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DECEMBER 2013

**Winter Coaching
Articles**

**Guiding Non-
Teacher Coaches**

**Fall All-State
Selections**

**SUPER-STATE
BEARCATS**

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DECEMBER 2013

Lincoln Southwest Softball Coach Mark Watt looks on from the dugout during the State Softball Championships in Hastings. Watt's Silverhawks, Class A-4 District Champions, advanced to the state tournament for the seventh time and finished with record of 25-8 for the season. - Callam Sports Photography



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Norris Softball Coach Dave Carpenter gives instructions to a player at the State Softball Championships in Hastings. Carpenter guided the Titans to a 23-8 record on the year while advancing to the state championships for the sixth time. – Callam Sports Photography

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UPCOMING EVENTS

January 26 – NCA Board Meeting -Country Inn & Suites, Kearney

February 8 – NCA Track & Field Clinic-NSAA Building, Lincoln

February 20-22 – State Wrestling Hospitality-Century Link, Omaha

February 21-22 – State Cheer & Dance Championships-Heartland Events Center, Grand Island

February 28-29 – State Swimming Hospitality-Devaney Sports Center, Lincoln

March 6-8 – Girls' State Basketball Hospitality-Devaney Sports Center & Pinnacle Bank Arena

March 9 – Girls' Basketball All-Star Selection Meeting-NSAA Building

March 13-15 – Boys' State Basketball Hospitality-Devaney Sports Center & Pinnacle Bank Arena

March 16 – Boys' Basketball All-Star Selection Meeting-NSAA Building

April 27 – Board Meeting-NSAA Building

July 22-24 – NCA Multi-Sport Clinic-Lincoln North Star High School

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“THE GAME PLAN”

WORDS FROM DARIN BOYSEN, NCA EXECUTIVE DIRECTOR:

Since taking the position as the NCA executive director, I have had the privilege to serve you in several capacities. One of the more enjoyable but challenging positions has been as a board member of the Nebraska High School Sports Hall of Fame (NHSSHOF). For me to serve on the selection committee for coaches, athletes, and officials has been a humbling honor.

Over the past several years Nebraska high schools, through the efforts of coaches, administrators, and athletes have helped push the NHSSHOF forward with fundraising efforts such as the basketball jamborees and the state cheerleading and dance championships. The passionate NHSSHOF leaders, such as Dick Beechner, President, Larry Munksgaard, Executive Director, and the entire executive committee have worked tirelessly to raise enough capital for the dream of many to finally become a reality – the opening of a hall of fame that celebrates Nebraska high school sports. This is an exciting time for the NHSSHOF.

Soon the NHSSHOF will be inviting the public to view the interior of the nearly 7,000 square feet hall which is located within the Nebraska School Activities Association building in Lincoln, along with the NCA office. Completed portions include the Wally McNaught Theater, where visitors will be greeted with a moving 21 minute introduction video. The Hall of Honor, which celebrates nearly 350 inductees - with plenty of room for future honorees, is truly spectacular. Several other features are ready for public viewing as well.

But, the NHSSHOF is a long way from their destination. Now comes the challenge: to make this a special, sustainable place for many generations to come.

sus•tain•able adjective \sa-stā-na-bal\; able to last or continue for a long time

The NHSSHOF wisely established “Sportsmanship 4 Life” as a cornerstone theme. Long range goals include developing a visitor’s curriculum for elementary and middle school students. The hope is that every school bus that visits the state capital in Lincoln, will also include the hall of fame as a destination. For this hall of fame to be sustainable, it will take the efforts and resources from Chadron to Falls City and Scottsbluff to South Sioux City. The hall of fame will need to have the financial resources to create interactive experiences for all ages and sports.

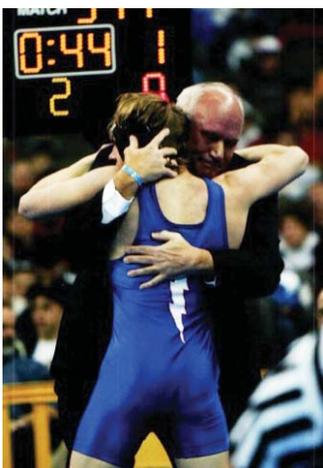
If you know of people in your community that can help financially in celebrating Nebraska high school sports, please contact Larry Munksgaard at larry.munksgaard@neb.rr.com. We all will need to find new ways to make the hall of fame sustainable. Whether this means jamborees in additional sports, or through other means, it’s time to think outside the box. The NHSSHOF represents all of us. The hall of fame is a celebration of what makes sports so much more – teaching the real life lessons beyond the classroom. Let’s aim high to reach new heights in Nebraska!

“If you aim at nothing, you will hit it every time.” – Zig Ziglar



THEY CALL YOU “COACH”

Norm Manstedt, Head Wrestling Coach, High Plains Community



I feel very honored and humbled to be asked to write an article for my peers in the Nebraska Coaches Association magazine. Although I am writing this from a wrestling coach's perspective, I believe that it relates to any sport/activity. I have outlined several key areas that are needed to have a successful career in coaching. To many of you this will not be new, but I hope this will remind you of the influence that you have over your athletes and why they call you Coach.

Preparation. Preparation needs to be done in the practice room every day. You need to prepare for a **big match experience** as well as for the **unexpected situation**. The smallest details need to be reviewed and routines need to be established so that your team is prepared (just as in daily life). One of the drills I use during practice is to make all wrestlers place cotton in both nostrils (to simulate wrestling with a bloody nose). I also have a few athletes workout wearing blindfolds (to wrestle visually impaired). Both situations are tough to do in practice but are not uncommon situations during a meet. The kids really enjoy the experience and have fun during the workout.

Develop your coaching philosophy and your core values. How you handle the **little everyday problems** and your **reaction to these situations** is a reflection of your coaching philosophy and core values. Honesty, truthfulness, fairness and consistency in dealing with your athletes, parents and staff are at the core of your coaching philosophy. Today we tend to overlook certain values (such as the use of profanity) because society seems to allow it. You are an example for your athletes and how you speak, act and react is a reflection of your values and philosophy. Your athletes and fans will follow your lead. The big issues are not the difficult ones because those are usually covered by the school handbook or NSAA by-laws... it is the little things... the day-to-day issues that test your character and core values. *“Ability may get you to the top, but it takes character to keep you there” - John Wooden*

“Know the rules before you open your mouth and start to argue!”

