

At Nebraska Orthopaedic and Sports Medicine everyone gets treated like a Nebraska Champion. Whether you're a scholarship athlete, fighting for a spot on the team, or a weekend athlete, searching out the absolute best sports medicine care is essential to your success on the field following injury.

As Husker Team Physicians, we offer you the same care we extend to Husker athletes. Our sports medicine physicians have advanced specialty training enabling injured athletes to once again compete at their absolute best. We do so by addressing

injuries in the least invasive manner possible, and ensuring the safest and quickest means back to play and success on the field.

Ask your doctor about us, or visit us in Lincoln or any one of the communities we conduct clinics in throughout Nebraska.

Nemaha County Hospital Auburn

Memorial Hospital Aurora

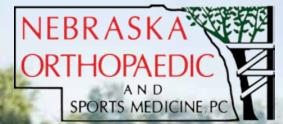
Jefferson Community Health Center Fairbury

Community Medical Center Falls City

Henderson Community Hospital Henderson

St. Mary's Hospital Nebraska City

Annie Jeffrey Memorial County Health Center Osceola



575 S. 70th Street, Suite 200 Saint Elizabeth Medical Plaza Lincoln, NE 68510 Toll-Free (888) 488-6667 Direct (402) 488-3322 www.nebraskaortho.com

Your Husker www.nebraskaortho.com
Team Physicians www.nebsportsconcusssion.org

2

nebraska Goacia

2017 Pre-Clinic/Membership Edition

EXECUTIVE BOARD MEMBERS



President Jerry Buck, Holdrege



President Elect Russ Ninemire, Sandy Creek



Vice President

Donnie Miller,

Minden



Past President
Tom Olson,
Norfolk

NCA BOARD



District I
Tim Aylward,
Lincoln Pius X



District IMatt Swartzendruber,
Sandy Creek



District II

Tony Allgood,

North Bend Central



District II

Jason Ryan,

Papillion-La Vista



District III Ben Ries, Norfolk



District III Greg Conn, Wausa



District IVToni Fowler,
Adams Central



District IV

Bill Carlin,

Adams Central

NCA STAFF



District VMatt Wiemers,
McCook



District V Shannon Lovin, Minden



District VI Duke Waln, Cody-Kilgore



District VIHeidi Manion,
Alliance

NCA BOARD OF DIRECTORS



Executive Director Darin Boysen, darin@ncacoach.org



Administrative Assistant Saundi Fugleberg, saundi@ncacoach.org



NCA CONTACT INFORMATION

Mailing & Physical Address: 500 Charleston St., Suite #2 Lincoln, NE 68508

Phone number: 402-434-5675

Fax number: 402-434-5689

OFFICE HOURS Monday - Friday 8:30 a.m. - 4:00 p.m.

CLINIC WEEK SCHEDULE OF EVENTS

Sunday, July 23

50th Annual NCA Awards Banquet – 5:00 pm Great Hall, Train Station, Lincoln Haymarket

Monday, July 24

NCA Annual Golf Tournament – 8:00 am Wilderness Ridge Golf Club

2017 NCA Coaches Academy 10:00 am – 4:00 pm Earn 3 Graduate Level College Credits (see page 9 for details)

Girls' Basketball All-Star Game – 6:00 pm Lincoln North Star HS

Boys' Basketball All-Star Game – 8:00 pm Lincoln North Star HS

Tuesday, July 25

NCA Multi-Sport Clinic – 7:30 am Lincoln North Star HS

Volleyball All-Star Match – 7:00 pm Lincoln North Star HS

Wednesday, July 26

NCA Multi-Sport Clinic – 7:30 am Lincoln North Star HS

Softball All-Star Game – TBA Haymarket Complex

Coaches Night Out – 8:30 pm Barry's

Thursday, July 27

NCA Multi-Sport Clinic – 7:30 am Lincoln North Star HS

The Nebraska Coaches Association is a Proud Member of:





Cover Photo: Getty Images Sports Collection – Used with a Managed Registered License



Video review and team feedback simplified



Hudl makes it easy.

Stop by the booth to learn how.

2017 Nebraska Coaches Association Multi-Sports Clinic Hotel Discounted Listings

	Room Rates + Tax	Address	Telephone Number
NCA Host Hotel			
Country Inn & Suites Lincoln North	SOLD OUT	5353 North 27th St.	402-476-5233
North 27th Street Area			
Best Western Plus	\$99.99	2201 Wildcat Circle	402-438-0088
Hampton Inn & Suites Northeast	\$119-\$139	7343 Husker Circle	402-435-4600
Holiday Inn Express & Suites Lincoln I-80	\$94.00	2200 Wildcat Circle	402-975-8330
Sleep Inn & MainStay Suites University	\$99.99-\$109	2803 Folkways Blvd.	402-438-0222
Staybridge Suites Lincoln I-80	\$105.99-\$191.99	2701 Fletcher Avenue	402-323-5007
TownPlace Suites Marriott	\$116-\$136	7353 Husker Circle	402-323-2000
Lincoln Airport Exit			
Country Inn & Suites Lincoln Airport	\$89.99	1301 West Bond Circle	402-474-2080
Fairfield Inn & Suites Airport	\$100-\$110	1000 West Bond Street	402-421-1893
Hampton Inn Airport	\$99-\$109	1055 West Bond Street	402-570-9513
Holiday Inn Express Airport	\$89-\$99	1101 Commerce Way	402-421-1893
Downtown Lincoln/Haymarket			
Embassy Suites	\$148-\$178	1040 P Street	402-474-1111
The Graduate Lincoln	\$129	141 N. 9th Street	402-475-4017
Hilton Garden Inn	\$119-\$129	801 R Street	402-570-9513
Hyatt Place	\$119-\$124	600 Q Street	402-475-5947
East Lincoln			
Chase Suites Hotel	\$99-\$159	200 South 68th Place	402-483-4900
New Victorian Suites	\$69.99-\$79.99	225 N. 50th Street	402-270-1990
Staybridge Suites Northeast	\$119.99-\$149.99	1501 N. 86th Street	402-484-6000
South Lincoln			
Fairfield Inn & Suites Southeast	\$124	8455 Andermatt Drive	402-325-6400
Holiday Inn Lincoln Southwest	\$83-\$89	2500 Tamarin Ridge Rd.	402-421-1893
Quality Inn & Suites South	\$79-\$119	1511 Center Park Road	402-423-3131
West Lincoln			
Rodeway Inn	\$65-\$70	2801 West O Street	402-475-4921



800.423.8212 | lincoln.org

Nebraska Coaches Association Multi-Sport Clinic Partners and Exhibitors

VENDORS MAY CALL TO RESERVE AVAILABLE BOOTHS

CLINIC PARTNERS - EXHIBITOR'S AREAS, ENTRANCE, SOUTH GYM, WRESTLING ROOM:

Nanonation – #1-2 Hudl – #5-6

Cricket School & Team – #8-9 Russell Athletic – #11-12

Nebraska Orthopaedic & Sports Medicine, Lincoln - #15

USA Football – #61 Max Preps – #32

Sportdecals, Sports & Spirit Products, DBA Teamwear1 - #53-54

Fellowship of Christian Athletes – #64 Side Out Foundation – South Gym Lincoln Convention & Visitors Bureau – East Coaches Choice – West Cafeteria

Baden Sports Gatorade

VENDORS - MAIN EXHIBITOR'S FLOOR (LEVEL 1):

Push Pedal Pull – #16-17 Blazer Manufacturing LLC – #19 Mueller Sports Medicine – #24 Championship Productions – #27 Hauff Sporting Goods – #30-31 Advanced Exercise – #34

Universal Cheerleaders Association - #36

BSN Sports - #38-40

VENDORS - NORTH EXHIBITOR'S AREA (LEVEL 2):

Nova Fitness Equipment – #41-42 3D Coaching – #44

Champion - #46

VENDORS - WEST EXHIBITOR'S AREA (Level 3):

X-Grain Sportswear – #55

Mid-American Sports Construction – #57 Nebraska State Education Association – #62

Riddell – #65

Wegener Safety Latch - #67

Fundraising University - #3-4

Concordia University Online Athletics Administration – #7

Glazier Clinics & Online Vault Resources - #10

Custom Sports - #13-14

Balfour – #20 Sideline Power – #21

Sports Imports - #43

HUMANeX Ventures - #60

American Volleyball Coaches Association - South Gym

Nebraska National Guard - East Lobby

Lobby National Wrestling Coaches Association

Scheels

Nebraska Community Blood Bank

Sid Dillon of Lincoln

Genesis Enterprises LLC – #18 Lou's Sporting Goods – #22-23

Bison Inc. – #25-26

The Graphic Edge – #28-29 UNL Army ROTC – #33

National Cheerleaders Association - #35

Varsity Spirit Fashion – #37

Shoot-A-Way – #43

Sports Imports – #45

Neff – #54

rSchoolToday – #56

Shirt Shack – #58-59

Nebraska High School Sports Hall of Fame -#63

Club's Choice – #66

"Coaches Care" Program Encourages Coaches to: "Be the Type that Gives"



2017 marks the sixth year of the Nebraska Coaches Association's (NCA) "Coaches Care" program, underwritten by the Sid Dillon auto dealerships of Lincoln, Crete, Fremont, Blair & Wahoo and Scheels of Lincoln. The three organizations will be partnering with the Nebraska Community Blood Bank for a blood drive during the NCA Multi-Sport Clinic on Wednesday, July 26 <u>outside the west vendor entrance</u> of Lincoln North Star High School.

As leaders in the community, you are encouraged to give back and help those in need. Each coach that registers to give blood within the online site below will receive a \$25 Scheels gift card. Those that register will be eligible exclusively for the grand prize drawing of a flat screen television. Space is limited, sign up before the time slots to donate blood are gone. Only those that sign up within the online times at North Star will receive a Scheels gift card and will be eligible for the television.

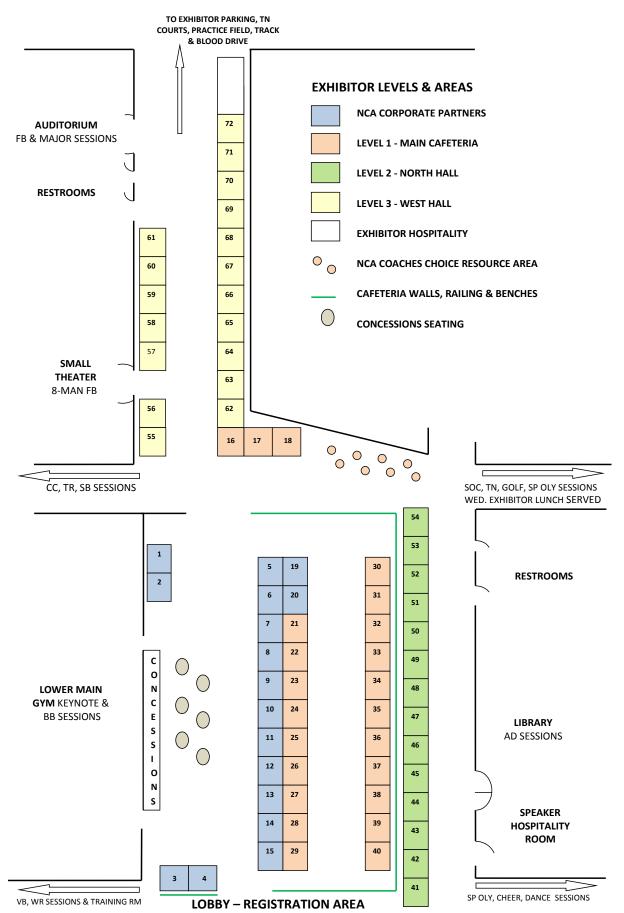
Every coach may be capable of being a lifesaver for one or more people. To make an online appointment to donate blood, go to www.ncbb.org and use the sponsor code **NECA** to register.

Questions, call (877) 486-9414. Thank you in advance for Being the Type that Gives.





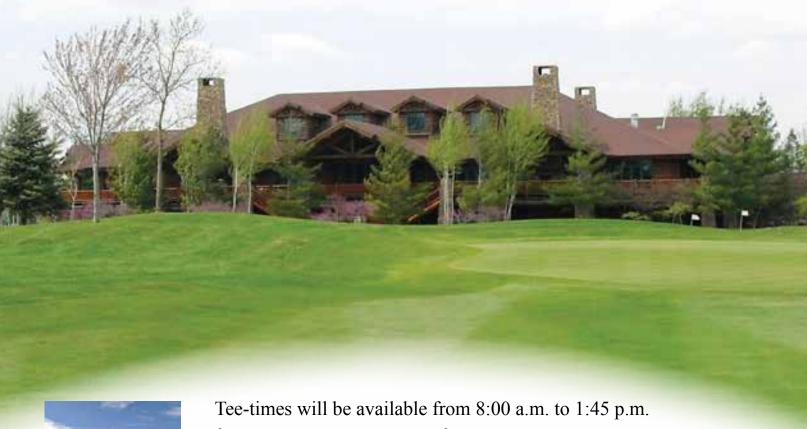
2017 NEBRASKA COACHES ASSOCIATION MULTI-SPORT CLINIC EXHIBITOR LAYOUT





Nebraska Coaches Association's 2017 4-Person Coaches Golf Scramble

Monday, July 24 – Wilderness Ridge Golf Club





Tee-times will be available from 8:00 a.m. to 1:45 p.m. \$55.00 for NCA members & \$65.00 for non-members

Includes green fees, cart, range balls, and hamburger, chips & fountain drink

Tee-times accepted beginning on Monday, May 8 at 9:00 a.m. by calling the NCA office number: 402-434-5675



Please plan to register a complete team of four. Flight prizes – pro shop credit, can be picked up at the NCA Clinic at the NCA Booth.



PLEASE DO NOT CALL WILDERNESS RIDGE GOLF CLUB COURSE FOR TEE-TIMES

Nebraska Coaches Association 2017 Coaches Academy

Earn Three Graduate College Credits from the University of Sioux Falls

Location: Lincoln North Star High School

Dates: Monday July, 24 – Thursday, July 27 in Conjunction with the NCA Multi-Sports Clinic Cost: \$380 Total Includes: Add: (Must Still Register for 2017-18 NCA Membership of \$45 – see page 47)

- 3 Graduate Level Credits from University of Sioux Falls upon completion,
- Lunch Monday, July 24,
- HUMAANeX Ventures Online Athletic Coach Talent 10 Assessment Completion by July 20,
- One year online subscription of Coach & Athletic Director magazine,
- Nine month online access to the Glazier Clinics Vault of national clinics including video and clinicians' notes,
- Copy of Great Teams: 16 Things High Performing Organizations Do Differently, by Don Yaeger,
- \$50 credit when ordering at least \$150 in Russell Athletic coaching apparel for a coaching staff provided by Custom Sports of Norfolk.

Course Title: SODAK Nebraska Coaching Clinic 2017, EDU 548A.1 Creating a Positive Culture through Education Based Athletics

Course Requirements:

The initial course work will require participants to complete a HUMANeX Ventures online *Athletic Coach Talent* 10 Assessment prior to attending the classroom instruction. The intensive classwork will begin Monday, July 24 at Lincoln North Star High School – one day prior to the NCA Multi-Sport Clinic. Enrollees will also be required to complete three of the following four requirements by September 1:

- Attend and critique 12 total sessions at the NCA Multi-Sports Clinic sessions,
- Review and critique 12 articles from Coach & Athletic Director magazine or Nebraska Coach magazine,
- Complete a five page research paper on the development of team culture/chemistry,
- Develop and/or revise (citing course work) an Athletic or Team Handbook to be distributed to players and parents in 2017-2018.

Course Endorsements:











Course Partners:









Monday, July 24 Schedule at Lincoln North Star High School

10:00 a.m. – 10:15 a.m.	Registration & Check-In
	· ·
10:15 a.m. – 10:30 a.m.	Jerry Miller, USF; Class Overview and Requirements
10:30 a.m. – 11:00 a.m.	Jerry Buck, Holdrege HS, NCA President; Building a Strong Foundation
11:05 a.m. – 11:35 a.m.	Mark Armstrong, AD, Lincoln Southwest HS, NSIAAA; Teaching Life Lessons through Education Based Athletics
11:40 a.m. – 12:10 p.m.	Ron Higdon, NSAA Assistant Director; NSAA Eligibility & Sports Medicine
12:15 p.m. – 12:45 p.m.	Ryan Ricenbaw, Principal, Waverly HS, NCSA; "Building Sustainable CultureJust Google It?
12:45 p.m. – 1:15 p.m.	Lunch (Provided)
1:15 p.m. – 2:05 p.m.	HUMANeX Ventures; Intangibles (Talent) of Great Coaches
2:10 p.m. – 3:00 p.m.	HUMANeX Ventures; Developing Your Coaching Strengths
3:05 p.m. – 3:55 p.m.	HUMANeX Ventures; Building Culture by Design
3:55 p.m. – 4:00 p.m.	Closing – Wrap Up
See Clinic Schedule for July	25-27

Registration Form

Name (First & Last Name)	Emailing Address
Summer Mailing Address	Date of Birth
Social Security Number	Cell Phone Number

Have you completed a class from the University of Sioux Falls previously? Yes/No

To register, complete the required information and mail to the NCA office – 500 Charleston St., Ste. 2, Lincoln, NE, 68508 with \$380 payment made to the NCA. Credit card payments may be made by calling the NCA office at 402-434-5675.

Must include additional 2017-18 NCA Membership Payment of \$45

[&]quot;The culture precedes positive results. It doesn't get tacked on as an afterthought on your way to the victory stand. Champions behave like champions before they're champions: they have a winning standard of performance before they are winners." — Bill Walsh



Earn an online athletics administration graduate degree with value(s).

Now that you've found your calling, Concordia University can help you make a bigger impact - around your schedule and with the support of a like-minded community. Learn more about how you can change the world with our online master's in Athletics Administration, today.

go.cune.edu/msaa



#GoHigher

2017 CLINIC REGISTRATION GIFT NCA BACKPACK



CLINIC SCHEDULE ON THE WEB

The 2017 NCA Clinic schedule will be available on the NCA website at www.ncacoach.org. If changes are required to sessions, times, or speakers, an updated schedule will be posted on the NCA website. Please be sure to refer to this schedule in advance of your arrival at clinic. A printed schedule will be provided at the clinic.

FIRST YEAR COACHES ATTEND FOR FREE

The NCA invites first year coaches to the NCA clinic for the cost of their ^{\$}45.00 membership (clinic fee waived). When registering a first year coach, please indicate **'FIRST TIME COACH'** on the online registration form, or on the form on page 47. This will allow the new coach to attend the clinic for free. To qualify for this benefit, the new coach must be entering his/her first year of the coaching profession.

CLINIC REFUNDS

We strongly encourage pre-registration for the Multi-Sports Clinic to avoid long waiting lines on the first day. If a coach is pre-registered but is unable to attend, refunds may be requested **prior to July 1.** Any refund requests received after July 1 will be refunded 50% of the registration fee. Refunds will be issued AFTER August 1. Refund requests must be made in writing on school letterhead and can be mailed to NCA, 500 Charleston St, Ste 2, Lincoln NE, 68508 – or – emailed to darin@ncacoach.org.

