



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 3160)

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

8:00 ROOM	SEMINAR	Topic	SPEAKER; SCHOOL
Cannonball	Leadership	"Mental Wellness for Coaches & Athletes"	Dr. Jim Haussler; Bismarck

9:00 ROOM	SEMINAR	Topic	SPEAKER; SCHOOL
Cannonball	Leadership	"Coaching Ethics"	Dr. Jim Haussler; Bismarck

10:00 ROOM	SEMINAR	Topic	SPEAKER; SCHOOL
Cannonball	Leadership	"Supporting Athletes with Mental Health Concerns"	Dr. William Burns; NDSU

11:00 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 & NHSACA Executive Board Lunch (Restaurant)

1:00 ROOM	SEMINAR	Topic	SPEAKER; SCHOOL
Cannonball	Leadership	"The Dangers of Energy Drinks: Sport Nutrition Tips"	Joan Knoll; Bismarck Public Schools

1:00 – 6:00 NHSACA Executive Board Meeting (Room 3160)

2:00 ROOM	SEMINAR	Topic	SPEAKER; SCHOOL
Cannonball	Leadership	"Impact of Coaching Beyond X's & O's"	Pete Moe; Washburn, ND

3:00 ROOM	SEMINAR	Topic	SPEAKER; SCHOOL
Cannonball	Leadership	"Leadership on the Line Part I"	Dr. Brad Strand; NDSU

4:00 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
Governors	Leadership	"Taping of Common Sports Injuries"	Rhonda Olson; Sanford Health

9:00 ROOM	SEMINAR	Topic	SPEAKER; SCHOOL
Governors	Leadership	"Long Term Athletic Development"	Michael Silbernagel; Sanford Health
2160	CPR	"AED, CPR, First Aid Recertification" (Extra \$15 Cost)	Christa Kovarik; Garrison NDHP

8:00 – 10:30 NHSACA Executive Board Meeting (Room 3160)

10:00 ROOM	SEMINAR	Topic	SPEAKER; SCHOOL
Governors	Leadership	"Concussion Management"	Dr. Jon Preszler; Sanford Health
2160	CPR	"AED, CPR, First Aid Recertification" (Extra \$15 Cost)	Christa Kovarik; Garrison NDHP

11:00 ROOM	SEMINAR	Topic	SPEAKER; SCHOOL
Governors	Leadership	"Accommodating In Season Athletes – Limited Space"	Matt Strecker; Sanford Health
2160	CPR	"AED, CPR, First Aid Recertification" (Extra \$15 Cost)	Christa Kovarik; Garrison NDHP

11:00 – 11:50 NHSACA Past Presidents' Meeting (Patterson South)

11:00 – 11:50 NHSACA Sport Chair Meeting (Lunch Room)

11:00 – 11:50 NHSACA Region Director Meeting (Patterson North)

12:00 – 1:00 Lunch on own

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

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

2:00 ROOM	SEMINAR	Topic	SPEAKER; SCHOOL
Governors	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 Middle	Professional Education Committee
Grand Pacific South	Hall of Fame Committee
Patterson North	By-Laws, Policies and Procedures Committee
Patterson Middle	Regional Directors, Growth and Development Committee
Patterson South	Publications, Resolutions, and Social Media Committee

3:00 ROOM	SEMINAR	Topic	SPEAKER; SCHOOL
Governors	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 Culture"	Pete Stanton; Dickinson State University
Riverwood	Golf	"Club Fitting"	Tim Doppler; Riverwood Pro
2130	Gymnastics	"Mental Block in Athletics–Overcoming Fear"	Stacey Goodrich; So-Connected
Heart	Track & Field	"Long Jump"	Steven Mueller; NHSACA Assistant Coach Finalist
Cannonball	Volleyball	"Marauder Volleyball"	Abby Pollart; University of Mary
Grand Pacific	Wrestling	"Marauder Wrestling"	Adam Aho; University of Mary
Governors	X-Country	"Winter 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	"Tight End RPO Game"	Russell McCarvel; Dickinson State University
Riverwood	Golf	"Teaching the New Golfer-Get Off On Right Foot"	Tim Doppler; Riverwood Pro
2130	Gymnastics	"Mental Block in Athletics-Overcoming Fear II"	Stacey Goodrich; So-Connected
Heart	Track & Field	"Viking Track & Field"	Josh Allmaras; NHSACA COTY Finalist
Cannonball	Volleyball	"Building A Program With Basics"	Stormy Siemion; Dickinson State University
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

