

**WYOMING COACHES' FOUNDATION  
THEORY OF SPORT CLASS SESSIONS  
2021**



RAMKOTA HOTEL  
and CONFERENCE CENTER  
Casper, Wyoming  
[ramkotacasper.com](http://ramkotacasper.com)  
(307) 266-6000

# 2021 Wyoming Coaches Foundation Sponsors



Experience With Proven Results



WCF Clinic Week 2021

**Fundamentals of Coaching**

July 18<sup>th</sup>

\$85

Registration – 10:00 am, Class 11:00-6:00  
.5 for PTSB (free) or 1 UW credit (\$50/credit)

**Care and Prevention of Athletic Injuries**

July 19<sup>th</sup>-21<sup>st</sup>

\$135

Registration (19<sup>th</sup>) – 7:30 am, Class 9:00-6:00  
2 PTSB credits (free) or 2 UW credits (\$50/credit)

**Theory of Coaching Clinic – Sport Specific Breakouts**

July 22<sup>st</sup> -23<sup>nd</sup>

\$100

Registration – 7:30 (See Schedule Below)  
1 PTSB credit (free) or 1 UW credit (\$50/credit)

**WIAAA Conference**

July 21st – 23rd

**WCF Benefit Golf Tournament**

Wednesday, July 21<sup>th</sup>

**BBQ – Ramkota – 6:30 pm (free)**

Wednesday, July 21st

Sponsored by

Casper Proud to Host the Best Committee & Ramkota

**All-Star Soccer**

June 17-19 in Gillette, WY

**All-Star Volleyball and Basketball**

July 24th at Casper College

	Executive Board	Term Expires	Term Number	Started
President	Dean Schaff	2022	1	July 2019
President-Elect	Ryan Mader	2022	1	July 2021
Past President	Rick Stonehouse	2022	1	July 2017
Executive Director	Steve Mischke	2021	1	2016
Executive Director Mentee	Walt Smith	2024	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		99	

#### Regional Representatives

Region 1	Scott Shaffer	2024	1	
Region 2	Jessica Nugent	2022	1	
Region 3	Pat Patterson	2023	1	
Region 4	Karen Colling	2024	1	
Region 5	Tera Chandler	2022	1	
Region 6	Joe Wilson	2023	1	

#### Sports Representatives

Boys' Basketball	Allen Von Eye	2022	1	
Volleyball	Angela Sweep	2021	1	
Girls' Track	Ballard Johnson	2021	1	
Wrestling	Bradley Profaizer	2021	1	
Golf	Jacob Kraft	2023	1	
Skiing	Cody Hansen	2022	1	
Football	Mark Lenhardt	2022	1	
Swimming	Shawna Morgan	2022	2	
Girls' Basketball	Barry Ward	2023	1	
Soccer	Mike Sauers	2021	1	
Tennis	Norm Sedig	2022	1	
Cross Country	Sean Wilde	2023	1	
Boys' Track	Sara Walker	2023	1	
Indoor Track	Tom Rowley	2021	1	
Softball	Kaycee Prevedel	2024	1	January 2021

#### Junior High Representatives

JH North	Eric Robb	2023	2	
JH South	Jeff Barnett	2021	2	

#### Other

Social Media	Empty	2022	1	
Hall of Fame Rep		N/A		
WIAAA	Tony Holt	N/A		
NHSACA Soccer Rep	Dean Schaff	2021		
WHSAA Rep	Ron Laird	N/A		
NHSACA Reg 7 Rep	Heath Hayes	TBA		
NHSACA President	Ted Schroeder	2021		
Historian	Glenn Freeburg			

# Basketball Theory Classes – WCF CLINIC

All Classes in the Dalton Gym and Classroom unless noted otherwise

## Thursday 22nd, 2021

Session	Time	Topic	Speaker
Introduction	9:00-10:00	Introduction	WCA/WCF Board
#1	10:00-11:00	“Football-Life Marked Off In 100 Yards.”	<u>Bill Curry</u> 2x Super Bowl Champion
#2	11:00-12:00	Using Data and Analytics to Improve Your Team	Stu Mullins-- Lander High School
Lunch	12:00-1:00	WCA Business Meeting	
#3	1:00-2:00	X-Factor Performance	Dr. Tiffany Jones <u>X-Factor Performance</u>
#4	2:10-3:00	TBA	Gerald Matteson and UW Staff
#5	3:05-4:00	TBA	Gerald Matteson and UW Staff
#6	4:05-5:00	TBA	Gerald Matteson and UW Staff/ OR Basketball Coaches Meeting