CLINIC GOLF TOURNAMENT

The Nebraska Coaches Association 4-Person Coaches Golf Scramble will be on Monday, July 24, at Wilderness Ridge Golf Club. Cost for the tournament will be \$55.00 for NCA members and \$65.00 for non-members, which includes green fees, cart, range balls, and hamburger, chips & fountain drink. **Tee-times** for the four-person scramble will be accepted beginning on Monday, May 8, at 9:00 a.m. by calling the NCA office (402-434-5675). If possible, please plan to register a complete team of four. Tee-times will be available from 8:00 a.m. to 1:45 p.m., scheduled approximately every 8-10 minutes. Wilderness Ridge Golf Club is located in extreme southwest Lincoln south of Yankee Hill Road between 14th and 27th Streets. Feel



free to contact the NCA office for directions. **PLEASE DO NOT CALL WILDERNESS RIDGE GOLF CLUB FOR TEE-TIMES. **

NEW ACTIVITY/ATHLETIC DIRECTORS NSAA MEETING – SUNDAY, JULY 23 – NSAA BUILDING

1:30 – 1:45 p.m. Introductions – NSAA Executive Director and Staff

1:45 – 2:45 p.m. What to Expect in Your First 90 Days/Mentor Program – NSIAAA Panel

2:45 – 3:00 p.m. Break

3:45 – 4:30 p.m. NSAA Points of Emphasis – NSAA Staff

ALL ACTIVITY/ATHLETIC DIRECTORS – NSAA *OUT OF THE BLOCKS* & CLASS CAUCUS MEETINGS MONDAY, JULY 24 – LINCOLN NORTH STAR AUDITORIUM & SMALL THEATER

7:15 – 8:00 a.m. Continental Breakfast

8:00 – 9:30 a.m. NSAA Out of Blocks Meeting – Auditorium

9:30 – 9:45 a.m. Break

9:45 – 10:45 a.m. Class Caucus Meetings – Small Theater

COACHES NIGHT OUT – WEDNESDAY, JULY 26 – PRESENTED BY HUDL

Coaches Night Out will return to Barry's at 235 N 9th St. NCA members, clinicians and clinic vendors are welcome to attend this social time. Quality Brands of Lincoln will be providing beverages. Food will also be provided by NCA & Hudl. Clinic badges will be required for entry as the entire facility will be open only to those with a clinic badge, spouses or significant others. The event, which runs from 8:30–11:30 p.m.







Follow the NCA and Clinic Updates on Twitter and Facebook @NebraskaCoach

SUGAR ENERGIZES YOUR GAME



SUGAR = CARBS FOR FUEL

And that's exactly why Gatorade® Thirst Quencher is specially formulated with 21g of fast-absorbing carbs per 12 ounces of fluid. It's the boost your body needs when you need to give it your all.

WHY

The glucose and sucrose fuel your muscles and mind.

WHEN

From start to finish, sugar helps you stay energized throughout activity so you can play your best.

HOW MUCH

The recommended amount of sugar for athletes is 30-60g per hour of activity. That's why every bottle of Gatorade® Thirst Quencher is formulated to help deliver the proper carb intake, plus the fluids to help support hydration.

Learn more about how SUGAR & CARBS FUEL YOUR PERFORMANCE @ GATORADE.COM



Gatorade and G Design are registered trademarks of S-VC, Inc. ©2015 S-VC, Inc.

CONCORDI

Tuesday, July 25

7:30 a.m. – 4:30 p.m. REGISTRATION & EXHIBIT AREAS OPEN

8:30 a.m. – 9:20 a.m. Concordia University Athletics Administration Online Program Overview

9:50 a.m. – 11:20 a.m. Welcome & Keynote: Dick Vermeil, Common Sense Principles of Coaching, *Main Gym*

11:20 a.m. – 1:00 p.m. Lunch Break

1:00 p.m. – 1:50 p.m. Steve Throne & Steve Kerkman, Millard South; Creating a Student-Athlete Leadership Group

2:05 p.m. – 2:55 p.m. Steve Throne & Steve Kerkman, Millard South; Developing a Positive School Culture

3:10 p.m. – 4:00 p.m. lan Ray, rSchoolToday; Athletic Scheduler Tip & Tricks -

Wednesday, July 26 Coaches Care Blood Drive, Nebraska Community Blood Bank, West Side LNS, Presented by Scheels & Sid Dillon

7:30 a.m. – 3:30 p.m. REGISTRATION & EXHIBIT AREAS OPEN

8:30 a.m. – 9:45 a.m.

Diane Shuck, Douglas County HS, CO; Positive Sportsmanship – It is Meant to BE it is Up to ME
10:00 a.m. – 11:15 a.m.

Diane Shuck, Douglas County HS, CO; Developing Student Leaders in Your Athletic Programs

11:30 a.m. – 12:00 p.m. NCA District Meetings

12:00 p.m. – 1:30 p.m. Lunch Break & NCA Sports Advisory Committee Meetings 1:30 p.m. – 2:20 p.m. Lunch Break & NCA Sports Advisory Committee Meetings lan Ray, rSchoolToday; Facility Scheduler & Activity Registration

1:30 p.m. – 2:20 p.m. Dave Schultz, NE Sports Concussion Network; Refresher: ImPact-Baseline Testing & Training, Sign Up at Booth # 15, D023

2:20 p.m. – 3:00 p.m. NEW: Ice Cream Social Presented By Digital Trophy Case – Exhibitor Booth 1 & 2

3:10 p.m. – 4:00 p.m. lan Ray, r\$choolToday; Tips, Tricks and Q&A with r\$choolToday

Thursday, July 27

7:30 a.m. – 11:00 a.m. REGISTRATION & EXHIBIT AREAS OPEN

8:00 a.m. – 9:30 a.m. Nebraska School Activities Association; Head, Heart and Heat Certification, Auditorium

BASKETBALL Main Gym unless otherwise noted

Tuesday, July 25

7:30 a.m. – 4:30 p.m. REGISTRATION & EXHIBIT AREAS OPEN 8:30 a.m. – 9:20 a.m. Hudl: Helping Basketball Coaches Win

9:50 a.m. – 11:20 a.m. Welcome & Keynote: Dick Vermeil, Common Sense Principles of Coaching

11:20 a.m. – 1:00 p.m. Lunch Break

1:00 p.m. – 1:50 pm
Aaron Losing, Crofton HS, NE (Girls); Building Man/Man Defense through Shell Drill – Presented by Baden Sports
1:00 p.m. – 2:55 pm
NE Orthopædic & Sports Medicine, Lincoln; Care & Prevention of Athletic Injuries-Taping for Coaches, *Training Rm.*2:05p.m. – 2:55 pm
Aaron Losing, Crofton HS, NE (Girls); Transition Basketball-Theory & Drills – Presented by Baden Sports

3:10 p.m. – 4:00 pm

Aaron Losing, Crofton HS, NE (Girls); Position Specific Offensive Fundamental Drills – Presented by Baden Sports-

Wednesday, July 26 Coaches Care Blood Drive, Nebraska Community Blood Bank, West Side LNS, Presented by Scheels & Sid Dillon

7:30 a.m. – 3:30 p.m. REGISTRATION & EXHIBIT AREAS OPEN

8:30 a.m. – 8:45 a.m. NCA Sport Meeting

8:45 a.m. – 9:45 a.m. Jon Dolliver, NSAA Rules Meeting

10:00 a.m. – 11:15 a.m. Steve Bergman, Iowa City West HS, IA (Boys); Shooting Drills to Improve Your Game Shooting

11:30 a.m. – 12:00 p.m. NCA District Meetings

12:00 p.m. – 1:30 p.m. Lunch Break & NCA Sports Advisory Committee Meetings

1:30 p.m. – 2:20 p.m. Steve Bergman, Iowa City West HS, IA (Boys); Back Screening Motion: A Simple & Effective Offense

1:30 p.m. – 2:20 p.m.

Dave Schultz, NE Sports Concussion Network; Refresher: ImPact-Baseline Testing & Training, Sign Up at Booth # 15, **D023**NE Orthopaedic & Sports Medicine, Lincoln; Care & Prevention of Athletic Injuries-Taping for Coaches, **Training Rm**.

2:30 p.m. – 3:00 p.m. NEW: Ice Cream Social Presented By Digital Trophy Case – Exhibitor Booth 1 & 2 3:10 p.m. – 4:00 p.m. Steve Bergman, Iowa City West HS, IA (Boys); Competitive Drills to Build Team Toughness

Thursday, July 27

7:30 a.m. – 11:00 a.m. REGISTRATION & EXHIBIT AREAS OPEN

8:00 a.m. – 9:30 a.m. Nebraska School Activities Association; Head, Heart and Heat Certification, **Auditorium**8:30 a.m. – 9:20 a.m. Norm Persin, Oak Hill HS, OH; Power Points & Coaching Concepts to Build a Successful Program

9:35 a.m. – 10:25 a.m. Norm Persin, Oak Hill HS, OH; Practice Drills to Fit Your System

10:40 a.m. – 11:30 a.m. Norm Persin, Oak Hill HS, OH; Drills to Open Post Offense/ with Quick Hitters

11:45 a.m. End of Clinic Drawings

BOWLING-UNIFIEDB103 unless otherwise noted

Tuesday, July 25

7:30 a.m. – 4:30 p.m. REGISTRATION & EXHIBIT AREAS OPEN

9:50 a.m. – 11:20 a.m. Welcome & Keynote: Dick Vermeil, Common Sense Principles of Coaching, *Main Gym*

11:20 a.m. – 1:00 p.m. Lunch Break

1:00 p.m. – 1:50 p.m. Dan Masters, NSAA, Unified Bowling Rules Meeting/Update

1:00 p.m. – 2:55 p.m. NE Orthopaedic & Sports Medicine, Lincoln; Care & Prevention of Athletic Injuries-Taping for Coaches, *Training Rm.*

2:05 p.m. – 2:55 p.m. Nate Cain, Papillion-La Vista South HS, NE; How to Build a Culture of Inclusivity in Unified Sports-Part 1

3:10 p.m. – 4:00 p.m. Jan Lehms, Milliard West HS, NE & Barb Rolf, West Point-Beemer HS, NE; How to Build a Culture of Inclusivity in Unified Sports-Part 2

Wednesday, July 26

Coaches Care Blood Drive, Nebraska Community Blood Bank, West Side LNS, Presented by Scheels & Sid Dillon

7:30 a.m. – 3:30 p.m. REGISTRATION & EXHIBIT AREAS OPEN

8:30 a.m. – 9:45 a.m. Randy Dodge, North Bend Central HS, NE; Basics & Fundamentals of Bowling 10:00 a.m. – 11:15 a.m. Randy Dodge, North Bend Central HS, NE; Fundamentals & Strategies of Bowling

11:30 a.m. – 12:00 p.m. NCA District Meetings

BOWLING-UNIFIED

Continued from page 13

12:00 p.m – 1:30 p.m. Lunch Break & NCA Sports Advisory Committee Meetings

1:30 p.m. – 2:20 p.m.

Dave Schultz, NE Sports Concussion Network; Refresher: ImPact-Baseline Testing & Training, Sign Up at Booth # 15, **D023**1:30 p.m. – 3:25 p.m.

Dave Schultz, NE Sports Concussion Network; Refresher: ImPact-Baseline Testing & Training, Sign Up at Booth # 15, **D023**NE Orthopaedic & Sports Medicine, Lincoln; Care & Prevention of Athletic Injuries-Taping for Coaches, **Training Rm.**

2:30 p.m. – 3:00 p.m. NEW: Ice Cream Social Presented By Digital Trophy Case – Exhibitor Booth 1 & 2

Thursday, July 27

7:30 a.m. – 11:00 a.m. REGISTRATION & EXHIBIT AREAS OPEN

8:00 a.m. – 9:30 a.m. Nebraska School Activities Association; Head, Heart and Heat Certification, *Auditorium*8:30 a.m. – 9:20 a.m. Nebraska School Activities Association; Head, Heart and Heat Certification, *Auditorium*John Losito, Sun Valley Lanes; Strikes are for Show but Spares are for Dough -Science Behind Strikes & Spares Part 1 *Sun Valley Lanes*

9:35 a.m. – 10:25 a.m.

John Losito, Sun Valley Lanes; Strikes are for Show but Spares are for Dough -Science Behind Strikes & Spares Part 2 **Sun Valley Lanes**

11:45 a.m. End of Clinic Drawings, *Main Gym*

CHEERLEADING

Presented by Varsity A102 unless otherwise noted

Coaches may attend Tuesday or Wednesday (same material covered each day in Cheerleading sessions)

Tuesday, July 25

7:30 a.m. – 4:30 p.m.

8:30 a.m. – 9:20 a.m.

9:25 a.m. – 9:45 a.m.

9:50 a.m. – 11:20 a.m.

11:20 a.m. – 1:00 p.m.

REGISTRATION & EXHIBIT AREAS OPEN

Joint Session for Cheer & Dance, UCA, UDA, ACCAA; 7 Steps to Dealing with Difficult Parents A118A

Joint Session for Cheer & Dance; Nebraska State Competition Update and Q&A A118A

Welcome & Keynote: Dick Vermeil, Common Sense Principles of Coaching, Main Gym

Lunch Break

1:00 p.m. – 1:50 p.m. Jim Lord, AACCA; Understanding Nebraska's Stunting Rules – Q&A **A118A**

1:00 p.m. – 1:50 p.m. Ashley Parnell, UCA; Fundraising 101

2:05 p.m. – 2:55 p.m. Jim Lord, AACCA; AACCA Safety Certification **A118A**

2:05 p.m. – 2:55 p.m. Ashley Parnell, UCA; Building Your Routine Around the Scoresheet to Maximize Your Score

3:10 p.m.-4:00 p.m. Joint Session for Cheer & Dance, Jim Lord, ACCAA; Responsible Coaching-Legal Responsibility A118A

4:15 p.m. – 5:30 p.m. UCA Staff & Jim Lord; Skills Demonstration & Hands-On Skill Seminar for Coaches South Gym

Wednesday, July 26

Coaches Care Blood Drive, Nebraska Community Blood Bank, West Side LNS, Presented by Scheels & Sid Dillon

7:30 a.m. – 3:30 p.m. REGISTRATION & EXHIBIT AREAS OPEN

9:00 a.m. – 9:50 a.m. Joint Session for Cheer & Dance, UCA, UDA, ACCAA; 7 Steps to Dealing with Difficult Parents A118A

10:00 a.m. – 10:20 a.m. Joint Session for Cheer & Dance; Nebraska State Competition Update and Q&A A118A

10:30 a.m. – 11:20 a.m. Jim Lord, AACCA; Understanding Nebraska's Stunting Rules – Q&A **A118A**

10:30 a.m. – 11:20 a.m. Ashley Parnell, UCA; Fundraising 101

11:30 a.m. – 12:00 p.m. NCA District Meetings

12:00 p.m. – 1:30 p.m. Lunch Break

1:30 p.m. – 2:20 p.m. Jim Lord, AACCA; AACCA Safety Certification A118A

1:30 p.m. – 2:20 p.m. Ashley Parnell, UCA; Building Your Routine Around the Scoresheet to Maximize Your Score

2:30 p.m. – 3:00 p.m. NEW: Ice Cream Social Presented By Digital Trophy Case – Exhibitor Booth 1 & 2

3:10 p.m. – 4:00 p.m. Joint Session for Cheer & Dance, Jim Lord; ACCAA, Responsible Coaching-Legal Responsibility A118A

4:15 p.m. – 5:30 p.m. UCA Staff & Jim Lord; Skills Demonstration & Hands-On Skill Seminar for Coaches **South Gym**

CROSS COUNTRY

E119 unless otherwise noted

Tuesday, July 25

7:30 a.m. – 4:30 p.m. REGISTRATION & EXHIBIT AREAS OPEN

8:30 a.m. – 9:20 a.m. Matt Rogers, Creighton University; Experimentation in Training

9:50 a.m. – 11:20 a.m. Welcome & Keynote: Dick Vermell, Common Sense Principles of Coaching, *Main Gym*

11:20 a.m. - 1:00 p.m. Lunch Break

1:00 p.m. – 1:50 p.m. Ron Higdon, NSAA Cross Country Update

1:00 p.m. – 2:55 p.m. NE Orthopaedic & Sports Medicine, Lincoln; Care & Prevention of Athletic Injuries-Taping for Coaches, *Training Rm.*

2:05 p.m. – 2:55 p.m. Matt Rogers, Creighton University; Coaching the Millennial 3:10 p.m. – 4:00 p.m. Matt Rogers, Creighton University; Coaching with Your Strengths

Wednesday, July 26 Coaches Care Blood Drive, Nebraska Community Blood Bank, West Side LNS, Presented by Scheels of Lincoln & Sid Dillon Auto of Lincoln & Crete

7:30 a.m. – 3:30 p.m. REGISTRATION & EXHIBIT AREAS OPEN

9:00 a.m. – 9:15 a.m. NCA Sport Meeting

9:15 a.m. - 10:05 a.m. Carrie Lane, USTFCCCA; How to Implement a Strength Training Program for Distance Runners

10:20 a.m. – 11:10 a.m. Carrie Lane, USTFCCCA; Hands on Session-Form Coaching Strength & Plyometrics for Distance Runners, *Track*

11:30 a.m. – 12:00 p.m. NCA District Meetings

12:00 p.m. – 1:30 p.m. Lunch Break & NCA Sports Advisory Committee Meetings

1:30 p.m. – 2:20 p.m. Tracy Hellman, Augustana University (SD); Developing a Winning Cross Country Program

1:30 p.m. – 2:20 p.m.

Dave Schultz, NE Sports Concussion Network; Refresher: ImPact-Baseline Testing & Training, Sign Up at Booth # 15, **D023**1:30 p.m. – 3:25 p.m.

Dave Schultz, NE Sports Concussion Network; Refresher: ImPact-Baseline Testing & Training, Sign Up at Booth # 15, **D023**NE Orthopaedic & Sports Medicine, Lincoln; Care & Prevention of Athletic Injuries-Taping for Coaches, **Training Rm.**

2:30 p.m. – 3:00 p.m. NEW: Ice Cream Social Presented By Digital Trophy Case – Exhibitor Booth 1 & 2

3:10 p.m. – 4:00 p.m. Tracy Hellman, Augustana University (SD); Setting Your Middle Distance Runners Up for Success

Thursday, July 27

7:30 a.m. – 11:00 a.m. REGISTRATION & EXHIBIT AREAS OPEN

8:00 a.m. – 9:30 a.m. Nebraska School Activities Association; Head, Heart and Heat Certification, *Auditorium*

9:35 a.m. – 10:25 a.m. Tracy Hellman, Augustana University (SD); Championship Cross Country: Setting Up Your Season

10:40 a.m. – 11:30 a.m. Tracy Hellman, Augustana University (SD); Supplemental Training for Track & Field

11:45 a.m. End of Clinic Drawings, *Main Gym*

OFFICIAL NGA APPAREL PROVIDER NOW OFFERING SUBLIMATION!



