



2026 NDHSCA COACHES CONVENTION SCHEDULE



Mandan Baymont Inn & Suites Convention Center

Monday, July 27

7:30 AM - 2:30 PM Registration Desk Open

REGISTRATION for Monday's Seminars

\$15.00 Extra Charge for CPR, AED, First Aid Recertification

MUST BE COMPLETE BEFORE 7:30 am

8:00 AM Nautilus/Cutty College Credit Registration, Dr. Brad Strand; NDSU

8:30-4:00 Convention Exhibit Hall Open

8:30 Coaching Seminars

Nautilus/Cutty	Special Topics	"Sports Related Concussions I"	Jeff Chambers; Assist Trainer, Michigan Panthers
Santa Maria	CPR/AED	"CPR, AED, First Aid Recertification – Attend 1"	Christa Kovarik; Garrison, ND

9:30 Coaching Seminars

Nautilus/Cutty	Special Topics	"Sports Related Concussions II"	Jeff Chambers; Assist Trainer, Michigan Panthers
Santa Maria	CPR/AED	"CPR, AED, First Aid Recertification – Attend 1"	Christa Kovarik; Garrison, ND

10:30 – 10:45 Visit Exhibits

10:45 Coaching Seminars

Nautilus/Cutty	Special Topics	"Nutritional Benefits of Beef"	Bridget Bullinger; ND Beef Commission
Santa Maria	CPR/AED	"CPR, AED, First Aid Recertification – Attend 1"	Christa Kovarik; Garrison, ND

11:45- 1:15 Pier 7 Seminar Luncheon (provided by NDHSCA)
Luncheon Speaker "The Invisible Opponent: Mental Health/Suicide in Athletes"
Coach David Martin Jason Foundation

1:15- 2:15 Pier 7 General Session Speakers
"Where Joy Meets Drive: Balancing Discipline & Fun in HS Athletics"
Matt and Cadence Fetsch, NDHSAA

2:15-2:30 Visit Exhibits

2:30 ROOM	SPORT	TOPIC	SPEAKER; SCHOOL
Nautilus	Basketball	"Beaver Basketball"	Randall Herbst; Minot State University
Executive II	Football	"Blue Hawk Football"	Pete Stanton; Dickinson State University
Pebble Creek	Golf	TBA	
Executive I	Track & Field	"Benson County Distance Training"	Bobby Hoffner; Benson County
Red Trail Elem	Volleyball	"Blue Hawk Volleyball"	Stormy Siemion; Dickinson State University

3:30-3:50 Visit Exhibits



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Monday, July 27 (Continued)

3:50 ROOM	SPORT	TOPIC	SPEAKER; SCHOOL
Nautilus	Basketball	"Beaver Basketball"	Randall Herbst; Minot State University
Executive II	Football	"Blue Hawk Football"	Pete Stanton; Dickinson State University
Pebble Creek	Golf	"Club Fitting"	Gehrig Geiss; DJGA
Executive I	Track & Field	"Triple Jump"	Shayne Wittkopp; Dickinson State University
Red Trail Elem	Volleyball	"Blue Hawk Volleyball"	Stormy Siemion; Dickinson State University
Embassy	X-Country	"Beaver Cross Country"	Steven Schultz; Minot State University

4:50 ROOM	SPORT	TOPIC	SPEAKER; SCHOOL
Nautilus	Basketball	"Saber Basketball"	Jim Petrik; Bismarck Legacy HS
Executive II	Football	"Blue Hawk Football"	Pete Stanton; Dickinson State University
Pebble Creek	Golf	"Club Fitting"	Gehrig Geiss; DJGA
Executive I	Track & Field	"Long Jump"	Shayne Wittkopp; Dickinson State University
Red Trail Elem	Volleyball	"Bulldog Volleyball"	Jerlyn Gabrielson; Flasher HS
Embassy	X-Country	"Beaver Cross Country"	Steven Schultz; Minot State University

**6:00-7:00 Coaches Collaboration Social sponsored by TeamUp
Appetizers, Refreshments, and Open Bar
Restaurant**

Tuesday, July 28

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

**Special Note: All Coaches are urged to attend sport specific "Advisory Review and Planning" Sessions!
Wrestling Sessions will start at 8:00 AM in the Santa Maria today!**

