



MONTANA COACHES ASSOCIATION

52ND ANNUAL MULTI-SPORTS CLINIC

July 31ST, August 1ST & 2ND 2019 • CM Russell High School • Great Falls, MT • Don Olsen, Director

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Dr. Spencer Wood Mental Toughness & SAQ

For the past 17 years, Dr. Spencer Wood has traveled the globe as an author, teacher and clinician on Mental Skills, Mental Toughness Training and Explosive Speed, Agility and Quickness Training. He has spoken at NCAA Final Fours, Nike Football and Basketball Conventions and other marquee events, conventions and clinics nationwide and abroad. Currently, Spencer works with professional sports teams and championship NCAA programs. He has worked with nearly every major sport in the Big East, Big Ten, ACC, PAC Twelve, Big Twelve, and SEC Conferences and has garnered international media attention. Topics: General Sessions on Wed: 11:00, 3:00: "Mental Toughness" and at 5:00 on "SAQ" (Speed, Agility & Quickness); Thurs.- AD's: "Leadership Development".

For more information on Dr. Spencer Wood and Icebox Athlete, please visit www.iceboxathlete.com or call 703-405-8227 and mention MCA.



Kelsey Stanley Volleyball

Kelsey enters her 4th year as head coach at North Idaho College. She has been a part of Cardinal teams that have placed 6th, 8th, 9th and 10th at the NJCAA National Championships. As a player at Dickenson State she led her team to a 6th place NAIA National Volleyball finish and was a 6X All American in T&F, winning 4 national pole vault championships. Stanley attended Bottineau High in ND, where she was a stand-out 3-sport athlete, a 4-time all-state volleyball player and a 5-time state pole vault champion. In 2006 Stanley was named ND "Athlete of the Year". Topics: "Recruiting Process & Junior College Opportunities" and "GRIT Drills"

Please Visit the Exhibits!



Kenny Harrison T&F - Horizontal Jumps

As the 1991, World Outdoor Championship Triple Jump Gold Medalist, Kenny Harrison was favored to win the gold in '92 but was side-lined by back and knee injuries. Overcoming that setback, he reached new levels with a mark of 59'4 1/4" at the 1996 Olympic Games, not only giving Harrison Olympic Gold, but also establishing the Olympic and American records that stood for 17 years (now the 4th longest jump in history). His '96 jump was the only record ever broken with a headwind. As a 2x Goodwill gold medalist in '90 and '94, his American record held for 19 years. Kenny's international titles go along with a total of 16 Big 8 Long and Triple Jump Championships. A standout for Kansas State, Harrison also won the 1986 NCAA Outdoor title in the triple jump, the 1986 NCAA Indoor title in the long jump and 1988 NCAA Indoor title in the triple jump. Harrison now travels as a motivational speaker.



Danny Sprinkle Basketball

Danny Sprinkle, one of Montana State's most accomplished basketball players, was appointed MSU's 23rd Men's Basketball Coach. He returns to Bozeman after assisting at Cal State Fullerton where he helped lead the Titans to a 2017-18 NCAA appearance. Before CSF he assisted at Cal State Northridge and also spent 2 years at MSU under Brad Huse.

In 1996, Sprinkle, a Helena native, was a freshman starter for MSU's magical run to Big Sky regular season and tournament championships. He earned Big Sky Freshman of the Year honors in 1996 and first team all-league honors in 1997. Danny held the MSU career and season three-point records upon graduation and remains the seventh-leading scorer in school history. Welcome back to Big Sky Country, Coach Sprinkle!



Jim Boone Basketball

Coach Jim Boone was recently name head mentor at University of Arkansas-Fort Smith after 7 seasons at Delta State. Boone is one of the most respected college coaches in the country. A head mentor of over 33 years with more than 550 victories, he is ranked 14th nationally among active coaches and in the Top-40 all-time winningest coaches. In his tenure, he has successfully rebuilt 4 NCAA Division II basketball programs, taking each to the NCAA Tournament, an unprecedented achievement. Boone has 10 total NCAA Division II Tournament appearances, including 6 "Sweet Sixteens" and 2 "Final Fours". Jim is a highly sought-after clinician and a speaker of national renown, presenting to thousands of coaches annually at prestigious venues, including Nike and PGC/Glazier Clinics. MCA welcomes Coach Jim Boone, 7-time COY and nationally recognized HOF basketball coach, to the Big Sky Country! Topics: "Building Blocks of the Pack Line Defense", "Defeating Ball Screens" and "Defending the Low Post and Special Situations"



Bob Gaddis Football

Bob Gaddis is one of the most successful high school coaches in Indiana history. His 315 victories, including his 197-37 record at his current school, Columbus East, is truly exceptional. Along the way Bob's teams have garnered 15 consecutive Conference Championships, 14 Sectional Titles, 12 Regional Crowns and 2 State Championships. Gaddis is a recipient of numerous COY awards and was inducted into the Indiana Football HOF in 2014. He is a National COY Finalist, the current Executive Director of the Indiana Football Coaches Association and NOCAD President. Topics: "Win with Organization", "Practicing and Playing Fast" and "Respect the Game"



Mark Branch Wrestling

In his 10 seasons as University of Wyoming's head man, Mark Branch, has raised the expectations of Cowboy Wrestling to new heights. He was named Big 12 Wrestling COY in 2018, following a season in which the Cowboys went 13-3 overall with a 7-2 mark against Big 12 opponents. With 100 dual wins and a 78% win-rate within the conference ranks, Mark has established the Cowboys as the team to beat year in and year out. He has compiled a 49-14 mark against conference record foes with four regular-season dual titles. Branch came to Wyoming from Oklahoma State University, where he was the associate head wrestling coach for six years, as well as a four-time NCAA finalist as a student-athlete.