## Friday 23rd, 2021

Session	Time	Topic	Speaker
#7	8:30-9:30	“Risk vs. Reward for Youth and High School Sports”	Uzma Samadani
#8	9:40-10:30	Execution in Special Situations	Barry Hecker (former NBA coach)
#9	10:30-11:30	Teaching the Fundamentals of Shooting	Barry Hecker (former NBA coach)
Lunch	11:30-12:00		Jillian Balow Wyoming State Superintendent
#10	12:00-1:00	“New Treatments for Soft Tissue Injuries”	Dr. Trevor Gessel <u>Casper Orthopedics</u>
#11	1:05-2:00	Purposeful and Complete Practice Planning	Liz Lewis/Janie Rayback-- Gillette College
#12	2:05-3:00	Youth Development: Success Starts Here	Liz Lewis/Janie Rayback-- Gillette College
#13	3:05-4:00	The First Ten Practices-Setting the Tone for Your Season	Aaron Abel-- Worland High School
#14	4:05-5:00	“Developing the Predator Mindset”	Mike Moor Z-Winning Mindset

# Golf Theory Classes – WCF CLINIC

All Classes in the Three Crowns Golf Course unless noted otherwise

## Thursday 22nd, 2021

Session	Time	Topic	Speaker
Introduction	9:00-10:00	Introduction	WCA/WCF Board
#1	10:00-11:00	“Football-Life Marked Off In 100 Yards.”	<u>Bill Curry</u> 2x Super Bowl Champion
#2	11:00-12:00	Cody High School Golf @ Alcova Room	Jacob Kraft (Cody High School Golf Coach)
Lunch	12:00-1:00	WCA Business Meeting	
#3	1:00-2:00	X-Factor Performance	Dr. Tiffany Jones <u>X-Factor Performance</u>
#4	2:10-3:00	PGA Instruction	Andrew Baley
#5	3:05-4:00	PGA Instruction	Andrew Baley
#6	4:05-5:00	Golf Coaches Meeting @ Alcova Room	Jacob Kraft (Cody High School Golf Coach)

## Friday 23rd, 2021

Session	Time	Topic	Speaker
#7	8:30-9:30	“Risk vs. Reward for Youth and High School Sports”	Uzma Samadani
#8	9:40-10:30	PGA Instruction	Andrew Bailey
#9	10:30-11:30	PGA Instruction	Andrew Bailey
Lunch	11:30-12:00		Jillian Balow Wyoming State Superintendent
#10	12:00-1:00	“New Treatments for Soft Tissue Injuries”	Dr. Trevor Gessel <u>Casper Orthopedics</u>
#11	1:05-2:00	Colorado Golf Rules Association @ Alcova Room	Greg With
#12	2:05-3:00	Colorado Golf Rules Association @ Alcova Room	Greg With
#13	3:05-4:00	Colorado Golf Rules Association @ Alcova Room	Greg With
#14	4:05-5:00	“Developing the Predator Mindset”	Mike Moor Z-Winning Mindset

# Cross Country Theory Classes – WCF CLINIC

All Classes in the Central Ballroom unless noted otherwise

## Thursday 22nd, 2021

Session	Time	Topic	Speaker
Introduction	9:00-10:00	Introduction	WCA/WCF Board
#1	10:00-11:00	“Football-Life Marked Off In 100 Yards.”	<u>Bill Curry</u> 2x Super Bowl Champion
#2	11:00-12:00	Characteristics of a Good Coach	Sean Wilde
Lunch	12:00-1:00	WCA Business Meeting	
#3	1:00-2:00	X-Factor Performance	Dr. Tiffany Jones <u>X-Factor Performance</u>
#4	2:10-3:00	Building a Cross Country Team Culture	Nick Ekel ICC
#5	3:05-4:00	Rules Meeting	Sean Wilde
#6	4:05-5:00	Creating a Mid Distance and Long Distance Training Program for Multisport Athletes	Nick Ekel ICC