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

8:30-4:00 Convention Exhibit Hall Open

8:30 ROOM	SPORT	TOPIC	SPEAKER; SCHOOL
Red Trail Elem	Basketball	"Defensive Drills to Make Your Team Better"	Darin Mattern; Bismarck Century HS
Executive II	Football	"Marauder Football"	Shann Schillinger; University of Mary
Pebble Creek	Golf	"Golf Instruction"	Regan Brown; DJGA
Ambassador	Softball/Baseball	"Jimmie Softball"	Kevin Gall; University of Jamestown
Board Room	Swim & Dive	"Coaching Smarter in a Short Season"	Thomas Wheeling; Bismarck Legacy HS
Executive I	Track & Field	"Sprint Starts"	Cale Korbelik; University of Mary
Cutty Sark	Volleyball	"Training Repeatable Setters!"	Lauren Prochazka; SD School of Mines
Santa Maria	Wrestling	"Scholastic Leadership Academy"	Jim Beichner; NWCA

9:25-9:45 Visit Exhibits

9:45 ROOM	SPORT	TOPIC	SPEAKER; SCHOOL
Red Trail Elem	Basketball	"Offensive Drills to Make Your Team Better"	Darin Mattern; Bismarck Century HS
Executive II	Football	"Marauder Football"	Shann Schillinger; University of Mary
Pebble Creek	Golf	"Golf Instruction"	Regan Brown; DJGA
Ambassador	Softball/Baseball	"Jimmie Softball"	Kevin Gall; University of Jamestown
Board Room	Swim & Dive	"Balancing Mental Strength & Physical Ready"	Spencer Wheeling & Mikayla Brackin; Bismarck Century HS
Executive I	Track & Field	"100/110 Hurdles"	Cale Korbelik; University of Mary
Cutty Sark	Volleyball	"Creating Competitive Practices"	Lauren Prochazka; SD School of Mines
Santa Maria	Wrestling	"Scholastic Leadership Academy"	Jim Beichner; NWCA
Embassy	X-Country	"Blue Hawk Cross Country"	Thomas Schwarz; Dickinson State University

10:40-11:00 Visit Exhibits



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11:00 ROOMSPORT	TOPIC	SPEAKER; SCHOOL
Nautilus	Basketball	"Beaver Basketball" Ryan Clark; Minot State University
Executive II	Football	"Marauder Football" Shann Schillinger; University of Mary
Pebble Creek	Golf	"Golf Instruction" Regan Brown; DJGA
Ambassador	Baseball/Softball	"Squirrel Softball" Scott Kost; Central Cass HS
Board Room	Swim & Dive	"Braves Swimming" Claudia Schoellkopf; Mandan HS
Executive I	Track & Field	"Javelin" Justin Miller; Bismarck Century HS
Cutty Sark	Volleyball	"Serving and Passing" Lauren Prochazka; SD School of Mines
Santa Maria	Wrestling	"Scholastic Leadership Academy" Jim Beichner; NWCA
Embassy	X-Country	"Blue Hawk Cross Country" Thomas Schwarz; Dickinson State University

12:00 - 1:30 Pier 7 Seminar Luncheon (provided by NDHSCA)
Luncheon Speaker Ted Schultz; AD, Minnetonka HS, MN Sponsored by FCA

1:30 ROOM	SPORT	TOPIC	SPEAKER; SCHOOL
Nautilus	Basketball	"Beaver Basketball"	Ryan Clark; Minot State University
Executive II	Football	"Sentinels Football"	Jacob Holmen; Minot North HS
Lounge (Hotel)	Golf	TBA	
Ambassador	Softball/Baseball	TBA	
Board Room	Swim & Dive	"Importance of Dryland & Cross Training"	McKenzie Steckler; Bismarck Century HS
Executive I	Track & Field	"Shot Put"	Justin Miller; Bismarck Century HS
Cutty Sark	Volleyball	"Resilience Through Injury"	Erica Moen; Des Lacs-Burlington HS
Santa Maria	Wrestling	"Maverick Wrestling"	Jeremiah Hayes; Dickinson HS
Embassy	X-Country	"Roughriders Cross Country"	Nathan Stamstad; Southern McLean

2:25-2:45 Visit Exhibits

2:45 General Session Peir 7
"Peak Performance with 3CT" Dr. Brad Strand

3:45-4:00 Visit Exhibits

4:00 ROOM	SPORT	TOPIC	SPEAKER; SCHOOL
Ambassador	Baseball/Softball	"Magician Baseball"	Pete Stenberg; Minot HS
Nautilus	Basketball	"Firebird Basketball"	Dustin Brodina; Devils Lake HS
Executive II	Football	"Wildcat offense- 3rd and 4th Down"	Mark Kennedy; NDSCS
Lounge (Hotel)	Golf	"Cougar Golf"	Kirby Robb; Heart River
Board Room	Swim & Dive	"Sentinels Swimming"	Peyton Huss; Minot North HS
Executive I	Track & Field	"Discus"	Larry Walker; Bismarck Century HS
Cutty Sark	Volleyball	"Braves Volleyball"	Anna Folk; Mandan HS
Santa Maria	Wrestling	"Demon Wrestling"	Austin Eichmann; Bismarck HS