Jake Stewart Cross Country Distance

Stewart is completing his first year as head coach of the Gonzaga Women's Cross Country and T&F teams. Prior to Spokane he spent six seasons as the men's Cross-Country head mentor at Illinois, where in 2017, he was named the first head men's and women's XC coach in the program's history. He was also an assistant on the Fighting Illini track and field staff, in charge of distance running. Stewart guided the Fighting Illini men's distance program back into the national picture. He led the 2016 Illini team to its first Cross Country NCAA Championships appearance since 1986 and assisted the men's T&F team in winning the 2015 Big Ten Outdoor Championship. In 2016, Stewart guided the Illini to its first NCAA Championships in 30 seasons where the team finished 23rd. He was named the 2016 USTFCCA Midwest Region Cross Country COY. Topics: "1600 & 3200m Training" and "Planning a XC Season"



Tony Holler T&F; Football & General

Tony Holler is the head track coach at Plainfield North in the Chicago area. He has coached track for 38 years, football for 28 and basketball for 15. Tony has also made a major impact on the sport of football and is co-owner of the "Track Football Consortium" which provides continuing education for coaches. Tony owns "Feed the Cats", a speed training system that has gained national exposure through his writing, clinic presentations, and videos. Holler's Plainfield North team won all 4 sprint events at the 2018 Illinois State Meet, setting state records in the 4x1 and 100-meter. His 4x1 12-year average best time is 42.32. Tony's two sons have employed his techniques and are both very successful high school sprint coaches. He is the winner of 3 ISHA State Track championships and is a member of the Illinois T&F HOF. Topics: On Wed. for Track: "Toys for Cats: Batons, Blocks & Hurdles" and "Programming Sprint Training during the Track Season". Thursday General sessions: "Feed the Cats" (2 sessions); Football on Thurs: "Don't be a Copy-Cat FB Program". On Friday, a general session that will be a great clinic finale: "Reflexive Performance Reset: A Mind-Blowing Performance Enhancer"



Cliff Hill AD

Since 2000, Cliff has been the District Director of Activities at Campbell County School District in Gillette, WY. Campbell Co. School District serves 8,750 students in 24 schools, covering 4,761 square miles in NE Wyoming. Cliff is the WIAAA liaison to the NIAAA and serves on the Wyoming High School Activities Association (WHSAA) Board of Directors. Campbell County annually hosts the WY State Swimming/Diving, Tennis and Indoor Track events.



Terri Neujahr Volleyball

Coach Neujahr recently finished her 12th season at the helm of the Waverly High School Volleyball program in Nebraska, leading the Vikings to the State semi-finals in Class B and a 27-8 record. In her 35 years of coaching, Coach Neujahr has served as an assistant coach at the University of Nebraska, head coach at Waverly High School, and also coached in the club volleyball ranks. Numerous All-Conference, All-State and collegiate players have come out of the Waverly program in her tenure, and she has also served the volleyball community as a Nebraska Coaches Association Volleyball Advisory Committee member, All-Star Coach, Clinic speaker, and currently serves as a Board Member to that organization. Topics: "Using Position Training in Practice to Maximize Reps", "Ball Control for Success", and "Why Culture Wins and Ideas for Your Programs"



Bobby Hauck Football

One of the winningest coaches in Grizzly history, Coach Hauck returned to his native Montana in 2017, after 5 seasons as the head coach at UNLV, and 3 seasons serving as SDSU's associate head coach and special teams coordinator. 2019 will mark Hauck's 31st year coaching college football with 7 of those years previously as Montana's head coach (2003-2009). He led the Grizzlies to three national championship appearances, won seven-straight Big Sky Championships, and mentored a host of future professionals. He began his coaching career with the Grizzlies in 1988 after earning a bachelor's degree in business and physical education at Montana in 1987. Hauck is a 3-time Big Sky Conference COY, and a 2009 finalist for the Eddie Robinson COY award.



Lindsay Woolley Basketball

Coach Woolley is entering his 8th season at the helm of the Montana Western's Women's Basketball program, returning the program to national prominence in just a few years. After a 10-year absence from postseason play, his teams have made 3 straight NAIA tournament appearances including the program's first trip to the national semi-finals last season and an incredible NAIA NATIONAL CHAMPIONSHIP this year. Woolley has compiled a 135-88 career record and has coached 5 All-Americans, including 2019 NAIA Player of the Year, Bri King. Woolley received 2019 Frontier Conference COY honors.

Lindsay coached his first eight years at Miles Community College. During his 4-year run as the head coach of the MCC women's basketball program, Woolley led his team to an overall record of 87-37 with a runner-up Mon-Dak Conference finish his first year followed by back-to-back Mon-Dak Conference Championships. A Missoula native, Woolley played for Big Sky on their 1997 AA boy's state championship team.



Akram Hemaidan Cheerleading

Akram Hemaidan is back by popular demand after well-received presentations in 2013, 2014, 2016 and 2018. Akram has also made dozens of trips to "Cheer Worlds" as a cheerleader, coach and choreographer, winning best choreography award at NCA Nationals and has been nominated for COY for three straight years. He also has been nominated for International Choreographer of the year twice! He currently choreographs for some of the Top programs in the world. Akram is currently working as the Director for World Class Cheerleading, (www.wccheer.com) the fastest growing camp, choreography, and competition company in America. Akram and his amazing staff lead safety, tumbling, stunting, and dance clinics for pop-warner, youth, junior high, high school and all-star programs from all over the nation.



Kurt Paulson Basketball

Kurt Paulson was named the 27th head coach of the Carroll College Men's Basketball program in 2018. In his first season he led the Saints to a 29-8 record and an NAIA National Final appearance.

Paulson knows what it takes to reach the highest levels of the NAIA, because he has been there. He was a starter on Carroll's 2005 NAIA Semifinal team and 2006 NAIA Quarterfinal team. After graduation, Kurt stepped into an assistant coach role on the 06-07 and 07-08 teams that had a combined record of 43-16. In 2009 he moved to Montana as a graduate assistant under Wayne Tinkle, making the NCAA Tournament in 2010 and the CBI in 2011. At Bigfork High he led the Vikings to the Class B semifinals in 2013 before returning to the Montana staff as an assistant coach for the 2013-14 season. In 2014 he moved to Oregon State with Tinkle where he took the role as the Director of Basketball Operations. Topic: "Coaching to Win - Some ideas to maximize practice time and drills that translate to winning games".



Josh Munro Tennis

Josh has been coaching tennis in Montana for 20 years with 19 years as a head coach of both boys' and girls' programs. Josh runs a no-cut program, at Glacier, with annual numbers of 90-110 students playing tennis. Josh is the AA representative for the MHSA rules committee and member of the Montana Tennis Association Board of Directors. Josh also is the creator of the online Google bracket for state and divisional tournaments and can assist with taking your team online for record keeping and team management. Topics: "Group Singles Games", "Group Doubles Games", "Google Record Keeping and Team Management"

Coaching Boys into Men General

"Coaching Boys into Men" is designed to instruct and motivate coaches to teach their young male athletes healthy relationships skills and that violence never equals strength. This program helps coaches teach and model healthy behavior and gives athletes the tools they need to stand up for, respect and positively influence their school's culture. A panel of a coach, an athlete, and a victim advocate will end the session with Q & A.



Jan Steenekamp Tennis

Jan Steenekamp is an assistant Tennis coach at Montana and also the Junior Tennis Director at The Peak in Missoula. Before joining the Peak staff, he served as Director of High Performance at the Darling Tennis Center in Las Vegas and was the Director of Tennis at the Meadowlark Country Club in Great Falls.

