capital Racquet	Tennis	"Tennis Demonstrations"	Brian Pederson; USPTA Tennis Pro
Heart	Track & X-Country	"Creative Coaching Across Three Dimensions"	Rebecca Trittipoe
Cannonball	Volleyball	"NHSACA Finalist"	
Grand Pacific	Wrestling	"Wrestling"	Troy Steiner; Gopher Wrestling Club

2:00 – 2:30 Visit Vendors

2:30 ROOM	SPORT	TOPIC	SPEAKER; SCHOOL
3130	Athletic Director	"NHSACA Finalist"	
Patterson	Baseball	"Baseball Arm Care and Strengthening"	Michael Lyons; NDSU
Lamborn	Basketball	"NDSU Bison Basketball"	Dave Richman; NDSU
Sheyenne	Football	"NDSU Bison Football"	Dan Larson; NDSU
3160	Golf	"Assessments for High School Golfers"	Dan Wolf; West Fargo Sheyenne
1264	Soccer	"TBA"	
2130	Softball	"TBA"	
1266	Special Sports	"NHSACA Finalist"	
2160	Swimming	"Wolves Swimming"	Kaden Huntrods; Northern Aberdeen
Capital Racquet	Tennis	"Tennis Demonstrations"	Brian Pederson; USPTA Tennis Pro
Heart	Track & Field	"NDSU Bison Track & Field"	Stevie Keller; NDSU
Cannonball	Volleyball	"NHSACA Finalist"	
Grand Pacific	Wrestling	"Wrestling"	Troy Steiner; Gopher Wrestling Club
Governors	X-Country	"NDSU Bison Cross Country"	Dennis Newell; NDSU

3:30 – 3:45 Visit Vendors

3:45 ROOM	SPORT	TOPIC	SPEAKER; SCHOOL
Lamborn	Basketball	"Finalist Panel Discussion"	
Sheyenne	Football	"NHSACA Finalist"	
3160	Golf	"Course Management"	Laif Olson; University of Mary
1264	Soccer	"TBA"	
2130	Softball	"TBA"	
2160	Swimming	"Wolves Swimming"	Kaden Huntrods; Northern Aberdeen
Capital Racquet	Tennis	"Tennis Demonstrations"	Brian Pederson; USPTA Tennis Pro
Heart	Track & Field	"NDSU Bison Track & Field"	Stevie Keller; NDSU
Cannonball	Volleyball	"TBA"	
Grand Pacific	Wrestling	"Wrestling"	Troy Steiner; Gopher Wrestling Club
Governors	X-Country	"NDSU Bison Cross Country"	Dennis Newell; NDSU



2024 NDHSCA-NHSACA National Convention Schedule Bismarck Hotel and Conference Center, Bismarck, ND

Tuesday, June 25 (Continued)

5:00 – 6:00 NHSACA Hall of Fame Social (Grand Pacific-Patterson)

6:00 – 9:00 NHSACA Hall of Fame Banquet (Dakota Ballroom)

Wednesday, June 26; Sport Specific Sessions

8:00 – 4:00 NHSACA-NDHSCA Registration Open

7:00 – 8:30 NHSACA Board of Directors Meeting (Governors Room)

7:15 – 8:15 FCA Breakfast (Patterson)

8:30 ROOM	SPORT	TOPIC	SPEAKER; SCHOOL
2130	Assistant Coach	"Finalist Panel Discussion"	
3130	Athletic Director	"NHSACA Finalist"	
Patterson North	Baseball	"St. Anthony Village Baseball"	Troy Urdahl; NHSACA COTY Finalist
Lamborn	Basketball	"Finalist Panel Discussion"	
3160	Golf	"Finalist Panel Discussion"	
Sheyenne	Football	"Finalist Panel Discussion"	
1264	Soccer	"Finalist Panel Discussion"	
Patterson South	Softball	"Finalist Panel Discussion"	
1266	Special Sports	"Finalist Panel Discussion"	
2160	Swimming	"Finalist Panel Discussion"	
1268	Tennis	"Finalist Panel Discussion"	
Heart	Track & Field	"Finalist Panel Discussion"	
Cannonball	Volleyball	"Finalist Panel Discussion"	
Grand Pacific	Wrestling	"Bismarck High Demon Wrestling"	Mark Lardy; NHSACA COTY Finalist
Governors	X-Country	"Finalist Panel Discussion"	

