

WYOMING COACHES' FOUNDATION THEORY OF SPORT CLASS SESSIONS 2022



Natrona County High School

Casper, Wyoming

WCF Clinic Week 2022

Theory of Coaching Clinic – Sport Specific Breakouts

July 21st -22nd

\$100

Registration – 7:30 am, Clinic 8:30-5:00

1 PTSB credit (free) or 1 UW credit (\$50/credit)

WCF Benefit Golf Tournament

Wednesday, July 20th

BBQ – Crossroads Picnic Area – 6:00pm (free)

Wednesday, July 20th

Sponsored by

Casper Proud to Host the Best Committee & Ramkota

Eccell Coaches Social

Thursday, July 21st 5:30-7:00 @ Ramkota

Horse Races

Thursday, July 21st 7:00 @ Ramkota

All-State Volleyball and Basketball

July 23rd at Casper College

1:00, 3:00, 5:00

Executive Board		Term Expires	Term Number	Started
President	Dean Schaff	2024	1	July 2019
President-Elect	Ryan Mader	2026	1	July 2021
Past President	Rick Stonehouse	2022	1	July 2017
Executive Director	Walt Smith	2024	1	2016
Executive Director Mentee	Open	2027	1	2020
Presidential Secretary	Matt Mason	2022	1	2021
Executive Secretary	Larry Yeradi	2022	1	2017
Executive Secretary Mentee	Max Mills	2025	1	2020
All-Star Director	Grant Patik			
Regional Representatives				
Region 1	Scott Shaffer	2024	1	2021
Region 2	Jessica Nugent	2022	2	2017
Region 3	Pat Patterson	2023	2	2020
Region 4	Open	2024	1	
Region 5	Tera Chandler	2022	2	2017
Region 6	Cory Bugher	2023	1	2022
Sports Representatives				
Indoor Track	Karen Colling	2024	1	2022
Boys' Basketball	Allen Von Eye	2022	1	2020
Volleyball	Angela Sweep	2024	2	2019
Girls' Track	John Cook	2024	1	2021
Wrestling	Nick Fulton	2024	1	2022
Golf	Jacob Kraft	2023	1	2021
Skiing	Cody Hansen	2022	1	2020
Football	Mark Lenhardt	2022	2	2017
Swimming	Shawna Morgan	2022	2	2017
Girls' Basketball	Barry Ward	2023	1	2021
Soccer	Mike Sauers	2024	1	2019
Tennis	Norm Sedig	2022	2	2017
Cross Country	Sean Wilde	2023	1	2021
Boys' Track	Sara Walker	2023	1	2021
Softball	Kaycee Prevedel	2023	1	January 2021
Junior High Representatives				
JH North	Eric Robb	2023	2	2018
JH South	Open			
Other				
Social Media	Todd Ghormley	2024	1	2022
Hall of Fame Rep	Kathy Hamer-Smith	N/A		
WIAAA		N/A		
WHSAA Rep	Ron Laird	N/A		
NHSACA Reg 7 Rep	Heath Hayes	TBA		
NHSACA President	Ted Schroeder	2021		
Historian	Glenn Freeburg			

General Breakout Sessions

All Classes in the Auditorium unless noted otherwise

Thursday 21st, 2022

<u>Session</u>	<u>Time</u>	<u>Topic</u>	<u>Speaker</u>
Introduction	9:00-10:00 10:00-11:00		
#2	11:10-12:00	General Breakout Session Rm. 1065	Trevor Regan
Lunch	12:00-1:00		
#3	1:00-2:00		
#4	2:10-3:00	Team Bonding/Coaching Philosophy Rm.1107	Blair Amoine
#5	3:05-4:00	"Rise Up" Inspiration Session ROTC Room	Mark Perdew
#6	4:05-5:00	General Breakout Session Rm.1065	Ecsell

Friday 22nd, 2022

<u>Session</u>	<u>Time</u>	<u>Topic</u>	<u>Speaker</u>
#7	8:30-9:30		
#8	9:40-10:30	You Want to Change Your Culture-There's a Mathematical Formula For That Rm. 1065	Mitch Hall 3D Coaching
#9	10:30-11:30	Are Parents Your Greatest Asset? Not Only Can They Be, They Should Be. Rm.1065	Mitch Hall 3D Coaching
Lunch	11:30-12:00		
#10	12:00-1:00		
#11	1:05-2:00	Crucial Conversations PE Classroom	Angela Sweep
#12	2:05-3:00	Working With Your High School Coach Rm.1107	Max Mills
#13	3:05-4:00		
#14	4:05-5:00		

