

nebraska

# coach

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DECEMBER 2011

## Coaches Articles

Winter Coaches Share  
Wisdom

## SPORTSMANSHIP

Volleyball Awards &  
Summits

## BACK-TO- BACK TITLES

Jeff Bellar, Norfolk Catholic

## NCA All-State Teams



# CONTENTS nebraska coach

DECEMBER 2011



Wendy Alexander of Ord takes a timeout during the Class C2 State Championship game. The Chanticleers capped a 27-7 season with a state runner-up finish. – NCA Photo



## DEPARTMENTS

- 4** *Upcoming Events & Contact Information*
- 5** *“The Game Plan” - Words from your NCA Executive Director*
- 12** *2011 Fall Champion Coaches*
- 14** *Independent Sportsmanship Evaluations/Winter Track Clinic Set/Member-ship Benefits*
- 22** *Winter Championship Information - Hospitality and Seating*

## FEATURES

- 6** *What We Do Differently- Monte Jones, Head Boys Basketball Coach, Lincoln Christian*
- 7** *A Quick-Hitter Man Offense- Scott Placek, Head Girls Basketball Coach, Howells*
- 8** *Building a Winning Wrestling Program- Darin Garfield, Head Wrestling Coach, Central City*
- 9** *Millard West Swimming 4 Pillars- Tracy Stauffer, Head Swimming & Diving Coach, Millard West*
- 10** *2011 Volleyball Sportsmanship Awards*
- 13** *2011 Sportsmanship Summit Photo Gallery*
- 16** *Football Coaches Clinic*
- 18** *All-State Selections*
- 19** *State Cheer & Dance Championships*
- 20** *Country Inn & Suites Joins the NCA Team*

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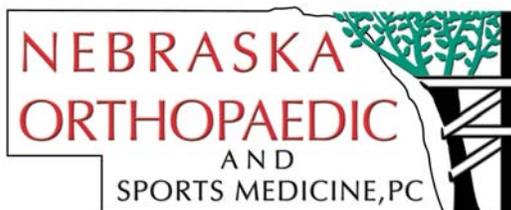
# PROUD TO BE YOUR HUSKER TEAM PHYSICIANS.

- Team Orthopaedic Physicians for All Husker Athletic Programs.
- 6-Sports Medicine Specialists with advanced, formal Fellowship Training.
- 5-Hand & Wrist, Foot & Ankle, and Spine Specialist with advanced, formal Fellowship Training. In all, 14 Orthopaedic Physicians providing the most comprehensive orthopaedic care available throughout the state.
- Our own MRI Imaging Center offering same-day scans for competitive and out of town athletes.
- Extended office hours (7 a.m.) and Fall Saturday Sports Clinics with availability of Sports Medicine Physicians each day.
- Official Sports Medicine Sponsors of the NSAA and Nebraska Coaches Association.
- Nebraska's largest provider of Sports Medicine & Outreach Program Services to High School & Collegiate Athletic Programs.
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## Nebraska Orthopaedic Physician's Outreach Clinics

Aurora	Memorial Hospital
Auburn	Nemah County Hospital
Beatrice	Gage County Medical Clinic
Fairbury	Jefferson Community Health Center
Falls City	Community Medical Center
Holdrege	Family Medical Specialties
Nebraska City	St. Mary's Hospital
Osceola	Annie Jeffrey Memorial County Health Center
Pawnee City	Pawnee City Memorial Hospital
Syracuse	Community Memorial Hospital





Elkhorn Football Coach Mark Wortman gives instructions to his players during the Class B State Championship game at Memorial Stadium. Elkhorn defeated Crete 26-17 for the Class B Championship. – NCA Photo

# nebraska coach

DECEMBER 2011

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## **UPCOMING EVENTS**

**January 22** – Board Meeting

**February 16 & 17** – State Cheer & Dance Championships --  
Grand Island Event Center

**February 16-18** – State Wrestling Hospitality Room --  
Century Link Omaha

**February 24** – State Swimming Coaches Pizza Feed --  
Devaney Sports Center

**February 25** – NCA Track Clinic -- NSAA Building

**March 1-3** – Girls State Basketball Hospitality Room --  
Devaney Sports Center

**March 1-3** – Girls State Basketball Sportsmanship Awards --  
Lincoln

**March 8-10** – Boys State Basketball Hospitality Room --  
Devaney Sports Center

**March 8-10** – Boys State Basketball Sportsmanship Awards --  
Lincoln

**April 29** – Board Meeting – NSAA Building

## **NCA CONTACT INFORMATION**

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## *"The Game Plan"*

*Words from Darin Boysen, NCA Executive Director.*

I want to take time to congratulate the coaches of the fall sports. It was with great pleasure that I was able to watch Nebraska coaches making a difference in the lives of student-athletes. If you are a coach that was fortunate enough to bring home State Championship hardware, or if you had the honor of coaching any team – congratulations and thank you for your commitment and dedication to the profession of coaching.

A special "thanks" goes to the four winter sports coaches for volunteering to submit an article for this edition of *NEBRASKA COACH*. These four coaches took time out of their busy schedules and lives to give back to you. I think you can pull valuable information from each article no matter what sport you may coach. Our goal is to make this publication not only a place to find information about the programs and activities of the Nebraska Coaches Association (NCA), but also a source of inspiration as a coach. If you are interested in submitting an article for a future edition, please contact the NCA office. Thanks again to each coach for giving back to their peers.

In September the National Federation granted the NCA permission to link directly to the NFHS education web site. The NCA has created an "Education" page to help guide you to this powerful educational site. Coaches can select from four types of online courses. Core Courses provide coaches with the foundation from the eight areas contained in the National Standards for Sport Coaches (NASPE 2006). Sport-Specific Courses are available in seven different sports along with Cheer & Dance and AACCA Spirit Safety Certification. More sport specific courses are in the planning stages. Elective Courses include such subjects as Engaging Effectively with Parents, Hydration, Nutrition and Supplements, and Coaching Sports in Middle School. Free Courses include Concussion in Sports—What You need to Know (accepted course for Concussion Training in the State of Nebraska), The Role of the Parent in Sports, and Sportsmanship—For Coaches, Officials, Players and Fans. Also available within the NFHS education web site are articles, documents, helpful links, videos, course flyers, Parent Tool Kits and other promotional materials. Please visit the NCA Education page to learn more.

As I attended the Nebraska State Athletic Administrators Association (NSIAAA) meetings in Kearney last month, I was reminded how blessed we are in Nebraska with the professional leadership and cooperation between the NCA, NSIAAA, and the Nebraska School Activities Association (NSAA). Nebraska is one of the few states that have such a productive and professional commitment by all three organizations to work together for the betterment of not just their own members, but for the student-athletes. There is always room for improvement for us to grow. I encourage NCA members to be knowledgeable and professional as you work with coaching peers, school administrators, and members of the NSAA staff if you would like to see changes within your sport. Respecting one another is a lesson we can teach student-athletes by example.

