

**Wednesday, July 21, 2010**  
**Barbecue – Parkway Plaza**  
 Sponsored by the Casper Sports Attraction Committee & Parkway Plaza  
**FREE – 6:00 pm**

**Thursday July 22, 2010 – WCA Clinic**

BB – Basketball	FB – Football
GO – Golf	JH – Junior High
SS – Alpine Skiing	SW – Swimming
TR – Track & Field	VB – Volleyball
WR – Wrestling	SS – Nordic Skiing

**8:00 – Golf - Joe Jensen UW @ 3 Crowns**  
**9:00 – Golf – Warren Wilson USGA Rules**

**Session #1 General Session 9:30 – 10:45**  
 To Be Announced

**Session #2 Breakout Session 11:00-11:45 am**

BB	Natrona	Steve Smiley, Sheridan College, WY Building a Program
FB	Wyoming	WFCAs John Cundall
GO	Senate	Warren Wilson – Rules Powerpoint
TR	Tiffany	Art Siemes – Colorado School of Mines
SW	Railroad	Scott Mills Rules Clinic
VB	Off Site	Jhett Albers: Black Hills State University
WR	Mardi Gras	Travis Shufelt – University of Wyoming
JH	Old Town	Heath Hayes – Wrestling “Keeping it Fun”
SS	Old Town	US Ski Team – Alpine Tactics & Technique

**Session #3 – General Session 12:00-1:30**  
**WCA Business Luncheon**  
**Casper Orthopaedics Presentation**

**Session #4 Breakout Session 1:45-2:30 pm**

BB	Natrona	University of Wyoming Womens Basketball; “Improving your Offensive Skills”
FB	Wyoming	Pete Kaligis: University of Wyoming Inside Zone, Outside Zone, Counter
TR	Tiffany	Art Siemes – Colorado School of Mines 200 Meter: Drills and Technique
SW	Railroad	Milton Nelms: Australian Swimming Specialist Overall Bullet Points for Fast Swimming
VB	Off Site	Jhett Albers: Black Hills State University
WR	Mardi Gras	Travis Shufelt – University of Wyoming
JH	Old Town	Doug Armstrong – Conditioning “Core Strength Training w/ TheraBalls”
SS	Old Town	US Ski Team - Alpine Tactics & Technique

**Session #5 Breakout Session 2:45-3:30 pm**

BB	Natrona	University of Wyoming Womens Basketball “Post Play”
FB	Wyoming	Pete Kaligis: University of Wyoming Inside Zone, Outside Zone, Counter
FB	Shoshoni	Scott Trimble – Arthur Co HS, Arthur, NE 6-Man Offense
TR	Tiffany	Roger Buhrlay: Syracuse H.S., Utah Sprint Mechanics and Drills
SW	Railroad	Milton Nelms: Australian Swimming Specialist Using Sensory Images for Performance
VB	Off Site	Jhett Albers: Black Hills State University
WR	Mardi gras	Randy Burwick – Hettingger HS, ND
JH	Old Town	JH / Middle School Roundtable “Issues and Suggestions”
SS	Old Town	US Ski Team Speaker – Giant Slalom

**Session #6 Breakout Session 3:45-4:30 pm**

BB	Natrona	Basketball Coaches Association Meeting
FB	Wyoming	Don Julian: Sheridan H.S. Sheridan, WY “Born or Made? Maximizing roles of Leadership and Developing a Successful Team Culture”
TR	Tiffany	Roger Buhrlay: Syracuse H.S., Utah Race Models - 100-400 and Sprint Relays
SW	Railroad	Milton Nelms: Australian Swimming Specialist Developing the 500 Freestyle within the constraints of a High School Season
VB	Off Site	Jhett Albers: Black Hills State University
WR	Mardi gras	Randy Burwick – Hettingger HS, ND
SS	Old Town	US Ski Team – GS – Key Concepts of Tactics



**Friday July 23, 2010**

**Session #7 General Session 8:30 – 9:15**  
**Casper Orthopaedics Presentation**

**Session #8 Breakout Session 9:30 – 10:15 am**

BB	Natrona	Pete Gaudet; Ohio State University “Post Play”
FB	Wyoming	Steve Bradley: Pouder H.S., Fort Collins, CO Special Team Play
FB	Shoshoni	Scott Trimble – Arthur Co HS, Arthur, NE 6-Man Defense
GO	Senate	Kyle Nuss – WSGA Director
TR	Tiffany	Roger Buhrlay: Syracuse H.S., Utah Workouts- From warm up to cool down
SW	Railroad	Milton Nelms: Australian Swimming Specialist Avoiding shoulder problems by using natural movement images
VB	Off Site	Jhett Albers: Black Hills State University
WR	Mardi gras	Troy Lake – Western Montana Working with your “Big Eaters”
SS	Old Town	US Ski Team – GS – Key Concepts of Line

