



nebraska  
**coach**

SEPTEMBER 2014

***All-Star Thriller***

Fall Season Articles

NCA Awards

## Contents

### Features

- 7 No Huddle: More than an Offense - A Way of Life - Brent Breckner, Doniphan-Trumbull, Football
- 8 Efficient Softball Practice – Dennis Dodge, Beatrice, Softball
- 9 Favorite Competitive Volleyball Drills – Rochelle Rohlf, Omaha Marian, Volleyball
- 10-11 It's All in the Details – Jayne & Jason Arens, Crofton, Cross Country
- 13 High Energy & Competitive Tennis Practices – Troy Saulsbury, Kearney, Boys' Tennis
- 14 Tips for Surviving the Golf Season – Kelli Jeffries, Grand Island, Girls' Golf
- 28 NHSACA National Hall of Fame & Coach of the Year Finalists
- 31 2014 NCA All-State Selections: Girls Tennis & Boys' Golf
- 32 Sportsmanship Summits & Soccer Sportsmanship Photos
- 34-35 NCA All-Star Summaries & Photos
- 36 NCA All-Star Most Valuable Teammate Awards
- 38 Hall of Fame Induction Ceremony Set for 21<sup>st</sup> Induction Class

### Departments

- 4 Upcoming Events & Contact Information
- 5 NCA President, Randy Kliment's Message
- 6 NCA Executive Director, Darin Boysen's Game Plan
- 16-25 NCA Awards & Photos
- 26-27 NCA Membership Benefits & Registration Form
- 30 NCA-Advanced Exercise Equipment Clinic Golf Scramble Results
- 39 2014 Coaches Care Blood Drive



Matt Koehn-Fairbanks, St. Paul (Blue All-Star Volleyball Coach) gives instructions to the Blue All-Star squad during a timeout. The Blue All-Stars won the 2014 match in four sets. For complete All-Star results, see pages 34-35. – Callam Sports Photography



[ncccoach.org](http://ncccoach.org)



Cover Photo Courtesy of Callam Sports Photography



# John isn't a Husker. But at Nebraska Orthopaedic and Sports Medicine, he gets treated like one.



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

As Husker Team Physicians, we offer you the same care we extend to Husker athletes.

Our sports medicine physicians have advanced specialty training both clinical and surgical, allowing injured athletes to compete once again at their absolute best. Our advanced medical techniques give athletes the opportunity to have their injuries addressed in the least invasive manner possible, ensuring the safest and quickest means back to play.

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

Nemaha County Hospital	Auburn
Memorial Hospital	Aurora
Jefferson Community Health Center	Fairbury
Community Medical Center	Falls City
Henderson Community Hospital	Henderson
St. Mary's Hospital	Nebaska City
Annie Jeffrey Memorial County Health Center	Osceola
Community Memorial Hospital	Syracuse



Saturday Morning - Sports Medicine Clinics  
Fall Sports Season  
August 23 - November 1  
7:30 a.m. - 10:00 a.m.  
No Appointment Necessary

**N** *Your Husker  
Team Physicians*

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

[www.nebraskaortho.com](http://www.nebraskaortho.com)  
[www.nebsportsconcussion.org](http://www.nebsportsconcussion.org)



Gary Bender, Humphrey/Lindsay Holy Family (Red All-Star Volleyball Coach) gives instructions to the Red All-Star squad between sets. The Blue All-Stars won the 2014 match in four sets. For complete All-Star results, see pages 34-35.  
 – Callam Sports Photography

