66th Annual South Dakota Coaches’ Clinic
Highland Conference Center & MTI; Mitchell
July 10, 11 & 12, 2017

Presented Free of Charge by the
South Dakota High School Activities Association

In Cooperation with the
South Dakota High School Coaches Association

With a special thanks to:

Sanford Health
Lead Partner of the
South Dakota High School Activities Association

Mitchell Sports
and Events Authority
Sponsoring this year’s SDHSCA Coaches’ Clinic
# 2017 Clinic Headline Speakers:

<table>
<thead>
<tr>
<th>Sport</th>
<th>Speaker(s)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Volleyball</td>
<td>Andrea McCartney, Head Volleyball Coach, University of Sioux Falls</td>
</tr>
<tr>
<td>Wrestling</td>
<td>Shawn Lewis, Head Coach, Pierre TF Riggs High School</td>
</tr>
<tr>
<td>Wrestling</td>
<td>Shane Benitz, Chief Executive Officer, TrackWrestling, Inc.</td>
</tr>
<tr>
<td>Football</td>
<td>Clay Anderson, Head Football Coach, Pipestone (Minn.) Area High School</td>
</tr>
<tr>
<td>Tennis</td>
<td>Pat Colbert, USTA Northern Section Assistant Executive Director, Junior Competitive Teams</td>
</tr>
<tr>
<td>Golf</td>
<td>Coralee Jorgensen, SDGA First Tee Director</td>
</tr>
<tr>
<td>Basketball</td>
<td>Mark Senftner, Derek Robey, Brandon Kandolin &amp; Kent Kolsrud – SDHSAA State Championship Coaches from 2017</td>
</tr>
<tr>
<td>Track &amp; Field/XC</td>
<td>Seth Mischke, Head Mens’ and Womens’ Track &amp; Field Coach, Black Hills State University</td>
</tr>
<tr>
<td>Gymnastics</td>
<td>Alisha Dykstra, Elite Gymnastics Coach, TumbleBus Owner &amp; Private Clinician</td>
</tr>
<tr>
<td>Cheer</td>
<td>Alisha Dykstra, Elite Gymnastics Coach, TumbleBus Owner &amp; Private Clinician</td>
</tr>
<tr>
<td></td>
<td>Kayla Meyerhoff &amp; Diedra Nissen – Head Coaches, Sioux Falls Roosevelt Cheer Team</td>
</tr>
<tr>
<td>Dance</td>
<td>Melissa Strong, Head Coach, Dakota Valley Dance Team &amp; Owner/Director of 5678! Dance Studio</td>
</tr>
<tr>
<td>Soccer</td>
<td>Ryan Beier, Head Coach, Sioux Falls O’Gorman</td>
</tr>
</tbody>
</table>
# 66th Annual South Dakota Coaches’ Clinic

**July 10, 11 & 12, 2017**

## Event Schedule

### Monday, July 10th

<table>
<thead>
<tr>
<th>Event</th>
<th>Location</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>SDHSCA Executive Board Meeting</td>
<td>Highland Conf. Center</td>
<td>8:30 – 11:00 AM</td>
</tr>
<tr>
<td><strong>Golf Coaches</strong> – Coralee Jorgensen, SDGA First Tee, How to Coach the Short Game</td>
<td>Wild Oak Golf course</td>
<td>11:00 AM – 12 Noon</td>
</tr>
<tr>
<td>SDHSCA Foundation Golf Tournament</td>
<td>Wild Oak Golf Course</td>
<td>12:00 Noon</td>
</tr>
<tr>
<td>Exhibitor Check-in &amp; Set-Up</td>
<td>MTI Commons</td>
<td>12:00 – 6:00 PM</td>
</tr>
<tr>
<td>SDHSCA Conference &amp; Golf Tourney Social – OPEN to All Attendees, Vendors, Presenters &amp; Coaches</td>
<td>Highland Conf. Center</td>
<td>6:00 PM</td>
</tr>
</tbody>
</table>

