



Welcome to the 46th Annual MGBCA Fall Clinic!

Friday October 24, 2025

University of St. Thomas

Clinic cost is \$125 includes: Spalding item and lunch.

Only the first 200 registered will receive a Spalding t-shirt. Please indicate your size

Register by October 20th to receive the T-shirt.

Breakdown Sports USA specials will be available to all coaches attending the clinic.

Any first year high school head coach that attends the Clinic will attend for FREE!!!

Online Registration:

Online Registration: [Google Form](#) for mail in coaches and first year head coaches.

Friday, October 24

- | | |
|-------------|--|
| 7:30-8:25 | Registration |
| 8:25-8:35 | Welcome Mark Cook MGBCA, Rick Ringeisen MSHSCA, Ruth Sinn U of St. Thomas |
| 8:35-9:35 | Ruth Sinn, Women's Coach, University of St. Thomas
Topic: |
| 9:45-10:45 | Dawn Plitzuweit, Women's Coach, University of Minnesota
Topic: |
| 10:55-11:55 | Mandy Pearson, Women's Coach, University of Minnesota Duluth
Topic: Competitive practice drills and practice planning |
| 11:55-1:00 | Lunch at St. Thomas Student Union |
| 1:00-2:00 | Kim Wagers, Women's Coach, Concordia College
Topic: |
| 2:05-3:05 | Wendy Kohler, Retired Head Coach, Alexandria Cardinals
Julie Wrobel
Topic: Building and executing positive, energized and competitive practices. |
| 3:15-4:15 | Strength Coaches Association, Jessica Gust
Topic: Speed, Agility, Strength, Injury Prevention, Conditioning |
| 4:15 – 4:20 | Carl Pierson Legacy Award
Presented by: Mark Cook |
| 4:20 – 4:30 | Pat Barrett – Hall of Fame Inductees |
| 4:30 | Door Prize Giveaways (Must be present to win) |

If you would like to have a hotel for the clinic here is the [link](#) for the Hampton Inn and Suites Downtown St. Paul 200 7th Street West St. Paul MN 55102

Mail in registration and first year coach registration can be sent to Barnesville H.S. c/o Bill Gottenborg 310 5th street SE Barnesville, MN 56514 Here is a [Google Form](#) for mail in coaches and first year head coaches. Bill Gottenborg email: bgottenborg@barnesville.k12.mn.us