Lamborn-Patterson **General Session #1** Rachael Steil
"Every Coach's Role in Mental Health and the 1 in 8 Athletes With Eating Disorders"

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	"RB Ball Security & Pass Protection"	Brandon Bouma; Valley City State University
Patterson	Golf	"Inside Practice Techniques"	Chris Strand; Hatton-Northwood HS
Dakota Star	Gymnastics	"Dakota Star Gymnastics - Mandan"	Greg Gulbranson & Paul Hummel; AGG
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

Gymnastics will run 1:00 to 5:00 at Dakota Star Gymnastics in Mandan

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	"Inside Zone & Power Blocking OL"	Dustin Yorek; Valley City State University
Patterson	Golf	"Technology – Big & Small"	Chris Strand; Hatton-Northwood HS
Dakota Star	Gymnastics	"Dakota Star Gymnastics - Mandan"	Greg Gulbranson & Paul Hummel; AGG
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	"A View of Demon Cross Country"	Scott Reichenberger; 2021 NHSACA COTY

Gymnastics from 4:00 to 5:00 will be Rachel Johnson Krug on taping at Dakota Star Gymnastics in Mandan

3:30 – 3:45 Visit Vendors

3:50 – 5:00

Lamborn-Patterson

General Session #2

Brent Sanford; Former ND Lieutenant Governor

Head of GROW; Bakken Oil Recruitment of Workers

"Servant Leadership in Sports, Business and Life"

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
Patterson	Baseball	"Building a Winning Culture"	Lee Milano; NHSACA COTY Finalist
Lamborn	Basketball	"Magician Basketball"	Dean Winczewski; NHSACA COTY Finalist
Sheyenne	Football	"Patriot Football"	Ron Wingenbach; NHSACA COTY Finalist
3160	Golf	"Golf Rules"	Dustin Jensen; University of Jamestown
1264	Soccer	"Marauder Soccer"	Logan Christensen; University of Mary
2130	Softball	"Jimmie Softball"	Kevin Gall; University of Jamestown
2160	Swimming	"Marauder Swimming"	Abigale Loel; University of Mary
Heart	Track & Field	"Lincoln Southwest Track & Field"	Kevin Schrad; NHSACA COTY Finalist
Cannonball	Volleyball	"Mystic Volleyball"	Kyle Kuether; Bismarck State
Grand Pacific	Wrestling	"Wrestling"	Troy Steiner; Gopher Wrestling Club
Governors	X-country	"Lincoln East HS Cross Country"	Brian Kabourek; NHSACA COTY Finalist

9:30 ROOM	SPORT	TOPIC	SPEAKER; SCHOOL
Patterson	Baseball	"Patriot Baseball"	Kent Schweigert; Bismarck Century HS
Lamborn	Basketball	"Cardinal Basketball"	Andy Braaten; NHSACA COTY Finalist
Sheyenne	Football	"New Canaan Football"	Lou Marinelli; NHSACA COTY Finalist
3160	Golf	"College Recruiting"	Dustin Jensen; University of Jamestown
1264	Soccer	"NHSACA COTY Finalist Panel Discussion"	Dan James; NHSACA Chair
2130	Softball	"Jimmie Softball"	Kevin Gall; University of Jamestown
2160	Swimming	"Marauder Swimming"	Abigale Loel; University of Mary
Heart	Track & Field	"Flagler Palm Coast HS T & F"	David Halliday; NHSACA COTY Finalist
Cannonball	Volleyball	"Mystic Volleyball"	Kyle Kuether; Bismarck State
Grand Pacific	Wrestling	"Wrestling"	Troy Steiner; Gopher Wrestling Club
Governors	X-country	"Using Daily Meet Data to Motivate"	Larry Padilla; NHSACA COTY Finalist