Last Session finishes at 5:00

6:00-10:00 Coaches Collaboration Social Pier 7
Taco Bar with a Cash Bar – Horse Races
Sponsored by NDHSCA and Game One



2026 NDHSCA COACHES CONVENTION SCHEDULE



Mandan Baymont Inn & Suites Convention Center

Wednesday, July 29

7:30-2:30 am Registration Desk Open Holiday Inn Atrium

Special Note: All Tennis Sessions on Thursday will be held at Mandan Tennis Center following the 8:30 AM session! Time will be 9:45 AM to 2:00 PM.

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

8:30 ROOM	SPORT	TOPIC	SPEAKER; SCHOOL
Ambassador	Baseball/Softball	"From Panic to Poise: Help Athletes Control Nerves"	Dr. Alana Semchenko; Bismarck
Nautilus	Basketball	"Jimmie Basketball"	Thad Sankey; University of Jamestown
Executive II	Football	"Wildcat defense- covering space"	Mark Kennedy; NDSCS
Lounge	Golf	NDHSCA Advisory Committee Review & Planning	Justin Fletschock; NDHSAA
Ambassador	Gymnastics	"From Panic to Poise: Help Athletes Control Nerves"	Dr. Alana Semchenko; Bismarck
Ambassador	Soccer	"From Panic to Poise: Help Athletes Control Nerves"	Dr. Alana Semchenko; Bismarck
Board Room	Swim & Dive	"Marauders Swimming"	Abigail Loel; University of Mary
Restaurant	Tennis	NDHSCA Advisory Committee Review & Planning	Paul Christen; Mandan HS
Executive I	Track & Field	"Titan Track & Field"	Tim Baustian; Dickinson Trinity HS
Cutty Sark	Volleyball	NDHSCA Advisory Committee Review & Planning	Kevin Morast; NDHSAA
Santa Maria	Wrestling	"Marauder Wrestling"	Adam Aho; University of Mary

9:30-9:40 Break

Tennis Sessions at ?? from 9:45 AM to 1:45 PM

9:40 ROOM	SPORT	TOPIC	SPEAKER; SCHOOL
Ambassador	Baseball/Softball	"Coaching the Mental Game: Tools to Help Kids"	Dr. Alana Semchenko; Bismarck
Nautilus	Basketball	"Jimmie Basketball"	Thad Sankey; University of Jamestown
Executive II	Football	NDHSCA Advisory Committee Review & Planning	Justin Fletschock; NDHSAA
Lounge	Golf	"Round Table Discussion"	Jeremy St. Aubin; South Border
Ambassador	Gymnastics	"Coaching the Mental Game: Tools to Help Kids"	Dr. Alana Semchenko; Bismarck
Ambassador	Soccer	"Coaching the Mental Game: Tools to Help Kids"	Dr. Alana Semchenko; Bismarck
Board Room	Swim & Dive	"Marauders Swimming"	Abigail Loel; University of Mary
Mandan Tennis	Tennis	"Practice Efficiency – Consider It"	Erik Porter; University of Mary
Executive I	Track & Field	NDHSCA Advisory Committee Review & Planning	Kevin Morast; NDHSAA
Cutty Sark	Volleyball	"Titan Volleyball"	Breanna Sisson; Dickinson Trinity HS
Santa Maria	Wrestling	"Marauder Wrestling"	Adam Aho; University of Mary

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

12:05 Restaurant NDHSCA Hall of Fame Luncheon for Inductees (Past Presidents, Past Inductees & Executive Committee are invited to attend)

