2012 NHSACA ANNUAL MEETING/NDHSCA COACHES’ CONVENTION

Fargo Holiday Inn and Conference Center

PAYMENT OF REGISTRATION FEE (whether NDHSCA fee or NHSACA fee) WILL ALLOW ADMISSION TO ALL SESSIONS! NDHSCA FEE includes NDHSCA Awards Banquet; NHSACA Food Functions require separately purchased tickets.

Saturday; July 21st (all Saturday & Sunday sessions will be held in the Frontier Room):

7:30 – 8:30 REGISTRATION: Holiday Inn Press Room Foyer
8:30 – 8:50 College Credit Registration; Virg Polak in Frontier Room
9:00 – 10:15 NHSACA Seminar Session # 1
Dr. Mark Carlson, MD; “Concussion Management/Protocol”
10:00 - Noon NHSACA Executive Committee Meeting in Club II
10:20 – 11:15 NHSACA Seminar Session # 2
Randy Martin; Sanford Health System—“Conditioning”
11:20 – 12:15 NHSACA Seminar Session # 3
Jason Borud; Sanford Health System—“Physical Therapy”
12:15 – 1:15 NHSACA Luncheon Seminar Session # 4
Lisa Wojahn; Sanford Health System—“Nutrition”
1:30 – 2:25 NHSACA Seminar Session # 5
Judy Reese; Sanford Health System—“Dermatology”
2:30 – 3:25 NHSACA Seminar Session # 6
Brad Reed; Sanford Health System—“Taping/First Aid (Care and Prevention)”
3:30 – 4:25 NHSACA Seminar Session # 7
Todd Olson; Fargo Public Schools Activities Director—“Education Based Athletics”
4:30 – 5:25 NHSACA Seminar Session # 8
Randy Nelson; Fargo Shanley HS Activities Director—“Communication Strategies:
5:30 – 7:00 Dinner on your own
7:00 – 9:30 NHSACA Seminar Session # 9
Ed Lockwood, CMAA; Fargo Public Schools Activities Director—“Fourteen Legal Duties of Coaches”

Sunday; July 22, 2012:

7:30 – 9:30 REGISTRATION: Holiday Inn Press Room Foyer
9:00 – 9:55 NHSACA Seminar Session # 10
Todd Olson; Fargo Public Schools Activities Director—“AD/Coaches’ Relationships”
10:00 – 11:55 NHSACA Seminar Session # 11
Curt Jones, CMAA; West Fargo Public Schools and Ed Lockwood, CMAA; Fargo Public Schools Activities Director—“Events Management”
10:00 – Noon NHSACA Executive Committee Meeting in Club II
Noon – 1:15 NHSACA Seminar Session # 12
North Dakota Athletic Directors’ Panel Discussion; “TTBD”
Noon - 2:30 NDHSCA Executive Committee Meeting in Prairie Room
Noon – 2:30 REGISTRATION: Holiday Inn Press Room Foyer
1:15 – 2:10 NHSACA Seminar Session # 13
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Ed Lockwood, CMAA; Fargo Public Schools Activities Director—“Decision-Making and Leadership Styles”

1:00 – 2:00  NHSACA Awards Committee meets in Press Room

2:15 – 3:15  NHSACA Seminar Session # 14
Troy Cody, CAA; Fargo North HS Activities Coordinator—“Dealing with Challenging Personalities”

2:00 - 5:00  NHSACA Board of Directors’ Meeting Session # 1 in Club Room III

2:15 – 3:00  NHSACA Group “A” Standing Committees meet

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<thead>
<tr>
<th>Committee</th>
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<tbody>
<tr>
<td>Awards Committee</td>
<td>Press Room</td>
<td>Hall of Fame</td>
<td>Mezzanine II</td>
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<tr>
<td>Budget &amp; Finance</td>
<td>Club Room I</td>
<td>Profess Education/Growth &amp; Development</td>
<td>Mezzanine III</td>
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<tr>
<td>Nominations &amp; Credentials</td>
<td>Club Room II</td>
<td>Publications/Media Relations</td>
<td>Mezzanine IV</td>
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<tr>
<td>State Associations</td>
<td>Mezzanine I</td>
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4:15 – 5:00  NHSACA Group “B” Standing Committees meet

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<th>Committee</th>
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<tbody>
<tr>
<td>Annual Meeting</td>
<td>Club Room I</td>
<td>National Office</td>
<td>Mezzanine II</td>
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<tr>
<td>Charter &amp; By-Laws</td>
<td>Club Room II</td>
<td>Corporate Sponsorship/Sports Competition</td>
<td>Mezzanine III</td>
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<tr>
<td>Ethics &amp; Resolutions</td>
<td>Mezzanine I</td>
<td>Special Projects</td>
<td>Mezzanine IV</td>
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3:15 – 4:10  NHSACA Seminar Session # 15
Troy Cody, CAA; Fargo North HS Activities Coordinator—“Dealing with Challenging Personalities”

4:00 - 6:00  NDHSCA Exhibitor Setup in Exhibit Hall-Royale Room

4:15 – 5:15  NHSACA Seminar Session # 16
Pete Moe; Washburn HS—“Coaching Athletes for Life, Not Just for a Season”