10:30 – 10:45 Visit Vendors

10:45-12:15

Lamborn-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	"Northern Burlington County Regional"	Dan Uszaki; NHSACA AD Finalist
Patterson	Baseball	"Baseball Pitch Count & More"	Brady Schwab; Thompson HS
Lamborn	Basketball	"NDSU Bison Basketball"	Spencer Wilker; NDSU
Sheyenne	Football	"NDSU Bison Football"	Tim Polasek; NDSU
3160	Golf	"Utilizing the STOP SLOW GO"	Paul Christianson; Barton College & Brad Strand
1264	Soccer	"Jimmie Soccer"	Nick Becker; University of Jamestown
2130	Softball	"Marauder Softball"	Amy Schmeckpeper; University of Mary
2160	Swimming	"Wolves Swimming"	Kaden Huntrods; Northern Aberdeen
Capital Racquet	Tennis	"Stroke Progressions & Drills"	Brian Pederson; USPTA Tennis Pro
Heart	Track & X-Country	"Creative Coaching Across Three Dimensions"	Rebekah Trittippoe
Cannonball	Volleyball	"Coaching the Whole Athlete"	Laurie Glass; NHSACA COTY Finalist
Grand Pacific	Wrestling	"Wrestling"	Troy Steiner; Gopher Wrestling Club

2:00 – 2:30 Visit Vendors

2:30 ROOM	SPORT	TOPIC	SPEAKER; SCHOOL
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Basketball and Wrestling will go from 2:30 to 4:00 with no break.

3130	Athletic Director	"Brighton HS Athletics"	John Thompson; NHSACA AD Finalist
Patterson	Baseball	"Baseball Arm Care and Strengthening"	Michael Lyons; NDSU
Lamborn	Basketball	"NDSU Bison Basketball"	Spencer Wilker; NDSU
Sheyenne	Football	"NDSU Bison Football"	Dan Larson; NDSU
3160	Golf	"Assessments for High School Golfers"	Dan Wolf; West Fargo Sheyenne
1264	Soccer	"Jimmie Soccer"	Nick Becker; University of Jamestown
2130	Softball	"NHSACA COTY Finalist Panel Discussion"	Cheri Ritz; NHSACA Chair
2160	Swimming	"Wolves Swimming"	Kaden Huntrods; Northern Aberdeen
Capital Racquet	Tennis	"Stroke Progressions & Drills"	Brian Pederson; USPTA Tennis Pro
Heart	Track & Field	"NDSU Bison Track & Field"	Stevie Keller; NDSU
Cannonball	Volleyball	"Handling Conflict-Managing Parents"	Laurie Glass; NHSACA COTY 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	"Dike-New Hartford HS Basketball"	Bruce Dall; NHSACA COTY Finalist
Sheyenne	Football	"NHSACA COTY Finalist Panel Discussion"	John Hoch; NHSACA Chair
3160	Golf	"Course Management"	Laif Olson; University of Mary
1264	Soccer	"Davies Soccer"	Nick Christianson; NHSACA COTY Finalist
2130	Softball	"Team Culture"	Doug Cox; NHSACA COTY Finalist
2160	Swimming	"Wolves Swimming"	Kaden Huntrods; Northern Aberdeen
Capital Racquet	Tennis	"Stroke Progressions & Drills"	Brian Pederson; USPTA Tennis Pro
Heart	Track & Field	"NDSU Bison Track & Field"	Stevie Keller; NDSU
Cannonball	Volleyball	"Culture and Mindset"	Stephanie Cleveland; NHSACA COTY Finalist
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 (Dakota Ballroom)
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
1262	Assistant Coach	"NHSACA COTY Finalist Panel Discussion"	Stephanie Potts & Dwayne Thomassee
3130	Athletic Director	"Glenwood HS Athletics"	Jeff Bissen; NHSACA AD Finalist
Patterson	Baseball	"St. Anthony Village Baseball"	Troy Urdahl; NHSACA COTY Finalist
Lamborn	Basketball	"NHSACA COTY Finalist Panel Discussion"	Jeff Halseth & Bart Smith
3160	Golf	"NHSACA COTY Finalist Panel Discussion"	Jeremy St. Aubin; NHSACA Chair
Sheyenne	Football	"Pierce HS Football"	Mark Brahmer; NHSACA COTY Finalist
1264	Soccer	"Wayzata Girls HS Soccer"	Tony Peszneker; NHSACA COTY Finalist
2130	Softball	"NHSACA COTY Finalist Panel Discussion"	Cheri Ritz; NHSACA Chair
1266	Special Sports	"NHSACA COTY Finalist Panel Discussion"	Wylene Hudson; NHSACA Chair
2160	Swimming	"Spartan Swimming"	Talia Butery; NHSACA COTY Finalist
1268	Tennis	"Oxford HS Tennis"	Louis Nash; NHSACA COTY Finalist
Heart	Track & Field	"800m Training"	Scott Christensen; NHSACA COTY Finalist
Cannonball	Volleyball	"Building a Program"	Lonnie Morken; NHSACA COTY Finalist
Grand Pacific	Wrestling	"Bismarck High Demon Wrestling"	Mark Lardy; NHSACA COTY Finalist
Governors	X-Country	"NHSACA COTY Finalist Panel Discussion"	Greg Brown & Kristin McWilliams

