

**NEBRASKA COACHES ASSOCIATION
MULTI-SPORTS CLINIC**

**July 28-30, 2009
LINCOLN NORTH STAR HIGH SCHOOL
UNDERWRITTEN BY
GATORADE**

**NEBRASKA INDEPENDENT COLLEGE FOUNDATION
NEBRASKA ORTHOPAEDIC AND SPORTS MEDICINE
SCHEDULE STAR/HIGH SCHOOL SPORTS.NET
AGILE SPORTS-HUDL**

SPECIAL SESSIONS

Tuesday, July 28

7:30 a.m.
8:15-9:15 a.m.

8:15-9:15 a.m.
10:45 a.m.-12:00 p.m.

12:15 -1:15 p.m.
1:30-3:30 p.m.
2:00-3:30 p.m.
1:30-2:30 p.m.

3:00-4:00 p.m.

Wednesday, July 29

7:30 a.m.
8:15-9:15 a.m.
8:15-9:15 a.m.

9:00-10:30 a.m.
9:30 a.m.-10:30 a.m.
10:30 a.m.-12:00 p.m.
10:00 a.m.-11:15 a.m.

11:30 a.m.-1:30 p.m.

12:15 -1:15 p.m.
1:30-2:30 p.m.
1:30-3:30 p.m.
3:00-4:30 p.m.
2:30-4:00 p.m.
3:00-4:00 p.m.
4:15-4:45 p.m.

Thursday, July 30

7:30 a.m.
8:30-9:30 a.m.
9:30-11:00 a.m..

ATHLETIC DIRECTOR

Tuesday, July 28

7:30 a.m.
9:30-10:30 a.m.

10:45 a.m.-12:00 p.m.

1:30-2:30 p.m.
3:00-4:00 p.m.

Wednesday, July 29

7:30 a.m.
9:00-10:30 a.m.
1:30-2:30 p.m.
3:00-4:00 p.m.

Thursday, July 30

7:30 a.m.

FOOTBALL

Tuesday, July 28

7:30 a.m.
9:30-10:30 a.m.

10:45 a.m.-12:00 p.m.

1:30-2:30 p.m.

3:00-4:00 p.m.

Wednesday, July 29

7:30 a.m.
9:30-10:30 a.m.
10:30 a.m.-12:00 p.m.
1:30-2:30 p.m.

3:00-4:00 p.m.

Thursday, July 30

7:30 a.m.
8:30-9:30 a.m.
9:45-10:45 a.m.
11:00 a.m.-12:00 p.m.

8-MAN FOOTBALL

Tuesday, July 28

7:30 a.m.
9:30-10:30 a.m.
10:45 a.m.-12:00 p.m.

1:30-2:30 p.m.
3:00-4:00 p.m.

Wednesday, July 29

7:30 a.m.
9:30-10:30 a.m.
10:30 a.m.-12:00 p.m.
1:30-2:30 p.m.

VOLLEYBALL

Tuesday, July 28

7:30 a.m.
9:30-10:30 a.m.
10:45 a.m.-12:00 p.m.

1:30-2:30 p.m.
3:00-4:00 p.m.

Wednesday, July 29

7:30 a.m.
9:30-10:30 a.m.
10:30a.m.-12:00 p.m.
1:30-2:30 p.m.

3:00-4:00 p.m.

Thursday, July 30

7:30 a.m.
8:30-9:30 a.m.
9:45-10:45 a.m.
11:00 a.m.-12:00 p.m.

GOLF

Tuesday, July 28

7:30 a.m.
10:45 a.m.-12:00 p.m.

1:30-2:30 p.m.
3:00-4:00 p.m.

Wednesday, July 29

7:30 a.m.
9:30-10:30 a.m.

10:30 a.m.-12:00 p.m.
1:30-2:30 p.m.

3:00-4:00 p.m.

Thursday, July 30

7:30 a.m.
8:30-9:30 a.m.

9:45-10:45 a.m.

