

NEVER STOP LEARNING



FOR THE STUDENT ATHLETES



KSHSAA COACHING SCHOOL

July 31 - August 1, 2023 | Hotel Topeka at City Center

KEYNOTE SPEAKERS

TIFFANY AND TYLER PATMON ON

CREATING CHAMPIONSHIP CULTURE

The Patmons believe in a holistic approach to create not only a Championship Culture within the workplace but also at home. They have a clear but straightforward mission of helping individuals and organizations discover their identity and live boldly in their purpose. They are committed to making a memorable lasting impact in every room they enter and helping people unlock their full potential.

Tiffany Patmon: I am a graduate of Andover-Central High School and a former Oklahoma State Cowgirl and WNBA Champion. She is the Vice President of Camp Exposure, a Faith-based, holistic athlete development organization. The mission of our organization is to help athletes discover their identity beyond sports. We want to help you discover your God-given gifts and learn how to direct them into a professional career. I value helping individuals realize their self-worth and I am driven to evolve individuals' thoughts into their champion mindset to tackle life.

Tyler Patmon: I am a former Oklahoma State Cowboy and NFL veteran. I am the CEO of Camp Exposure, a Faith-based, holistic athlete development organization. The mission of our organization is to help athletes discover their identity beyond sports. We want to help you discover your God-given gifts and learn how to direct them into a professional career. My vision in life is to create and develop environments where people have access to knowledge and resources that help them discover their identity and operate fully in their purpose. I dedicate my time to creating and developing platforms and organizations to make these resources accessible.



Welcome

to the 89th Annual Kansas Coaching School

It is with great pleasure that we welcome you to the annual KSHSAA Coaching School. Our staff has worked very hard to develop a conference agenda which provides significant and diverse learning opportunities as you engage with our outstanding speakers and clinicians. The breadth and depth of offerings in this professional development opportunity will provide technical, theoretical and motivational growth opportunities for each of you. You have the opportunity to enjoy a wide array of sports specific sessions, as well as general sessions designed to help you lead your teams and school programs. In addition to learning from the presenters, we hope you will take time to develop as part of the fraternity of coaches. By sharing your stories, and learning from your peers, you will grow your craft and develop a support system that is healthy and ever present. We hope your participation will better equip you to make a positive difference for the young men and women you influence each and every day in your school and community. Thank you for attending Kansas Coaching School, and thank you for the lessons you teach Kansas students as we learn and grow together.

Bill Faflick, KSHSAA Executive Director

General Information

- Name badges must be worn all sessions.
- Fall sports rules books will be on sale beginning Monday afternoon at the Registration Center.
- Legend for Session Locations (see inside back cover for map)

SH-Shawnee Room

SU-Sunflower Ballroom

P-Pioneer Room

R-River Room

B-Bison Room

H-Homestead Room

W-Wheat Room

E-Emerald Ballroom

E-4-Emerald 4

Plan Ahead

- 2024 KSHSAA Coaching School
- August 5-6, 2024
- Hotel Topeka at City Center & Maner Conference Center

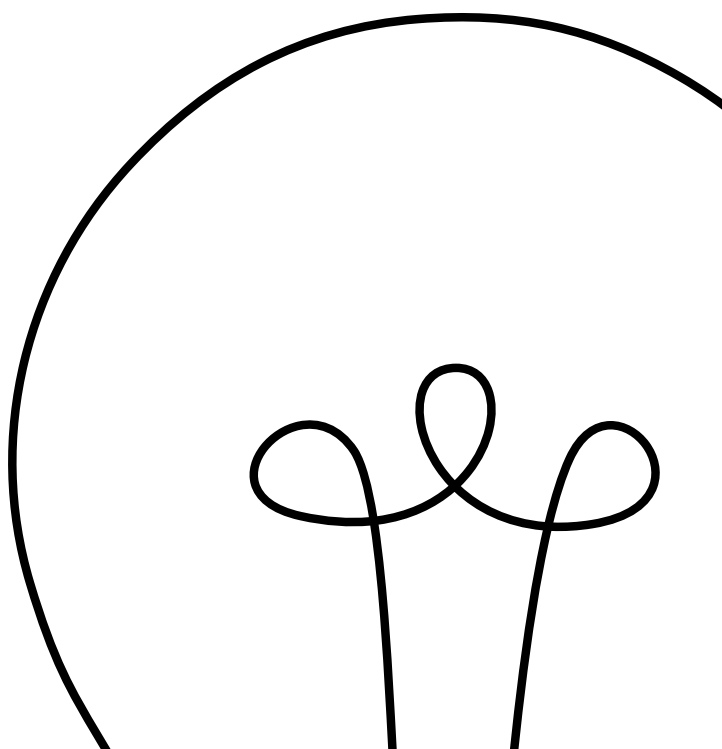


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A Special Thanks to all of the vendors exhibiting at this year's Kansas Coaching School



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Monday, July 31, 2023

Room	Activity	Presenter, <i>Topic</i>
Session 1: 9:00 a.m.		
SU	Keynote	Tiffany and Tyler Patmon, <i>Creating Championship Culture</i>
Session 2: 10:30 a.m.		
SU	Football	Drew Dallas - Hutchinson Community College, <i>Multiplicity While Keeping it Simple (Variation and QB Play)</i>
E	Basketball	Brett Flory - Derby HS, <i>Building a Pressure System and Program Culture</i>
SH	Volleyball	Dave Johnson - OP-Blue Valley HS, <i>Culture and the Crazyiness</i>
P	Track and Field	DeJuan Gardenhire - Topeka-Hayden HS, <i>Sprint Training</i>
W	Sports Medicine	CPR Class
B	Soccer	Saul Hernandez - Dodge City HS, <i>Strategies for Successful High School Tryouts and NFHS Rules Committee Q&A</i>
H	Baseball	Bob Fornelli - Pittsburg State University, <i>Consistency and Trust</i>
E-4	Spirit (Cheer)	Jenifer Armstrong - Varsity Spirit, <i>Creating Future Leaders</i>
Session 3: 11:30 a.m.		
SU	Football	Dominick Dingle - Wichita-Heights HS, <i>TBD</i>
E	Basketball	Lora Westling - Washburn University, <i>Transition Defense Into Halfcourt Pressure</i>
SH	Volleyball	Jen Gomez - Pittsburg State University, <i>Blocking: Training and Progressions</i>
P	Track and Field	Jim Vahrenkamp - University of North Dakota, <i>Developing Speed in the Sprints/Jumps/Middle Distance</i>
B	Soccer	Nate Huppe - Shawnee-Bishop Miege HS, <i>Transition Drills</i>
H	Baseball	Bob Fornelli - Pittsburg State University, <i>Do the Little Things</i>
R	Golf	Chris Wallace - Shawnee-Mill Valley HS, <i>Program Development with Limited Experience</i>
E-4	Spirit (Cheer)	Courtney Mai Smith - Varsity Spirit, <i>Everything Gameday for your Team</i>
Session 4: 12:30 p.m.		
SU	Football	Logan Pegram - Silver Lake HS, <i>Utilizing the Spread Offense to Maximize your Best Athletes</i>
E	Basketball	Lora Westling - Washburn University, <i>Connection Coaching - Avoiding the Copy and Paste</i>
SH	Mental Health	Traci Nigg - Wichita USD #259, <i>Coaching for the Love of the Game</i>
P	Track and Field	Jim Vahrenkamp - University of North Dakota, <i>Hurdles - Practice for Perfection</i>
B	Soccer	Bryan Sailer - Emporia State University, <i>Corner Kicks and Set Pieces</i>
H	Baseball	Zach Harris - Kansas City-Bishop Ward HS, <i>TBD</i>
R	Golf	Gene Rundus - Concordia HS, <i>So What? To Hot Shot!</i>

Session 5: 1:30 p.m.

SU	Football	Brit Dewey - Silver Lake HS, <i>Defensive Back Drill Progressions</i>
E	Basketball	Josh Gooch - Greeley County HS, <i>Pre-Practice Routines/Workouts</i>
SH	Volleyball	Jen Gomez - Pittsburg State University, <i>A Little Bit of Strategy and A Whole Lot of Other Stuff</i>
P	Cross Country	Kelsey Carbajo - Olathe West HS, <i>Olathe West XC Training and Team Culture</i>
B	Soccer	Bryan Sailer - Emporia State University, <i>How to Play in your Opponents Half</i>
H	Softball	Shawn Woods - Oklahoma Wesleyan , <i>Recruiting 101</i>
R	Golf	Michael Grove - Olathe Northwest HS, <i>Keys to Building a Successful High School Golf Program at any Level</i>
E-4	Spirit (Cheer)	Jenifer Armstrong - Varsity Spirit, <i>Working with Administration for a Successful Year</i>

Session 6: 2:30 p.m.

SU	Strength & Conditioning	Roger Allen III - KU Health Systems, <i>Building Athletes that Last (Off-Season)</i>
E	Basketball	Kristin Wiebe - Elbing-Berean Academy HS, <i>Being an Intentional Coach: Players, Practices, and Culture</i>
SH	Volleyball	Gina Peek - Lebo HS, <i>Developing a Program: Skills, Drills and Adaptation</i>
P	Track and Field	Jim Vahrenkamp - University of North Dakota, <i>Horizontal Jumps - Setting Up the Approach and Take Off</i>
W	Sports Medicine	CPR Class
H	Softball	Shawn Woods - Oklahoma Wesleyan, <i>Team/Program Culture</i>
E-4	Spirit (Cheer)	Courtney Mai Smith - Varsity Spirit, <i>Gameday From the Judges Eyes</i>

Session 7: 3:30 p.m.