9:30 ROOM	SPORT	TOPIC	SPEAKER; SCHOOL
2130	Assistant Coach	"Finalist Panel Discussion"	
3130	Athletic Director	"NHSACA Finalist"	
Patterson North	Baseball	"Finalist Panel Discussion"	
Lamborn	Basketball	"Finalist Panel Discussion"	
3160	Golf	"Finalist Panel Discussion"	
Sheyenne	Football	"Finalist Panel Discussion"	
1264	Soccer	"Finalist Panel Discussion"	
Patterson South	Softball	"Finalist Panel Discussion"	
1266	Special Sports	"Finalist Panel Discussion"	
2160	Swimming	"Finalist Panel Discussion"	
1268	Tennis	"Finalist Panel Discussion"	
Heart	Track & Field	"Finalist Panel Discussion"	
Cannonball	Volleyball	"Finalist Panel Discussion"	
Grand Pacific	Wrestling	"Finalist Panel Discussion"	
Governors	X-Country	"Finalist Panel Discussion"	

10:30 – 10:45 Visit Vendors



2024 NDHSCA-NHSACA National Convention Schedule Bismarck Hotel and Conference Center, Bismarck, ND

Wednesday, June 26; Sport Specific Sessions (continued)

10:45-12:15

Grand Pacific-Patterson **General Session #4** Amy Goodson; ND Beef Commission
"Nutrition for the Athlete"

12:15 – 1:00 Lunch on Your Own

12:15 – 2:00 NHSACA Regional Director Meeting (Lunchroom)

1:00 ROOM	SPORT	TOPIC	SPEAKER; SCHOOL
2130	Assistant Coach	"Finalist Panel Discussion"	
3130	Athletic Director	"NHSACA Finalist"	
Patterson North	Baseball	"Finalist Panel Discussion"	
Lamborn	Basketball	"Finalist Panel Discussion"	
3160	Golf	"Finalist Panel Discussion"	
Sheyenne	Football	"Finalist Panel Discussion"	
1264	Soccer	"Finalist Panel Discussion"	
Patterson South	Softball	"Finalist Panel Discussion"	
1266	Special Sports	"Finalist Panel Discussion"	
2160	Swimming	"Finalist Panel Discussion"	
1268	Tennis	"Finalist Panel Discussion"	
Heart	Track & Field	"Finalist Panel Discussion"	
Cannonball	Volleyball	"Finalist Panel Discussion"	
Grand Pacific	Wrestling	"Finalist Panel Discussion"	
Governors	X-Country	"Finalist Panel Discussion"	

2:00 – 2:30 Visit Vendors

2:30-3:00 (Last session must be done by 3:00)

ROOM	SPORT	TOPIC	SPEAKER; SCHOOL
2130	Assistant Coach	"Finalist Panel Discussion"	
3130	Athletic Director	"NHSACA Finalist"	
Lamborn	Basketball	"Finalist Panel Discussion"	
3160	Golf	"Finalist Panel Discussion"	
Sheyenne	Football	"Finalist Panel Discussion"	
1264	Soccer	"Finalist Panel Discussion"	
2160	Swimming	"Finalist Panel Discussion"	
1268	Tennis	"Finalist Panel Discussion"	
Heart	Track & Field	"Finalist Panel Discussion"	
Cannonball	Volleyball	"Finalist Panel Discussion"	
Governors	X-Country	"Finalist Panel Discussion"	

4:00 – 5:00 NHSACA Coach of the Year Awards Banquet Reception (Dakota Ballroom)

5:00 – 8:30 NHSACA National Coach of the Year Awards Banquet (Dakota Ballroom)



2024 NDHSCA-NHSACA National Convention Schedule Bismarck Hotel and Conference Center, Bismarck, ND

Thursday, June 27; Sport Specific Sessions

7:30 – 2:30 NDHSCA Registration Open

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
Patterson	Baseball	“NDHSCA Advisory Committee Review & Planning”	Dewitt Mack; Mandan HS
Lamborn	Basketball	“Patriot Basketball”	Nathan Welstad; Bismarck Century HS
Sheyenne	Football	“Holstein Football”	Steve Kleinjan; New Salem-Almont HS
3160	Golf	“Maximizing Players Mental Health”	Casey Schaff; Nuvation Health
Patterson	Softball	“NDHSCA Advisory Committee Review & Planning”	Trevor Yetterboe; Wilton HS
2160	Swimming	“Brave Swimming”	Claudia Schoellkopf; Mandan HS
Heart	Track & Field	“NDHSCA Advisory Committee Review & Planning”	Jon Jahner; Bowman HS
Cannonball	Volleyball	“NDHSCA Advisory Committee Review & Planning”	Jessica Fritz; Rugby HS
Grand Pacific	Wrestling	“TBA”	
Governors	X-Country	“TBA”	