Football Theory Classes – WCF CLINIC

All Classes in the Auditorium unless noted otherwise

Thursday 21st, 2022

<u>Session</u>	<u>Time</u>	<u>Topic</u>	<u>Speaker</u>
Introduction	9:00-10:00	Business Meeting	WCA/WCF Board
#1	10:00-11:00	Trevor Regan	Trevor Regan
#2	11:10-12:00	Proper Tackling Techniques	Jared Petrino-Southern Illinois Former Defensive Line Coach & Special Teams Coordinator
Lunch	12:00-1:00	WCA Business Meeting	
#3	1:00-2:00	Improving the Student-Athlete Experience	Ecsell Sports
#4	2:10-3:00	Defensive Stunts and Pressures	Clint Sasse-Chadron St. Defensive Coordinator
#5	3:05-4:00	QB Run Game	Micah Smith-Chadron St. Offensive Coordinator
#6	4:05-5:00	DB Techniques and Teaching Cover 4	Wes Coomes-Chadron St. Special Teams Coordinator/DB's

Friday 22nd, 2022

<u>Session</u>	<u>Time</u>	<u>Topic</u>	<u>Speaker</u>
#7	8:30-9:30	What's the greatest resource in the mental well-being of students? It's COACHES	Mitch Hull
#8	9:40-10:30	Defensive Backs Techniques and Drills	Derek VandeBossche-Dickinson St. Defensive Backs Coach
#9	10:30-11:30	Dickinson State Crossing Routes	Russell McCarvel-Dickinson St. Offensive Coordinator
Lunch	11:30-12:00		
#10	12:00-1:00	Casper Orthopedics	<u>Casper Orthopedics</u>
#11	1:05-2:00	Split Zone Offense-Run/RPO/Placyation Pass	Alex Pfannenstiel-Carroll College Offensive Coordinator
#12	2:05-3:00	Pin and Pull Run Game	Alex Pfannenstiel-Carroll College Offensive Coordinator
#13	3:05-4:00	Annual Coaches Rules Test	Trevor Wilson-Wyoming High School Athletic Association
#14	4:05-5:00	The Hard Parts of Happiness	Anthony Poponi

Track and Field Theory Classes – WCF CLINIC

All Classes in the Pool Mezzanine unless noted otherwise

Thursday 21st, 2022

<u>Session</u>	<u>Time</u>	<u>Topic</u>	<u>Speaker</u>
Introduction	9:00-10:00	Introduction	WCA/WCF Board
#1	10:00-11:00	Trevor Regan	Trevor Regan
#2	11:10-12:00	Acceleration, Blocks, and Sprinting	Reece Vega-Sprint/Hurdle Coach NDSU
Lunch	12:00-1:00		
#3	1:00-2:00	Improving the Student-Athlete Experience	Ecsell Sports
#4	2:10-3:00	Hurdle Development and Drills	Reece Vega-Sprint/Hurdle Coach NDSU
#5	3:05-4:00	Designing a Cross Country Season	Distance Coach NDSU
#6	4:05-5:00	Distance/Middle Distance Training	Distance Coach NDSU

Friday 22nd, 2022

<u>Session</u>	<u>Time</u>	<u>Topic</u>	<u>Speaker</u>
#7	8:30-9:30	What's the greatest resource in the mental well-being of students? It's COACHES	Mitch Hull
#8	9:40-10:30	Discus/Shot	Shelly Stremcha
#9	10:30-11:30	High Jump	Ken Bruckner
Lunch	11:30-12:00		
#10	12:00-1:00	Casper Orthopedics	<u>Casper Orthopedics</u>
#11	1:05-2:00	Pole Vault	Ken Bruckner
#12	2:05-3:00	Association Meeting	
#13	3:05-4:00	Association Meeting	
#14	4:05-5:00	The Hard Parts of Happiness	Anthony Poponi

Basketball Theory Classes – WCF CLINIC

All Classes in the Dalton Gym unless noted otherwise

Thursday 21st, 2022

<u>Session</u>	<u>Time</u>	<u>Topic</u>	<u>Speaker</u>
Introduction	9:00-10:00	Introduction	WCA/WCF Board
#1	10:00-11:00	Trevor Regan	Trevor Regan
#2	11:10-12:00	Teaching and Implementing the Read and	Barry Ward and Allen Von Eye
Lunch	12:00-1:00		
#3	1:00-2:00	Improving the Student-Athlete Experience	Ecsell Sports
#4	2:10-3:00	Basketball Coaches Meeting	
#5	3:05-4:00	Building Blocks of Transition Offense	Ayanna McWilliams-LCCC
#6	4:05-5:00	Building Blocks of Transition Defense	Ayanna McWilliams-LCCC