“Millard West Defense-Gap Control/Pursuit” – Kirk Petersen, Millard West HS
Veer/Midline Series” – Seth Turman, Millard West HS

REGISTRATION AND EXHIBIT AREAS OPEN

NSAA Football Rules Meeting
District & Sports Meetings
“Midline-Offensive Line Schemes and Techniques” - Randy Dreiling, Hutchinson HS (KS)
“Midline-Getting the Ball to Your Playmakers” – Dustin Delaney, Hutchinson HS

REGISTRATION AND EXHIBIT AREAS OPEN

“Wide Receiver Play” – Ted Gilmore, University of Nebraska-Lincoln
“Defensive Football” – Bo Pelini, University of Nebraska-Lincoln
“Offensive Line Fundamentals, Drills, and the Off Tackle Series” – Lou Varley, Peru State College

REGISTRATION AND EXHIBIT AREAS OPEN

“Shattuck’s Option Game”- Troy Bullard, Shattuck HS (OK)
GENERAL SESSION - “Scoring a Success in the Game of Life” - MK Mueller
“Zone Defense” – Tyson Bullard, Shattuck HS (OK)
“Shattuck No Back Offense” – Troy Bullard

REGISTRATION AND EXHIBIT AREAS OPEN

NSAA Football Rules Meeting
District & Sports Meetings
“Practice Plan & Special Teams” – Tyson Bullard

REGISTRATION AND EXHIBIT AREAS OPEN

“Training Middles” – Paul Giesselmann, Creighton University
GENERAL SESSION - “Scoring a Success in the Game of Life” - MK Mueller
“Training the Dynamic Setter” – Terry Pettit, Ft. Collins, CO
“The Longer I Coach, the Less I Know” – John Cook, UNL

REGISTRATION AND EXHIBIT AREAS OPEN

“Talent and the Secret Life of Teams” – Terry Pettit
District & Sports Meetings
“Dictating With Team Defense” – Rick Squiers, University of Nebraska-Kearney
“Small Group Competitive Drills” – Rick Squiers

REGISTRATION AND EXHIBIT AREAS OPEN

“Training Sessions w/Players (2-hour block)” – Cindy Meyer, Doane College
“Continuation of 2-hr block” – Cindy Meyer
NSAA Volleyball Rules Meeting

Sessions at Highlands Golf Course unless otherwise noted

REGISTRATION AND EXHIBIT AREAS OPEN

GENERAL SESSION - “Scoring a Success in the Game of Life” - MK Mueller
“The Lob Shot” – James Kinney, GolfTec
“Putting & Putting Training Aids” – James Kinney

REGISTRATION AND EXHIBIT AREAS OPEN

“Statistical Study of the Game of Golf” – Tom Sieckmann, Omaha Country Club (**Session will be at North Star**)
District & Sports Meetings
“Drills for Minimizing 3-Putts and Increasing Distance Control” – Tom Sieckmann
“Practice Drills For Short Game” – Tom Sieckmann

REGISTRATION AND EXHIBIT AREAS OPEN

“Effective Preparation for Competition-Range” – Steph Kolbas, Lincoln Plus X HS
“On Course Playing Strategies and Long Game Strategies” – Steph Kolbas

BASKETBALL

Tuesday, July 28

7:30 a.m.
9:30-10:30 a.m.
10:45a.m.-12:00 p.m.

1:30-2:30 p.m.
3:00-4:00 p.m.

Wednesday, July 29

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9:30-10:30 a.m.
10:30 a.m.-12:00 p.m.
1:30-2:30 p.m.

3:00-4:00 p.m.

Thursday, July 30

7:30 a.m.
8:30-9:30 a.m.

9:45-10:45 a.m.
11:00 a.m.-12:00 p.m.

WRESTLING

Tuesday, July 28

7:30 a.m.
9:30-10:30 a.m.
10:45 a.m.-12:00 p.m.

1:30-2:30 p.m.
3:00-4:00 p.m.

Wednesday, July 29

7:30 a.m.
9:30-10:30 a.m.
10:30 a.m.-12:00 p.m.
1:30-2:30 p.m.
3:00-4:00 p.m.

Thursday, July 30

7:30 a.m.
8:30-9:30 a.m.

9:45-10:45 a.m.
11:00 a.m.-12:00 p.m.

CROSS COUNTRY

Tuesday, July 28

7:30 a.m.
10:45 a.m.-12:00 p.m.

1:30-2:30 p.m.

3:00-4:00 p.m.