*"Respect your fellow human being, treat them fairly, disagree with them honestly, enjoy their friendship,*

*explore your thoughts about one another candidly, work together for a common goal and help one another achieve it.*

*No destructive lies. No ridiculous fears. No debilitating anger." --Bill Bradley*



# WHAT WE DO DIFFERENTLY

by Monte Jones, Lincoln Christian Head Boys Basketball Coach

Every coach has a stack of X's and O's to choose from, and in this day and age, you can find enough to choke on if you go to the internet. The same goes for practice drills. For this edition of Nebraska coach I would instead like to give you something out of the ordinary. I would like to show you the things that we do with our team that most people don't do, that might even go against the conventional wisdom that the basketball gurus put out there.

I call this "What We Do Differently", and that is exactly what it is...things that we do that most other coaches don't do. My hope is that you may pick up something from this list, or at the very least, give you the courage to "buck the system" a little when it comes to what the experts believe about running a basketball program. In no particular order, here are the things that the Lincoln Christian Crusaders "Do Differently":

1) PLAY THE TOUGHEST SCHEDULE WE CAN GET. Last season six teams from our conference, (the Centennial) made it to the State Tournament. This is not a fluke as 1-2 teams every year from our conference are in the State Championship game. We need to prepare for that. Six of our games this year were against Class B schools, and no less than 19 of our games were against rated teams. Yes, it is a risk. Yes, you may not be able to pad your winning percentage, but if you want your team to have a chance when they make it to the "Big Show", it better not be the first time they have played against a great team.

2) DON'T CONDITION AT THE END OF PRACTICE. If you do, your players are pacing themselves, and they are dreading the end of practice. Instead, we condition after every drill in practice. We have winners and losers for every drill. Winners run less than losers. Two minutes of conditioning between each drill turns into a lot of conditioning by the end of practice. I think our teams are in excellent condition, because they have conditioned through the entire practice, and competed hard in every drill.

3) DON'T SHOOT FREE THROWS IN BIG CLUMPS. That is not a game-like situation. Instead, we shoot 3 free throws at the conclusion of each drill. If you miss any, you go from a drill winner to a drill loser, or from a drill loser to a double loser. Again, winners run less than losers, and likewise, double losers run more than anyone. This means in practice, you will shoot about 30 free throws while you are tired, and under game-like pressure.

4) USE YOUR GAME CLOCK AND SCOREBOARD TO TIME YOUR PRACTICE. If you time each drill, it will not only keep you on schedule, but players get used to sensing when the clock is winding down in a drill. That is a built-in buzzer-beater situation for every drill in practice. Do you just want to tell your players to be aware of the clock at the end of a game, or practice it in every drill every day? You can also keep score on the board during a drill where two groups are competing. Assign a manager to do this, and you will also be developing someone who will run your scoreboard during games someday!

5) DO A 2-MINUTE DRILL TO END EVERY PRACTICE: Two minutes on the clock, score tied, both teams with one timeout. Let players make all of the decisions about what to run, when to call timeouts, when to foul, etc... then you critique them at the end. It forces them to THINK! You will cover every conceivable situation by the end of the season.

6) DON'T GO BACK INTO THE LOCKER ROOM DURING PREGAME WARMUPS. We stay on the court, and when the other team goes in, we run a full court fast break drill. We are warm, and we are the only team that has run up and down the floor before the game begins.

7) RUN ONE DEFENSE, AND BE GREAT AT IT. Changing defenses may buy you a possession here and there, but is it worth the practice time you spent on it? Instead, use that time to make your base defense better, and find ways to adjust your defense instead of switching it.

8) LET PLAYERS PUT THEMSELVES BACK IN TO THE GAME. If a guy comes out just for rest, tell him he can check back in when he is ready. They love the freedom, and the trust you are giving them to make sure they are rested before they go back in.

9) DON'T USE TIMEOUTS. Why burn one because your team is down by four in the first quarter? Why not save it for when your team is down by four with two minutes left? You can change momentum with substitutions and changing sets.

10) DON'T SET ANY SCREENS. Two years ago, we played exclusively dribble-drive offense, and literally set only one screen after Christmas. Our players loved it, and we were very successful. Even though we were a high/low team last season, we still used it a lot.

11) DON'T FIGHT THE POST. How many fouls do you get each game fighting the post? Let him catch it and double-team him instead. Your fouls will go way down, and your post player will still be in the game when it counts.

12) SWITCH EVERY SCREEN. Are you more worried about mismatches, or about giving up open shots? Remember...we double-team the post.

I hope this has stirred some ideas for many of you. If you have any unconventional ideas of your own, I would love to hear them.

Thanks for your commitment to kids, and this great profession!



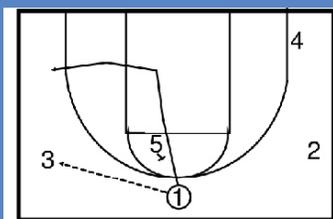
Photo courtesy of Callam Sports Photography with permission by the Nebraska School Activities Association

# A QUICK-HITTER MAN OFFENSE

BY SCOTT POLACEK, HOWELLS

I've always believed that with man to man offense in girls basketball, you've got to keep it simple. Some coaches call a ton of set plays, but there's going to be that conference title game where your players can't hear you over the crowd—and they must win the game alone. After years of stealing good stuff from other people at clinics, I finally put all my favorites into one offense.

The key for this offense is that it forces one girl to make a very big choice. Whichever choice she makes will require her teammates to help, giving us a good look at the basket with very little risk of a turnover.

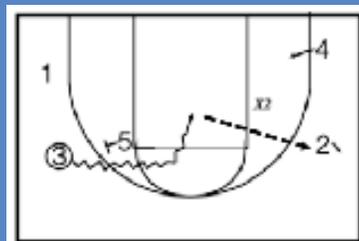


Begin with a 1-3-1 set. Just lining up in a 1-3-1 makes it difficult for the defense, because the girl guarding the weak-side wing is already unsure—because she won't want to give up a back door cut.

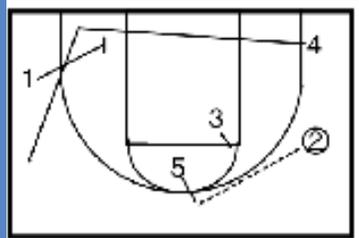
A key for this is keeping 2 & 3 out wide on the perimeter. If you let those wings sneak in early, a good hedge will destroy this.

1 passes to the 3, and then will rub off of 5 to make a ball-side UCLA cut. 3 could give the ball back to 1 at the baseline, but unless 1's a great 3-baller or can finish a baseline drive against a big girl, we usually just let the point clear out.