Friday 22nd, 2022

<u>Session</u>	<u>Time</u>	<u>Topic</u>	<u>Speaker</u>
#7	8:30-9:30	What's the greatest resource in the mental well-being of students? It's COACHES	Mitch Hull
#8	9:40-10:30	Statistical Analysis "The 3pt Shot: What it is and what it isn't"	Dick Lien
#9	10:30-11:30	In the File Cabinet: Six Decades of Coaching Basketball	Dick Lien
Lunch	11:30-12:00		
#10	12:00-1:00	Casper Orthopedic	Casper Orthopedic
#11	1:05-2:00	Dribble Drive Offense	Matt Strickland-Louisiana State Univ.
#12	2:05-3:00	Defensive Principles	Matt Strickland-Louisiana State Univ.
#13	3:05-4:00	Offensive Concepts/Transition/Quick Hitters	Matt Strickland-Louisiana State Univ.
#14	4:05-5:00	The Hard Parts of Happiness	Anthony Poponi

MS/JH Theory Classes – WCF CLINIC

All Classes in Room 1132 unless noted otherwise

Thursday 21st, 2022

<u>Session</u>	<u>Time</u>	<u>Topic</u>	<u>Speaker</u>
Introduction	9:00-10:00	Introduction	WCA/WCF Board
#1	10:00-11:00	Trevor Regan	Trevor Regan
#2	11:10-12:00	Sprint Relay Handoffs	Kevin Williams
Lunch	12:00-1:00	WCA Business Meeting	
#3	1:00-2:00	Improving the Student-Athlete Experience	Ecsell Sports
#4	2:10-3:00	BB - Skill Development Drills and Practice Ideas to Help Your HS Program	Allen Von Eye
#5	3:05-4:00	WR - Scoring from a Front Headlock	Kasey Garnhart Wrestling Room
#6	4:05-5:00	TR-Junior High Pole Vault	Ken Bruckner

Friday 22nd, 2022

<u>Session</u>	<u>Time</u>	<u>Topic</u>	<u>Speaker</u>
#7	8:30-9:30	What's the greatest resource in the mental well-being of students? It's COACHES	Mitch Hull
#8	9:40-10:30	TR-TBA	Ken Bruckner
#9	10:30-11:30	Coaching Tips for Beginners	Heath Hayes
Lunch	11:30-12:00		
#10	12:00-1:00	Casper Orthopedics	<u>Casper Orthopedics</u>
#11	1:05-2:00	GEN-Maintaining Numbers in JH Sports	Heath Hayes/Jeff Barnett
#12	2:05-3:00	GEN-Working with your HS Coach for a Successful Program	Max Mills
#13	3:05-4:00	VB-Bridging Programs, Building the Game, and Competitive Drills	Christina Mills
#14	4:05-5:00	The Hard Parts of Happiness	Anthony Poponi

Soccer Theory Classes – WCF CLINIC

All Classes in the Stadium Field/ROTC Room unless noted otherwise

Thursday 21st, 2022

<u>Session</u>	<u>Time</u>	<u>Topic</u>	<u>Speaker</u>
Introduction	9:00-10:00	Introduction	WCA/WCF Board
#1	10:00-11:00	Trevor Regan	Trevor Regan
#2	11:10-12:00	Soccer “Fun” Session (Stadium Field)	Mark Perdew-Rocky Mountain Soccer Camp
Lunch	12:00-1:00	WCA Business Meeting	
#3	1:00-2:00	Improving the Student-Athlete Experience	Ecsell Sports
#4	2:10-3:00	Intro to Rocky Mtn. Soccer Camp (ROTC)	Mark Perdew
#5	3:05-4:00	“Rise Up!” Inspiration Session (ROTC)	Mark Perdew
#6	4:05-5:00	Soccer Training Session (Stadium Field)	Mark Perdew