SU	Strength & Conditioning	Roger Allen III - KU Health Systems, <i>Building Athletes that Last (In-Season)</i>
P	Track and Field	Mark Breault - Cloud Community College, <i>Pole Vault Techniques</i>
B	Soccer	Jason Pendleton - Shawnee-Mill Valley HS, <i>Training & Recovery</i>
H	Softball	Corey Katzer - Spring Hill HS, <i>Nonnegotiables and Roles of Your Assistants</i>
E-4	Spirit (Cheer)	Jason Sack - Varsity Spirit, <i>Gameday Choreography and Common Mistakes</i>

Session 8: 4:30 p.m.

B	Soccer Rules Meeting	Rod Garman - KSHSAA, <i>Safety and Rules Meeting</i>
E-4	Spirit Rules Meeting	Craig Manteuffel - KSHSAA, <i>Safety and Rules Meeting</i>

Tuesday, August 1, 2023

Room	Activity	Presenter, Topic
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Session 9: 9:00 a.m.

SH	Kansas Coaches Association Open Business Meeting	
W	Sports Medicine	CPR Class

Session 10: 10:00 a.m.

SU	Basketball	Craig Doty - Emporia State University, <i>ESU Basketball</i>
E	Football	Taylor Bauman - Nickerson HS, <i>It's About More Than Football</i>
SH	Volleyball	Kaylie Bergkamp - Andale HS, <i>Skills and Development</i>
P	Track and Field/ Cross Country	Eric Carroll - Wichita Trinity HS, <i>Developing High School Distance Runners</i>
R	Wrestling	Shawn Bammes - Manhattan HS, <i>Coaching Without Yelling</i>
H	Baseball	Joe Allison - OP-Blue Valley West HS, <i>Build Confidence – Build Success</i>

Session 11: 11:00 a.m.

SU	Basketball	Craig Doty - Emporia State University, <i>ESU Basketball</i>
E	Football	Greg Slade - Newton HS, <i>Changing Culture with Positive Leadership!</i>
SH	Volleyball	Ray Bechard - University of Kansas, <i>KU Volleyball</i>
P	Track and Field	Lyles Lashley - Great Bend HS, <i>Training a 300m Hurdler</i>
R	Wrestling	Rylee Hackman - Basehor-Linwood HS, <i>Social Media, Graphic Designs, and Training Student Managers</i>
H	Baseball	Corey Schrack - Gardner Edgerton HS, <i>Throwing Drills for Infielders, Baserunning Drills, Turning Double Plays</i>
B	Sports Medicine	Heather Patterson - Emporia HS, <i>Emergency Action Planning and Rehearsals</i>

Session 12: 12:00 p.m.

SU	Basketball	Mike Williams - Highland Park HS, <i>Gap & No-Middle Defensive Strategies, Concepts of Defending</i>
E	Football	Lance McGuire - Cunningham HS, <i>Demystifying 6-Player: Real Football for Small Communities</i>
SH	Volleyball	Ray Bechard - University of Kansas, <i>KU Volleyball</i>
P	Track and Field	Casey Seyfert - Beloit HS, <i>Alternative Approaches to the Rotational Throws</i>
R	Wrestling	Nick Nothern - Chanute HS, <i>Fundamentals of Chain Wrestling</i>
H	Baseball	Heath Gerstner - McPherson HS, <i>Creating a Championship Pitching Staff</i>

Session 13: 1:00 p.m.

SU	Basketball	Mike Williams - Highland Park HS, <i>Man to Man Offensive Concepts, Actions & Playing in Space</i>
E	Football	John Black - Kansas City-Piper HS, Multiple ways to run the Counter
P	Track and Field	Garrett Daugherty - Meade HS, <i>5 L's of the High Jump</i>
H	Softball	Jay Monhollon - Topeka-Seaman HS, <i>Seaman Softball Philosophy</i>
R	Wrestling	Andy Albright - Frontenac HS, <i>Out Hustling Your Opponent with Their Hand on the Mat</i>
B	Sports Medicine	Heather Patterson - Emporia HS, <i>Emergency Action Planning and Rehearsals</i>

Session 14: 2:00 p.m.

SU	Basketball	Robert Brown - Topeka-Highland Park HS <i>Relationship Between Coach and Player for Team Culture</i>
E	Football	Garrett Hiebert - Goessel HS, <i>QB Run Game and Complementary Plays</i>
SH	Volleyball	Crystal Ratcliff - Flint Hills HS, <i>Focus and Intensity</i>
P	Track and Field	Cory Wurtz - Shawnee-Mill Valley HS, <i>Practical Javelin</i>
H	Softball	Jeri Brummet - St. George-Rock Creek HS, <i>KCA Softball Discussion</i>
R	Wrestling	Andy Albright - Frontenac HS, <i>Competing with Grief</i>

Session 15: 3:00 p.m.

SU	General	Rick Keltner - Hays, KS, <i>Taking the Crazy out of Youth Sports: The P.E.A.C.E. Process</i>
SH	Volleyball	Sandy Arnold - Hillsboro HS, <i>Drills that Bore, but do the Chore!</i>
P	Track and Field	Scott Petersen - Topeka-Seaman HS, <i>Shot Put Glide Technique Teaching Progression, Drills, and Cues</i>
R	Wrestling	Derrick Budke - Chase County HS, <i>Chase County Wrestling</i>

Session 16: 4:00 p m

SU	Football Rules Meeting	Mark Lentz - KSHSAA, <i>Safety and Rules Meeting</i>
SH	Volleyball Rules Meeting	Sarah Smith - KSHSAA, <i>Safety and Rules Meeting</i>

Baseball



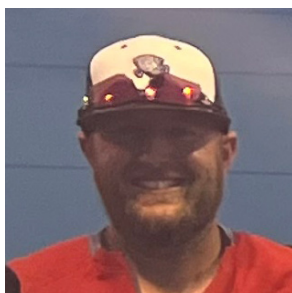
Bob Fornelli - Pittsburg State University

Bob Fornelli just finished his fifth season as head baseball coach at Pittsburg State University. Fornelli ranks sixth among active NCAA Division II coaches in victories (1,011) and ninth in winning percentage (.694) with a 1,011-445 record in 26 seasons as a collegiate head coach. He secured his 1,000th career coaching victory with a 3-2 decision against the University of Central Oklahoma in Pittsburg on Saturday, April 2, 2022. Fornelli, who had a 106-66 (.616) record during his first four years, became just the fifth head coach in the 42-year history of the program on June 5, 2018. He led the Gorillas to a 31-21 overall record (20-13 MIAA) as the squad advanced to the semifinals of the 2019 MIAA Postseason Tournament. In 2021, Fornelli guided Pitt State to a 30-16 overall record (21-12 MIAA). The Gorillas reached the championship game of the 2021 MIAA Postseason Tournament before falling to eventual national runner-up, University of Central Missouri. Fornelli came to Pitt State from MIAA rival Emporia State University, where he fashioned a 599-266 (.692) record in 15 seasons leading his alma mater (2004-18). Fornelli guided the Hornets to 13 trips to the NCAA Division II National Tournament, two appearances in the D2 World Series and a national runner-up finish in 2009. He led ESU to five MIAA regular season crowns (2006, 2008, 2009, 2011, 2017) and a pair of MIAA Tournament titles (2007, 2014).



Joe Allison - OP-Blue Valley West High School

Coach Allison has been at Blue Valley West for five seasons and is coming off of back-to-back 6A State Championships. During those two seasons the Jaguars went 43-7. Prior to Blue Valley West, Coach Allison spent 10 years as head coach at Leavenworth High School where he left as the all-time winningest coach in program history. Outside of high school baseball, he spent 3 years coaching the high school level teams at Naturals baseball Academy from 2013 - 2015 as well as working with the catchers in the program during that time.



Zach Harris - Kansas City-Bishop Ward High School

Zach Harris is the head baseball coach at Bishop Ward High School in Kansas City. The Cyclones are fresh off their third straight trip to Manhattan for 3A State Baseball. In 2022, Bishop Ward entered the tournament with a 21-2 record and finished third. This past year they finished with a quarterfinal loss at the state tournament for a record of 17-7. The Cyclones were undefeated Kaw Valley Conference champions each of past two seasons.



Heath Gerstner - McPherson High School

Heath Gerstner has been the head baseball coach at McPherson High School since 2015 and is fresh off defending their 4A State Baseball Championship with a 21-4 victory in 2023. The Nickerson High School graduate has accumulated 156 head coaching wins at McPherson and Junction City, where he led the Bluejays from 2011 to 2014. While at Junction City, Gerstner won the regional championship for the first time in nearly 20 years. Gerstner has been instrumental in developing a pitching staff tailored toward being successful in the postseason. Due to his success on the field the last two seasons, Gerstner was named the American Baseball Coaches Association and ATEC Coach of the Year in High School Div. II.



Corey Schrack - Gardner Edgerton High School

Corey Schrack has been the baseball coach at Gardner Edgerton since 2011 and has held a head coaching position since 1999 with stops in Missouri and Nebraska. In 2021, Schrack was named the Sunflower League Coach of the Year and the Kansas Coaches Association Coach of the Year for baseball. The 2021 season was a high mark for the Blazers with a runner-up finish in Class 6A. The Ogallala, Nebraska native earned a bachelor's degree from the University of Nebraska and his master's degree from Pittsburg State University. Currently, Schrack is a physical education teacher at Gardner Edgerton.