Wednesday, July 29

7:30 a.m.
9:30-10:30 a.m.
10:30 a.m.-12:00 p.m.
1:30-2:30 p.m.
3:00-4:00 p.m.

Thursday, July 30

7:30 a.m.
8:30-9:30 a.m.
9:45-10:45 a.m.

TRACK & FIELD

Tuesday, July 28

7:30 a.m.
9:30-10:30 a.m.
10:45 a.m.-12:00 p.m.

1:30-2:30 p.m.
3:00-4:00 p.m.

Wednesday, July 29

7:30 a.m.
9:30-10:30 a.m.
10:30 a.m.-12:00 p.m.

REGISTRATION AND EXHIBIT AREAS OPEN

“How to Survive in Coaching” – Jerry Eickhoff, Hampton HS
GENERAL SESSION - “Scoring a Success in the Game of Life” - MK Mueller

“Nebraska Offense/Defense” – Doc Sadler, UNL
“Transition Defense” – Doc Sadler, UNL

REGISTRATION AND EXHIBIT AREAS OPEN

“Talent and the Secret Life of Teams” – Terry Pettit
District & Sports Meetings
“Sprint Game (Transition Game and Early Offense)” – Gene Miiller, Washington HS (IN)
“Defensive System” – Gene Miiller

REGISTRATION AND EXHIBIT AREAS OPEN

“Stroke and Footwork Training of the Great Pure Shooter” – B.J. Mulder
BEST-Basketball’s Effective Shot Training
NSAA Basketball Rules Meeting
“Implementing my BEST Fundamentals into Game Speed Shooting Workouts” – B.J. Mulder

REGISTRATION AND EXHIBIT AREAS OPEN

“Practice Drills” – Steve Costanzo, St. Could St. Univ.
GENERAL SESSION - “Scoring a Success in the Game of Life” - MK Mueller
“Set-Ups, Leg Attacks & Finishes” – Steve Costanzo
“Underhook Series & Front Headlock” – Mark Oliver, Auburn HS

REGISTRATION AND EXHIBIT AREAS OPEN

“Takedown Techniques” – Mike Hagerty, Blue Springs HS (MO)
District & Sports Meetings
“Top Wrestling” – Mike Hagerty
“Program Development” – Mike Hagerty

REGISTRATION AND EXHIBIT AREAS OPEN

“Set-ups and Finishes to High Crotches or Outside Singles” – Keith Massey, Golden Eagles Wrestling Academy
“Ducks, Drags & Throws” – Keith Massey
“American 2 on 1 (Russian Tie) – Keith Massey

REGISTRATION AND EXHIBIT AREAS OPEN

GENERAL SESSION - “Scoring a Success in the Game of Life” - MK Mueller
“Getting Better Without Running-Auxiliary Training” – Brad Jenny, Doane College
“Putting Together a Season of Training” – Brad Jenny, Doane College

REGISTRATION AND EXHIBIT AREAS OPEN

“Talent and the Secret Life of Teams” – Terry Pettit
District & Sports Meetings
“The “SAID” Principle” – Dr. Joe Vigil, Green Valley, AZ
“Iron, the Most Important Molecule in the Body” – Dr. Joe Vigil

REGISTRATION AND EXHIBIT AREAS OPEN

“Psychological Principles of Running” – Dr. Joe Vigil

REGISTRATION AND EXHIBIT AREAS OPEN

“Rotational Shot” – Bill Godina, (AZ)
GENERAL SESSION - “Scoring a Success in the Game of Life” - MK Mueller
“Discuss” – Bill Godina & “Hurdles” – Pat McFadden, Kearney HS
“Throwing Program Development” – Bill Godina & “Block Starts” – Pat McFadden

REGISTRATION AND EXHIBIT AREAS OPEN

“Talent and the Secret Life of Teams” – Terry Pettit, Ft. Collins, CO
District & Sports Meetings

1:30-2:30 p.m.
3:00-4:00 p.m.

“The “SAID” Principle” – Dr. Joe Vigil, Green Valley, AZ
“Iron, the Most Important Molecule in the Body” – Dr. Joe Vigil

Thursday, July 30

7:30 a.m.
8:30-9:30 a.m.
9:45-10:45 a.m.

