



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 | "Blue Hawk Volleyball" | 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

"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 | "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" | 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

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"

| <u>6:00 – 10:00 ROOM</u> | <u>TOPIC</u> | <u>SPEAKER; SCHOOL</u> |
|--------------------------|--|------------------------|
| 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 | "Tennis Demonstrations" | Brian Pederson; USPTA Tennis Pro |
| Heart | Track & X-Country | "Creative Coaching Across Three Dimensions" | Rebekah Trittipoe |
| 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 |
|------------------|--------------------------|--|---|
| 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 | "Tennis Demonstrations" | 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 | "Tennis Demonstrations" | 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” | Vyryn 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 |



2024 NDHSCA-NHSACA National Convention Schedule Bismarck Hotel and Conference Center, Bismarck, ND

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 Kenschak; 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)