1:00 ROOM	SPORT	TOPIC	SPEAKER; SCHOOL
Ambassador	Baseball/Softball	"Patriot Baseball"	Kent Schweigert; Bismarck Century HS
Nautilus	Basketball	NDHSCA Advisory Committee Review & Planning	Justin Fletschock; NDHSAA
Executive II	Football	"Braves Football"	Zach Keller; Bottineau HS
Pebble Creek	Golf	"PGA Golf Rules"	Kristi Egnot; PGA Professional
Dakota Star	Gymnastics	TBA	Rachel Johnson-Krug ; Bismarck Schools
Embassy	Soccer	"Speed of Play/Player Development"	Logan Christensen; University of Mary
Board Room	Swim & Dive	NDHSCA Advisory Committee Review & Planning	Kevin Morast; NDHSAA
Mandan Tennis	Tennis	"Experimental Practice Activities"	Erik Porter; University of Mary
Executive I	Track & Field	"Pole Vault"	Tom Temple; Glendive, MT HS
Cutty Sark	Volleyball	"Magician Volleyball"	Jesse Goertzen; Minot HS
Santa Maria	Wrestling	"Blue Hawk Wrestling"	Tyson Springer; Dickinson State University



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Mandan Baymont Inn & Suites Convention Center

1:55-2:00 Break

2:00 ROOM	SPORT	TOPIC	SPEAKER; SCHOOL
Ambassador	Baseball/Softball	"Demon Baseball"	Scott Kinnischtzke; Bismarck HS
Nautilus	Basketball	"Motion Offense Concepts"	Derek Selvig; Dickinson State University
Executive II	Football	"Davies Football Culture"	Wayne Werremeyer; Fargo Davies HS
Pebble Creek	Golf	"PGA Golf Rules"	Kristi Egnot; PGA Professional
Dakota Star	Gymnastics	TBA	Rachel Johnson-Krug ; Bismarck Schools
Embassy	Soccer	NDHSCA Advisory Committee Review & Planning	Justin Fletschock; NDHSAA
Board Room	Swim & Dive	"Packer Swimming"	Matt Stinar; West Fargo HS
Executive I	Track & Field	"High Jump"	Tom Temple; Glendive, MT HS
Cutty Sark	Volleyball	"Hi-liner Volleyball"	Cynthia Klabo; Valley City HS
Santa Maria	Wrestling	"Blue Hawk Wrestling"	Tyson Springer; Dickinson State University
Restaurant	X-Country	NDHSCA Advisory Committee Review & Planning	Kevin Morast; NDHSAA

2:55-3:00 Break

3:00 ROOM	SPORT	TOPIC	SPEAKER; SCHOOL
Ambassador	Baseball	NDHSCA Advisory Committee Review & Planning	Justin Fletschock; NDHSAA
Nautilus	Basketball	"Defensive Scout Prep"	Derek Selvig; Dickinson State University
Executive II	Football	"Firebird Football Culture"	Todd Lambrecht; Devils Lake HS
Pebble Creek	Golf	"Golf Techniques"	Parker Bartels; Minot Youth Golf Director
Dakota Star	Gymnastics	TBA	Rachel Johnson-Krug ; Bismarck Schools
Embassy	Soccer	"Recruiting/Program Building"	Logan Christensen; University of Mary
Ambassador	Softball	NDHSCA Advisory Committee Review & Planning	Justin Fletschock; NDHSAA
Board Room	Swim & Dive	"Round Table Discussion"	Jake Solper; Minot HS
Executive I	Track & Field	"Recruiting Process"	Erik Stevens; Minot State University
Cutty Sark	Volleyball	"Youth to Varsity: Creating Continuity"	Dana Stansbery; Central Cass HS
Santa Maria	Wrestling	NDHSCA Advisory Committee Review & Planning	Kevin Morast; NDHSAA

4:00 ROOM	SPORT	TOPIC	SPEAKER; SCHOOL
Ambassador	Softball/Baseball	"Round Table Discussion"	Trevor Yetterboe; Wilton HS
Nautilus	Basketball	"Magician Basketball"	Jason Schwarz; Minot HS
Executive II	Football	"Developing HS Quarterbacks"	Nick Walker; Killdeer HS
Pebble Creek	Golf	"Golf Techniques"	Parker Bartels; Minot Youth Golf Director
Dakota Star	Gymnastics	TBA	Rachel Johnson-Krug ; Bismarck Schools
Embassy	Soccer	"Round Table Discussion"	Matt Pfau; Minot HS
Board Room	Swim & Dive	"Round Table Discussion"	Jake Solper; Minot HS
Executive I	Track & Field	"800m Training"	Erik Stevens; Minot State University
Cutty Sark	Volleyball	"Jaguar Volleyball"	Nicholas Theis; Northern Cass HS
Santa Maria	Wrestling	"Round Table Discussion"	Travis Lemar; Central Cass HS

Last session finishes at 4:45

5:15-6:00 NDHSCA AWARDS BANQUET RECEPTION

6:00 NDHSCA Hall of Fame & COTY Banquet