



**Idaho State
University**

**Human Performance
and Sport Studies**

The Center for Sport Studies presents

Eastern Idaho Coaching Summit:

Building Better Coaches

March 13, 2026

Idaho State University
Pocatello, ID



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Welcome from the Conference Committee



Welcome coaches to the inaugural Eastern Idaho Coaching Summit (EICS), *Building Better Coaches!* We are excited to host coaches for our conference, focused entirely on how you can improve your skills in your craft! Each presenter has carefully selected topics from their area of expertise that they felt would be most relevant to Idaho coaches. We are excited to both teach you about our passion for sports, as well as learn more about how we can further aid you as coaches in the area. Thank you for participating in this excellent event and we look forward to working with you.

With Regards,

Elaine Foster, PhD
Benjamin Scott
Seth Babbel
2026 EICS Committee

2026 Featured Speaker



Tayler Elizondo, MS, CSCS, CES, Associate Professor

Using MyJumpLab to Coach with Data - Simple Metrics for Informed Coaching Decisions

This session introduces a broad framework for data-informed coaching. Coaches learn how to define simple performance KPIs for their sport, measure them quickly and easily with free tools like MyJumpLab, and use those numbers to guide weekly training decisions. A collegiate dance team serves as the case study, but the process applies to any sport where explosive qualities are needed for performance.

2026 Featured Speaker



Ben Scott

Periodization in your Training Plan: The What, Why and How

Periodization is a foundational principle of sport science, used by elite athletes worldwide to improve training outcomes. This presentation will focus on how coaches will be able to take this principle and apply it within their sports programs. Themes of this will include, what the principle is, how it can be incorporated into your program, and why it is able to improve training outcomes.

2026 Featured Speaker



Kolby Cordingly, MPE-AA

Time is the Best Teacher: Coaching Insights from Years on the Side of the Mat

This session will introduce how personal experiences (over 20 years of coaching youth wrestling) can shape coaching philosophy and their approach to athlete development. It is vital to develop a coaching philosophy that maintains a healthy perspective and prioritizes long-term growth.

2026 Featured Speakers



Elaine Foster, PhD

Building Character in Sport: Role Models, Environment, and Education

Sport has long been praised for *building character*, yet research shows that moral development does not automatically occur through participation alone. Three conditions exist for sports to promote moral growth: role models, environment, and education. First, coaches serve as powerful role models whose daily actions communicate purpose, priorities, and values. Participants will identify their coaching philosophy, the *why, what, and how* that drives decisions and actions. Second, a moral community intentionally crafted and nurtured is essential for character building. Participants will learn how to structure and facilitate a moral community. Third, moral education from the coach prompts evolution of moral character. Participants will discuss how to explicitly teach values, challenge biases, practice perspective taking, and frame competition appropriately. Coaches will leave with practical strategies and numerous resources to make their sport a place where character is built.

2026 Featured Speaker



Janette Olsen, PhD

Coaching to Facilitate Positive Body Image

There is more to building a positive body image, than not having a negative one. This presentation will discuss concrete skills in building a positive body image for athletes.

2026 Featured Speaker



Michael C. Meyers, PhD, FACSM

Optimizing Player Safety: Fields, Cleats, and Sports Drinks

Topics will range from considerations for building and maintaining a safer athletic field, updates from the recent NFL field testing, the influence of cleat/shoe selection on predisposition to injury, to the influence of sport drinks on competitive health. Additional topics of interest fielded from the audience will also be welcomed.

2026 Featured Speaker



Sean Dahlin, Associate Professor

Coach as a Leader

The different hats that sport coaches tend to wear in their position leads to a need for leadership development. The foundation of understanding leadership styles can assist a coach in understanding one's own leadership style that can prove effective, such as situational leadership, transformational leadership, and servant leadership. Opposed to leadership styles focused on organizational/team objectives, servant leadership highlights a focus on followers' moral development, which originated from Greenleaf (1977). In the sport context, Burton and Welty Peachey (2013) proposed a call for servant leadership to be implemented in intercollegiate athletics to place the followers' needs as the priority. A strong development of team culture can also enhance the athlete experience. Is it then possible for an intercollegiate coach to find effectiveness as a servant leader? The purpose of this presentation is to provide a landscape of leadership styles and team culture frameworks that can assist coaches with their own teams.

2026 Featured Speaker



Shad Robinson, MPE-AA, CSCS

From the Weight Room to the Field: Practical Strength & Conditioning for High School Coaches

High school coaches often wear multiple hats, including planning and supervising strength and conditioning alongside sport practice. This session aims to provide an evidence-informed structure for selecting set, repetition, and rest configurations to target specific adaptations in high school athletes (strength, power, hypertrophy, muscular endurance, and basic concurrent training). The talk will explain why these variables matter and how to apply them, with an emphasis on communicating intensity and effort expectations to align athlete execution with the intended outcome. The session will conclude with approaches for evaluating effectiveness through appropriate test selection, consistent data collection, and interpretation methods that support progression decisions and program modification. The overall goal is to improve transfer from weight room training to sport performance using systematic exercise prescription, clear communication, and data informed decision making.

2026 Featured Speaker



Karen Appleby, PhD

Building A Mental Skills Toolbox to Support High School Athletes

Mental skills are a key part of athletic performance, yet they are often overlooked in high school sports. This presentation will introduce high school coaches to key mental skills that can be easily taught and applied with their athletes. Coaches will learn practical strategies to and simple ways to integrate mental skills training into everyday practices and competitions—without adding extra time or complexity.

2026 Featured Speaker



Karla Judge, DAT, LAT, ATC

Athletic Trainers and Coaches: Friend or Foe?