## FEATURED 2014 – 2015 NCA UPCOMING EVENTS

**NCA Board Meeting** – October 12, Adams Central High School

**Softball & Volleyball All-Star Nominations & Selections** –  
 October & November

**NCA Sportsmanship Summit** – November 18,  
 Gering Civic Center

**NCA Sportsmanship Summit** – November 19,  
 Doane College, Crete

**NCA Football Clinic** – November 23, Embassy Suites, Lincoln

**NCA Track & Field Clinic** – TBD, NSAA Building, Lincoln

**NCA Board Meeting** – January 25, 2015,  
 Adams Central High School

**State Cheer & Dance Championships** – February 20 & 21, 2015,  
 Heartland Events Center, Grand Island

**NCA Board Meeting** – April 26, 2015, NSAA Building, Lincoln

**NCA Multi-Sport Clinic** – July 21-23, 2015,  
 Lincoln North Star High School

# nebraska coach

SEPTEMBER 2014

ncacoach.org

## NCA STAFF

### EXECUTIVE DIRECTOR:

*Darin Boysen - darin@ncacoach.org*

### ADMINISTRATIVE ASSISTANT:

*Saundi Fugleberg - saundi@ncacoach.org*

## EXECUTIVE BOARD MEMBERS:

### PRESIDENT

*Randy Kliment, Creighton*

### PRESIDENT ELECT

*Tom Olson, Norfolk*

### VICE PRESIDENT

*Jerry Buck, Holdrege*

### PAST PRESIDENT

*Jim LaMaster, Adams Central*

## NCA BOARD

### DISTRICT I

*Tim Aylward, Lincoln Pius X*

*Russ Ninemire, Sandy Creek*

### DISTRICT II

*Tom Kerkman, Omaha Westside*

*Tony Allgood, North Bend Central*

### DISTRICT III

*Greg Conn, Wausa*

*Ben Ries, Norfolk*

### DISTRICT IV

*Bill Carlin, Adams Central*

*Toni Fowler, Adams Central*

### DISTRICT V

*Donnie Miller, Minden*

*Matt Wiemers, McCook*

### DISTRICT VI

*Heidi Manion, Alliance*

*Duke Waln, Cody-Kilgore*

The Nebraska Coaches Association is a Proud Member of:



## NCA CONTACT INFORMATION

### Mailing address:

PO Box 80727  
 Lincoln, NE 68501

### Physical address:

500 Charleston  
 Lincoln, NE 68501

### Phone number:

402-434-5675

### Fax number:

402-434-5689

### OFFICE HOURS

Monday - Friday

8:30 a.m. - 4:00 p.m.



# GREETINGS FROM THE NCA PRESIDENT

By President Randy Kliment, Creighton



I hope all of you reading this are having a great start to the 2014-2015 school year. I am honored to serve as the President of the Nebraska Coaches Association. I also want to thank all of you for everything you do for the youth of our state. Coaching is not an easy profession when done right. You have the opportunity to create experiences, life lessons, and memories that will stay with student-athletes over the course of their lives.

As I was trying to think of a topic for this article, I remembered a story I wrote many years ago that best summed up my philosophy of coaching that I included in our end of the season wrestling yearbook.

Enjoy the Journey:

As Tim (Nielsen, my assistant coach) and I planned our trip to the NCAA tournament this year, we both thought it would be more enjoyable by taking the back highways and going through the small towns rather than sticking to the interstate. Many others thought we should take the four-lane, drive faster, and get where we were going quicker. . .But we both felt the journey could be just as fun as the destination. We took the back roads, still got to the tourney, and didn't miss any of the action. Plus, we got to see places and people we hadn't seen or met before. We learned more about an area we weren't familiar with.

Similarly, many coaches place so much emphasis on the District and State tourneys (the destination) they are not as concerned with what happens in the early parts and the rest of the season (the journey). We think that by carefully going through the process, doing things right along the way, and constantly working toward improvement we will end up in the right place. This way our rewards are doubled, we do well in competition (destination) and we've had a great experience (Journey).

In the same way, as a teacher, do you find yourself thinking, "I can't wait for the weekend/Christmas break/the summer?" You may be thinking too much of the destination while neglecting the journey here as well. Professor Harold Hill in the movie "The Music Man" said it best, "You pile up enough tomorrows, and you'll find you are left with nothing but a lot of empty yesterdays. I don't know about you, but I'd like to make today worth remembering."

I encourage you to take advantage of as much as you can as a member of the NCA. Go to our web-site, [www.ncacoach.org](http://www.ncacoach.org), as much as possible. Darin has put together a great resource with tons of information that we all could be utilizing. Check into our Facebook and Twitter accounts. Attend our clinics and encourage other coaches in your school to come along. There is no better way to network and learn more about your profession. Consider attending our Awards Banquet (and remember to apply for those awards that you qualify for). If you want to get more involved, attend the district meetings at clinic, volunteer for advisory boards, or apply for a spot on the Board of Directors.

Finally, I hope you all have wonderful school years and sport seasons. Enjoy the journey!



## WE HELP NEBRASKA COACHES WIN.



Football



Basketball



Volleyball



Soccer



Wrestling



Baseball &  
Softball



Tennis



Track

**PROUD PARTNER OF THE NCA**

contact us at: [sales@hudl.com](mailto:sales@hudl.com) or (402)817-0060



## *The Game Plan* *Darin Boysen, Executive Director*

Welcome to the 2014-2015 school year. On behalf of the Nebraska Coaches Association's Board of Directors and staff, we wish you a meaningful and impactful year. The NCA continues to strive to support coaches through education, recognition and professional unity across the state of Nebraska and beyond.

As Dr. Jeff Duke reminded us during his keynote address at the NCA Multi-Sport Clinic, coaches continue to be one of the most influential people in the lives of adolescents today. Coaches matter...how you coach can impact lives for generations to come – your true legacy!

In listening to a Sunday service message of Southwood Lutheran's Senior Pastor Greg Olson in August, I was inspired to write this column. As a coach, you're about to experience many ups and downs throughout the season. Pastor Greg's message was based on the biblical metaphor of running a race to describe what it means to live out a meaningful and purposeful life. Pastor Greg, thanks for the inspiration. Below are six mainstays to help you stay focused during the season.