9:30 ROOM	SPORT	TOPIC	SPEAKER; SCHOOL
1262	Assistant Coach	"NHSACA COTY Finalist Panel Discussion"	Stephanie Potts & Dwayne Thomassee
3130	Athletic Director	"Saint Charles HS Athletics"	Scott McCready; NHSACA AD Finalist
Patterson	Baseball	"NHSACA COTY Finalist Panel Discussion"	Paul Twenge; NHSACA Chair
Lamborn	Basketball	"NHSACA COTY Finalist Panel Discussion"	Jeff Halseth & Bart Smith
3160	Golf	"NHSACA COTY Finalist Panel Discussion"	Jeremy St. Aubin; NHSACA Chair
Sheyenne	Football	"Special Teams"	Kim Nelson; NHSACA COTY Finalist
1264	Soccer	"St. Thomas Aquinas HS Soccer"	John Walsh; NHSACA COTY Finalist
2130	Softball	"Squirrels Softball"	Scott Kost; NHSACA COTY Finalist
1266	Special Sports	"NHSACA COTY Finalist Panel Discussion"	Wylene Hudson; NHSACA Chair
2160	Swimming	"Livonia Stevenson HS Swimming"	Greg Phil; NHSACA COTY Finalist
1268	Tennis	"NHSACA COTY Finalist Panel Discussion"	Louis Nash; NHSACA Chair
Heart	Track & Field	"Sprint Relays"	Tim Daggett; NHSACA COTY Finalist
Cannonball	Volleyball	"Huntley HS Volleyball"	Iona Stookey; NHSACA COTY Finalist
Grand Pacific	Wrestling	"Flathead HS Wrestling"	Jeff Thompson; NHSACA COTY Finalist
Governors	X-Country	"NHSACA COTY Finalist Panel Discussion"	Greg Brown & Kristin McWilliams

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

Lamborn-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
1262	Assistant Coach	"NHSACA COTY Finalist Panel Discussion"	Stephanie Potts & Dwayne Thomassee
3130	Athletic Director	"NHSACA AD Finalist Panel Discussion"	Joe Brown; NHSACA Chair
Patterson	Baseball	"NHSACA COTY Finalist Panel Discussion"	Paul Twenge; NHSACA Chair
Lamborn	Basketball	"Bellevue West HS Basketball"	Doug Woodard; NHSACA COTY Finalist
3160	Golf	"NHSACA COTY Finalist Panel Discussion"	Jeremy St. Aubin; NHSACA Chair
Sheyenne	Football	"NHSACA COTY Finalist Panel Discussion"	John Hoch; NHSACA Chair
1264	Soccer	"NHSACA COTY Finalist Panel Discussion"	Dan James; NHSACA Chair
2130	Softball	"NHSACA COTY Finalist Panel Discussion"	Cheri Ritz; NHSACA Chair
1266	Special Sports	"NHSACA COTY Finalist Panel Discussion"	Wylene Hudson; NHSACA Chair
2160	Swimming	"NHSACA COTY Finalist Panel Discussion"	Jake Solper; NHSACA Chair
1268	Tennis	"NHSACA COTY Finalist Panel Discussion"	Louis Nash; NHSACA Chair
Heart	Track & Field	"NHSACA COTY Finalist Panel Discussion"	Steve Porter & Bill Weber
Cannonball	Volleyball	"NHSACA COTY Finalist Panel Discussion"	Jean LeClair; NHSACA Chair
Grand Pacific	Wrestling	"NHSACA COTY Finalist Panel Discussion"	Jeff Hill; NHSACA Chair
Governors	X-Country	"Perham HS Cross Country"	Jeff Morris; NHSACA COTY Finalist