GUSTOMSPORTS

SCREEN PRINTING • EMBROIDERY • SUBLIMATION NORFOLK, NE

SCREEN PRINTING & EMBROIDERY



SUBLIMATION



ONLINE ORDERING FOR TEAMS & BOOSTER CLUBS



402.379.0362 · sales@eustomsportsco.com

WWW.CUSTOMSPORTSCO.COM

DANCE

Presented by Varsity A 103 unless otherwise noted

Coaches may attend Tuesday or Wednesday (same material covered each day in Dance sessions)

Tuesday, July 25

7:30 a.m. - 4:30 p.m. REGISTRATION & EXHIBIT AREAS OPEN 8:30 a.m.- 9:20 a.m.

Joint Session for Cheer & Dance, UCA, UDA, ACCAA; 7 Steps to Dealing with Difficult Parents A118A

9:25 a.m. – 9:45 a.m. Joint Session for Cheer & Dance: Nebraska State Competition Update and Q&A A118A 9:50 a.m. – 11:20 a.m. Welcome & Keynote: Dick Vermeil, Common Sense Principles of Coaching, *Main Gym*

11:20 a.m. - 1:00 p.m.

1:00 p.m. - 1:50 p.m. Jim Lord, AACCA; Understanding Nebraska's Lift Rules – Q&A A118A 1:00 p.m. – 1:50 p.m. Sylvia Carpenter, UDA; How to Get the Most Out of You Practices 2:05 p.m. – 2:55 p.m. Jim Lord, AACCA; AACCA Safety Certification A118A

2:05 p.m. - 2:55 p.m. Sylvia Carpenter, UDA; Effectively Cleaning Your Routines

3:10 p.m. - 4:00 p.m. Joint Session for Cheer & Dance, Jim Lord, ACCAA; Responsible Coaching-Legal Responsibility A118A 4:15 p.m. - 5:30 p.m.

UDA Staff & Jim Lord; Skills Demonstration & Hands-On Skill Seminar for Coaches South Gym

Wednesday, July 26 Coaches Care Blood Drive, Nebraska Community Blood Bank, West Side LNS, Presented by Scheels & Sid Dillon

7:30 a.m. - 3:30 p.m. REGISTRATION & EXHIBIT AREAS OPEN

9:00 a.m. - 9:50 a.m. Joint Session for Cheer & Dance, UCA, UDA, ACCAA; 7 Steps to Dealing with Difficult Parents A118A

10:00 a.m. - 10:20 a.m. Joint Session for Cheer & Dance; Nebraska State Competition Update and Q&A A118A

10:30 a.m. - 11:20 a.m. Jim Lord, AACCA; Understanding Nebraska's Lift Rules - Q&A A118A

10:30 a.m. - 11:20 a.m. Sylvia Carpenter, UDA; Effectively Cleaning Your Routines

11:30 a.m. - 12:00 p.m. NCA District Meetings

12:00 p.m. - 1:30 p.m. Lunch Break

1:30 p.m. - 2:20 p.m. Jim Lord, AACCA; AACCA Safety Certification A118A

1:30 p.m. - 2:20 p.m. Sylvia Carpenter, UDA; Building Your Routine Around the Scoresheet to Maximize Your Score

2:30 p.m. - 3:00 p.m. NEW: Ice Cream Social Presented By Digital Trophy Case – Exhibitor Booth 1 & 2

3:10 p.m. - 4:00 p.m. Joint Session for Cheer & Dance, Jim Lord, ACCAA; Responsible Coachina-Leaal Responsibility A118A

4:15 p.m. - 5:30 p.m. UDA Staff & Jim Lord: Skills Demonstration & Hands-On Skill Seminar for Coaches South Gym

FOOTBALL 11-MAN

Presented by USA Football

Auditorium unless otherwise noted

Tuesday, July 25

7:30 a.m. - 4:30 p.m. REGISTRATION & EXHIBIT AREAS OPEN

8:30 a.m. - 9:20 a.m. Jeff Tomlin, Grand Island HS, NE; 4-2-5 Fronts, Stunts & Coverages

9:50 a.m. - 11:20 a.m. Welcome & Keynote: Dick Vermeil, Common Sense Principles of Coaching, Main Gym

11:20 a.m. - 1:00 p.m. Lunch Break

1:00 p.m. - 1:50 p.m. Glen Snodgrass, York HS; York Football: Culture & Pillars

1:00 p.m. - 2:55 p.m. NE Orthopaedic & Sports Medicine, Lincoln; Care & Prevention of Athletic Injuries-Taping for Coaches, *Training Rm*.

2:05 p.m. - 2:55 p.m. Glen Snodgrass, York HS; York Special Teams (Assisted by Matt Kern & Jordan Crawford) 3:10 p.m. - 4:00 p.m. Glen Snodgrass, York HS; York Offense; Old School-Smash Mouth Football, Sweep Series-

Wednesday, July 26 Coaches Care Blood Drive, Nebraska Community Blood Bank, West Side LNS, Presented by Scheels & Sid Dillon

7:30 a.m. - 3:30 p.m. REGISTRATION & EXHIBIT AREAS OPEN

8:30 a.m. - 8:45 a.m. NCA Sport Meeting

8:45 a.m. - 9:45 a.m. Nate Neuhaus, NSAA Football Rules Meeting

10:00 a.m. - 10:50 a.m. Steve Specht, St. Xavier HS, OH; Matching Zone Coverages

Max Preps; Touchdowns Against Cancer Program 10:50 a.m. - 11:05 a.m.

11:30 a.m. – 12:00 p.m. NCA District Meetings

Lunch Break & NCA Sports Advisory Committee Meetings 12:00 p.m. – 1:30 p.m. 1:30 p.m. - 2:20 p.m. Steve Specht, St. Xavier HS, OH; Blitz Package out of the 3-3-5

1:30 p.m. - 2:20 p.m. Dave Schultz, NE Sports Concussion Network; Refresher: ImPact-Baseline Testing & Training, Sign Up at Booth # 15, D023 NE Orthopaedic & Sports Medicine, Lincoln; Care & Prevention of Athletic Injuries-Taping for Coaches, Training Rm. 1:30 p.m. - 3:25 p.m.

2:30 p.m. - 3:00 p.m. NEW: Ice Cream Social Presented By Digital Trophy Case – Exhibitor Booth 1 &~23:10 p.m. - 4:00 p.m. Steve Specht, St. Xavier HS, OH; Philosophy on Defending the Spread Offenses

Thursday, July 27

7:30 a.m. - 11:00 a.m. REGISTRATION & EXHIBIT AREAS OPEN

8:00 a.m. - 9:30 a.m.Nebraska School Activities Association: Head, Heart and Heat Certification.

8:30 a.m. - 9:20 a.m. Hudl; Helping Football Coaches Win, Small Theater

9:35 a.m. - 10:25 a.m. Ryan Williams, Midland University; QB Drills/3 Step Passing Game 10:40 a.m. - 11:30 a.m. Jamie Bisch, Midland University; Takeaways & Block Destruction

11:45 a.m. End of Clinic Drawings, Main Gym

FOOTBALL 8-MAN

Presented by USA Football

Theater unless otherwise noted

Tuesday, July 25

16

7:30 a.m. - 4:30 p.m. REGISTRATION & EXHIBIT AREAS OPEN

8:30 a.m. - 9:20 a.m. Jack Henderson, Dufur HS, OR; Dufur Ranger Trap Series

9:50 a.m. - 11:20 a.m. Welcome & Keynote: Dick Vermeil, Common Sense Principles of Coaching, Main Gym

11:20 a.m. - 1:00 p.m.

1:00 p.m. – 1:50 p.m. Jack Henderson, Dufur HS, OR; Adjusting Schemes to Athletes

1:00 p.m. - 2:55 p.m. NE Orthopaedic & Sports Medicine, Lincoln; Care & Prevention of Athletic Injuries-Taping for Coaches, *Training Rm*.

2:05p.m. - 2:55 p.m. Jack Henderson, Dufur HS, OR; Special Teams Development/Schemes 3:10 p.m. - 4:00 p.m. Jack Henderson, Dufur HS, OR; The Ranger Defense











DIGITAL TROPHY CASE

SCHOOL ACTIVITIES INTERACTIVE KIOSK

- > CHAMPIONSHIPS
- > YEARBOOKS
- > ALUMNI
- > SCHEDULES

- > RECORDS
- > HALL OF FAME















www.nanonation.net/digital-trophy-case.php

(402) 323- 6266

17

Wednesday, July 26 Coaches Care Blood Drive, Nebraska Community Blood Bank, West Side LNS, Presented by Scheels & Sid Dillon

7:30 a.m. - 3:30 p.m. REGISTRATION & EXHIBIT AREAS OPEN 8:30 a.m. – 8:45 a.m. NCA Sport Meeting, Auditorium

8:45 a.m. - 9:45 a.m. Nate Neuhaus, NSAA Football Rules Meeting, Auditorium 10:00 a.m. - 10:50 a.m. Chris Hess & Kurtis Koenig, Ennis HS, MT; 8-Man Wing Series 10:50 a.m. - 11:05 a.m. Max Preps; Touchdowns Against Cancer Program, Auditorium

11:30 a.m. - 12:00 p.m. NCA District Meetings

12:00 p.m. – 1:30 p.m. Lunch Break & NCA Sports Advisory Committee Meetings 1:30 p.m. – 2:20 p.m. Chris Hess & Kurtis Koenig, Ennis HS, MT; Defending the Spread 2.0

1:30 p.m. - 2:20 p.m. Dave Schultz, NE Sports Concussion Network; Refresher: ImPact-Baseline Testing & Training, Sign Up at Booth # 15, D023 1:30 p.m. - 3:25 p.m. NE Orthopaedic & Sports Medicine, Lincoln; Care & Prevention of Athletic Injuries-Taping for Coaches, Training Rm.

2:30 p.m. - 3:00 p.m. NEW: Ice Cream Social Presented By Digital Trophy Case – Exhibitor Booth 1 & 2

3:10 p.m. - 4:00 p.m. Chris Hess & Kurtis Koenig, Ennis HS, MT; Leadership & Program Building

Thursday, July 27

7:30 a.m. – 11:00 a.m. REGISTRATION & EXHIBIT AREAS OPEN

8:00 a.m. - 9:30 a.m. Nebraska School Activities Association; Head, Heart and Heat Certification, Auditorium

8:30 a.m. – 9:20 a.m. Hudl, Helping Football Coaches Win

9:35 a.m. – 10:25 a.m. Ryan Williams, Midland University; QB Drills/3 Step Passing Game Auditorium 10:40 a.m. - 11:30 a.m. Jamie Bisch, Midland University; Takeaways & Block Destruction Auditorium

11:45 a.m. End of Clinic Drawings, Main Gym

GOLF Please note: Location of Sessions Vary

Tuesday, July 25

7:30 a.m. - 4:30 p.m. **REGISTRATION & EXHIBIT AREAS OPEN** 8:30 a.m. - 8:45 a.m. NCA Sport Meeting, LNS B101

8:45 a.m. - 9:35 a.m. Jon Dolliver, NSAA Golf Update, LNS B101

9:50 a.m. – 11:20 a.m. Welcome & Keynote: Dick Vermeil, Common Sense Principles of Coaching, LNS Main Gym

11:20 a.m. - 1:00 p.m. Lunch Break

1:30 p.m. - 4:00 p.m. PGA Golf Management Sessions (Rotating 45 minute Sessions) Keim Hall, Univ. of Nebraska

PGA Golf Management's Teaching Lab Demonstrations – Athletes Game Improvement

PGA Golf Management Simulation Lab Demonstration - Practicing & Individual Lessons Using the Simulation Lab Overview and Q/A Regarding UNL's Degree Program in PGA Management & Golf Industry Career Opportunities -

Wednesday, July 26 Coaches Care Blood Drive, Nebraska Community Blood Bank, West Side LNS, Presented by Scheels & Sid Dillon

7:30 a.m. – 3:30 p.m. REGISTRATION & EXHIBIT AREAS OPEN

9:00 a.m. - 9:50 a.m. Joe Schlegelmilch, Lincoln Southeast HS & Matthew Bertsch, LPS Sports Performance; Mental & Physical Aspects of Coaching: Creating an

Advantage for Your Golfers **B101**

10:10 a.m. - 11:00 a.m. Joe Schlegelmilch, Lincoln Southeast HS & Matthew Bertsch, LPS Sports Performance; Physical Training for Golfers: The Why & How of a Golf

Workout Program LNS Weight Room

11:30 a.m. - 12:00 p.m. NCA District Meetings

12:00 p.m. - 1:30 p.m. Lunch Break & NCA Sports Advisory Committee Meetings

1:30 p.m. – 2:20 p.m. Alex Hull, Northwest HS; Team Organization & Management Highlands Conference Room

1:30 p.m. – 2:20 p.m. Dave Schultz, NE Sports Concussion Network; Refresher: ImPact-Baseline Testing & Training, Sign Up at Booth # 15, D023 1:30 p.m. – 3:25 p.m. NE Orthopaedic & Sports Medicine, Lincoln; Care & Prevention of Athletic Injuries-Taping for Coaches, Training Rm.

2:35 p.m. - 3:25 p.m. Alex Hull, Northwest HS; Short Game & Range Drills Highlands Practice Range/Green

Thursday, July 27

7:30 a.m. - 11:00 a.m. REGISTRATION & EXHIBIT AREAS OPEN

8:00 a.m. – 9:30 a.m. Nebraska School Activities Association; Head, Heart and Heat Certification, *LNS Auditorium*

Jeff Strickland, Three Forks HS, MT; Building a Successful Program Highlands Conference Room 8:30 a.m. - 9:20 a.m.

9:30a.m. - 10:20 a.m. Jeff Strickland, Three Forks HS, MT; Competition in Practice – The Key to a Successful Season Highlands Conference Room

10:30 a.m. - 11:20 a.m. Jeff Strickland, Three Forks HS, MT; Drills to Develop a Better Short Game Highlands Practice Range/Green (Bring Wedge/Putter)

End of Clinic Drawings, LNS Main Gym 11:45 a.m.

SOCCER B106 unless otherwise noted

Tuesday, July 25

7:30 a.m. - 4:30 p.m. REGISTRATION & EXHIBIT AREAS OPEN 8:30 a.m. - 9:20 a.m. Ron Higdon, NSAA Soccer Rules Meeting

9:50 a.m. - 11:20 a.m. Welcome & Keynote: Dick Vermeil, Common Sense Principles of Coaching, Main Gym

11:20 a.m. - 1:00 p.m.

1:00 p.m. – 1:50 p.m. Ian Bridge, Univ. of Nebraska; Soccer Technique Training-Solutions for Lack of Technical Mastery in Young Players NE Orthopaedic & Sports Medicine, Lincoln; Care & Prevention of Athletic Injuries Taping for Coaches, *Training Rm*. 1:00 p.m. - 2:55 p.m.

2:05 p.m. – 2:55 p.m. Ian Bridge, Univ. of Nebraska; Match Analysis-How are Goals Scored? Statistical Analysis of Goals & Repercussions on Soccer Training

3:10 p.m. - 4:00 p.m. Hudl; Helping Soccer Coaches Win-

Wednesday, July 26 Coaches Care Blood Drive, Nebraska Community Blood Bank, West Side LNS, Presented by Scheels & Sid Dillon

7:30 a.m. - 3:30 p.m. **REGISTRATION & EXHIBIT AREAS OPEN**

8:30 a.m. - 8:45 a.m. NCA Sport Meeting

9:00 a.m. - 9:50 a.m. Maren McCrary, Nebraska State Soccer Association; Reality Based Training Sessions

10:10 a.m. – 11:00 a.m. Maren McCrary, Nebraska State Soccer Association; Women in Soccer-Improving Communication with Female Players, Coaches & Referees

11:30 a.m. – 12:00 p.m. NCA District Meetings

12:00 p.m. – 1:30 p.m. Lunch Break & NCA Sports Advisory Committee Meetings

1:30 p.m. - 2:20 p.m. Maren McCrary, Nebraska State Soccer Association; Shooting Technique for More Power & Accuracy

1:30 p.m. - 2:20 p.m. Dave Schultz, NE Sports Concussion Network; Refresher: ImPact-Baseline Testing & Training, Sign Up at Booth # 15, D023 1:30 p.m. - 3:25 p.m. NE Orthopaedic & Sports Medicine, Lincoln; Care & Prevention of Athletic Injuries-Taping for Coaches, *Training Rm.*

2:30 p.m. - 3:00 p.m. NEW: Ice Cream Social Presented By Digital Trophy Case – Exhibitor Booth 1 & 2

3:10 p.m. - 4:00 p.m. Jim Gardner, Cheyenne East HS, WY (Girls) & Laramie CC (Women); Developing Physical & Mental Toughness





PRODUCTIVE. Feel refreshed.

Make work feel less like work with:

- Free high-speed Internet access
- Complimentary, hot Be Our Guest Breakfast
- Comfortable, spacious rooms
- Pool and Whirlpool
- Guest Laundry on-site
- And more!

Country Inn & Suites By Carlson, Lincoln North, NE 5353 North 27th Street Lincoln, NE 68521 +1 (402) 476-5353 • countryinns.com/lincolnne





Contact NPSA to schedule an NCSA ambassador to attend a workshop, group meeting, civic meeting, region meeting, or faculty meeting.

Follow us:



Facebook.com/Nebraska-Advantage

The Nebraska Public School Advantage

The NPSA works in collaboration with the Nebraska Council of School Administrators (NCSA) to promote the amazing success stories within our Nebraska public schools. The NCSA Ambassador Program was created to share the success of our public schools and encourage others to contribute their stories.

We collect and highlight these multifaceted success stories and travel to all corners of the state to collect and promote these stories both big and small taking place in our public schools. We focus on stories of exemplary leadership and innovative education practices to educate, motivate and inspire educators and the communities they serve.

The transformational power of public education is no secret to those who work within it, but it can go unnoticed outside the classroom. Please help us share and promote the wonderful things happening in our public schools.

www.Nebraska-Advantage.org www.NCSA.org

♦ 455 South 11th Street, Suite C Lincoln, Nebraska 68508

info@nebraska-advantage.org news@ncsa.org

SOCCER

continued from page 18

Thursday, July 27

7:30 a.m. - 11:00 a.m. **REGISTRATION & EXHIBIT AREAS OPEN**

8:00 a.m. - 9:30 a.m. Nebraska School Activities Association; Head, Heart and Heat Certification, Auditorium

9:35 a.m. - 10:25 a.m. Jim Gardner, Cheyenne East HS, WY (Girls) & Laramie CC (Women); It's not all about the X's & O's

How to be a Successful Coach On & Off the Pitch

10:40 a.m. - 11:30 a.m. Jim Gardner, Cheyenne East HS, WY (Girls) & Laramie CC (Women); A Teaching Progression for Zonal Defending

11:45 a.m. End of Clinic Drawings, Main Gym

SOFTBALL Presented by Softball Excellence E121 unless otherwise noted

Tuesday, July 25

7:30 a.m. - 4:30 p.m. REGISTRATION & EXHIBIT AREAS OPEN 8:30 a.m. - 9:30 a.m. Dan Masters, NSAA Softball Rules Meetina

9:50 a.m. - 11:20 a.m. Welcome & Keynote: Dick Vermeil, Common Sense Principles of Coaching, Main Gym

11:20 a.m. - 1:00 p.m.