Softball



Shawn Woods - Oklahoma Wesleyan University

Shawn Woods has served as the head softball coach for Oklahoma Wesleyan University since 2021. Woods, originally from Beebe, Arkansas, joined the OKWU coaching staff after serving as the head softball coach of Pangburn High School in Pangburn, Arkansas, for four years. During his tenure at Pangburn, his team won 70% of its games, and Woods saw seven of his players receive scholarships to play softball at the collegiate level. A graduate of Lyon College, Woods played four years of baseball at the collegiate level. This past season his team set the school record for wins with 39, and Coach Woods surpassed the 100-wins mark at OKWU (105-45 in 3 years). They collected three First Team All-KCAC, three Second Team All-KCAC and seven Honorable Mention All-KCAC awards. In addition to two KCAC Gold Glove awards and a KCAC Champion of Character award this past season.



Jeri Brummett - St. George-Rock Creek High School/KCA

Jeri Brummett is the head softball coach at Rock Creek coming off a state tournament appearance in Class 4A. Coach Brummett is also the president of the KCA and the softball liaison. Coaches are encouraged to attend this session to discuss KCA items and other softball topics.



Corey Katzer - Spring Hill High School

Corey Katzer has been a head softball coach since 2002 and has accumulated a career record of 223-60. Under his leadership his teams have secured four regional championships. Coach Katzer has led the Spring Hill softball program since 2021 and is fresh off their third-straight trip to the state tournament. Corey has also had coaching stops in Ottawa (2002-2013,) where he finished runner-up in 4A, and Royal Valley (2015-2020). In addition to coaching softball, Katzer has coached girls basketball and is currently the Integrated Science and Earth and Space Science teacher at Spring Hill.



Jay Monhollon - Topeka-Seaman High School

Jay Monhollon has been the head coach of the Seaman Vikings softball team since 2012. This past season he took his career coaching wins to 203 with a winning percentage of .799. Under his leadership the Vikings have won nine regional championships and secured the 5A State Championship in 2016. That same year, Monhollon was named the coach of the year in the KCA and the NFHS Section 5. He was named the Centennial League Coach of the Year in 2014, 2015 and 2017. Monhollon is the ultimate high school coach with head coaching experience in four different sports over his 30-year plus coaching career.

Basketball



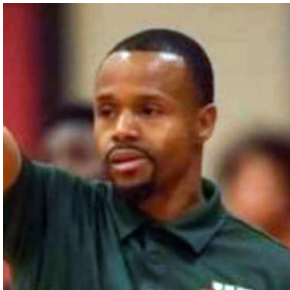
Craig Doty - Emporia State University

Craig Doty just finished his sixth season as head coach of the Emporia State Men's Basketball Program. He inherited a team that won just four conference games the season prior to his arrival. 2022-23 was a breakthrough year for the Hornets, not only qualifying for the NCAA Tournament for the first time in 16 seasons, but also winning a game, defeating 2018 NCAA Division II runner-up Northern State University in the opening round. ESU also defeated top ranked Northwest Missouri State in December. Before coaching the Hornets, Doty led Graceland University to the 2018 NAIA National Title. Doty began his coaching career at Rock Valley College in Illinois where he won two NJCAA Division III national titles. Doty hails from Alcester, South Dakota and graduated from Morningside College in Sioux City, Iowa.



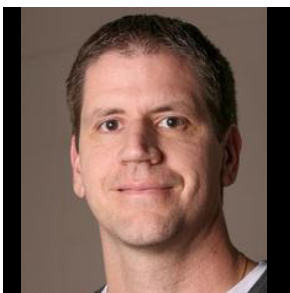
Lora Westling - Washburn University

Former Ichabod standout Lora Westling is beginning her second season as head coach of the program she led to the NCAA Division II National Championship as a player. Prior to taking the reigns at Washburn, she turned around the Western Colorado University program. In the two years before her arrival, the Mountaineers won a combined eight games. She took the Western program to the NCAA Division II Tournament for the first time in school history in 2020 and then again in 2021. Westling's first head coaching job was at Illinois College where she guided the team to a fine win improvement in her first year, then followed it up leading the team to its first trip to the conference tournament in five seasons.



Robert Brown - Topeka-Highland Park High School

Robert Brown has led a resurgence of the girls basketball program at Topeka-Highland Park High School. In just his second season as head coach in 2022-23, the Fighting Scots went undefeated (12-0) in the Meadowlark Conference, which led to a sub-state championship and the program's first appearance at the state tournament in 11 seasons. Highland Park finished with a record of 19-4. For his effort, he was named Meadowlark Conference Coach of the Year and was a finalist for State 5A Coach of the Year. Before taking over the Highland Park girls program he was an assistant coach of the boys program. He is a 2004 graduate of Topeka High School and went to earn a degree at Kansas Wesleyan University.



Brett Flory - Derby High School

Brett Flory has been the bench boss of Derby boys basketball since 2011. In that time, his teams reached the state semi-finals on three occasions and finished third in 2015 and 2023. He has been named Ark Valley Chisolm Trail League Coach of the Year twice and also the Wichita Metro Coach of the Year in 2013. He has accumulated 219 wins, including an 18-7 mark last season on his way to the aforementioned third-place finish. He was the head coach at Valley Center from 2005-2011 and, prior to that, was an assistant at Blue Valley Northwest. A Lawrence High School product, Flory graduated from the University of Kansas and teaches English II at Derby High School.



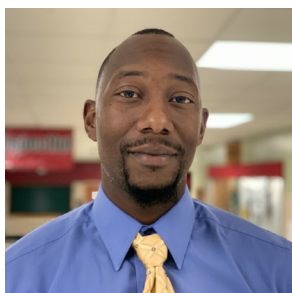
Josh Gooch - Tribune-Greely County High School

Josh Gooch's Tribune-Greely County Jackrabbits have won back-to-back 1A DII State Championships. Over the last two seasons, his teams combined for a 49-3 record. Gooch has mentored Jaxson Brandl who scored 2,162 career points, 16th in state history, and will play at McCook Community College in Nebraska next year. Gooch, who experienced deep postseason runs as a player for Tribune-Greely County in 2001 and 2002, went on to play at Bethany College. He took over the program in 2016, lost his first 12 games as head coach, and has steadily built the program back up to where it is today. Gooch coached track and field, cross country and was an assistant girls basketball coach at Salina Central prior to returning to Tribune.



Kristin Wiebe - Elbing-Berean Academy

Berean Academy alum and head girls basketball coach Kristin Wiebe led the Warriors to a state championship for the second time in her coaching career last season. Her 2022-2023 team finished with a 25-1 record, the best record in school history. Over 18 seasons at Berean she owns a 342-85 record and has advanced to state in exactly half of those 18 seasons. Wiebe's first state title as a coach was in 2008. Wiebe played collegiately at Fort Hays State where she was an all-conference performer and also an academic All-American. Wiebe is a speech language pathologist and is also the head volleyball coach at Berean.



Mike Williams - Topeka-Highland Park High School

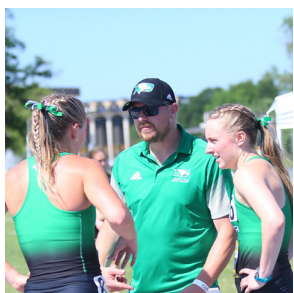
Mike Williams has been synonymous with Topeka basketball success his entire life. He is coming off a 24-1 campaign as the head coach at Topeka-Highland Park, a program he has coached for the last five seasons. In that time, his teams have appeared at the state tournament three times and accumulated a 72-40 record. His 2022-23 team was dominant, winning the Topeka Invitational Tournament, a sub-state tournament and finishing third at the state tournament. He won multiple coach of the year honors, including being recognized in the Meadowlark Conference, and by the Topeka Capital Journal. Williams serves for the national non-profit organization, Communities in Schools, as the Student Support Coordinator at Highland Park. In charge of school-wide programming, basic need outreach, case management and community partnerships, he supports students/schools/communities overall educational and personal needs. He is a graduate of Topeka West High School and Washburn University.

Cross Country/Track and Field



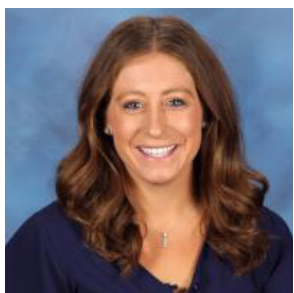
Mark Breault - Cloud County Community College

Mark Breault has served as pole vault coach at Cloud County Community College. In the pole vault, Breault have mentored one NJCAA champion and two national runners-up to go along with 12 All-Americans. Breault has spoken at clinics in multiple states about the pole vault, and owns Tailwind Pole Vault Club, a pole vault-specific training facility.



Jim Vahrenkamp - University of North Dakota

Jim Vahrenkamp recently completed his second year as the head coach of the University of North Dakota track and field program. In his first year at the helm of UND, Vahrenkamp coached the first multi-event student-athlete to NCAA Division I nationals in school history. Vahrenkamp, known for his extensive expertise in each event in track and field, came to UND from Queens University, an NCAA Division II institution in Charlotte, North Carolina where he won 21 team conference championships, including three conference triple crowns, in nine seasons. He is a 14-time NCAA Division II Southeast Region Head Coach of the Year. In addition to his 21 conference team championships, his teams finished second on eight occasions. At Queens he coached 61 individuals to All-American status including five national championships in five events.