**Session #9 Breakout Session 10:30 – 11:15 am**

BB	Natrona	Pete Gaudet; Ohio State University “Post Play”
FB	Wyoming	Kenrick Shaver: University of Northern Colorado Defensive Back Play
FB	Shoshoni	Scott Trimble – Arthur Co HS, Arthur, NE 6-Man Special Teams
TR	Tiffany	Dan Hansen: Rock Springs H. S. Wyoming Weight Throw / Weight Training
SW	Railroad	Milton Nelms: Australian Swimming Specialist Daily lifestyle habits that help swimming performance
VB	Off Site	Jhett Albers: Black Hills State University
WR	Mardi gras	Troy Lake – Western Montana Working with your “Big Eaters”
SS	Old Town	US Ski Team – GS – Effective Feedback

**Session #10 – General Session 11:30-12:30**  
**Brad Smith**  
 Athletic Director – Chadron State College

**Session #11 Breakout Session 12:45-1:30 pm**

BB	Natrona	Bill Self; University of Kansas “Kansas Basketball”
FB	Wyoming	Jay Long: Black Hills State University Drills to Help the Undersized Offensive Lineman Succeed”
TR	Tiffany	Dan Hansen: Rock Springs H. S. Wyoming Shot Put: Drills and Technique
SW	Railroad	Milton Nelms: Australian Swimming Specialist Bullet points for the 4 strokes
VB	Off Site	Jhett Albers: Black Hills State University
WR	Mardi gras	Matt Johnson – UW Wrestling Alum

**Session #12 Breakout Session 1:45- 2:30 pm**

BB	Natrona	Bill Self; University of Kansas “Kansas Basketball”
FB	Wyoming	Chris Stein: Chadron State University Quarterback Play
TR	Tiffany	Dan Hansen: Rock Springs H. S. Wyoming Discus: Drills and Technique
SW	Railroad	Milton Nelms: Australian Swimming Specialist Bullet points for starts and turns
VB	Old Town	VB Coaches Meeting
WR	Mardi gras	Matt Johnson – UW Wrestling Alum

**Session #13 Breakout Session 2:45-3:30 pm**

BB	Natrona	Ralph Johnson; Kemmerer H. S. Kemmerer WY “Transition Basketball – Playing Fast”
FB	Wyoming	Todd Auer: Chadron State University D-Line Play
TR	Tiffany	Bill Boles Track Coaches Association
SW	Railroad	Milton Nelms: Australian Swimming Specialist Using the athletes’ language for technical instruction
VB	Old Town	Volleyball Rules Clinic
WR	Mardi gras	Rules Updates and Coaches Meeting

**Session #14 General Session 3:45 – 4:30**  
**Bill Self**  
 University of Kansas



**Pre-Conference Activities – Participants in Pre-Conference Activities must also register for the Coaches Clinic**

**NFHS Fundamentals of Coaching - \$80**

July 20 9 am – 4 pm

**Register @ wcaonline.net**

**First Aid & CPR Class**

July 21, 2010

8:00 am – 5:00 pm

Parkway Plaza

**Register online @ wcaonline.net**

*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)*

**Register @ wcaonline.net**

**WHSAA Sports Medicine Workshop**

July 21 8 am – 4 pm

**Register online @ wcaonline.net**

**Strength Clinic \$35 – Wednesday, July 21, 2010**

Sponsored by Life Fitness

See website for schedule



**Casper  
Orthopaedics**

**Sports, Spine, Bones,  
Joints & Trauma**

**Coaches Clinic Registration**

**Register online @ wcaonline.net**

Thursday July 22nd 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

\$40 WCA Annual Dues



**2010 WCA Summer Clinic**

**WIAAA Athletic Directors Schedule**

**Wednesday, July 21, 2010 Railroad Room**

WIAAA Board of Directors Meeting 10:30 am

Leadership Training Class (LTC) 502

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

**Thursday, July 22, 2010 Champagne Room**

\*Leadership Training Class (LTC) 613

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 23, 2010 Champagne Room**

\*Leadership Training Class (LTC) 614

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

WIAAA Board of Directors Meeting

4:30 pm

\*Note: LTC 613 & 614 are estimated times around the general luncheon sessions.

**All-Star Saturday**

10:30 – Luncheon

2:00 – Volleyball @ Casper College

4:00 – Girls Basketball @ Casper College

6:00 – Boys Basketball @ Casper College

**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

11:00 a.m. WSOA Board of Directors

Meeting Railroad Room



**Questions?**

Contact:

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**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)

**Friday July 23<sup>rd</sup>**

6:00 – Past Presidents & Inductees Reception

**Gourmet Room**

6:45 – Doors open for Banquet

7:00 – Hall of Fame/Coach of the Year Banquet



**Summer Clinic 2010**

**Pre-Conference Workshops July 20-21**

**Coaches' Clinic July 22-23**

**All-Star Games July 24**

**Parkway Plaza Hotel**

**Casper, Wyoming**

**1-800-270-7829**