5 needs to be a good pick n' roller—but she also will get an opportunity to be at the top of the key. 5 now sets a back screen on 3's man, and 3 will take it hard to the paint.



Now is decision time. If 3 gets around 5 with no problems, 2's defender must drop to help. If she doesn't, 3 will take the layup. Regardless of who helps, whether it's 2 or 4's man, we now have an open jump-pass to a wide-open shooter. 4 will also read this, trying to clear out as much as possible for 3 (that may include screening across for 1—so she can flash).



Usually, 3 will skip pass to 2, who then reverses the ball to 5 (now at the top of the key). 3 is the new high post. In the base offense, 4 will wraparound 1, and the offense can now be restarted on the other side. However, we rarely ran this all the way through...we never seem to have the patience.

Option 2 has 1 use a screen from 4, flash, & 2 can feed her—and get might just a mismatch at the block with our point guard.

This may be way too simple for your team. Simple worked for us at Howells last year because we were able to put 4 girls at 5'8" or better on the court, & my 5'5" point guard placed in the high jump at the state meet. I was blessed with one of those teams that come around every 19 years or so. Your results may vary. Good luck with your teams this season!



Photo Courtesy of Bob Jensen,  
Huskerland Prep Report

# Building a Winning Wrestling Program

*Darin Garfield – Central City*

Coaching philosophies vary from coach to coach, but it is clear that the goal of any coach is to build their program into a winner. Over the years, I have found some things that have worked for me. By no means do I think I have all the answers, but I feel confident in the formula that we use at Central City.

Every season is different from the next, but my goals for each season are the same. I want to have a minimum of five wrestlers on the team from each of the four grades. That ensures our numbers will always be at least at 20. Of those five, my goal is to have two state qualifiers from each of those five athletes. That puts the number of qualifiers around eight or so. And of those qualifiers, I need at least four of them to medal. If that happens, we will be a top ten team in the state each year. It is unrealistic to think that this will always happen, but this is my goal for my team each year. Goals are great things to have, but the question becomes, what things can I do to reach these goals?

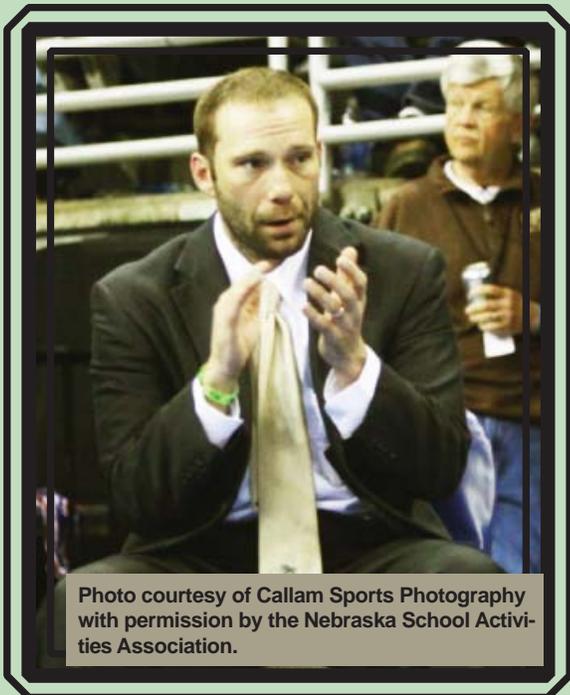


Photo courtesy of Callam Sports Photography with permission by the Nebraska School Activities Association.

I grew up the son of a preacher. My dad always seemed to be full of wisdom, and I learned a lot from him. He was very into acrostics. One that he taught me at an early age, is T-I-R-E. It fits well with my philosophy and helps me try to achieve the goals I have for my teams.

**T** - is for Time. Coaches always expect their athletes to be devoted to that sport. We want to see them in the weight room and the wrestling room. The fact is, athletes will be more willing to sacrifice their time, if they see you sacrifice yours. This goes way beyond the practice room. We can't expect our athletes to give up their time during the off-season, if we aren't willing to do the same. Give them opportunities to put in that extra time. Open the weight room, have open mats. Take them to off-season tournaments, summer leagues, and summer camps. If they see that you are totally devoted, they will want to be too.

**I** - is for interest. Show interest in what is going on in their lives. Get to know them on a personal level. Show them respect, and you will get it back. Your athletes need to feel that you see them for who they are. Understand that the old school cookie cutter approach to coaching does not work. Each of your athletes is a totally different person than the next. Find out what makes them tick.

**R** - is for resources. Use your resources. There are so many different resources available to coaches today. Coaches clinics, wrestling leagues, internet sites, other coaches, and much more. Also, use your assistant coaches. Let them coach. Don't be a control freak. They are a very valuable resource for you to use.

**E** - is for energy. The wrestling season can be a very taxing one, but don't show it. Be energetic. Your athletes will feed off of your energy. If you look and act tired, it can bring the whole attitude in the room down.

As I close, I want to leave you with one last thing that I tell my athletes. We all know that life is not fair. The only fair thing in this world is that God gives all of us 24 hours in a day. It is up to you to decide what you do with those 24 hours. Good luck to all of you as you begin a new wrestling season!

# MILLARD WEST SWIMMING 4 PILLARS

Tracy Stauffer -- Head Swimming/Diving Coach



Photo Courtesy of Millard West High School

When I became a head swimming coach at Lincoln Northeast, I was 25 years of age. I knew I had to identify and create a team philosophy that I would use as my base plan. I have used that same philosophy for the last three decades. There have been additions, modifications and evolutions in how I train my athletes, but overall, I have kept with four core pillars.

As an assistant swimming and football coach in the early 1980's, I observed how every successful swimming program operated over the previous five – six years. I also incorporated some of the coaching philosophies of the football programs that I had coached under and against during that same period of time.

I picked and chose what I thought were the 'best' parts of each of the programs, then put them together with my personal philosophies and tried to incorporate all the best ideologies into my program. I tried to fit these ideologies into a program that I thought would create an environment that the athletes would 'buy into' and one that would eventually fulfill a life goal of mine: to win a state championship.

## THE FIRST PILLAR – THE MENTAL SIDE

The mental side of athletics has really come to the forefront of coaching in the past 20 years. There have always been coaches who are innovative in this area, but today it seems like every coach must take care of this part of the sport or there will be breakdowns and turmoil within the team during the season. If you don't take a personal role in this area I feel that you will not get the best effort from your athlete or team. You won't get what I call a 'peak performance(s)' out of them. This performance is their best for the season - a great effort - putting all the training together and attaining the goal.

