

69th Annual South Dakota Coaches' Clinic
Rapid City Ramkota/Central High School
June 20 - 23, 2021



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

In Cooperation with the
South Dakota High School Activities Association

With a special thanks to:



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Rapid City
Convention & Visitors' Bureau
Sponsoring this year's SDHSCA
Coaches' Clinic

2021 Clinic Speakers

Keynote Address	Mike Oster, Brigadier General South Dakota Army National Guard
Basketball	South Dakota High School Basketball Coaches
Cheer	Casie King, Head Coach Sioux Valley High School & Wildfire Children's Activity Center
Dance	Amanda Stoesser, Head Coach Pierre High School
Football	Jeff Mowry, Sheridan High School Ryan Gent, SDSMT Offensive Coordinator JB Brown, BHSU Defensive Coordinator Clint Sasse, Chadron State Defensive Coordinator
Golf	Wade Merry, Executive Director South Dakota Golf Association and First Tee
Gymnastics	Wyatt Baier, Northern Hills Gymnastics Tyler Simmons, Physio Pam Arneson, SDHSAA Gymnastics Judge
Soccer	Jordan Kadlec, Goalkeeping Coach Black Hills Rapids Soccer Club
Tennis	Marc Stingley, Director of Junior Play US Tennis Association Representative
Track & Field	Black Hills State University & SD School of Mines & Technology Coaching Staffs
Volleyball	Kristen Carmichael, Head Coach Black Hill State University
Wrestling	Casey Mouw, Head Coach Dakota Wesleyan University

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Event Schedule

Sunday, June 20th		
SDHSCA Awards Luncheon & Hall of Fame Induction	Ramkota Inn	1:00 PM
Deadwood Night (load bus loads at 3:45)	Deadwood	4:00 – 10:00 PM
Monday, June 21st		
SDHSCA Board of Directors Meeting	Central High School	8:00 – 10:00 AM
Golf – Wade Merry, SDGA and First Tee “Instruction and Tips for High School Coaches”	Hart Ranch Golf Course	10:00 AM
SDHSCA Foundation Golf Tournament	Hart Ranch Golf Course	1:00 PM
Social – Attendees & Golf Participants	Ramkota Hotel	6:00 PM
Tuesday, June 22nd		
Conference Registration (coffee and rolls provided)	Central High School	8:00 AM
College credit registration – Jerry Miller \$150 for 1 hour/\$275 for 2 hours Graduate Credit University of Sioux Falls	Central High School	8:00 am
SD Cheer Coaches Association Registration “Understanding Rubric Scoresheets & Terminology” OR “Sideline Start to Finish”	Central High School	8:00 am 8:15-9:15 am
Sport Specific Session #1:		
Basketball – Allan Bertram, Rapid City Central “Transition Offense and Defensive Drill”	Central High School Gym	9:00 – 10:00 AM
Cheer – Casie King “Tumbling: Beginner to Advanced”	Central High School Classroom	9:30 – 10:30 AM
Dance – Amanda Stoesser “Dance Rubric”	Central High School Classroom	9:00 – 10:00 AM
Football – Jeff Mowry “Bronc O-line Technique and Philosophy”	Central High School Classroom	9:00 – 10:00 AM
Golf “Running a successful high school golf practice”	Central High School Classroom	9:00 – 10:00 AM
Gymnastics – Tyler Simmons, Physio “Strength & Conditioning”	Central High School Classroom	9:00 – 10:00 AM
Soccer – Isaac Lang - Physio “Physio Training and ACL Prevention/Plyometrics”	Central High School Classroom	9:00 – 10:00 AM