Knowledge of the rules. An in-depth understanding of your activity/sport is paramount to your teaching of skills and technique. Since I had never wrestled in high school or college, when I started our program I decided to become a wrestling official because I felt that it would help me gain a deeper understanding of the rules of the sport. In turn, it also gave me a different perspective of a wrestling match. Working as a softball/baseball umpire and a volleyball official gave me an appreciation for the work of the official regardless of the sport. If you do not know what you are talking about, then how can an official give you an answer you can understand? **Know the rules** before you open your mouth and start to argue!

You must be a good teacher first to become a good coach. If you do not teach the fundamentals in a way that your athletes can understand them, then you are setting yourself up for failure. Just like in the classroom, every athlete learns differently, and you must break all of your techniques down into progressive stages so that the athlete can understand what makes the results of good technique successful and poor technique unsuccessful. In wrestling, every technique has a counter move and also can lead to various options (finishes). Some wrestlers physically cannot do specific moves due to their physical make up; therefore, you must recognize everyone's strengths and weaknesses and build to improve each individual.

Conditioning. This is the one area that you as a coach can control. A well-managed and appropriate conditioning program is one way to put your athletes/teams in a position to succeed. If you expect your teams to be prepared, then they must be in shape to perform. There is a big difference between in-season and district/state meet condition. Furthermore, over-conditioning is as bad as no conditioning at all.

It is more imperative to allow wrestlers to master the basic techniques rather than moderately teach ALL the techniques.

Practice Schedules. Practice schedules are the “heart and soul” of a solid program. Your practice schedule must have balance and begin with teaching technique early in the practice, not at the end. Nor should you overload with too much technique early in the season. It is more imperative to allow wrestlers to master the basic techniques rather than moderately teach ALL the techniques. Your practice drills must reflect match situations that the athlete can apply during a match.

I am now coaching 2nd and 3rd generation wrestlers and almost 95% of our team has wrestled in our Kids Club program that we started 45 years ago. Our kids program is based on wrestling fundamentals, knowledge of the rules, sportsmanship and having a positive experience. I believe in youth programs as a “feeder program”; however, if they are not managed properly, then they can get out of control very fast.

Each year I try to introduce some variation of a particular technique that I feel we need to add or adjust. I specifically make sure that my freshman and sophomores can use the technique before I introduce it to everyone. I do not expect the juniors or seniors to change their style, but they are expected to try the new variations and see if it is useable for them.

Strength of Schedule. Without a doubt this has been the # 1 reason for our continued success. Former Wrestling Coach Mike Denney (UNO National Champs, 2011) often used the phrase “**steel sharpens steel**” and it is so true. At district seeding meetings many of my good wrestlers have had to take low seeds because of losses to wrestlers from larger schools. However, this always works out in our favor, and not only do these wrestlers qualify for state, but they become State Medalist or even State Champions. A tough schedule is neither for the faint of heart nor for the coach with a big ego. To quote John Wooden, “*The man who is afraid to risk failure seldom has to face success*”.

Be sure that you provide your athletes with a positive experience so they will always be proud to call you coach.

These key areas – preparedness, your philosophy and core values, knowledge of the sport, teaching of skills, strength of schedule, practice routine, conditioning – are really **life skills** rather than coaching/sports specific skills. Regardless of how many years you coach, you will have an impact on your athletes for the rest of their lives. Be sure that you provide them with a **positive experience** so they will always be proud to call you Coach.



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Shot Clock - Has the Time Come for High School Basketball?

Jahn Kile, Head Girls' Basketball Coach, Hastings St. Cecilia



Watching a game of basketball is fun and exciting for millions of people every year. It's an entertaining event which is usually interesting and thrilling. But many coaches and fans throughout Nebraska feel a shot clock would heighten the high school sport which is incredibly popular. Different pros and cons of adding the shot clock to the high school game raises questions about changing the game. Would it improve it or would it make basketball worse?

There are many exceptional reasons for the shot clock to be implemented into high school basketball. From the entertainment perspective, fans, parents and other players and coaches watching a game are less likely to be eager to watch a team "take the air out of the game". Many basketball fans and coaches agree that holding the ball, minute after minute, to prevent an opponent from having an offensive possession, may be a great strategy for a team, but isn't a fun game to watch.

"A shot clock would change the way the game is approached"

Numerous fans across the state feel the game would be better to watch if it had a shot clock. Defenses would be able to play at a higher level knowing they only have to play it for a shorter period of time. Increased effort and execution would also be needed by the offense because of the limited time they would have. "I would like to see it as a fan and even as a coach," said one Nebraska coach. A shot clock would change the way the game is approached. "The tempo of the game would pick-up and there would be more action," another coach said.

After surveying a lot of coaches across the state of Nebraska, nearly 80% of those who answered the question said they would like to see the shot clock as part of the high school game. Most of them did see the problems and concerns about implementing it into the high school game, but they thought it would improve the sport in a variety of ways.

Teams not being able to stall at the end of a game would really change the strategies for coaches and players. Allowing a team to play defense instead of "fouling" to get the ball back, would require offenses to execute down the stretch rather than parade to the free throw line making the final two minutes a free throw contest.

Most of the time teams play basketball at a reasonable tempo. But occasionally, you will see those high school teams who hold the ball. "I can't stand watching teams play keep-away from the defense around the perimeter...that's not basketball," said one fan. "It's boring to watch and is just a waste of time," he said.

Many people debate the possible imperfections of adding a shot clock to the game. First, the cost of implementing the shot clock into all high school gymnasiums would be a major task. Each set of clocks, wiring, and control boards, would be an added expense to facilities. Then, finding someone who is reliable to run the shot clock during a contest might be easier said than done. Shot clock mishaps could put added pressure onto the officials and the official scores. When one shot clock fails to operate and produces technical difficulty it would also be a negative impact.

Other opponents of using a shot clock in high school basketball continue to support the game being played, as is. "You don't see teams hold the ball very often," commented one of the coaches. Another coach said their class played at such a high level of intensity and pace that a shot clock would prove obsolete. Nearly all coaches agreed a shot clock would change strategy at the end of a contest with a team trailing and needing the ball. "It would give you a chance to get a 'stop' and get possession of the ball without sending anyone to the FT line," said another high school coach.

“There are those basketball purists out there who say the shot clock changes the game”

Of course there are those basketball purists out there who say the shot clock changes the game. They argue how a team’s ability to hold the ball is part of the strategy within the game of basketball and a team should be able to play the proper defense to stop them.