Friday 22nd, 2022

<u>Session</u>	<u>Time</u>	<u>Topic</u>	<u>Speaker</u>
#7	8:30-9:30	What's the greatest resource in the mental well-being of students? It's COACHES	Mitch Hull
#8	9:40-10:30	Team Adventure (Stadium Field)	Mark Perdew
#9	10:30-11:30	Soccer Session-Random Small-Sided Tournaments (Stadium Field)	Mark Perdew
Lunch	11:30-12:00		
#10	12:00-1:00	Casper Orthopedics	<u>Casper Orthopedics</u>
#11	1:05-2:00	Team Camp Q&A (ROTC)	Mark Perdew
#12	2:05-3:00	Team Camp Q&A (ROTC)	Mark Perdew
#13	3:05-4:00	Coaches Meeting (ROTC)	Mike Sauers
#14	4:05-5:00	The Hard Parts of Happiness	Anthony Poponi

Swimming Theory Classes – WCF CLINIC

All Classes in the Pool unless noted otherwise

Thursday 21st, 2022

<u>Session</u>	<u>Time</u>	<u>Topic</u>	<u>Speaker</u>
Introduction	9:00-10:00	Introduction	WCA/WCF Board
#1	10:00-11:00	Trevor Regan	Trevor Regan
#2	11:10-12:00	Butterfly	Bridger Miller
Lunch	12:00-1:00	WCA Business Meeting	
#3	1:00-2:00	Improving the Student-Athlete Experience	Ecsell Sports
#4	2:10-3:00	Breastroke	Bridger Miller
#5	3:05-4:00	Freestyle	Bridger Miller
#6	4:05-5:00	Backstroke	Bridger Miller

Friday 22nd, 2022

<u>Session</u>	<u>Time</u>	<u>Topic</u>	<u>Speaker</u>
#7	8:30-9:30	What's the greatest resource in the mental well-being of students? It's COACHES	Mitch Hull
#8	9:40-10:30	Starts	Bridger Miller
#9	10:30-11:30	Turns	Bridger Miller
Lunch	11:30-12:00		
#10	12:00-1:00	Casper Orhtopedics	<u>Casper Orthopedics</u>
#11	1:05-2:00	Workout Planning	Bridger Miller
#12	2:05-3:00	Rules Clinic (Pool Classroom)	Shawna Morgan
#13	3:05-4:00	Rules Test (Pool Classroom)	Shawna Morgan
#14	4:05-5:00	The Hard Parts of Happiness	Anthony Poponi

Wrestling Theory Classes – WCF CLINIC

All Classes in the Wrestling Room unless noted otherwise

Thursday 21st, 2022

<u>Session</u>	<u>Time</u>	<u>Topic</u>	<u>Speaker</u>
Introduction	9:00-10:00	Introduction	WCA/WCF Board
#1	10:00-11:00	Trevor Regan	Trevor Regan
#2	11:10-12:00	Hand Fighting, Russian Ties, Underhooks, Leg Attacks	Rad Martinez-Herriman High School, NCAA All American
Lunch	12:00-1:00	WCA Business Meeting	
#3	1:00-2:00	Improving the Student-Athlete Experience	Ecsell Sports
#4	2:10-3:00	Breakdowns, Tilts, and Turns	Rad Martinez– Herriman High School
#5	3:05-4:00	WR - Scoring from a Front Headlock	Kasey Garnhart
#6	4:05-5:00	Shot Defense, Defense to Offense, MMA or College Q and A	Rad Martinez-Herriman High School

Friday 22nd, 2022

<u>Session</u>	<u>Time</u>	<u>Topic</u>	<u>Speaker</u>
#7	8:30-9:30	What's the greatest resource in the mental well-being of students? It's COACHES	Mitch Hull
#8	9:40-10:30	Wyoming Officials Q and A (PE Classroom)	Jason Wasserberger
#9	10:30-11:30	Cradles and Top Emphasis	Eddie Clark
Lunch	11:30-12:00		
#10	12:00-1:00	Casper Orthopedics	<u>Casper Orthopedics</u>
#11	1:05-2:00	Bottom Emphasis, Coaching Philosophy	Eddie Clark-Head Coach Star Valley
#12	2:05-3:00	Women's Wrestling in Wyoming (PE Classroom)	Trevor Wilson-WHSAA
#13	3:05-4:00	Practice Planning and Keeping Intensity	Darrell Bullington-Head Coach Kemmerer, WY
#14	4:05-5:00	The Hard Parts of Happiness	Anthony Poponi

