

# 2018 Coaching School Schedule

*Monday, July 30, 2018*

Session	Time	Room	Activity	Presenter	Topic
1	9:30-10:20	SU	Sport Psychology	Scott Thompson	Life Lessons From Legendary Coaches
1		SH	General Session	Don Melby	First Year Coaches: What You Need to Know
1				Brad Smith	
1		P	Cross Country	Alstin Benton	Function Training for Endurance Athletes
1		E-4	Cheerleading	Jennifer Sword	Game Day Education & Training
2	10:30-11:20	SU	Football	Josh Lattimer	D-Line & LB Drills & Techniques
2		E	Volleyball	Vicki Adams	Wildcat Volleyball
2		SH	Basketball	Tracy Anderson	Coaching Concepts/Techniques for Non-DI & II Athletes
2		P	Cross Country	Alstin Benton	Building a Championship X-C Culture
2		B	Tennis	Bob Warkentine	Tennis Drills That Work
2		H	Softball	Dave Watkins	Ladycat Hitting Approach
2		E-4	Cheerleading	Kristi Bittel	Game Day State Champion Coaches Panel
2				Lina Needham	
2				Ashley Oliver	
2				AJ Prusa	
2				Morgan Whitney	
2				Michele Wirt	
3		11:30-12:20	SU	Football	Nate Dreiling
3	E		Volleyball	Jessica Compliment	Developing an Effective Practice Schedule
3	SH		Sports Nutrition	Rebecca McConville	Dealing with Eating Disorders
3	P		Track & Field	Keith Wetzel	Team Blues - WRHS Student-Athlete Mentoring Program
3	B		Tennis	Bob Warkentine	Volleys - Doubles - Overheads
3	H		Softball	Brian Potter	Creating a Winning Program with Unconventional Thinking
4	12:30-1:50	SU	Opening General Session	TBD	Keynote Speaker
5	2:00-2:50	SU	Football	Kendall Gammon	Training for the Next Level
5		E	Sports Nutrition	Rebecca McConville	Performance Nutrition
5		SH	Basketball	Kurt Kinnamon	Quick Hitters & Sets vs. Man or Zone
5		P	Track & Field	Tad Remsberg	Building a Quality Track Program
5		B	Tennis	Aaron O'Donnell	Kansas Tennis Coaches Update
5		H	Softball	Adrian Pilkington	Offensive Drills
5		E-4	Cheerleading	Jason Sack	Safety and Stunting
6	3:00-3:50	SU	Football	Kendall Gammon	Techniques of Long Snapping
6		E	Volleyball	Randy Fulton	Volleyball 101
6		SH	Basketball	Rick Zych	Offensive Sets to Win Games
6		P	Track & Field	Phil Katzenmeier	Teaching Hurdle Technique
6		B	Tennis	Ilija Cuic	High Performance Tennis Drills & Specific Tennis Conditioning
6		H	Softball	Adrian Pilkington	Defensive Drills
6		E-4	Cheerleading	Holly Schaffner	Music Copyrights for Spirit
7	4:00-4:50	SU	Football	Beau Sarwinski	Organization, Time Management & Motivation
7		E	Volleyball	Jessica Koch	KCA/KVA Session
7		SH	Athletic Training	John Burns	ACL Prevention Program
7				Karen Garrison	
7		P	Track & Field	Deone Horinek	Teaching/Coaching the Javelin
7		B	Tennis	Ilija Cuic	Growing Tennis through Camps, Teaching a Beginner
7		H	Softball	Corey Jones	Today's Student-Athlete