6:00 - 10:00 NHSACA Board of Directors’ Tailgate Party and Activities on Pool Patio

Monday; July 23, 2012:

7:00 - 8:30  NHSACA Board of Directors’ Meeting Session # 2 in Club Room III

7:30 – Noon  REGISTRATION: Holiday Inn Press Room Foyer

8:30 - 9:00  Past-Presidents’ Meeting with Virg Polak

All Meetings will be held in the same rooms throughout the week:

<table>
<thead>
<tr>
<th>Room</th>
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<tbody>
<tr>
<td>Sterling (Great Hall)</td>
<td>General Session</td>
<td>Directors’ Room (Harvest Hall)</td>
<td>Boys’ T &amp; F</td>
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<tr>
<td>Crowne (Great Hall)</td>
<td>Football</td>
<td>Conference Room (Harvest Hall)</td>
<td>Girls’ T &amp; F</td>
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<tr>
<td>Royale (Great Hall)</td>
<td>Exhibits</td>
<td>Pool Patio</td>
<td>Wrestling</td>
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<tr>
<td>Embassy (Great Hall)</td>
<td>Volleyball</td>
<td>Club Room I (Galleria)</td>
<td>Soccer</td>
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<tr>
<td>Prairie Room (Dakota Hall)</td>
<td>Cross-Country</td>
<td>Club Room II (Galleria)</td>
<td>Special Sports</td>
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<tr>
<td>Frontier Room (Dakota Hall)</td>
<td>Swimming</td>
<td>Club Room III</td>
<td>Assistant COTY</td>
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<td>AD &amp; Exec Sec</td>
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<td>Executive Room (Harvest Hall)</td>
<td>Boys’ Basketball</td>
<td>Mezzanine Suite II</td>
<td>Baseball</td>
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<td>Board Room (Harvest Hall)</td>
<td>Girls’ Basketball</td>
<td>Mezzanine Suite III</td>
<td>Softball</td>
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<td>Mezzanine Suite IV</td>
<td>Tennis</td>
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8:30 - 10:00  Sports Specific Coaches’ Session # 1

Assistant Coaches-Boys’ & Girls’  Don Lyle; Vinton-Shellsburg, IA-“Expectations of an Assistant”
                            Deb DeMoe; Thompson, ND-“Finishing Strong”
Athletic Director        Jim Dorman; Sioux Falls, SD-“Organizational Skills”
                            Michael Roy; Vicksburg, MI-“Hiring and Selection Processes for Coaches”
Baseball                 Scott Berry; Mayville State University (ND)-“Offensive and Defensive Drills”
Basketball-Boys’ & Girls’ James Drake; Winner, SD-“Warrior Dozen; 15 Important Areas in Basketball”
                            Robert Fredericks; Scottsdale, AZ-“Character Development; Sneaking Conditioning into Practice”
Cross-Country-Boys’ & Girls’  Mark Garber; Centerville, MT-“Rural Cross-Country in Montana”
                            Chris Bacich; New Milford, CT-“Team Construction: The Social Dynamics”
Football                 Rod Oksendahl; Fargo Shanley (ND) HS-“Multiple Fronts from a 40 Defense”
Golf                     Kathy Berglund; Hazen, ND-“Hazen HS Golf”
                            Michael Cardin; Ottumwa, IA-“The Bulldog Golf Program”
Soccer                   Mike Bisenius; Grand Forks Red River (ND) HS & Bill Butterfield; Dickinson (ND) HS & Fred Mueller; Bishop Ryan (ND) HS-“Round Table Discussion on ‘Teaching Favorite Drills’”
Softball                 Ryan Purdy; University of Minnesota-“Season Planning”
                            Jason Thiner & Vic Youngs; Fargo South (ND) HS-“Sharing Tennis Ideas from North Dakota”
Special Sports
Swimming & Diving        Thomas Jacobs; Cheshire, CT-“Training HS Distance Runners”
                            Barbara Hedden; Cheshire, CT-“Lessons of the 400 Meters”
Tennis                   Deb Thill; Mitchell, SD-“Kernel Responsibilities & Expectations”
                            Jessica Nichols; Bismarck (ND) HS-“Backwards Approach”
                            Jeffrey Schumacher; Bismarck, ND-“A Communication Model of a HS Wrestling Program”
                            Todd Cheney; Heartland (MI) HS-“Building a Program/Peak at the Right Time”
Wrestling                Virg Polak; Watertown, SD-“The Little Things”
                            John Hutchison; Northwood, ND-“Handy Athletic Director Forms”

10:05 – 10:25  NHSACA College Credit Registration in Frontier Room; Virg Polak
10:05 – 10:25  NDHSCA College Credit Registration in Prairie Room; Dr. Isrow and Gelaine Orvik
10:00 - 10:30 Visit Exhibits
10:30 - Noon NHSACA General Session # I in Great Hall-Sterling Room

Welcome: Dennis Walaker, Mayor of Fargo  
Speaker: Drew Wrigley, North Dakota Lt. Governor

Noon - 1:00 NDHSCA Executive Committee Meeting in Frontier Room
Noon - 1:00 Visit Exhibits & Lunch Break
1:00 - 2:30 Sports Specific Coaches’ Session # 2

