

2022 Clinic Session Outlines & Presentations

General Sessions

- [Suicide Prevention for Student-Athletes: The Jason Foundation](#)
- [Video: Suicide Prevention for Student-Athletes – Training Coaches & Athletic Personnel](#)
- **Athletic Directors**
 - [Jim Kunau, Concordia University-Irvine, CA – Equipping Your Your Coaches to Build Champions for Life](#)
- **Basketball**
 - [John Miller, Stuart HS – Practice Planning & Lead Up Team Development Drills](#)
 - [Ben Limback, Concordia University, NE – Competitive Drills](#)
 - [Jim Huber, Breakthrough Basketball – Shooting & Scoring System](#)
 - [Jim Huber, Breakthrough Basketball – Man-to-Man Defense](#)
- **Bowling**
 - [Josh Johnson, Wayne HS – Keys to Developing a Youth Program](#)
- **Cheerleading**
 - [Erin Sparrold, ES Performance Nutrition, PA – Performance Nutrition for Cheerleading & Dance](#)
 - [Amanda Hoppert, Former Coach, James Madison University – Strength & Conditioning to Prevent Injuries](#)
 - [Amanda Hoppert, Former Coach, James Madison University – College Cheerleading](#)
 - [Amanda Hoppert, Former Coach, James Madison University -What We Learned from COVID Times](#)
- **Cross Country**
 - [Erin Sparrold, ES Performance Nutrition, PA – Performance Nutrition for Cross Country](#)
- **Dance**
 - [Erin Sparrold, ES Performance Nutrition, PA – Performance Nutrition for Cheerleading & Dance](#)
 - [Ashley Counterman, UDA Judge – All Session Outlines](#)
 - [Madison Weaver, Bennington HS – Steps to Building a Successful Dance Program](#)
- **8-Man Football**
 - [J.D. Stone, Haxtun HS, CO – Play Ball with Numbers – Read & RPO](#)
 - [Barry Bowers, CAM-Anita HS, IA – Adapting the 11-Man Odd Front to the 8-Man Game](#)
 - [Barry Bowers, CAM-Anita HS, IA – CAM Offense](#)
 - [Tanner Woods, Laverne HS, OK – Program Overview & Offense](#)
 - [Matt Cox, Laverne HS, OK – Laverne Offensive Attack](#)
- **11-Man Football**
 - [Steve Ryan, Morningside University, IA – RPO Football](#)
 - [Nate Turner, Morningside University, IA – D-Line Play](#)

- [Jake Willrich, UNK – Get Lineman Off the Field – 2-Man Shield Punt Pro](#)
- [Travis Zajac, Grundy Center HS, IA – Zone Run Game Foundations](#)
- [Travis Zajac, Grundy Center HS, IA – Zone Run Game Adjustments & Tags](#)
- **Golf**
 - [Brett Bennett, University of South Dakota – Creating a Competitive Team Environment, Course Management & Mental Game Activities](#)
 - [David Smith, Desert Hills HS, UT – Optimal Golf Development for Individual & Team Success](#)
 - [Derek Jensen, PGA & Under Par Golf Studio – Transferring Practice to the Course Parts 1 & 2](#)
- **Softball**
 - [Pat Murphy, Alabama – MUDITA](#)
 - [Pat Murphy, Alabama – Infield Defense Skills & Drills](#)
 - [Erin Sparrold, ES Performance Nutrition, PA – Performance Nutrition for Softball](#)
 - [Jen Daro, UNO – Outfield Drills](#)
 - [Jen Daro, UNO – Practice Structure](#)
 - [Colin Shockey, Mental Grit – Applying the Mental Side to Softball, Part I & II](#)
- **Strength & Conditioning**
 - [Zack Follmer, Lexington HS – The Importance of Sleep](#)
 - [Erin Sparrold, ES Performance Nutrition, PA – Performance Nutrition for Strength & Conditioning](#)
 - [Matthew Peter, Stanton HS – Programming for a Small School](#)
 - [Jocelyn Suing, Bennington HS – Integrating Speed into Your Classroom/Athletic Programs](#)
- **Tennis**
 - [Erin Sparrold, ES Performance Nutrition, PA – Performance Nutrition for Tennis](#)
 - [David Smith, Desert Hills HS, UT – Building an Advanced Foundation – Classroom Sessions](#)
 - [David Smith, Desert Hills HS, UT – Building an Advanced Foundation – Tennis Court Sessions](#)
- **Track & Field**
 - [Boo Schexnayder, LSU – Coaching the Sprint Hurdles](#)
 - [Boo Schexnayder, LSU – Long Jump & Triple Jump Approach](#)
 - [Boo Schexnayder, LSU – Technique & Teaching Long Jump/Triple Jump](#)
 - [Boo Schexnayder, LSU – High Jump Approach](#)
 - [Boo Schexnayder, LSU – Handling Hamstrings & Shin Splints](#)
- **Volleyball**
 - [Sue Ziegler, Lincoln Lutheran HS – Building Team Culture & Team Building Activities](#)
 - [Sue Ziegler, Lincoln Lutheran HS – Warm Up Drills/Pre-Practice Training Drills](#)
 - [Erin Sparrold, ES Performance Nutrition, PA – Performance Nutrition for Volleyball](#)
 - [Terri Neujahr, Waverly HS – All Things Fundamental](#)
- **Wrestling**

- [Georgi Ivanov, USA Wrestling – USE Wrestling Opportunities for Male & Female Wrestlers](#)
- [Georgi Ivanov, USA Wrestling – Takedowns that Work in All Styles of Wrestling](#)
- [Erin Sparrold, ES Performance Nutrition, PA – Performance Nutrition for Wrestlers](#)