9:30 ROOM	SPORT	TOPIC	SPEAKER; SCHOOL
Patterson	Baseball	“TBA”	
Lamborn	Basketball	“Patriot Basketball”	Darin Mattern; Bismarck Century HS
Sheyenne	Football	“Mustang Football”	Evan Mellmer; South Border
3160	Golf	“DJGA and Summer Opportunities for Players”	Chris Geiss; NDJGA
2130	Softball	“TBA”	
2160	Swimming	“Magician Diving”	Barb McPeak; Minot HS
Heart	Track & Field	“TBA”	
Cannonball	Volleyball	“TBA”	
Grand Pacific	Wrestling	“NDHSCA Advisory Committee Review & Planning”	Mark Lardy; Bismarck HS
Governors	X-Country	“NDHSCA Advisory Committee Review & Planning”	Nathan Horgeshimer; Killdeer HS

10:45 NDHSCA Annual Business Meeting Grand Pacific-Patterson
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)

1:00 ROOM	SPORT	TOPIC	SPEAKER; SCHOOL
Patterson	Baseball	“TBA”	
Lamborn	Basketball	“NDHSCA Advisory Committee Review & Planning”	Lisa Jenkins; Wilton HS
Sheyenne	Football	“NDHSCA Advisory Committee Review & Planning”	Vyrn Muir; Grand Forks Red River HS
3160	Golf	“NDHSCA Advisory Committee Review & Planning”	Jeremy St. Aubin; South Border
2130	Softball	“TBA”	
2160	Swimming	“NDHSCA Advisory Committee Review & Planning”	Thomas Wheeling; Bismarck Legacy HS



2024 NDHSCA-NHSACA National Convention Schedule Bismarck Hotel and Conference Center, Bismarck, ND

Thursday, June 27; Sport Specific Sessions (continued)

1:00 ROOM	SPORT	TOPIC	SPEAKER; SCHOOL
Heart	Track & Field	"Shot Put - Glide"	Ross Walker; Buffalo, WY
Cannonball	Volleyball	"Titan Volleyball"	Breanna Sisson; Dickinson Trinity
Grand Pacific	Wrestling	"TBA"	

2:00 ROOM	SPORT	TOPIC	SPEAKER; SCHOOL
Patterson	Baseball	"TBA"	
Lamborn	Basketball	"Minor Basketball"	Lisa Jenkins; Wilton-Wing
Sheyenne	Football	"Football as Formation"	John Odermann; Dickinson Trinity HS
3160	Golf	"Drills – Share your Favorite Golf Drills"	Jeremy St. Aubin; South Border
2130	Softball	"TBA"	
2160	Swimming	"Patriot Swimming"	Spencer Wheeling; Bismarck Century HS
Heart	Track & Field	"Shot Put - Rotational"	Ross Walker; Buffalo, WY
Cannonball	Volleyball	"Patriot Volleyball"	Stacy Hanson; May-Port CG HS
Grand Pacific	Wrestling	"TBA"	

3:00 ROOM	SPORT	TOPIC	SPEAKER; SCHOOL
Lamborn	Basketball	"TBA"	
Sheyenne	Football	"Magician Football"	Chauncy Hendershot; Minot HS
3160	Golf	"Drills – Share your Favorite Golf Drills"	Jeremy St. Aubin; South Border
2130	Softball	"TBA"	
2160	Swimming	"Demon Swimming"	Cale Schafer; Bismarck HS
Heart	Track & Field	"Discus"	Ross Walker; Buffalo, WY
Cannonball	Volleyball	"Spartan Volleyball"	Rachel Hummel; Fargo North HS

5:00-6:00 NDHSCA AWARDS BANQUET RECEPTION (Grand Pacific-Patterson)

6:00 NDHSCA Hall of Fame & COTY Banquet (Grand Pacific-Patterson)

Friday, June 28

8:00 – 10:00

NDHSCA Executive Board Meeting (Governors Room)