The Mental side can be a very delicate area. As a coach you have to set boundaries with your athletes, but you also must be close enough to them so they will trust you and 'buy into' your program. Knowing the right time to 'kick them in the tail' and when to listen to their fears and problems is difficult. The line must be drawn and it must be the same for each and every athlete on the team. One way I connect to the mental side of the athlete is trying to always talk about something that they did that was positive before I talk about the negative. Give them the 'candy' before you giving them the medicine. When they do correct the skill or expectation, give them the reward of your praise. As the coach you decide how much or what is appropriate for the situation, but give them your attention. I try to motivate my athletes every day, in the most positive way possible. I also try to explain why we are doing a difficult drill/set/workout and what it will mean for them if they do it well. I try to let the athletes know that I am accessible to them when they need to talk. I have an open door policy with my athletes, meaning that if they need to talk to the coach, I am here. When we do talk, I try to listen, and then always tell them the truth and without candy coating things. Many athletes these days are looking for direction and discipline that parents haven't supplied or don't know how to give to their kids. I try to be honest with them and not give them false assumptions about the season or how they are performing. The honest truth can be difficult for some kids to hear, but almost all the kids respect that truth from a coach. It can also motivate them to work harder.

Another area of the mental game is visualization. I have long believed that having an athlete visualize the swim/performance can enhance their success. We use this during the competition part of our season and

especially during the championship part of the season. There are many good books and articles that I have read dealing with this activity. Some of the best books are on this list: Mind Gym, Learned Optimism, Sun Tzu The Art of War, Bear Bryant on Leadership, John Wooden's Pyramid book and any of Tom Osborn's books.

## SECOND PILLAR – GOAL SETTING

Goal setting has always been an important part of my programs. Without goals, athletes just "take part" in the team but don't try to reach individual or team goals.

We talk about goals before the season starts - months before. Then from day one we talk about and write down their individual/team goals. I have them fill out a 'goal sheet' at the beginning of the season for a goal that they want to achieve by the mid-way point of the season. They write down their goal(s) and then tell me what they must do and what the coaching staff must do to help them succeed. After we reach the mid - way point of the season, we talk about their successes and short - comings of their goals. Then we do it again for the last half of the season. Each time trying to pin point what they need to do to reach their goal(s).

## THIRD PILLAR – THE HIDDEN TRAINING (NUTRITION AND SLEEP)

I talk about this area all the time; before the season starts, during the competition part of the year and especially during the championship part of the season. We talk about sleep cycles and their importance to training and performance. Sometimes we have certain athletes keep sleep diaries so they can see how they are doing in this area. Another area of concern is the nutritional intake of the athletes. I tell them that I believe that supplements should NEVER be an option. Natural calorie and muscle building is what I have always preached to my athletes. We talk about the difference between what is good, nutritious food and what is food that tastes good. Many kids just eat what tastes good to them. We try to make them 'think' about what they are eating and become aware of the best foods to eat. I give them handouts on what we expect them to eat during the training part of the season, before the contest, what to eat and drink at the competition, and finally what they should eat and drink after their performance. We have also used eating diaries for athletes to help them look at exactly what they are eating and drinking. This is an area I feel needs to be monitored because each practice is important and builds to the eventual peak performance at the end of the season.

## FOURTH PILLAR – PHYSICAL TRAINING

I tried to create a program that would produce athletes, not just "swimmers". I have them do a lot of cross - training. I use many other training methods to enhance and develop our athletes. Years ago, I read about how Roger Craig, Jerry Rice and Emmitt Smith trained during the 'off - season' to get ready for the long, difficult NFL seasons ahead of them. They ran hills, used agility drills, did reaction drills, biked and even did some swimming; along with the traditional weight lifting and running. I tried to incorporate that into my program from the first day of being a head coach. Our team swims about 5,000 to 6,000 yards a session, but we also run stairs, run hills, work on reactions, do 'core - training' dry land work, do 'core - training' in the water, resistance training and lift weights using swim - specific skills.

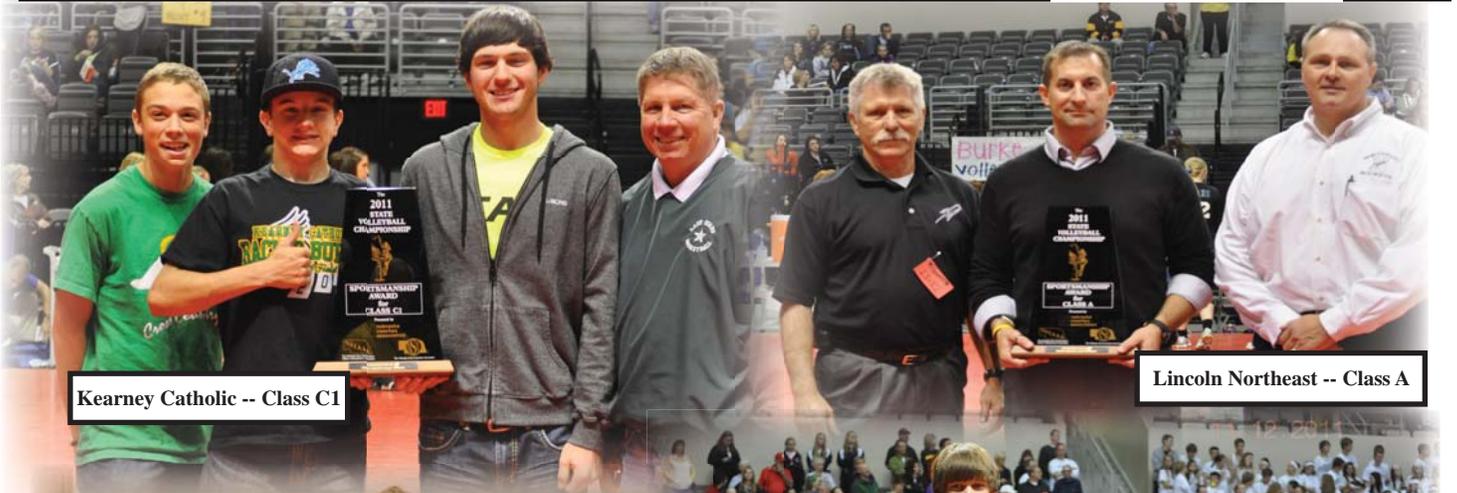
By concentrating on these four pillars, I believe I am helping to physically develop the athletes that I am coaching and their character. This has been my philosophy for the past 26 years. I feel it has served the teams and the athletes that I have coached very well.