Tennis – Marc Stingley “Ratings Roundtable: UTR, NTRP, WTN”	Central High School Classroom	9:00 – 10:00 AM
Track & Field – Steve Johnson, SDSM&T “800 Meters”	Central High School Classroom	9:00 – 10:00 AM
Volleyball – Kristin Carmichael “6v6 Games & A Side/B Side Scoring Options”	Central High School Classroom	9:00 – 10:00 AM
Wrestling – Casey Mow “Neutral Skills and Drills”	Central High School Wrestling room	9:00 – 10:00 AM
VISIT VENDORS		
		10:00 – 10:30 AM
Keynote Address – Mike Oster, Brigadier General South Dakota Army National Guard <i>“It All Starts with Attitude”</i>	Central High School Auditorium	10:30 – 11:30 AM
LUNCH - Black Hills Surgical Hospital	Central High School	11:45 AM – 1:00 PM
Sport Specific Session #2:		
Basketball – Derris Buus, Sturgis High School ”Building Relationships: Parents, Players, Coaches and Administrators”	Central High School Gym	1:00 - 2:00 PM
Cheer– Casie King “Stunts Perfection before Progression”	Central High School Gym	1:00 - 2:30 PM
Dance – Amanda Stoesser “Dance Rubric”	Central High School Classroom	1:00 - 2:00 PM
Football – Jeff Mowry “The Bronc Commitment to Special Teams”	Central High School Classroom	1:00 - 2:00 PM
Golf – NONE		
Gymnastics – Wyatt Baier “Beam”	Just Jymnastics	1:00 - 2:00 PM
Soccer – Jordan Kadlec, BHR Goalkeeping Coach “Utilizing the Goalkeepers in Training to Maximize the Position” “Field Session & Discussion”	Sioux Park Soccer Fields	1:00 - 2:00 PM
Tennis – Marc Stingley “Singles & Doubles Return Strategies”	Sioux Park Tennis Courts	1:00 - 2:00 PM
Track & Field – Gillian Urycki, SDSM&T ”High Jump”	Central High School Classroom	1:00 - 2:00 PM
Volleyball – Kristin Carmichael “Numbered Balls: Vision Training For All Aspect of Offense”	Central High School Gym	1:00 - 2:00 PM
Wrestling – Casey Mow “Technique: Head Outside Single”	Central High School Wrestling	1:00 - 2:00 PM

Sport Specific Session #3:		
Basketball – Jim Noyes, Rapid City Central High School “Things That Work and Don’t Work”	Central High School Gym	2:30 - 3:30 PM
Dance – NONE		
Cheer – “Flexibility & Jumps Strength and Conditioning”	Central High School Gym with cheer mat	2:45 - 3:30 PM
Football – Jeff Mowry “Building Better Broncs: Developing Leadership Within Our Program”	Central High School Classroom	2:30 - 3:30 PM
Golf – NONE		
Gymnastics – Wyatt Baier “Vault”	Just Jymnastics	2:00 - 3:00 PM
Soccer – Jordan Kadlec, Goalkeeping Coach BHR “Activities Geared to Increase Goalkeeper Presence and Skill Development” “Field Session & Discussion”	Sioux Park Soccer Fields	2:30 - 3:30 PM
Tennis – Marc Stingley “Transitioning Fundamentals: Improving Net Skills and Decision Making When Coming to the Net”	Sioux Park Tennis Courts	2:30 - 3:30 PM
Track & Field – Dan Haakenson, SDSM&T “Javelin”	Central High School Track	2:30 - 3:30 PM
Volleyball – NONE	Central High School Gym	2:30 - 3:30 PM
Wrestling – Casey Mouw “Top/Bottom Skills and Drills”	Central High School Wrestling Room	2:30 - 3:30 PM
SDHSCA Annual Meeting		
	Ramkota Hotel	4:00 PM
SDHSCA Vendor Recognition & Clinic Social (Drawings) Sponsored by the SD National Guard	Ramkota Hotel	6:00 PM
Wednesday, June 23rd		
SD Coaches Foundation Board Meeting	Central High School	6:45 AM
Conference Registration (coffee and rolls provided)	Central High School	8:00 AM
Sport Specific Session #4:		
Basketball – Kyle Kourtney- RC Christian High School “Multiple Defensive Philosophy and the Continuity Pick and Roll Offense”	Central High School Gym	8:30 - 9:30 AM
Cheer – NONE		
Dance – NONE		
Football – Ryan Gent, Offensive Coordinator SDSMT “Wide Receiver Play and Play Action Concepts”	Central High School	8:30 - 9:30 AM
Golf – NONE		