Others argue anything which makes a game or sport even more entertaining and fun to coach and play, should definitely be added. End of the quarter plays would increase because of the shot clock. “You would also see more defensive strategy against an offense at the end of a shot clock possession,” said one coach in favor of a shot clock. “It seems like the college and professional games have their sport figured out,” said a particular coach. “They make the game move along at a great pace. So many people like the college and NBA because of the excitement and action, not because people stand and hold the ball while the clock is running,” he said.

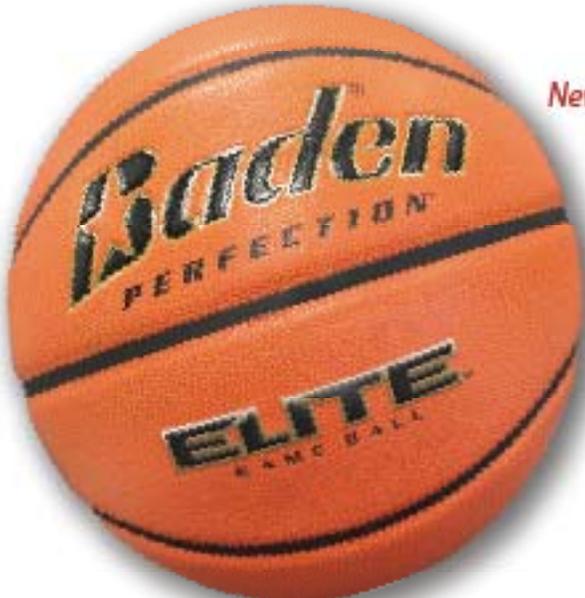
Many states have already adopted the shot clock into their high school basketball rules. States like California, Maryland, Massachusetts, New York, North Dakota, Rhode Island, South Dakota and Washington are all using a shot clock in their high school sports. Whether or not high school should have a shot clock is very argumentative. Everyone has an opinion and there really is no clear way to tell how much it could impact the high school game. Does Nebraska need a shot clock in their high school basketball game? It’s probably a topic which needs to be examined even more and experimented with during a few games to see just how it changes the extravagant game we already have.



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Little Things That Can Make a Big Difference

Kevin Scheef - Head Boy's Basketball - Wahoo

At a clinic a number of years ago, I heard a former assistant coach at Nebraska say, "I am not smart enough to talk about any one thing for an hour, so I am going to throw a number of different topics at you. That is what I am going to do here in this article, and hope that you can pick some thought or idea out, that can help you.

I think that the foundation of any high school program is having a successful youth program. I was fortunate that when I got to Wahoo, we had a Wahoops youth program that had been very strong for a long period of time. The program has gone through changes over the years, but I think that it is still responsible for much of the success that we have had over the years. I believe that it is essential to find good youth coaches in the community and then get them to be a part of your organization. I try to be very involved in the organization and to try to get to a game or two of each grade level throughout the year, and to start building relationships with our future athletes at a young age.

As a young coach, I think that it is imperative to find a mentor or a number of mentors to learn from. For me, guys like Mick Anderson from Wahoo, Paul Johnson from Bishop Neumann, and Jim Kane from Elkhorn Mount Michael, were guys that I watched, studied, and copied many things from. Everything from how you treat a young coach in the game to the X's and O's of basketball. As I continue to coach, having a trusted colleague to bounce ideas off of, and share problems and successes with is huge.

"It is important to try to end each practice on a positive note."

I believe that our staff tries very hard to make the game fun for kids. I don't think that kids will "buy in", if they don't trust their coaches, have fun at what they are doing, and have a passion for the game. Our coaches are intense, but very positive.

Not every day will be fun throughout a season, but it is important to try and end each practice on a positive note. I am very fortunate to have a staff of assistants that are great with kids, and who love the game of basketball. I think that if you have good assistants, then you give them a lot of ownership of the team and treat them as well as you possibly can. A good, dedicated assistant is priceless.

We try to do a few team building activities throughout the year, as most programs do. We have a day at the lake in the summer. We try to hit a college game before our season gets started, and we have a lasagna night at my house during the season. We don't do a weekly team meal, as I think that they can lose their value if they are held every week, but we try to do a few things that are really enjoyable for the kids.

"Find something that you believe in and stick with it. Don't change your whole program philosophy each year."

Coach "Killer" Kane, told me once, "Kevin, you have to hang your hat on something!" He was saying find something that you believe in and stick with it. Don't change your whole program philosophy each year. That has obviously stayed with me for many years. While you certainly have to adapt some things based on your personnel each year, I think that there are some things that have to become ingrained in your culture. What is it that you want people to think of, when they think of your team? Have something that is a staple of your program year in and year out!

We put a lot of time in to making a nice post season book for our players. We want our kids to feel like their efforts and what they were a part of were special. With the incredible success that Wahoo enjoyed in the late 80's and early 90's, some of our individual records are almost unreachable, so we have expanded our record boards to include a top 50 list in each statistical category for both a season and a career. I think that our kids like seeing if they can end up on that list.

Finally, I think that a very important part of being a coach is our communication, both with parents and with our administration. I think strong communication with parents is vital, starting with a parents meeting in which the role of the coach, the athlete, and the parent is identified. Having a group e-mail to your parents to provide them information on schedule changes and to provide any other information is a good idea. Being on the same page with your administration, and keeping them in the loop on any potential problems will aide in their support of you.



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16 Lessons for Guiding Non-Teacher Coaches

Athletic administrators must make time to explain education-based athletics

By Dr. David Hoch, CMAA, Retired, Baltimore County, Md.

(Reprinted with permission from Coach & Athletic Director Magazine-October 2013)

As more faculties age and teachers give up coaching responsibilities, athletic administrators are faced with a staff comprised of fewer coaches from within the building. The exodus of teachers from coaching may also be influenced and exacerbated by misguided, problematic parents. But for whatever reason, 50 to 60 percent of coaches may now be non-teachers in many districts.

Since non-teacher coaches aren't in the building to interact with the athletes, they may not possess a real understanding of the workings and climate of a school. And most likely, community coaches also don't understand the basic tenets of education-based athletics.

This means that the athletic administrator has several hurdles and much more to do in order to lead this segment of coaches. While all coaches have to be held accountable, special effort must be taken to educate, mentor and guide those who are not teachers. You want to fill-in those missing ingredients that teachers may bring to the position.

The following are several ideas in order to more effectively guide your non-teacher coaches.

1 Meet individually, or as a group of new non-teacher coaches, and explain what hazing and bullying involves and, more importantly, what steps have to be taken to prevent them. Also, explain the steps that coaches must take in order to report suspected abuse of students. These topics are usually covered annually during faculty in-service meetings.

