

Wednesday, July 22, 2009		
Barbecue – Parkway Plaza		
Sponsored by the Casper Sports Attraction Committee & Ramada Plaza Riverside		
FREE – 6:00 pm		
Thursday July 23, 2009 – WCA Clinic		
BB – Basketball	FB – Football	
GO – Golf	JH – Junior High	
SW – Swimming	VB – Volleyball	
TR – Track & Field	SS – Nordic Skiing, Alpine Skiing, Gymnastics	
WR – Wrestling	TN – Tennis	
SC – Soccer		
Session #1 General Session 9:30 – 10:45 “Motivating the 21st Century Athlete” Coach Rod Olson Coaches of Excellence Institute		
Session #2 Breakout Session 11:00-11:45 am		
BB	Natrona	Joel Davidson; Casper College, WY “Pressing Defense”
FB	Wyoming	WFAA--John Cundall
GO		Free to choose another session
TR	Moose	Brian Bedard, CSU “Shot Put Glide Technique”
CC	Cheyenne	Forrey Flannagan – Distance Running, RapidCity Stevens
SW	Railroad	Scott Mills, Rules Clinic
TN	Shoshoni	Tennis Coaches Meeting
VB	Gourmet	Ron Alexander, Hastings College
WR	Mardi Gras	Steve Keszler – Sturgis High School, SD
SC	Soccer Fields	Peter Whitfield, Westminster AFC, CO
SS	Tiffany	US Ski Team Presenter
Session #3 – General Session 12:00-1:30 WCA Membership Lunch & Meeting Dr. Smith - Casper Orthopedics “Hip Pain”		
Session #4 Breakout Session 1:45-2:30 pm		
BB	Natrona	Lora Westling; Univ. of Missouri-St. Louis “Individual Player Development”
FB	Wyoming	Erik Stensaas--Meridan HS, Meridan, MS Meridian Wildcats' Def. Fronts
GO		Free to choose another session
TR	Moose	Brian Bedard, CSU “Shot Put Rotational Technique”
CC	Cheyenne	Forrey Flannagan – Distance Running, Rapid City Stevens
SW	Railroad	Michael L. Cotterman, U Wyo Strength & Conditioning Coach “Muscle Warm-up: Progression and

		Techniques for shoulder pre-habilitation and muscle activation”
VB	NCHS Gym	Ron Alexander, Hastings College
WR	Mardi Gras	Steve Keszler – Sturgis High School, SD
SC	Soccer Fields	Peter Whitfield, Westminster AFC, CO
JH	Gourmet	Doug Armstrong, Physical Therapist Goshen County Schools Strength & Conditioning of JH Athlete
SS	Tiffany	US Ski Team Presenter
Session #5 Breakout Session 2:45-3:30 pm		
BB	Natrona	Lora Westling; Univ. of Missouri-St. Louis “Practice Efficiency”
FB	Wyoming	Erik Stensaas--Meridan HS, Meridan, MS “Meridian Wildcats' Coverages”
FB	Shoshoni	Jeff Bermes/Ron King Roberts HS, MT – 6 Man Offense
GO		Free to choose another session
TR	Moose	Brian Bedard, CSU “Discus Technique”
CC	Cheyenne	Cross Country Coaches Meeting
SW	Railroad	Michael L. Cotterman, U Wyo Strength & Conditioning Coach “Swimming and event specific strength and conditioning”
VB	NCHS Gym	Ron Alexander, Hastings College
WR	Mardi Gras	Steve Keszler – Sturgis High School, SD
SC	Soccer Fields	Peter Whitfield, Westminster AFC, CO
JH	Gourmet	Doug Armstrong, Physical Therapist Goshen County Schools Common Taping Techniques
SS	Tiffany	US Ski Team Presenter
Session #6 Breakout Session 3:45-4:30 pm		
BB	Natrona	Basketball Coaches Assoc. Meeting
FB	Wyoming	Chuck Morrell, University of Sioux Falls “Linebacker Play”
GO		Free to choose another session
TR	Moose	Pete Leno, DSU “Approach to Speed Development”
SW	Railroad	Michael L. Cotterman, U Wyo Strength & Conditioning Coach “Year long Program Design (College, High School, Club)”
VB	NCHS Gym	Ron Alexander, Hastings College
WR	Mardi Gras	Steve Keszler – Sturgis High School, SD
SC	Shoshoni	Soccer Meeting
SS	Tiffany	US Ski Team Presenter