## Friday 23rd, 2021

Session	Time	Topic	Speaker
#7	8:30-9:30	“Risk vs. Reward for Youth and High School Sports”	Uzma Samadani
#8	9:40-10:30	Cultural Components of Cross Country	Scott Dahlberg
#9	10:30-11:30	Periodization and Training Cycles	Sean Wilde
Lunch	11:30-12:00	TBA	Jillian Balow Wyoming State Superintendent
#10	12:00-1:00	“New Treatments for Soft Tissue Injuries”	Dr. Trevor Gessel <u>Casper Orthopedics</u>
#11	1:05-2:00	Training at Altitude	Scott Dahlberg
#12	2:05-3:00	Race Preparation	Sean Wilde
#13	3:05-4:00	Q and A	Scott Dahlberg
#14	4:05-5:00	“Developing the Predator Mindset”	Mike Moor Z-Winning Mindset

# Football Theory Classes – WCF CLINIC

All Classes in the Wyo Theatre Room unless noted otherwise

## Thursday 22nd, 2021

Session	Time	Topic	Speaker
Introduction	9:00-10:00	Introduction	WCA/WCF Board
#1	10:10-11:00	“Football-Life Marked Off In 100 Yards.”	<u>Bill Curry</u> 2x Super Bowl Champion
#2	11:00-12:00	Tight End Skills and Drills	Shannon Moore-TE's Coach (University of Wyoming)
Lunch	12:10-1:00	WCA Business Meeting	
#3	1:00-2:00	X-Factor Performance	Dr. Tiffany Jones <u>X-Factor Performance</u>
#4	2:10-3:00	Building a Winning Culture Through the "Count on Me" System	Josh Lynn-Head Football Coach (University of Nebraska-Kearney)
#5	3:05-4:00	Power Option Scheme-Keep the Defense on Their Toes by Changing the Read	Drew Thatcher-Offensive Coordinator (University of Nebraska-Kearney)
#6	4:05-5:00	Pressure and Pass Rush Philosophy through a 3-4 Defensive Scheme	Levi Gallas-Defensive Coordinator (University of Nebraska-Kearney)

## Friday 23rd, 2021

Session	Time	Topic	Speaker
#7	8:30-9:30	“Risk vs. Reward for Youth and High School Sports”	Uzma Samadani
#8	9:40-10:30	Running Back Development	Robert Sales-Running Backs Coach (South Dakota School Mines)
#9	10:30-11:30	Developing a Program	Charlie Flohr-Head Football Coach (South Dakota School of Mines)
Lunch	11:30-12:00		Jillian Balow Wyoming State Superintendent
#10	12:00-1:00	“New treatments for soft tissue injuries”	Dr. Trevor Gessel <u>Casper Orthopedics</u>
#11	1:05-2:00	Simplifying Run Fits	Clint Sasse-Defensive Coordinator (Chadron St. College)
#12	2:05-3:00	Building Your Passing Game Around 4 Verticals	Micah Smith-Offensive Coordinator (Chadron St. College)
#13	3:05-4:00	Annual Coaches Rules Test	Trevor Wilson-Wyoming High School Athletic Association
#14	4:05-5:00	“Developing the Predator Mindset”	Mike Moor Z-Winning Mindset



# MS/JH Theory Classes – WCF CLINIC

All Classes in the North Ballroom unless noted otherwise

## Thursday 22nd, 2021

Session	Time	Topic	Speaker
Introduction	9:00-10:00	Introduction	WCA/WCF Board
#1	10:00-11:00	“Football-Life Marked Off In 100 Yards.”	<u>Bill Curry</u> 2x Super Bowl Champion
#2	11:00-12:00	Importance of a Good Warm-up Routine-Drills and Practices	Paul Jimenez (NCHS)
Lunch	12:00-1:00	WCA Business Meeting	
#3	1:00-2:00	X-Factor Performance	Dr. Tiffany Jones <u>X-Factor Performance</u>
#4	2:10-3:00	Fundamentals of MS/Jr. High soccer	Jeff Fierro (Stevens HS in Rapid City, SD)
#5	3:05-4:00	Developing a Successful Program	Heath Hayes (KWHS)
#6	4:05-5:00	Track and field Sprints and Relays	Jeff Fierro (Stevens HS in Rapid City, SD)