During his playing days Jan was ranked the number one Junior doubles player in South Africa, and #6 in singles. During college he was a 3x Big Sky Conference first team selection while playing #1 singles at Montana and was an All Southland Conference selection at The University of Louisiana - Monroe. Steenekamp presented at the MCA Clinic in 2012 and 2014.



Bob Hislop Tennis

Coach Hislop has enjoyed a 28-year tenure as Polson's head tennis coach. His teams have 9 top-four finishes including 4 state championships and 2 runner-up spots, along with an amazing 19 divisional titles. Bob has served 8 times as the Montana Class A Tennis Tournament Director. He is a 9-time COY nominee and a 4-time MCA Tennis COY. In 2017 he and was inducted into the MCA Hall of Fame. Bob is a 2X NMSACA Tennis COY finalist and a 30-year USPTA Professional. Topics: "Stroke specifics with backhand emphasis" and "Drills and Practice Planning"



Mike Flamm Tennis

Mike has been the head tennis coach at Hardin High School for the past 12 years. Prior to Hardin he was head tennis mentor for 3 years at Fairfield. During his tenure, Flamm's teams have been in the top four at state 10 times, with three state championships and three runner-up finishes. Coach Flamm's teams have won six divisional titles. Hardin High School has averaged over 50 athletes out for tennis over the last six years. Topics: "Promoting and Encouraging Athletes in your School to Play Tennis" and "Our favorite drills for practice".



Aaron Jackson Softball

Coach Jackson, the first softball coach in Carroll College history, recently completed his 6th season. His Fighting Saints have been a strong contender in the Cascade Conference. They qualified for the postseason 2 of the 3 years they were eligible, winning the CCC East Division in 2016. Prior to Carroll, Aaron was the head coach at Eastern Oregon University where his team showed steady improvement throughout his three seasons and were ranked in the top-25 team GPA each year. Prior to EOU, Aaron assisted for 3 seasons at MSU-B and 4 years at Missoula Sentinel.



Christine Gondeiro Volleyball

Coach Gondeiro began her stint at Belt as an assistant, taking the reins as head Volleyball mentor in 2012. Her hard work and dedication resulted in 2016 and 2018 State Championships for the Huskies and COY honors for Gondeiro. Christine's 4-year varsity career at Victor HS earned her another 5 years on the court at MSU-Northern. Topic: Training a Libero: What I look for in my Liberors, besides fundamentals".



Iona Stookey Volleyball

Iona Stookey has been the head volleyball coach at Huntley Project for 29 years. Her Lady Red Devils have won 15 District titles, 15 Divisional titles, and have won 11 State Championships out of the last 16 years. She has earned 803 wins in her career. Iona was selected the Montana Coaches Association Coach of the Year 11 times and has been a National Federation Coach of the Year nominee 3 times. She was also selected as the Big Sky State Games National Female Athlete of the Year in 2010. Iona was inducted into the EMC/MSUB Athletic Hall of Fame in 2006 and inducted into the Montana Coaches Hall of Fame in 2017. This will be Iona's 4th time speaking at the clinic. Topic: Training the Setter/Setting Drills



Ryan Nourse Football

Ryan Nourse, a Libby native, begins his 5th season as Head Football coach at MT Western where he serves as offensive coordinator and quarterback coach. Ryan was the AD at Western from 2013-16. Before returning to his alma mater, He served two stints in Iowa at Morningside College in Iowa. From 2004-07 he was the defensive coordinator helping the team to a 38-10 overall record and allowing only 12 points/game. The team qualified for the NAIA Playoffs all 4 season with 3 quarterfinal appearances resulting in 3 NAIA rankings in the Top-8. After two years at Truman State, Ryan returned to Morningside as their offensive coordinator working with the quarterbacks and leading their offense to a Top-25 ranking in total offense and scoring.



Kylie Reitz Volleyball

Coach Reitz has coached 6 years at Billings Central, 5 years as the head coach. In her first two seasons the Rams finished 4th at State, moving up to 2nd place in 2016 and claiming State titles in 2017 and 2018.

Central has also garnered the Eastern A Conference title each of the past 5 years. Kylie has coached four 2X All-State athletes and 5 over-all. The Ram's 2018 record was 25-6 and they are 48-2 in conference play over the past 5 years. Topic: Scrimmage Drills.



Drew Choules Volleyball

Coach Choules recently completed her second season as the Assistant Volleyball coach for the Lady Argos. She joins the University of Providence for the second time, after spending a year with the program in 2010, as a graduate assistant. Prior to UP, Drew served 7 years as Volleyball head mentor at both Eagle High and Declo High School in Idaho. She has also coached several years of Idaho club volleyball, as well. Choules played at Colorado Mesa University where she was a 4-year starter and 3-year team captain.



Katie Lovett Volleyball

2019 marks Lovett's first season as the Head Coach of the Montana Western Bulldogs. She spent five seasons as the assistant coach of the women's volleyball team, and three seasons as the men's assistant, at St. Andrews University in Laurinburg, N.C. She was named Appalachian Athletic Conference (AAC) and American Volleyball Coaches Association (AVCA) NAIA Regional Assistant Coach of the Year in 2018. Her 2016 women's team and 2018 men's team qualified for the NAIA National tournament. She has coached multiple All-Conference and AVCA All-Region players, and two AAC Freshman of the Year.



Rebecca Cleveland Volleyball

For the past 6 years Rebecca has had the privilege of coaching volleyball at Capital High, taking over as head coach in 2016. Her Lady Bruins earned 3rd place honors in 2017, becoming State AA Champions in 2018. The team achieved the program's first state championship since 2002, finishing the season with a 28-2 record and earning Cleveland AA COY honors.

At Christian High in San Diego, she was a 4-year letter earner, and received the annual Coca-Cola Golden Spike Award two consecutive years for the Harbor League. Collegiate, she was voted 1st team All-Conference at Grossmont College. She transferred to UM and was a member of the 1994 Lady Griz Hall of Champions Volleyball team. Topic: "The Jell-O Approach to Coaching" plus, Favorite Drills for Developing Skill/Mindset for Next Level PLAY.



Mark Beckman MHSA

MHSA Executive Director Mark Beckman has an extensive background as a coach and activities director. As the MHSA's top executive, he is the primary rules interpreter for all Association by-laws and regulations.