2 Provide the do's and don'ts for using social media with student-athletes. While it may be suitable to post schedule changes on Facebook or send a reminder e-mail to the entire team, being a social media "friend" of a student-athlete or communicating one-on-one is not a wise, prudent thing to do.

3 Explain that student records and the results in the classroom are confidential. In academic settings, comparisons are not made between students and the same approach needs to be employed in athletics. Coaches can discuss with athletes what they must do to improve, but only as an individual and not referring to other players.

4 Cover the protocols for dealing with injured athletes and the chain of command, which has to be followed before they can return to play. Athletic trainers make this important decision in consultation with the physician. Coaches and parents cannot influence or bypass these procedures.

5 Provide non-teacher coaches with guidelines and help with how to communicate with parents. This should include the role that parents play along with when and how to deal with questions and complaints. While coaches don't have to agree with or automatically change based upon parental complaints, they do have to respond to phone calls, email messages or meet with parents in a polite and professional manner.

6 Emphasize that all coaches, especially non-teacher coaches, have to check their email. Non-teacher coaches



should also check their school mailbox daily for necessary paperwork, and you should suggest that they stop into the athletic office prior to going to the locker room or practice everyday to check for any last minute updates.

7 Outline the steps that coaches have to follow after a contest. Whether it's a win or loss, coaches have to report their scores to the local press, turn in officials' payment vouchers to the athletic administrator, supervise the locker room and many other responsibilities. Many of these expectations may be new and uncommon for community coaches.

8 Cover the school's and league's sportsmanship expectations for coaches. In education-based athletics, coaches are role models and they have to set a positive example for their

players and fans. You can't assume that non-teacher coaches understand this important responsibility.

Since non-teacher coaches aren't in the building to interact with the athletes, they may not possess a real understanding of the workings and climate of a school.

9 Explain that it is vital that coaches alert you with regard to any problems that may have occurred at practice sessions or in games. This should be done as soon as possible and, with the availability of cell phones and email, coaches should be able to keep the

athletic administrator informed and prevent you from being blindsided.

10 Review standards for interacting with student-athletes. While a coach may occasionally yell during practices or games, it cannot be abusive and constant. And no inappropriate language can be used. In an educational setting, coaches need to understand the developmental process of young people and be nurturing and positive. The old-school, in-your-face technique of grabbing an athlete to get their attention is simply unacceptable.

11 Explain that inappropriate relationships with athletes and assistant coaches cannot be allowed, and provide some guidelines to help prevent dangerous situations. Particularly when dealing with athletes of the opposite sex, try to

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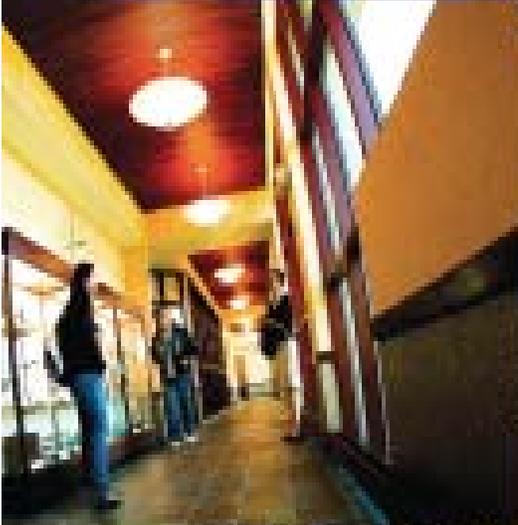
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Class D2 - Stuart



Class C2 - Hastings St. Cecilia



Class D1 - Cross Country



SUCCESSFUL THINKING LEADS TO SUCCESSFUL SPORTS

Andrew Shalgren, University of Nebraska-Omaha Student

We have all been there. The little kid that sets the ball up on the tee and visualizes himself hitting the game winning home run in the seventh game of the World Series. The young basketball player dribbling the ball counting down to himself “five, four, three, two, one” and throwing up a shot of desperation right as the buzzer goes off. We do these things as children because they are dreams that we will some day be able to recreate that very moment and have the outcome be a reality.

Psychology in sports could be compared to that tool in a shed that everyone knows exist, but is rarely used.

Psychology in sports could be compared to that tool in a shed that everyone knows exists, but is rarely used. If the aspects of sports psychology such as visualization, self talk, and goal orienting are incorporated into a teams practice plan, not only will a coach start to see success from a team stand point, but also from each individual player.

I recently had the opportunity to speak to someone that is highly regarded in the sports psychology field, Dr. Stephen Brennan, author of the book *6 Psychological Factors*, and a professor of sports psychology. He became interested in sports psychology during the 1970's and came across it the same way I did, by listening to someone who was passionate about it. Dr. Brennan states that the skills that we can teach our athletes can also be labeled as “life skills” and will help these young men and women be not only successful at sports, but all aspects of life.

Let it be known establishing a good sports psychology program for your athletes is something that takes time. Dr. Brennan stated that there is nothing easy about gaining success. If you decide to implement this program into your daily schedule, then it must be just that. Daily.

For sports psychology to be affective, its main components must be looked at and understood:

Visualization:

First, visualization can only be useful if the right environment is established. One instance that I have personally found success is to take photographs of a playing field or arena that an upcoming game is to take place in. An example might be using photographs of the positions on the baseball field like the top of the pitching mound and the batters boxes. Then pass them out to the players that will be competing at those positions and have them focus deeply on the photos. Tell them to visualize a play in the game, i.e. talking to your short stop and saying “there is a runner on first and the ball is hit to you, you then are going to make the turn at second and we will turn a double play” or to a batter “you are standing in the batters box, a runner on third, one out, and I want you to visualize hitting a deep fly ball to score him.” There have been extreme instances in college football and basketball where coaches that know their team will be traveling into hostile environments will actually play music at ear piercing levels and hold scrimmages so the players can actually visualize playing in a loud arena or stadium. When asked his thoughts on visualization, Dr. Brennan says “Visualization has been proven research-wise to be an effective way to prepare for athletic competition or an important life-event. The hardest part of teaching visualization is that you can never be 100% positive that the player is really experiencing the visualization process. The best way to get proof that the visualization process is working is to have the player describe what he/she is visualizing during a training session. If the player can literally talk you through what is going on in his/her mind, then you have a good idea that the training is successful. Again, accepting the positive effects of visualization is a personal endeavor for each person attempting the perfect the technique. If the player can truly visualize, and the results are positive, then you have a believer.”