## Friday 23rd, 2021

Session	Time	Topic	Speaker
#7	8:30-9:30	“Risk vs. Reward for Youth and High School Sports”	Uzma Samadani
#8	9:40-10:30	Coaching Young Kids in the Greatest Game (Volleyball) CAC Gym	Taffy Micheli
#9	10:30-11:30	Sports Injuries and Prevention	Chellsie Johnson (KWHS)
Lunch	11:30-12:00		Jillian Balow Wyoming State Superintendent
#10	12:00-1:00	“New Treatments for Soft Tissue Injuries”	Dr. Trevor Gessel <u>Casper Orthopedics</u>
#11	1:05-2:00	Basic Taping Techniques of Sports Injuries	Chellsie Johnson (KWHS)
#12	2:05-3:00	Basketball Ball Handling Drills and Full Court Offense	Paul Jimenez (NCHS)
#13	3:05-4:00	Round Table Questions/Discussions	Barnett/Robb
#14	4:05-5:00	“Developing the Predator Mindset”	Mike Moor Z-Winning Mindset

# Soccer Theory Classes – WCF CLINIC

All Classes at the FB Field/Classroom MAC unless noted otherwise

## Thursday 22nd, 2021

Session	Time	Topic	Speaker
Introduction	9:00-10:00	Introduction	WCA/WCF Board
#1	10:00-11:00	“Football-Life Marked Off In 100 Yards.”	<u>Bill Curry</u> 2x Super Bowl Champion
#2	11:00-12:00	Rules Meeting / All Star Soccer Meeting	Mike Sauers
Lunch	12:00-1:00	WCA Business Meeting	
#3	1:00-2:00	X-Factor Performance	Dr. Tiffany Jones <u>X-Factor Performance</u>
#4	2:10-3:00	USSF 11v11 Grassroots Coaching Course	David Hayes
#5	3:05-4:00	USSF 11v11 Grassroots Coaching Course	David Hayes
#6	4:05-5:00	USSF 11v11 Grassroots Coaching Course	David Hayes

## Friday 23rd, 2021

Session	Time	Topic	Speaker
#7	8:30-9:30	“Risk vs. Reward for Youth and High School Sports”	Uzma Samadani
#8	9:40-10:30	Systems of Play, Player Roles and Responsibilities, Game Management Strategy.	David Hayes
#9	10:30-11:30	Systems of Play, Player Roles and Responsibilities, Game Management Strategy.	David Hayes
Lunch	11:30-12:00		Jillian Balow Wyoming State Superintendent
#10	12:00-1:00	“New Treatments for Soft Tissue Injuries”	Dr. Trevor Gessel <u>Casper Orthopedics</u>
#11	1:05-2:00	Developing individual decision making, skill and technique.	David Hayes
#12	2:05-3:00	Goalkeeping	David Hayes
#13	3:05-4:00	Rules Meeting / All Star Soccer Meeting	Mike Sauers
#14	4:05-5:00	“Developing the Predator Mindset”	Mike Moor Z-Winning Mindset

# Softball Theory Classes – WCF CLINIC

All Classes at the Crossroads Softball Fields unless noted otherwise

## Thursday 22nd, 2021

Session	Time	Topic	Speaker
Introduction	9:00-10:00	Introduction	WCA/WCF Board
#1	10:00-11:00	“Football-Life Marked Off In 100 Yards.”	<u>Bill Curry</u> 2x Super Bowl Champion
#2	11:00-12:00	History of the Game- International and WY Softball @Seminoe Rm	Kaycee Prevedel (Former Collegiate and International Pitcher)
Lunch	12:00-1:00	WCA Business Meeting	
#3	1:00-2:00	X-Factor Performance	Dr. Tiffany Jones <u>X-Factor Performance</u>
#4	2:10-3:00	Homerun Hitting	Stephen Swazo (Head Coach at Trinidad State)
#5	3:05-4:00	Baserunning/Bunting	Kaycee Prevedel (Former Collegiate and International Pitcher)
#6	4:05-5:00	Defense- Drills	Luke Andrews (LHS Head Coach)