- **Keep Connected**...Surround yourself with people and resources that will keep you focused on the purpose and mission of positive coaching. There will be times of trials and struggles. It's OK to lean on others that have faced similar issues. Stay connected with your school leaders so that you share the same vision.
- **Keep Your Eyes & Ears Open**...Watch and listen for the good works that you're creating within your program and student-athletes. Celebrate the little things daily. With this in mind, also watch and listen for pitfalls and hurdles that can be avoided as full blown major conflicts.
- **Keep Your Heart Grateful**...There is absolutely nothing wrong with intensity, but don't lose sight that we're blessed as educators to make a difference in each student-athlete. With this blessing comes great responsibility. Create a culture within your program of gratitude.
- **Keep Focused on Your Purpose**... Whether a seasoned veteran or a rookie coach, it's important to ask yourself, "*Why do I coach? What's my true purpose for being in the coaching profession?*" If the answer is surrounded around you personally...it's time to re-evaluate your professional purpose.
- **Keep Your Priorities**...Create quality time for your spouse, family and friends. You and your family and friends need to work together to define what this quality time looks like. With the demands of coaching, this will be difficult at times. Let those around you know that you appreciate their support and love.
- **Keep Your Eyes on the Prize**... Setting goals for the number of wins and/or championships can be misguided and leave many (including yourself) feeling hollow if the goal is not reached. Focus on the daily process and reaching the full potential of each student-athlete and the team...now there is a prize we all can celebrate!

*"Knowing how they want to be remembered helps them decide how to live today, and leaving a legacy will give them a purpose that will unleash their passion."*

*Jon Gordon, Soup: A Recipe to Nourish Your Team and Culture*

# No Huddle: More than an Offense - A Way of Life

Brent Breckner – Football Head Coach – Doniphan-Trumbull

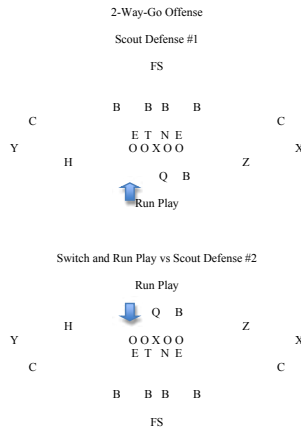


In 2010 after two straight years of missing the playoffs and a long stretch of years without a playoff win, we needed to make a change in the Doniphan-Trumbull Football program. After looking to make some changes to our offense to improve production and give our players an edge, we made some adjustments to our formations, our schemes and began to look into ways to call the offense in the no huddle. It began as some changes to an offense and it became a complete

culture shift in our entire program. The no huddle became a way of life at Doniphan-Trumbull and it forced us to make changes in the way that we played offense, the way we practiced, the way played games, and even our strength and conditioning programs.

It all started with changes in our offense. We didn't just want to run the no huddle, we wanted to run it fast. As a result we trimmed down our playbook considerably. Our staff decided to trim back the running game and we became an inside zone team predominately. We complimented the inside zone with outside zone plays and a few simple man schemes. Our staff focused on teaching basic concepts with base rules to make plays simpler so our kids could play fast. We changed our terminology to make things simpler and allow us to create a number of simple signaling systems in the no huddle.

Once we got the offense installed the real challenge became practicing the no huddle. We had to change the way that we practiced and coached to make things work more effectively. We shortened down our individual period work and really focused on doing things faster and more efficient. We broke practice down into smaller parts and created more sudden changes within the practice plan to keep the players guessing. As coaches we had to be more efficient in the way that we coached kids we needed to provide players with feedback but it had to be delivered in a way that was clear but also fast so that we didn't slow down practice. We began to signal everything throughout practice so our players were prepared for the signals on Fridays. We also began to use a 2-Way-Go Offensive drill for team offense. We would have our #1 offense run a play against scout defense #1 then as soon as the play was over the offense would get the signals and run play against defense #2. This allowed us to get a lot of reps very quickly without wearing out our scout team defenses. An added bonus was that it allowed us to get more of our young players involved on the scout team. To improve the efficiency we scripted all of the plays so that we could stay in the same formation for several plays in a row. Scripting the plays also allowed us to switch formation strength so that the receivers could stay on one side of the field. The improved efficiency cut down our practices to around 2 hours per night.



The no huddle changed the offense and the way we practiced but it also had an unexpected impact on the way that we played defense and special teams. We changed our philosophy and became more aggressive in all phases of the game. The no huddle does put more stress on the defense. If the offense is running more plays at a fast pace the defense has to defend more plays. Defensively, we began to play more aggressively and take more chances with the idea that we wanted to get the ball back to the offense. We wanted the offense to have the ball as much as possible so that we could begin to wear the other team out. As a result of the confidence that we had in our offense we went for it more on 4th downs instead of punting. We went for two almost every time we scored. We began to squib kick and onside kick more so that we could get the ball back to the offense. The no huddle allowed us to be more aggressive in all phases of the game.