### Tuesday, July 11th

<table>
<thead>
<tr>
<th>Event</th>
<th>Location</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>FCA Coaches Leadership Team Breakfast</td>
<td>Comfort Inn Board Rm</td>
<td>7:45 – 9:00 AM</td>
</tr>
<tr>
<td>Clinic &amp; Membership Registration</td>
<td>MTI Commons</td>
<td>8:00 AM – 4:00 PM</td>
</tr>
<tr>
<td>Exhibitors Open</td>
<td>MTI Commons</td>
<td>8:00 AM – 4:00 PM</td>
</tr>
<tr>
<td><strong>Tennis</strong> – Pat Colbert, USTA Northern Section, On-Court play</td>
<td>Mitchell Tennis Courts</td>
<td>9:00 – 11:00 AM</td>
</tr>
<tr>
<td><strong>Wrestling</strong> – Shawn Lewis, Head Coach, TF Riggs High School</td>
<td>MTI Classroom</td>
<td>9:00-10:00 AM</td>
</tr>
<tr>
<td><strong>Football</strong> – Clay Anderson, Head Coach, Pipestone, Minn. High School: 3-4 Defense &amp; KO Coverage</td>
<td>MTI Classroom</td>
<td>9:00-10:00 AM</td>
</tr>
<tr>
<td><strong>Gymnastics/Cheer</strong> – Combined Session w/ Alisha Dykstra</td>
<td>MEGA Gymnastics – 710 E Kay Avenue</td>
<td>9:00-10:00 AM</td>
</tr>
<tr>
<td><strong>Dance</strong> – Coaches’ Association Meeting</td>
<td>Nordby Trade Center</td>
<td>9:00-10:00 AM</td>
</tr>
<tr>
<td><strong>Basketball</strong> – SDHSCA Mini-Session, Derek Robey, Head Coach, Sioux Falls O’Gorman</td>
<td>Mitchell HS Lower Gym</td>
<td>9:00-10:00 AM</td>
</tr>
<tr>
<td><strong>Track &amp; Field</strong> – Seth Mischke, Black Hills State University, Head Track &amp; Asst. Cross Country Coach</td>
<td>MTI Classroom</td>
<td>9:00-10:00 AM</td>
</tr>
<tr>
<td><strong>Soccer</strong> – Coaches’ Roundtable, Discussion led by Ryan Beier of SF O’Gorman</td>
<td>MTI Classroom</td>
<td>10:15 – 11:15 AM</td>
</tr>
<tr>
<td><strong>Wrestling</strong> – Shawn Lewis, Head Coach, TF Riggs High School</td>
<td>MTI Classroom</td>
<td>10:15 – 11:15 AM</td>
</tr>
<tr>
<td><strong>Football</strong> – Clay Anderson, Head Coach, Pipestone, Minn. High School: 3-4 D Line Play</td>
<td>MTI Classroom</td>
<td>10:15 – 11:15 AM</td>
</tr>
<tr>
<td><strong>Gymnastics/Cheer</strong> – Combined Session II w/ Alisha Dykstra</td>
<td>MEGA Gymnastics – 710 E Kay Avenue</td>
<td>10:15-11:15 AM</td>
</tr>
<tr>
<td><strong>Dance</strong> - Discussion with Judges, led by Jasper Diegel, SDHSAA Championships Judge</td>
<td>Nordby Trade Center</td>
<td>10:15 – 11:15 AM</td>
</tr>
<tr>
<td><strong>Volleyball</strong> – Andrea McCartney, USF Head Volleyball</td>
<td>MTI Classroom</td>
<td>10:15 – 11:15 AM</td>
</tr>
<tr>
<td>Event</td>
<td>Coach Details</td>
<td>Location</td>
</tr>
<tr>
<td>-------------------------------</td>
<td>-------------------------------------------------------------------------------</td>
<td>---------------------------------</td>
</tr>
<tr>
<td><strong>Basketball – SDHSCA Mini-Session</strong></td>