Elkhorn South -- Class B

Humphrey -- Class D1

# VOLLEYBALL SPORTSMANSHIP AWARDS -- 2011



Kearney Catholic -- Class C1

Lincoln Northeast -- Class A



Yutan -- Class C2

Stuart -- Class D2

Special "Thanks" to the 2011 Volleyball Sportsmanship Evaluators: Tony Allgood, Al Blankenship, Galen Boldt, Adam Bonesteel, Steve Borer, Tim Classen, Ben Eickhoff, Stan Erks, Alan Frank, Gloria Godtel, Ray Godtel, Greg Hansen, Brad Hoskins, Scott Leisy, Eric Miller, Larry Munksgaard, Patty Novicki, Mike Purdy, Mark Steer, and Rob Wegner.



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# 2011 Fall Champion Coaches

## BOYS' CROSS COUNTRY

Class A	Luke Garringer, Kearney
Class B	Jim Barker, Scottsbluff
Class C	Merlin Lahm, Columbus Scotus
Class D	Derry Trampe, Ord

## BOYS' TENNIS

Class A	Tim Tidball, Lincoln Southeast
Class B	Steve Bischof, Elkhorn South

## GIRLS' CROSS COUNTRY

Class A	Max Kurz, Millard West
Class B	George O'Boyle, Lincoln Pius X
Class C	Jim Meyer, Fort Calhoun
Class D	Jayne Arens, Crofton

## GIRLS' GOLF

Class A	Kelli Jeffries, Grand Island
Class B	Mimi Ramsbottom, Elkhorn South
Class C	Dennis Walters, Boone Central

## SOFTBALL

Class A	Steve Kerkman, Millard South
Class B	Keith Engelkamp, Omaha Skutt Catholic
Class C	Trina Christen, Wahoo

## VOLLEYBALL

Class A	Gwen Egbert, Papillion-LaVista South
Class B	Jake Moore, Lincoln Pius X
Class C1	John Petersen, Columbus Scotus
Class C2	Kathy Gebhardt, Lutheran High Northeast
Class D1	Gary Bender, Humphrey
Class D2	Sarah Edwards, Howells

## FOOTBALL

Class A	Ryan Gottula, Lincoln Southeast
Class B	Mark Wortman, Elkhorn
Class C1	Jeff Bellar, Norfolk Catholic
Class C2	Ron Mimick, Aquinas Catholic
Class D1	Carlie Wells, Elgin/Elgin Pope John
Class D2	Mike Kozeal, Sargent

# 2011 SPORTSMANSHIP SUMMIT



"This was an awesome experience for the students and coaches. Excellent ideas to get our school recharged and on the right track. Thanks to everyone who helped organize the event and especially to the speakers. Great Day!"



"Our students were very impressed with the speakers. It has motivated them to come up with ways we can be better."

"The Summit was well worth our time. Our kids gained valuable information - great job!"



-- NCA Photos --

## MUNKSGAARD TO OFFER SCHOOLS INDEPENDENT SPORTSMANSHIP EVALUATIONS

Currently the Sportsmanship Award is based on evaluations at the State Championships for Volleyball, Boys and Girls Basketball, and Boys and Girls Soccer. If you are interested in improving sportsmanship at your high school; Larry Munksgaard, former Lincoln Southeast Athletic Director and newly appoint Executive Director of the Nebraska High School Hall of Fame, has offered his services. Munksgaard, acting as an independent evaluator, will travel to your school's home sporting event to evaluate teams, coaches, students and fans. The cost of the service would be limited to only mileage from Lincoln. He would also request time with school administrators to visit about the Nebraska High School Hall of Fame. He will not be asking for any donations. You may contact Larry Munksgaard at [larry.munksgaard@neb.rr.com](mailto:larry.munksgaard@neb.rr.com).

## WINTER TRACK CLINIC SET IN CONJUNCTION WITH BIG 10 INDOOR CHAMPIONSHIPS

The Nebraska Coaches Association (NCA) will host the Winter Track Clinic on the morning of Saturday, February 25 in conjunction with the University of Nebraska's first year hosting the Big Ten Indoor Track Championships. The clinic will be held at the Nebraska School Activities Association (NSAA)/ NCA Building – across the street from Haymarket Park.

The NCA Track Clinic will feature both Big Ten coaches and Nebraska high school coaches. A complete listing of speakers will be announced by early January. Clinic registration will be available online at the NCA web site of [www.ncacoach.org](http://www.ncacoach.org) once the clinic speakers have been confirmed. Clinic registration will include admission to the Big Ten Indoor Championships for that Saturday afternoon.



Country Inn & Suites is the official host hotel of the NCA in Lincoln. To book a hotel room, click on "NCA Members – Reserve a Room in Lincoln" located on the top right hand corner of the NCA home page. You must present your 2011-12 NCA membership at the time of check-in to receive the \$85 standard room rate. Suites are also available for various rates.

