

# **W S F C A**

## **MID-WINTER CONFERENCE**

**FRIDAY – JANUARY 27**

- 9:00 – 11:00 **Registration**
- 11:00 – 12:15 **Sponsor Presentations**  
**Adrenaline Fund Raising**  
**Russell Athletic**  
**HUDL**  
**Kimmel Athletic & Schutt Helmets**
- 12:15 – 1:00 **WIN Forum – a Washington Interscholastic Nutrition Forum – lunch will be provided**  
**Susan Adams – MS, RD, Clinical Dietitian and Nutrition Educator**  
**CWU Assistant Professor, UW Research Dietitian**
- 1:00 – 1:45 **“Helmet – Protecting Players and Coaches”**  
**Dick Langum, Risk Manager**  
**John Olson – WIAA Legal Counsel**
- 1:50 – 2:20 **“What are the Results of the WIAA Summer Study? A Review of the Program”**  
**A. What is the Potential Impact for Football**  
**Cindy Adsit – WIAA & Members of Committee**
- 2:30 – 3:00 **WIAA & WSFCA Committee on Draw Criteria**  
**“Any Solutions? Questions?”**  
**John Miller - WIAA**
- 3:00 – 3:45 **“How to be an Irreplaceable Valuable Player on Your Team”**  
**Coach Don Papasedero**
- 3:45 – 4:30 **“The Different Types of Kick-Off’s”**  
**Michael Braunstein**
- 4:30 – 6:00 **East/West Selection Meetings**  
**East 3A/4A (Redmond)**  
**West 3A/4A (Kirkland)**  
**West A/B (Newcastle)**
- 6:00 – 7:00 **Small School Roundtable – 1B – 2B – 1A**  
**Rob Freise, Willipa Valley – Facilitator**
- 7:00 – 7:30 **Coach of the Year & Gold/Silver Helmet Awards**
- 7:30 – 8:30 **Dinner & Refreshments**  
**Gus Bradley – Defensive Coordinator, Seattle Seahawks**  
**Featured Speaker**

# W S F C A

## MID-WINTER CONFERENCE

SATURDAY, JANUARY 28

- 8:00 – 9:00    **Registration**
- 9:00 – 9:50    **“Central Washington University Passing Game”**  
                  **Blaine Bennett** – Head Coach, Central Washington University
- “Using Motion to Your Advantage”**  
                  **Mark Speckman** – Head Coach – Willamette University
- “Outside Run Game in the Spread Offense”**  
                  **Jeff Thomas** – Head Coach, University of Puget Sound
- “Linfield Defense”**  
                  **Joe Smith** – Head Coach, Linfield College
- 10:00 – 10:50    **“Red Zone Offense”**  
                  **Blaine Bennett** – Central Washington University
- “Practice Ideas”**  
                  **Mark Speckman** – Willamette University
- “Incorporating Play Action Pass”**  
                  **Jeff Thomas** – UPS
- “Running Backs in the Linfield Offense”**  
                  **Joe Smith** – Linfield
- 11:00 – 11:50    **“Linebacker Fundamentals and Drills”**  
                  **Chris Tormey** – Linebacker Coach – Washington State University
- “Vandal Pressure Package and Quarters Coverage – Part 1”**  
                  **Mark Criner** – Defensive Coordinator/LB Coach – University of Idaho
- “Offensive Line Drills & Techniques for Run”**  
                  **Dan Cozzetto** – Offensive Line Coach, Run Game Coordinator – U of W
- “Defensive Line Drills & Techniques”**  
                  **Joe Gariano** – Defensive Line Coach, Central Washington University
- 12:00 – 12:50    **“Linebacker Play in the Cougar Scheme”**  
                  **Chris Tormey** – Washington State University
- “Idaho Pressure Package with Various Covers – Part 2”**  
                  **Mark Criner** – University of Idaho
- “Offensive Line Drills and Technique for Pass ‘Pro’”**  
                  **Dan Cozzetto** – University of Washington
- “3-4 Defensive Run Fits vs. Multiple Formations”**  
                  **Mark Stewart** – Head Coach, Meadowdale High School

**SATURDAY – continued**

- 12:50 – 1:30 Lunch and Visit Exhibits
- 1:30 – 2:20 **“SMU Return Game”**  
**Jeff Reinebold** – Receivcers Coach, Southern Methodist University
- “Spread – 100% Pistol (Tony Franklin System) – Part 1”**  
**Brett Manning** – Head Coach, Lawton MacArthur High School, Lawton, Oklahoma
- “Running Back Techniques and Drills”**  
**Joel Thomas** – Running Back Coach, University of Washington
- “Lutes Play-Action Game”**  
**Scott Westering** – Head Coach, Pacific Lutheran University
- 2:30 – 3:20 **“Variations of the 3-3-5”**  
**Darren McKay** – Head Coach, Gig Harbor High School
- “Spread – 100% Pistol (Tony Franklin System) – Part 2”**  
**Brett Manning** – Lawton MacArthur High School, Lawton, OK
- “Running Back Pass Blocking Drills & Techniques”**  
**Joel Thomas** – University of Washington
- “Make the Spread/Lead Option Part of Your Offense”**  
**Scott Westering** – Pacific Lutheran University
- 3:30 – 4:20 **“Installing the 3-4 Defense – Part 1”**  
**Jeff Reinebold** – Southern Methodist University
- “In and Outs of Offensive Line Play for Any System”**  
**Paul Connor** – Wheaton North High School, Suburban Chicago, Illinois
- “Screens & Pass Protection Out of the Spread”**  
**Lance Manning** – Edmond Santa Fe HS, Edmond, OK
- “4-3 With Multiple Covers vs. the Pistol”**  
**Mark Speckman** – Willamette University
- 4:30 – 5:20 **“Installing the 3-4 Defense – Part 2”**  
**Jeff Reinebold** – Southern Methodist University
- “Wing T: Demo of Individual Offensive Line Techniques & Drills”**  
**Paul Connor** – Wheaton North High School, Suburban Chicago, Illinois
- “5 Step Passing Game/Incorporating Option in Spread Run Game”**  
**Lance Manning** – Edmond Santa Fe HS, Edmond, OK
- “Eastlake Screen Game”**  
**Gene Dales** – Head Coach, Eastlake High School
- 7:00 p.m. **Dinner and Hall of Fame Inductions**  
(dinner included in registration fee)
- 8:30 – 9:30 **Social**

## SUNDAY, JANUARY 29

- 8:30 – 9:00 Registration
- 9:00 – 9:50 **“Wing T – Demo of Drills & Techniques Specific to Training the Runningbacks”**  
**Paul Connor** – Wheaton North HS, Suburban Chicago
- “Adding Run & Shoot Concepts to your Passing Game – Part 1”**  
**Jeff Reinebold** – Southern Methodist University
- 10:00 – 10:50 **“Wing-T Using Unbalanced Formations to your Advantage”**  
**Paul Connor** – Wheaton North HS
- “Adding Run & Shoot Concepts to your Passing Game – Part 2”**  
**Jeff Reinebold** – SMU
- 11:00 – 11:50 **“Communicating with Staff & Players”**  
**Mark Speckman** – Willamette University
- 11:30 – 12:20 **Drawings for Give-Aways – Over \$2,000 in prizes – must be present to win!!**