## Friday 23rd, 2021

Session	Time	Topic	Speaker
#7	8:30-9:30	“Risk vs. Reward for Youth and High School Sports”	Uzma Samadani
#8	9:40-10:30	Youth Softball in Wyoming @ Seminoe Rm	Stacey Pearson (Youth Softball Advocate)
#9	10:30-11:30	Coaching philosophy- Team logistics, parent meeting @ Seminoe Rm	Luke Andrews
Lunch	11:30-12:00		Jillian Balow Wyoming State Superintendent
#10	12:00-1:00	“New Treatments for Soft Tissue Injuries”	Dr. Trevor Gessel <u>Casper Orthopedics</u>
#11	1:05-2:00	5 Step Power Pitch	Kaycee Prevedel (Former Collegiate and International Pitcher)
#12	2:05-3:00	Catching	Blair Aminoine (GRHS Heach Coach)
#13	3:05-4:00	2022 WY Softball Season Planning	All Coaches
#14	4:05-5:00	“Developing the Predator Mindset”	Mike Moor Z-Winning Mindset

# Skiing Theory Classes – WCF CLINIC

All Classes in the Guest Room 1 unless noted otherwise

## Thursday 22nd, 2021

Session	Time	Topic	Speaker
Introduction	9:00-10:00	Introduction	WCA/WCF Board
#1	10:00-11:00	“Football-Life Marked Off In 100 Yards.”	<u>Bill Curry</u> 2x Super Bowl Champion
#2	11:00-12:00		USSA
Lunch	12:00-1:00	WCA Business Meeting	
#3	1:00-2:00	X-Factor Performance	Dr. Tiffany Jones <u>X-Factor Performance</u>
#4	2:10-3:00		Gareth Trayner
#5	3:05-4:00	—OPEN—	
#6	4:05-5:00	—OPEN—	

## Friday 23rd, 2021

Session	Time	Topic	Speaker
#7	8:30-9:30	“Risk vs. Reward for Youth and High School Sports”	Uzma Samadani
#8	9:40-10:30	—OPEN—	
#9	10:30-11:30	—OPEN—	
Lunch	11:30-12:00		Jillian Balow Wyoming State Superintendent
#10	12:00-1:00	“New Treatments for Soft Tissue Injuries”	Dr. Trevor Gessel <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	“Developing the Predator Mindset”	Mike Moor Z-Winning Mindset

# Swimming Theory Classes – WCF CLINIC

All Classes in the Natrona Room unless noted otherwise

## Thursday 22nd, 2021

Session	Time	Topic	Speaker
Introduction	9:00-10:00	Introduction	WCA/WCF Board
#1	10:00-11:00	“Football-Life Marked Off In 100 Yards.”	<u>Bill Curry</u> 2x Super Bowl Champion
#2	11:00-12:00	Train Ugly (Growth Mindset)	Trevor Ragan
Lunch	12:00-1:00	WCA Business Meeting	
#3	1:00-2:00	X-Factor Performance	Dr. Tiffany Jones <u>X-Factor Performance</u>
#4	2:10-3:00	Train Ugly (Growth Mindset)	Trevor Ragan
#5	3:05-4:00	Train Ugly (Growth Mindset)	Trevor Ragan
#6	4:05-5:00	Train Ugly (Growth Mindset)	Trevor Ragan

## Friday 23rd, 2021

Session	Time	Topic	Speaker
#7	8:30-9:30	“Risk vs. Reward for Youth and High School Sports”	Uzma Samadani
#8	9:40-10:30	Train Ugly (Growth Mindset)	Trevor Ragan
#9	10:30-11:30	Train Ugly (Growth Mindset)	Trevor Ragan
Lunch	11:30-12:00		Jillian Balow Wyoming State Superintendent
#10	12:00-1:00	“New Treatments for Soft Tissue Injuries”	Dr. Trevor Gessel <u>Casper Orthopedics</u>
#11	1:05-2:00	Train Ugly (Growth Mindset)	Trevor Ragan
#12	2:05-3:00	Rules Clinic	Shawna Morgan
#13	3:05-4:00	Rules Test	Shawna Morgan
#14	4:05-5:00	“Developing the Predator Mindset”	Mike Moor Z-Winning Mindset