Assistant Coaches-Boys’ & Girls’  Virg Polak; Watertown, SD-“The Little Things”
Athletic Director                John Hutchison; Northwood, ND-“Handy Athletic Director Forms”
Pete Moe; Washburn HS (ND) “Helping your Coaches See the Big Picture of High School Athletics”

**Baseball**

Tom Hager; Jamestown (ND) College “Bunting and Base Running”

**Basketball-Boys’ & Girls’**

Todd Borrison; Altoona, IA “Pressing Package”
Jerry Walker; Fort Gibson, OK “Out of Bounds & Special Set Plays vs. Zone/Set Plays vs. Junk Defenses”

**Cross-Country-Boys’ & Girls’**

Michael Smith; Saline, MI “Off-Season Training: Saline’s Program Commitment”
David Riden; Deer Creek, OK “Deer Creek Cross-Country: A Tradition of Character & Excellence”
Arleigh Duff; Nonnewaug, CT “Nonnewaug’s East Coast Cross-Country Philosophy”

**Football**

James Unruh; Carthage, IL “25 Years of X’s and O’s”
Arlin Likness; Yankton, SD “Going from Double Wing to Passing Game”

**Golf**

Michael Lepore; Cheyenne, WY “Coaching Philosophy & Practice Techniques”
Ricky Davis; Green County, KY “Coaching Philosophy & Practice Techniques”

**Soccer**

Aaron Kliniske; Fargo North (ND) HS “What Drives Your Coaching and How Do You Define Success”
Neva Hamre; Enderlin/Maple Valley (ND) HS “Coaching with Drama” and “Building a Program from the First Day Ever to a State Championship”

**Special Sports**

Lynn Gudmundson; Deuel, SD “Strength Training and Conditioning in Gymnastics”
Lyndsey Smith; Choctaw, OK “Social Networking Issues and Character Building”

**Swimming & Diving**

Ryan Purdy; University of Minnesota “The Gopher Way (Drills and Ideas)”

**Tennis**

Paul Christen; Mandan (ND) HS & Scott DeLorme; Minot (ND) HS “Preparation Drills for a Championship Season”

**Track & Field-Boys’ & Girls’**

Robert Gunderson; Polson, MT “Maintaining a Competitive Track & Field Program”
Terry Dosch; Aberdeen Roncalli, SD “Program Organization at a Smaller High School”

**Volleyball**

Kelli Lopez; NDSU “Specific Drills and Strength for Volleyball Specific”
Sherry Carlson; Minot Our Redeemer’s (ND) HS “Winning the Statistics Game”

**Wrestling**

Manny Rivera; North Dakota State University “NDSU Wrestling”

2:30 - 3:00 Visit Exhibits

3:00 – 4:30 NHSACA Executive Committee Meeting in **Club II**

3:00 - 4:30 Sports Specific Coaches’ Session # 3

Assistant Coaches-Boys’ & Girls’

Tim Delmore; Grand Forks (ND) Red River HS “The Role of the Assistant Coach, Including Reducing Stress for Athletes”
Tim Tandeski; Grand Forks (ND) Red River HS “The Role of the Assistant Coach, Including Motivating & Peaking Athletes”
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Athletic Director
Troy Cody; Fargo North HS (ND)-“Setting Coaches up for Success”

Baseball
Greg Salavold; Moorhead (MN) HS & Chris Coste; Concordia College-“Adjusting to Differences in High School and College Baseball”

Basketball-Boys’ & Girls’
Gregg Grinsteinner; Dickinson, ND-“Zone Offense and Philosophy”

Cross-Country-Boys’ & Girls’
Rickey Baker; Hopi, AZ-“The Hopi Culture Way”

Football
Dan Imkieke & Paul Keeney; Linton (ND) HS-“The Evolution of the Lions’ Eagle Defense”

Golf
Jim Craven; Citadel (SC)-“USGA Golf Rules”

Soccer
Gregg Grinsteinner; Dickinson, ND-“Zone Offense and Philosophy”

Softball
Rich Hamilton; Red Mountain, AZ-“Practice Management-Incorporating the Junior Varsity”

Special Sports
Swimming & Diving
Connie Dean; Fort Gibson, OK-“If You Build It, They Will Come”

Tennis
Erik Hanson; Bismarck (ND) HS & Scott McPherson; Century (ND) HS-“Snow Does Not Stop ND Tennis”

Track & Field-Boys’ & Girls’
William Jansen; Rugby, ND-“Honoring the Past/Team Base Training”

Volleyball
Bridget Stowers; Central Cass (ND) HS-“Strength & Cardio-Vascular Development for VB”

Wrestling
Kayle Dangerud; West Fargo (ND) HS-“Unique Packer Drills and Combinations”

5:30 - 6:30 NHSACA BOD & COTY Finalists & NDHSCA Executive Board: Cash-Bar & Social

Tuesday; July 24, 2012:

7:00 - 7:55 NHSACA Board of Directors’ Meeting Session # 3 in Club Room III

8:00 – 8:25 NHSACA Regional Meetings
Mezzanine 1-Region I (ME, NH, VT, NY, CT, RI & MA) Mezzanine 2-Region II (NJ, PA, WV, DE, MD, VA & DC) Mezzanine 3-Region III (NC, SC, GA, TN, JY, AB & FL) Mezzanine 4-Region IV (OH, IN, MI, WI & IL) Club 1-Region V (MO, KS, OK, TX, LA, AR & MS) Harvest Conference-Region VI (MN, IA, ND, SD, NE & CO) Prairie Room-Region VII (MT, WY, ID, OR, WA & AL) Frontier Room-Region VIII (NM, UT, NV, CA, AZ & HI)