REGISTRATION AND EXHIBIT AREAS OPEN
“Psychological Principles of Running” – Dr. Joe Vigil
“How to Find a Proper High Jump Approach” – Hollis Conway, Overcoming Obstacles, Inc. & “Training Beginning/Advanced Hurdlers” – Gary Schuurmans, Norfolk HS
“Triple Jump Basics” – Hollis Conway & “Sprint Training” – Gary Schuurmans

TENNIS

Tuesday, July 28

7:30 a.m.
9:30-10:30 a.m.
10:45 a.m.-12:00 p.m.

REGISTRATION AND EXHIBIT AREAS OPEN
“Skills, Drills, Match Preparation Ideas” - Tennis Roundtable
GENERAL SESSION - “Scoring a Success in the Game of Life” - MK Mueller
“Practice Plans For Large Groups on Three Courts” – Kevin Heim, Woods Tennis Center
“Station Drills” – Kevin Heim

Wednesday, July 29

7:30 a.m.
9:30-10:30 a.m.
10:30 a.m.-12:00 p.m.
1:30-2:30 p.m.
3:00-4:00 p.m.

REGISTRATION AND EXHIBIT AREAS OPEN
“Talent and the Secret Life of Teams” – Terry Pettit
District & Sports Meetings
“Doubles Strategy” – Kerry McDermott, University of Nebraska-Lincoln
“Serving & Serve Return” – Kerry McDermott

Thursday, July 30

7:30 a.m.
8:30-9:30 a.m.
9:45-10:45 a.m.

REGISTRATION AND EXHIBIT AREAS OPEN

SOCCER

Tuesday, July 28

7:30 a.m.
9:30-10:30 a.m.

REGISTRATION AND EXHIBIT AREAS OPEN
“Pre-Season Conditioning for the Soccer Athlete”-Chuck Morgan, Lincoln East HS
GENERAL SESSION - “Scoring a Success in the Game of Life” - MK Mueller
“Finishing With Small Games” – Chuck Morgan
“Outdoor Training Sessions That Motivate Players” – Jeff Hoham, Lincoln East HS

10:45 a.m.-12:00 p.m.

1:30-2:30 p.m.
3:00-4:00 p.m.

Wednesday, July 39

7:30 a.m.
8:15-9:15 a.m.
9:30-10:30 a.m.
10:30 a.m.-12:00 p.m.
1:30-2:30 p.m.

REGISTRATION AND EXHIBIT AREAS OPEN
“1 vs. 1 Attacking” – Rob Giesbrecht, Concordia University
“The Role of the Second Defender” – Rob Giesbrecht
District & Sports Meetings
“Communication With Parents/Players in the Soccer Community” – Jeff Hoham
NSAA Soccer Rules Meeting

3:00-4:00 p.m.

Thursday, July 30

7:30 a.m.

REGISTRATION AND EXHIBIT AREAS OPEN

SOFTBALL

Tuesday, July 28

7:30 a.m.
9:30-10:30 a.m.

REGISTRATION AND EXHIBIT AREAS OPEN
“How to take a Difficult Skill & Make it Simple/Hitting” – Diane Miller, UNL
GENERAL SESSION - “Scoring a Success in the Game of Life” - MK Mueller
“Pitching the Inner Game, Bullpen to the Circle” – Lori Sippel, UNL
“Building a Winning Environment” – Mike Candrea – University of Arizona

10:45 a.m.-12:00 p.m.

1:30-2:30 p.m.
3:00-4:00 p.m.

Wednesday, July 29

7:30 a.m.
8:15-9:15 a.m.
9:30-10:30 a.m.
10:30 a.m.-12:00 p.m.
1:30-2:30 p.m.
3:00-4:00 p.m.

REGISTRATION AND EXHIBIT AREAS OPEN
“Practice Organization” – Mike Candrea – University of Arizona
“Hitting” – Mike Candrea – University of Arizona
District & Sports Meetings
“Game Strategies (How to Win Close Games)” – Terry Graver, Elkhorn HS
Due to the All-Star player’s coach’s reception, there will be no session at this time.

Thursday, July 30

7:30 a.m.
8:30-9:30 a.m.
9:45-10:45 a.m.