1:00 p.m. - 1:50 p.m. Bill Edwards, Hofstra University (Retired); Hofstra Defensive System, Part 1 – Presented by Baden Sports

1:00 p.m. - 2:55 p.m. NE Orthopaedic & Sports Medicine, Lincoln; Care & Prevention of Athletic Injuries-Taping for Coaches, Training Rm.

Bill Edwards, Hofstra University (Retired); Hofstra Defensive System, Part 2 - Presented by Baden Sports 2:05 p.m. - 2:55 p.m. 3:10 p.m. - 4:00 p.m. Bill Edwards, Hofstra University (Retired); Hofstra Defensive System, Part 3 – Presented by Baden Sports-

Wednesday, July 26 Coaches Care Blood Drive, Nebraska Community Blood Bank, West Side LNS, Presented by Scheels & Sid Dillon

7:30 a.m. - 3:30 p.m. REGISTRATION & EXHIBIT AREAS OPEN

8:30 a.m. - 8:45 a.m. NCA Sport Meeting

8:45 a.m. - 9:45 a.m. Cindy Bristow, Softball Excellence; Great Team Drills

10:00 a.m. - 11:15 a.m. Cindy Bristow, Softball Excellence; Creating Competitive Practices

11:30 a.m. – 12:00 p.m. NCA District Meetings

12:00 p.m. – 1:30 p.m. Lunch Break & NCA Sports Advisory Committee Meetings

1:30 p.m. – 2:20 p.m. Cindy Bristow, Softball Excellence; Making Pitching Seem Possible

1:30 p.m. - 2:20 p.m. Dave Schultz, NE Sports Concussion Network; Refresher: ImPact-Baseline Testing & Training, Sign Up at Booth # 15, D023 1:30 p.m. - 3:25 p.m. NE Orthopaedic & Sports Medicine, Lincoln; Care & Prevention of Athletic Injuries-Taping for Coaches, Training Rm.

2:30 p.m. - 3:00 p.m. NEW: Ice Cream Social Presented By Digital Trophy Case – Exhibitor Booth 1 & 2

Thursday, July 27

REGISTRATION & EXHIBIT AREAS OPEN 7:30 a.m. - 11:00 a.m.

9:35 a.m. - 10:25 a.m. Randy Schneider, Iowa State University; Hitting-Understanding the Physics & Biomechanics of the Swing

10:40 a.m. - 11:30 a.m. Randy Schneider, Iowa State University; Effective Practice Planning

End of Clinic Drawings, Main Gym

SPECIAL OLYMPICS

Recommended Sessions, Special Olympics coaches are welcome at any sessions

Tuesday, July 25

7:30 a.m. - 4:30 p.m. REGISTRATION & EXHIBIT AREAS OPEN

9:50 a.m. - 11:20 a.m. Welcome & Keynote: Dick Vermeil, Common Sense Principles of Coaching, Main Gym

11:20 a.m. - 1:00 p.m. Lunch Break

1:00 p.m. - 1:50 p.m. Cory Piercy & Dave Demyan, Special Olympics Nebraska; Special Olympics Flag Football A101

1:00 p.m. - 2:55 p.m. NE Orthopaedic & Sports Medicine, Lincoln; Care & Prevention of Athletic Injuries-Taping for Coaches, Training Rm.

2:05 p.m. - 2:55 p.m. Cory Piercy & Dave Demyan, Special Olympics Nebraska; Special Olympics Flag Football, Special Olympics Flag Football

A101/West Practice Field (Weather Permitting)

2:05 p.m. - 2:55 p.m. Nate Cain, Papillion-La Vista South HS; NE, How to Build a Culture of Inclusivity in Unified Sports-Part 1 B103

3:10 p.m. - 4:00 p.m. Cory Piercy & Dave Demyan, Special Olympics Nebraska; Special Olympics Flag Football, Special Olympics Flag Football Part 2

A101/West Practice Field (Weather Permitting)

3:10 p.m. - 4:00 p.m. Jan Lehms, Millard West HS, NE & Barb Rolf, West Point-Beemer HS, NE; How to Build a Culture of Inclusivity in Unified Sports-Part 2 8103

Wednesday, July 26

Coaches Care Blood Drive, Nebraska Community Blood Bank, West Side LNS, Presented by Scheels & Sid Dillon

7:30 a.m. - 3:30 p.m. REGISTRATION & EXHIBIT AREAS OPEN

8:30 a.m. - 9:45 a.m. Randy Dodge, North Bend Central HS, NE; Basics & Fundamentals of Bowling **B103** 10:00 a.m. - 11:15 a.m.

Randy Dodge, North Bend Central HS, NE; Fundamentals & Strategies of Bowling B103 11:30 a.m. - 12:00 p.m.

NCA District Meetings

12:00 p.m. - 1:30 p.m. Lunch Break & NCA Sports Advisory Committee Meetings

1:30 p.m. – 2:20 p.m. Connie Yori & Dave Demyan, Special Olympics Nebraska (Former Univ. of Nebraska & Creighton Univ.);

Special Olympics Basketball Player Assessment Training A101

1:30 p.m. - 3:25 p.m. NE Orthopaedic & Sports Medicine, Lincoln; Care & Prevention of Athletic Injuries-Taping for Coaches, *Training Rm*.

2:30 p.m. - 3:00 p.m. NEW: Ice Cream Social Presented By Digital Trophy Case – Exhibitor Booth 1 & 2

3:10 p.m. - 4:00 p.m. Dave Schultz, Special Olympics Concussion Training: Meets Annual Nebraska Concussion Awareness Act (LB260 Requirement D023

4:15 p.m. - 5:30 p.m. Russ Virus, Lincoln Southeast HS; Special Olympics Basketball Basic Hands on Skills Training Main Gym

Thursday, July 27

8:30 a.m. - 9:20 a.m. 9:45 a.m. - 11:30 a.m.

9:45 a.m. - 11:30 a.m.

7:30 a.m. – 11:00 a.m. REGISTRATION & EXHIBIT AREAS OPEN

8:30 a.m. - 9:20 a.m. Jason Mims, Special Olympics Nebraska & Univ. of Nebraska-Omaha; Special Olympics Soccer **B103**

 ${\it Mike Sissel \& Nate Parks, Special Olympics Nebraska; Special Olympics Power Lifting {\it A101} is a constant of the property of the propert$

Jason Mims, Special Olympics Nebraska & Univ. of Nebraska-Omaha; Special Olympics Soccer

B103/West Practice Field (Weather Permitting)

Mike Sissel & Nate Parks, Special Olympics Nebraska; Special Olympics Power Lifting LNS Weight Room

End of Clinic Drawings, Main Gym



11:45 a.m.

nebraska coach

11:45 a.m.

TENNIS B105 or Outdoor Tennis Courts unless otherwise noted

Tuesday, July 25

7:30 a.m. - 4:30 p.m. REGISTRATION & EXHIBIT AREAS OPEN 8:30 a.m. – 8:45 a.m. NCA Sport Meeting

8:45 a.m. - 9:35 a.m. Deb Velder, NSAA Tennis Update **B105**

9:50 a.m. - 11:20 a.m. Welcome & Keynote: Dick Vermeil, Common Sense Principles of Coaching, Main Gym

11:20 a.m. - 1:00 p.m. Lunch Break

1:00 p.m. – 1:50 p.m. Jake Saulsbury, University of Nebraska-Kearney; Practice Planning Part 1 B105

1:00 p.m. - 2:55 p.m. NE Orthopaedic & Sports Medicine, Lincoln; Care & Prevention of Athletic Injuries-Taping for Coaches, Training Rm.

2:05 p.m. - 2:55 p.m. Jake Saulsbury, University of Nebraska-Kearney; Fitness & Nutrition B105

3:10 p.m. – 4:00 p.m. Jake Saulsbury, University of Nebraska-Kearney; Practice Planning Part 2 Tennis Courts

Wednesday, July 26 Coaches Care Blood Drive, Nebraska Community Blood Bank, West Side LNS, Presented by Scheels & Sid Dillon

7:30 a.m. - 3:30 p.m. REGISTRATION & EXHIBIT AREAS OPEN

8:30 a.m. - 9:45 a.m. Jake Saulsbury, University of Nebraska-Kearney; Winning Strategies & Tactics Part 1 Tennis Courts

10:00 a.m. - 10:15 a.m. Jake Saulsbury, University of Nebraska-Kearney; On-Court Coaching Tennis Courts

10:15 a.m. - 11:15 a.m. Jake Saulsbury, University of Nebraska-Kearney; Winning Strategies & Tactics Part 2 Tennis Courts

NCA District Meetings 11:30 a.m. – 12:00 p.m.

12:00 p.m. - 1:30 p.m. Lunch Break & NCA Sports Advisory Committee Meetings

1:30 p.m. – 2:20 p.m. Jake Saulsbury, University of Nebraska-Kearney; Doubles Tactics & Drills **B105**

1:30 p.m. – 2:20 p.m. 1:30 p.m. – 3:25 p.m. Dave Schultz, NE Sports Concussion Network; Refresher: ImPact-Baseline Testing & Training, Sign Up at Booth # 15, D023 NE Orthopaedic & Sports Medicine, Lincoln; Care & Prevention of Athletic Injuries-Taping for Coaches, *Training Rm.*

2:30 p.m. - 3:00 p.m. NEW: Ice Cream Social Presented By Digital Trophy Case – Exhibitor Booth 1 & 2

3:10 p.m. - 4:00 p.m. Tennis Coaches Roundtable Discussion **B105**

TRACK & FIELD E117 unless otherwise noted

Tuesday, July 25

7:30 a.m. - 4:30 p.m. REGISTRATION & EXHIBIT AREAS OPEN

8:30 a.m. - 9:20 a.m. Don Berger, North Salem HS, OR, Long Sprints: Techniques & Strategies

9:50 a.m. – 11:20 a.m. Welcome & Keynote: Dick Vermeil, Common Sense Principles of Coaching, Main Gym

11:20 a.m. – 1:00 p.m.

1:00 p.m. – 1:50 p.m. Don Berger, North Salem HS, OR; Runners' Motivation & Mental Preparation

1:00 p.m. - 2:55 p.m. NE Orthopaedic & Sports Medicine, Lincoln; Care & Prevention of Athletic Injuries-Taping for Coaches, *Training Rm.*

2:05 p.m. – 2:55 p.m. Teivaskie Lewin, University of South Dakota; Hurdles Technique & Body Positions

3:10 p.m. - 4:00 p.m. Teivaskie Lewin, University of South Dakota; Drills & Hurdle Progressions

Wednesday, July 26

Coaches Care Blood Drive, Nebraska Community Blood Bank, West Side LNS, Presented by Scheels & Sid Dillon

7:30 a.m. – 3:30 p.m. REGISTRATION & EXHIBIT AREAS OPEN

10:00 a.m. - 10:15 a.m. NCA Sport Meeting

Nate Neuhaus, NSAA Track & Field Update 10:15 a.m. - 11:15 a.m.

11:30 a.m. - 12:00 p.m. NCA District Meetings

12:00 p.m. – 1:30 p.m. Lunch Break & NCA Sports Advisory Committee Meetings

1:30 p.m. – 2:20 p.m. Carrie Lane, USTFCCCA; Implementing a Strength Training Program for Throwers

1:30 p.m. – 2:20 p.m. Dave Schultz, NE Sports Concussion Network; Refresher: ImPact-Baseline Testing & Training, Sign Up at Booth # 15, D023 1:30 p.m. - 3:25 p.m. NE Orthopaedic & Sports Medicine, Lincoln; Care & Prevention of Athletic Injuries-Taping for Coaches, Training Rm.

2:30 p.m. - 3:00 p.m. NEW: Ice Cream Social Presented By Digital Trophy Case – Exhibitor Booth 1 & 2

3:10 p.m. - 4:00 p.m. Carrie Lane, USTFCCCA; Hands on Session-Trouble Shooting Common Throwing Flaws, Track

Thursday, July 27

7:30 a.m. – 11:00 a.m. REGISTRATION & EXHIBIT AREAS OPEN

8:00 a.m. - 9:30 a.m. Nebraska School Activities Association; Head, Heart and Heat Certification, Auditorium

9:35 a.m. - 10:25 a.m. Jeremy Scott, 2012 US Olympian; Basics of Pole Vault Technique 10:40 a.m. – 11:30 a.m. Jeremy Scott, 2012 US Olympian; Importance of Run, Pole and Grip

11:45 a.m. End of Clinic Drawings, Main Gym

VOLLEYBALL Presented by American Volleyball Coaches Association South Gym unless otherwise noted

Tuesday, July 25

7:30 a.m. - 4:30 p.m. REGISTRATION & EXHIBIT AREAS OPEN

8:30 a.m. - 9:20 a.m. Through the Looking Glass-An Insider View of the 2017 NCA All-Star Practice; Hosted by Mike Brandon, Gretna HS

9:50 a.m. - 11:20 a.m. Welcome & Keynote: Dick Vermeil, Common Sense Principles of Coaching, Main Gym

11:20 a.m. – 1:00 p.m.

1:00 p.m. - 1:50 p.m. Hudl, Helpina Volleyball Coaches Win

NE Orthopaedic & Sports Medicine, Lincoln; Care & Prevention of Athletic Injuries-Taping for Coaches, Training Rm. 1:00 p.m. - 2:55 p.m.

2:05 p.m. - 2:55 p.m. Renee Saunders, Omaha Skutt Catholic HS; Winning the Serve & Pass Game, Part 1 3:10 p.m. - 4:00 p.m. Renee Saunders, Omaha Skutt Catholic HS; Winning the Serve & Pass Game, Part 2

Wednesday, July 26

Coaches Care Blood Drive, Nebraska Community Blood Bank, West Side LNS, Presented by Scheels & Sid Dillon

7:30 a.m. - 3:30 p.m. REGISTRATION & EXHIBIT AREAS OPEN

8:30 a.m. - 9:45 a.m. Lisa Bartels, Performance Conditioning; Movement to Muscle (M2M)

10:00 a.m. - 10:15 a.m. NCA Volleyball Sport Meeting

10:15 a.m. – 11:15 a.m. Jennifer Schwartz, NSAA Volleyball Rules Meeting

11:30 a.m. - 12:00 p.m. NCA District Meetings

12:00 p.m. – 1:30 p.m. Lunch Break & NCA Sports Advisory Committee Meetings



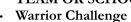
NEBRASKA NATIONAL GUARD

NATIONALGUARD.com • I-800-GO-GUARD

SCHEDULE ONE OF THE BELOW PROGRAMS FOR YOUR CLASS OR TEAM!







- · Football Toss
- · Basketball Toss
- Boot Camp Challenge
- · Fitness Challenge
- · Army Physical Fitness Program
- · School Banner Program

CLASS PRESENTATIONS

- Career Exploration
- H.E.A.R. (Anti-bullying)
- · Health & Nutrition
- · Conflict Resolution
- Diversity
- · Drugs & Alcohol
- Communication
- Paying for College
- Heritage Outreach
- · Homeland Security
- Budgeting
- Leadership
- · Iraq/Afghanistan Speaker
- · Problem Solving
- Study Techniques





Contact CSM Brad Beiber at (308) 440-4176 or william.b.beiber.mil@mail.mil

VOLLEYBALL	Continued from page 22
1:30 p.m. – 2:20 p.m.	Matt Buttermore, Hastings College (NE); Drills! Drills! Drills!
1:30 p.m. – 2:20 p.m.	Dave Schultz, NE Sports Concussion Network; Refresher: ImPact-Baseline Testing & Training, Sign Up at Booth # 15, D023
1:30 p.m. – 3:25 p.m.	NE Orthopaedic & Sports Medicine, Lincoln; Care & Prevention of Athletic Injuries-Taping for Coaches, <i>Training Rm.</i>
2:30 p.m. – 3:00 p.m.	NEW: Ice Cream Social Presented By Digital Trophy Case – Exhibitor Booth 1 & 2
3:10 p.m. – 4:00 p.m.	Matt Buttermore, Hastings College (NE); Learning Gym – Make It Fun, Make It Awkward
Thursday, July 27	
7:30 a.m. – 11:00 a.m.	REGISTRATION & EXHIBIT AREAS OPEN
8:00 a.m. – 9:30 a.m.	Nebraska School Activities Association; Head, Heart and Heat Certification, Auditorium
8:30 a.m. – 9:20 a.m.	High School VB Hall of Fame Coaches Panel - Pat Hoblyn, Ansley-Litchfield & Sharon Zavala, Grand Island Central Catholic, Moderated by Kathi Wieskamp
9:35 a.m. – 10:25 a.m.	Lyndsey Oates, Univ. of Northern Colorado; Making Adjustments within a Match
10:40 a.m. – 11:30 a.m.	Lyndsey Oates, Univ. of Northern Colorado; Team Defensive Systems
11:45 a.m.	End of Clinic Drawings, <i>Main Gym</i>

WRESTLING Presented by National Wrestling Coaches Association Wresting Room unless otherwise noted

Tuesday, July 25

7:30 a.m. – 4:30 p.m.
REGISTRATION & EXHIBIT AREAS OPEN
8:30 a.m. – 9:20 a.m.
7:50 a.m. – 11:20 a.m.
8:40 a.m. – 1:20 p.m.
11:20 a.m. – 1:50 p.m.
100 p.m. – 1:50 p.m.
REGISTRATION & EXHIBIT AREAS OPEN
Tony Purler Academy; Clearing Legs
Welcome & Keynote: Dick Vermeil, Common Sense Principles of Coaching, *Main Gym*Lunch Break
Tony Purler, Tony Purler Academy; Collar Ties/ Elbow Controls

1:00 p.m. – 2:55 p.m. NE Orthopaedic & Sports Medicine, Lincoln; Care & Prevention of Athletic Injuries-Taping for Coaches, *Training Rm.*

2:05 p.m. – 2:55 p.m. Tony Purler, Tony Purler Academy; Hand Fighting, Clearing Ties, Using Ties

3:10 p.m. – 4:00 p.m. Tony Purler, Tony Purler Academy; Open Q&A, Strategies & Tips

Wednesday, July 26

11:30 a.m. – 12:00 p.m.

Coaches Care Blood Drive, Nebraska Community Blood Bank, West Side LNS, Presented by Scheels & Sid Dillon

7:30 a.m. – 3:30 p.m. REGISTRATION & EXHIBIT AREAS OPEN 8:30 a.m. – 8:45 a.m. NCA Sport Meeting 8:45 a.m. P9:45 a.m. Ron Higdon, NSAA Wrestling Update

10:00 a.m. – 11:15 a.m. Chris Mecate, Old Dominion University, VA; Neutral with an Emphasis on Transitions

NCA District Meetings

12:00 p.m. - 1:30 p.m.Lunch Break & NCA Sports Advisory Committee Meetings1:30 p.m. - 2:20 p.m.Chris Mecate, Old Dominion University, VA; Tough on Top1:30 p.m. - 2:20 p.m.Dave Schultz, NE Sports Concussion Network; Refresher: Im

1:30 p.m. – 2:20 p.m.