7:30 – Noon REGISTRATION: Holiday Inn Press Room Foyer

8:30 - 10:00 Sports Specific Coaches’ Session # 4

Athletic Director
Todd Olson, Fargo (ND) Public Schools Activities Director and Ed Lockwood (retired), Fargo (ND) Public Schools Activities Director-“Round Table Discussion-Ideas that Work”

Baseball
Jake Angier; North Dakota State University-“Pitching Mechanics through Drills”

Basketball-Boys’ & Girls’
Saul Phillips; North Dakota State University-“Bison Basketball”

Keith Dickhudt; North Dakota State University-“Buzz’ Defense”
## Cross-Country-Boys’ & Girls’
- Ryun Godfrey; North Dakota State University—“Cross-Country Training”
- Eric Loeffler; North Dakota State University—“Middle Distance Training for Cross-Country”

## Football
- Tim Polasek; North Dakota State University—“Championship Special Teams with NDSU”

## Golf
- Billy Iverson; North Dakota State University—“TTBD”
- Matt Johnson; North Dakota State University—“Teaching Full Swing and Short Grip”

## Soccer

## Softball
- Darren Mueller; North Dakota State University—“Offensive Softball Skills & Slap Hitting”

## Special Sports

## Swimming & Diving
- Steve Parsons; University of North Dakota—“TTBD” and Brian Strom; University of North Dakota—“TTBD”

## Tennis
- Troy Hanestad; Concordia College (MN) —“TTBD”

## Track & Field-Boys’ & Girls’
- Stevie Keller; North Dakota State University—“Horizontal Jumps”
- Justin St. Clair; North Dakota State University—“Shot Put: Glide/Rotation!”

## Volleyball
- Jason Reed; North Dakota State University—“Training your team in groups”

## Wrestling
- Roger Kish; North Dakota State University—“Drills, Technique and Preparation”

### Schedule

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<th>Time</th>
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<tr>
<td>10:00 - 10:30</td>
<td>Visit Exhibits</td>
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<td>10:05 – 10:25</td>
<td>NDHSCA College Credit Registration in Prairie Room; Dr. Isrow and Gelaine Orvik</td>
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<tr>
<td>10:00 – 11:00</td>
<td>NHSSI Meeting in Club II</td>
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<td>10:30 - Noon</td>
<td>Sports Specific Coaches’ Session # 5</td>
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### Athletic Director
- Randy Nelson, Fargo (ND) Shanley HS—“Parent Meetings and Other Communications”
- Mark Rerick; Grand Forks (ND) Public Schools—“Student Conduct Guidelines”

### Baseball
- Jeff Dodson; University of North Dakota—“Seven Keys to Successful Pitching: Managing Your Pitching Staff & Bullpen and Developing a Batting Order”

### Basketball-Boys’ & Girls’
- Steve Carnal, Concordia College (MN); “Pick and Roll Motion Concepts”
- Travis Brewster; University of North Dakota—“Four Out with One in Motion”

### Cross-Country-Boys’ & Girls’
- Dave Zittleman; Bismarck (ND) HS—“A Comprehensive Approach to Distance Running”

### Football
- Chris Mussman; University of North Dakota—“Offense, Defense and Special Teams at UND”

### Golf
- Chipper Farrell; Minot State University—“The Little Things That Count in Coaching Golf”

### Soccer

### Softball
- Eric Oakley; University of North Dakota—“Hitting and Base Running” and “Playing the Outfield”

### Swimming & Diving
- Steve Parsons and Brian Strom; University of North Dakota—“TTBD”
Tennis
Tom Wynn; University of North Dakota-“Drills for Skills”

Track & Field-Boys’ & Girls’
Peter Miller; University of North Dakota-“Teaching the Discus”
Joe Silvers; University of North Dakota-“Teaching the Vaulter”

Volleyball
Dan Brown; University of North Dakota-“Volleyball Depot: 15 Training Tools and Pepper; Variations and Why”

Wrestling
Bret Maughan; North Dakota State University-“Bottom Wrestling: Escapes and Leg Defense”

12:15 - 3:00 NHSACA Hall of Fame Luncheon in Great Hall-Sterling & Crowne Rooms
3:00 – 5:00 NHSACA Executive Committee Meeting in Club II
1:00 - 6:30 NDHSCA Golf Scramble
7:00 – 11:00 NHSACA/NDHSCA Universal Athletics Taco Bar Social in Sterling Room of Great Hall

Wednesday; July 25, 2012:
7:00 - 8:30 NHSACA Board of Directors’ Meeting Session # 4
7:30 – Noon REGISTRATION: Holiday Inn Press Room Foyer
8:30 - 10:00 Sports Specific Coaches’ Session # 6

Assistant Coaches-Boys’ & Girls’
Kelly Baugh; Camp Bellsville, KY-“The Light Side of the Serious Side of an Assistant Coach”
Gerald Holinka; Dickinson, ND-“Skills and Frills for Linebackers”
Paul Bills; Ennis, MT-“How to Handle Today’s Athlete”