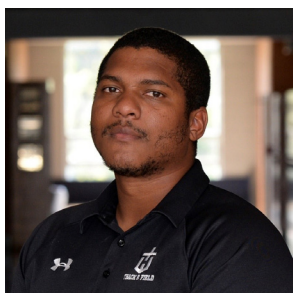
Kelsey Carbajo - Olathe West High School

Kelsey Carbajo has coached girls cross country at Olathe West High School since 2017 and the girls distance runners on the track since 2018. Her cross country teams have won three 6A state titles, including the 2022 championship at Rim Rock Farm. On May 10, 2022, her 4x800m relay team ran the fastest time ever recorded in the state of Kansas with a 9:17, breaking the previous record by seven seconds. Her cross country teams have won four Sunflower League Championships. She has been recognized as a coach of the year in Kansas on three occasions. She graduated from Spring Hill High School, then attended Grand View University where she won the Midwest Conference Championship in 2014. She then went on to obtain a master's degree at Baker University.



Garrett Daugherty - Meade High School

Garrett Daugherty has served as the head cross country coach at Meade High School since 2016 and as the head track and field coach since 2018. He has coached three state championship teams at Meade, two in cross country and one in track and field. In 2021 and 2022, Daugherty's athletes have claimed six individual state track and field titles across a multitude of events. The Minneapolis, Kansas native attended Tabor College where he won multiple KCAC individual championships and finished second at outdoor nationals in the 800m as a senior. Daugherty later received a master's degree with an emphasis in coaching from Adams State University. He is also an assistant boys basketball coach for the Buffalos.



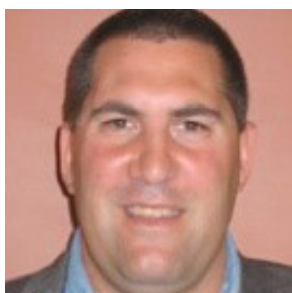
DeJuan Gardenhire Jr. - Topeka-Hayden High School

DeJuan Gardenhire Jr. has served as the leader of the Hayden High School track and field program since 2018. Since taking the helm for the Wildcats, Hayden has enjoyed 17 state medalists in sprints, hurdles and jumps. Showing his coaching range, he was named boys city cross country coach of the year in 2020, leading Hayden to a fifth-place finish at state. In 2022, Gardenhire's boys squad claimed the regional championship and went on to finish fourth at the 4A state championships. While attending the University of Kansas he started his coaching career as an assistant football coach at Topeka West in 2017, then was named head track and field coach at Hayden a year later. Gardenhire is a graduate of Shawnee Heights High School and the University of Kansas.



Lyles Lashley - Great Bend High School

Lyles Lashley has been the head track and field and cross country coach at Great Bend High School since 2016. The Monroe, Louisiana native is a track and field coaching veteran at both the high school and collegiate levels. During his nine seasons on staff at Barton County Community College, the Cougars won 31 national championships and he was named National Coach of the Year on four occasions. Prior to his time at Great Bend High School, Lashley's teams won four state championships and earned five runner-up finishes at Ellinwood High School. He has been named KCCTFCA Cross Country Coach of the Year twice, along with the being recognized as the 2014 NFHS Section 5 Boys Cross Country Coach of the Year – which made him the top honoree among Section 5 states Kansas, Missouri, Nebraska, South Dakota, North Dakota and Minnesota. He was inducted into the NJCAA Hall of Fame in 2015. Lashley is a graduate of Louisiana Tech University where he was a four-year letterman.



Scott Petersen - Topeka-Seaman High School

Scott Petersen has led the boys track and field program at Topeka-Seaman High School since 2009. Under his direction, the Vikings won the 2006 5A state title and finished second in 2014. Petersen's bread and butter is the throwing events in which he won three Big XII Conference medals while competing for the Wildcats of Kansas State University. He led Seaman to the 2017 team title in the always competitive Centennial League. He was named the 2013-2014 Seaman Coach of the Year, a prestigious honor amongst all activities at SHS. Petersen prepped at Topeka West High School, where he is now in the Hall of Fame. Petersen has coached football and basketball early in his career, all in Topeka-based schools. He finished his education at the University of Nebraska-Kearney with a master's degree.



Casey Seyfert - Beloit High School

The Beloit High School throws program has produced 18 state championships in throwing events since 1993. BHS throws coach, Casey Seyfert, has been a part of that tradition as a student and as a coach. Named the 2022 KCCTFCA Assistant Coach of the Year, 55 of his athletes have qualified for the state championships with 40 of them being state placers. Six individuals have won state titles. He is a three-time throws gold medalist at BHS in 1996 and 1997 and owner of the sixth furthest high school shot put effort in state history. At press time, his current athletes rank number one in the state for all classes in the boys and girls shot put. He has coached track and field and football at Beloit High School since 2007. Earlier in his career, he spent six years coaching at Hays High School. Seyfert completed his education with a bachelor's degree and master's degree from Fort Hays State University.



Cory Wurtz - Shawnee-Mill Valley High School

Cory Wurtz, 2021 and 2011 Kansas Cross Country and Track and Field Coaches Association Assistant Track and Field Coach of the Year, has coached javelin throwers at Mill Valley High School since 2006. In that time, he has coached two individual state champions and 20 individual state medalists. He was part of the Jaguars coaching staff that won both 5A boys and girls state championships last year. In his time at Mill Valley, the team has won 11 regional championships. Wurtz hails from Linn, Kansas and attended Kansas State University. He later earned a master's degree at Baker University. Wurtz also coaches basketball, wrestling and football. He was recognized as the 2016 Kansas Wrestling Coaches Association Middle School Coach of the Year for his work at Monticello Trails Middle School.

Football



Drew Dallas - Hutchinson Community College

Drew Dallas is the 18th head coach in Blue Dragon Football history, named to the position at Hutchinson Community College on December 31, 2019. The 2020-21 season was the second for Dallas at Hutchison, but his first in the head coaching role. That year, the Blue Dragons went 8-0, won the program's eighth Jayhawk Conference title, and the NJCAA National Crown, the first in program history. Dallas earned KJCCC Coach of the Year, Wichita Area Sports Commission Coach of the Year and NJCAA National Coach of the Year honors for the 2020-21 season.

Now three seasons into his tenure, Dallas has amassed a record of 28-3 with 3 Jayhawk Conference championships, one national runner-up and one national championship. He has also added a second KJCCC Coach of the Year honor, National Community College Coach of the Year presented by the AFCA honors and Coach Bill Snyder Family/Sunflower Chapter of the National Football Foundation Junior College Coach of the Year honors.

Before coming to Hutchinson, Dallas was at NCAA Division II Angelo State University from 2011 to 2018. He coached tight ends in 2011, receivers from 2012-2015 and was Angelo State's offensive coordinator from 2016-18.

Before Angelo State, Dallas was quarterbacks and receivers coach at Kansas Wesleyan. As the quarterbacks and receivers coach at KWU, Dallas mentored seven all-KCAC receivers in 2009 and 2010.

During his playing days as a quarterback, Dallas started his collegiate career at Fort Hays State in 2004 and 2005. He finished his collegiate career at Kansas Wesleyan in 2006 and 2007.

Dallas graduated from Salina Central High School in 2004. He earned his Bachelor of Arts degree in Health, Physical Education & Recreation from Kansas Wesleyan in 2009 and his Master of Education in Educational Administration from Angelo State in 2013.



Taylor Bauman - Nickerson High School

Coach Taylor Bauman was at the helm when his team at Stafford High School experienced its first football playoff win in school history. A graduate of Sabetha High School, he went on to earn his Bachelor's in K-12 PE/Health at Central Christian College of Kansas and his master's in educational administration at Emporia State University. He counts the 8 young men he coached who are now fathers and/or husbands among his career honors and is looking forward to adding to that total as he leads the Nickerson High School football program. The Panthers hope to expand on a 1-8 win/loss record and 9th place League standing in the upcoming season. Coach Bauman also serves as an assistant girls' basketball coach.



Brit Dewey - Silver Lake High School

Returning to his high school alma mater and community in 2022 to coach alongside new head coach Logan Pegram, Brit Dewey serves as an assistant coach and defensive coordinator for Silver Lake High School. He coached with Pegram previously at Lawrence-Free State where he served as the wide receiver coach for the 2021 season. His coaching resume also includes a role as a defensive backs coach at Shawnee Heights and defensive coordinator at Santa Fe Trail Middle School. Dewey earned his bachelor's degree at Washburn University and his master's in administration at Fort Hays State University.



Dominick Dingle Sr. - Wichita-Heights High School

Serving students at Wichita-Heights High School as the head football coach since 2018, Dominick Dingle believes student-athletes should be better people because of their participation in the football program. He also hopes participation provides an opportunity to further their education at the college level as it did for him. Coach Dingle completed his associate degree in science at Garden City Community College, his bachelor's degree at Appalachian State, and then his Master of Science in Health, Human Performance, and Recreation at Pittsburg State University in 2011. An army kid born in Fayetteville, North Carolina, Dingle lived in Germany, South Carolina, and Texas prior to moving to Kansas and graduating from Leavenworth High School. Prior to Heights, he was a physical education teacher and coach in Leavenworth for one year, and then Garden City for 10 years.