Skiing Theory Classes – WCF CLINIC

All Classes in the NCHS unless noted otherwise

Thursday 21st, 2022

<u>Session</u>	<u>Time</u>	<u>Topic</u>	<u>Speaker</u>
Introduction	9:00-10:00	Introduction	WCA/WCF Board
#1	10:00-11:00	Trevor Regan	Trevor Regan
#2	11:10-12:00	Open	
Lunch	12:00-1:00	WCA Business Meeting	
#3	1:00-2:00	Improving the Student-Athlete	Ecell Sports
#4	2:10-3:00	Open	
#5	3:05-4:00	Open	
#6	4:05-5:00	Open	

Friday 22nd, 2022

<u>Session</u>	<u>Time</u>	<u>Topic</u>	<u>Speaker</u>
#7	8:30-9:30	What's the greatest resource in the mental well-being of students? It's COACHES	Mitch Hull
#8	9:40-10:30	Open	
#9	10:30-11:30	Open	
Lunch	11:30-12:00		
#10	12:00-1:00	Casper Orthopedics	<u>Casper Orthopedics</u>
#11	1:05-2:00	Open	
#12	2:05-3:00	Open	
#13	3:05-4:00	Open	
#14	4:05-5:00	The Hard Parts of Happiness	Anthony Poponi

Softball Theory Classes – WCF CLINIC

All Classes in Room 1066 unless noted otherwise

Thursday 21st, 2022

<u>Session</u>	<u>Time</u>	<u>Topic</u>	<u>Speaker</u>
Introduction	9:00-10:00	Introduction	WCA/WCF Board
#1	10:00-11:00	Trevor Regan	Trevor Regan
#2	11:00-12:00	Game Changer and Bookkeeping	Kaycee Prevedel (Former Collegiate and International Pitcher)
Lunch	12:00-1:00	WCA Business Meeting	
#3	1:00-2:00	Improving the Student Athlete Experience	Ecsell Sports
#4	2:10-3:00	Team Bonding and Coaching Philosophy	Blair Aimone
#5	3:05-4:00	Time Management/Effective Practice	Haley Gray
#6	4:05-5:00	Topic TBA	Dannie Martinez or Kaycee Prevedal

Friday 22nd, 2022

<u>Session</u>	<u>Time</u>	<u>Topic</u>	<u>Speaker</u>
#7	8:30-9:30	What's the greatest resource in the mental well-being of students? It's COACHES	Mitch Hull
#8	9:40-10:30	Base Running and Agility Drills	Danie Martinez
#9	10:30-11:30	Hitting/Offensive Drills	Danie Martinez/Kaycee Prevedel
Lunch	11:30-12:00		
#10	12:00-1:00	Casper Orthopedics	<u>Casper Orthopedics</u>
#11	1:05-2:00	Defense Drills	Danie Martinez
#12	2:05-3:00	Pitching– Warm-Up, Drills, Pitches	Kaycee Prevedel
#13	3:05-4:00	Catching	Blair Amoine
#14	4:05-5:00	The Hard Parts of Happiness	Anthony Poponi

Volleyball Theory Classes – WCF CLINIC

All Classes in the PE Classroom unless noted otherwise

Thursday 21st, 2022

<u>Session</u>	<u>Time</u>	<u>Topic</u>	<u>Speaker</u>
Introduction	9:00-10:00	Introduction	WCA/WCF Board
#1	10:00-11:00	Trevor Regan	Trevor Regan
#2	11:10-12:00	Creating Mentally Tough Teams MAAC Court	Dani Brinkerhoff
Lunch	12:00-1:00	WCA Business Meeting	
#3	1:00-2:00	Improving the Student Athlete Experience	Ecsell Sports
#4	2:10-3:00	Playing Favorites	Angela Sweep
#5	3:05-4:00	Crucial Conversations	Angela Sweep
#6	4:05-5:00	Coaches Meeting	Angela Sweep

Friday 22nd, 2022

<u>Session</u>	<u>Time</u>	<u>Topic</u>	<u>Speaker</u>
#7	8:30-9:30	What's the greatest resource in the mental well-being of students? It's COACHES	Mitch Hull
#8	9:40-10:30	MAAC Court	Angela Rhoades
#9	10:30-11:30	MAAC Court	Angela Rhoades
Lunch	11:30-12:00		
#10	12:00-1:00	Casper Orthopedics	<u>Casper Orthopedics</u>
#11	1:05-2:00	Topic TBA	Angela Rhoades
#12	2:05-3:00	Topic TBA	Angela Rhoades
#13	3:05-4:00	Rules Clinic	Kathy Hamer-Smith
#14	4:05-5:00	The Hard Parts of Happiness	Anthony Poponi

