

IWCOA Coach Convention

October 18, 2025

Airport Holiday Inn, Des Moines, Iowa

WORK IN PROGRESS

- 8:00-9:00 Registration
- 9:00-9:30 Opening Remarks - (Location: Iowa A)
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- 9:30-9:50 OFFICIALS ADDRESS THE GROUP
- 10:00-10:40 Mini-Session 1 - **A NOT AVAILABLE WILL NEED TO BE E (SMALL ROOM)**
 Topic 1 - **IHSAA Presentation**- (Location: Iowa A)
 Topic 2 - **Strength Coach** - (Location: Iowa B)
 Topic 3 - **IGHSAU Presentation** - (Location: Iowa C)
 Topic 4 - **Scott Litterer - Topic A (Location: Iowa D)**
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- 10:45-11:25 Mini-Session 2 **A NOT AVAILABLE WILL NEED TO BE E (SMALL ROOM)**
 Topic 1 - **Strength Coach**- (Location: Iowa A)
 Topic 2 - Mike Smit - USA Bracketing- (Location: Iowa B)
 Topic 3 - Girls Mentor Presentation - (Location: Iowa C)
 Topic 4 - **Scott Litterer - Topic B**- (Location: Iowa D)
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- 11:30-1:00 Luncheon/Hall of Fame - (Location: Ballroom)
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- 1:15-2:45
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- 3:00-3:40 Mini Session 3
 Topic 1 - **Scott Litterer Topic A OR B**- (Location: Iowa A)
 Topic 2 - **Coach / Officials Discussions**- (Location: Iowa B)
 Topic 3 - Nutrition (Voss) - (Location: Iowa C)
 Topic 4 - Matboss - (Location: Iowa D)
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- 3:45-4:30 Coach & Official of the year presentations - (Location: Iowa A)
 *Chad Beaman, Humboldt (2A), Clint Manny, Indianola (3A), Casey Kohls,
 Decorah (girls), Adam Hargrave (Official)
- 4:30-5:30 Coach social - (Location: Ballroom)

Mini-Course Descriptions

Rules Meeting

- Concussion and return-to-play

- 2024-2025 NFHS Rule changes and weight classes
- Clarifying points regarding some rule changes
- ***This meeting will NOT count towards completion of your rules meeting requirement due to tracking needing to take place in Bound. This meeting will be more for clarification of new rules and/or questions you may have.***

Mat Boss

Session 1 - "How to get the most out of your MatBoss subscription"

Join for a presentation on all of the features and functionality included in your MatBoss subscription to ensure you are realizing the full value of the platform. During the discussion, we will be reviewing quick tips and walking through the capabilities of the platform to ensure you are ready for the season. We will also be highlighting what is on the product roadmap and coming in the future for MatBoss.

Session 2 - "Utilizing data to improve your wrestlers performance"

Join for a discussion on how to use data and statistics to find strengths and weaknesses in your wrestlers. We will be reviewing some of the common and uncommon statistics that you can utilize to develop coaching and practice plans to help your wrestlers improve. As part of the discussion, we will also welcome hearing from coaches on what data they track and utilize to improve their team's performance.

Tyler Hemmesch
tyler@matbossapp.com

Competitive Nutrition

Discover key food and nutrition steps for male and female wrestlers when it comes to building strength, endurance and power during weight cuts and maintenance. Learn the importance of specific nutrients, nutrient timing and hydration. Supplements will be addressed as well as tips provided for on the go fueling during your wrestlers busy day-to-day schedule and tournaments.

Nutrition in Motion: Jen DeWall
(515) 978-1430
jdewall@nutritioninmotion.info

Mental Performance Coaching

Session #1 - Introduction to Mental Performance

- Enhancing the understanding for each of the mental performance principles and how to create systems & processes to put them into action.
- Mental Performance is not about what is wrong but about what is needed to enhance the ability of the athlete to compete better in the present moment
- We need to view the mental skills in the same way as the physical skills. We drill, we rep, we coach and we get results based upon our intent.

Session #2 - Building Confidence & How to Win Awareness

- Confidence is not merely based upon feelings but upon actions. The key is to be aware of what is taking place internally so that we have external behaviors that align with the outcomes that we are in pursuit of.
- Confidence is a combination of feel & do - we feel confidence through our preparation and production.
- We do confidence through our body language, focus, and self talk
- Understanding where we are at mentally and emotionally is not about weakness, but about awareness. Where am I at, where do I want to go, and how am I going to get there.

Mental Performance Coach: Ethan Miller

(515) 368-0903

ethan.miller.mpm@gmail.com

Wrestling Mindset

Rising to the Top: Transforming Pressure into Peak Performance

In this dynamic session, you will learn proven strategies to help your athletes relax in pressure situations and unlock their peak performance. Using a combination of practical lessons and mental conditioning techniques, you'll discover how to turn nervousness into excitement, helping your wrestlers approach competition with confidence.

Coach Litt emphasizes the powerful mindset shift that "To go higher, you need to let go", teaching your athletes to release tension and thrive under pressure. This session is packed with actionable insights you can apply immediately, empowering you to build a team of resilient, composed competitors ready for the mat.

Building Champions: Cultivating Confidence and Team Culture

In this powerful session, you will learn tools and strategies to instill confidence in your athletes. You'll gain access to resources and lessons that you can implement immediately, transforming your athletes' mindset and approach to competition.

This session also includes easy to implement activities that not only elevate individual confidence but also create a positive, supportive culture in your practice room. By fostering an environment of belief and resilience, you'll shape a team dynamic that thrives on and off the mat.

Scott Litterer

slitterer2@gmail.com

(563) 608-9464

Promoting Your Program Online

In today's digital age, harnessing the power of social media, engaging content, and targeted marketing can significantly boost the visibility and participation in a wrestling program.

Emphasizing the importance of storytelling, community engagement, and online platforms will empower wrestling programs to connect with a broader audience and build a strong online presence, ultimately driving success and growth in this dynamic sport.

Ben Strandberg

bstrandberg@ecsdcards.com

Iowa National Guard Leadership

The Iowa Army National Guard partners with high school and college wrestling programs to create unforgettable experiences. From custom singlets and regulation wrestling mats to free custom graphics that transform entire wrestling rooms. Our support goes beyond the mat.

Discover how we can elevate your program, build community engagement, and leave a lasting impact through a partnership with the Iowa Army National Guard.