Friday July 24, 2009		
Session #7 General Session 8:30 – 9:15 Nancy Robertson - Casper Orthopedics “Exercises for Hip Pain”		
Session #8 Breakout Session 9:30 – 10:15 am		
BB	Natrona	Bunny Rider; Gillette College, Gillette, WY “Designing Drills to Fit Your System”
FB	Wyoming	Jas Bains--Chadron State “Defensive Backs”
FB	Shoshoni	Jeff Bermes/Ron King Roberts HS, MT – 6-Man Defense
GO	Cheyenne	Kyle Nuss, president of the Wyoming State Golf Association, Rules Session
TR	Moose	Pete Leno, DSU “Approach to Strength Development”
SW	Railroad	Mike Miller Gillette Swim/Dive Coach “Maintaining a Successful Swim/Dive Program”
TN	Washington Park	Doug Stevens – USPTR Certified
VB	NCHS Gym	Ron Alexander, Hastings College
WR	Mardi Gras	Matt Johnson – Former UW Assistant
SC	Soccer Fields	Marc Francis, Colorado Storm
JH		Free to choose another session
SS	Tiffany	US Ski Team Presenter
Session #9 Breakout Session 10:30 – 11:15 am		
BB	Natrona	Bunny Rider; Gillette College, Gillette, WY “Scramble/Match-up Defense”
FB	Wyoming	Pete Kalagis – UW offensive Line Play
FB	Shoshoni	Jeff Bermes/Ron King Roberts HS, MT – 6-Man Sp. Teams
GO		Free to choose another session
TR	Moose	Pete Leno, DSU “What Really Limits Sprint Speed”
SW	Railroad	Mike Miller Gillette Swim/Dive Coach “Nutrition for a Healthy Life”
TN	Washington Park	Doug Stevens – USPTR Certified
VB	NCHS Gym	Ron Alexander, Hastings College
WR	Mardi Gras	Matt Johnson – Former UW Assistant
SC	Soccer Fields	Marc Francis, Colorado Storm
JH		Free to choose another session
SS	Tiffany	US Ski Team Presenter
Session #10 – General Session 11:30-12:30 Boyd Epley “Game Speed and How to Develop It”		

Session #11 Breakout Session 12:45-1:30 pm		
BB	Natrona	Don Meyer; Northern State Univ., SD “Defensive Concepts”
FB	Wyoming	Jeff Larson, Black Hills State University “Yellow Jackets Special Teams”
GO	Cheyenne	Kyle Nuss, president of the Wyoming State Golf Association Rules session
TR	Moose	Lucky Huber – USD – Pole Vault
SW	Railroad	Bruce Gresly Lander Swim/Dive Coach “Effective Coaching and Mental Preparation for the Diving Athlete”
VB	NCHS Gym	Ron Alexander, Hastings College
WR	Mardi Gras	Matt Johnson – Former UW Assistant
SC	Soccer Fields	Marc Francis, Colorado Storm
JH		Free to choose another session
SS	Tiffany	US Ski Team Presenter
Session #12 Breakout Session 1:45- 2:30 pm		
BB	Natrona	Don Meyer; Northern State Univ., SD “Offensive Concepts”
FB	Wyoming	Andy Lowry--Columbine HS, Columbine, CO Option package from the Gun
GO		Free to choose another session
TR	Moose	Lucky Huber – USD – Pole Vault
SW	Railroad	Bruce Gresly Lander Swim/Dive Coach “Effective Coaching and Mental Preparation for the Diving Athlete”
TN	Wash. Park	Doug Stevens – USPTR Certified
VB	NCHS Gym	Ron Alexander, Hastings College
WR	Mardi Gras	Matt Johnson – Former UW Assistant
SC	Soccer Fields	Marc Francis, Colorado Storm
JH		Free to choose another session
SS	Tiffany	US Ski Team Presenter
Session #13 Breakout Session 2:45-3:30 pm		
BB	Natrona	Dave Mroczek; Minden High School, NE “Carolina Break into Motion Defense”
FB	Wyoming	Football Legends Hour John Deti, John McDougal, Bruce Keith
GO	Cheyenne	Golf Coaches Meeting
TR	Moose	Track Coaches Meeting
SW	Railroad	Bruce Gresly Lander Swim/Dive Coach “Effective Coaching and Mental Preparation for the Diving Athlete”
VB	Twilight	Volleyball Coaches’ Meeting
WR	Mardi Gras	WCA Wrestling Coaches Meeting
SC		Free to choose another session
JH	Gourmet	Jason Gill, Asst. HS Football (Gillette) JH Football – What We Look For!
SS	Tiffany	US Ski Team Presenter
Session #14 General Session 3:45 – 4:30 Don Meyer – Northern State University, SD “Lessons Learned in Coaching”		