## JOIN YOUR ASSOCIATION TODAY

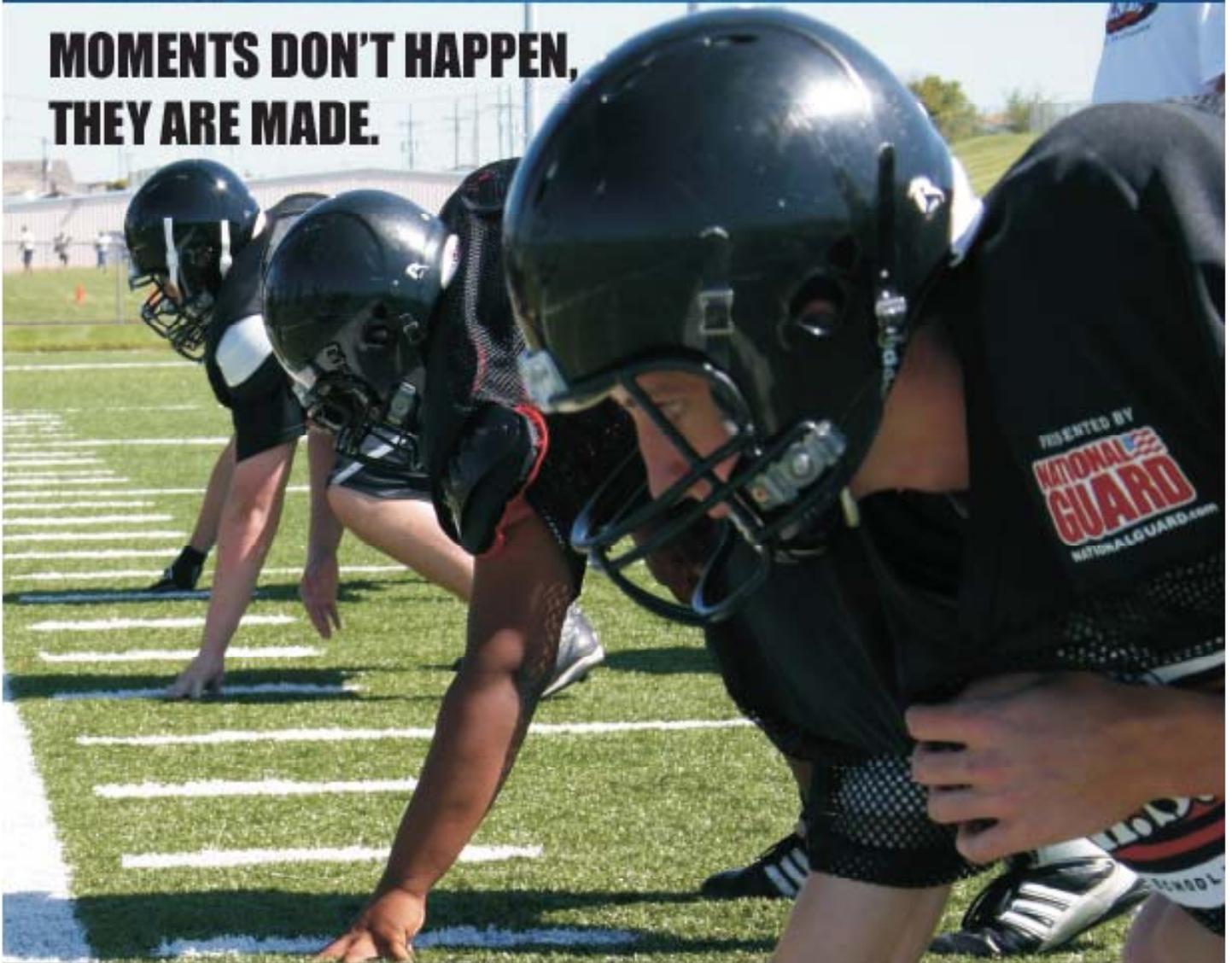
AND TAKE ADVANTAGE OF THESE BENEFITS

- \* Year-round \$1,000,000 coaching and classroom liability coverage.
- \* Free admission for two to the NCA All-Star Volleyball Match, Boys' and Girls' Basketball and Softball Games.
- \* Free admission to the annual Shrine Bowl Football Game.
- \* Free admission, with membership card, to most college-sponsored games.
- \* Newsletters with updates on NCA business.
- \* Reduced-price tickets to some UNL-sponsored activities.
- \* Reduced rates at Country Inn & Suites in Lincoln & Kearney
- \* Committees to make recommendations regarding sports rules changes.
- \* Recognition for coaching accomplishments and achievements through the Milestone Awards, State and National Coach-of-the-Year recognition, eligibility to coach in the Annual All-Star Games, and Service Award (25, 35, 40, 45 & 50 year) recognition.
- \* Sports Clinics

(Membership form available on last page of this publication.)

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**Make Your Moments in the National Guard.**

# FOOTBALL COACHES CLINIC



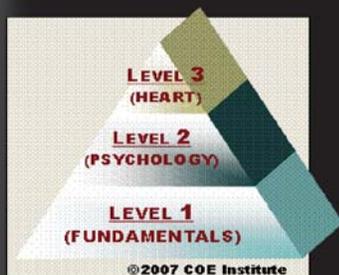
Rod Olson speaks at the FCA Breakfast during the NCA Football Clinic. – NCA Photo

Over 200 high school football coaches descended on Lincoln Sunday, November 20 at the Downtown Embassy Suites for the 16<sup>th</sup> Annual State Championships Football Clinic.

Rod Olson, founder of Coaches of Excellence Institute, presented the keynote address. His presentation titled “Next Level Coaching in the 21<sup>st</sup> Century” challenged coaches to become “3” Dimensional Coaches. The first level of coaching model is fundamentals such a strength, power, speed, quickness, and biomechanics. The second level is psychology. At the second level the coach is challenging the mind of the athletes. The third or highest level of coaching, according to Olson, is when the coach reaches the athlete’s heart.

Olson also pointed out what motivates the 21<sup>st</sup> athlete today. This included a list of ten expectations of athletes today. Olson stressed that, “You can’t play today’s game by yesterday’s rules”. Olson also presented a session on Teaching the High School Quarterback to Recognize and Read Coverages.

Other sessions featured Nebraska high school football coaches. Presenting 11-man offensive sessions were Sam Dunn, Minden and Jeff Govier, Papillion-La Vista. Don Miller of Minden led a session on 11-man special teams. 11-man defensive presentations were by Jack Oholendt of Papillion-La Vista and Darren Harsin of Blair. 8-man presentations featured Greg Conroy, Pender, Tony Allen, St. Mary’s, and Isaac Frecks of Alma.



The Nebraska Coaches Association would like to thank each presenting coach for their time and efforts in preparing for the clinic. Special thanks to the Nebraska Fellowship of Christian Athletes for their help sponsoring Rod Olson who is a globally sought –after speaker, author, and advisor on coaching and leadership.

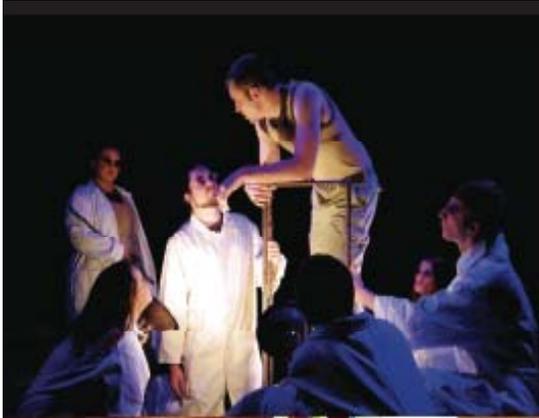
Included in the registration fee was one ticket to two state final games at Memorial Stadium’s 300 Club Level indoor seating.

The NCA was also pleased to team up with abantegraphics.com by Abante Marketing as the exclusive sponsor of the 2011 Football Clinic. Abante Marketing provided each coach with a clip board and t-shirt coupon.



Ron Mimick of Aquinas Catholic shouts encouragement during the Class C2 State Championship game. Mimick’s squad capped a perfect 13-0 season by defeating Kearney Catholic 27-13 for the state title. – NCA Photo

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## Nebraska's Independent Colleges

*Nebraska's independent colleges and universities are proud to sponsor the NCA/NSIAAA/NSAA Sportsmanship Summit and the Sportsmanship Awards presented at the Volleyball, Girls' and Boys' Basketball and Girls' and Boys' Soccer Championships.*

*Consider private college choices:*

- |                       |                              |
|-----------------------|------------------------------|
| Bellevue University   | Midland University           |
| College of Saint Mary | Nebraska Wesleyan University |
| Concordia University  | Union College                |
| Doane College         | York College                 |

For more information, go to: [www.nebraska-colleges.net](http://www.nebraska-colleges.net)



Nebraska's independent colleges include the private colleges and universities that are members of the Nebraska Independent College Foundation.