Garrett Hiebert - Goessel High School

Hired as an assistant football coach at Goessel High School in 2011, Garrett Hiebert assumed head coaching responsibilities in 2012, and has served in that role since. His teams have earned a total of 45 career wins, including two back-to-back regional titles in 2020 and 2021, tying the best finish in school history and helping Coach Hiebert to be named a Sports in Kansas Coach of the Year Finalist in 2021. A graduate of Goessel High School, he also serves as an assistant track coach and served as head junior high boys basketball coach from 2011-22. Coach Hiebert earned a bachelor's degree in business administration from Bethel College, and then gained his teaching license in 2014 at Fort Hays State University.



Lance McGuire - Cunningham High School

Football returned to Cunningham High School in 2019. After a winless first year, the 12-0 Cunningham Wildcats claimed the first KSHSAA-sanctioned 6-man State Football Championship under Coach Lance McGuire. Coach McGuire was also named the 2022 Sports in Kansas Coach of the Year and the Bill Snyder Sunflower Coach of the Year. He led the 8-man football team at Cunningham from 2006 until the program dissolved after the 2015 season. An advocate of the 6-man game, McGuire not only currently serves as the head football coach, but also as an assistant track and field coach, and junior high boys basketball coach. His past coaching experience is diversified in all three sports as well.



Logan Pegram - Silver Lake High School

Logan Pegram returned to his high school alma mater and community to accept the head football coaching position at Silver Lake High School for the 2022 season. He attended Silver Lake from 2005-2008, a span in which Silver Lake football went 53-3 with an undefeated state title season in 2006. In his first year as head coach of the Eagles, the team earned a 6-3 win/loss record, and finished 2nd in league standings. He honors the platform coaching provides to develop relationships with students that transcend the sport of football. Prior to returning to the Eagles, Pegram coached at both Lawrence-Free State and Anderson County High Schools. Coach Pegram earned his bachelor's and was a 2013 graduate and member of the football squad at Northern Illinois.



Greg Slade - Newton High School

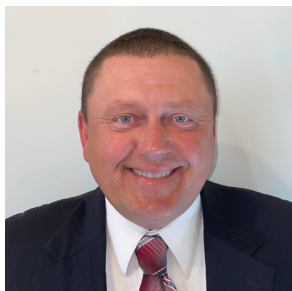
Greg Slade's coaching career includes one state title. It just so happens that in 2011 when his Rose Hill High School football squad won the 4A State Championship, Coach Slade got to coach and share that accomplishment with his son. With a total of 118 career wins, he now heads the football program, serves as Assistant Athletic Director, and teaches strength and conditioning at Newton High School. He is also working to complete his Master of Athletic and Activity Administration at William Woods. He earned his bachelor's at Benedictine College and was a graduate of Topeka High. Coach Slade's philosophies and career successes have led to numerous honors including being named the 2004 4A Coach of the Year, a 2011 Wichita Eagle Top 11 All-State and All Metro Coach, as well as the 2017-18 AVCTL Div. I Coach of the Year.

Golf



Mike Grove - Olathe Northwest High School

Mike Grove has been with the golf programs at Olathe Northwest since 2003. During his time leading the Ravens he has seen the boys program qualify for state 18 times in 20 years. Most recently, the girls team captured the 6A State Championship in 2022. Under his direction the golf programs have secured five regional titles. Grove has been a head coach in at least one sport for 31 years with experience in basketball and track in addition to golf. Mike is a graduation of Colby CC, Missouri Southern State College and Pittsburg State University and is currently a physical education instructor at Olathe Northwest.



Gene Rundus - Concordia High School

Gene Rundus has been coaching golf at Concordia High School since 2007, taking over the head position for both boys and girls in 2022. The boys team finished eighth in state for Class 3A this past season. Coach Rundus has been part of the girls program that has sent a qualifier or a team to state for 18 straight years. Rundus wishes to discuss engaging and inspiring Gen Z to put down their phones, get off the couch and get in the game. He received his bachelor's degree from Kansas State University and is currently an At-Risk Educator at Concordia High School.



Chris Wallace - Shawnee-Mill Valley High School

Chris Wallace has been the head girls golf coach at Mill Valley High School for seven years. His teams have accumulated 12 wins, five regional titles and captured the state championship in 2018. Wallace was named the 2018-19 KCA Coach of the Year for his efforts in guiding the Jaguars to their first 6A title in school history. His regional championship in 2016 was also the first for the program. Wallace is a graduate of Kansas State University and is currently a high school counselor in the district.

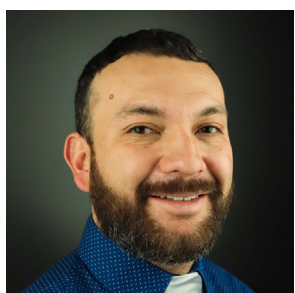
Soccer



Bryan Sailer - Emporia State University

Bryan Sailer is a graduate of Churchville-Chili High School in Rochester, New York, as well as Monroe Community College, SUNY Brockport University and Emporia State University. Currently, he is the head women's soccer coach at Emporia State University.

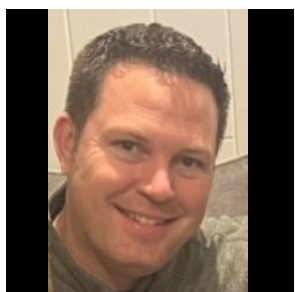
Coach Sailer has coached for a variety of schools, including Fort Collins High School (1998-2003), Greeley West High School (2003-2006) and Barton Community College (2007-2011), before taking over at Emporia State University in 2011. In his career, Coach Sailer has over 1,000 wins, with 108 occurring at Emporia State University. He has led teams to victories at the KHJCAA Championship (2008) and MIAA Championship (2021). This last season at Emporia State University, Coach Sailer's team finished the season with a record of 13-6-5 placing them second in the league and ranked sixteenth in the nation.



Saul Hernandez - Dodge City High School

Saul Hernandez is a graduate of Dodge City High School and Fort Hays State University. Currently, he is the head boys soccer coach and strength and conditioning/physical education teacher at Dodge City High School.

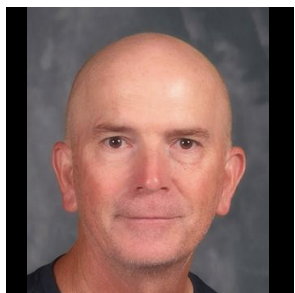
In his coaching career, Coach Hernandez has led teams at Dodge City Middle School, Hays-Thomas More Prep-Marian, Hays, Liberal and has coached at Dodge City High School since 2015. He has accumulated 140 career coaching wins, 10 WAC titles, nine regional titles and two undefeated state titles. Coach Hernandez has been named coach of the year for various organizations including the WAC, United Soccer Coaches Large School Regional, USC State Large School, Kansas Coaches Association, NFHS State, NFHS Sectional, KSHSSCA, and National High School Coaches Association National Coach of the Year. Coach Hernandez has coached two Gatorade Players of the Year. Additionally, Coach Hernandez currently serves as a member of the NFHS Soccer Rules Committee (2021-2025).



Nate Huppe - Shawnee Mission-Bishop Miege High School

Nate Huppe is a graduate of Shawnee Mission-Bishop Miege High School and Rockhurst University. Currently, he is the boys and girls head soccer coach at Shawnee Mission-Bishop Miege High School, as well as an assistant to the athletic director.

He has coached the girls team for thirteen years and the boys for eight. Over that time frame, his teams have won 18 regional titles and 13 state championships. Under his direction, his teams have a combined 273 wins and a postseason combined record of 82-7. Coach Huppe is a three-time Midwest Girls Coach of the Year and is a multi-time Girls and Boys State Coach of the Year. The Shawnee Mission-Bishop Miege boys and girls soccer teams are the current defending 4-1A State Champions.



Jason Pendleton - Shawnee-Mill Valley High School

Jason Pendleton is a graduate of South Bakersfield High School, in California, as well as McPherson College and Emporia State University. Currently, he teaches social studies and is the boys and girls head soccer coach at Shawnee-Mill Valley High School.

Coach Pendleton has coached at a variety of schools including Stockdale (CA) (1992-1994), Kansas City-Wyandotte (1996-1999), Lawrence-Free State (1999-2010), Overland Park-Blue Valley Southwest (2010-2018) and has coached at Shawnee-Mill Valley since 2021. In totality, these teams have accumulated 460 career wins and five state championships under his leadership. In 2017-18, Coach Pendleton led the Overland Park-Blue Valley Southwest High School boys and girls teams to undefeated state championships. He was named the 2017 Girls United Soccer Coaches National Coach of the Year as well as the 2017-18 NFHS Boys National Coach of the Year. Coach Pendleton's boys and girls Shawnee-Mill Valley High School boys and girls soccer teams are the defending 6A State Champions, the first soccer state title for each program.

Sports Medicine/Sport Psychology



Roger Allen III

A native of Kansas City, Missouri, Roger Allen III is the current Strength and Athletic Supervisor at the University of Kansas Health System's Sports Performance Center. Allen attended high school and played football at Raytown High School, and later went on to play collegiately at Missouri Western State University where he earned All-Conference and All-American honors. Allen then spent five seasons in the NFL, playing for the St. Louis Rams, New Orleans Saints, Carolina Panthers, and Tampa Bay Buccaneers.

Allen has an extensive background in training athletes and has earned both a personal training certification and the Certified Strength and Conditioning Specialist (CSCS) credential. He has had stops at Baylor and the University of Kansas as a strength and conditioning coach and has also previously worked on the business side of the fitness industry. Allen is passionate about helping athletes discover their potential and reach levels of performance they never knew were possible.