Jeff Bellach Basketball

Coach Bellach, head boys' mentor at Manhattan Christian, is 208-76 as head coach, including a 135-24 record in 6 seasons at the helm of the MCHS boys' program. The Eagles advanced to the State C Tournament each of the last 5 seasons, including consecutive runner-up finishes followed by an undefeated 2018-19 season and State C Championship. Prior to Manhattan Christian, Coach Bellach spent 5 seasons as Girls Basketball Coach at Three Forks, leading the girls to 3 straight State B Tournaments. Earlier he spent 7 seasons assisting the Wolves' boys to 3 State B Tournament appearances. Jeff, a Washington native, was a 4-year starter and All-conference performer for MT Tech. Bellach helped lead the Orediggers to Frontier Conference Tournament Championships in his final two seasons and finished his career as the program's 2nd All-Time leading scorer, with 1778 career points. Coach Bellach was inducted into the 2017 Montana Tech Athletic HOF.



Dustin Kraske Basketball

Coach Kraske has been the head girls' basketball coach at Havre High School for 13 years and reflects on his program: "We have had the humbling experience of guiding teams to state championships in 2014, 2018 and 2019. We have also had the good fortune of winning five divisional championships. This is a product of great players, supportive parents and wonderful assistant coaches". Kraske is a Havre native and has devoted his career to his alma mater. Topic: "Drills We Like."



Cody Larson Basketball

Cody Larson just completed his 4th year at the helm of the Wolf Point Lady Wolves Basketball Program. His 2019 State "B" Champions were back to back district champions (2018,2019). They have also garnered a 2nd and two 3rd place divisional trophies. Cody serves as assistant volleyball and junior high track coach and is an MOA Basketball Official and American Legion Umpire. Larson's coaching career began at Missoula Sentinel (SB), Alberton MT (BB, VB, FB) and then 2 years in Trenton, ND (FB, BB, VB, T&F). Topic: "Coaching Perseverance and Managing Personalities"



Jim Stergar Basketball

Anaconda native Jim Stergar recently finished his 7th season at Billings Central leading the boys' basketball team to their second State Championship in school history. Coach Stergar has been a head basketball coach for 21 seasons making stops at Ronan(5), Billings Senior(9) and now Billings Central(7). He has been nominated for COY 8 times. Overall his teams have won 1 State Championship, placed 2nd at State 5 times, 3rd once, 4th once, and have claimed 4 Divisional Titles. His teams have compiled a 297-180 record. Stergar played college basketball for Casey Keltz at Western. Topic: "Getting the Most Out of Your Team - Creating a winning culture."



Kane Claunch Football

Kane Claunch is the offensive coordinator and quarterback coach at Billings West High School. Under Kane's first year as OC, he led the Bears to a state "AA" championship. Kane is a graduate of Columbus High School and played collegiately at Montana Tech. Kane had played professionally in the arena league for 5 years with San Diego, Colorado and New York. He had tryouts with the Buffalo Bills and Pittsburgh Steelers. Kane currently works as a Construction Manager at North Western Energy in Billings. Topic: "Billings West's RPO's and Quarterback Fundamentals"



Craig Lunde Football

Craig Lunde, head Football mentor at Wibaux High School, will be starting his 30th year as a teacher/coach this fall. Lunde's head football coaching record of 80-51, includes his 6-man record of 21-2 for the past two years, culminating in a 12-0 2018 State Championship for the Longhorns. Craig was a 1989 graduate of Dickinson State University. He has had stints at Flaxville and Winifred, has served at Wibaux the past 12 years. Selected as the 2018 MCA 6-Man Coach of the Year, Craig's topic will be: "Transition from 8-man to 6-man + Longhorn Football."



Greg Horton Football

An alumni of Dickinson State, Greg graduated in 2008 and began coaching football at Cascade. In 2011 he assumed responsibilities as the defensive coordinator at Great Falls Central and in 2014 he took on assistant coaching roles in girls' BB and T&F. Then in 2016 he became the head girls' BB coach for the Lady Mustangs and in 2017 the head FB coach as well as T&F coach. He coached the Lady Mustangs to back to back district championships and the Mustang football team to the 2018 state championship. Topic: "The philosophy of Mustang Football and how we maximize efficiency with a minimum amount of coaches"



Travis Clark Golf

Travis is in his fourth year of coaching girls' and boys' golf at his alma mater, Shelby High School. In his first three years, the girls took home three second place trophies, and the boys won the state Class B Championship in 2018. He spent time as an assistant golf pro at Mesa Country Club in Arizona and Bill Roberts Golf Course in Helena and was the head golf pro at Marias Valley Golf & Country Club in Shelby. Travis also spent 7 years as an assistant boys' basketball coach for the Shelby Coyotes. Topics: "Rules of Golf - 2019 Changes" and "Utilizing Technology for Instruction"



Mike Neubauer Softball

Mike has been coaching Montana baseball and softball for 35 years. He coached the Wolf Point Yellow Jacket Legion team to their first State Championship and was voted COY. This team received the State Sportsmanship Trophy for an unprecedented 3 consecutive years during the 5 years that Mike coached. Mike built the Belgrade Bandits for 5 years. He guided Belgrade H.S. to its first and second ever State Softball Championships in 2017 and 2018 also winning MCA COY honors with a win/loss record of 48-3. Topics: Session #1: "We Not Me" Team Concept Session #2: "The Little Things - Efficient Practice Plans"



Garrett Middleton T&F - Throws

Garrett is the throws and strength coach for Corvallis High School. Corvallis has won eleven Class A state track and field team titles, and eight 2nd & 3rd place trophies since 2007. He has coached 15 state champions and forty-seven 2nd-6th state medalists. Garrett is a former Illinois state record holder in the discus. He hosts throwing camps and is the Discus Event Coordinator at the Iron Wood Throws Camp. Topics: "Developing throwers technique and strength in the Shot Put, Discus, and Javelin to find Success through Team Investment"



Melinda Withrow T & F - Pole Vault

Melinda is back at Polson High, completing her 2nd year as head T&F coach. She competed collegiately, finishing her college career as the top ranked pole vaulter in the country, and professionally at both the Olympic Training Center, as well as the World Athletic Center, Altis. For Polson, Melinda was a 3-sport athlete with all-state honors in each sport and a part of the 2003 Girls state championship team. Withrow is a 3-time Olympic Trials Finalist in the Pole Vault and is a 2018 University of Idaho Hall of Fame Inductee. We are pleased to have her back at the clinic after rave reviews in 2018. Topics: Pole Vault- "Pit-side Talk" and "Core Stability"



