



## The National High School Athletic Coaches Association's General Session Speakers

### **General Session 1**

**Monday: 10:30a-12:00p Bishop A-B**

#### **Dr. Tiffany Jones and X Factor**

Dr. Tiff Jones is a Certified Mental Performance Coach as well as a Certified Chopra Coach who has been consulting with teams, coaches, athletes, and corporations for almost 20 years. Dr. Tiff has worked with National Team Programs, Olympians, College programs from all divisions to the youth level. Also, with her newfound training with Chopra, Dr. Tiff now integrates health well-being and meditation into her teaching the How's behind the mental skills. Dr. Tiff's goal is to help individuals reach their excellence in and out of their professions. To read more about Dr. Tiff's background and experience please visit her website: [www.xfactorperformance.com](http://www.xfactorperformance.com)

#### **Panel 1 & 2: Monday, 1:00p & 2:00p Bishop A & B**

As most coaches know, the High School athletic landscape is becoming more and more challenging and difficult to navigate. With the rise and exposure to mental health issues to managing parents to expectations from bosses, to preparing teams to perform under pressure, coaches are being called to serve in roles they either don't have training for or would rather not perform at all. Learn from some of the experts in the field of High School Sports to discover the skills that are working for them and one's that you may incorporate into your own coaching life.

#### **Panel Participants:**

Dr. Tiff Jones: X Factor

Greg Brown: Girls Track and Field Coach, Mandan ND; Girls Track and Field Sport Chair, NHSACA

Becky Mudd: Executive Director, Colorado High School Coaches Association; Head Volleyball Coach, Denver Christian School

Dwayne Thomasee: LHSAA Executive Committee; Past President of the LHSCA; Assistant football, track and field and strength coach at Amant High School in Louisiana.

**8:00a - 9:00a**

**Iowa FCA Session Bishop A,B**

**Speakers TBA: Look for additional information Soon**



## **General Session 2**

**Tuesday: 9:15a-10:15a Bishop A & B**

**Richelle Williams: Drake University**

Richelle earned her BS in Kinesiology from San Diego State University, her MS in Athletic Training at A.T. Still University and her PhD in Kinesiology at the University of Michigan. Richelle is an assistant professor at Drake University. Richelle's presentation will focus on concussions and concussion management.

**Panel 3: Tuesday, 10:30a-11:45a Bishop A & B**

Panel discussion on concussion and concussion management

### **Panel Participants:**

Dr. Richelle Williams PhD – Assistant Professor of Athletic Training, Drake University

Dr. Shawn Spooner MD- Physician Unity Point Concussion Center

Dr. Marla Shapiro PhD, HSP, NCSP, DBSM- Sports Neuropsychologist Unity Point Concussion Center

Maggie Ferguson **MS, CRC, CBIS**- Brain injury program manager-Iowa Department of Public Health

Tom Wilson- Dowling Catholic Football Coach and Athletic Director

## **General Session 2**

**Tuesday: 1:00p – 2:00p-10:15a Bishop A & B**

**Sean Rogers, DAT, LAT, ATC**

Associate Professor and Coordinator of Clinical Education  
Drake University

This presentation and the following round-table discussion will provide participants with information on current policies and guidelines available for the participation of transgender and gender nonconforming (TGNC) individuals in high school athletic programs. In addition to discussing specific guidance provided by the National Federation of State Highschool Associations, as well as individual state policies, this presentation will also explore how athletic coaches and administration can best support the health, wellness, and inclusion of TGNC student athletes.



Panel discussion on Policies and Guidelines available for the participation of TGNC in High School Athletic Programs:

**Panel Participants:**

**Sean Rogers, DAT, LAT, ATC**

Associate Professor and Coordinator of Clinical Education  
Drake University

**Emma Nye, DAT, LAT, ATC**

Adjunct Instructor  
Grand View University

**Jordan Mix**

Director of Educational Programming  
Iowa Safe Schools

**Round Table Panelists:**

**Sean Rogers, DAT, LAT, ATC**

Associate Professor and Coordinator of Clinical Education  
Drake University

**Emma Nye, DAT, LAT, ATC**

Adjunct Instructor  
Grand View University

**Erin Kirtley**

Associate Director  
Iowa High School Girls Athletic Union

**Jennifer Harvey, PhD**

Associate Provost of Campus Equity and Inclusion  
Drake University

**Jordan Mix**

Director of Educational Programming  
Iowa Safe Schools



**Wednesday Sessions:**

**9:15a – 10:15a**

**Gipper “Social Media” Session #5**

"Work Smarter, Not Harder: How to Get The Most of Social Media This Year"

Matthew Ehrenreich – Community Manager at Gipper

**10:30a – 12:00p**

**NHSACA General Session #4 Urban Dreams**

**Speakers TBA: Look for additional information Soon**

**Sport Specific Sessions:**

**There will be over 100 National Coach of the Year finalists presenting during these Sport Specific Sessions on Monday, Tuesday and Wednesday.**