



## 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**

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

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

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

<b>11:00 ROOM</b>	<b>SEMINAR</b>	<b>Topic</b>	<b>SPEAKER; SCHOOL</b>
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)**

<b>1:00 ROOM</b>	<b>SEMINAR</b>	<b>Topic</b>	<b>SPEAKER; SCHOOL</b>
Cannonball	Leadership	"Coach – Official Relationships"	Chad Bjornson; Bismarck, ND

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

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

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

<b>4:00 ROOM</b>	<b>SEMINAR</b>	<b>Topic</b>	<b>SPEAKER; SCHOOL</b>
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**

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

<b>9:00 ROOM SEMINAR</b>	<b>Topic</b>	<b>SPEAKER; SCHOOL</b>
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)**

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

<b>11:00 ROOM SEMINAR</b>	<b>Topic</b>	<b>SPEAKER; SCHOOL</b>
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)**

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

<b>2:00 ROOM SEMINAR</b>	<b>Topic</b>	<b>SPEAKER; SCHOOL</b>
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

<b>3:00 ROOM SEMINAR</b>	<b>Topic</b>	<b>SPEAKER; SCHOOL</b>
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**

<b>8:30 ROOM</b>	<b>SPORT</b>	<b>TOPIC</b>	<b>SPEAKER; SCHOOL</b>
Lamborn	Basketball	"Marauder Basketball"	Rick Neumann; University of Mary
Sheyenne	Football	"Blue Hawk Football"	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	"Water Park HS Cross Country"	Kristin McWilliams; NHSACA COTY Finalist

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

<b>9:30 ROOM</b>	<b>SPORT</b>	<b>TOPIC</b>	<b>SPEAKER; SCHOOL</b>
Lamborn	Basketball	"Marauder Basketball"	Rick Neumann; University of Mary
Sheyenne	Football	"Blue Hawk Football"	Pete Stanton; 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	"Flagler Palm Coast HS T&F"	David Haliday; NHSACA COTY Finalist
Cannonball	Volleyball	"Marauder Volleyball" ??	Abby 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)

<u>1:00 ROOM</u>	<u>SPORT</u>	<u>TOPIC</u>	<u>SPEAKER; SCHOOL</u>
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"	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

<u>2:30 ROOM</u>	<u>SPORT</u>	<u>TOPIC</u>	<u>SPEAKER; SCHOOL</u>
3130	Athletic Director	"Bismarck Public Schools Athletics"	Dave Zittleman; NHSACA AD Finalist
Lamborn	Basketball	"Beaver Basketball"	Matt Murken; Minot State University
Sheyenne	Football	"Vikings Football"	Dennis McCulloch; Valley City State University
Patterson	Golf	"Technology – Big & Small"	Chris Strand; Hatton-Northwood HS
Dakota Star	Gymnastics	"Dakota Star Gymnastics - Mandan"	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	"A View of Demon Cross Country"	Scott Reichenberger; 2021 NHSACA COTY

### 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**  
**"Servant Leadership in Sports, Business and Life"**

<u>6:00 – 10:00 ROOM</u>	<u>TOPIC</u>	<u>SPEAKER; SCHOOL</u>
Dakota Ballroom	<b>NHSACA-NDHSCA Social - Dakota Night</b> (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)**

<b>8:30 ROOM</b>	<b>SPORT</b>	<b>TOPIC</b>	<b>SPEAKER; SCHOOL</b>
2130	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"	Sarah Cook; University of Mary
1266	Softball	"Jimmie Softball"	Kevin Gall; University of Jamestown
2160	Swimming	"Marauder Swimming"	Abigale Loel; University of Mary
Heart	Track & Field	"NHSACA COTY Finalist Panel Discussion"	
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

<b>9:30 ROOM</b>	<b>SPORT</b>	<b>TOPIC</b>	<b>SPEAKER; SCHOOL</b>
2130	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	"Marauder Soccer"	Sarah Cook; University of Mary
1266	Softball	"Jimmie Softball"	Kevin Gall; University of Jamestown
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	"Using Daily Meet Data to Motivate"	Larry Padilla; NHSACA COTY 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)