Athletic Director
Gary Telford; Ankeny, IA-“The Ankeny Way”
Ron Madrick; Covington Holmes, KY-“Creating a Winning Working Environment”

Baseball
Jerry Roling; Dubuque, IA-“Keys to Success”
Arthur Wheelock; Vernon, CT-“Rockville HS Baseball Big and Small”

Basketball-Boys’ & Girls’
Calvin Schubert; Sisseton, SD-“Defensive Drills & Defense under the Opponent’s Basket”
Kelly Flynn; South Sioux City, IA-“Cardinal Break”
Ray West; Okarche, OK-“TTBD”

Cross-Country-Boys’ & Girls’
Cynthia Wagner; Wahlert Catholic, IA-“The Backbone of our Cross-Country Program”
James Barker; Scottsbluff, NE-“State Championships Are Won in the Summer”
Richard Rothman; Spanish River HS, FL-“Silver Streak Cross-Country Program”

Football
Randy Hinkel; Madrid, IA-“Winning Football beyond X’s and O’s”
Steve Belles; Hamilton, AZ-“Two-Minute Offense”

Golf
Theodore Orzech; Farmington, CT-“Daily Routine & Daily Drills”
Jeff Strickland; Three Forks, MT-“Building a Program”
Jim Sorensen; Beresford, SD-“Watchdog Golf”

Soccer
R. John Walsh; Millard, NE-“Vision Training”
Thomas Ralston; Jackson Hole, WY-“Creating Realistic Game Situations w/ Practice Games & Drills”

Softball
Jeff Brameler; Darien, CT-“Unsettled Drills”
John Cunningham; Canton, MI-“Saving and Promoting Small Sports Teams”
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Swimming & Diving
Bruce Follensbee; Dr. Phillips HS, FL-“What Should be Included in Every Practice”
Georgialee Forney; Hardin, MT-“How to Keep Interest in Swimming”

Tennis
Richard Taylor; Forest Grove, OR-“Oregon High School Tennis”
Eric Gajar, Ann Arbor Greenhills (MI); "Gryphons on Court"

Track & Field-Boys’ & Girls’
William Thomesen; Mount Vernon, IA-“Keys to Success”
Darrell Anderson; Bismarck, ND-“Attitude Training”

Volleyball
John Petersen; Columbus Scottus, NE-“Practice Organization/Little Things Make a Difference”
Victoria Groat; St. Phillips Catholic HS, MI-“Preseason Parent Meeting/Dealing with Parent Types”

Wrestling
Dennis Walls; Morganfield, KY-“Never Underestimate the Heart”
Robert Hirsch; Watertown, SD-“Motivating Young Athletes”

10:00 - 10:30 Visit Exhibits
10:05 – 10:25 NDHSCA College Credit Registration - - - Prairie Room; Dr. Isrow and Gelaine Orvik
10:30 - Noon NHSACA General Session # II
Welcome: Jack Dalrymple; Governor of North Dakota
Speaker: Rod Olson; Coaches of Excellence

Noon - 1:00 Visit Exhibits & Lunch Break
Noon Past-Presidents’ Luncheon in Club Room I & II
1:00 - 2:30 Sports Specific Coaches’ Session # 7

Assistant Coaches-Boys’ & Girls’
Tony Lehner; Glenrock, WY-“Workouts for Track & Field”
JoEllen Travis; Treynor, IA-“An Assistant Can Wear Many Hats”

Athletic Director
Dennis Murphy; Havre, MT-“Fall Sports Parents’ Meeting”
John Overstreet; Paxton Buckley Loda, IL-“Using Social Media to Communicate with Coaches & the Public”

Baseball
Chad Omdahl; Hatton-Northwood HS-“Thunder Tidbits”
Gregory Pohlman; Carrollton, IL-“Building a Program from Scratch and Surviving”

Basketball-Boys’ & Girls’
Terry Hopkin; Lander, WY-“TTBD”
Jerry Patrick; Greywall, WY-“Building a Program”
William O’Hearn; Mason County, KY-“TTBD”

Cross-Country-Boys’ & Girls’
Clint Chamberlin; Williston, ND-“Keys to a Successful Season”
Rex Hohnholt; Saratoga, WY-“Resistance Training”
Gary Bottorff; Eastern Allamakee, IA-“The Long Purple Line”

Football
Lyne Enget; North Star (ND) HS-“The Little Things in a Program That Count”

Golf
George Bitner; Spring Lake, MI-“Short Game Techniques”
Jim Craven; Citadel (SC)-“How to Host a Golf Tournament”

Soccer
Rob Eckert; Assumption, IA-“One Goal”
Peter Browne; Whitefish, MT-“Columbia Falls Soccer Skills”

Softball
Frank Biondi; West Haven HS, CT-“West Haven Championship Softball”
Richard Roberts; Scottsville, KY-“Scottsville High School Softball Skills”

Special Sports
Brian Chapman; Muscatine, IA-“The Sport of Bowling”
Dannis Zazueta; Mountain View, AZ-“Effective Teambuilding”
### Swimming & Diving