Self Talk:

Next, self talk is something that a coach will find will differ from player to player. By simply ingraining in your athletes that they are capable of performing tasks, regardless of the level of difficulty, you have helped them go to battle with the most difficult part of being successful in their sport, that being the psychological aspect. The nice part about self talk is it can be used during any time of competition. Whether it be a wide receiver before toeing the line telling himself “I will catch this pass” or a volleyball player telling herself mid play “I will set this kill up perfectly” self talk can not only improve an athletes confidence level, but also can allow them to tell themselves that no task in sports is too hard to accomplish

Goal Setting:

Lastly, and in my opinion most important, is goal setting. If athletes are playing sports and they do not have goals in mind while doing it, then they are playing without a purpose. Every player on a team should sit down and write out 5-7 short term goals for themselves and 2-3 long term goals that will affect the team. This is where being a coach does come into play, because you need to help the athletes understand what goals are obtainable.

Dr. Brennan opened my eyes to the world of successful sports thinking and it has done wonderful things, not only for me, but also the athletes that are benefiting from it. I put in place a goal setting program for my fall baseball teams and the results will speak for themselves. Kids that only wrote down “I want to make my high school team” put in the extra work and at the end of the season, they found themselves successful because of it. Coaches, if you are looking for an easy way to effectively make not only your team more successful, but also improve your athletes in a wide spectrum, you should seriously consider adding a sports psychology and successful sports thinking program to your team. I would also suggest reading a copy of Dr. Steve Brennan's Book *6 Psychological Factors*.



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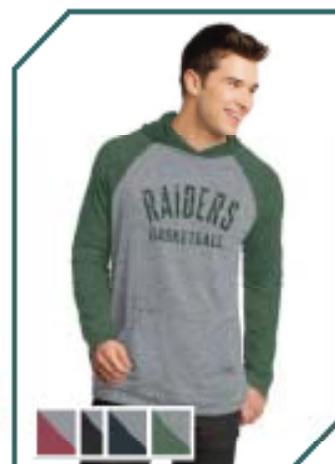
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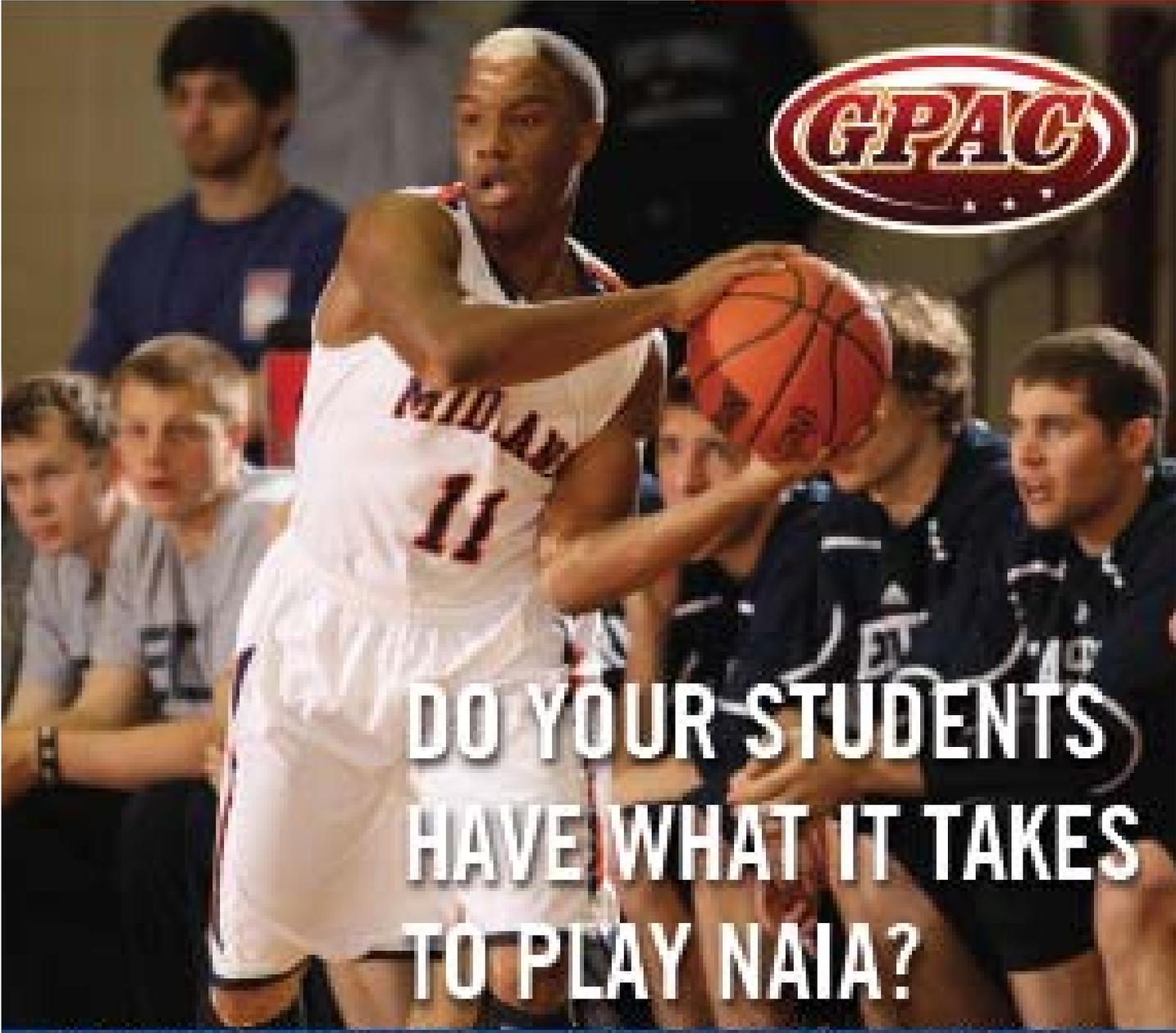
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A photograph of a basketball game in progress. A player in a white jersey with the number 11 is in the foreground, holding the ball. He is being defended by a player in a dark blue jersey. In the background, other players and spectators are visible. The scene is lit with bright arena lights.