Traci Nigg

Traci Nigg is a school social worker currently serving Allison Middle School in the Wichita-USD 259 district. Among her many accomplishments, she was recognized as Social Worker of the Year in the USD 259 district in 2019. She also currently coaches girls soccer at her alma mater, Wichita North, and has coached both soccer and cross country at various Wichita high schools over the past several years. Nigg has also spent time working at Ohio State University in their LIFESports department developing high school coach training opportunities. She plays an instrumental role in the Wichita district in the continual development and implementation of interdisciplinary systems of support for athletic departments and mental health crisis response teams.

Nigg has a distinguished educational and training background with multiple degrees from Washburn University and a Master of Social Work from Wichita State. She has also presented at national conferences as well as produced published written work. She earned the role of team captain while playing soccer collegiately at Washburn, and currently plays for the semi-professional soccer team, Wichita Aero FC.



Heather Patterson

A western Kansas native and Garden City Buffalo alum, Heather Patterson is the District Wellness Coordinator for Emporia USD 253 and the Head Athletic Trainer for Emporia High School. A 12 year veteran of the athletic training profession, Patterson has spent time serving Kansas students at Sandhill Orthopedic and Sports Medicine in Garden City, Manhattan High School, and now in Emporia. She also currently serves as a sports medicine pathway teacher. Patterson's educational and training background includes an undergraduate degree in athletic training from Washburn University; a 2013 master's degree from Emporia State University in health, physical education, and recreation; and a 2021 master's degree in education from Fort Hays State University.

Spirit



Jenifer Armstrong

Jenifer Armstrong is former educator with 13 years dance coaching experience. She is also the former Assistant Coordinator of Spirit Groups at the University of Louisiana at Monroe (ULM). Armstrong has spent 16 years with Varsity Spirit Fashion (VSF), and currently serves as the VSF Dance Council Director and Regional Sales Manager for Texarkana.



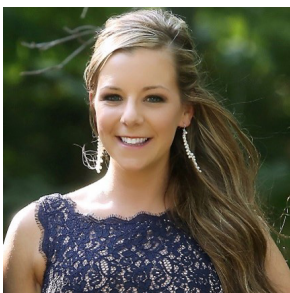
Jason Sack

Jason Sack - A native of Independence, Kansas, Jason Sack was the Spirit Squad Coordinator at Northwest Missouri State University from 2006-2020. Previously, Jason spent five years at Avila University, an NAIA institution in Kansas City, Missouri. At Avila, he coached the cheerleading squad to three consecutive Universal Cheerleading Association (UCA) College Cheerleading National All-Girl Division II top-10 finishes, and was named the Heart of America Conference Spirit Squad Coach of the Year in 2003. He has served as a Head Judge for the UCA National High School Cheerleading Championship since 2007, an event coordinator for the Nebraska Coaches Association State Cheerleading and Dance Team Championship since 2008 and at the Kansas State High School Activities Association GameDay Spirit Showcase since 2017.

While at Northwest, Sack has led the Bearcats to three UCA Division II National Championships in 2010, 2012 and 2013. The program has had numerous top-5 finishes including second place in 2016 and third place in 2008, 2011, 2015 and 2017.

As an athlete at Pittsburg (Kan.) State University, Sack was a member of the cheer squad that finished in the top-10 at the UCA College Nationals from 1996-99, including a second-place finish in 1997. He was named captain in the 1997-98 academic year.

Sack has held coaching positions at numerous high schools in the Kansas City area. He has been an instructor for Universal Cheerleaders Association since 1997, is the Varsity Spirit State Director for Kansas and Nebraska and a Varsity Spirit Fashion Rep in Northern Kansas and Missouri.



Courtney Mai Smith

Courtney Mai Smith is currently a head instructor for Universal Cheerleaders Association (UCA) and has been with the company for 18 years. While earning her Business Management Degree she competed at UCA College Nationals with the University of Texas at Arlington (UTA). She has a background in both competitive gymnastics plus cheerleading and has been an active coach in the cheer world since her later years in high school. Mai Smith has been judging regional, state and national events since 2008. She is currently the Director of Operations for a golf course in Texas and raising her two beautiful daughters.

Volleyball



Ray Bechard - University of Kansas

Head coach Ray Bechard finished his 25th season leading the Kansas volleyball program in 2022. Bechard, a four-time Big 12 Coach of the Year, has a career record of 428-291 (.595) while at Kansas, which includes a mark of 167-50 (.770) during a stretch that included six consecutive NCAA Tournaments for the Jayhawks from 2012-17.

During his Hall of Fame career at Kansas, Bechard has taken the Jayhawks to 10 NCAA Tournaments, including three Sweet Sixteen's and the 2015 Final Four, while also leading KU to the 2016 Big 12 Championship. He has coached 10 players who reached All-American status during their time at Kansas.

In a career that spans 38 seasons, Bechard has received inductions into three Halls of Fame: NJCAA Volleyball Coaches, Barton County Community College Sports, and Kansas Volleyball Association. In addition, he's a three-time AVCA Region Coach of the Year at KU and he earned several coach of the year honors at the junior college level.

Bechard led Kansas to six straight NCAA Tournament appearances from 2012-17, which included a national semifinalist finish in 2015. In 2016, the Jayhawks earned its highest national seed (No. 5) in the NCAA Tournament and hosted first and second rounds in Lawrence. During that span, Kansas was also nationally-ranked in the AVCA Coaches' Poll 45-consecutive times.

Bechard came to KU in 1998 following 13 seasons on the sidelines of Barton County Community College in Great Bend, Kansas. In his time at Barton, Bechard posted a career record of 716-60 (.923) and coached 23 Academic All-Americans. He completed his time at Barton County with the highest all-time winning percentage among two-year college coaches and ranked fourth all-time with 716 wins. Following his departure from Barton, Bechard was inducted into the National Junior College Athletic Association Volleyball Hall of Fame in 1998.

Bechard began his coaching career as the head coach of girls volleyball and boys basketball at Lewis High School in Lewis, Kansas, from 1980-83. There he coached LHS to a pair of conference titles in volleyball.

A native of Grinnell, Kansas, Bechard played basketball at Barton Country, where he helped the Cougars to a 45-13 record in his two seasons. Following his junior college playing career, Bechard attended Fort Hays State University, where he graduated with a bachelor's degree in physical education in 1980. Two years later, he received his master's degree in physical education from FHSU.



Jen Gomez - Pittsburg State University

Jen Gomez finished her eighth year as head volleyball coach at Pittsburg State University in 2022 after being hired to the position in December 2015. Gomez came to Pittsburg State after serving five seasons as head coach at NCAA Division II member Colorado State University-Pueblo.

In 2022, Gomez guided the Gorillas to a 17-14 overall record, leading the program to the semifinals of the MIAA Tournament for the first time since 2009. In 2018, Gomez guided the Gorillas to an 18-13 overall record – the program's highest win total since 2009. Pitt State posted a 14-16 mark in 2019 and a 15-14 overall record in 2021.

Overall, Gomez has 15 years of collegiate head coaching experience and a 247-212 career coaching record. She averaged 26.8 wins per year in five seasons as head coach at Oklahoma City University from 2006-10 while restarting a program that had been dormant on campus since 1983. Additionally, Gomez served as an assistant coach at her alma mater, CSU-Pueblo (then University of Southern Colorado), from 2000-03 and at Angelo State University, from 2004-05, growing in the profession under a pair of legendary coaches in Tom Shoji and Kathleen Brasfield.

A native of Dodge City, Kansas, Gomez was an NJCAA All-America player at Garden City Community College, as well as an NJCAA Scholar Athlete, before earning All-RMAC honors and made the All-Tourney team her senior season at CSU-Pueblo.



Sandy Arnold - Hillsboro High School

With a total of 644 career wins, Sandy Arnold has established herself as a coach with a winning program. In the 2022 season, her Hillsboro team finished the season with a record of 44-1 and won the Class 2A State Championship. Along with this championship, Arnold was awarded the 2022 2A KVA Coach of the Year. She has been the volleyball and basketball coach in Hillsboro since 2004 and, prior to that, she coached at Canton-Galva and Southern Cloud. Upon graduation from Moundridge High School, Arnold attended Bethel College and obtained a degree in Elementary Education and Physical Education. She later received her master's degree in library science from Emporia State University.



Kaylie Bergkamp - Andale High School

In Kaylie Bergkamp's five years at Andale High School, she has coached her team to the Class 4A State Tournament each of those years. At the tournament, her teams have finished 4th (2018), 2nd (2019, 2020, 2022) and 1st (2021). Bergkamp's overall record at Andale High School is 192-21. Prior to her time at Andale, she was the Garden Plain Middle School coach, and coached at the community college level at Pratt and Hutchinson. Her involvement in volleyball extends beyond her players and the court as she is a member of the KVA, AVCA and KCA, also serving as a board member. Bergkamp attended the University of Minnesota-Morris where she was a two-sport athlete in volleyball and track and field. She completed her bachelor's degree in sport management and then received her master's degree in education from Fort Hays State University.