This overall change in philosophy and culture helped us to make some significant changes in our strength and conditioning program. We shifted our focus from strength and building muscle mass to a focus on speed, power and flexibility. We needed to develop players that could move in space and we needed to condition players to prepare them for the demands of our no huddle attack. Our staff developed total body workouts that combined power lifts, strength lifts and flexibility lifts into each workout. In addition we added

*continued on page 8*



# EFFICIENT SOFTBALL PRACTICE

Dennis Dodge - Softball Head Coach – Beatrice



One problem that many high school coaches have is that we often have limited space and practice time. Whenever possible I try to incorporate several skills and conditioning.

These are two drills we use most days. After running, stretching and warm up throwing, half the team will go to 7 stations of tee work, soft toss and bunting

etc. (we have 30 girls so there are 15 girls in each group). The remaining 15 will make three groups of 5 players each. We do a drill we call Speed Dog, which incorporates fielding and receiving and sprinting. One group will have three girls at third base and two at home, one group will have three girls at second (outfield side) and two at first (outfield side), and the other group has three girls at short and two girls half way between first and home. Three coaches hit grounders from the first base line next to the group of two girls, hitting toward the group of three players. For example: one coach is by home and hits grounders toward the three girls at third. The first girl in line fields the grounder and throws it to the first girl in line at home. After throwing the fielder must sprint to her right, (counter-clockwise) to the catching line at home. After catching the throw and tossing the ball to the coach the girl at home sprints to her right (counter-clockwise) to the end of the fielding line. The seven stations will take approximately 2 minutes each so we'll have around 15 minutes for the Speed Dog drill. We'll hit directly at them for short hops for three or four minutes, then we'll hit back hands for three or four minutes, then we'll hit forehands for three or four minutes, finally the coach will mix up the hits for the last three or four minutes. The coaches will start hitting with average speed for the first several minutes then pick up the pace for each grounder types. The girls must also backup their teammates. If a girl misses a grounder a teammate must be backing up the player. If neither player fields the grounder, that group will run a gasser at the end of the practice. When the group at the stations is done we trade groups. The girls get at least 15 minutes of foot work, glove work, throwing and receiving while getting 15 minutes of sprinting.

The next day we will keep the station drills and this day we'll add two outfield-cutoff drills with two groups. One group has three players in left field, two or three girls at short and two at third. One coach hits from third and hits the ball left, right or over the head of the fielder. The fielder works on drop steps to catch or chase the ball (we usually gap the hit). The girl at short goes out and lines up for a cut-off (relay) to third. The player

at third receives the ball and practices tagging. After the left fielder hits the cut off they sprint to third base, after applying the tag, the third baseman sprints to short, and the short stop after the relay throw, sprints to the left fielder line. The other group of remaining players place three players in right field, two or three players at first and two players at home. The coach hits from home toward right field. If the hit is a grounder the right fielder will throw to first for the force. If the hit is a fly ball after the catch, they will throw toward home with the first baseman being the cut-off (relay) for home. After throwing the left fielder sprints for home, the first baseman will sprint to right field and the player at home will sprint for first. After seven or eight minutes the two groups will switch sides. This is a lot of sprinting as there will only be two or three girls in each position so they have to really sprint. The girls also have to communicate to line up cut-offs.

Most players do not enjoy running for conditioning, however with these drills, the girls get a lot of sprinting with a purpose (getting to the next position) to keep the drill moving so they are getting conditioning without just boring running.

---

*No Huddle continued from page 7*

auxiliary exercises that focused on explosive movements, power movements, plyometrics, and flexibility exercises. The final, and most significant change, was the manner in which we ran the program. Our coaches use a lifting on command structure so that we always have one athlete performing our core lift on the whistle. This provided the staff with ultimate accountability someone was always working. The athletes rotated from lifter to spotter to an auxiliary lift and back to lifter. We became much more efficient in the weight room which allowed us to get more done in shorter amounts of time. With the extra time we gained we were able to focus more time on agility drills, speed development, running form, and of course conditioning. The conditioning part became very important and we developed a system to try to get maximum effort every time while reducing rest time to where we needed it to be within our offense.

The no huddle truly became a way of life at Doniphan-Trumbull and it helped to change the culture of our football program. The biggest changes came about in the way that we prepared our players. We became more efficient in everything that we did from practices, to games and especially in the weight room. It was a long process and there were certainly some bumps in the road along the way. Our kids really bought into the system and believed in what we were doing as a staff. The team developed a mentality of hard work and a belief that we could do things faster, more efficiently and better than our opponents. The change in culture gave us the edge we were looking for and the result - a 13-0 record and Class C-2 State Championship.