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NCA BOYS' CROSS COUNTRY
SUPER-STATE

Class A

Wyatt McGuire, North Platte
Seth Hirsch, Millard West
Reno Law, Millard South
Austin Post, Millard West
John Nownes, Creighton Preparatory
Ty Hansen, Fremont
Wyatt McLeod, Lincoln Northeast
Nathan Wendt, Millard South
Benjamin Wellwood, Millard South
Machoul Chuol Chol, Grand Island
Landon Wolfe, Fremont
Arturo Garcia, Fremont
Muoch Keak, Lincoln East
Jacob Klein, Fremont

Class B

Matthew Barraza, Scottsbluff
Nicholas Larsen, Omaha Gross Catholic
Austin Yardley, Elkhorn
Ash Gandul, Elkhorn South
Anthony Parra, Scottsbluff

Class D

Hans Epp, Nebraska Christian



NCA BOYS' CROSS COUNTRY
ALL-STATE

Class A

Top 14 Super-State

Class B

Top 5 Super-State
Matthew Schilmoeller, Lincoln Pius X
John Mark Shields, Lexington

Class C

Levi Avila, Mitchell
Trevor Jacobsen, Minden
Collin Meusch, Kearney Catholic
Graham Applegate, Cozad
Tylin Masco, Milford
Kaleb Lusche, Columbus Lakeview
Kohlton Gabehart, Milford

Class D

Top 1 Super-State
Zachary Welch, Ainsworth
Warren Dexter, Nebraska Christian
Andrew Fields, Ord
Lane Tibbs, Kenesaw
Alexander Janssen, Crofton
Cameron Moes, Osmond

NCA GIRLS' CROSS COUNTRY
SUPER-STATE

Class A

Jeralyn Poe, Lincoln North Star
Katie Spencer, Millard South
Taylor Somers, Millard South
Anna Hurlbut, Lincoln Southwest
Emily Berzonsky, Lincoln Southwest
Alana Sesow, Lincoln East
Elsa Forsberg, Lincoln Southeast
Courtney Pickering, Papillion-La Vista
Erin Krohn, Fremont
Regan Hefner, Bellevue West
Morgan Applegarth, Lincoln East
Alexis Altmaier, Lincoln East
Rachel Dweikat, Lincoln East

Class B

Erin Lee, York
Taylor Muncie, Scottsbluff
Willa Koenig, Lincoln Pius X
Shelbi Sloup, Seward
Rebekah Rawlings, Gering
Molly Sughroue, McCook
Natalie Kurtenbach, Lincoln Pius X



NCA GIRLS CROSS COUNTRY
ALL-STATE

Class A

Top 13 Super-State

Class B

Top 7 Super-State

Class C

Celeste Cardona, Mitchell
Marta Pulfer, Wayne
Collette Williams, Lincoln Christian
Kiya Passero, Chadron
Jessica Schaecher, Columbus Scotus
Emma Jons, Minden
Sheldon Beierman, Boone Central/
Newman Grove

Class D

Katherine Lansman, Ord
Sarah Pogue, Yutan
Jessi Smith, Bayard
Braska Patterson, Stanton
Sheridan Wellnitz, Gordon-Rushville
Anna O'Malley, North Platte St. Patrick's
Katie Cumpston, Nebraska Christian

NCA BOYS' TENNIS ALL-STATE

Class A

First Team

David Liu, Millard North – CAPTAIN
Christopher Dean, Papillion-La Vista South
CJ Sjulín, Lincoln Southwest
Justin Brinkman, Lincoln Southwest
Daniel Clare, Lincoln Southeast
Thomas Kennedy, Omaha Creighton Prep

Second Team

Nathan Singh, Omaha Creighton Prep
Ben TerMaat, Lincoln Southeast
Hunter Dunlap, Lincoln East
Martin Gilgenast, Omaha Creighton Prep
Alexander Woodward, Lincoln Southwest
Dillon Ketcham, Omaha Creighton Prep



Class B

First Team

Landon Warner, Lincoln Pius X – CAPTAIN
Skylar Lowe, Skutt Catholic
Jared Karlson, Holdrege
Walker Hohensee, Holdrege
Matthew Karnes, Hastings
Zahler Zandt, Elkhorn South

Second Team

Andrew Johnson, Skutt Catholic
Patrick Thomas, Elkhorn South
Zach Pohlman, Skutt Catholic
Quinten Harshbarger, Grand Island CC
Andrew Randall, Elkhorn
Robert Hart, Elkhorn
Austin Seagren, Elkhorn

WeBacks

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2013 NCA GIRLS' GOLF ALL-STATE

Kirsten Baete, Beatrice
Nicolle Barmettler, Elkhorn South
Hannah Brown, Auburn
Katherine Carollo, Elkhorn
Danielle Havekost, Beatrice
Miranda Keeler, Bellevue East
Maddie Koenig, Lincoln Pius X
Kimberly Moore, Scottsbluff
Elizabeth O'Doherty, Lincoln East
Abbie Otto, Grand Island
Lauren Pelster, Omaha Duchesne Academy
Samantha Rahmig, Gering
Nia Station, Omaha Burke
Lindsey Thompson, Elkhorn South
Megan Vetrovsky, McCook
Jordan York, Scottsbluff





2013 FALL CHAMPION COACHES

BOYS' CROSS COUNTRY

A	Dustin Llewellyn	Millard South
B	Jim Barker	Scottsbluff
C	Michelle Kontor	Milford
D	Jayne Arens	Crofton

GIRLS' CROSS COUNTRY

A	Ryan Salem	Lincoln Southwest
B	George O'Boyle	Lincoln Pius X
C	Merlin Lahm	Columbus Scotus
D	Jayne Arens	Crofton

GIRLS' GOLF

A	Kelli Jeffries	Grand Island
B	Mike Klein	Scottsbluff
C	Steve Exstrom	Minden

SOFTBALL

A	Steve Kerkman	Millard South
B	Keith Engelkamp	Skutt Catholic
C	Katrina Christen	Wahoo

FOOTBALL

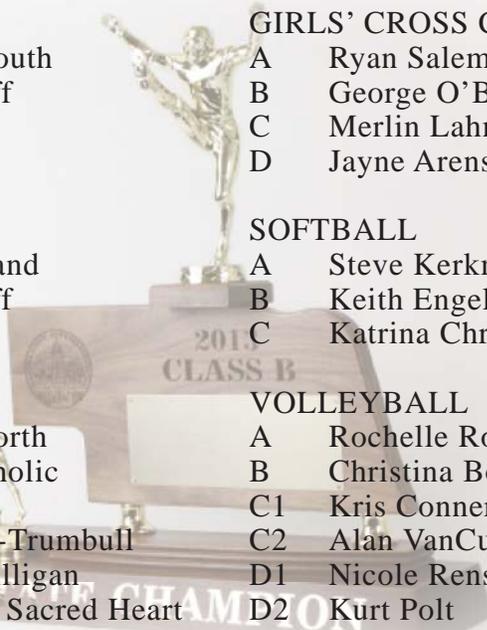
A	Larry Martin	Omaha North
B	Matt Turman	Skutt Catholic
C1	Brian Cargill	Cozad
C2	Brent Breckner	Doniphan-Trumbull
D1	Dean Filipi	Exeter-Milligan
D2	Doug Goltz	Falls City Sacred Heart