2:00– 2:30 Visit Vendors

2:30-3:15 (Last session must be done by 3:15)

ROOM	SPORT	TOPIC	SPEAKER; SCHOOL
Lamborn	Basketball	"NHSACA COTY Finalist Panel Discussion"	Jeff Halseth & Bart Smith
3160	Golf	"NHSACA COTY Finalist Panel Discussion"	Jeremy St. Aubin; NHSACA Chair
Sheyenne	Football	"NHSACA COTY Finalist Panel Discussion"	John Hoch; NHSACA Chair
1264	Soccer	"NHSACA COTY Finalist Panel Discussion"	Dan James; NHSACA Chair
2130	Softball	"NHSACA COTY Finalist Panel Discussion"	Cheri Ritz; NHSACA Chair
2160	Swimming	"NHSACA COTY Finalist Panel Discussion"	Jake Solper; NHSACA Chair
1268	Tennis	"NHSACA COTY Finalist Panel Discussion"	Louis Nash; NHSACA Chair
Heart	Track & Field	"NHSACA COTY Finalist Panel Discussion"	Steve Porter & Bill Weber
Cannonball	Volleyball	"NHSACA COTY Finalist Panel Discussion"	Jean LeClair; NHSACA Chair
Governors	X-Country	"NHSACA COTY Finalist Panel Discussion"	Greg Brown & Kristin McWilliams

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	“Relationship between Mental Health & Athletics”	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	“Demon Wrestling”	Jeff Schumacher; Bismarck HS

9:30 ROOM	SPORT	TOPIC	SPEAKER; SCHOOL
Patterson	Baseball	“Midget Baseball”	Pete Dobitz; Dickinson HS
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	“Miner Softball”	Trevor Yetterboe; Wilton-Wing
2160	Swimming	“Magician Diving”	Barb McPeak; Minot HS
Heart	Track & Field	“Bulldog Track & Field”	Jon Jahner; Bowman County HS
Cannonball	Volleyball	“Statistic Round Table”	Jamie Zastoupil; Bismarck Century HS
Grand Pacific	Wrestling	“NDHSCA Advisory Committee Review & Planning”	Mark Lardy; Bismarck HS

10:45 NDHSCA Annual Business Meeting Lamborn-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	“Round Table Discussion”	Dewitt Mack; Mandan HS
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	“Round Table Discussion”	Gerard Cederstrom; Minot HS
2160	Swimming	“NDHSCA Advisory Committee Review & Planning”	Thomas Wheeling; Bismarck Legacy HS



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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	"Track Wrestling"	Mandy Antony; Track Wrestling
Governors	X-Country	"NDHSCA Advisory Committee Review & Planning"	Nathan Horgeshimer; Killdeer HS

2:00 ROOM	SPORT	TOPIC	SPEAKER; SCHOOL
Patterson	Baseball	"Round Table Discussion"	Dewitt Mack; Mandan HS
Lamborn	Basketball	"Roughrider Basketball"	Kent Ripplinger; Grand Forks Red River HS
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	"Round Table Discussion"	Gerard Cederstrom; Minot HS
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	"Track Wrestling II"	Mandy Antony; Track Wrestling

3:00 ROOM	SPORT	TOPIC	SPEAKER; SCHOOL
Lamborn	Basketball	"Patriot Basketball"	Keenan Konschak; May-Port CG
Sheyenne	Football	"Magician Football"	Chauncy Hendershot; Minot HS
3160	Golf	"Drills – Share your Favorite Golf Drills"	Jeremy St. Aubin; South Border
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 (Lamborn-Patterson)

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

Friday, June 28

7:30 – 10:00

NDHSCA Executive Board Meeting (Governors Room)