Dave Schultz, NE Sports Concussion Network; Refresher: ImPact-Baseline Testing & Training, Sign Up at Booth # 15, **D023**1:30 p.m. – 3:25 p.m.

NE Orthopaedic & Sports Medicine, Lincoln; Care & Prevention of Athletic Injuries-Taping for Coaches, **Training Rm**.

NEW: Ice Cream Social Presented By Digital Trophy Case – Exhibitor Booth 1 & 2

3:10 p.m. – 4:00 p.m. Chris Mecate, Old Dominion University, VA; Bottom Work

Thursday, July 27

7:30 a.m. – 11:00 a.m. REGISTRATION & EXHIBIT AREAS OPEN
8:00 a.m. – 9:30 a.m. Nebraska School Activities Association; Head, Heart and Heat Certification, *Auditorium*

8:30 a.m. – 9:20 a.m. Mark Branch, University of Wyoming; Leg Ride & Turns 9:35 a.m. – 10:25 a.m. Mark Branch, University of Wyoming; Hi Crotch 10:40 a.m. – 11:30 a.m. Mark Branch, University of Wyoming; Low Single Leg

11:45 a.m. End of Clinic Drawings, *Main Gym*

DISTRICT MEETINGS

Wednesday, July 26 11:30 a.m. - 12:00 p.m.

District 1AuditoriumDistrict 3South GymDistrict 5TheaterDistrict 2Main GymDistrict 4E117District 6E119







Glazier Clinics® Training Coaches to Win!

PARTNERSHIP ANNOUNCEMENT

SPECIAL NCA MEMBER PRICING



SCHOOL SUPER PASS

Includes: All Glazier clinics & All Digital Channels

GlazierClinics.com/NCA



VAULT DIGITAL PASS

Vault.GlazierClinics.com/NCA





"This partnership will make coaching education resources available to NCA members across the entire state, 24/7, as the school and coach demand."

- DARIN BOYSEN, EXECUTIVE DIRECTOR, NCA

2017 NCA GIRLS' BASKETBALL

2017 NCA BOYS' BASKETBALL

Red Team Coaches:

Head Coach – Marty Plum, Skutt Catholic Assistant Coach – Aaron Sterup, North Bend Central

Blue Team Coaches:

Head Coach – Andy Gerlecz, Papillion-La Vista South Assistant Coach – Traci Berg, St. Mary's

Players:

(teams to be determined at a later date)

Megan Anderson, Omaha Marian, P Monica Arens, Crofton, F Courtney Arkfeld, Wynot, G/F Alex Barada, Lincoln Southwest, G Hattie Blumenstock, St. Mary's, F/P Samantha Brester, Howells-Dodge, F Taylor Cockerill, Waverly, G Kori Fischer, South Sioux City, G Aubrey Frederick, Dundy County-Stratton, F/P Tayte Hansen, York, G Maggie Hiatt, Louisville, P Taylor Kissinger, Minden, G/F Lauren Leapley, Gretna, F Mady Maly, Bishop Neumann, G Adyson Narber, Aurora, G Baileigh Nuzum, Papillion-La Vista South, G Carissa Powell, South Sioux City, F/P Grace Rasmussen, Millard South, G Mariah Rost, Kearney, G/F Lauren Sanders, Millard South, G Kelsey Sanger, Crofton, G MaKenna Sullivan, Norris, F Kylie Thiele, Kearney Catholic, G Karsin Underwood, Lincoln Southeast, G

Red Team Coaches:

Head Coach – Tom Leininger, Aurora Assistant Coach – Tyler Stuck, Beatrice

Blue Team Coaches:

Head Coach – Terry Comstock, South Sioux City Assistant Coach – Dave Kuhlen, Wauneta-Palisade

Players:

(teams to be determined at a later date)

Pete Ackerman, Lincoln East, G/F Ayo Akinawole, Papillion-La Vista, G Tilden Bardsley, Beatrice, G David Bohlen, Adams Central, G Trey Brown, Gretna, F/P Greg Gaston, Wauneta-Palisade, G Dawson Graham, Gothenberg, G Jaxon Harre, Millard South, G/F Brady Holtmeier, Kearney Catholic, G/F Zach Imig, Gretna, G Travis Larson, Norfolk, G Tommy Leininger, Aurora, G Eric Lenear, Bellevue East, G Austin Luger, Alliance, F/P Hayden Miller, Lourdes Central Catholic, G Caleb Rihanek, West Boyd, G/F Jake Ruzicka, Wahoo, G/F Jaxon Simons, Bishop Neumann, G Isaac Simpson, Papillion-La Vista South, G/F Logan Strom, Norfolk, F/P Dalton Taylor, Columbus Scotus, F Jake Teichmeier, Kearney, G Noah Valasek, Riverside, G Shae Wyatt, Millard West, G



2017 NCA VOLLEYBALL

2017 NCA SOFTBALL

Red Team Coaches:

Head Coach – Sarah Wilson, Sidney Assistant Coach – Brad Reichmuth, Papillion-La Vista South

Blue Team Coaches:

Mallory Yost, Gretna, MH

Head Coach – Kiley Hansen, Omaha Concordia Assistant Coach – KC Belitz, Columbus Lakeview

Players:

(teams to be determined at a later date)

Elise Baumann, Millard North, OH MacKenzie Brandl, Stanton, Lib Kylie Broich, Northwest, RS/S Tara Callahan, Brady, MH/RS/S Hayley Densberger, Malcolm, Lib/OH Lesley Fox, St. Paul, OH/Lib Steph Gaston, Papillion-La Vista, RS Brooke Heyne, Skutt Catholic, OH Kacey Jaeger, Ogallala, MH/OH Madison Jurgens, Diller-Odell, RS/S Erika Loseke, Columbus Lakeview, OH Abby Meyer, Elmwood-Murdock, MH Sydney Morehouse, Papillion-La Vista South, MH/RS Grace Nelson, Elkhorn, Lib Makenna Niemoth, Doniphan-Trumbull, OH Maddison Porter, Sidney, Lib/OH Ashlyn Power, Lincoln Christian, RS/S Dani Prusha, Papillion-La Vista, S Allison Schomers, Skutt Catholic, S Lucy Skoch, Hastings St. Cecilia, MH Anna Squiers, Kearney Catholic, MH Sarah Swanson, Elkhorn South, MH Reagan TeKolste, Norris, OH Claira Thede, St. Paul, S Madison VanHousen, Hampton, MH/OH Mary Katherine Wolfe, Omaha Marian, RS Averey Yaksich, Omaha Concordia, OH

Red Team Coaches:

Head Coach – Bill Heard, Gretna Assistant Coach – Natalie Madsen, Kearney

Blue Team Coaches:

Head Coach – Lance Kingery, Lincoln East Assistant Coach – Shawn Carr, Crete

Players:

(teams to be determined at a later date)

Jade Alexander, Waverly, 2B/P Julia Bauer, Kearney, CF Logan Black, Millard West, P Morgan Felber, Lincoln Pius X, C Markki Frazier, Hastings, 2B Carlee Guyett, Omaha Westside, C/OF Ashley Hernandez, Millard North, 3B Emma Hoffart, Millard North, C/1B/3B Abby Kauf, Lincoln Southwest, P Haley Kennedy, Lincoln Southwest, 3B/2B Jadyn Lindgren, Norris, OF/3B Allie Maguire, Waverly, 3B/OF Maddie Moser, Central City, P Lindsey Norvell, Grand Island, C/IF Emma Osowski, Skutt Catholic, P/1B/OF Raquell Penke, Blair, C/3B Alicia Perrien, Elkhorn South, OF/1B/C Calista Pilakowski, Twin River, P/1B Courtney Potter, Raymond Central, CF Kayla Prai, Lincoln East, 2B/OF Paige Renner, Elkhorn, P Morgan Schenck, Blair, 2B/3B MacKinsey Schmidt, Crete, 2B/OF Hannah Sederburg, Elkhorn South, 3B Alexa Sedlak, Gretna, 3B Lauren Struebing, Kearney, 2B Payton Swanson, Lincoln East, C/1B Emmie Uitts, Elkhorn, C Maureena Vornhagen, Kearney, P/1B Alyssa Wells, Grand Island, OF Sarah Yocom, Cozad, SS/OF





2017 NCA - HUDL AWARDS AND RECOGNITION BANQUET

The 50th annual Awards & Recognition Banquet will be held in the evening of Sunday, July 23, at the Great Hall in the Train Station in Lincoln's Historic Haymarket. Hudl is title partner of the evening event. Several awards will be presented that evening, including the Coach-of-the-Year awards, sponsored by Hudl; Service awards, sponsored by the Nebraska National Guard; and the Jerry Stine Family Milestone Level IV awards, sponsored by Baden Sports. Recognition will also be given to state champion coaches as well as the recipients of several special achievement and career awards. For a complete listing and description of awards given by the Nebraska Coaches Association please visit our website www.ncacoach.org and click on the awards tab.



JERRY STINE FAMILY MILESTONE AWARDS - PRESENTED BY BADEN SPORTS

The NCA Jerry Stine Milestone Awards recognize different levels of coaching achievement in both individual and team sports. The Level I, II, and III certificates will be presented at the NCA Multi-Sport Clinic in July. The Level IV winners receive a plaque presented at the NCA Award Banquet on Sunday, July 23 in Lincoln.

More information regarding the NCA Milestone Award program, including the application form, can be found at: http://www.ncacoach.org/milestone.php. This web page also includes a newly formatted search for coaches that have achieved any level within the program. *Applications are accepted until June 1 annually*.

CONGRATULATIONS 2017 NCA CAREER MILESTONE AWARD WINNERS

As of Publication Date

BASKETBALL

Mark Hrabik, Syracuse, Level IV Jody Rhodes, Paxton, Level IV Chuck Ross, Wisner-Pilger, Level IV Dave Sautter, Alliance, Level IV Aaron Losing, Crofton, Level III Tom Schumacher, Bennington, Level III Jerry Stracke, Guardian Angles CC, Level III Brendan Dittmer, Elkhorn Valley, Level II Travis Friesen, Lindsay Holy Family, Level II Bill Giffin, Amherst, Level II Wally Johnson, Louisville, Level II Craig Newcomb, Bertrand, Level II Jim Rose, Fillmore Central, Level II Nathan Behlke, Dundy County-Stratton, Level I Wade Coulter, Columbus Scotus, Level I Brent Dinslage, Cross County, Level I Karmen Grant, Kearney, Level I Seth Kallhoff, O'Neill, Level I Jarrod Ridder, Columbus Scotus, Level I Jason Ryan, Papillion-LaVista, Level I

CROSS COUNTRY – BOYS

Doug Zoucha, Norfolk Catholic, Level IV

FOOTBALL

Chad Cattau, Hartington Cedar Cath., Level II Scott Porter, Cambridge, Level II Ryan Thompson, Ashland-Greenwood, Level II

SOFTBALL

Kevin Dunn, Omaha Westside, Level III Tim Roberson, Lincoln Southeast, Level III Rob Sweetland, Wayne, Level III Kim Hammer, Weeping Water, Level I

TENNIS – BOYS

Nolan DeWispelare, Lincoln Pius X, Level I

TRACK – GIRLS

Rick Peterson, South Platte, Level IV Travis Friesen, Lindsay Holy Family, Level II Matt Swartzendruber, Sandy Creek, Level I

VOLLEYBALL

Lois Hixson, Aurora, Level IV
Jody Rhodes, Paxton, Level IV
Kory Rohde, Wallace, Level III
Bob Wald, DC West, Level III
Sarah Wilson, Sidney, Level II
Hayley Ryan, Overton, Level II
Emily Vaughn, Elkhorn Valley, Level II

WRESTLING

Darin Waddington, Wood River, Level III Tahner Thiem, David City, Level II Michael Jernigan, Omaha Westside, Level I Thomas King, Stanton, Level I



SERVICE AWARDS – PRESENTED BY THE NEBRASKA NATIONAL GUARD

The NCA – Nebraska National Guard Service Award is designed to recognize and honor coaches who have achieved 25, 35, 40, 45, and 50 years of coaching service. This is a self-nominating award. If you have achieved any of these levels of service and would like to be honored at the Awards & Recognition Banquet, please visit our website and follow the guidelines presented for 'Service Awards', located at: http://www.ncacoach.org/service.php. Applications are accepted until June 1 annually.

2017 NCA SERVICE AWARD HONOREES

Congratulations to the following individuals for receiving 2017 NCA Service Awards

As of Publication Date

25 YEAR

James Bates, Wilber-Clatonia Kim Hammer, Weeping Water Lois Hixson, Aurora Jim Jacobsen, Norris Steve Kerkman, Millard South Danl Lonowski, Adams Central Scott Polacek, Howells-Dodge Tom Schumacher, Bennington Dan Yilk, Gothenburg

35 YEAR

Mike Barrett, Weeping Water John Bellar, Lyons-Decatur NE Jeff Bellar, Norfolk Catholic Greg Conroy, Pender Doug Denson, Millard South Rick Eickholt, Neligh-Oakdale Keith Muller, Wilber-Clatonia David Newmyer, Wilber-Clatonia Rick Peters, St. Paul Rick Peterson, Arnold Dave Sautter, Alliance Rob Simpson, Overton

40 YEAR

Mike Brown, Mullen Russ Ninemire, Sandy Creek Dale Rasmussen, Raymond Central Randy Shada, Lincoln Northeast Duane Spale, Hastings Fred Spale, Raymond Central Paul Stuart, Omaha Skutt Doug Zoucha, Norfolk Catholic

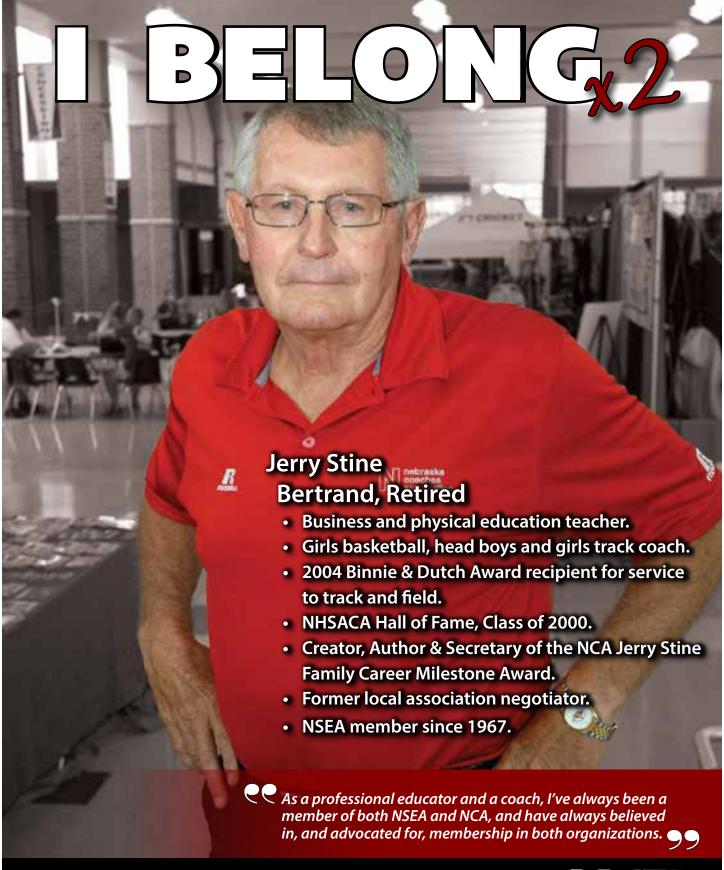
45 YEAR

Bob Fuller, Grand Island CC Chuck Ross, Wisner-Pilger

50 YEAR

Tom McCann, Kearney High, UNK





Belonging to NSEA and NCA helps you be the best educator and coach you can be. Find out more, and join today: www.nsea.org



GOLD CARD – NCA MEMBER BENEFIT

The Nebraska Coaches Association (NCA) is pleased to offer the exclusive NCA "Gold Card" membership benefit for the 2017-18 school year. The Gold Card, along with a valid state issued photo ID, will grant admission to most NSAA State Championships for the entire school year. *Some Restrictions apply – see below

Any 2017-18 NCA member or NCA Silver (Retired) Member, may purchase the exclusive Gold Card for only \$20 annually by October 1.

NCA members must purchase their Gold Card by October 1, 2017. No exceptions. Coaches will continue to be required to have a photo I.D. and sign-in at the championship sites. The Gold Card is offered as an optional membership fee within the online membership registration. The Gold Card will also be available for purchase at the NCA Multi-Sport Clinic. The NCA assumes the cost of the cards and administration of the program. All funds go directly to the NSAA.

The Gold Card will allow admission to an NSAA State Championship event only. Events such as sub-districts, districts, and football playoffs do not apply. The Gold Card may be used at Football Finals for general admission seating, but will not gain access to the 300 level. The card will gain admission for the card holder only, and is non-transferable. A \$5 fee will be required for any card misplaced during the school year.

Restrictions:

- Due to limited seating, this benefit does not apply to the NSAA State Play Production
 Swimming Championships.
- Level 300 Seating at the NSAA Football Championships does not apply.



NCA MEMBER BENEFITS:

- Year-round \$1,000,000 coaching and classroom liability coverage (must have a contract with a school)
- \$20 Annual Gold Card Good for Admission to most NSAA State Championships (must purchase by October 1st)
- Year-Round Discounted Room Rates at Country Inn & Suites -Lincoln North 27th Street (some restrictions apply)
- Annual Digital Subscription of Coach and Athletic Director Magazine
- Discounts through NHSACA on Travel, Insurance and Services
- Free admission for two to NCA All-Star Volleyball Match, Boys' & Girls' Basketball Games, and Softball Game
- Free admission to the annual Shrine Bowl Football Game
- Free admission, with membership card, to select college-sponsored games in Nebraska (not UNL)
- Nebraska Coach Magazine online (Fall, Winter, Spring Editions)
- Nebraska Coach Magazine Pre-Clinic Printed Edition
- Committees to make recommendations regarding sports rules changes
- Recognition for coaching accomplishments and achievements through the Stine Jerry Stine Family Milestone Awards
- State and National Coach-of-the-Year recognition
- Eligibility to coach in the Annual All-Star Games
- Service Awards (25, 35, 40, 45 & 50 year) recognition
- NCA Sports Clinics & Affiliated Events at a Discounted Rate



THIS IS THE BIRTHPLACE TEAN



NSAA RULES MEETINGS AT 2017 CLINIC

NSAA will conduct sport meetings and sport rules meetings for all sanctioned sports that are included in the NCA Clinic. The meetings are being offered as a courtesy for those coaches planning to attend the clinic. The NCA thanks the NSAA for providing this service to coaches. *=Meets NSAA Rules Meeting Requirement.