VOLLEYBALL

A	Rochelle Rohlfs	Omaha Marian
B	Christina Boesiger	Norris
C1	Kris Conner	Kearney Catholic
C2	Alan VanCura	Hastings St. Cecilia
D1	Nicole Renshaw	St. Mary's
D2	Kurt Polt	Giltner

BOYS' TENNIS

A	Dennis Hershberger	Lincoln Southwest
B	Nolan DeWispelare	Lincoln Pius X



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CHRIS CARR, PHD, HSPP



*Counseling Sport
Psychologist - Coordinator
of Sport & Psychology
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Sports Performance -
Indianapolis, Indiana*

An internationally regarded expert in sports and performance psychology, CHRIS CARR has consulted with numerous professional sports teams and Olympic sports, as well as college/university athletics. Currently he is the Sport and Performance Psychologist and Coordinator for Sport and Performance Psychology at St. Vincent Sports Performance in Indianapolis. From 2006 to 2013 he was the consulting sports psychologist for the Indiana University.

Additionally, Dr. Carr is the consulting sports psychologist for the Indiana Pacers (NBA) and the Indiana Fever (WNBA), and has provided consultations for the Kansas City Royals (MLB) and Arizona Cardinals (NFL), among others. Past President of Division 47 (Exercise and Sport Psychology) of the American Psychological Association, Dr. Carr was recently named as an Ad Hoc Member and first psychologist on the NCAA Competitive Safeguards and Medical Aspects of Sports Committee.

Dr. Carr served as the USA Diving National Team Sport Psychologist from 2004-2008, and was in Beijing for the 2008 Summer Olympic Games as the USA Olympic Diving Team Sport Psychologist. Dr. Carr has presented nationally and internationally on psychological issues with athletes. He has worked with Purdue University, the Ohio State University, and Washington State University over the past 20 years of practice as a psychologist with athletics.

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www.snowking.com/Activities_Concierge.aspx

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- 8:00-8:45 Brian Bedard, Colorado State University – Discus
Karim Abdel Wahab, Colorado State University – High Hurdles
- 9:00-9:45 Tim Cawley, Colorado State University – Long Jump
Clive Roberts, University of Iowa – Training the Female 400 Meter Athlete
- 10:00-10:45 Jeff Chakouian, University of Central Florida – Non-Traditional Strength
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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.

STATE SWIMMING HOSPITALITY

The Nebraska Coaches Association will sponsor coffee and rolls Friday and Saturday mornings and a pizza feed for coaches on the Friday of the State Swimming Championships. The Lincoln CVB, a longtime supporter of the NCA, helps in providing this expanded hospitality at the Championships at the Devaney Sports Center-Room 186 (former wrestling room).

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 Pinnacle Bank Arena and at the Devaney Sports Center. 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 Pinnacle Bank Arena 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 for other family members. We also ask that you NOT bring your children into the rooms. Devaney Sports Center Room 320, Pinnacle Bank Arena-Harvest Hospitality Room.

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 and the Pinnacle Bank Arena during all championship games throughout the tournament. The area is located in the southeast corner, Section B-6 of Devaney and the lower southeast corner of Pinnacle Bank Arena – Section 110 (see map). You **MUST** have your NCA or NSIAAA membership card for admittance to the seating area. ***YOUR MEMBERSHIP 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 in the reserved section. The NCA has nearly 4,000 members, so seating for each game will be on a first come, first served basis.



2013-2014 NCA MEMBERSHIP REGISTRATION

Complete this form in its ENTIRETY and mail with your check to:

NCA
P.O. Box 80727
Lincoln, NE 68501-0727

Name:

Gender: Male Female

Date of Birth: / /

NSAA High School:

Middle School/ College/Youth Org/Club:

Home Address: (Please do not enter school address)

City, State Zip: .

Phone: () - E-mail:

Check here if FIRST TIME COACH - OR - Enter # of years in coaching/administration through 2012-2013:

Coaching Assignments 2013-2014:

SPORT	HS VARSITY		HS NON-VARSITY		MIDDLE SCHOOL		YOUTH/CLUB		COLLEGE	
	Head	Asst								
Boys Cross-Country	<input type="checkbox"/>									
Girls Cross-Country	<input type="checkbox"/>									
Football	<input type="checkbox"/>									
Girls Golf	<input type="checkbox"/>									
Softball	<input type="checkbox"/>									
Boys Tennis	<input type="checkbox"/>									
Volleyball	<input type="checkbox"/>									
Boys Basketball	<input type="checkbox"/>									
Girls Basketball	<input type="checkbox"/>									
Boys Swimming	<input type="checkbox"/>									
Girls Swimming	<input type="checkbox"/>									
Wrestling	<input type="checkbox"/>									
Baseball	<input type="checkbox"/>									
Boys Golf	<input type="checkbox"/>									
Boys Soccer	<input type="checkbox"/>									
Girls Soccer	<input type="checkbox"/>									
Girls Tennis	<input type="checkbox"/>									
Boys Track and Field	<input type="checkbox"/>									
Girls Track and Field	<input type="checkbox"/>									
Cheer	<input type="checkbox"/>									
Dance	<input type="checkbox"/>									

Administrative Assignments 2013-2014: Please indicate any administrative positions you hold for 2013-2014 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 (membership fee waived).

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You are reminded that the following schools will recognize the membership cards of the Nebraska Coaches Association and the Nebraska State Interscholastic Athletic Administrators Association for a admission to college-sponsored sporting events. This program was originally proposed in the fall of '92, and ALL college Athletic Directors responded quickly and to the affirmative. Our proposal gave them a number of options, to include a pass gate, an advance call-in, etc., but each institution was slightly different in their acceptance. Below is a list of how each school would like to handle the program.