Jeff Anderson Wrestling

Jeff will enter his 34th year of coaching with the majority of his time spent at Flathead. He has been on the coaching staff of 6 state championship teams and numerous MT National Teams, and has coached 6 international teams. Jeff has been recognized as the National Asst. COY by Wrestling USA and the NWCA, is a 2019 finalist for the NHSACA Asst. COY, and is an MCA Asst. Wrestling COY, and State Asst. COY. As an athlete, Jeff was a state champion and all-American, wrestled for the U of M, and was a 3x qualifier for the finals of the Olympic Trials. Topic: "Utilize the full potential of your coaching staff" and "It's the little things in technique that make a big difference"



Liza Dennehy T&F- FinishLynx & Hy-Tek

Liza has been responsible for the finish line, FAT systems, and computers at Butte track and XC meets for 20+ years. She is knowledgeable in FinishLynx and IPICO timing systems, Hy-Tek Meet Management software, and IT networking. Liza is a USATF Certified Official. She coached Butte High XC for 9-years and was a 4-sport high school athlete. Liza is a 4-time National Speedskating champion, 2-time Olympic Trials participant, and a 1997 USA Speedskating HOF Inductee. Dennehy played 4-years of college basketball at Montana Tech. Topic: FinishLynx / Hy-Tek Meet Manager - Tips & Tricks.



Anders Brooker Cross Country

Anders Brooker's coaching career began as T&F coach at Plains HS, in 2002. In 2006, he stepped up to the head XC and Asst. Track position at Missoula Hellgate. Since then, his XC team has increased from 30, to over 140 runners. Under Brooker's leadership the Knights have won two state titles & had over 30 all-state runners. Anders is a 2X MCA COY and his 2019 girls XC team was ranked in the Top-20 nationally. Anders ran competitively at the U of M & opened "The Runner's Edge", a running specialty store in 2001. Topic: "Culture vs Science: A discussion of the role culture and science play in a successful cross-country program"



Brady Flaten Wrestling

Brady Flaten has been the President of the Glasgow Wrestling Club in Glasgow, MT for the past 7 years. Brady is a former 2X Montana state champion & a University of ND wrestler. Brady was the head coach at Glasgow from 2009-2011, 2X MCA COY and a current Glasgow asst. coach. Topics: "Best ways to incorporate local youth wrestling programs into your HS programs", "How to properly evaluate your program: Increase retention for youth and HS wrestling; Increase parental involvement and program promotion".



The MCA Thanks You For
Your Support



Mark Goldy SM

Mark is a PT and the lead Athletic Trainer at Billings Clinic Ortho and Sports Medicine, where he has worked for the past 13 years. In high school, Mark required rehabilitation for knee and elbow injuries, motivating him to pursue a career in sports medicine. Mark's best training tip: "Build a strong base with proper technique; Develop through hard work and motivation; Take time to recover physically and mentally." Topic: "Mobility & Flexibility"



Michael Matury SM

Dr. Matury, a Purdue graduate, completed his chiropractic training at Palmer College of Chiropractic in 1989. He practiced in Indiana until moving to Montana in 2005. Practice emphasis includes soft tissue injury and repetitive strain disorders. Prior patients include two Mr. USA body building champions, a national power lifting champion, and various other NCAA athletes. Matury is certified in Functional Movement Screening which benefits athletes at all levels for injury prevention.



Mishel Stovall Cheerleading

Mishel has coached high school, college and all-star cheerleading for 15 years. For 10 of those years she has partnered with World Class Cheerleading in Alaska and MT. In 2018 Mishel stepped into the Business Manager position at MHSA and coordinates the Cheer portion of the MCA Clinic.



Youth Sports Safety

The Montana Youth Sports Safety Institute (MYSSI) was founded in 2019 by athletic trainers (Dustin Burton, Paul Capp, Lexie Davis, and Valerie Moody) who have worked tirelessly in Montana to keep kids safe and active in sport. The MYSSI formalizes their work to promote safety in youth sports across Montana, protect youth sports athletes from injury, and to provide education and services to parents, coaches, athletes and other medical professionals to support safety in sport.



Chris Kelly SM

University of Providence Health and Human Performance instructor, Chris Kelly, teaches athletic training, personal health, first aid, and sports medicine. A basketball star in her youth, she has coached basketball, football, soccer, and softball for over 25 years. Kelly was the associate athletic trainer at UM for 10 years. Chris is a sports broadcaster with the Central Montana Radio Network covering high school games throughout the state. Chris will provide a hands-on ankle taping session.



Sarah Carlson Cheerleading

Sarah, a 13-year Cheer Coach just wrapped up her cheer season in Afton, WY. Her 13-year coaching career began in Alaska, followed by 3 other high school stints. While balancing her coaching career, being a mom, and finishing her graduate degree Sarah has lead teams to both local and regional championship titles.



Brock Coyle FCA Breakfast Speaker

Coyle is a Bozeman native with an outstanding career in the NFL: Seattle Seahawks (2014-17) and San Francisco 49ers (2017-18). Brock played with the Seahawks in Super Bowl 49 and was a U of M "All Big Sky" and "All American" linebacker. He founded the Brock Coyle Foundation, whose mission is providing financial assistance to families with serious medical conditions.



Mick Delaney FCA Breakfast Speaker

Coach Delaney joined the Montana FCA Staff in 2016 and works with Montana coaches as a 3D Coaching Facilitator. His coaching career began in 1964 at Butte Central, followed by stints at Great Falls, MT Tech, WMC, Colorado State and the University of MT. In 1974 he led the Bison to a State Football Championship which earned him COY honors and he had similar honors in Wrestling in 1972. Mick was the MCA Clinic Director from 1974-77 and he is an inaugural inductee in the WMC Sports Hall of Fame, as well as an MCA "Outstanding Contributor".



Mark Johnston S&C

Mark is the Montana State Director for the National Strength and Conditioning Association and is beginning his 8th year with Billings Clinic as a sports medicine associate and lead instructor for the SST-ELITE athletic enhancement programs. SST-ELITE provides performance programming for RMC, MSUB, and local JH and HS athletes. He has also served as the S&C coach for Billings West. Prior to working at Billings Clinic, Mark worked as the director of the AMP performance programs. Topic: "Hands-On Push-Pull Squat and Derivatives"



Becky Abrams S&C

Becky Abrams has been an Athletic Trainer at Billings Clinic Ortho and Sports Medicine since 2006. S&C, injury prevention and exercise physiology are some of her desired areas of focus. Becky's best training tip is, "Push yourself! Workouts or exercises that seem hardest for you are the ones that are most likely benefiting you the most! Nutrition is one of the most important aspects of reaching your athletic potential. Emphasize good nutrition." Topic: "I.D. Deficiencies and Imbalances & Methods to address"