# FAVORITE COMPETITIVE VOLLEYBALL DRILLS

Rochelle Rohlfs – Volleyball Head Coach – Omaha Marian



Continuing to learn and grow as a coach has been a motivational factor for me over the years. Attending as many coaching clinics as possible and signing up to work college summer camps are a couple avenues of expanding my knowledge about the game of volleyball and also gaining a variety of drills to use in my gym. So the first thing I want to do

is thank all of the amazing coaches who have shared these great drills with me at some time in my career. And now in turn I want to share them with you!

**2/3 Court Four on Four:** This drill is played on 2/3 of the width of the court. You can pick which 2/3 you want to work on by moving your antenna in 1/3 of the net distance on the left side or right side. I also put a cone on the base line to indicate the out of bounds sideline at 2/3 of the court. One side will be competing with a middle hitter, outside hitter, middle back defender and left back defender and the other side will be competing with a middle hitter, right side hitter, middle back defender, and setter. You can also replace your right side hitter with a setter and you can also add a left back libero whose only role will be to set the second ball if the setter plays the first. The coach initiates with a free ball, down ball, or attacked ball to the winning side. We play mini-games to five. Because the players are playing in a narrow court the pin hitters will have to work on hitting specific shots. For example, the outside hitter will not be able to hit cross if that 1/3 of the court is out of bounds. The middles have to work harder offensively because their attack space is limited and the block will be more focused on their location.

**Player Alert Drill:** This is a 6 on 6 drill that is designed to teach players to have an awareness of their opponent's tendencies as well as to teach them to follow a game plan. Each side will be given a game plan to follow without the other side hearing it. For example, I might say that we are running a certain offensive combination or I might give them the game plan of attacking at the setter or tooling a specific player's hands on the block. The coach tosses the ball to a player for them to send a free ball to the other side. The free ball is sent to the winning side if we are focusing on offense that day and is sent to the losing side if the focus is on defense that day. The game continues until one side executes their game plan 3 times. If the other side cannot identify their opponent's game plan, they lose any points they had scored up to that point. We play games to 9

and will rotate and change the game plan each time one side gets 3 points with a game plan.

**Activate/Terminate:** This is a 6 on 6 drill that focuses on a certain hitting position being under pressure to score and this drill also allows multiple reps of defending the same attack. The coach picks a position to be the activator and also a position to be a terminator on both sides of the net. For example, I may pick my outside hitter to be the activator and my middle hitter to be the terminator for one side and the right side hitter and back row attack on the other side. The drill is initiated with a serve. The receiving team must set the ball to the person who is the activator. If the receiving team doesn't set the activator but someone else gets the kill, then the other team serves again. If the activating hitter swing but doesn't get a kill then the team that served now has an opportunity to get activated by setting their activator. The activator on either side must get a kill in order for her team to have the opportunity to score points. Once a team gets activated, free balls are initiated to that side and the only way they can score is by the terminator scoring kills. As soon as team loses the rally, they become the serving team and they no longer are activated. We play until one side gets to 7 points. You can play this in rotations as well.

**SCHOOL TRADITIONS**  
Specializing in High School Letter Jackets

Highest Quality, Fastest Delivery in the Metro!

12100 West Center Rd  
Bel-Air Plz, Suite 901  
Omaha, NE 68144  
(402)733-0300  
schooltraditions@msn.com  
www.schooltraditionsomaha.com

Made in the U.S.A.

**Showroom Hours:**  
(located behind Nobbies)  
Tue: 9:00 am - 6:00 pm  
Wed-Fri: 9:00 am - 4:30 pm  
Sat: 9:00 am - 12:00 pm

# IT'S ALL IN THE DETAIL

Jayne and Jason Arens - Cross Country Coaches - Crofton



We have been very fortunate to coach some outstanding athletes throughout our career. However like many coaches, we struggled our first years trying to find the perfect balance for our runners. As former runners in high school and college,

we used the same type of workouts that our coaches used. Why not those workouts have worked for decades, right? However, every year our runners just did not finish where we knew they could so we reevaluated our program. From our observations we found that the athletes we coached today were not in the same shape as those athletes from 20 years ago. You can blame it on computers, play stations, or just an increase in sedentary life styles. We don't know for sure but once we changed our coaching style we were happy with the results. There are three areas that we focus on as coaches: 1) individualized workouts, 2) stretches, and 3) abs.

Our runners know that they do not move to the next level until they have reached their benchmarks. This individualization of workouts gets rid of the athletes' complaining that they have to do more than

someone else. Instead it is a privilege to do more. It means that you have earned the right to move on. It may sound difficult to do with a large team but as long as the runners log their runs then they are the ones telling you when they are ready to move on to the next level. This also gives them ownership over their running goals.