Dave Johnson - Overland Park-Blue Valley High School

Dave Johnson has served as the volleyball coach at OP-Blue Valley High School since 2006. During his tenure, his teams have achieved 271 wins, six sub-state titles and one state championship. The 2022 volleyball season saw Coach Johnson's team make it to the Class 6A State Championship, coming home with the runner-up title. His teams have placed 3rd (2013), 2nd (2012, 2018, 2022) and 1st place (2019). He has been recognized as the GKCVA Coach of the Year in 2012 and the Class 6A KVA Coach of the Year in 2019 after winning the state championship. During the offseason, Johnson is a volleyball coach for the KC Power Volleyball Club. He graduated from Lincoln High School in Nebraska and received his history degree from Newman University.



Gina Peek - Lebo High School

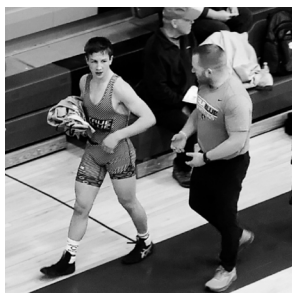
Gina Peek began coaching at Lebo High School in 2007 and has been the volleyball coach there excepting two years when she was at Emporia High School. In the 2022 volleyball season, Coach Peek's team recorded 44 wins with only one loss, leading them to the 1A DII State Tournament and bringing home their first state title. Over her career, she has a total of 420 wins. Peek is an Associate Professor of Nursing at Emporia State University, where she also earned her bachelor's degree. She received her Master of Nursing, Nurse Practitioner from the University of Kansas. Peek brings a different perspective of coaching as she comes to it from outside the field of education.



Crystal Ratcliff - Rosalia-Flinthills High School

Crystal Ratcliff returned to her alma mater to coach volleyball in 2006 and in 2022 her team made school history by playing in the championship game for the first time. As the runner-up in 2022, Coach Ratcliff's team finished the season with a 40-4 record, helping her achieve 68 career wins as a head coach. She earned the 2022 Grasslands Coach of the Year and the 2023 Butler County Coach of the Year. After graduating from Flinthills High School, she attended Butler Community College and then continued her education at Southwestern University, receiving her bachelor's degree. Ratcliff also has her master's degree from Emporia State University.

Wrestling



Andy Albright - Frontenac High School

Andy Albright's 21-year wrestling coaching career at Chanute High School helped to build an overall record of 295-84, 13 SEK League Championships, 10 Regional Championships, one Sub State Championship, 14 top 10 finishes at 4A State, three 4A State Runner-up titles, one 4A State Championship, one KWCA Academic State Championship, as well as, countless relationships, a program of inclusion, and a girls wrestling program in 2020. Coach Albright has been named a 12-time SEK Coach of the Year, 9-time KWCA Regional Coach of the Year, three-time Kansas Association of Wrestling Officials Coach of the Year, and three-time KWCA 4A Coach of the Year. A graduate of Fort Scott High School, he completed his education with a bachelor's degree and master's degree from Pitt State University. Coach Albright will take over the girl's program at Frontenac High School this year.



Shawn Bammes - Manhattan High School

After earning his bachelor's degree and master's in education at Fort Hays State University, Shawn Bammes coached wrestling at both Hays High and Plainville before returning to coach at his alma mater, Manhattan High School, in 2011. Led by longtime Coach Bammes, his boys wrestling team capped its most recent season standing atop the podium as League Champions and finishing in the 4th place position at this year's State Championship. Bammes received 2023 Centennial League Coach of the Year honors, was named 6A and KWCA Assistant Coach of the Year in 2017, and 3-2-1A Assistant Coach of the Year in 2006. His team works hard on the mats under his leadership, but also in the classroom, earning Boys 6A Academic State Champion titles in 2022 and 2023.



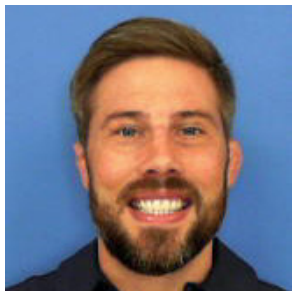
Derick Budke - Cottonwood Falls-Chase County High School

The junior high boys wrestling team at Chase County is typically the largest of any sport at the school. Coached by Derick Budke, the team has won multiple league tournament titles, and feeds the high school program at Chase County, also led by longtime coach Budke. The program's ability to get and keep students involved in the sport of wrestling is central to its success. At the helm since 1996, Budke has coached a four-time state finalist, two regional team runner-up finishes, and has qualified wrestlers to the State Championship every year. He has been named the KWOA 3-2-1A Coach of the Year, The Coaches Association Coach of the Year, and the Mid-West Regional Coach of the Year. A Chase County High alum himself, his wrestling coaching career boasts 200+ dual wins. Budke also coaches both boys and girls track and field, as well as football.



Rylee Hackmann - Basehor-Linwood High School

A Junior student at Basehor-Linwood High School, Rylee Hackmann manages three sports (football, wrestling and baseball), while running her own sports media business (RH Sports Media). She also serves as the Audio/Visual Coordinator for the Bobcat Wrestling Club. Rylee's talents earned her the 2022-23 KWCA Boys 5A Team Support Personnel of the Year award, as well as the April KSPA Sports Photography Photo of the Month. She continues to develop her media skills as her job responsibilities include managing social media platforms, taking, and editing professional sports photos, filming, and editing game/match and practice film, and graphic design among many others. Rylee devotes her passion and skill set to growing her business and aiding coaches in running and managing successful sports programs.



Nick Nothern - Chanute High School

Nick Nothern coached his girls wrestling team at Chanute High School to a League, and then a Regional, and then a State Championship in 2023. Nothern joined the coaching staff at Chanute in 2021 and has since earned KWOA Coach of the Year honors in 2022, KCA Coach of the Year in 2023, and SEK League Coach of the Year in 2022 and 2023. In his coaching career that began at the college level, he has coached 15 All-Americans and two National Champions. After earning a Bachelor of Arts in Kinesiology at Cornell College and a Master of Science in Educational Leadership at Iowa State University, Nothern went on to coach at Iowa Lakes Community College, Bethany College, Cornell College, and Neosho County Community College. Nothern is a graduate of Salina South High School and will take over as the Activities Director at Chanute High School.

Kansas Coaches Association

Coaches may join the KCA at the KCA registration table during the Kansas Coaching School. Membership includes membership in the National Federation Coaches Association. KCA membership fee includes: NFCA dues (which includes liability insurance) and KCA dues.

The Kansas Coaches Association is continuing to grow, with over 800 members. We encourage you to join or renew your membership in the Kansas Coaches Association. The membership fee of \$20 enrolls you as a member in the state and two national organizations, as well as providing you with some liability insurance. There are several reasons why your membership is valuable:

- KCA has annual input to the KSHSAA on rule revision.
- An online subscription to the National Federation Coaches Quarterly <http://www.nfhs.org/hstoday>.
- Awards programs recognizing Kansas coaches at state and national levels.
- Involvement on 16 national high school sport playing rules committees.
- Outstanding coaching education programs like NFCA.

KCA Membership

You can also go to <https://sites.google.com/view/kca-membership/home> to register online, find the mail-in membership form and for KCA membership information.

Membership Request for the Kansas Coaches Association (KCA)

Name: _____

Address: _____

City: _____ Zip: _____

School: _____

Sport(s): _____

Years Coaching in Kansas: _____

Phone Number: _____

Email Address: _____

Mail this form and \$20 to: Steve Curran, 704 N. Osage, Girard, KS 66743

2023-24



National Federation of High Schools 2021-22 Kansas Coaches of the Year

The National Federation Coaches Association (NFCA) has recognized the following Kansas coaches for 2021-22 as NFHS State of Kansas Coaches of the Year award winners. These coaches are recognized for their professionalism, leadership and years of service to Kansas youth. In addition, the coaches listed below with an *asterisk were honored as NFHS Section 5 award winners. These 11 Kansas coaches were selected as Coaches of the Year from Section 5 of the National Federation of High School Associations which includes Kansas, Minnesota, Missouri, Nebraska, North Dakota and South Dakota.

Boys Baseball - Heath Gerstner, McPherson HS
Boys Basketball - Chris Schmidt, Olpe HS
Boys Cross Country - Curtis Morgan, Buhler HS
Football 11-Player - Clint Rider, OP-Blue Valley Northwest HS
*Football 8-player - Bryan Luetters, Meade HS
Boys Golf - Clifton Hertzog, Goddard-Eisenhower HS
Boys Soccer - Erik Jones, OP-Blue Valley Southwest HS
Boys Swimming and Diving - Dave Youker, Olathe East HS
*Boys Tennis - Kurt Davids, Topeka West HS
Boys Track and Field - Tyler Ryan, Andale HS
*Boys Wrestling - Brandon Terry, Augusta HS
Boys Middle School Sports - Jody Miller, St. George-Rock Creek Middle School
*Girls Basketball - Jill Rowland, Sterling HS
Girls Cross Country - Kelsey Carbajo, Olathe West HS
Girls Golf - Aaron Anderson, OP-Blue Valley West HS
Girls Softball - Bill Finucane, Eudora HS
*Girls Tennis - Chery Kucharik, Scott Community HS
*Girls Track and Field - Jay Myers, Lindsborg-Smoky Valley HS
Girls Soccer - Alex Aiman, OP-Blue Valley West HS
*Girls Spirit-Cheer - Tara Trear, Emporia HS
Girls Spirit-Dance - Jaymes Dickinson, OP-Blue Valley Southwest HS
*Girls Swimming and Diving - Bethany Bastian, Andover HS
Girls Volleyball - Kaylie Bergkamp, Andale HS
*Girls Wrestling - Tate Thompson, Pratt HS
Girls Middle School Sports - Nate Clevenger, Girard Middle School