Andy Damjanovich S&C

Andy is in his 16th year as the head strength and conditioning coach for Belgrade School District. He provides athletic enhancement programs for Belgrade Athletes and specializes in speed, agility, skill, strength development and pre-game fitness. Andy has had the opportunity to coach and train a number of the top athletes in the state. Topic: "Hands-on Plyometric Progressions"



Kylie Izzi S&C

Kylie Izzi grew up in Washington state where she had a decorated 4-year career and went on to play collegiate soccer on the east coast. Izzi found her way to RMC, where she majored in HHP-exercises science and then worked for Nike in Southern California as a sports performance coach. Her work experience includes a variety of settings, including the Pac 12, NCAA division 1AA and NCAA DII. She has served as head athletic trainer for the Billings Wolves and currently she is a sports medicine associate for the Billings Clinic. Topic: "Hands-on Training Beyond the Weight Room"



Harry Cheff AD

Harry Cheff has 26 years of experience, working in public schools as teacher, coach, principal, and superintendent. He has been with the MSGIA (MT School Group Insurance Authority) since 2010, as risk manager for our member schools. He holds both a Bachelor and a Master's degree in Education from Montana State University. Harry holds a certification as a Certified School Risk Manager (CSR) and as a Certified Playground Safety Inspector (CPSI). Harry is a graduate of Columbia Falls High School.



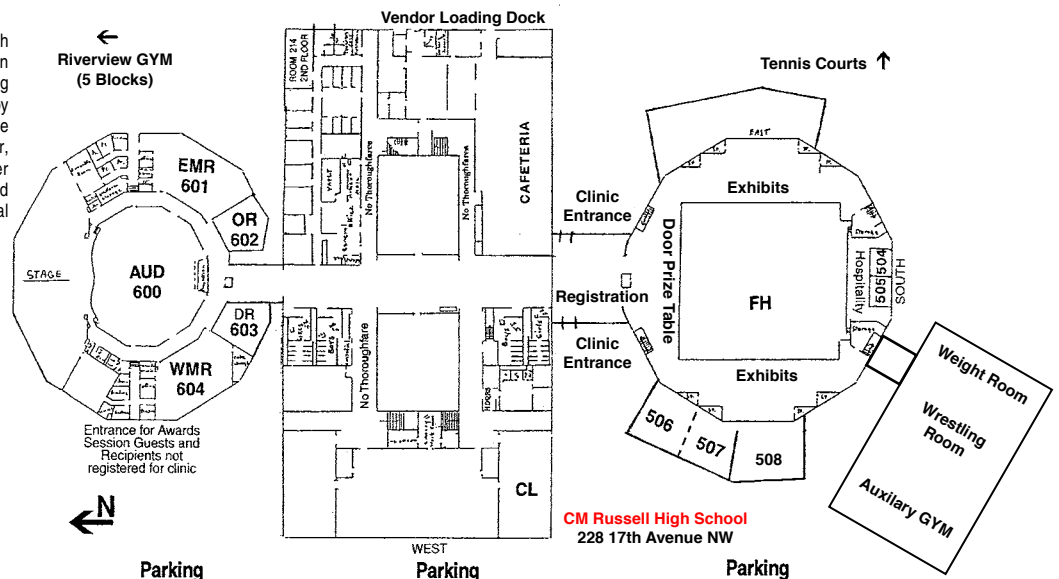
Kris Goss AD

Kris Goss serves as Director of Policy Services/Senior Counsel with the MT School Boards Association. Kris works to assist public school districts in implementing accessible policies to ensure effective school governance and as an attorney representing the interests of member public school districts. Kris has worked on behalf of school districts with MTSBA since 2009. Prior to MTSBA, Kris was a law clerk for the Honorable Sam E. Haddon in the Great Falls Division of the US District Court for the District of MT. Prior to law school, Kris worked as Governor's Education Policy Advisor and Deputy Communications Director in the administration of Gov. Judy Martz. Kris earned his law degree at the U of M School of Law. Prior to law school, he earned a Bachelor of Arts from Carroll College and graduated from Sidney High School.

STEM
Addition

PLEASE REGISTER ONLINE!

www.montanacoaches.com



Meeting Room Locations:

AUX Gym	BB
FH	VB
AUD	FB
DR 603/ Riverview Gym	CH
OR 602/ WT RM(Aux Gym)	SM/S&C
WMR-604	AD
STEM/TRACK	T&F/XC
505 (FH) A Hills or Meadowlark CC	GO
506 (FH)	SB
507 (FH)CMR Court or MLCC	TE
Wrestling room (Aux Gym)	WR

REGISTRATION

2019-20 MCA Membership (required) Online	\$35
2019-20 MCA Membership (required) Mailed	\$40
2018 Clinic Pre-registration (before 7/23)	\$65
Wednesday Lunch by Golden Corral	\$5
Non-member Clinic Pre-registration	\$100
On-site registration fee after 7/23	\$10

Partial refund (\$50) if cancelled prior to 7/23
Canadian Checks must be marked "US Funds"

Note: Club coaches and other interested parties are eligible to attend the clinic @non-member rates

Register online at montanacoaches.com

COLLEGE CREDIT: Two semester units of non-degree, Professional Development Credit will be offered by the **Montana Western**. Courses are for students who have baccalaureate degrees and appropriate teaching credentials. Credit tuition is in addition to clinic fees. Cost is \$115 for one credit or \$145 for two credits. Required written assignments due by email Aug. 10th. Registration to be completed at clinic with payment by MasterCard, VISA, Discover Card, or personal check. District approval is recommended prior to credit enrollment. **FOR COMPLETE COURSE INFORMATION, CALL UM-W at 406.683.7304.**

OPI RENEWAL UNITS: This year 20 OPI Renewal Units are available at no extra charge. Verified attendance at clinic sessions is required. **PICK UP OPI FORM AT REGISTRATION and return them to registration area BEFORE you leave the clinic. No credit can be granted for any sessions prior to the time you obtain forms. EITHER COLLEGE CREDIT OR OPI (NOT BOTH).**

ALTERNATE PIR TIME: Montana registrants may be able to take advantage of this option. To do so, your school must list the MCA Clinic as an acceptable activity in their request for PIR days.

SPECIAL EVENTS

TUESDAY: 6:00 PM - COMMISSIONER KENT PAULSON AND THE FRONTIER CONFERENCE will host a hospitality session at Hi-Ho Tavern on 2600 10th Ave. S. All clinic participants are invited.