Our runners know that even when they finish their run they still have about 10 minutes of stretching. Being from a small school with an average graduating class size of 30-40 students every runner counts, so we cannot afford injuries. After talking with our physical therapist, we came up with a stretching plan that focuses on our problem areas.

Stretching did alleviate some of our injuries however we really did see results once we started our thirty-second abs workout. Core strength is so important in all sports and this is the one part of the workout that our athletes request. They like the results they see. Each abs exercise is done for 30 seconds. Below is a list of the abs that we do. However we do change some of the exercise out for others, especially if we see that our athletes are getting sloppy with their form.

Main abs workout: takes about 4 ½ minutes at first we just do one set and work up to 3 sets.

## 1. In and Out



1. Lie on back and put legs out parallel to floor (don't touch floor but try to get close to it)



2. Bring knees to chest



3. Raise legs up so they are perpendicular to the floor,  
4. Bring knees to chest  
5. Repeat

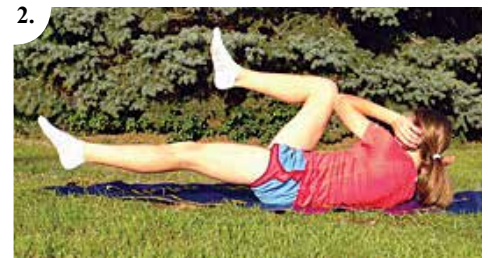
## 2. Flutter Kick



1. Lie on back and put legs out parallel to floor but don't touch the floor and move legs up and down without bending knees.



1. Lie on back bring opposite elbow to the knee bent at a 90 degree angle and straighten the other leg out.



2. Then switch legs and elbows.

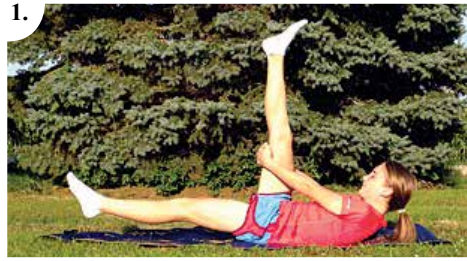


#### 4. Pilates 100's



1. Lie on your back with legs straight at a 45° angle, keep your arm straight at your sides and move them up and down in a fluttering movement

#### 5. Giant Scissors



1. Lie on back and keep legs straight and move them up and down like a giant scissors. (can use hands to get an extra stretch)

#### 6. Stabilizer



1. Turn to a push up position on you elbow and hold (make sure they are straight as a board.)

#### 7. Swimmer



1. Lie on your stomach and lift opposite arm and leg at the same time (make sure they don't bend elbow or knees)

#### 8. Push Ups



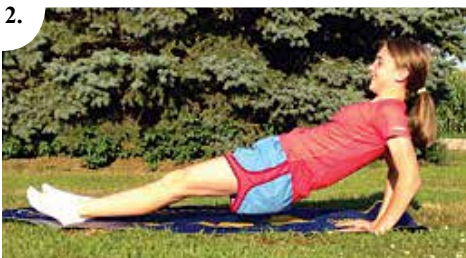
1. These are standard push ups

#### 9. Dips or Backward Push Ups



1. Face up with bottoms off the ground and bend arms at the elbow.

#### 9. Dips or Backward Push Ups



2. They can use a chair or they can do this on the floor as long as they keep their bottoms up and bend at the elbow.

#### 10. Pillars



1. Bonus abs workout we add on after they do the main abs work out once they earn it. They hold each position for 30 seconds once they master this they will lift one leg ½ way. They can either do them on elbows or with straight arms. It takes 2 more minutes. 1. Stabilizer: face down in push up position. When ready lift each leg for 10 seconds



2. Side: face side keeping body in and straight line. When ready lift leg after 15 seconds
3. Up: face up making sure body is in a straight line. When ready lift each leg for 10 seconds
4. Side: go to other side. When ready lift leg after 15 seconds

# I BELONG<sub>x2</sub>

## Clint Jones, Daykin

- Football and track coach  
*Meridian Education Association*

*When Meridian teacher and coach Clint Jones faced a reduction in force action that would have cut his job by one-quarter time, he called NSEA. His job was saved, at full-time status.*

“*Without NSEA, I seriously doubt the outcome would have been what it was. It was huge to have NSEA on my side.*”

*Belonging to NSEA and NCA helps you be the best educator and coach you can be. Find out more, and join today: [www.nsea.org](http://www.nsea.org)*