# Tennis Theory Classes – WCF CLINIC

All Classes are at Washington Park unless noted otherwise

## Thursday 22nd, 2021

Session	Time	Topic	Speaker
Introduction	9:00-10:00	Introduction	WCA/WCF Board
#1	10:00-11:00	“Football-Life Marked Off In 100 Yards.”	<u>Bill Curry</u> 2x Super Bowl Champion
#2	11:00-12:00	Tennis Coaches Meeting @ Spirits Room	Norm Sedig
Lunch	12:00-1:00	WCA Business Meeting	
#3	1:00-2:00	X-Factor Performance	Dr. Tiffany Jones <u>X-Factor Performance</u>
#4	2:10-3:00	TBA	Erica Medlin University of Wyoming Cowgirls' Assistant
#5	3:05-4:00	TBA	Erica Medlin University of Wyoming Cowgirls' Assistant
#6	4:05-5:00	TBA	Erica Medlin University of Wyoming Cowgirls' Assistant

## Friday 23rd, 2021

Session	Time	Topic	Speaker
#7	8:30-9:30	“Risk vs. Reward for Youth and High School Sports”	Uzma Samadani
#8	9:40-10:30	TBA	Erica Medlin University of Wyoming Cowgirls' Assistant
#9	10:30-11:30	TBA	Erica Medlin University of Wyoming Cowgirls' Assistant
Lunch	11:30-12:00	TBA	Jillian Balow Wyoming State Superintendent
#10	12:00-1:00	“New Treatments for Soft Tissue Injuries”	Dr. Trevor Gessel <u>Casper Orthopedics</u>
#11	1:05-2:00	TBA	Erica Medlin University of Wyoming Cowgirls' Assistant
#12	2:05-3:00	TBA	Erica Medlin University of Wyoming Cowgirls' Assistant
#13	3:05-4:00	TBA	Erica Medlin University of Wyoming Cowgirls' Assistant
#14	4:05-5:00	“Developing the Predator Mindset”	Mike Moor Z-Winning Mindset

# Track and Field Theory Classes – WCF CLINIC

All Classes in the South Ballroom unless noted otherwise

## Thursday 22nd, 2021

<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	“Football-Life Marked Off In 100 Yards.”	<u>Bill Curry</u> 2x Super Bowl Champion
#2	11:00-12:00	Hurdle Panel - Open discussion for beginner to advanced coaching	Karen Colling (NCHS) Ryan Mader (Buffalo HS) Tanner Kelting (Thunder Basin High School)
Lunch	12:00-1:00	WCA Business Meeting	
#3	1:00-2:00	X-Factor Performance	Dr. Tiffany Jones <u>X-Factor Performance</u>
#4	2:10-3:00	First Day Pole Vault Progression and Coaching Assessment for Beginners @KWHS	Scott Shaffer (Cody High School)
#5	3:05-4:00	First Day Pole Vault Progression and Coaching Assessment for Beginner @KWHS	Scott Shaffer (Cody High School)
#6	4:05-5:00	Throws	Keith Vance (UCCS)

## Friday 23rd, 2021

<u>Session</u>	<u>Time</u>	<u>Topic</u>	<u>Speaker</u>
#7	8:30-9:30	“Risk vs. Reward for Youth and High School Sports”	Uzma Samadani
#8	9:40-10:30	Throws	Keith Vance (UCCS)
#9	10:30-11:30	High Jump	Billion Schrodt (UCCS)
Lunch	11:30-12:00		Jillian Balow Wyoming State Superintendent
#10	12:00-1:00	“New Treatments for Soft Tissue Injuries”	Dr. Trevor Gessel <u>Casper Orthopedics</u>
#11	1:05-2:00	Multi-Events	Billion Schrodt (UCCS)
#12	2:05-3:00	MileSplit	Alonso Rodriguez
#13	3:05-4:00	Coaches Meeting/WHSAA	Tom, Ballard, & Sarah
#14	4:05-5:00	“Developing the Predator Mindset”	Mike Moor Z-Winning Mindset