WEDNESDAY: Steak BBQ at the Mansfield Convention Center followed by the "Horse Races" hosted by **Universal Athletics** and **Dewey Michaels**. Clinic participants pick up free ticket in the Fieldhouse by 4:30 P.M. Wednesday. Guest tickets are \$15.00 each. Doors open at 6:30 P.M. Serving starts at 7:00 P.M. **Thanks to the FLAMINGO and staff for catering.**

WEDNESDAY: 4:00 Clinic Session #Life with a Coach. Fun get together session for the spouses to share in a round-table discussion.

THURSDAY: MCA AWARDS CEREMONY, 11:30 AM in the Auditorium: **MCA HOF** Inductions, **COY Awards, Longevity & Service Awards, Bozeman Trophy** Outstanding Contributor Award, Honorary Memberships, **NHSACA** and **MCA Awards** will be presented. **PLEASE ATTEND TO HONOR YOUR PEERS.** Lunch to follow in the Cafeteria.

THURSDAY: 5:45 Anaconda Hills – MCA GOLF SCRAMBLE TOURNEY. \$5,000 Hole-in-one prize, Two bonus hole prizes. 72 max. players. Sign up in the Fieldhouse Wed or early Thurs. \$25 playing fee + cart rental. T-Shirts provided.

THURSDAY: FLAMINGO FLING-THE FLAMINGO BAR

THANK YOU

Thank you **Great Falls School District #1,** **CMR Administration,** staff, for the fantastic cooperation we receive in staging this great event.

Special thanks also to **Medowlark CC** for use of golf and tennis facilities and the **G.F. Recreation Dept.** for use of golf practice facilities. We are grateful for the following folks who lined up speakers: **Mishel Stoval-CH,** **Rick Phillips-AD & Mark Johnston S&C.**

Major Golf donors are, **UNIVERSAL ATHLETICS** prints golf T-Shirts, and **Balfour Big Sky:** 10 dozen Titleist balls.

Thanks also to our **registration staff** and hospitality team, **Sheree McKinley** and **Lori Ostberg.**

2019 Montana Coaches Association Clinic Exhibitors to date....

Airport Wingate - Missoula, Alicia Jones, (406) 541-8000

Baden Sports, Kristen Ludwick, (253) 883-5132

Balfour Big Sky, Richard Martinez, (406) 853-6706

Benefis RESULTS, Dan Groux, (406) 788-2250

Billings Hotel and Convention Center, Jase Muri, (406) 867-8193

BSN Sports, Tim Walker, (208) 790-6616

Crown Sports Photography, Lucinda Layne, (406) 752-6116

Daktronics, Tara Hendricks, (605) 692-0200

Douglas Norris, Douglas Norris, (706) 570-8084

Dr. Dish Basketball, Jason Kreklow, (952) 446-7568

GBC Fundraising, Karyl Menchen, (513) 400-8892

Great Falls Montana Tourism, Jacob Bash, (406) 836-1118

Hilton Garden Inn/Kalispell Conference Center, Emily Schroeder, (406) 758-2579

Management Consultants, Melissa Bolton, (406) 494-0345

Montana Fellowship of Christian Athletes, Bob Veroulis, (760) 835-6993

Mueller Sports Medicine, Dawn Kruse, (608) 643-8530

OnTrack and Field, Inc, Ron Morris, (800) 697-2999

Red Rock Sporting Goods, Cliff Schantz, (406) 232-2716

Riversage Properties, Kelli LaFountain, (406) 453-6000

Success N Fundraising, Adam Sinnema, (406) 282-7441

The Track Doctor, Ryan Widdison, (208) 850-0990

Town Pump Hotel Group, Joan E. Kronebusch, (406) 565-0489

Universal Athletic, Brian Pepper, (406) 600-2745

Varsity Spirit, Brian Denton, (505) 250-8194

Register online

www.montanacoaches.com

2019 Motel Blocks

(ask for Montana Coaches Clinic room block- available until gone or June 30th)

O'Haire Motor Inn—17 17th St S.—\$70 + tax—800-332-9819

Heritage Inn—1700 Fox Farm Rd—109 + tax—406-761-1900

The Great Falls Inn—1400 28th St S—\$80 + tax—Cont. Bkfst—406-453-6000

Crystal Inn-by Airport exit—115 + tax—Full Bkfst—406-727-7788

Holiday Inn—1100 5th St S—109 + tax—406-727-7200

EconoLodge—220 Central Ave—\$89/\$99+tax—Cont. Bkfst—406-761-3410

The Wingate—1000 9th Ave S—\$92 + tax—Cont. Bkfst—406-454-3000

EXHIBITS AND HOSPITALITY AREAS

Please use your designated hour and other free time to talk to exhibitors – Their fees keep your cost low. This is extremely important to the success of the clinic. **Get Vendor signatures on bingo card to be eligible for Super Prize Drawings Thursday at 8:00 and Friday at 7:45 – multiple prize drawings including 6 drawings for \$50 (YOU MUST BE PRESENT TO WIN)**

DOOR PRIZES - you must sign-up in the Fieldhouse to be in the drawings.

Exhibits will be set up in the upper level of the Fieldhouse. Most of these fine representatives conduct booth drawings or donate merchandise or services for super prizes. Prizes will be listed in exhibitor and door prize flyers which will be in Shoulder Bags donated by **RED ROCK SPORTING GOODS.** The **MCA** provides pens & legal pads. Shoulder Bags will contain coupons from **MCDONALD'S OF GREAT FALLS** and **WENDY'S.** **HOSPITALITY** tables, featuring **FREE CONTINENTAL BREAKFAST** each morning—Snacks provided by **TOWN PUMP HOTEL GROUP,** **COKE** products, **MEADOWGOLD** milk and ice cream bars all day. **MANY THANKS TO THE HIGHLIGHTED FIRMS FOR THEIR DONATIONS!**

OTHER ATTRACTIONS AND ENTERTAINMENT

Montana State Fair July 26 - Aug 3; GOLF: There are 4 courses in Great Falls - Meadow Lark Country Club open to members & guests, two municipal courses, Eagle Falls & Anaconda Hills. Hickory Swing is also open to the public. **C.M. Russell Museum, Paris Gibson Square, Lewis & Clark Interpretive Center, Giant Springs, Gibson Park, Shopping Centers,** and numerous other attractions. **River's Edge Trail** is a fantastic jogging, biking, skating and walking trail along the Missouri. **FISHING** is another great option. **GLACIER AND YELLOWSTONE PARKS** are within driving distance.

2019 MCA CLINIC SCHEDULE

7:20 Registration, Continental Breakfast, EXHIBITS OPEN – 52ND MCA Clinic held at CM Russell High School. PLEASE WEAR YOUR BADGE!