**NSEA**  
Nebraska State Education Association  
605 South 14th Street • Lincoln, Nebraska 68508



# HIGH ENERGY & COMPETITIVE TENNIS PRACTICE

Troy Saulsbury – Tennis Head Coach - Kearney



The key to structuring quality practices is ensuring the right balance between working on fundamentals to playing practice matches. Practices must promote competitiveness, as well as keep the athletes engaged. A good way to practice specific skills in a match-like setting is through move up-move down games. During my practices, I like to utilize

move up-move down games in order to keep the energy level high. Sometimes these games are called bump up-bump down. The basic principle of these drills is that athletes compete on multiple courts for a specified duration or to a certain score. Then, the winners move “up” a court, while the losers move the opposite way “down” one court. The benefit of these types of drills/games is that they promote competition as the players are working to get to the highest court. Another benefit is that the athletes are able to face many different opponents in a short period of time. The quickness of the games helps keep the players focused and their energy level high. When utilized with a larger team or more players, it is a great way for players who are lower on the ladder to have a chance to challenge someone stronger than them. These drills/games are also a great way to keep a lot of players active on a limited number of courts. The following are several drills that I use during my practices in order to keep my players actively engaged and competitive.

## **2 Ball – 3 Ball (3-8 players per court)**

During this drill, the athletes will be playing drop-hit points with quick rotations. This drill can be used with either singles or doubles utilizing the full court. Singles could be played on half the court to get more people playing if you have a limited number of courts. Each player/team starts with 2 tennis balls. One player/team will have a third ball. This person or team will start the drop hit point. Whoever loses the point then must feed in one of their tennis balls to start the next point. Once a player or team is out of tennis balls to feed, they are out. They go off the court and reload with 3 tennis balls and wait for a team to be knocked out on their court to come back in. The next team waiting comes in with 3 tennis balls, however, the team that won does not get to reload and starts with whatever number of tennis balls they have remaining. Each time a team knocks another team out, they receive a point. Once the coach calls time, the team with the highest number of wins moves up a court, the team with the lowest moves down a court, and the middle team stays on that court.

## **Dingles (4-6 players per court)**

If you didn’t derive it from the name of the game, this is a drill that is a combination of singles and doubles. Players are placed in teams of two that will play against another team of two. Two balls are fed in to start the point. Usually one side will feed to simplify the game. The players then play a half court singles point against their opponent counterpart. Once one of the two players misses, the ball that is still in play becomes a doubles point immediately. The players need to call out “DINGLES,” “DOUBLES,” “LIVE,” or something to signal the start of the doubles point. Scoring can vary by counting each tennis ball as an individual point, or the doubles point could be weighted more. Once a team reaches a predetermined score, all courts stop. The team with the highest score would move up a court and the lowest scoring team would move down a court. Some variations to the game include playing cross court singles points or starting with a serve instead of a drop hit.

## **Last in Line (4-8 players per court)**

This game is similar to “King of the Court” with a little bit of chance thrown in. One person or team starts on the “champion” side. The remaining teams on that court are the “challengers”. I believe three challengers is the ideal number for this drill. The challenger will drop hit a feed in to start the point. The challenger must win two points in a row to take over as champion. If the challenger loses a single point, they go to the back of the challenger’s line. The champion is trying to defeat all the challengers on their court. If they are able to complete this task they then call out, “LAST IN LINE.” The champion then moves up to the next highest court by trading places with the person that is in the back of the challenger’s line. This person then becomes the champion of the court that was vacated. This game can be played using half courts to get more players involved or it can be played as a doubles game. Not knowing when a champion may call “last in line” puts more pressure on players to win points to limit the time they spend standing at the back of the line.

Move up-move down games is an excellent way to keep your practice energized and competitive, while focusing on a specific skill. These drills also allow the coach to spend their time evaluating players and giving feedback, not feeding tennis balls. Next time you have a limited number of courts, don’t hesitate to try these drills.

# TIPS FOR SURVIVING THE GOLF SEASON

Kelli Jeffries – Girls' Golf Head Coach – Grand Island



After being involved in coaching basketball for over 25 years and after watching my daughter play four years of high school golf, I decided to take on the challenge of coaching high school girls' golf. How hard could it be anyway? Common perceptions included: "It's only golf, it's a lot of time out of school, the coach really doesn't do anything, it's easy to decide who plays, parent's don't get involved, there's no pressure. It didn't take me too long to learn that a lot of what I had heard about coaching golf simply

was not true, and even though I had been involved in coaching for many years, I had a lot to learn about the sport.

Like many new coaches, I believe the first year of coaching golf I probably learned more than my players. Not only was I a "rookie" golf coach, but most of my players that first year lacked much golf experience. It was a learning experience for all. The first year I was in "survival mode", but I made it my mission to learn as much as I could, and become the best golf coach I could be.

The first thing I did was talk to people in the community that were interested in girls' golf. Former players, previous coaches, avid golfers, golf pros and staff were people I looked to and sought advice from. Many had some valuable information to pass along and all were willing to help me out. Many of my players this first year had never played a round of golf, so there was an abundance to teach in a short amount of time. It was because of the limited time available to prepare that I discovered that "quality" practice time was essential for getting a team ready for nine major tournaments in six weeks.