<td>Kent Kolsrud, Head Coach, Sioux Falls O’Gorman</td>
<td>Mitchell HS Lower Gym</td>
</tr>
<tr>
<td><strong>Track &amp; Field</strong></td>
<td>Seth Mischke, Black Hills State University, Head Track &amp; Asst. Cross Country Coach</td>
<td>MTI Classroom</td>
</tr>
<tr>
<td><strong>FCA Luncheon: Speaker Info TBD</strong></td>
<td></td>
<td>MTI Theater</td>
</tr>
<tr>
<td><strong>Tennis</strong></td>
<td>Pat Colbert, USTA Northern Section, On-Court play</td>
<td>Mitchell Tennis Courts</td>
</tr>
<tr>
<td><strong>Football</strong></td>
<td>Clay Anderson, Head Coach, Pipestone, Minn. High School: Offensive Line Play</td>
<td>MTI Classroom</td>
</tr>
<tr>
<td><strong>Wrestling</strong></td>
<td>Shawn Lewis, Head Coach, TF Riggs High School</td>
<td>MTI Classroom</td>
</tr>
<tr>
<td><strong>Cheer</strong></td>
<td>Stunt Progressions for competitive &amp; sideline cheer: Kayla Meyerhoff &amp; Diedra Nissen, SF Roosevelt</td>
<td>MEGA Gymnastics – 710 E Kay Avenue</td>
</tr>
<tr>
<td><strong>Dance</strong></td>
<td>Dance Demonstration I by Melissa Strong</td>
<td>Nordby Trade Center</td>
</tr>
<tr>
<td><strong>Volleyball</strong></td>
<td>Andrea McCartney, USF Head Volleyball Coach</td>
<td>Mitchell H S Gym</td>
</tr>
<tr>
<td><strong>Basketball</strong></td>
<td>SDHSCA Mini-Session, Mark Senftner, Head Coach, Sully Buttes</td>
<td>Mitchell HS Lower Gym</td>
</tr>
<tr>
<td><strong>Track &amp; Field</strong></td>
<td>Seth Mischke, Black Hills State University, Head Track &amp; Asst. Cross Country Coach</td>
<td>MTI Classroom</td>
</tr>
<tr>
<td><strong>Soccer</strong></td>
<td>Soccer Coaches’ Association Board Meeting and Advisory Discussion</td>
<td>MTI Classroom</td>
</tr>
<tr>
<td><strong>Gymnastics</strong></td>
<td>Bars/Vault/Beam Demonstrations</td>
<td>MEGA Gymnastics – 710 E Kay Avenue</td>
</tr>
<tr>
<td><strong>Wrestling</strong></td>
<td>Coaches’ Advisory Mtg</td>
<td>MTI Classroom</td>
</tr>
<tr>
<td><strong>Football</strong></td>
<td>Matt Christensen, Brandon Valley “Smart Gambling in Defensive Front”; Chad McCarty, Spearfish DB Drills</td>
<td>MTI Classroom</td>
</tr>
<tr>
<td><strong>Cheer</strong></td>
<td>Open Forum: Questions and Answers for sideline and competitive cheer &amp; Coaches Association Annual Meeting</td>
<td>MEGA Gymnastics – 710 E Kay Avenue</td>
</tr>
<tr>
<td><strong>Dance</strong></td>
<td>Dance Demonstration II by Melissa Strong</td>
<td>Nordby Trade Center</td>
</tr>
<tr>
<td><strong>Volleyball</strong></td>
<td>Andrea McCartney, USF Head Volleyball Coach</td>
<td>Mitchell H S Gym</td>
</tr>
<tr>
<td><strong>Basketball</strong></td>
<td>SDHSCA Mini-Session, Brandon Kandolin, Head Coach, St. Thomas More</td>
<td>Mitchell HS Lower Gym</td>
</tr>
<tr>
<td><strong>Track &amp; Field</strong></td>