WEDNESDAY, JULY 31 ST	THURSDAY, AUGUST 1 ST	FRIDAY, AUGUST 2 RD
8:00 WMR-604 Mark Beckman AD AUD Coaching Boys to Men GEN	7:00 CAF FCA Breakfast GEN Brock Coyle & Mick Delaney	7:45 FH SUPER PRIZE DRAWING
9:00 AUD Ryan Nourse FB AUX Gym Wes Holmquist BB STEM Anders Brooker CC FH Kelsey Stanley VB WR RM Jeff Anderson WR CMR CT Mike Flamm TE EXHIBITS SB WMR-604 Mark Beckman AD 603 Sarah Carlson/ Mishel Stovall CH 602 Becky Abrams S&C	8:00 FH SUPER PRIZE DRAWING 8:30 AUX Gym Kurt Paulson BB AUD Bob Gaddis FB STEM Jake Stewart-Planning XC T&F/XC FH Iona Stookey VB WR RM Mark Branch WR CMR TC Bob Hislop TE 506 (FH) Melanie Meuchel SB WMR Spencer Wood-Leadership Dev AD 603 Sarah/Mishel - Communications CH 602 Dr. Michael Matury SM	8:00 AUX Gym Jeff Bellach BB AUD Craig Lunde FB STM/TRK Garrett Middleton-Discus T&F
10:00 AUX Gym Jim Boone BB AUD Bob Gaddis FB STEM Liza Dennehy T&F/XC FH Kelsey Stanley VB WR RM Jeff Anderson WR CMR CT Mike Flamm TE 506(FH) Aaron Jackson SB WMR-604 MHSA Roundtable AD 603 Sarah Carlson/ Mishel Stovall CH 602 Mark Goldy S&C	9:30 AUX Gym Danny Sprinkle BB AUD Greg Horton FB STEM Kenny Harrison- Long Jump T&F FH Kylie Reitz VB WR RM Mark Branch WR CMR TC Bob Hislop TE 506 (FH) Melanie Meuchel SB WMR Cliff Hill AD 603 Sarah/Mishel-Goals CH	9:00 AUX Gym Cody Larson BB AUD Les Meyer/C Brown/RJ Rogers FB STM/TRK Melinda Withrow-PV T&F STM/TRK Garrett Middleton-Shot T&F FH Christine Gondeiro VB MLCC Travis Clark GO
11:00 AUD Spencer Wood GEN Mental Toughness WMR-604 Harry Cheff/Kris Goss MTSBA AD	10:30 EXHIBITS BB EXHIBITS FB AUX Gym Melinda Withrow-Core Strength GEN EXHIBITS VB WR RM Mark Branch WR MLCC Jon Steenkamp TE 506 Melanie Meuchel SB WMR-604 Kris Goss/Harry Cheff MTSBA AD 603 Sarah/Mishel-Expectations CH FH Chris Kelly-Taping Ankles SM	10:00 AUX Gym Jim Stergar BB AUD Les Meyer/C Brown/RJ Rogers FB STM/TRK Garrett Middleton-Javelin T&F FH Rebecca Cleveland VB MLCC Travis Clark GO
12:00 CAF Lunch by Golden Corral. Pre-Reg-\$5 or purchase in line-\$8	11:30 AUD AWARDS Ceremony Open to the Public Non-Registrants please enter West auditorium entrance Awards Lunch sponsored by MCA Crown Sports Photography will again take pictures of the Awards Session.	11:00 AUX Gym Tony Holler GEN Reflexive Perfmance RESET
1:00 AUX Gym Dustin Kraske BB AUD Bob Gaddis FB STEM Tony Holler-Sprint Training T&F FH Terri Neujahr VB WR RM Brady Flaten WR MLCC Josh Munro TE 506 (FH) Aaron Jackson SB WMR-604 Cliff Hill AD RV Gym Akram Hemaïdan CH WT RM Mark Johnston S&C	Rooms to be used AUX Gym BB FH VB AUD FB DR 603/ Riverview Gym CH OR 602/ WT RM(Aux Gym) SM/S&C WMR-604 AD STEM/TRACK T&F/XC 505 (FH) A Hills or Meadowlark CC GO 506 (FH) SB 507 (FH)CMR Court or MLCC TE WR RM (Aux Gym) WR	
2:00 AUX Gym Jim Boone BB AUD Bobby Hauck FB STEM Tony Holler - "Toys for Cats" T&F FH Terri Neujahr VB WR RM Brady Flaten WR MLCC Josh Munro TE 506 Mike Neubauer SB WMR-604 AD of the Year Round Table AD RV Gym Akram Hemaïdan CH WT RM Andy Damjanovich/Kylie Izzi S&C	1:30 AUD Tony Holler -"Feed the Cats"#1 GEN RV Gym Akram/Mishel CH	
3:00 AUD Spencer Wood GEN Mental Toughness	2:30 AUX Gym Lindsay Woolley BB AUD Tony Holler FB STEM Kenny Harrison-Triple Jump T&F FH Katie Lovett VB WR RM Mark Branch-Q & A WR TBD GO MLCC Jon Steenkamp TE RV Gym Akram/Mishel CH 602 MYSSI - Youth Sports Safety SM	
4:00 AUX Gym Jim Boone BB AUD Bobby Hauck FB STEM Jake Stewart-1600/3200 T&F/XC FH Terri Neujahr VB EXHIBITS WR 507 Josh Munro TE 506 Neubauer SB RV Gym Akram/Mishel CH 603 #Life with a Coach...Beyond X's & O's Rountable discussion - All Spouses invited	3:30 AUX Gym Lindsay Woolley BB AUD Kane Claunch FB STEM Kenny Harrison-Jumps (Mental) T&F FH Drew Choules VB MLCC Jon Steenkamp TE TBD GO RV Gym Akram/Mishel CH	
5:00 AUX Gym Spencer Wood- SAQ GEN	4:30 AUD Tony Holler "Feed the Cats" #2 GEN	
7:00 MANSFIELD CENTER MCA/FLAMINGO BBQ & UNIVERSAL HORSE RACES Be sure to pick up BBQ tickets in Fieldhouse before 4:30 PM	5:45 AH MCA GOLF SCRAMBLE Sign-up in FH on Wed. Maximum 72 players	
	7:00 FLAMINGO FLING	
	CLINIC SESSIONS WILL BE 50 MINUTES EACH. Outdoor areas may be substituted in T&F and SB. Golf coaches: Bring Clubs to Anaconda Hills and MLCC sessions. Tennis coaches - please bring your racquets and dress appropriately, no black soles, please.	

Thank You, Clinic Sponsors!



Shoulder Bags & Clinic Staff Shirts



Clinic Staff Shirts & Host of Horse Races



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