Pre-Conference Activities

First Aid & CPR Class
July 22, 2009
8:00 am – 5:00 pm
Parkway Plaza

Call Pat Neely to register
(307) 464-6152 or (307) 680-4740

Prices if registered by July 1:

FA & CPR (Adult, Infant, Child): \$60.00

CPR Re-certification \$40.00

(Must show current card)

After July 1:

FA/CPR (Adult, Infant, Child): \$70.00

CPR/AED Re-certification \$50.00

(Must show current card)

Care & Prevention of Athletic Injuries

July 17-20 (\$175)

Contact Dan Dalen at 307-268-2518

NFHS Fundamentals of Coaching

July 21 9 am – 4 pm (\$75)

Contact Sherri at WHSAA 307-577-0614

WHSAA Sports Medicine Workshop

July 22 8 am – 4 pm

Contact Sherri at WHSAA 307-577-0614

Strength Clinic – Wednesday, July 22, 2009

Sponsored by Life Fitness

See website for schedule



Coaches Clinic Registration

Thursday July 23rd Parkway Plaza Hotel

123 West E Street

Casper, Wyoming

\$60 Pre-Registration clinic fee Paid **before**

July 15 for WCA members

\$70 Registration clinic fee **after** July 15 for

WCA members

\$35 WCA Annual Dues

2009 WCA Summer Clinic

WIAAA Athletic Directors Schedule

Wednesday, July 22, 2009 Senate Room

WIAAA Board of Directors Meeting 10:30 am

Leadership Training Class (LTC) 608

12:30-2:30 3:00-5:00

Thursday, July 23, 2009 Senate Room

*Leadership Training Class (LTC) 611

10:00-12:00 1:30-3:30

Session #5 AD Round Table

Topic – Event Sportsmanship

Session #6 AD Round Table

Topic – Event Sportsmanship

Friday, July 24, 2009 Senate Room

*Leadership Training Class (LTC) 799

9:30-11:30 12:30-2:30

WIAAA Board of Directors Meeting

4:30 pm

**Note: LTC 611 & 799 are estimated times around the general luncheon sessions.*

All-Star Saturday

Rules Meetings:

7:30 – 9:00 a.m. Hall of Fame Board of Directors

Senate Room

9:00 – 9:45 a.m. Football Rules Meeting

Wyoming Room

9:00 – 9:45 a.m. Volleyball Rules Meeting

Natrona Room

10:00 a.m. WSOA Board of Directors

Meeting Railroad Room

All Star Contests and Parents

10:30 a.m. Luncheon @ Casper College

Sponsored by:



2:00 p.m. Volleyball Match @ Casper College

4:00 p.m. Girls' Basketball @ Casper College

6:00 p.m. Boys' Basketball @ Casper College

Questions?

Contact:

Wade Sanford, WCA President

(W) 307-347-2412

(H) 307-347-7969

wsanford@wsh1.k12.wy.us

Room Reservations

Parkway Plaza Hotel

1-800-270-7829 or 307-235-1777

Special rate of \$60 per room, per night

(Mention the WCA clinic and ask for Block B)



Summer Clinic 2009

Pre-Conference Workshops July 22

Coaches' Clinic July 23-24

All-Star Games July 25

Parkway Plaza Hotel

Casper, Wyoming

1-800-270-7829