Basketball* – Wednesday, 8:45-9:45 a.m.
Cross Country – Tuesday, 1:00-1:50 p.m.
Golf – Tuesday, 8:45-9:35 a.m.
Softball* – Tuesday, 8:30-9:30 a.m.
Track & Field – Wednesday, 10:15-11:15 a.m.
Wrestling – Wednesday, 8:45-9:45 a.m.

Bowling (Unified)* – Tuesday, 1:00-1:50 p.m. Football* – Wednesday, 8:45-9:45 a.m. Soccer – Tuesday, 8:30-9:20 a.m. Tennis – Tuesday, 8:45-9:35 a.m. Volleyball* – Wednesday, 10:15-11:15 a.m.

SPORTS MEDICINE SESSIONS: IMPACT BASELINE TESTING & TRAINING CARE & PREVENTION OF INJURIES – ATHLETIC TAPING

- Dave Schultz, Program Coordinator for the Nebraska Sports Concussion Network will provide one important session on IMPACT Baseline Testing Training on Wednesday, July 26 from 1:30-2:20 p.m. Please plan to sign up at the Nebraska Orthopaedic and Sports Medicine exhibitor booth prior to the session.
- Nebraska Orthopaedic and Sports Medicine athletic trainers will conduct two Care & Prevention of Injuries Athletic Taping sessions, which are provided on a walk-in basis. Sessions will be held in the training room at Lincoln North Star on Tuesday, July 25, 1:00-2:55 p.m. and Wednesday July 26, 1:30-3:25 p.m.

NSAA HEAD, HEART & HEAT REQUIRED CERTIFICATION Thursday, July 27 from 8:00 to 9:30 a.m. in the Lincoln North Star Auditorium

The 2017-18 school year marks the second year all coaches from NSAA member schools will be required to take a total of three online courses from the NFHS. **Required Courses: Heat Illness Prevention, Sudden Cardiac Arrest and Concussion in Sports**

Concussions have been in the forefront of athletic participation for the last several years and continue to be one of the top concerns for the NSAA. Exertional heatstroke is the leading preventable cause of death among athletes. With the proper knowledge and planning, it is not only preventable but 100% preventable.

Sudden cardiac arrest is the leading cause of deaths in students involved in activities. If you can use an Automated External Defibrillator (AED) within three minutes, the chances of survival increase to 70%. If used within one minute those odds rise to 90%. For every minute that goes by without using an AED, the chances for survival decrease 7-10%

The NSAA is making these courses available for any coach that is attending the multi-sports clinic. The NSAA staff will administer all three courses that will fulfill your requirement for the 2017-18 school year. This will be offered **Thursday**, **July 27 from 8:00 to 9:30 a.m. in the Lincoln North Star Auditorium.** All three requirements will be offered online at the NFHS web site. You must arrive to the session by 8:00 a.m. to receive credit.













HD Endzonecam is now your source for
MultiVoice Headsets featuring no base station,
18 hour talk time and a 1300 yard range.
Get the most out of practice and practice like the pros
with the newly priced Coach to Player (C2P) helmet systems from GSC.

Contact us today! www.hdendzonecam.com @hdendzonecam @GSC Hear2Win





a Division of Abante Marketing

WE DO IT ALL.

SCREENPRINT • EMBROIDERY

PROMOTIONAL PRODUCTS

WEB STORES • ORDER FORMS

FULL COLOR HEAT TRANSFERS

www.cricketschoolandteam.com • 800-752-2317 • cricket@cricketschoolandteam.com offices in Omaha - Lincoln - Grand Island - Hastings

2017 Nebraska Coaches Association Multi-Sports Clinicians

KEYNOTE ADDRESS



Dick Vermeil, NFL Super Bowl Champion Coach: Vermeil spent 15 seasons as an NFL head coach and was a member of the league's coaching fraternity for 19 seasons. In addition, Vermeil has had a prestigious career as a football broadcaster, analyzing both NFL and college games. Vermeil began his coaching career on the high-school level. He then moved up into the community college ranks, followed by his first position

as a NCAA Division I assistant coach at Stanford University. In 1969 George Allen hired Vermeil to become the first special teams coach in NFL history with the Los Angeles RAMs. Following a four-year period as a RAM assistant, he was named head coach at UCLA, where he led the Bruins to a Rose Bowl Championship over the #1 ranked Ohio State Buckeyes. Vermeil's 15-year tenure as an NFL head coach began when he was chosen to guide the fortunes of the downtrodden Philadelphia Eagles franchise in 1976, a team that hadn't been in the NFL playoffs in 16 years. In seven seasons with the Eagles, Vermeil engineered four playoff appearances, highlighted by a trip to the Super Bowl in 1980. Vermeil retired following the 1982 season and began a 14-year broadcasting career, serving as an NFL and college football analyst. In 1997, Vermeil returned to the NFL as head coach of the St. Louis Rams, and led the team to its first Super Bowl victory after the '99 season, beating the Tennessee Titans in Super Bowl XXXIV. This trip to football's greatest game made Coach Vermeil just one of four coaches in NFL history to lead two different teams to the Super Bowl. Vermeil again retired, but was recruited to return to the arena in 2001, when he was named head coach of the Kansas City Chiefs. In his third season (2003), the Chiefs won their division with a 13-3 record and advanced into the NFL Playoffs. Vermeil is one of five NFL head coaches to lead three different teams into the playoffs. Following his fifth season with the Chiefs, he retired for the final time, leaving the Chiefs as the team's third winningest coach. Vermeil and his wife Carol reside in Chester County, Pennsylvania. They have three children - Rick, David & Nancy, and eleven grandchildren (8 boys and 3 girls).

SPORTS MEDICINE SESSION



David R. Schultz, MEd, ATC, Nebraska Orthopaedic & Sports Medicine of Lincoln: Dave is currently the Sports Medicine Outreach Program Manager at Nebraska Orthopaedic & Sports Medicine of Lincoln. He graduated from UNL in 1981 after working with the Husker athletic teams as a student. Starting his professional career as a high school athletic trainer

and teacher in San Antonio, TX, Dave acquired his Master's degree at Temple University in Philadelphia, PA, in 1987. He returned to Nebraska as Head Athletic Trainer at Nebraska Wesleyan Univ. from 1988-1996 and developed a program that introduced a team of athletic trainers to rural schools throughout southeast Nebraska that he has since managed for 26 years. More recently, Dave developed and is program coordinator for the Nebraska Sports Concussion Network that funds concussion testing at no cost to nearly 150 high schools statewide. He has received the George F. Sullivan Athletic Trainer of the Year Award in 2001 from the Nebraska State Athletic Trainers Association and was inducted to that organization's Hall of Fame in 2011. Dave has also been recognized by the NCA with the "Friend of High Sports" award in 2008, the NSAA "Distinguished Service Award" in 2011, and was given a Service Award by the National Athletic Trainers Association in 2013.

ATHLETIC DIRECTOR



Steve Throne, Millard South HS, NE: Steve is originally from Lincoln, Nebraska and graduated from Lincoln High School in 1986. He attended Tarkio College then Nebraska Wesleyan University where he graduated with a BA degree in K-12 Physical Education. Steve received his Master's Degree in Educational Leadership from Doane College in 2010 and was

a teacher-coach for 17 years at Nebraska City Lourdes and Millard South HS. $nebraska\ coach$

He served as an administrator at Sergeant Bluff-Luton High School in Sergeant Bluff, Iowa for three years and has been in his current role at Millard South High School for the past four years, and has served on the NSAA Student Advisory Committee the past two years. Steve's wife Patty is an Elementary Teacher at Disney Elementary in Millard and together they have three children - son Storm and daughters Taylor and Paxton.



Steve Kerkman, Millard South HS, NE: Steve Kerkman has been coaching softball at Millard South for 15 years. Over the last 12 seasons, his teams have played in the "final four" nine times finishing as state runner up in 2010, fourth place in 2015, and as state champions six times (2005, 2011, 2012, 2013, 2014 and 2016). Over the last six years, Millard South has gone 173-27,

best of any program in the state. Coach Kerkman was a National Coach of the Year finalist in 2013 and has been NCA Coach of the Year three times. Coach Kerkman has been a featured speaker at the Nebraska Coaches Clinic several times and recently in Kansas City and Wisconsin. His featured topics aside from softball focus on mental strength training and leadership development programs. Coach Kerkman is an English teacher, Language Arts Department Head, Assistant Activities Director at Millard South and also the Director of Athletic Development for the Millard United Sports Athletic Association. With wife Julie, Steve has three daughters - Kalani, Mikenna, and Halle.



lan Ray, rSchoolToday: Ian Ray is the Regional Sales Manager and Senior Trainer for rSchoolToday. Ian has been training ADs, Coaches, Principals, and Secretaries from Colorado, Wyoming, Nebraska, Montana, New Mexico, and Arizona in all rSchoolToday products for over a year. Before joining rSchoolToday, Ian was a High School English teacher and Career

Counselor for 15 years, helping to create a model Charter School in California which afforded low income, high at-risk youth, the chance to go on to college. He was Coach for both Volleyball, Track and was Teacher of the Year 2 years in a row. In his spare time, Ian enjoys mentoring, and tutoring at the Upward Bound Program which helps students gain a leg up in writing, science, and mathematics ahead of the next year's courses.



Diane Shuck, Douglas County HS, CO: Diane, a decorated veteran activities director for the state of Colorado, is considered one of the nation's leaders in promoting student leadership and sportsmanship in education based athletics. In 2012 Shuck was one of the featured presenters at the annual Nebraska Leadership & Sportsmanship Summits.

She spent 13 years at Air Academy High School; implementing programs and expectations for each activity such as community service, No Pass-No Play, and a Captain's Council. Currently she is in her second year as the assistant principal and activities director at Douglas County High School in Castle Rock, CO. She was recognized by the NFHS with the Citation Award in 2012 and the NIAAA with the Distinguished Service Award in 2010. Shuck served as the Colorado Athletic Directors Association President in 2008-09 and has served the CHSAA in numerous capacities as a committee chairperson and as a state championship site director.

BASKETBALL



Aaron Losing, Crofton HS, NE: Coach Losing completed his 13th season coaching high school girls' basketball at Crofton HS and his 15th season as a head girls' basketball coach overall. Aaron began his head coaching career in 2002 in Ethan, SD where he amassed a 333-45 career coaching record. Since beginning his coaching career at Crofton in 2004 he has a 312-27 career

record with his Crofton teams. Coach Losing's teams at Crofton have reached the state tournament in 12 of his 13 seasons. They have finished with two third place trophies, one state runner-up trophy, and have won the state championship eight times including five state championships in a row from 2012-2016. During his time at Crofton, Coach Losing has coached 18 All-Conference players, 13 All-State players, 13 players that have or will play at the collegiate level including seven at the NAIA level, two at the NCAA DII level, four at the NCAA DI level and one player that played professionally in Germany and Australia. He has been named both the Lincoln Journal Star (2014) and the Omaha World Herald (2015) Statewide Girls Coach of the Year for all sports. Aaron coached AAU basketball for 4 summers with the Nebraska Girls Basketball Association/Pinnacle Bank

Team. Currently teaching Junior High/High School Social Studies and Junior High Physical Education and Health at Crofton Community School, he and his wife Mary have a one year old daughter named Emma.



Steve Bergman, Iowa City West HS, IA: Bergman is a native Iowan who has been in coaching for over 30 years. In addition to being the head basketball coach at Iowa City West High School, he has also been a teacher of driver's education, special education, and physical education. Coach Bergman recently finished his 27th season as head coach at West High. Since

1990, Bergman has led the Trojans to the Iowa State Tournament (Elite Eight) sixteen times, winning the 4A State Championship six times (1998, 2000, 2012, 2013, 2014 & 2017), earning runner-up twice (1996 and 2015) and winning the Consolation Championship twice (2002 & 2015). His teams play in the challenging Mississippi Valley Conference and have won fourteen conference titles in 27 seasons. He has been awarded the MVC Conference Coach of the Year fifteen times, the Iowa Basketball Coaches Association Class 4A Southeast District Coach of the Year twelve times, and the IBCA Class 4A State Coach of the Year three seasons. Coach Bergman ended this season with a career win/loss record of 544-179.



Norm Persin, Oak Hill HS, OH: Coach Persin is one the most decorated high school boys basketball coaches in the history of the state of Ohio. The 39 year veteran has a career record of 705-198 overall, which ranks him 3rd all-time in wins and 1st among active boys high school coaches in Ohio. In 2009, Norm was named the NFHS National Boys Basketball Coach of

the Year. He has coached in the prestigious McDonalds All-American game and the Jordan Classic. Coach Persin is considered to be one of the nation's top prep basketball clinicians and has been a featured speaker at the Nike Championship Clinic.

BOWLING – UNIFIED



Nathan Cain, Papillion La Vista South High School, NE: Nathan has been an educator for 12 years, serving two years at Blackburn Alternative High School as a Special Education teacher with Omaha Public Schools, and then 10 years as the Department Head of Special Education at Papillion-La Vista South High School. He completed his undergraduate work in

Special Education 7-12 from the University of Nebraska at Omaha in 2005, and also earned a Masters in Educational Leadership from Doane University in 2013. Nathan and his wife Megan have lived in Elkhorn for five years and have two-year-old twins, Eli and Emma.



Jan Lehms, Millard West HS, NE: Coach Lehms led the Millard West High School program for its inaugural Unified Bowling season. District runner-up in the first season of NSAA Unified Bowling, Millard West had 6 teams comprised of 12 athletes and 16 partners. Lehms has taught Physical Education in three different states for 30 years, the last 24 were in Millard. She has

coached Volleyball, Track and Basketball at the middle and high school levels, and coached in the inaugural season of softball in Nebraska. An avid bowler, Jan has participated in City, State, Nebraska State Games, National Open and Women's Tournaments.



Barb Rolf, West Point-Beemer Public Schools, NE: Barb has been a Physical Education teacher and Special Olympics coach for 36 years. She was on the NSAA Unified Activities Advisory Committee, which helped in writing the by-laws for High School Unified Bowling. Rolf coached the West Point Unified team in the inaugural season of NSAA Unified Bowling, earning runner-

up honors at the district competition. Barb is also certified in Unified Sports and coaches unified bocce, unified basketball and unified bowling in Special Olympics. She was inducted into the Nebraska Special Olympics Coaches Hall of Fame in 2001 and last year was recognized as one of the top 18 Special Olympics Coaches in North America.



Randy Dodge, North Bend Central HS, NE: Randy has coached the North Bend Central bowling team for seven years. In 2017, NBC set a Nebraska state record by capturing their fourth consecutive State High School Bowling Championship. Dodge helped lead North Bend Central to a state runner-up finish in NSAA Unified Bowling in 2016. He is a USBC Bronze level

bowling coach and has numerous other coaching certificates. A past president of the Nebraska Bowling Proprietors, Randy currently serves as the director of the Nebraska USBC Youth program. He has also coached high school soccer at Fremont for approximately eight years, and has owned the Dodger Bowl in North Bend, Nebraska, for 10 years.



John Losito, Sun Valley Lanes, Lincoln, NE: John is the proprietor of Sun Valley Lanes in Lincoln. A two-time collegiate champion, John has been a Professional Bowler for more than 25 years. He has served as a lead instructor at the Dick Ritger Bowler Academy for over a decade and appears on several learn to bowl videos. John was the head coach of the Philippine

National Teams in the mid-90s and is currently on the board of directors of the Bowling Proprietors Association of America.

CHEERLEADING



Jim Lord, American Association of Cheerleading Coaches & Administrators Association, NFHS Spirit Rules Committee Member: Jim has served as the Executive Director for the American Association of Cheerleading Coaches and Administrators (AACCA) since 1997. He is a former captain for the nationally ranked University of Kentucky cheer squad,

and has been involved in cheerleading since 1984 as a cheerleader, coach, and administrator. Jim works with the NFHS Spirit Rules Committee which oversees high school rules nationally for both cheerleading and dance. A recipient of the NFHS Outstanding Service Award, Jim has spoken at over 30 different state coaches' conferences, as well as national and international conferences, on topics including skills technique, program administration, and of course, safety.



Ashley Parnell, Universal Cheerleaders Association: Ashley is currently the State Director of Missouri & Nebraska for Universal Cheerleaders Association. She has experience in judging, coaching, and working with all ages of cheerleaders. Ashley has over 15 years of choreography experience in cheer, and currently serves as the Spirit Coordinator and Head

Cheerleading Coach at Drury University in Springfield, MO. She guided teams to top 10 finishes the past six years at UCA College Nationals in both the all-girl and small coed divisions. Most recently, Drury's small coed has had two bronze finishes in the World University Championships. Ashley was a college cheerleader at Drury University, where she received her bachelor's degree in public relations and marketing and has been on UCA instructional staff since 2003.

CROSS COUNTRY



Matt Rogers, Creighton University, NE: Coach Rogers completed his fourth season at the helm of the Creighton men's and women's cross country programs in 2016-17. Rogers has spearheaded an impressive turnaround in the Bluejay cross country program, overseeing numerous school records on both the men's and women's side during his short tenure. His

holistic approach to development also focuses on success in the classroom and community as well. Both teams own cumulative GPA's over 3.50, with 10 men and 13 women being named to the 2015-16 BIG EAST All-Academic Team. The Bluejays completed 650 hours of community service during the past season, partnering with several local organizations. Before taking over as a head coach, Rogers served as a volunteer coach with the Bluejays in 2012 and was named the head coach prior to the 2013 cross country season. Rogers arrived at Creighton after serving as a volunteer coach at St. Joseph's Academy in St. Augustine, FL from 2010-12. During that same span, he served as head coach and co-founder of the North Florida Track Club. He also served as an assistant cross country and track & field coach at Bishop Moore Catholic High School in Orlando, FL from 2002-04 and was Vice President of the University of Central Florida Triathlon Team for three years. Rogers' wife Courtney earned her bachelor's degree at Eastern Michigan where she swam Division I for four years.



Carrie Lane, USTFCCCA, CO: Carrie was the throws coach at the University of Nebraska from 2011-2014. In her 18 year coaching career, she has been a USA National Team coach for three IAAF Track and Field World Championships Teams and from 2006-09, was the personal coach for Olympic gold medalist shot putter, Adam Nelson. Carrie also coached Husker Chad Wright, the

2012 NCAA discus champion, and fellow Huskers Tyler Hitchler, Morgan Wilken, and Luke Pinkelman to NCAA First Team All American titles. Her 15 year NCAA career included stints at Coastal Carolina University, University of Virginia, and Nebraska. She has coached 23 NCAA First Team All Americans, four Big Ten champions, and nine ACC champions. Carrie began her track and field career as a Division I distance runner and coach, and then switched to the "power" events. She competed post-collegiately as a hammer thrower and continued coaching collegiate throwers. A certified strength and conditioning coach, Carrie is also an instructor for the USTFCCCA Coaches' Academy, combining her endurance and power backgrounds to train distance runners in their sprint mechanics and weight training. In 2016 Carrie worked with three US Olympic Trials competitors in the distance events.