Bellevue University

Any gate
Membership card required
Admit member + one
Good for all sports

Central Community College- Columbus Campus

Any gate
Membership card required
Admit member + one
Good for all sports

Chadron State College

Any gate
Membership card required
Admit member + one
Good for all sports

College of St. Mary

Advance call-in (402) 339-2305
Admit member + 1
Good for all sports
Tickets are free

Concordia University

Use any gate
Membership card and photo ID
Admit member + 1
Good for all sports
Tickets are free

Credentia University

Advance call-in (402) 280-5257
Please contact in advance
Admit member + 1 no charge
Membership Card Required
Good for all sports - regular season
Tickets subject to availability
Excludes some games

Drewes College

Pass gate
Membership card required
Admit member + 1
Good for all sports, tickets are free
Advanced call-in is appreciated
402- 526-2634

Heidelberg College

Membership card and photo ID
Good for all sports
Admit member

Kepler University

Any gate
Member + 1 guest

Midland University

Any gate
Membership card and photo ID
Admit member + one
Good for all sports

Nebraska Wesleyan University

Any gate
Membership card and photo ID
Admit member + 1
Good for all sports, tickets are free

Northwest Community College

Main gate
Membership card required
Admit member +1
Good for all sports
Tickets are free

North Platte Community College

Advance call-in
800-638-4386-3701
Ask for Jackie Britcy
Use main door
Membership card required
Admit member +1
Good for all sports

Peru State College

Pass gate - main gate
Advance call-in is appreciated
(402) 872-2330
Call 2 days prior to game
Membership card and photo ID
Admit member + 1
Good for all sports
Tickets are free

Southwest Community College-Beatrice

Main gate
Advance call-in is appreciated
1-800-233-3027 ext 1232
Good for all sports
Admit member + 1
Tickets are free
Membership card required

University of Nebraska-Kearney

Will Call Gate-advance call or e-mail
appreciated 308-862-1363 or
scott@unke.edu
Admit member +1
Must present membership card when
picking up ticket
Good for all sports-reg. season
Ticket is free

University of Nebraska-Omaha

Pass gate
Membership card and photo ID
Admit member + 1
Tickets are free
Excludes Hockey

Wayne State College

Pass gate
Membership card and photo ID
Admit member only
Ticket is free
Good for all sports (excluding
NSC/NCAA Championships)

Western Nebraska Community College

Membership Card Required
Advance call in - 308-623-6231

York College

Pass gate - front door
Membership card and photo ID
Admit member + 1
Good for all sports
Ticket is free

JOIN THE NEBRASKA COACHES ASSOCIATION TODAY

TAKE ADVANTAGE OF THESE BENEFITS:

- Year-round \$1,000,000 coaching and classroom liability coverage
- \$20 Gold Card- Good for Admission to most NSAA State Championships- Deadline October 1
- Year-Round Discounted Room Rates at Country Inn & Suites in Lincoln
- Free admission for two to the NCA All-Star Volleyball Match, Boys' and Girls' Basketball and Softball Games
- Sports Clinics
- Free admission to the annual Shrine Bowl Football Game
- Free admission, with membership card, to select college-sponsored games
- *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 State and National Coach-of-the-Year Recognition Programs
- Eligibility to coach in the Annual All-Star Games
- Jerry Stine Family Milestone Award Program
- Coaching Service Award Program (25, 35, 40, 45 & 50 year) recognition
- Dual Membership to the National High School Athletic Coaches Association

Please fill out the registration page and return with your check to:

Nebraska Coaches Association
PO Box 80727
Lincoln, NE 68501-0727
-OR-

Go to ncoach.org - Online Membership Registration is Now Available

2014 NEBRASKA STATE CHEER & DANCE CHAMPIONSHIPS



The 2014 Nebraska State Cheerleading & Dance Championships will be February 21-22 at the Heartland Event Center in Grand Island. Registration deadline is January 20. Please visit our website www.ncacoach.org for further information.

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A collage of various sports photography products and services. It includes a 'SARA HOLMGREN' portrait, 'EAST FOOTBALL' player photos, 'VIKING SOFTBALL 2012 TEAM' group photo, 'ORANGEMEN FOOTBALL' team photo, and several action shots of athletes in motion. The central text reads 'PROVIDING THE VERY BEST SPORTS PHOTOGRAPHY SERVICES FOR SCHOOLS, CLUBS, AND ORGANIZATIONS'. Contact information is provided at the bottom: 'EMAIL: CALLAMSPORTS@GMAIL.COM', 'PHONE: 402-419-6218', and 'WEBSITE: CALLAMSPORTSPHOTO.COM'.

NEBRASKA NATIONAL GUARD

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

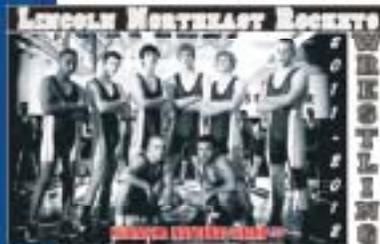
BOOT CAMP CHALLENGE



WARRIOR CHALLENGE



TEAM OR SCHOOL PROGRAMS

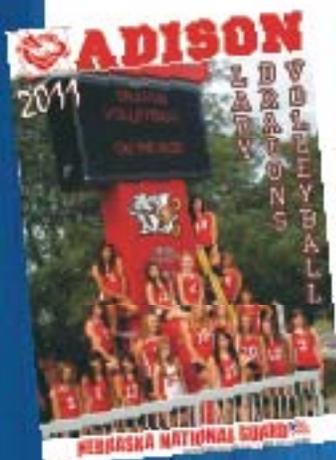


- Warrior Challenge
- Football Toss
- Basketball Boot-N-Shoot
- Boot Camp Challenge
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- Army Physical Fitness Program
- Customized Banner Program

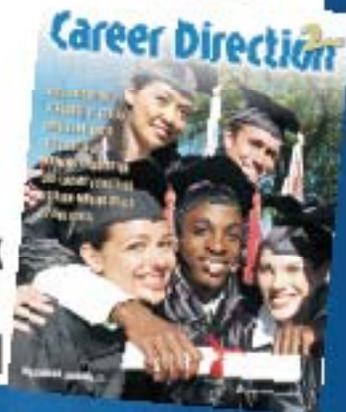


CLASS PRESENTATIONS

- Career Exploration
- Health & Nutrition
- Conflict Resolution
- Diversity
- Drugs & Alcohol
- Communication
- Paying for College
- Heritage Outreach
- Homeland Security
- Budgeting
- Leadership
- Shaping History
- Problem Solving
- Study Techniques



**Contact SGM John Valasek
at (308)440-4176 or
john.valasek@us.army.mil**





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