** Section 5 Award Winner*



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Concussion in Sports/
Concussion for Students



Sudden
Cardiac Arrest



Protecting Students
from Abuse



First Aid, Health
and Safety



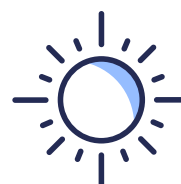
Implicit
Bias



The
Collapsed Athlete



Heat Illness
Prevention



THE YOUTH DESERVE



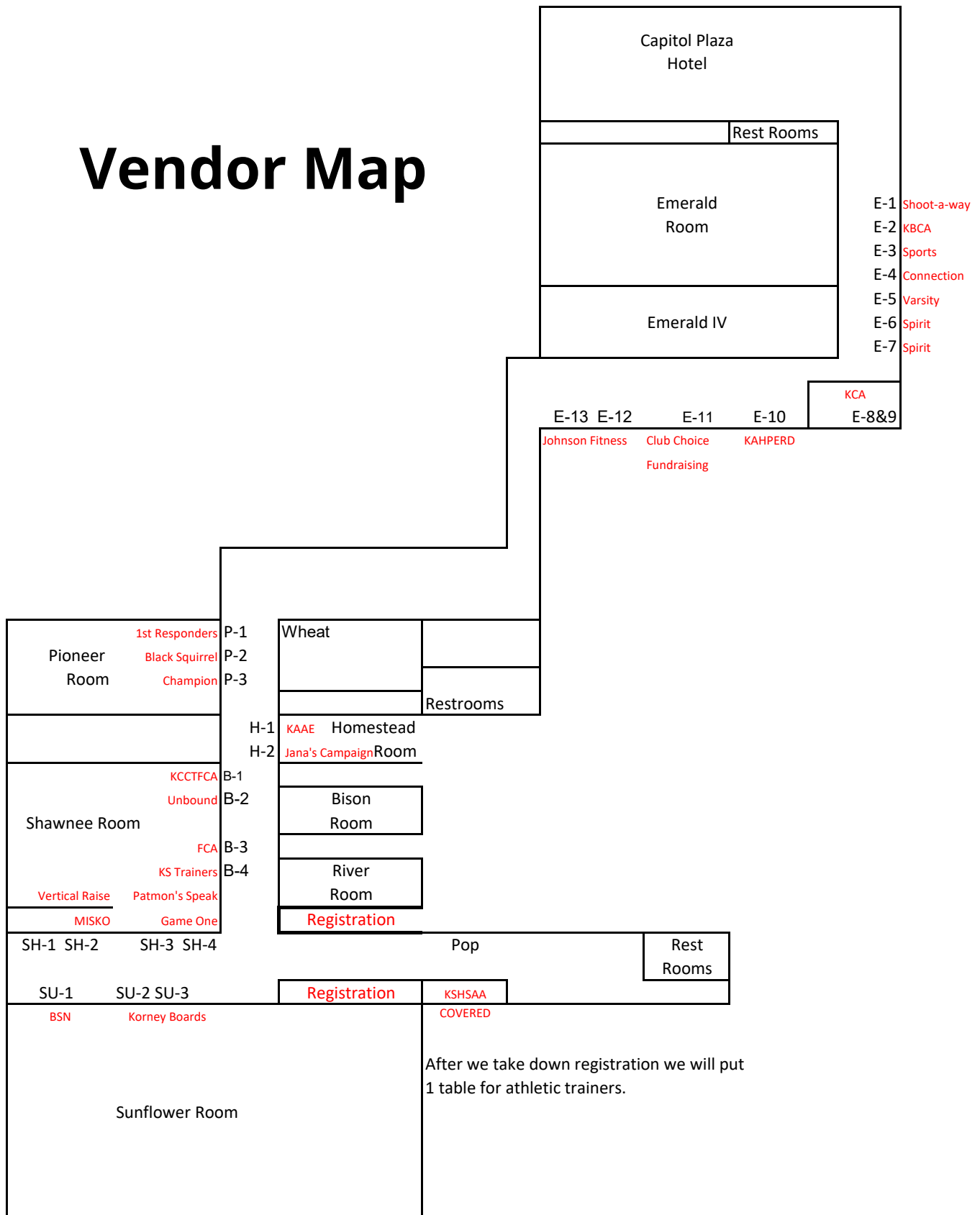
OFFICIATE

To learn more about becoming an official contact the Kansas State High School Activities Association: 785-273-5329 | kshsaa@kshsaa.org

or scan here



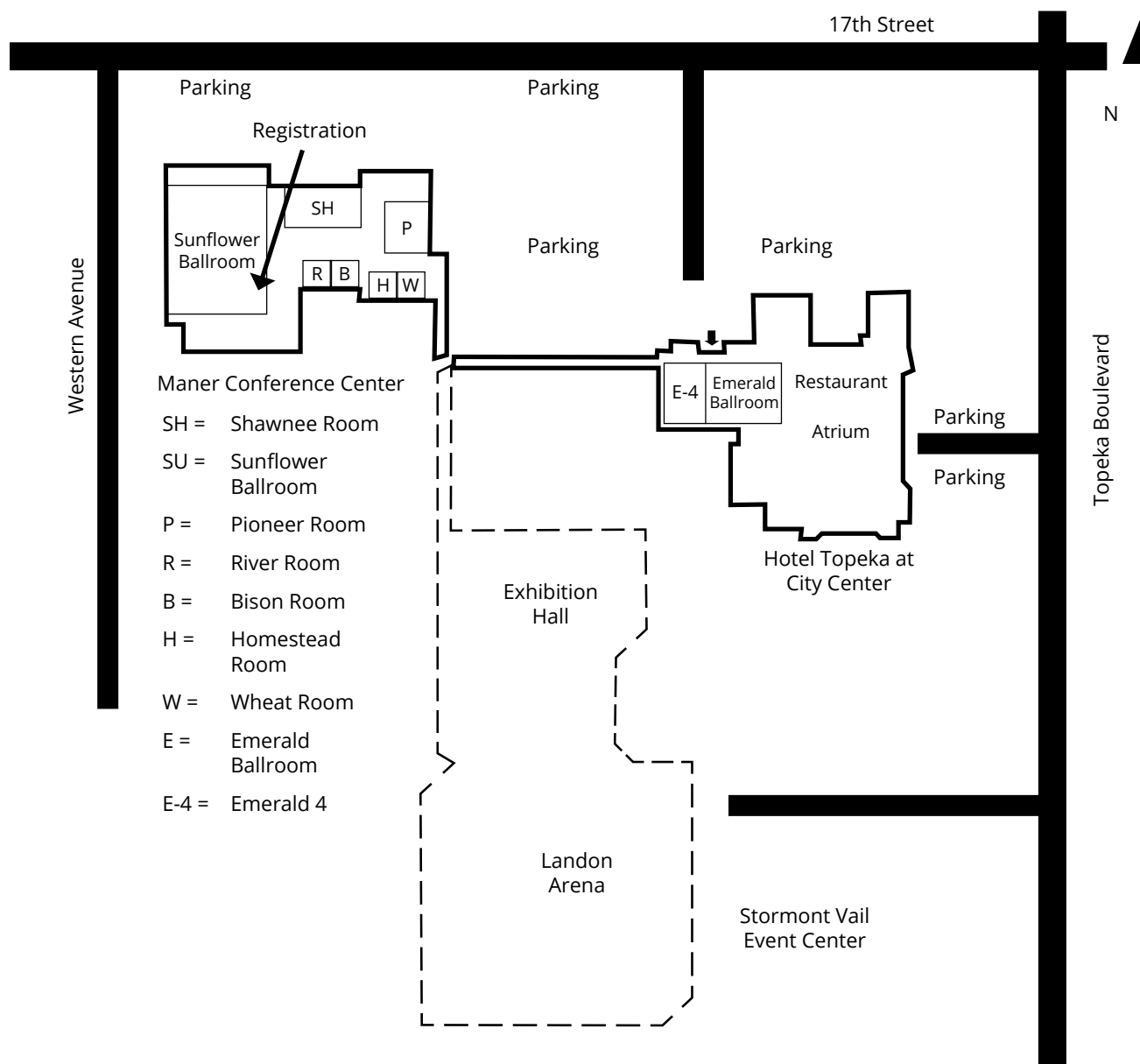
Vendor Map





HOTEL TOPEKA

AT CITY CENTER



KSHSAA COVERED



Capitol
Federal



Brent Maycock

bmaycock@kshsaa.org

c: 620-794-1112

North Central

Big 7 Mid-East Flint Hills
Centennial Lyon County
Kaw Valley NCKL
North Central AA Northeast
Pioneer Wheat State
United Kansas Twin Valley



Mac Moore

mmoore@kshsaa.org

c: 913-220-4156

East/Southeast

Sunflower Meadowlark
Eastern KS Frontier
Three Rivers CNC
Southeast



Scott Paske

spaske@kshsaa.org

c: 316-619-2113

South Central

AVCTL I-IV Central Kansas
Central Plains Greater Wichita
Heart of America Heart of the Plains
South Central Border Tri-Valley



Rick Peterson Jr.

rpeterson@kshsaa.org

c: 785-221-4518

West

Central Prairie GWAC
Hi-Plains Mid-Continent
Northern Plains Northwest
Sante Fe Trail SPIAA
WAC West KS Liberty