- **Suzanne Hoyt; Glastonbury, CT** - “Team Bonding & Maintaining Focus before Championships”
- **Robert Crosby; West Bloomfield, MI** - “Swimming Related Fund Raising Ideas”
- **Tom Hudson; Laramie, WY** - “Traditions of Laramie Swimming”

### Tennis

- **Greg LaDouceur; Grand Forks Red River HS** - “Grand Forks Red River HS Tennis”
- **Jason Olson; Rapid City Stevens (HS), SD** - “Stevens (SD) HS Tennis Program”

### Track & Field-Boys’ & Girls’

- **Scott Gowan; Tallahassee, FL** - “Lawton Chiles Track & Field Program”
- **Dan Kuiper; Tempe, AZ** - “Hurdles; Techniques & Building a Program Around It”

### Volleyball

- **Wayne Moorman; Bridger, MT** - “Discussion on Leveling the Playing Court”
- **Carolyn Olson; Grand Forks, ND** - “Working for Success”

### Wrestling

- **Guy Melby; Sydney, MT** - “Out of Sight; Out of Mind”
- **Thomas Kettman; Waterloo, IA** - “Keeping Tradition in a Small Community”

2:30 - 3:00 Visit Exhibits

### NHSACA Executive Committee Meeting in Club II

3:00 – 4:30 Sports Specific Coaches’ Session # 8

#### Assistant Coaches-Boys’ & Girls’

- **Thomas Prendergast; Sisseton, SD** - “I Hate Defense”
- **Robert Raeth; Flathead, MT** - “Qualities of An Assistant That Can Help a Program”

#### Athletic Director

- **Michael Pitruzello; Middletown, CT** - “Evaluations & Improvement Plans for Coaches”

#### Basketball-Boys’ & Girls’

- **Timothy Cannon; Omaha Bryan, NE** - “TTBD”
- **Jim Eekhoff; Western Christian, IA** - “Game Strategies and Philosophies”

#### Cross-Country-Boys’ & Girls’

- **Brad Dekrey; Rock Springs, WY** - “All Things Rock Springs”
- **Toby Hummingbird; Coweta, OK** - “Breaking our Cross-Country Season into Four Essential Parts”
- **Anthony Magni; Detroit Catholic, MI** - “Small-Medium-Large = Items to Keep our Program Going”

#### Football

- **George Smith; St. Thomas Aquinas HS, FL** - “St. Thomas Aquinas High School Football Program”

#### Golf

- **Jim Craven; the Citadel (SC)** - “Preparing for Golf Practice” and “Chipping and Putting the Golf Ball”

#### Soccer

- **Don Menke; Dowling Catholic, IA** - “Special Skills for Championship Teams at Dowling HS”
- **John Smith; Columbus, MT** - “Building a Program”

#### Special Sports

- **Todd Peters; Minnesota State University @ Moorhead** - “Sprinting and How to Improve Flip Turns in One Week”

#### Tennis

- **John Reisert; Fairfield Ludlowe (HS), CT** - “Fairfield HS Tennis Skills”
- **Mark Miessler; Gillette, WY** - “Gillette Courts Program”

#### Track & Field-Boys’ & Girls’

- **Anthony Mifsud; Dearborn Divine Child HS, MI** - “Training the 400/800 Runner”
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Bob Sanger; West Hancock HS, IA-“West Hancock Track & Field Program”
Sunny Baldridge; Edmond, OK-“Differences in Oklahoma Track & Field”

Volleyball Curt Burns; Avon, CT-“Volleyball Physical Ability Testing; To Determine Position”

Wrestling Clay Nagel; Concordia College (MN)-“Defensive Maneuvers and Escapes”

5:30 - 6:00 NHSACA Banquet Reception
6:00 - 9:00 NHSACA National COTY Awards Banquet

All NHSACA registrants are reminded that their registration includes admission to attend ALL NDHSCA SESSIONS the rest of the week!

Thursday; July 26, 2012:

7:00 - 8:30 Fellowship of Christian Athletes Breakfast & Fellowship (with Speaker) in Sterling Room of Great Hall
Speaker; Rod Olson; Coaches of Excellence

7:30 – Noon REGISTRATION: Holiday Inn Press Room Foyer

8:30 – 11:30 NHSACA Executive Committee Meeting in Club II

8:30 - 9:30 Sport Specific Coaches’ Session # 9
Basketball – Boys’ & Girls’ Dave Thorson; DeLaSalle (MN) HS-“The Best of DeLaSalle Basketball-Building a Championship Prep Program”
Cross-Country – Boys’ & Girls’ Tom Dooher, Moorhead (MN) HS; “New Ideas That Are Old Ideas in Distance Running”
Football Rod Olson; Coaches of Excellence (former Assistant Coach @ Jamestown College) “Training the Quarterback”
Softball Don Doyle; Crookston, MN-“From an Umpire’s View”
Swimming & Diving Todd Peters; Minnesota State University @ Moorhead-“How to Use Swimming Equipment to Record & Review Underwater Swimming”
Track & Field – Boys’ & Girls’ Tom Dooher, Moorhead (MN) HS; “New Ideas That Are Old Ideas in Distance Running”
Volleyball NDHSCA Advisory Committee with Justin Fletschock, NDHSAA
Wrestling NDHSCA Advisory Committee with Matt Fetsch, NDHSAA