Gymnastics – Wyatt Baier “Floor”	Just Jymnastics	8:30 - 9:30 AM
Soccer – Coaches Round Table “Developing a mentoring system in Soccer”	Sioux Park Soccer Fields	8:30 - 9:30 AM
Tennis – Marc Stingley “Building the Serve: Activities, Drills, and Games to Improve the Serve”	Sioux Park Tennis Courts	8:30 - 9:30 AM
Track & Field – Seth Mischke, BHSU “Sprints & Relays”	Central High School Classroom	8:30 - 9:30 AM
Volleyball – Kristin Carmichael “The Little Things: Drills to Work on the Smaller Part of Each Skill”	Central High School Gym	8:30 - 9:30 AM
Wrestling – Casey Mow “Technique: Mat Returns”	Central High School Wrestling Room	8:30 - 9:30 AM
Sport Specific Session #5:		
Basketball – Lynn Frederick, Pentagon Basketball “Teaching Shooting”	Central High School Gym	9:45 - 10:45 AM
Cheer – NONE		
Dance – NONE		
Football – JB Brown, Defensive Coordinator BHSU “2nd and 3rd Level Defeating Blocks and Leveraging Techniques”	Central High School Gym	9:45 - 10:45 AM
Golf – NONE	Central High School	9:45 - 10:45 AM
Gymnastics – Wyatt Baier “Bars”	Just Jymnastics	9:30 - 10:30 AM
Soccer – Coaches Round Table “Creating a More Inclusive Coaching Organization”	Central High School Classroom	9:45 - 10:45 AM
Tennis – Marc Stingley “Enhancing Athleticism: Athletic Activities to Improve Tennis Skills”	Sioux Park Tennis Courts	9:45 - 10:45 AM
Track & Field – Seth Mischke, BHSU Shot/discus	Central High School Classroom	9:45 - 10:45 AM
Volleyball – Jo Auch, SDHSAA SDVBCA Round Table Question & Answer	Central High School Gym	9:45 - 11:15 AM
Wrestling – Wrestling Coaches Roundtable	Central High School Wrestling Room	9:45 - 10:45 AM
Sport Specific Session #6:		
Basketball – Cooper Garnos, Lyman High School “The BIG 5-0”	Central High School Gym	11:00 AM -12:00 PM
Cheer – NONE		
Dance – NONE		

Football – Chadron State Eagles Def Coordinator Coach Clint Sasse-Simplifying Run Fits	Central High School Classroom	11:00 AM -12:00 PM
Golf – NONE		
Gymnastics – Pam Arneson, SDHSAA Official “Judging”	Just Jymnastics	10:30 AM -11:30 AM
Soccer – NONE		
Tennis – Marc Stingley Games that do the teaching for you	Sioux Park Tennis Courts	11:00 AM -12:00 PM
Track & Field – Seth Mischke, BHS “Distance”	Central High School Classroom	11:00 AM -12:00 PM
Volleyball – NONE		
Wrestling – NONE		

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*Independent Market Research.

SOUTH DAKOTA COACHES FOUNDATION

The South Dakota Coaches Foundation was chartered December 22, 1993. The purposes for which the foundation was organized are exclusively charitable and educational.

The general purpose and plan of operation of the foundation is to receive and accept gifts and contributions from any source and to use its assets in furtherance of its charitable purposes. These gifts and contributions may take the form of cash, real or personal property, wills, insurance policies, annuities, grants, memorials, or any other form designated by the person giving. All gifts received by the foundation will be treated as tax deductible.

Some of the planned projects of the foundation are educational seminars and clinics, scholarships, awards, support of several Halls of Fame, support of coaches' sports groups, support of Special Olympics, support of Fellowship of Christian Athletes, and support of Make-A-Wish. You may make your tax-deductible contribution to the foundation by sending the same to its Executive Director at 801 W Eagle Ridge St, Sioux Falls, SD 57108, or by contacting one of the board members.

Board of Directors: President: Jerry Miller, Sioux Falls; Vice-President: Bill Clements, North Sioux City; Secretary: Jim Dorman, Sioux Falls; Bob Billotto, Eureka; Ken Bruckner, Menno; Wayne Carney, Ft. Pierre; David Dolan, Hermosa; Mike Flakus, Aberdeen; Sheri Keck, Rapid City; Bruce Kleinsasser, Aberdeen; Dan Mitchell, Yankton; Marc Murren, Sioux Falls; Connie Nyhaug, Viborg; Jason Olson, Rapid City; Virg Polak, Watertown; Deb Thill, Mitchell; Tom Walsh, Sioux Falls; Bill Weber, Watertown.

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