

The 2007 High School Coaches Meeting & Luncheon Minutes

2007 NSCA National Conference & Exhibition

Friday, July 13, 2007

12:00-2:00pm

Grand Salon B, Atlanta Hilton Hotel

Atlanta, Georgia

Opening:

The regular meeting of the High School Coaches Special Interest Group (SIG) was called to order at 12:00 PM on July 13, 2006 in Atlanta, GA by Mike Nitka.

Executive Council Present:

Mike Nitka, Larry Meadors, Patrick McHenry, and Bruce Harbach

Other: Curtis M. Lords, MS, CSCS (NSCA Staff Liaison); John Graham, MS, CSCS (Chair of the Conference Committee)

A. Sponsor

Leo Toten of WERKSAN Barbell was introduced and given an opportunity to address the SIG membership.

B. Boyd Epley, CSCS, Director of Coaching Performance

Boyd Epley was given an opportunity to address the SIG and discussed the "Fly Solo" Program and the possible National High School Coaches Conference.

Ensuing discussion regarding a National High School Coaches Conference:

Mike Nitka: the questions that need to be answered to have a successful HS Coaches conference:

1. Is there any interest in having a conference for High School Coaches?
 - a. This should be determined by a survey.
2. What classes should be taught?
3. Who should be the presenters for the classes?

Kevin Vanderbush: presented a list of the possible topics for consideration.

1. How do I convince my school to hire a strength coach?
2. How do I convince my administration of the need for a strength class?
3. What are some key organization tactics for setting up the class?
4. How do I convince my sport coaches to get on the same page?
5. How do I educate the athletes/coaches/administration?
6. What forms of motivation work best?
7. How do I convince the endurance athlete to strength train?
8. What are some factors when dealing with the female athlete?
9. How do I adjust things for the injured athlete?
10. What type of screening (flexibility/balance/readiness) should I use with my athletes?
11. What should my priorities be when ordering equipment?
12. What type of program can I set up with limited equipment (often with specific questions as it relates to their situation)?
13. What type of conditioning or athletic enhancement programs work best with specific sports?
14. What are some things to consider (organization/time blocks) when running a summer or after school Programs?
15. What are some specific athletic enhancement drills that you have found to be effective?
16. How do you bring competition into the conditioning program?

Mark Riel: contributed additional topics:

1. Weight Room Management.
2. Motivation Athletes.
3. Gender issues.
4. Basic Nutrition.
5. Junior High School Age Children.
6. Discussion Panels.
7. Networking opportunities.
8. Use of technology.

The Question was then put to the floor regarding the format, length of the conference, and when the conference should be held. *The responses consisted of:*

1. A full day (9 to 5) consisting of practical application vs. lecturing, networking.
2. Possible 2 day conference in association with the National Conference.
3. The High School Coaches Conference could be coupled with the National Conference and at the Sport Specific Training Conference each year.
4. The High School Coaches Conference Could alternate between the National Conference and SSTC every other year.

Possible presenters were discussed.

1. Dave Elis
2. Kevin Vanderbush
3. Pat McHenry
4. Pat Mediate
5. Whitney Moore
6. Team teaching

These names were suggested. There are many others that could be asked to contribute dependant on the topic.

Many of the questions and coordination will have to be answered or addressed pending a survey of interest.

Boyd Epley: Boyd explained the operation and development of the National Fly Solo National Championships and its connection with the National High School Coaches Conference. He also thanked the SIG for the interest shown.

High School Strength Coach of the Year Award

Procedural changes were announced for the process of selecting the High School Strength Coach of the Year award.

Larry Meadors, PhD, CSCS*D, NSCA-CPT*D:

Larry discussed the necessity of having a Strength and Conditioning Specialist in the weight rooms. The ensuing discussion indicated agreement but was unable to recommend any means of changing the current status of high school weight rooms.

Adjournment:

Meeting was adjourned at 1:30pm by Mike Nitka.