9:30 - 9:45 Visit Exhibits

9:45 - 10:45 Sport Specific Coaches’ Session # 10
Baseball NDHSCA Advisory Committee with Matt Fetsch, NDHSAA
Basketball – Boys’ & Girls’ Ron Metz, Bismarck Century HS; “Patriot Basketball: Team Concept”
Cross-Country – Boys’ & Girls’ Football NDHSCA Advisory Committee with Justin Fletschock, NDHSAA
Swimming & Diving Bill Williams, Football Coaches Professional Growth; “Generic Tackling Teaching Progressions”
Swimming & Diving Claudia Schoellkopf; Mandan (ND) HS-“Diving Season Setup & Drills”
Track & Field – Boys’ & Girls’ NDHSCA Advisory Committee with Justin Fletschock, NDHSAA
Volleyball Jaime Richter; Linton (ND) HS-“Coaching Mental Toughness on the Court; Strategies & Drills”
# 2012 NHSACA Annual Meeting/NDHSCA Coaches’ Convention

**Fargo Holiday Inn and Conference Center**

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<tr>
<th>Time</th>
<th>Event</th>
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<tr>
<td>10:45 - 11:00</td>
<td>Visit Exhibits</td>
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<tr>
<td>11:00 - Noon</td>
<td>Sport Specific Coaches’ Session # 11</td>
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<tr>
<td>Basketball – Boys’ &amp; Girls’</td>
<td>Dave Thorson; DeLaSalle (MN) HS—“DeLaSalle Secondary Break Options for Single Post or Double Post Attack vs. Man”</td>
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<td>Football</td>
<td>Bill Williams, Football Coaches Professional Growth; “Defensive Line &amp; Linebackers Tackling”</td>
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<tr>
<td>Golf</td>
<td>Doyle Heisler; iWanamaker Golf—“Social Network for Golf with Real-Time Scoring to Make the Game More Fun”</td>
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<td>Soccer</td>
<td>NDHSCA Advisory Committee with Matt Fetsch, NDHSAA</td>
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<td>Swimming &amp; Diving</td>
<td>NDHSCA Advisory Committee with Justin Fletschock, NDHSAA</td>
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<tr>
<td>Track &amp; Field – Boys’ &amp; Girls’</td>
<td>Mike Thorson; University of Mary (ND)—“Hurdles”</td>
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<td>Volleyball</td>
<td>Brooks Dockter, Kindred HS; “Defensive Eye- Sequencing and Reading the Game”</td>
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<tr>
<td>Wrestling</td>
<td>Clay Nagel; Concordia College (MN)—“Riding Maneuvers and Differences”</td>
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<tr>
<td>Noon - 1:00</td>
<td>Visit Exhibits &amp; Lunch Break</td>
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<tr>
<td>Noon - 1:30</td>
<td>NDHSCA Hall of Fame Inductees’ Luncheon (for Inductees, Past Inductees, Past Presidents and NDHSCA Executive Committee) in Sterling Room of Great Hall</td>
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<td>1:00 - 2:00</td>
<td>Sport Specific Coaches’ Session # 12</td>
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<tr>
<td>Basketball – Boys’ &amp; Girls’</td>
<td>NDHSCA Advisory Committee with Matt Fetsch, NDHSAA</td>
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<tr>
<td>Football</td>
<td>Bill Williams, Football Coaches Professional Growth; “Defensive Backs Tackling vs. Run &amp; Pass”</td>
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<td>Football; 9-Man</td>
<td>Bryan Haugen; North Star (Cando, ND) HS—“Being Competitive with Low Numbers”</td>
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<td>Golf</td>
<td>NDHSCA Advisory Committee with Justin Fletschock, NDHSAA</td>
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<tr>
<td>Tennis</td>
<td>NDHSCA Advisory Committee with Brenda Schell, NDHSAA; “Teaching the Discus, My Way!”</td>
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<tr>
<td>Track &amp; Field – Boys’ &amp; Girls’</td>
<td>Jon Hegerle; Jamestown (ND) College—“Beginning a JO Program”</td>
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<td>Volleyball</td>
<td>Scott Knowlen; Bismarck (ND) HS—“A Smorgasbord of Ideas”</td>
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<td>Wrestling</td>
<td>Laurie Sieben; Grafton (ND) HS—“Preparing A Season the Spoiler Way”</td>
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<td>Football</td>
<td>NDHSCA Advisory Committee with Matt Fetsch, NDHSAA</td>
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<tr>
<td>Golf</td>
<td>Perry Platz, Kindred HS; “Teaching to Ignore Pressure”</td>
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<td>Softball</td>
<td>NDHSCA Advisory Committee with Justin Fletschock, NDHSAA</td>
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<tr>
<td>Track &amp; Field – Boys’ &amp; Girls’</td>
<td>Paul Lean, Fargo Davies HS; “Hytek Team Manager and Meet Manager”</td>
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<tr>
<td>Volleyball</td>
<td>Heather Stuberg, Fargo Davies HS; “Breaking Down Film”</td>
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<td>5:30 - 6:30</td>
<td>NDHSCA COTY &amp; Hall of Fame Banquet Reception at Pool Patio</td>
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<tr>
<td>6:30 - 9:00</td>
<td>NDHSCA COTY &amp; Hall of Fame Banquet in Sterling &amp; Crown Room of Great Hall</td>
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Last Printed July 20, 2012; 1:18 PM
Friday, July 27, 2012:
7:30 - 10:00  REGISTRATION: Holiday Inn Press Room Foyer
All Seminar Sessions in Harvest Hall Seminar Rooms!