Golf Theory Classes – WCF CLINIC

All Classes in the Three Crowns Golf Course unless noted otherwise

Thursday 21st, 2022

<u>Session</u>	<u>Time</u>	<u>Topic</u>	<u>Speaker</u>
Introduction	9:00-10:00	Introduction	WCA/WCF Board
#1	10:00-11:00	Trevor Regan	Trevor Regan
#2	11:10-12:00	PGA Instruction	Andrew Braley
Lunch	12:00-1:00	WCA Business Meeting	
#3	1:00-2:00	Improving the Student Athlete Experience	Ecsell Sports
#4	2:10-3:00	Colorado Golf Rules Association	Greg With
#5	3:05-4:00	Colorado Golf Rules Association	Greg With
#6	4:05-5:00	Colorado Golf Rules Association	Greg With

Friday 22nd, 2022

<u>Session</u>	<u>Time</u>	<u>Topic</u>	<u>Speaker</u>
#7	8:30-9:30	What's the greatest resource in the mental well-being of students? It's COACHES	Mitch Hull
#8	9:40-10:30	PGA Instruction	Andrew Bailey
#9	10:30-11:30	Cody HS Golf Program @ Towers NCHS	Jacob Kraft
Lunch	11:30-12:00		
#10	12:00-1:00	Casper Orthopedics	<u>Casper Orthopedics</u>
#11	1:05-2:00	Golf Coaches Meeting @ Towers NCHS	Jacob Kraft
#12	2:05-3:00	PGA Instruction	Andrew Bailey
#13	3:05-4:00	PGA Instruction	Andrew Bailey
#14	4:05-5:00	The Hard Parts of Happiness	Anthony Poponi

Tennis Theory Classes – WCF CLINIC

All Classes are at Washington Park unless noted otherwise

Thursday 21st, 2022

<u>Session</u>	<u>Time</u>	<u>Topic</u>	<u>Speaker</u>
Introduction	9:00-10:00	Introduction	WCA/WCF Board
#1	10:00-11:00		Trevor Regan
#2	11:10-12:00	Tennis Coaches Meeting @ NCHS	Norm Sedig
Lunch	12:00-1:00	WCA Business Meeting	
#3	1:00-2:00	Improving the Student Athlete Experience	Ecell Sports
#4	2:10-3:00	Topic TBA	Doug Williams
#5	3:05-4:00	Topic TBA	Doug Williams
#6	4:05-5:00	Topic TBA	Doug Williams

Friday 22nd, 2022

<u>Session</u>	<u>Time</u>	<u>Topic</u>	<u>Speaker</u>
#7	8:30-9:30	What's the greatest resource in the mental well-being of students? It's COACHES	Mitch Hull
#8	9:40-10:30	Topic TBA	Doug Williams
#9	10:30-11:30	Topic TBA	Doug Williams
Lunch	11:30-12:00		
#10	12:00-1:00	Casper Orthopedics	<u>Casper Orthopedics</u>
#11	1:05-2:00	Topic TBA	Doug Williams
#12	2:05-3:00	Topic TBA	Doug Williams
#13	3:05-4:00	Topic TBA	Doug Williams
#14	4:05-5:00	The Hard Parts of Happiness	Anthony Poponi

Cross Country Theory Classes – WCF CLINIC

All Classes in the Room 1132 unless noted otherwise

Thursday 21st, 2022

<u>Session</u>	<u>Time</u>	<u>Topic</u>	<u>Speaker</u>
Introduction	9:00-10:00	Introduction	WCA/WCF Board
#1	10:00-11:00	Trevor Regan	Trevor Regan
#2	11:10-12:00		
Lunch	12:00-1:00	WCA Business Meeting	
#3	1:00-2:00	Improving the Student Athlete Experience	Ecsell Sports
#4	2:10-3:00		
#5	3:05-4:00		
#6	4:05-5:00		

Friday 22nd, 2022

<u>Session</u>	<u>Time</u>	<u>Topic</u>	<u>Speaker</u>
#7	8:30-9:30	What's the greatest resource in the mental well-being of students? It's COACHES	Mitch Hull
#8	9:40-10:30		
#9	10:30-11:30		
Lunch	11:30-12:00		
#10	12:00-1:00	Casper Orthopedic	<u>Casper Orthopedics</u>
#11	1:05-2:00		
#12	2:05-3:00		
#13	3:05-4:00		
#14	4:05-5:00	The Hard Parts of Happiness	Anthony Popino