

# W S F C A

## MID-WINTER CONFERENCE

### FRIDAY SEMINAR – JANUARY 22

- 9:30 – 11:00 **Registration**
- 11:00 – 11:30 **“Creating and Marketing Your Program”**  
**Ron Hopkins** – Athletic Supply
- 11:35 – 12:00 **“How to Use On-Line Video”**  
**Rick Anderson** – Digital Sports Video
- 12:15 – 1:30 **“Speed, Agility & Quickness Training”**  
**Spencer Wood** – President, Icebox Athlete, Philadelphia, PA
- 2:00 – 3:00 **Panel Discussion – “The Lystedt Bill & the IMPACT Program and How it Relates to Return to Play”**  
**Dr. David Coppel** – Head of Neuropsychological Services, Seattle Concussion Program  
**Dr. Stan Herring, M.D.** – Seattle Concussion Program; Seattle Seahawks & Mariners  
**Dick Langum** – Risk Manager  
**John Miller** – WIAA Staff  
**John Olson** – WIAA Legal Counsel
- 3:10 – 4:00 **“The State of Helmet Technology”**  
**Dr. Vin Ferrara** – Xenith
- 4:00 – 5:30 **East-West Selection Meetings**  
**East 3A/4A** (Redmond)  
**West 3A/4A** (Kirkland)  
**West A/B** (Newcastle)
- 5:30 – 7:00 **Round Table – “Small School Issues and Concerns”**  
**Rob Friese** – Willapa Valley High School – Moderator  
(King County I)
- Round Table – “Junior High/Middle School Issues”**  
**Mike Schick** – Edgemont Jr. Hi, Puyallup  
**Sandy Coopridner** – Foothills Middle School, Wenatchee  
(King County II)
- 7:00 – 7:30 **Coach of the Year & Gold/Silver Helmet Awards**
- 7:30 – 8:30 **Dinner**
- 8:30 – 9:30 **Keynote Speaker: Spencer Wood** – President, Icebox Athlete, Philadelphia, PA  
**“Mental Skills & Toughness Training for the 21st Century Athlete”**



## **SATURDAY – continued**

- 12:30 – 1:20    **“Mendocino 3-Step Passing Game”**  
**Chris Snyder** – Offensive Coordinator/QB Coach, Mendocino College, CA
- “Coaching the High School Receiver”**  
**Paul Skansi** – Former Husky & Seahawk Great & now San Diego Charger Scout
- “Teaching Read Progressions in the Papermaker Passing Game”**  
**Jon Eagle** – Head Coach, Camas High School
- “Offensive Line Play in the Spread Offense”**  
**Tom Gang** – Head Coach, Mendocino College, Ukiah, CA
- 1:20 – 2:20    **Lunch – Visit Vendors**
- 2:20 – 3:10    **“Playing Cover 4 With the 3-3 Defense”**  
**Kent Rodseth** – Assistant Coach, Auburn High School
- “Play Action Pass in the Fly Offense”**  
**Glen Fowles** – Offensive Coordinator, Willamette University
- “Wing-T Inside Run Game”**  
**Mark Reiland** – Austin Anderson High School, Austin, Texas
- “Pass Protection in the Spread Offense”**  
**Tom Gang** – Mendocino College
- 3:20 – 4:10    **“Inside Run Game in the Fly Offense”**  
**Glen Fowles** – Offensive Coordinator, Willamette University
- “Wing T Outside Run Game”**  
**Mark Reiland** – Austin Anderson High School, Austin, Texas
- “41 Years of Coaching and Still Learning How to Coach Better”**  
**Craig Beverlin** – Head Coach, Vermillion Catholic HS, Abbeville, LA
- “Defending the Spread Offense with the 3-4 & Multiple Covers, Part 1”**  
**Chad Barrett** – Head Coach, Bonney Lake High School
- 4:20 – 5:10    **“Game Planning vs. the Spread Offense, Part 2”**  
**Chad Barrett** – Head Coach, Bonney Lake High School
- “Keeping the Offense Simple with Multiple Sets”**  
**Randy Afftholter** – Head Coach, Ellensburg High School
- “Bulldog 4-3 Base Cover 2 vs. Multiple Offenses”**  
**Steve Reeves** – Defensive Coordinator, Ellensburg HS
- “Add some FUNK to Your Offense”**  
**Tom Moore** – Tom Moore, Prosser High School
- 6:30 p.m.    **Dinner and Hall of Fame Inductions**  
                  (dinner included in registration fee)
- 8:30 – 9:30    **Social**

## SUNDAY, JANUARY 24

- 8:00 – 8:30 Registration
- 8:30 – 9:20 **“The 4-4 Swarm with the 3-5 Monster”**  
**Tim Murphy** – Clovis East HS, Clovis, CA
- “Wing-T Bootleg Pass Game”**  
**Mark Reiland** – Austin Anderson HS, Austin, Texas
- “Offensive Line Drills & Fundamentals”**  
**Aaron Best** – Eastern Washington University
- “Drills & Fundamentals for the Secondary”**  
**Torey Hunter** – Eastern Washington University
- 9:30 – 10:20 **“Linebacker Play in the 4-4 Swarm with the 3-5 Monster”**  
**Tim Murphy** – Clovis East HS, Clovis, CA
- “Complimentary Plays to Your Base Offense”**  
**Mark Reiland** – Austin Anderson HS, Austin, Texas
- “Offensive Line and the Screen Game”**  
**Aaron Best** – Eastern Washington University
- “Secondary Philosophy”**  
**Torey Hunter** – Eastern Washington University
- 10:30 – 11:20 **“Zone Pressure Package with Multiple Covers, Part 1”**  
**Patrick Libey** – Defensive Coordinator & Secondary Coach, University of Idaho
- “Counter Schemes & Play Action Pass Off Option Runs”**  
**Herb Meyer**
- “Using Multiple Fronts in the 3-3 Stack, Part 1”**  
**John Johnson** – Head Coach, Capital High School, Olympia
- “Pass Concepts – How to Beat Various Covers”**  
**Luther Carr** – Wide Receivers Coach, University of Idaho
- 11:30 – 12:20 **“Zone Pressure Package with Multiple Covers, Part 2”**  
**Patrick Libey** – University of Idaho
- “How to Practice the Option & Develop a Game Plan”**  
**Herb Meyer**
- “Using Multiple Fronts in the 3-3 Stack, Part 2”**  
**John Johnson** – Capital High School
- “Pass Concepts – Blocking & Yards After Catch”**  
**“What We Look for When Recruiting the High School Receiver”**  
**Luther Carr** – University of Idaho
- 12:30 – 1:30 **“The Impact of Trust”**  
**Bruce Brown** – Proactive Coaching