<b>1:00 ROOM</b>	<b>SPORT</b>	<b>TOPIC</b>	<b>SPEAKER; SCHOOL</b>
3130	<b>Athletic Director</b>	<b>"Glenwood HS Athletics"</b>	<b>Jeff Bissen; NHSACA AD Finalist</b>
Patterson	<b>Baseball</b>	<b>"Baseball Pitch Count &amp; More"</b>	<b>Brady Schwab; Thompson HS</b>
Lamborn	<b>Basketball</b>	<b>"NDSU Bison Basketball"</b>	<b>Spencer Wilker; NDSU</b>
Sheyenne	<b>Football</b>	<b>"NDSU Bison Football"</b>	<b>Tim Polasek; NDSU</b>
Riverwood	<b>Golf</b>	<b>"Utilizing the STOP SLOW GO"</b>	<b>Paul Christianson; Barton College &amp; Brad Strand</b>
1264	<b>Soccer</b>	<b>"TBA"</b>	
2130	<b>Softball</b>	<b>"Marauder Softball"</b>	<b>Amy Schmeckpeper; University of Mary</b>
2160	<b>Swimming</b>	<b>"Wolves Swimming"</b>	<b>Kaden Huntrods; Northern Aberdeen</b>
Capital Racquet	<b>Tennis</b>	<b>"Tennis Demonstrations"</b>	<b>Brian Pederson; USPTA Tennis Pro</b>
Heart	<b>Track &amp; X-Country</b>	<b>"Creative Coaching Across Three Dimensions"</b>	<b>Rebecca Trittipoe</b>
Cannonball	<b>Volleyball</b>	<b>"Coaching the Whole Athlete"</b>	<b>Laurie Glass; NHSACA COTY Finalist</b>
Grand Pacific	<b>Wrestling</b>	<b>"Wrestling"</b>	<b>Troy Steiner; Gopher Wrestling Club</b>

### 2:00 – 2:30 Visit Vendors

<b>2:30 ROOM</b>	<b>SPORT</b>	<b>TOPIC</b>	<b>SPEAKER; SCHOOL</b>
3130	<b>Athletic Director</b>	<b>"Brighton HS Athletics"</b>	<b>John Thompson; NHSACA AD Finalist</b>
Patterson	<b>Baseball</b>	<b>"Baseball Arm Care and Strengthening"</b>	<b>Michael Lyons; NDSU</b>
Lamborn	<b>Basketball</b>	<b>"NDSU Bison Basketball"</b>	<b>Spencer Wilker; NDSU</b>
Sheyenne	<b>Football</b>	<b>"NDSU Bison Football"</b>	<b>Dan Larson; NDSU</b>
3160	<b>Golf</b>	<b>"Assessments for High School Golfers"</b>	<b>Dan Wolf; West Fargo Sheyenne</b>
1264	<b>Soccer</b>	<b>"TBA"</b>	
2130	<b>Softball</b>	<b>"Marauder Softball"</b>	<b>Amy Schmeckpeper; University of Mary</b>
2160	<b>Swimming</b>	<b>"Wolves Swimming"</b>	<b>Kaden Huntrods; Northern Aberdeen</b>
Capital Racquet	<b>Tennis</b>	<b>"Tennis Demonstrations"</b>	<b>Brian Pederson; USPTA Tennis Pro</b>
Heart	<b>Track &amp; Field</b>	<b>"NDSU Bison Track &amp; Field"</b>	<b>Stevie Keller; NDSU</b>
Cannonball	<b>Volleyball</b>	<b>"Handling Conflict-Managing Parents"</b>	<b>Laurie Glass; NHSACA COTY Finalist</b>
Grand Pacific	<b>Wrestling</b>	<b>"Wrestling"</b>	<b>Troy Steiner; Gopher Wrestling Club</b>
Governors	<b>X-Country</b>	<b>"NDSU Bison Cross Country"</b>	<b>Dennis Newell; NDSU</b>

### 3:30 – 3:45 Visit Vendors

<b>3:45 ROOM</b>	<b>SPORT</b>	<b>TOPIC</b>	<b>SPEAKER; SCHOOL</b>
Lamborn	<b>Basketball</b>	<b>"Dike-New Hartford HS Basketball"</b>	<b>Bruce Dall; NHSACA COTY Finalist</b>
Sheyenne	<b>Football</b>	<b>"NHSACA Finalist"</b>	
3160	<b>Golf</b>	<b>"Course Management"</b>	<b>Laif Olson; University of Mary</b>
1264	<b>Soccer</b>	<b>"TBA"</b>	
2130	<b>Softball</b>	<b>"Team Culture"</b>	<b>Doug Cox; NHSACA COTY Finalist</b>
2160	<b>Swimming</b>	<b>"Wolves Swimming"</b>	<b>Kaden Huntrods; Northern Aberdeen</b>
Capital Racquet	<b>Tennis</b>	<b>"Tennis Demonstrations"</b>	<b>Brian Pederson; USPTA Tennis Pro</b>
Heart	<b>Track &amp; Field</b>	<b>"NDSU Bison Track &amp; Field"</b>	<b>Stevie Keller; NDSU</b>
Cannonball	<b>Volleyball</b>	<b>"Culture and Mindset"</b>	<b>Stephanie Cleveland; NHSACA COTY Finalist</b>
Grand Pacific	<b>Wrestling</b>	<b>"Wrestling"</b>	<b>Troy Steiner; Gopher Wrestling Club</b>
Governors	<b>X-Country</b>	<b>"NDSU Bison Cross Country"</b>	<b>Dennis Newell; NDSU</b>