Tracy Hellman, Augustana University, SD: Under the direction of Tracy Hellman, Augustana's cross country and track & field programs have competed at the top level in NCAA Division II. Hellman led his cross country teams to yet another successful season as the men finished seventh and the women finished 13th at the NCAA National Championships. The men's seventh

place finish was the team's seventh consecutive top-10 finish. Hellman was appointed Augustana's head cross country coach for both men and women in 2000. He was handed the reins of the men's and women's track & field programs in 2004. During his tenure, Hellman's coaching achievements have earned local, regional, and national acclaim - in all, he has received 23 coach of the year citations.

DANCE

Jim Lord, AACCA, NFHS Spirit Rules Committee Member: See Cheerleading Biography



Stacy Shelton, Universal Dance Association: Stacy is currently the UDA State Director for Nebraska, Missouri, Kansas, Oklahoma and Arkansas. She has been a passionate UDA instructor for the past nine years traveling all over the United States, as well as other countries. While traveling she is teaching, judging and working with high school and collegiate

level dancers. Stacy also competed nationally at the High School and College level. As a dance athlete for the University of Memphis she won a UDA College National Championship in the Division 1A Hip Hop category. Stacy also works with some of the top programs in the country with choreography and technique. She resides in Birmingham, AL with her husband.



Sylvia Carpenter, Universal Dance Association: Sylvia is a nine year UDA staff veteran who has traveled across the United States and Europe on behalf of UDA. She has conducted auditions and conferences for future employees and coaches for the past four years, has served as a head instructor at camp for four years, and was a four-year collegiate dancer. Sylvia

currently holds the position as a Varsity Rep for Varsity Spirit Fashion Brands.

FOOTBALL 11-MAN PRESENTED BY USA FOOTBALL



Jeff Tomlin, Grand Island HS, NE: A coaching veteran of 31 years, Jeff's coaching stops include Chadron State ('86'88), O'Neill HS ('88'90), Alliance HS ('90'03) and Grand Island Sr. High (2003Present). In 24 years as a head football coach, Tomlin has led his teams in Alliance and Grand Island to 18 playoff appearances, eight conference championships, six district

championships, six quarterfinal appearances and two final fours. He has been a defensive coordinator for 27 years and has coached every position on the defensive side of the ball during his career. Currently coaching the defensive secondary for the Islanders, Coach Tomlin was the North Shrine Bowl Head Coach

in 2008. In addition to football, Coach Tomlin coached basketball for the first 15 years of his career and has coached track & field his entire career, including 13 years as a head track coach. Jeff and his wife Maria have been married for 30 years and are the proud parents of children Michael and Mackenzie.



Glen Snodgrass, York HS, NE: Coach Snodgrass owns a 139-56 career record as a head football coach in the state of Nebraska. His career started with 12 years of service at Overton HS. For the past six years, Snodgrass has led the York Dukes. Glen's teams have qualified for the state playoffs 15 times while earning state runner up honors three times and one state

championship. Named by his peers as the NCA-Hudl State Football Coach of the Year in 2015-16, Coach Snodgrass has served as the offensive coordinator, quarterbacks coach and linebackers coach all 18 years of his career. Glen and his wife Allison have two sons, Garrett and Dalton.



Steve Specht, St. Xavier HS, OH: Coach Specht guided St. Xavier HS in Cincinnati to its third D-1 Ohio State Championship in the fall of 2016. Since taking the reigns as the head coach in 2004 he owns a career record of 119-45. He was named the D-1 Ohio State Coach of the Year in 2005 and 2007. Steve has also been recognized nationally as the NFL Don Shula High School Coach

of the Year in 2012 and the Nike National Coach of the Year in 2007. Known nationally for his defensive expertise, Coach Specht served as the Defensive Coordinator of the Gold Medal Winning US Under-19 National Team at the IFAF Jr. World Championships. A USA Football Heads Up Tackling Program Master Trainer, Steve also currently serves on the Board of Directors of USA Football.



Ryan Williams, Midland University, NE: Coach Williams joined the Midland University football staff for the 2016 season to serve as the offensive coordinator under new head coach Jeff Jamrog. Williams arrived at Midland after spending 11 seasons at Concordia University, St. Paul, MN. While at Concordia he worked as the offensive coordinator and was in charge of

quarterbacks and receivers from 2005 to 2010 before being promoted to head coach in 2011, guiding the Golden Bears for five seasons. Prior to his time at Concordia University, Williams coached three years at Wayzata High School, MN and one year at the University of Wisconsin-Stout. At both schools he served as assistant coach and was in charge of quarterbacks and receivers. Coach Williams attended North Dakota State University and earned his bachelors in speech communications. He was a member of the Bison football team and a two-year starter at quarterback. After NDSU, Williams played professionally for teams in the CFL and NIFL before joining the coaching ranks full time.



Jamie Bisch, Midland University, NE: Jamie joined the Midland University coaching staff prior to the 2016 season. He serves as the defensive coordinator and linebackers coach for the Warriors. His defense led the NAIA in fumble recoveries (18) and ranked third in fourth down conversion rate (19%). The strong defensive effort helped lead Midland to its first

winning season since 2011. Bisch previously spent four seasons as the defensive coordinator at New Mexico Military Institute. NMMI won the 2013 El Toro Bowl Championship, its first bowl victory since 1999, and the team ranked in the Top 25 among junior colleges in fumbles forced/recovered and sacks in his final season in 2015. Bisch played collegiality at the University of Wisconsin-River Falls where he was an all-conference selection as a defensive back and team captain as a senior. He then served as a graduate assistant coach for defensive backs and linebackers at Minnesota State University for two seasons, and spent a year as the running backs coach upon completing his graduate degree.

FOOTBALL 8-MAN PRESENTED BY USA FOOTBALL



Jack Henderson, Dufur HS, OR: Coach Henderson has coached at Dufur High School, OR for the past thirty years. In that period of time the Rangers have won eight Oregon state championships, played in the Oregon state semi-finals 13 times while also capturing 15 district championships. Coach Henderson's current record is 243-90, all at Dufur High School,

ranking 2nd in the United States at the 8-Man Football level. He is eight victories away from being the winningest coach at the 8-Man Football level in the U.S.



Chris Hess, Ennis HS, MT: Chris began his career as an 8-Man Football coach in Forsyth, MT compiling a 21-7 record during a three year period. While at Forsyth he guided his teams to a conference championship and qualified for the Montana State Playoffs each year. In 2015 he became the head coach at Ennis HS, MT. Over the past two season he compiled a record of 21-2

with a quarterfinal appearance in 2015 and an undefeated state championship season in 2016. Coach Hess was selected as Montana's 8-Man coach of the year in 2016. Known for his offensive strategies, Chris has compiled a 42-9 record in just five seasons.



Kurtis Koenig, Ennis HS, MT: Koenig returns to the NCA Multi-Sports Clinic after speaking in 2014. He has been involved in Mustang football in Ennis, HS MT for the past 13 years. Kurtis graduated from Montana State University in 2003. During his tenure as a college student, he worked for the Bobcat football team as a film analyst. He took an English teaching job in Ennis

in 2004 and was a volunteer football coach for three years. In 2008 he was hired as a linebackers/running backs coach; a position he held for three seasons. In 2010 he was promoted to defensive coordinator, a position he still holds. As the defensive coordinator, Kurtis has assembled traditionally stingy defense allowing only 177 yards of offense per game and 14 points per game over the past five seasons. Throughout the past seven seasons, the Mustangs have finished once in the quarter finals, three times in semi-finals, and twice as the Montana 8-Man Football Champions. Aside from football, Kurtis enjoys spending time in the wilds of Montana with his wife of 16 years, Cori, and his children, Dixon (9) and Aurora (5).

Ryan Williams, Midland University, NE: See 11-Man Biography

Jamie Bisch, Midland University, NE: See Football 11-Man Biography

GOLF



Alan Baquet, Ph.D., Director of the PGA Golf Management Program, UNL: Alan obtained advanced degrees in Agricultural Economics at Oregon State University and Michigan State University. He has been involved in University level teaching and administration for nearly 35 years at Oklahoma State University, Montana State University and for the past 19 years at the

University of Nebraska-Lincoln. Students in the PGA Golf Management program benefit from his vast experience in higher education and his passion for the game of golf.



Joe Schlegelmilch, Lincoln Southeast HS, NE: Joe is in his ninth year as the Boys Golf Coach at Lincoln Southeast HS. He coached the 2009 Nebraska Boys State Championship team, and the 014 Boys State Runner-Up, and has coached five teams to the state golf championships. In seven of his first eight years, either his team or individual golfers have qualified for the state

meet. Joe is the District 1 Representative for Boys Golf for the NCA, and has led sub-committees for a number of major rules changes in Nebraska high school golf over the past five years. He has conducted golf clinics for Lincoln Southeast each summer, and also worked at Wilderness Ridge Golf Club for five years. A Lincoln, NE, native, Joe attended the University of Nebraska-Lincoln. He is a Social Studies teacher, and has also coached basketball for 17 years and football for 11 years in Lincoln Public Schools. He has been married to Niki since 2001, and has three kids: Matthew, Ben, and Hailey.



Matthew Bertsch, Lincoln Public Schools Sports Performance: Matt currently serves as a Sports Performance Coach for the Lincoln Public Schools District. He coordinates performance programs for all schools and sports in the district. His responsibilities include working with all student-athletes in assisting them with their performance needs and goals

as well as serving as an educational resource for sport coaches within the district. Originally from St. Louis, MO, Matt holds the CSCS certification with the National Strength and Conditioning Association as well as a master's degree in Motor Learning and Behavior from SIUC. Prior to his current role as LPS's Sports Performance Coach Matt served as a member of the UNL Strength and Conditioning Staff. Matt spent four years as an Assistant Strength and

Conditioning Coach at Southern Illinois University where he primarily worked with the Saluki's Men's Basketball, Football, Men's & Women's Golf & Tennis teams. Matt and his wife, Anastacia, currently reside in Lincoln.



Alex Hull, Northwest HS, NE: Coach Hull has been coaching golf at Northwest High School in Grand Island, NE for five years, his first two years as an assistant with the boys' team. He became the head coach of the boys' team in 2014 and the head coach of the girls' team in 2015. In his first year the Viking girls' team was district runner-up and qualified for the Nebraska state

championships in Class B. Alex is an English teacher at Northwest. He and his wife, Hilary, live in Grand Island.



Jeff Strickland, Three Forks HS, MT: Coach Strickland has been a teacher and coach for the past 39 years. Strickland started the golf program at Three Forks HS, MT in 1988 and has been the head coach since that time. In the 28 years under Strickland, the program has boasted 10 state championships and six runner up finishes. Three Forks has had eight individual champions, more

than 73 all-state placers, and has seen 16 golfers move on to the collegiate level. Three of his players became PGA club professionals. Strickland's teams have won four regional titles with six undefeated seasons. He has served for 16 years as the MHSA Class Representative on the State Rules Committee for Golf, eight years as the MHSA State Tournament Qualifiers Official and two years as a MHSA State Tournament Director. Strickland was inducted into the Montana Coaches Association Hall of Fame in 2008, while being a nominee as the MCA Coach of the Year 20 times and winning the honor 11 times. He has been nominated as the NHSACA Coach of the Year four times, named a finalist three times, and was named the NHSACA Coach of the Year in 2016. He and his wife Janie have been married for 37 years and have three children - Randi Lee, Laci and Jared.

SOCCER



lan Bridge, University of Nebraska: Ian Bridge completed his second season as an assistant coach for the Nebraska women's soccer team in 2016. In his first season at Nebraska, Bridge helped the Huskers to an 8-7-2 record overall, which included a 4-0 start and two wins over top-25 teams. Before Nebraska, Ian spent two years as an assistant coach for the University

of Victoria men's soccer team, helping the Vikes to a 10-3-3 cord for the 2014 season. Coach Bridge stacks up an impressive list of coaching experience, acting as the head coach for the University of Victoria women's soccer team for 11 seasons from 1990 to 2001. He served as an assistant coach for the Canadian Women's National Team from 1997 to 2009, and during that time Canada qualified for the Women's World Cup in 1999, 2003 and 2007, while adding an appearance in the 2008 Olympics. At the 2003 Women's World Cup, Canada finished fourth, marking its best showing at a World Cup. Bridge was the head coach for the Canada U-19/U-20 women's team from 2001 to 2008 and helped lead Canada to four consecutive U-20 FIFA World Cup appearances. Before entering the coaching scene, Bridge enjoyed over a decade-long professional soccer career from 1979 to 1991. He played every game for Canada in the 1984 Los Angeles Olympics, and the 1986 FIFA World Cup in Mexico.



Maren McCrary, Nebraska State Soccer Association: McCrary is currently the Technical Director for Nebraska State Soccer where she instructs and directs the state level coaching education courses, directs the Nebraska youth soccer Olympic Development Program (ODP), and is the mid-west region Girls ODP Head Coach. McCrary is also the head coach for

the women's soccer program at the College of Saint Mary. A three time Division I All American forward at Brigham Young University, McCrary is still the school's second all-time leading scorer. After graduating, (then known as Maren Hendershot) she played professionally for the San Jose CyberRays and Carolina Courage in the first American professional league, the WUSA. Maren also played team handball for the United States where she earned ten CAPS and played in the Pan Am Championships. McCrary, who has a bachelor's degree in communication from BYU, has also been Director of Coaching for the Phoenix Soccer Club in Omaha and a pro trainer for the Pride Soccer Club in Colorado Springs. She has a USSF A license and the National Youth License.



Jim Gardner, Cheyenne East HS & Laramie Community College, WY: Coach Gardner completed his 16th season with the Golden Eagles women's soccer program in the Fall of 2016. In addition to coaching, Jim is a Physical Education instructor at Jessup and Miller Elementary schools and coaches the girls' soccer team at Cheyenne East High School, having taught and coached for

LCSD#1 for the past 34 years. Gardner helped coach the co-ed club soccer team in 2002 at LCCC. When the LCCC board of trustees approved a NJCAA Division I women's soccer team in 2003, Gardner was named head coach and has been the only coach in the program's history. In 2016, Gardner led the Golden Eagles to their 14th consecutive winning season with a 19-2-2 record, reaching the Region IX title game for the 13th consecutive season and for the tenth time were Region IX champions. They then advanced to the national tournament where they lost in the semifinals 2-1 to Tyler Texas. Gardner has an overall record of 205-57-25 at LCCC. He has captured ten Region IX Championships, eight District B Championships and has guided his team to the NJCAA National Tournament seven times. He has been named the Region IX Coach of the Year nine times and was named the NSCAA Regional Coach of the Year in 2013. At the high school level, Gardner has been named the Wyoming High School South Conference Coach of the Year six times, Wyoming State Soccer Coach of the Year five times, National Soccer Coaches Association of America's (NSCAA) and NHASCA National Coach of the Year in 2016. He is the only coach to have been awarded the NSCAA Region Coach of the Year for both high school and college and the only coach to be named NSCAA and NHSACA National Coach of the Year in the same year. Gardner's career prep record is 254-95-32.

SOFTBALLPRESENTED BY SOFTBALL EXCELLENCE



Bill Edwards, Hofstra University (Retired), NY: Coach Edwards is one of the most decorated coaches in NCAA Division 1 Softball history. During his 25 years at the helm of the Hofstra softball program, Edwards earned 22 post season or regular season championships. His squads appeared in 15 NCAA national championship tournaments while earning 11 straight

conference championships — an NCAA D1 record. Edwards was a 2009 NFCA Hall of Fame inductee. Along with five other hall fame inductions, Edwards collected an astounding 928 career wins.



Cindy Bristow, Softball Excellence, FL: Bristow has coached and directed at numerous levels of softball across America. As a collegiate coach she led programs at New Mexico State and Wichita State while also making a stop at Arizona State as an assistant coach. Professionally she has taken the head coaching reigns for the Georgia Pride and Florida Wahoos in Women's

Professional Softball League. Bristow has been a featured speaker at hundreds of softball clinics both in the US and internationally. Currently the Co-Owner of Softball Excellence, a Softball Education Company, Cindy has produced 14 instructional video tapes for the sport of Softball while authoring eight softball instructional books. Bristow has served as the President of the National Softball Coaches Association, National Director of Junior Olympic Softball for the Amateur Softball Association and Director of National Teams and Coaching Development for USA Softball and the Director of Development for the International Softball Federation (ISF) - the world governing body for the sport of softball, including the Olympics. A color analyst for ESPN's college softball coverage, Bristow has been inducted into the NFCA Hall of Fame.



Randy Schneider, Iowa State University: Schneider joined the Iowa State staff for the 2017 season. The previous six seasons, Schneider served as the associate head coach at University of Wisconsin. In his six-year tenure, Wisconsin put together four 30-plus win seasons after only having five such campaigns in the previous 15 years. Known as an offensive mastermind,

Coach Schneider guided the Badgers to the highest season on-base percentage (.389) in school history in 2015. Before joining Wisconsin, Schneider served as the head coach at Valparaiso for seven seasons, leaving as the program's all-time winningest coach. The Crusaders enjoyed winning seasons in each of his final four years and won 20 or more games in six of his seven seasons. Schneider was named the Horizon League Co-Coach of the Year in 2008 after his team, which was in its first year in the conference, finished in second place. In 2009, he led the Crusaders to a school-record 35 wins and a third-place finish at the Horizon League Championship.

TENNIS



Jake Saulsbury, University of Nebraska-Kearney: Completing his seventh year as the head men's and women's tennis coach at Nebraska-Kearney, Saulsbury has continued the program's long string of success. Over his first six years, he has compiled a 107-42 record on the men's side while leading the women to a 113-45 mark, making him the winningest coach in school

history (men's, women's and combined wins). In Saulsbury's tenure, both teams have made five appearances in the NCAA Tournament, each reaching the Sweet 16 twice. He has guided the women to three RMAC (Rocky Mountain Athletic Conference) regular season titles as the Lopers went unbeaten over a two-year period. The UNK women also won the 2010 RMAC Tournament. Individually, 29 players (12 men and 17 women) have earned all-conference honors in singles while 27 doubles teams (13 men's pairs and 14 women's pairs) have been tabbed. Before coming to UNK, Saulsbury spent the 2008-09 season as a graduate assistant coach at his alma mater, NW Missouri State. He was a two-time first-team All-MIAA singles player in college, and as a junior he advanced to the ITA National Small College Championships in doubles and earned a national ranking. Jake also won a Class B Nebraska high school state title at Lexington High School. Saulsbury resides in Kearney with his wife Ashley, a first grade teacher for Kearney Public Schools, and their children Jack, Charlotte and Adelyn.



Scott Shafer, University of Nebraska-Kearney: Coach Shafer joined the UNK tennis program in the summer of 2013. He serves as the top assistant to head coach Jake Saulsbury for both the men's and women's squads. In 2014 he helped both UNK squads finish third in the MIAA and reach the NCAA's. The women set a new school mark for doubles wins (20)

with the men notching 19. Last year, the Lopers were a combined 42-13 with each squad returning to the NCAA's. Currently a teaching professional with the Kearney Tennis Association (KTA), Shafer recently was an Associate Pro at Hitters SportsPlex in Middleton, WI. He also coached the Middleton High School, WI, girl's team to two conference championships and an appearance in the Wisconsin state tournament. His passion for teaching tennis was nurtured while working under collegiate coaching legends Dick Gould (Stanford), Frank Brennan (Stanford), and Greg Patton (Boise State). Shafer, a USPTA teaching pro, also spent time in Madison, WI. He lives in Kearney with his wife Kristy, a chemistry professor at UNK, and their daughter Zia.

