

IWCOA Coach Convention

October 3, 2026

Airport Holiday Inn, Des Moines, Iowa

- 8:00-9:00 **Registration**
- 9:00-9:20 **Opening Remarks - (Location: Iowa A)**
IWCOA Report (membership, scholarships, grants, coach scholarships)
Lance Corporal Clinton J Miller Scholarship
Introduction of Session Presenters
Introduce new IHSAA and IGHSAA wrestling staff
- 9:20-9:50 **Andy Umthun/Erin Gerlich - (Location: Iowa A)**
8th grade updates
- 10:00-11:00 **Matt Carver - SAI Attorney - (Location: Iowa A)**
- 11:00-11:45 **Scott Litterer - (Location: Iowa A)**
- 11:45-1:00 **Luncheon/Hall of Fame - (Location: Iowa A)**
- 1:15-2:15 **Clinician - Wartburg College - Boys (Location: Iowa A)**
Clinician - Wartburg College - Girls Q & A (Location: Iowa B)
- 2:30-3:30 **Clinician - Wartburg College - Girls (Location: Iowa A)**
Clinician - Wartburg College - Boys Q & A: (Location: Ballroom)
- 3:30-4:15 **Breakout-Session**
Topic 1 - Coach of the Year - (Location: Ballroom)
Boys: Mark VanOort - 1A, Aaron Schmit - 2A
Girls: Kelly Seery - 2A
Topic 2 - Scott Litterer - (Location: Iowa A)
- 4:15-5:00 **Coach social - (Location: Iowa A)**

Breakout Session: Course Descriptions

IHSAA/IGHSAU

If you are looking for a way to find out about the all things new in boys wrestling, Andy Umthun will be filling you in on the bullet points below. In addition, he will be addressing any and all questions you may have about the IHSAA and the upcoming season.

- 2026-2027 NFHS rule changes / points of emphasis (not in-depth rules meeting, simply highlighting)
- 2026 State Tournament Schedule
- IHSAA wrestling communications
- 8th grade legislation

The Iowa Girls High School Athletic Union will highlight the rapid growth of girls wrestling at both the junior high and high school levels. Coaches will receive updates on current initiatives, rules, and opportunities, along with projections for future growth. Learn how the IGHSAU is working to elevate the sport, empower student-athletes, and build lasting momentum for girls wrestling in Iowa

Andy Umthun

IHSAA Wrestling Administrator

Erin Gerlich: IGHSAU Executive Director

Lewis Curtis: Wrestling Consultant

Litt Leadership & Performance

B.R.A.V.E. Process - Train Your Mind to Maximize Performance (11:00-11:45 am in Iowa A)

Performing at your best doesn't happen by accident. Whether you're an athlete, coach, or official, your ability to manage your thoughts, emotions, energy, and focus can make the difference between simply showing up and performing to your full potential. In this interactive mental performance session, Scott Litterer will share practical strategies coaches and officials can use to prepare mentally, improve focus, manage emotions and energy, build confidence, and perform consistently at their best. Just as importantly, participants will learn strategies they can use to help the athletes they work with develop these same skills. Come ready to participate, experience the strategies firsthand, and leave with practical tools you can use immediately—for yourself and the athletes you serve.

Confidence by Design: Building Athletes Who Believe (3:30-4:15 pm in Des Moines room)

Confidence isn't something athletes either have or don't have—it can be developed. In this session, Scott Litterer will break down the 8 Drivers of Confidence identified in a recent national study and show coaches how to intentionally build confidence in their athletes. Coaches will leave with practical strategies to build belief, strengthen mindsets, and create environments where confidence can grow. Build confidence on purpose to help your athletes maximize their potential.

Scott Litterer

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