# NCA ALL-STATE SELECTIONS

## CLASS A ALL-STATE BOYS TENNIS TEAM

### FIRST TEAM

David Liu, Millard North (**CAPTAIN**)  
 Court Clark, Lincoln East  
 Nikolaos Piperis, Omaha Creighton Prep  
 Rodrigo Amaral, Lincoln Southeast  
 Matthew Strasburger, Lincoln Southeast  
 Erik Anderson, Bellevue West

### SECOND TEAM

Michael Koch, Omaha Creighton Prep  
 Jacob Wenger, Lincoln East  
 Daniel Clare, Lincoln Southeast  
 Vincent VanDyke, Omaha Creighton Prep  
 Max Cuppens, Lincoln Southeast  
 Jacob McGowan, Kearney

### HONORABLE MENTION

**Bellevue West:** Alex Garcia-Hudson  
**Grand Island:** Joe Huston, Chance Keopanya, Braedon Root  
**Kearney:** Ross Frazzini, Matt Case, Nathan Mishou  
**Lincoln East:** Joel Spiehs, Donald Breit, Nels Holmquist, Hunter Dunlap  
**Lincoln High:** Zachary Spence, Aaron Cook  
**Lincoln North Star:** William Chamberlin, Jaron Ahmann  
**Lincoln Northeast:** Dakota Kilzer, Daniel Kreuzberg  
**Lincoln Southeast:** Jack Rodenburg, Andrew Plamann  
**Lincoln Southwest:** Carl Sjulín, Cameron Spurrier, Justin Brinkman, Matthew Hilfiker  
**Millard South:** Darin Voelker, Kurtis Johnson  
**Millard West:** Gabriel Shrank  
**Norfolk:** Jackson Kube, Drew Dudley  
**North Platte:** Jake Berglund, Skyler Golter  
**Omaha Central:** Colin Buckley  
**Omaha Creighton Prep:** Stavros Piperis, Matthew Eglseder, Nicholas Liu  
**Omaha North:** Parker Wyatt, Zigang Chen  
**Omaha Westside:** Jacob Lehr, Noah Placzek  
**Papillion-LaVista South:** Samuel Palensky, Matthew Rogers

## ALL-STATE GIRLS' GOLF

### CLASS A

Gentry Carveth, Lincoln Southwest  
 Shauna Hill, Omaha Westside  
 Emma Mabry, Lincoln Southwest  
 Marie McNamara, Omaha Marian  
 Kendall Niehaus, Fremont  
 Elizabeth O'Doherty, Lincoln East  
 Abbie Otto, Grand Island  
 Tori Peers, Grand Island  
 Marisa Pribnow, Lincoln Pius X  
 Madison Romjue, Lincoln Southeast

### CLASS B

Kimberly Barmettler, Elkhorn South  
 Abbie Hunke, West Pt-Beemer/Scribner-Snyder  
 Kaitlyn Krzyzanowski, Scottsbluff  
 Ann Pearson, Elkhorn South  
 Kaylee Samway, McCook  
 Megan Vetrovsky, McCook

### CLASS C

Emma Harris, Wahoo  
 Kelli Haynes, Chadron  
 Danielle Lemek, Doniphan-Trumbull  
 Brittany Seda, Boone Central

## 2011 BOYS CROSS COUNTRY SUPER-STATE

### CLASS A

Isaac Allen, Lincoln East  
 Jacob Olson, Kearney  
 Mohamed Hamdan, Lincoln North Star  
 Marshall Anderson, Papillion-La Vista  
 Nolan Zimmer, Kearney  
 Joseph Harter, Millard West  
 Daniel Aldaba, Fremont  
 Mach Dojiok, Omaha Benson  
 Timothy Smith, Kearney  
 Lucas Keifer, Lincoln Southwest

### CLASS B

Thomas Feichtinger, MM Benedictine  
 Franklin Ibarra, Lexington  
 Anthony Parra, Scottsbluff  
 Matthew Barraza, Scottsbluff

### CLASS C

Cole Wellnitz, Gordon-Rushville  
 Brett Dockweiler, Gothenburg

### CLASS D

Austin Hamm, Bloomfield

## 2011 BOYS CROSS COUNTRY ALL-STATE

### CLASS A

TOP TEN MADE SUPER-STATE

### CLASS B

TOP TWO MADE SUPER-STATE

Timothy Grundmayer, Gretna  
 John Cronin, MM Benedictine  
 Justin Pritchard, Scottsbluff

### CLASS C

TOP TWO MADE SUPER-STATE

James McKeag, Ogallala  
 Quentin Jorgensen, Wayne  
 Cody Dierking, Broken Bow  
 Dereck Rosas, Cozad

Glen Ready, Logan View

Samuel Arterburn, Sidney

### CLASS D

TOP ONE MADE SUPER-STATE

Dillon Eckel, Gibbon  
 Jordan Potrzeba, Hastings St. Cecilia  
 Cody Franklin, Bridgeport  
 Andrew Fields, Ord  
 Koby Archuletta, Paxton  
 Hans Epp, Nebraska Christian

## NCA CLASS B ALL-STATE BOYS TENNIS TEAM

### FIRST TEAM

Trevor Milburn, Lincoln Pius X (**CAPTAIN**)  
 Isaac Mertens, Adams Central  
 Bryson Mosley, Elkhorn South  
 Alec Lubben, Elkhorn South  
 Nikita Fomichev, Elkhorn South  
 David Deemer, College View Academy

### SECOND TEAM

Jared Karlson, Holdrege  
 Alex Wirth, GICC  
 Walker Hohensee, Holdrege  
 Zahler Zandt, Elkhorn South  
 Landon Warner, Lincoln Pius X  
 Mitch Plance, Omaha Skutt

### HONORABLE MENTION

**Adams Central:** Jordan Nash, Matthew Spartz  
**Alliance:** Kyler Kaping, Alexander Elston, Keagan Hill, Jonathan Weishaar  
**Beatrice:** Caleb Havekost, Hart Mauch  
**Brownell Talbot/Concordia:** David Rich, JB Davis  
**College View Academy:** Jonathan Deemer  
**Elkhorn:** Caden Bischof, Brock Dillon, Sawyer Niefeld  
**Elkhorn South:** Jonah Clark, Patrick Thomas  
**Grand Island Central Catholic:** Andrew Fruin, Taylor Hayes  
**Gross Catholic:** Zach Kinsella  
**Hastings:** Kayd Welke, Thomas Portwood  
**Holdrege:** Jeff Ehresman, Justin Ropers  
**Kearney Catholic:** Robert Messbarger, Mitch Heimstra  
**Lexington:** Justen Gutierrez, Sam Morgan  
**Lincoln Christian:** Alex Carlson, Tyler Grove, Mitch Hohlen  
**Lincoln Pius X:** Treyson McGill, Jack Olsson  
**McCook:** Cody Jankovits  
**Mount Michael:** Jacob Anderson, Sean Anderson, Peter DeWald  
**Nebraska City:** Andrew Finker  
**Ralston:** Kurt Cronican, Calin Kachek  
**Roncalli Catholic:** Adam Fleming, Jackson Matuella  
**Skutt Catholic:** Brian Carmody, Nolan Healy, Andrew Johnson, Zach Legband  
**South Sioux City:** Colby Bausch  
**Scottsbluff:** Ryan Meister  
**Waverly:** Zach Kucera, Tyson Mooers  
**York:** Logan Meisinger, Jared Miller, Jarrett Suddarth