# Volleyball Theory Classes – WCF CLINIC

All Classes in the CAC Gym/Team Room unless noted otherwise

## Thursday 22nd, 2021

<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	“Football-Life Marked Off In 100 Yards.”	<u>Bill Curry</u> 2x Super Bowl Champion
#2	11:00-12:00	VB Coaches Meeting	Angela Sweep
Lunch	12:00-1:00	WCA Business Meeting	
#3	1:00-2:00	X-Factor Performance	Dr. Tiffany Jones <u>X-Factor Performance</u>
#4	2:10-3:00	Running an Effective Practice	Scott Keister--NWCC
#5	3:05-4:00	What College Coaches Want in a College Athlete	Scott Keister--NWCC
#6	4:05-5:00	Individual and Team Defense	Bill Thompson

## Friday 23rd, 2021

<u>Session</u>	<u>Time</u>	<u>Topic</u>	<u>Speaker</u>
#7	8:30-9:30	“Risk vs. Reward for Youth and High School Sports”	Uzma Samadani
#8	9:40-10:30	Coaching Young Kids in the Greatest Game Part 1	Taffy Micheli
#9	10:30-11:30	Coaching Young Kids in the Greatest Game Part 2	Taffy Micheli
Lunch	11:30-12:00		Jillian Balow Wyoming State Superintendent
#10	12:00-1:00	“New Treatments for Soft Tissue Injuries”	Dr. Trevor Gessel <u>Casper Orthopedics</u>
#11	1:05-2:00	Taking Down Goliath	Keith Fransik
#12	2:05-3:00	Technology in Coaching VB	Diana Tims
#13	3:05-4:00	Rules Clinic	Kathy Hamer-Smith
#14	4:05-5:00	“Developing the Predator Mindset”	Mike Moor Z-Winning Mindset



# Wrestling Theory Classes – WCF CLINIC

All Classes in the Teton Room unless noted otherwise

## Thursday 22nd, 2021

Session	Time	Topic	Speaker
Introduction	9:00-10:00	Introduction	WCA/WCF Board
#1	10:00-11:00	“Football-Life Marked Off In 100 Yards.”	<u>Bill Curry</u> 2x Super Bowl Champion
#2	11:00-12:00	Who We Are: Introductions	Dave Edington
Lunch	12:00-1:00	WCA Business Meeting	
#3	1:00-2:00	X-Factor Performance	Dr. Tiffany Jones <u>X-Factor Performance</u>
#4	2:10-3:00	Establishing a Culture	Dave Edington
#5	3:05-4:00	Coaches Responsibilities	Dave Edington
#6	4:05-5:00	Rules and Officiating	Dave Edington

## Friday 23rd, 2021

Session	Time	Topic	Speaker
#7	8:30-9:30	“Risk vs. Reward for Youth and High School Sports”	Uzma Samadani
#8	9:40-10:30	Girls Wrestling	Dave Edington
#9	10:30-11:30	Opportunities for Wrestlers and Coaches	Dave Edington
Lunch	11:30-12:00		Jillian Balow Wyoming State Superintendent
#10	12:00-1:00	“New Treatments for Soft Tissue Injuries”	Dr. Trevor Gessel <u>Casper Orthopedics</u>
#11	1:05-2:00	Styles of Wrestling	Dave Edington
#12	2:05-3:00	Practices and Scheduling	Dave Edington
#13	3:05-4:00	Where Do We Go From Here	Dave Edington
#14	4:05-5:00	“Developing the Predator Mindset”	Mike Moor Z-Winning Mindset

## LTI Courses – WCF CLINIC

All Classes at the Pathfinder Room unless noted otherwise

### Wednesday 21st, 2021

<u>Session</u>	<u>Time</u>	<u>Topic</u>	<u>Speaker</u>
#1	8:00-12:00	LTI 706 “Coaching Coaches to be Leader and Educators”	

### Thursday 22nd, 2021

<u>Session</u>	<u>Time</u>	<u>Topic</u>	<u>Speaker</u>
#2	8:00-10:00	LTI 501 “Guiding Foundations and Philosophies for Athletic Administrators	
	1:00-3:00		