## Tuesday, July 31, 2018

Session	Time	Room	Activity	Presenter	Topic
8	9:00-9:50	SU	Basketball	Jayne Law	The First-Year Coach and Middle School Sports
8		E	Football 8-Person	Sean Blosser	Building a Program
8		P	Track & Field	Courtney Porter	Creating a Culture Around the 400m
8		B	Golf	Greg Hobelmann	Kansas Golf Coaches Association
8		H	Softball	Jeri Brummett	Kansas Softball Coaches Association Meeting
8		R	Wrestling	Chad Parks	Principles of Scrambling & Tricks of the Trade
9	10:00-10:50	SU	Basketball	Mike Hevel	Basketball Hodge Podge: Different Drills
9		E	Football 8-Person	Lee Smith	In the Trenches: O-Line Technique & Schemes
9		SH	Sport Psychology	Anne Weese	Mind Games: Navigating Sport Performance
9		P	Cross Country	Levi Huseman	Cross Country and the Distance Athlete
9		B	Golf	Greg Hobelmann	Using Video to Analyze and Fix Swings
9		H	Softball	Cody Stucky	Emphasizing Base Running in Practice
9	R	Wrestling	Nick Nothern	Coaching For College - Part I	
10	11:00-11:50	SH	General Session	Scot Koranda	KCA Business Meeting
11	12:00-12:50	SU	Basketball	John Dehan	What NOT to Say: Communicating with Officials
11				Jeff Freeman	
11				Cody Stucky	
11		SH	Volleyball	Christi Posey	Developing Warriors
11		P	Track & Field	Jason McCullough	Training for the Middle Distance
11		B	Golf	Josh Nahm	Firekeeper Golf Academy
11		H	Baseball	Ryan Goodwin	Baker Baseball
11		R	Wrestling	Nick Nothern	Coaching For College - Part II
12	1:00-1:50	SU	Basketball	Kim Anderson	Practice Planning & Drills
12		E	Football 8-Person	Keith Wiatrak	Rebuilding Tradition
12		SH	Volleyball	Christi Posey	Getting the Most Out of Practice
12		P	Track & Field	Ty Haas	Coaching Vertical Jumps
12		B	Golf	Josh Nahm	Firekeeper Golf Academy
12		H	Baseball	Ryan Goodwin	Baker Baseball
12		R	Wrestling	Kevin Brown	Counter Offense from the Neutral Position
13	2:00-2:50	SU	Basketball	Kim Anderson	Pitt State Secondary Offense
13		E	Sport Psychology	Anne Weese	Mental Health Issues
13		SH	Athletic Training	Mike Flynn	Nutrition for the High School Athlete
13		P	Track & Field	Ben Santos	Hurdle Training
13		B	Golf	Michael Petermann	Building a Program in the 21st Century
13		H	Baseball	Kyle Green	Small School Program: Culture, Pitching & Practice
13		R	Wrestling	Regan Erickson	Do the Little Things - Favorite Drills
14	3:00-3:50	SU	Basketball	Lee Baldwin	1-3-1 Defense vs. Any Offensive Scheme
14		E	Football	Rod Stallbaumer	QB Development and the Quick Passing Game
14		SH	Volleyball	David Dover	Misunderstood Rules & Frequently Asked Questions
14				Terry Plumberg	
14				Barb Williamson	
14		P	Track & Field	Garrett Appier	Shot Put Technique & Drills, Plus a Throws Discussion
14		B	Golf	Wendy Oylar	Developing Golfers - From Beginners to Champions
14		H	Baseball	Weston Steiner	Falcon Baseball
14	R	Wrestling	Connor Fitzgerald	Tend the Root - Not the Fruit	
15	4:00-5:30	E	Football	Mark Lentz	Football Rules Meeting
15		SH	Volleyball	Cheryl Gleason	Volleyball Rules Meeting

## *Wednesday, August 01, 2018*

<b>Session</b>	<b>Time</b>	<b>Room</b>	<b>Activity</b>	<b>Presenter</b>	<b>Topic</b>
16	9:00-9:50	E	Basketball	Ed Fritz	Huskie Basketball
16		SH	Volleyball - MS/JH	Annie Hart	Volleyball: Mindfulness, Motivation & Mercy
16		P	General Session	Jeri Brummett	Social Media and Coaching
16				Rod Clay	
17	10:00-10:50	SU	Football	Neal Philpot	Coaching the High School Quarterback
17		E	Basketball	Ann Fritz	Building a Winning Culture
17		SH	Volleyball	Natausha Dreher	Effective Communication Strategies & Tools
17		P	Track & Field	Cory Swords	Using TEAM Norms & Core Values
17		H	Baseball	Ryan Schmidt	Developing Team Culture
18		11:00-11:50	SU	Strength & Conditioning	Neal Philpot
18	E		Basketball	Keitha Adams	WSU Shockers Basketball
18	P		Track & Field	Mallory Huseman	Track & Field Team Dynamics
18	H		Baseball	Ryan Schmidt	Hitting Concepts
19	12:00-12:50	SU	Football	Mark Smith	Frontenac Offensive Philosophy
19		E	Basketball	Keitha Adams	Practice Drills - Fun, Challenging & Goal Oriented
19		SH	Volleyball	Suzie Fritz	K-State Volleyball
19		P	Track & Field	Nicholas Stillwell	Learning to Utilize My Resources
19		H	Baseball	Rick Chrisman	The Reason(s) We Coach!
20		1:00-1:50	SU	Football	Dustin Heuer
20	E		Strength & Conditioning	Zach Margolis	Teaching Movement Skills
20	SH		Volleyball	Suzie Fritz	K-State Volleyball
20	P		Athletic Training	Mike Longhofer	Hip Injuries in the Adolescent Athlete