# CHEER & DANCE

# CHAMPIONSHIPS

*The 2012 State Cheer & Dance Championships will once again be held in Grand Island at the Heartland Event Center. Dates for this year's event will be February 17 & 18. Online registration is now live at [ncacoach.org](http://ncacoach.org). Register for the 2012 Championships: Late fee after January 9, 2012, at midnight. Due by January 23, 2012, at midnight.*

# COUNTRY INN & SUITES JOINS THE NCA TEAM

In October the NCA announced a new partnership with the Country Inn and Suites in Lincoln and Kearney. NCA members can receive a year round rate of \$85 a night for a standard room or other discounted suite rates. The only black-out dates are for the weekends of home UNL Football games at the Lincoln location. This rate is for NCA all members (regular or Silver). The membership rate will not apply to booking blocks of rooms for teams. The Country Inn and Suites in Lincoln will serve as the official host hotel for the NCA Multi-Sport Clinic through 2015.

Country Inn & Suites in North Lincoln is also the new proud sponsor of the NCA Scholarship Program. Starting in 2012 the NCA and Country Inn & Suites will award eight (8) scholarships of \$1,000 each to graduating student-athletes across the state of Nebraska. The NCA scholarship amounts will double over those of past years. The scholarship application form can be found on the NCA web page. The NCA is always looking for the right fit for sponsors and programs that will benefit our member coaches and student-athletes across the state of Nebraska. It's my firm belief we have a great new teammate in the Country Inn and Suites in Lincoln and Kearney. We believe this relationship will be a win-win commitment for many years to come. We thank Clark Anderson and Marcie Ybanez for helping make this agreement possible," explained Darin Boysen, Executive Director of the Nebraska Coaches Association.

Clark Anderson, Owner/Managing Partner of Pair-a-dice Properties, which owns and manages seven hotels throughout the state of Nebraska, including the Lincoln and Kearney Country Inn and Suites, has a long commitment to education. The native of Keith County, south of Paxton, developed a successful 35 year pharmacy business in downtown Ogallala. Anderson has been appointed by Governor Heineman to the Nebraska Coordinating Commission for Postsecondary Education. He is also a member of the University of Nebraska President's Advisory Council as well as a member of the University of Nebraska Foundation.

"It is with great pleasure that we enter into a four year partnership with the Nebraska Coaches Association to further the education of our Nebraska youth by sponsoring eight (8) \$1,000.00 scholarships each year. My family has always been very interested in bettering ourselves through education. The critical role of scholarships in sustaining the legacy of access, service and achievement has never been more important. We wish all those participating in this year's program much success," said Anderson.

The NCA hopes that you will consider staying at the Country Inn & Suites for this tremendous benefit of \$85 per night for standard rooms along with discounted suite rates. You must be a current NCA member and provide your membership card at the time of check-in. To make reservations, call the Country Inn & Suites at 402-476-5353 in Lincoln or 308-236-7500 in Kearney. Make sure to mention the Nebraska Coaches Association rate. By early November we will also have a direct link on the NCA web page to book a room directly in Lincoln or Kearney.



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# WINTER CHAMPIONSHIP INFORMATION

## STATE WRESTLING HOSPITALITY

The Nebraska Coaches Association and Nebraska Scholastic Wrestling Coaches Association will co-sponsor the state wrestling championships hospitality room. The hospitality room will be available to wrestling coaches and school administrators. The room will be located in the same area as previous years, on the west balcony overlooking the main entrance at the CenturyLink Center Omaha. The hospitality rooms will be staffed and also have coffee, donuts, and water available on the following schedule:

<b>Thursday</b>	7:00 a.m. - 9:00 a.m. 2:00 p.m. - 4:00 p.m.
<b>Friday</b>	7:00 a.m. - 9:00 a.m. 10:00 a.m. - 12:00 p.m.
<b>Saturday</b>	6:30 a.m. - 9:00 a.m.

The hospitality room will be open throughout the course of the championship and is available for seating, storing medical kits, coats, etc. As a reminder, the Nebraska Coaches Association and CenturyLink Center Omaha take no responsibility for items stored in the area. Coaches should take common precautions to make sure that items are secure. It is suggested that items such as video cameras not be left unattended.

## STATE SWIMMING HOSPITALITY

The Nebraska Coaches Association will host a pizza feed for coaches on Friday, February 24 at the State Swimming and Diving Championships. Valentino's, a longtime supporter of the NCA, will supply pizza for swimming and diving coaches attending the Championships at the Devaney Sports Center.

## STATE BASKETBALL HOSPITALITY

As in previous years, the Nebraska Coaches Association will be hosting a hospitality room at the State Girls and Boys Basketball Championships. The room is available for coaches and school administrators and will be available throughout the length of the tournament. There will be two rooms sponsored by the NCA and the Lincoln CVB at both Pershing (Rm. 121) and at the Devaney Sports Center (VIP Room). The other state championship sites are not official NCA Hospitality rooms and are generally for workers only. The hospitality rooms at the Davaney Sports Center and Pershing will feature coffee, donuts, cookies and possibly soft drinks. We stress to you that these rooms are available for coaches and school administrators only, not that of other family members. Children, friends, family, etc. are welcome to purchase items from the concession stands. We also ask that you NOT BRING your children into the rooms. We apologize for this policy, but children have created problems for us in the past. Thanks for your understanding and cooperation.

## STATE BASKETBALL SEATING

Members of the Nebraska Coaches Association and the NSIAAA are reminded that you have a reserved seating area at the Devaney Sports Center during all championship games throughout the tournament. The area is located in the northeast corner, above the scoreboard. You MUST have your NCA or NSIAAA membership card for admittance to the seating area. **YOUR CARD IS GOOD FOR SEATING ONLY, NOT ADMISSION TO THE ARENA.** Coaches/AD's are welcome to bring your significant other along with you, but children, friends or other family members will not be permitted use of the reserved section. The NCA has nearly 4,000 members in our association and just a limited number of seats. Seating for each game will be on first come, first served basis.

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