TRACK & FIELD



Don Berger, North Salem HS, OR: Coach Berger was honored as the 2016 National Girls' Track Coach of the Year by the National Federation of High Schools. For the same year, he was the Oregon state and Northwest Regional COTY. This was his 3rd time being nominated by Oregon for the national award. In his 40-year career, Coach Berger has coached four state

championship teams in girls' track & field, four in boys' track & field, and one in girls' cross country. He has coached 21 district team championships, 11 in girls and 10 in boys, and has coached 59 individual or relay state championships in track. Named Coach of the Year several times in 3 different leagues, Berger was Oregon's Coach of the Year five times as chosen by the Oregon Coaches Association. Coach Berger was Head Sprint Coach at Northwest Track Camp for 10 years and has led three overseas tours for athletes with two organizations. Other honors include COTY from the Salem Sports and Breakfast Club, finalist for Virtue Coach of the Year, and a Crystal Apple Award for teaching excellence by the Salem Keizer School District. Don teachers Junior English at North Salem High School, OR. He and his wife Georgiann have two daughters and two grand kids, who are - according to Coach Berger - far more fun and exciting than any championship or award.



Teivaskie Lewin, University of South Dakota: Coach Lewin is completing his first year as the hurdles coach for the Coyotes of USD. Immediately Lewin helped produce three Summit League hurdle champions. A Jamaica native, Lewin helped lead USD to win two indoor Summit League titles and one outdoor title. As a two-time Division 1 All-American, Lewin placed 6th at the

Jamaica Olympics trials in 2016. A USD team captain, his personal best marks include 7.77 in the 60m Hurdles and 13.59 in the 110m Hurdles. Teivaskie is currently pursuing a Master's Degree (Interdisciplinary Studies) with emphasis on communications, leadership and coaching.

nebraska coach String and Coaching.

Carrie Lane, USTFCCCA, CO: See Cross Country Biography



Jeremy Scott, 2012 US Olympian, AR: Jeremy Scott grew up in Norfolk, NE, and graduated from Norfolk High School, where he was the 1999 Nebraska Class A and All-Class Champion in the pole vault. He attended Allegheny College and won two NCAA pole vault championships and set the all-time NCAA Division III record at 18'8.25". As a professional athlete, Jeremy

represented the USA in five world championships, two Pan-American Games, and the 2012 Olympic Games. Career highlights include a personal best of 19'1", the 2009 US National Championship, a #1 US ranking and top ten world ranking in 2011, and the Silver medal from the 2011 Pan-American Games. Jeremy has spent the entirety of his professional career working under the world-famous pole-vault coach, Earl Bell. He has adopted many of the theories and techniques that have made Bell Athletics the premiere American pole vault center.

VOLLEYBALLPRESENTED BY THE AMERICAN VOLLEYBALL COACHES ASSOCIATION



Renee Saunders, Omaha Skutt Catholic HS, NE: Coach Saunders completed her 22nd year in coaching in 2016. While in college she coached middle school volleyball for two years and then served as the varsity assistant coach at Lincoln East HS. After college she moved back home to Omaha, NE, where she took a head coaching and teaching job at Omaha South HS. Renee

coached the Packers for nine years, then changed career paths by going to Omaha Skutt Catholic High School where she has been the head coach the past six years. Since being named head coach in 2011, her teams at Skutt Catholic have earned a 204-48 record, have qualified for the state tournament five of six years, earned state runner up honors in 2014, and back-to-back state champions in 2015 and 2016. After the 2016 season Coach Saunders was named National High School coach of the year by volleyballmag.com. The SkyHawks finished #2 and #3 in the nation in three different polls, after the 2016 season. Skutt Catholic went 44-0 in 2016 and was considered one of the best teams ever in the State of Nebraska. Coach Saunders was a two sport athlete from Omaha Marian HS, where she was named Female athlete of the year by the Omaha World Herald and the Lincoln Journal Star. She went on to play volleyball and basketball at the University of Nebraska, where she was a member of the 1995 National Volleyball Championship team.



Lisa Bartels, DPT, PRC, Performance Conditioning, NE: Lisa's introduction to physical therapy and sports medicine was a result of injuries sustained during her high school career. After rehabilitating from an ACL injury and surgery, she went on to enjoy athletic success which included an opportunity to play for the junior national team and the offer of a volleyball scholarship

to the University of Nebraska. Unfortunately, Lisa tore the ACL in the opposite knee a few months prior to the start of her college career. Plagued with knee pain and patellar tendonitis that could never be controlled. Bartels accepted a medical hardship and her college career was over. As an undergraduate she enjoyed coaching youth volleyball at the club level, specifically with Lincoln Sports Courts at Lincoln Southeast HS. Inspired by an effective treatment approach, Lisa later decided to enter physical therapy school and completed a Doctorate of Physical Therapy from the University of Nebraska Medical Center in 2005. Today Bartels practices at Crossroads Physical Therapy in Lincoln, where she continues to integrate advanced biomechanical theories and interventions with traditional orthopedic treatment principles. Given her personal experiences with athletics and injuries, her special interest is working with athletes of all levels that struggle with chronic injury and pain. Lisa enjoys consulting with collegiate coaches and teams who are requesting implementation of Postural Restoration into their conditioning and rehabilitation programs.



Matt Buttermore, Hastings College, NE: Entering his 6th-season as head coach at Hastings College, Coach Buttermore has compiled a 128-43 record in five seasons. Under Buttermore the Broncos have earned two Great Plains Athletic Conference (GPAC) Championships (2012 & 2016), one GPAC Tournament Championship (2016), three NAIA National Tournament

Appearances, advanced to the NAIA Elite Eight (2012), earned three top-ten final rankings (#6 in 2012, #9 in 2015 and #1 in 2016), and most recently won the 2016 NAIA National Championship. Buttermore has trained 24 All-Conference players, two GPAC Players of the Year, one NAIA Libero of the Year, and seven $40\,$

All-Americans. He has also been recognized as the GPAC and West-Central Region Coach of the Year (2012, 2016) and in 2016 was named NAIA National Tournament Coach of the Year, and AVCA NAIA Coach of the Year. A native of Lincoln, Nebraska, Buttermore played collegiately at the University of Findlay (NCAA I-II). He holds the school record for blocks in a single match and total blocks in a season.



Lyndsey Oates, University of Northern Colorado: Lyndsey Oates was hired as Northern Colorado's fourth head women's volleyball coach in 2005, having served the previous two seasons as an assistant coach. In the years since, Oates has led the Bears' march from a NCAA Division II power to Northern Colorado's first team to win a Division I conference postseason

championship (2009) and first team to make an NCAA Division I tournament appearance (2009). As head coach, her teams over the past eight years have won six Big Sky Championships and earned four bids to the NCAA tournament. Named Big Sky Conference Coach of the Year in 2009, 2011 and 2014, Oates has coached 28 players to All-Big Sky Conference recognition at Northern Colorado. Coach Oates came to the Bears after spending the 2002 season as an assistant coach at Samford in Birmingham, Alabama. She was a prep star at Eaton High School, CO, where she earned all-state honors three times and still ranks fourth in Colorado prep history for career kills. Lyndsey played collegiate volleyball at LSU, where she was a three-time SEC Academic Honor Roll selection and earned a degree in mass communication in 2002. Oates continued her education at Northern Colorado, completing her master's degree in athletic administration in December 2004.

WRESTLING PRESENTED BY THE NATIONAL WRESTLING COACHES ASSOCIATION



Tony Purler, Toney Purler Wrestling Academy, MO: Tony was a NCAA National Champion for the University of Nebraska in 1993. As a Husker two-time All-American, he compiled a 35-2 record in his senior year and lead Nebraska to its highest team finish in school history by finishing 3rd at the NCAA Championships. Purler won a national championship at every

level of wrestling and went on to be two-time US World Team member and World Cup medalist. He has coached at the collegiate level, making stops at Oklahoma State, Oklahoma, Missouri and Clarion University, PA. Today, Tony owns and operates Purler Wrestling Academy West located in Holt, Missouri, near Kansas City. At Purler Wrestling Academy West, Tony conducts strategic wrestling instruction designed to teach youth and high school wrestlers how to wrestle physically, technically and mentally.



Chris Mecate, Virginia Beach Regional Training Center, VA:
Chris is entering his 2nd year as Head Coach of Virginia Beach
Regional Training Center located in Norfolk, Virginia, while also
entering his 2nd year as an Assistant Coach of Slaughterhouse
Wrestling Club, located in Smithfield, Virginia. As an athlete
Chris became Old Dominion's seventh multi-year All-American

and the first back-to-back All-American in over 30 years after placing fifth at the NCAA Championships as a No. 12 seed. Some of his notable wins at the NCAA Championships include defeating No. 7 seed Solomon Chishko of Virginia Tech, No. 8 seed Joey Ward of UNC, Nebraska's Anthony Abidin, and Jimmy Gulibon of Penn State. Mecate was named to the NWCA All-Academic Team three times. He finished his collegiate career as a four-time NCAA Qualifier and two-time All-American and became ODU's 13th 100-match winner.

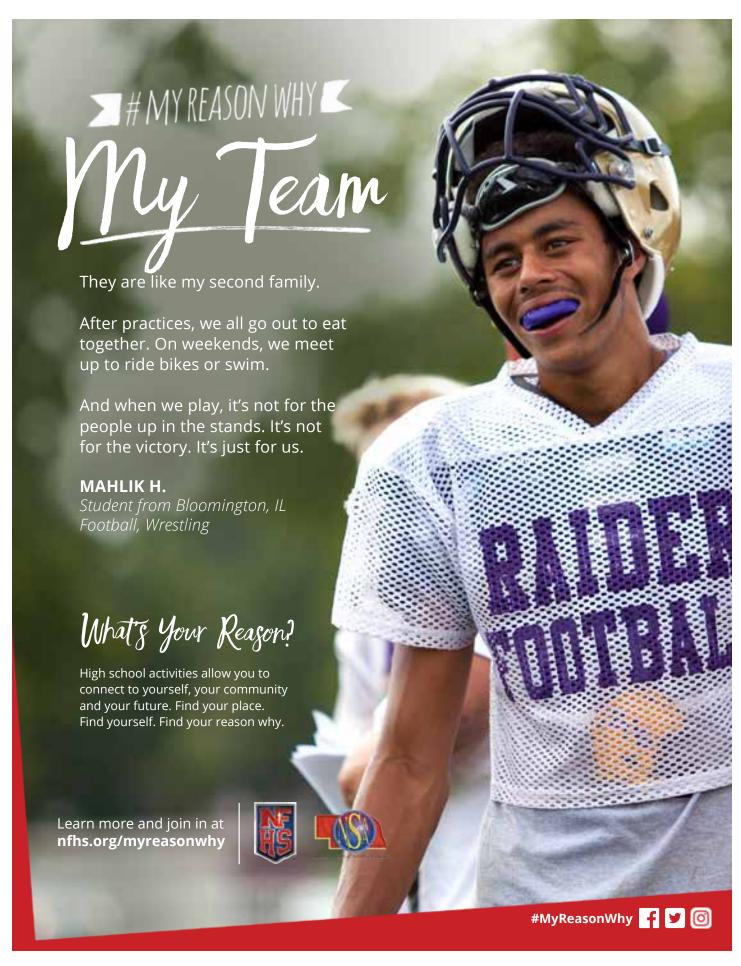


Mark Branch, University of Wyoming: In his nine seasons at Wyoming, Mark Branch has raised the expectations of Cowboy Wrestling to new heights. He has upped the profile of Wyoming Wrestling and brought the program notoriety and name recognition with levels of success rarely seen in the program's history. With 87 dual wins and a 77% win rate within

the conference ranks, Branch has established the Cowboys as the team to beat year in and year out. He has compiled a 41-12 mark against conference foes with four regular-season dual titles, and led the Pokes into the newly formatted Big 12 wrestling conference the last two seasons. He guided Bryce Meredith to All-American honors in St. Louis in March at the NCAA Championships. In 2016 Meredith became the first Cowboy to wrestle in the finals since Reese Andy in 1996. Mark is respected in the Nebraska wrestling community for honoring the scholarship of four-time state champion Doyle Trout from Centennial HS two years ago.

nebraska coach









Travel.





Protect.

Save.

Check out your member benefits

Save more with these exclusive discounts!



























For more information, visit: www.hscoachesbenefits.org





























MPCoach App for Coaches & ADs



MANAGE your team's schedule, roster, scores & more!







America's SOUPCE For High School Sports



Your Source for NSAA Championship Images!

Digital Images for action and awards Action, Awards Ceremony, and Team prints Photo Collages, Panels and more!

view your images at: www.callamsportsphoto.com



NEW CAMP INSURANCE REQUIREMENT: PARTICIPANT/ACCIDENT COVERAGE

As a member benefit of your coaches association, your members will continue to have General Liability coverage for their coaching activities (for example, State Association sanctioned All-Star Events, camps, other coaching activities and classroom coverage). The new requirement from the General Liability Company is that if a coach operates/conducts a camp he/she must have Participant/Accident coverage for all participants/campers attending the camp. Your member coach has the option to provide proof of existing Participant/Accident coverage or to purchase the coverage at a discounted rate through the NOCAD Camp Insurance Program.

WHY THE CHANGE?

When a coach is coaching at his/her school, student athletes are always covered by an Accident Insurance Policy that is provided by the school or the High School Association. The coverage is in place to help schools and High School Associations eliminate potential litigation; because when someone is injured, the Participant/Accident Insurance Policy can pay medical bills.

Even if the injured party has Primary Medical Insurance, most policies no longer pay 100% of the medical bills and parents could have high out-of-pocket expenses. For example, if a student has a \$50,000 ACL injury and the parents' Primary Medical Insurance Policy has an 80/20 co-pay, the insurance company is going to pay \$40,000 and the parents would have \$10,000 in out-of-pocket expenses.

In today's legal climate, everything possible must be done to protect our General Liability Policy from lawsuits being filed for negligent acts when someone is injured. Camp Liability Policies could be unavailable in the near future if Participant/Accident coverage has not been added.

Thank you,

Greg Joly: gjoly@loomislapann.com
Lori George: lgeorge@loomislapann.com

Loomis & LaPann, Inc.
Insurance Administrator

800-566-6479

www.loomislapann.com



2017-2018 NCA Membership/Clinic Registration – INSTRUCTIONS

Nebraska Coaches Association
ON-LINE REGISTRATION OPTION for membership renewal and clinic registration.
OPENS MAY 1, 2017

ON-LINE OPTION INSTRUCTIONS:

- 1. Go to www.ncacoach.org.
- 2. Locate the link for on-line registration in the upper right-hand column on the home page.
- 3. Click on the link, this will take you to the registration page.
- 4. Complete the on-line registration form in its ENTIRETY PLEASE UPDATE ANY CHANGED INFORMATION.
- 5. You will be directed to either continue to a CREDIT CARD payment screen, or to PRINT the form and MAIL WITH PAYMENT.
- You will receive an email confirming your registration. If you choose to pay with a credit card, your registration will be complete. If you choose to mail in your printed form, your registration will be complete when the NCA receives payment.
- 7. **If your school pays for all or part of your membership or clinic registration**, you may complete the form, print, and give to your Athletic Director to complete the registration process.

SPECIAL INSTRUCTIONS:

- If paying by credit card, DO NOT CLICK "SUBMIT PAYMENT" MORE THAN ONCE.
- If you register for membership only, then later wish to sign up for the clinic, you will not be able to do this on-line. Call the NCA (402-434-5675) office or mail in a registration form indicating you are already a 2017-2018 member and registering for clinic only.

MAIL-IN OPTION INSTRUCTIONS:



Please complete the registration form found on page 43 (or download from the NCA homepage) and mail with payment to:

NCA

500 Charleston St, Ste 2 Lincoln, NE 68508

If you wish to purchase the NCA Gold Card with your membership renewal, please mark the appropriate box and include this amount with your payment.

GENERAL REMINDERS:

If you are a FIRST-YEAR coach (to the profession of coaching), you may attend clinic for free with a paid membership.

If you are a COLLEGE STUDENT -OR- COACHING OUT OF STATE, you may join the association for free (no insurance offered) but you must pay to attend clinic.

As a reminder, the 2017-2018 membership year will begin July 25, 2017 and run up to the day before the 2018 Multi-Sport Clinic (July 23, 2018).



2017-2018 NCA MEMBERSHIP REGISTRATION

Complete this form in	its ENTIRETY and ma	il with y	our che	eck to:								
NCA 500 Charleston Street Lincoln, NE 68508	, Ste. 2					_						
Name:												
Gender: Male		Fema	le									
Date of Birth:		·/										
NSAA High School:												
Middle School/ College/Youth Org/C	dub.											
Home Address:				(Please do	not enter	school ac	ldress)				
City, State Zip:	,,											
Phone: ()	- E-n	nail:										
Check here if FIRST TIME COACH - OR - Enter # of years in coaching/administration through 2016-2017:												
Coaching Assignments 2017-2018:												
	SPORT	HS VARSITY HS NON-VARSITY MIDDLE SCHOOL YOUTH							_	_		
		Head	Asst	Head	Asst	Head	Asst	Head	-	Head	Asst	
	Boys Cross-Country											
	Girls Cross-Country											
Football												
	Girls Golf											
Softball												
	Boys Tennis											
	Volleyball											
	Boys Basketball											
	Girls Basketball											
	Boys Swimming											
	Girls Swimming											
	Wrestling											
	Baseball											
	Boys Golf											
	Boys Soccer											
	Girls Soccer											
	Girls Tennis											
	Boys Track and Field											
	Girls Track and Field											
	Cheer or Dance											
	Bowling											
Administrative Assignments 2017-2018: Please indicate any administrative positions you hold for 2017-2018 for this high school. Athletic Director Assistant Athletic Director Activities Director Principal Assistant Principal Superintendent Registrant is a Past President of the NCA Board (membership fee waived). Registrant is a College Student -OR- Coaching Out-of-State (membership fee waived).												
FEES: NCA Membership: Clinic: NCA Membership Required Additional Option: NCA Gold Card \$20 (Must be Purchased by 10/1) *AACCA Certification not included - paid at clinic												
Total Amount Due:		`	•		,	,					·	
Credit Card Number								Evni	ation D	late: /N	//o/Yr) // //	7
(Mastercard, VISA, D	iscover) L L L L							_ ∟xhii	audii D	ale. (I	//O/11) /	
Signature:												

NON PROFIT
ORGANIZATION
US POSTAGE
PAID
PERMIT #40
LINCOLN, NE

2017 – 2018 Online Membership & Clinic Registration Information Inside See pages 46 – 47