## 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)**

<b>8:30 ROOM</b>	<b>SPORT</b>	<b>TOPIC</b>	<b>SPEAKER; SCHOOL</b>
2130	Assistant Coach	“NHSACA COTY Finalist Panel Discussion”	Stephanie Potts & Dwayne Thomassee
3130	Athletic Director	“Lakewood HS Athletics”	Michael Hughes; NHSACA AD Finalist
Patterson North	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
Patterson South	Softball	“Finalist Panel Discussion”	
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

<b>9:30 ROOM</b>	<b>SPORT</b>	<b>TOPIC</b>	<b>SPEAKER; SCHOOL</b>
2130	Assistant Coach	“NHSACA COTY Finalist Panel Discussion”	Stephanie Potts & Dwayne Thomassee
3130	Athletic Director	“Saint Charles HS Athletics”	Scott McCready; NHSACA AD Finalist
Patterson North	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	“Finalist Panel Discussion”	
Patterson South	Softball	“Finalist Panel Discussion”	
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 Daggertt; 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**

*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)**

<b>1:00 ROOM</b>	<b>SPORT</b>	<b>TOPIC</b>	<b>SPEAKER; SCHOOL</b>
2130	Assistant Coach	“NHSACA COTY Finalist Panel Discussion”	Stephanie Potts & Dwayne Thomassee
3130	Athletic Director	“NHSACA AD Finalist Panel Discussion”	Joe Brown; NHSACA Chair
Patterson North	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
Patterson South	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**

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

<b>ROOM</b>	<b>SPORT</b>	<b>TOPIC</b>	<b>SPEAKER; SCHOOL</b>
2130	Assistant Coach	“NHSACA COTY Finalist Panel Discussion”	Stephanie Potts & Dwayne Thomassee
Lamborn	Basketball	“NHSACA COTY Finalist Panel Discussion”	Joe Brown; NHSACA Chair
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
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!**

<b>8:30 ROOM</b>	<b>SPORT</b>	<b>TOPIC</b>	<b>SPEAKER; SCHOOL</b>
Patterson	<b>Baseball</b>	<b>“NDHSCA Advisory Committee Review &amp; Planning”</b>	Dewitt Mack; Mandan HS
Lamborn	<b>Basketball</b>	<b>“Patriot Basketball”</b>	Nathan Welstad; Bismarck Century HS
Sheyenne	<b>Football</b>	<b>“Holstein Football”</b>	Steve Kleinjan; New Salem-Almont HS
3160	<b>Golf</b>	<b>“Maximizing Players Mental Health”</b>	Casey Schaff; Nuvation Health
Patterson	<b>Softball</b>	<b>“NDHSCA Advisory Committee Review &amp; Planning”</b>	Trevor Yetterboe; Wilton HS
2160	<b>Swimming</b>	<b>“Brave Swimming”</b>	Claudia Schoellkopf; Mandan HS
Heart	<b>Track &amp; Field</b>	<b>“NDHSCA Advisory Committee Review &amp; Planning”</b>	Jon Jahner; Bowman HS
Cannonball	<b>Volleyball</b>	<b>“NDHSCA Advisory Committee Review &amp; Planning”</b>	Jessica Fritz; Rugby HS
Grand Pacific	<b>Wrestling</b>	<b>“Demon Wrestling”</b>	Jeff Schumacher; Bismarck HS

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

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

<b>1:00 ROOM</b>	<b>SPORT</b>	<b>TOPIC</b>	<b>SPEAKER; SCHOOL</b>
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

<b>2:00 ROOM</b>	<b>SPORT</b>	<b>TOPIC</b>	<b>SPEAKER; SCHOOL</b>
Patterson	Baseball	"TBA"	
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	"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	"Track Wrestling II"	Mandy Antony; Track Wrestling

<b>3:00 ROOM</b>	<b>SPORT</b>	<b>TOPIC</b>	<b>SPEAKER; SCHOOL</b>
Lamborn	Basketball	"Patriot Basketball"	Keenan Korschak; May-Port CG
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)**