REGISTRATION AND EXHIBIT AREAS OPEN
NSAA Softball Rules Meeting
“Defensive Strategies” – Terry Graver

CHEERLEADING

Tuesday, July 28

7:30 a.m.
9:30-10:30 a.m.
10:45 a.m.-12:00 p.m.

REGISTRATION AND EXHIBIT AREAS OPEN
AACCA Safety Certification Course – Terri Freeman
GENERAL SESSION - “Scoring a Success in the Game of Life” - MK Mueller
AACCA Safety Certification Course-Sean Cotherman, UCA
AACCA Safety Certification Course – Sean Cotherman

1:30-2:30 p.m.
3:00-4:00 p.m.
NOTE: The AACCA Certification Course is an additional \$75, and not included in the normal clinic registration fees. Additional course information is available in the bio section of the newsletter.

Wednesday, July 29

7:30 a.m.
9:30-10:30 a.m.
10:30 a.m.-12:00 p.m.
1:30-2:30 p.m.
3:00-4:00 p.m.

REGISTRATION AND EXHIBIT AREAS OPEN
“Choreography 101 – Nonbuilding” - UCA
District & Sports Meetings
“Jump & Tumbling Fitness” - UCA
“Varsity Challenge” – UCA

Thursday, July 30

7:30 a.m.
8:30-9:30 a.m.
9:45-10:45 a.m.

REGISTRATION AND EXHIBIT AREAS OPEN
“Spotting Tumbling” - UCA
“NFHS Motions, Jumps & Tumbling” – UCA (Credentialing optional-\$40-per course, per coach-submit separately)
“NFHS Partner Stunt Progression 1” – UCA (Credentialing optional - \$40-per course, per coach – submit separately)

11:00 a.m.-12:00 p.m.

JUNIOR HIGH SPORTS SESSIONS

NOTE: ONCE JUNIOR HIGH SESSIONS ARE COMPLETED, COACHES ARE ENCOURAGED TO ATTEND THE REMAINDER SESSIONS OF YOUR CHOICE

FOOTBALL

Tuesday, July 28

7:30 a.m.
9:30-10:30 a.m.

REGISTRATION AND EXHIBIT AREAS OPEN
“Coordinating the Middle School With the High School Philosophy” – Bob Fuller & Plattsmouth HS Staff
GENERAL SESSION - “Scoring a Success in the Game of Life” - MK Mueller
“Base Run & Pass Plays” – Plattsmouth Staff
“Base Fronts & Coverages” – Plattsmouth Staff

10:45 a.m.-12:00 p.m.

Wednesday, July 29

7:30 a.m.
9:30-10:30 a.m.

REGISTRATION AND EXHIBIT AREAS OPEN
“Starburst Returns in Middle School & Special Teams” – Plattsmouth Staff

VOLLEYBALL

Tuesday, July 28

7:30 a.m.
8:15-9:15 a.m.

REGISTRATION AND EXHIBIT AREAS OPEN
“Drills for Many Players and One Court” – Craig Songster, Centennial/Lincoln NE
GENERAL SESSION - “Scoring a Success in the Game of Life” - MK Mueller

10:45 a.m.-12:00 p.m.

Wednesday, July 29

7:30 a.m.
8:15-9:15 a.m.
10:30 a.m.-12:00 p.m.
1:30-2:30 p.m.

REGISTRATION AND EXHIBIT AREAS OPEN
“Drills and Conditioning...Everything Rolled Into One” – Craig Songster
District & Sports Meetings
“Coaching For Dummies...Everything We Know but Often Forget” – Craig Songster
“Teambuilding/Goal Setting/Teaching Kids to COMPETE!!” – Craig Songster

3:00-4:00 p.m.

BASKETBALL

Tuesday, July 28

7:30 a.m.
8:15-9:15 a.m.
9:30-10:30 a.m.

REGISTRATION AND EXHIBIT AREAS OPEN
“Rebounding & Defensive Drills” – Jeff Ritz, Millard North HS
“Practice Organization & Pre-Practice Routine Drills” – Jeff Ritz
GENERAL SESSION - “Scoring a Success in the Game of Life” - MK Mueller

10:45 a.m.-12:00 p.m.