8:00 - 8:50  NDHSCA Convention Seminar Session # 1
Executive Room  Beginning Coaches’ Seminar: Gelaine Orvik; NDHSCA-“Developing a Philosophy for the Coaching Profession”
Board Room  Special Topics Seminar: Mike Berg; Formerly Grand Forks Central (ND) HS-“So I Got the Job; Now What Do I Do?”
Directors’ Room  Coaches’ Permit Preparation Seminar: Scott Savor; Concordia College (MN)-“Secrets in Sports”
Conference Room  Speed, Strength & Nutrition Seminar: Jim Kramer; NDSU-“Strength and Conditioning for the High School Athlete”

9:00 - 9:50  NDHSCA Convention Seminar Session # 2
Executive Room  Beginning Coaches’ Seminar: Sherm Sylling; NDHSAA-“Coaches’ Education/Student Eligibility”
Board Room  Special Topics Seminar: Scott Savor; Concordia College (MN)-“Secrets in Sports”
Directors’ Room  Coaches’ Permit Preparation Seminar: Dr. Jeffrey Lystad; Sanford Health System-“Concussion Management/Protocol”
Conference Room  Speed, Strength & Nutrition Seminar: Dr. Hank Lukaski; University of North Dakota-“Supplements for Muscle & Strength Gains”

10:00 - 10:50  NDHSCA Convention Seminar Session # 3
Executive Room  Beginning Coaches’ Seminar: Mike Berg; Formerly Grand Forks Central (ND) HS-“Things I Would Change If I Could Do It Over”
Board Room  Special Topics Seminar: Gelaine Orvik; NDHSCA-“The Coaching Profession and Being a Professional”
Directors’ Room  Coaches’ Permit Preparation Seminar: Pete Moe; Washburn (ND) HS and Brad Foss; Hazen HS-“National Federation Fundamentals of Coaching”
Conference Room  Speed, Strength & Nutrition Seminar: Jeremy St. Aubin; South Border (ND) HS-“Starting a Program for Speed & Strength Development @ a Small School”

11:00 - 11:50  NDHSCA Convention Seminar Session # 4
Executive Room  Beginning Coaches’ Seminar: Scott Savor; Concordia College (MN)-“Secrets in Sports”
Board Room  Special Topics Seminar: Dr. Hank Lukaski; University of North Dakota-“Coaches’ Guide to Supplements: Facts vs. Fantasy”
Directors’ Room  Coaches’ Permit Preparation Seminar: Pete Moe; Washburn (ND) HS and Brad Foss; Hazen HS-“National Federation Fundamentals of Coaching”
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Conference Room Speed, Strength & Nutrition Seminar: Lisa Wojahn; Sanford Health System-“Nutrition for Athletes”

Noon - 1:15 NDHSCA Convention Seminar Session # 5 Luncheon Meeting in Sterling Room of Great Hall
Luncheon Speaker: Scott Savor, Concordia College (MN)-“Secrets in Sports”

1:30 - 4:00 NDHSCA Executive Committee Meets in Prairie Room

1:30 - 2:20 NDHSCA Convention Seminar Session # 6
Executive Room Beginning Coaches’ Seminar: Dr. Philip Johnson; Orthopedic and Sport Medicine Associates of Fargo-“To Play or not to Play (Shoulder or Knee Injuries)”
Board Room Special Topics Seminar: Mike Tully; Total Game Plan-“The Jeremy Lin Syndrome: Who or What Are We Overlooking”
Directors’ Room Coaches’ Permit Preparation Seminar: Mike Berg; Formerly Grand Forks Central (ND) HS-“A Violence Prevention Program for Athletic Coaches”

Conference Room Speed, Strength & Nutrition Seminar: Jim Kramer, NDSU; “More Strength and More Speed”

2:30 - 3:20 NDHSCA Convention Seminar Session # 7
Executive Room Beginning Coaches’ Seminar: Mike Tully; Total Game Plan-“The Improvement Factor”
Board Room Special Topics Seminar:
Directors’ Room Coaches’ Permit Preparation Seminar: Pete Moe; Washburn (ND) HS and Brad Foss; Hazen HS-“National Federation Fundamentals of Coaching”

Conference Room Speed, Strength & Nutrition Seminar:

3:30 - 4:20 NDHSCA Convention Seminar Session # 8
Executive Room Beginning Coaches’ Seminar: Tom Peterson; Sanford Health System-“Taping/First Aid (Care and Prevention)”
Board Room Special Topics Seminar: Mike Tully; Total Game Plan-“Motivating People without Driving Them Crazy”
Directors’ Room Coaches’ Permit Preparation Seminar: Pete Moe; Washburn (ND) HS and Brad Foss; Hazen HS-“National Federation Fundamentals of Coaching”

Conference Room Speed, Strength & Nutrition Seminar: Adam Krueger; Sanford Health Power Center-“Conditioning”

Weight Control for Athletes (Sheree