### Friday 23rd, 2021

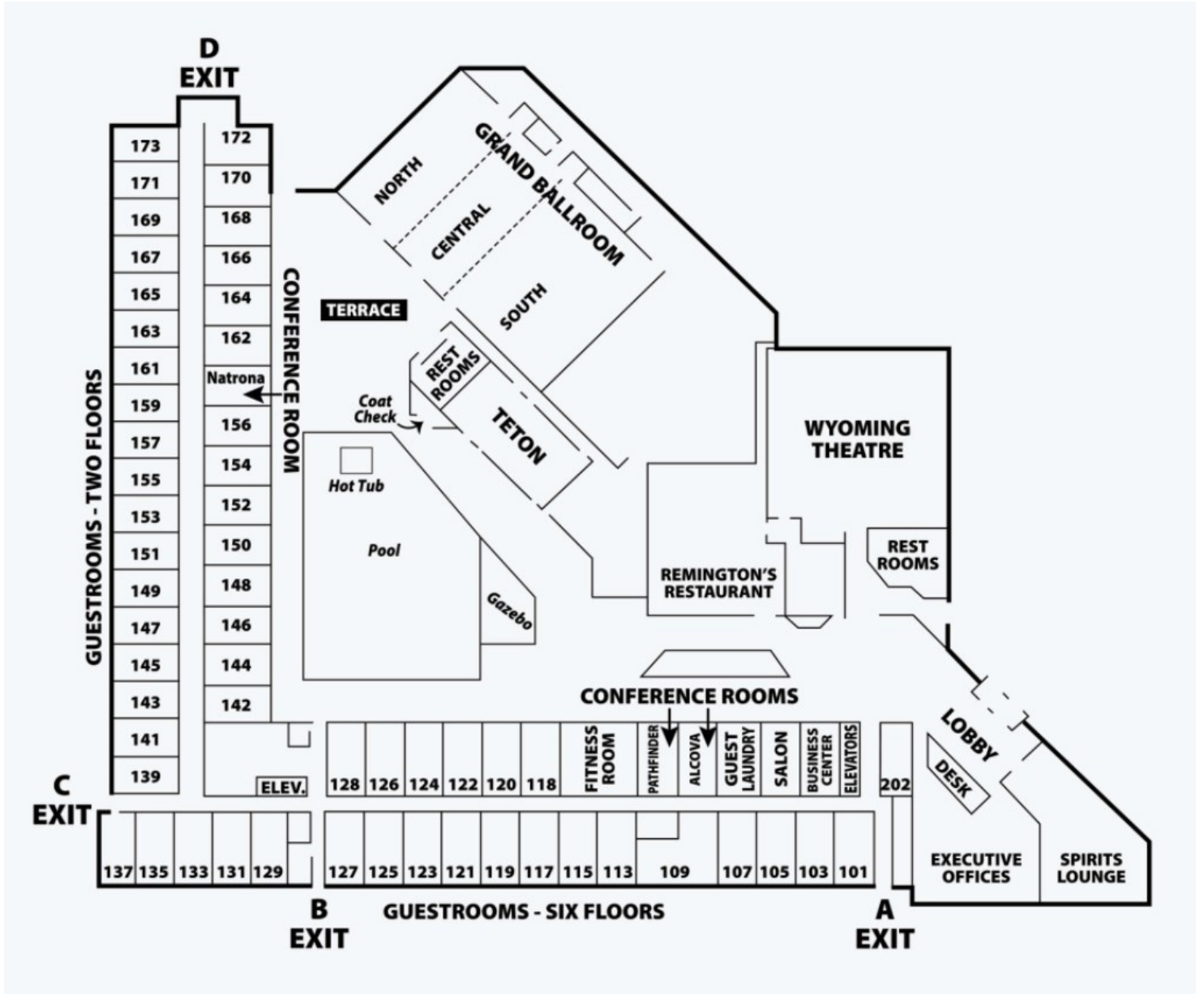
<u>Session</u>	<u>Time</u>	<u>Topic</u>	<u>Speaker</u>
#3	8:00-12:00	LTI 726 “Student Leadership Development”	

## L4C Course – WCF CLINIC

Ramkota TBA

Thursday 22nd

TBA



Room Number	Room Name / Feature
173	Guestroom
172	Guestroom
171	Guestroom
170	Guestroom
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113	Guestroom
109	Guestroom
107	Guestroom
105	Guestroom
103	Guestroom
101	Guestroom
202	Executive Office