Wednesday, July 29

7:30 a.m.
8:15-9:15 a.m.
9:30-10:30 a.m.
10:30 a.m.-12:00 p.m.

REGISTRATION AND EXHIBIT AREAS OPEN
“Full Court-Shooting and Transition Drills” – Jeff Ritz
“2-3 Zone Defense” – Jeff Ritz
District & Sports Meetings

Thursday, July 30

7:30 a.m.
10:45 a.m.-12:00 p.m.

REGISTRATION AND EXHIBIT AREAS OPEN
REGISTRATION AND EXHIBIT AREAS OPEN
GENERAL SESSION - “Scoring a Success in the Game of Life” - MK Mueller

10:45 a.m.-12:00 p.m.

Wednesday, July 29

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9:30-10:30 a.m.
10:30 a.m.-12:00 p.m.
1:30-2:30 p.m.

REGISTRATION AND EXHIBIT AREAS OPEN

Thursday, July 30

7:30 a.m.
8:30-9:30 a.m.
9:45-10:45 a.m.

District & Sports Meetings
“Middle School Distance Training” – Sue Ziegler & Lincoln Lutheran HS Staff
“Organization of a Middle School Program” – Lincoln Lutheran HS Staff
REGISTRATION AND EXHIBIT AREAS OPEN
“Hurdles & Jumps” - Lincoln Lutheran HS Staff
“Sprint Training” - Lincoln Lutheran HS Staff

SPECIAL OLYMPICS SESSIONS

BASKETBALL

Tuesday, July 28

7:30 a.m.
8:00-10:30 a.m.
10:45 a.m.-12:00 p.m.

REGISTRATION AND EXHIBIT AREAS OPEN
“Basketball Rules/Team Assessment Forms” – Special Olympics Staff
GENERAL SESSION - “Scoring a Success in the Game of Life” - MK Mueller
Released to attend basketball sessions the remainder of the clinic

1:30-4:00 p.m.
3:00-4:00 p.m.

SOFTBALL

Tuesday, July 28

7:30 a.m.
8:15-9:15 a.m.
9:30 a.m.
10:45 a.m.-12:00 p.m.

REGISTRATION AND EXHIBIT AREAS OPEN
“Softball Rules/Team Assessment Forms” – Special Olympics Staff
Released to attend softball sessions the remainder of the clinic
GENERAL SESSION - “Scoring a Success in the Game of Life” - MK Mueller

SOCCER

Wednesday, July 29

7:30 a.m.
8:15-9:15 a.m.
9:30 a.m.
10:30 a.m.-12:00 p.m.

REGISTRATION AND EXHIBIT AREAS OPEN
Soccer Rules/Team Assessment Forms” – Special Olympics Staff
Released to attend soccer sessions the remainder of the clinic
GENERAL SESSION - “Scoring a Success in the Game of Life” - MK Mueller

VOLLEYBALL

Wednesday, July 29

8:15-9:15 a.m.
9:30 a.m.

Volleyball Rules/Team Assessment Forms” – Special Olympics Staff
Released to attend volleyball sessions the remainder of the clinic

BOCCE

Thursday, July 30

7:30 a.m.
8:30-9:30 a.m.
9:45-10:45 a.m.
11:00 a.m.-12:00 p.m.

REGISTRATION AND EXHIBIT AREAS OPEN
“The Court & Equipment” – Rick Childree
“Rules of Competition” – Rick Childree
“Definition of Playing Terms” – Rick Childree

AQUATICS

Thursday, July 30

7:30 a.m.
8:00-9:00 a.m.
9:15-11:45 a.m.

REGISTRATION AND EXHIBIT AREAS OPEN
“General Aquatics Rules” – Special Olympics Staff
“Proper Stroke Technique and Judging” – USA Swimming Officials

NOTE* Additional Special Olympics Session for All Sports

Thursday, July 30

1:00-3:00 p.m.

“Coaching Special Olympics Athletes” – Special Olympics Staff

District Meetings will run from 10:45-11:30 Wednesday at the following sites:

District 1 Auditorium

District 4 E117

District 2 Main Gym

District 5 Theater

District 3 South Gym

District 6 West Commons Lower

Sports Meetings will run from 11:30-12:00 Wednesday at posted sites