An Athletic Trainer with 40 years of experience at all levels of competitive sports will discuss how the two professions can exist together to have a positive and productive working relationship. Providing experiences of previous working relationships to engage in conversations and address how to manage common stressful interactions before they occur on the sidelines.

2026 Featured Speaker



Natalie Christensen, RDN, CSSD, LD

Performance Nutrition Pillars

As a coach, you invest hundreds of hours into skill development and conditioning, yet the difference between an athlete's "personal best" and hitting a mid-game "wall" often comes down to an empty tank. This presentation, led by a division 1 Sports Dietitian, will break down the essential principles of sports nutrition into five simple performance pillars specifically tailored to the unique physiological and developmental needs of growing adolescents. Crucially, we will also discuss evidence-based guidelines for navigating the sensitive intersection of body weight and performance measures. Come ready to explore high-impact topics and gain actionable insights that will empower you and your athletes.

2026 Featured Speaker



Jay Wadley, Graduate Teaching Assistant

Preparing for the Next Level: Lessons from a Two-Sport Collegiate Athlete

Drawing from my experience as a two-sport collegiate athlete, this presentation offers a unique perspective on preparing high school athletes for the realities of college athletics. Competing at the collegiate level in multiple sports provided firsthand insight into the demands student-athletes face beyond high school. This session will explore how coaches can better prepare athletes for increased training loads, higher competitive expectations, and the balance between academics, athletics, and personal well-being.

Conference Schedule

Time	Session 1	Session 2	Session 3	Duration
8:30 AM	Registration & Check In			30 minutes
9:00 AM	Event Opening/Welcome			15 minutes
9:15 AM	Head to Break Out Sessions			5 minutes
9:20 AM	Kolby Cordingley <i>Time is the best teacher: Coaching Insights from Years on the Side of the Mat</i> Room 309	Ben Scott <i>Periodization in your training plan: The What, Why and How</i> Room 302	Taylor Elizondo <i>Using MyJumpLab to Coach with Data: Simple Metrics for Informed Coaching Decisions</i> Room 227	40 minutes
10:00 AM	Head to Break Out Sessions			5 minutes
10:05 AM	Dr. Janette Olsen <i>Coaching to Facilitate Positive Body Image</i> Room 309	Dr. Elaine Foster <i>Building Character in Sports: Role Models, Environment, and Education</i> Room 302	Dr. Michael Meyers <i>Optimizing Player Safety: Fields, Cleats, and Sports Drinks</i> Room 204	40 minutes
10:45 AM	Tour or Labs and Testing Equipment			30 minutes

11:15 AM	Dr. Karen Appleby <i>Building a Mental Toolbox to Support High School Athletes</i> Room 309	Shad Robinson <i>From the Weight Room to the Field: Practical Strength & Conditioning for High School Coaches</i> Room 302	Dr. Sean Dahlin <i>Coach as a Leader</i> Room 204	40 minutes
11:55 AM	Head to Break Out Sessions			5 minutes
12:00 PM	Dr. Karla Judge <i>Athletic Trainers and Coaches: Friend or Foe?</i> Room 309	Natalie Christensen <i>Performance Nutrition Pillars</i> Room 302	Jay Wadley <i>Preparing for the Next Level: Lessons from a Two-Sport Collegiate Athlete</i> Room 204	40 minutes
12:40 PM	Event Closing/Feedback			20 minutes
1:00 PM	See you next year!			

Supporting Partners

We would like to extend our sincere thanks to the College of Education for their continued support of the Coaching Education Workshop. Their commitment to professional development and community engagement makes opportunities like this possible. Through their support, we are able to provide accessible, high-quality education for coaches that directly benefits student-athletes and school programs across our region. We are grateful for their partnership and investment in the growth of coaches and educators in southeastern Idaho.

Wi-Fi Information

1. Select **TigerGuest** from the list of available wireless networks.
2. Once your device is connected, open a web browser (Chrome, Firefox, Safari, Edge, etc).
3. Navigate to **www.isu.edu**.
4. You should now be redirected to the login page.
5. If you have already created an account, sign in with your Username and Password.
6. If you have not created an account, click on the **Create an Account** link.
7. To create an account, fill out the required information:
 - o Username (create your own)
 - o First Name
 - o Last Name
 - o Email Address (This can be any email address as long as it is yours)
 - o Password (create your own)
 - o SMS Provider (if you are on mobile)
 - o **Note:** When you select **Register**, your account information will be sent to your email address. (Optionally, you may provide a cell phone number & provider if you would like your login credentials sent to you via text message. Keep in mind that carrier charges may apply.)
8. Check the box agreeing to the Terms and Conditions and then select **Register**.
9. Your login credentials will be displayed to you.
10. Select **Text Me** to send your credentials via text.
11. Select **Sign On** to be redirected to the ISU webpage and granted access to ISU guest wireless.

Parking Information

Attendees will be responsible for following all parking regulations. If you do not have a current ISU parking permit, you can purchase a day pass or park in a free location.

<https://www.isu.edu/parking/permit-information/visitors/>

Free visitor parking is located at the ICCU Dome and Stephens Performing Arts Center.

Purchase a day-use/hourly permit by:

1. Find a Mobile Pay Lot (look for the Mobile Pay signs*).
 - a. Scan the QR code on the sign.
 - b. Choose hourly or day rate and complete payment.
 - c. \$1.60 per hour or \$8 per day.
2. Purchase a general parking day-use permit at the ISU public safety office.
 - a. \$8 per day.
 - b. Valid in any general parking lot.
 - c. Provide your license plate number to link it to your permit.