<td>Association Board/Advisory Meeting</td>
<td>MTI Classroom</td>
</tr>
<tr>
<td><strong>Gymnastics</strong></td>
<td>Coaches Association Meeting</td>
<td>MEGA Gymnastics – 710 E Kay Avenue</td>
</tr>
<tr>
<td>Event</td>
<td>Location</td>
<td>Time</td>
</tr>
<tr>
<td>------------------------------------------------------------</td>
<td>---------------------------</td>
<td>------------------</td>
</tr>
<tr>
<td>Coaches’ Association Annual Meeting</td>
<td>MTI Classroom</td>
<td>3:45 – 5:00 PM</td>
</tr>
<tr>
<td>SDHSCA Hall of Fame &amp; Awards Banquet</td>
<td>Highland Conf. Center</td>
<td>6:00 – 8:00 PM</td>
</tr>
<tr>
<td>Social Hour &amp; Karaoke</td>
<td>Blarney’s Pub</td>
<td>8:00 – 11:00 PM</td>
</tr>
<tr>
<td><strong>Wednesday, July 12th</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Coaches’ Association Foundation Board Meeting</td>
<td>Comfort Inn Board Rm</td>
<td>6:45 – 7:45 AM</td>
</tr>
<tr>
<td>Clinic &amp; Membership Registration</td>
<td>MTI Commons</td>
<td>8:00 AM – 4:00 PM</td>
</tr>
<tr>
<td>Exhibitors Open</td>
<td>MTI Commons</td>
<td>8:00 AM – 4:00 PM</td>
</tr>
<tr>
<td>Wrestling – Track Wrestling #1 – Shane Benitz, Track Wrestling CEO</td>
<td>MTI Classroom</td>
<td>9:00 – 10:00 AM</td>
</tr>
<tr>
<td>Football – Briam Allmendinger &amp; John King, Gregory Heads-up Tackling Drills &amp; Doug Ruesink, Castelwood, Offensive play</td>
<td>MTI Classroom</td>
<td>9:00 – 10:00 AM</td>
</tr>
<tr>
<td>Track &amp; Field – SDHSCA Mini-Session: Luke VanDerLeest, SF Christian &amp; Maxine Unterbrunner, Madison High School, Distance Events &amp; High Jump</td>
<td>MTI Classroom</td>
<td>9:00 – 10:00 AM</td>
</tr>
<tr>
<td>Wrestling – Track Wrestling #2 - Shane Benitz, Track Wrestling CEO</td>
<td>MTI Classroom</td>
<td>10:15 – 11:15 AM</td>
</tr>
<tr>
<td>Football – Bob Kornely, Todd Co. PA Pass, Brent Olson MVP, Double-Wing &amp; Option O</td>
<td>MTI Classroom</td>
<td>10:15 – 11:15 AM</td>
</tr>
<tr>
<td>Track &amp; Field – SDHSCA Mini-Session; Rachelle DeBeer, Deubrook &amp; Nancy Falor, Madison; Hurdles/Mid-Distance &amp; Throws</td>
<td>MTI Classroom</td>
<td>10:15 – 11:15 AM</td>
</tr>
<tr>
<td>Wrestling – Track Wrestling #3 - Shane Benitz, Track Wrestling CEO</td>
<td>MTI Classroom</td>
<td>11:30 AM – 12:30 PM</td>
</tr>
<tr>
<td>Football – Advisory Meeting</td>
<td>MTI Classroom</td>
<td>11:30 AM – 12:30 PM</td>
</tr>
<tr>
<td>Track &amp; Field – SDHSCA Mini-Session</td>
<td>MTI Classroom</td>
<td>11:30 AM – 12:30 PM</td>
</tr>
<tr>
<td>Football – Lunch at DWU</td>
<td>DWU/Avera Health Center</td>
<td>12:30 – 1:00 PM</td>
</tr>
<tr>
<td>Football – On-Field Demonstration at DWU w/ Wesleyan Football Staff</td>
<td>DWU Practice Field</td>
<td>1:00-3:00 PM</td>
</tr>
</tbody>
</table>