The following are ideas I have adopted over the last seven years to help best prepare our teams for each season.

## Practice Management & Game Preparation:

**1. Establish a good practice routine and coordinate your practices with the course you utilize.** Know ahead of time the availability of your course and plan accordingly. Your players should know where each practice starts and what is expected of them when they get there. We always start our practices with short game work. I learned quickly that if we started on the range or went out on the course for practice, that short game work was often being neglected; thus, I now start every practice at the chipping greens. We have a variety of drills we do on two chipping greens and two large bunkers. During this time, I make it a point to have players experiment with different clubs and variety of shots around the green. I've purchased hitting targets as well, that seem to give players immediate feedback each shot. This forces the players to think each shot through and find what shot gives them the best chance of getting "up and down". Don Meyer a legendary basketball coach once said, "a lot of coaching is not what you teach but what you emphasize." Short game was part of this emphasis.

**2. Establish a good set of practice drills.** Write them down, give players a list, introduce a few each day early in the season and

continue to use them throughout the year. It makes each day much more efficient if your players know the drills by name and are able to practice without much explanation. We are fortunate to practice at one of the nicest courses (and practice areas) in the state, at Riverside Country Club. Often players may be scattered in different parts of the course and not always in view of a coach. This is where it is essential they know the drill that is being done. I give my players a list of putting, chipping, and range drills that they keep with them and we use throughout the week. As the season goes on these drills often become competitive and are scored.

**3. Establish a qualifying system and make sure your girls understand this.** Numerous people have the perception that it simply is a matter of them playing a scored round and that should determine who plays. It's not always that simple. Come up with a workable system and one that includes that "you" as a coach will make the determination who plays each week. As the season goes on, and as more scores are used, most of the time you can determine your top players and which five players gives you the best chance of scoring well. Also, if at all possible, have a plan for the remaining players to continue to practice while your team is competing. If you do not have an assistant coach, enlist the help of another teacher and/or coach who would be willing to help.

**4. Before and during the season, continue to review and go over rules.** One of the first things I became aware of as a head coach was even though I thought I knew golf rules well, I still had a lot to learn. I began by getting several rules manuals, looking up procedures/rules on YouTube, and attending NSAA rules-sponsored workshops. If you have someone in your community who is a "rules guru", ask them to come to one of your practices. I have been fortunate to have local golfers who have been willing to help me explain this to my teams. I also give the girls a condensed book of the most common golf rules to carry with them in their bag.

**5. Try to incorporate the mental aspect into golf during practice.** The majority of the time when we play a round of golf, I have the players keep their score and number of putts. Even though the round may or may not be a qualifying round, I think it is best they record a score. I feel the focus is better and it helps simulate the pressure they are under while playing in a tournament. While the girls are playing, I try to follow and help discuss and talk about course management. During the week, we work on shots and areas of the game that would be unique to the course we will be playing (fairway bunkers, tight fairways, sloped fairways, etc.). While we are playing, I also have the entire team watch their fellow teammates tee off on the first hole. The first shot of a tournament seems to be the most intimidating and is often a huge mental barrier for a lot of players. By watching one another tee off, not only are they showing support for their teammate, but those observing also have a chance to become more familiar with how it feels to be on the first tee box and will hopefully calm their jitters.

These are just a few ideas that helped me survive the first few years as a golf coach. I truly feel in coaching, regardless of the sport, that you are never done learning and each year will bring a "new" set of challenges. However, watching a team succeed still is one of the most rewarding aspects of coaching and well worth the time invested.



THE NAIA ELIGIBILITY CENTER  
**PLAYNAIA**

*Your college sports experience starts here.*

JOIN 60,000 STUDENT-ATHLETES  
WHO PARTICIPATE IN 23  
NATIONAL CHAMPIONSHIPS  
AND EARN \$500 MILLION  
IN COLLEGE SCHOLARSHIPS



**DO YOUR STUDENTS  
HAVE WHAT IT TAKES  
TO PLAY NAIA?**

**FIND OUT MORE AT [PLAYNAIA.ORG/gpac](http://PLAYNAIA.ORG/gpac) & HELP YOUR STUDENTS REGISTER TODAY!**

Do your students want to play against the best? The Great Plains Athletic Conference is home to schools right here in the Midwest with top-level competition in 19 sports.

# NCA CAREER MILESTONE PROGRAM RECOGNIZES COACHES FOR 23<sup>rd</sup> YEAR

By Jerry Stine

## 49 Coaches Receive Recognition in 2014

This year 49 coaches applied for the NCA Career Milestone award, with 54 applications submitted in all. During the 2014 NCA Multi-Sports Clinic Sport's Meetings 17 coaches were recognized for obtaining level I certificates, 13 coaches level II, and 17 coaches level III. Seven coaches received the level IV plaque (the ultimate award in this program) at the NCA Awards Banquet. The level I (bronze), II (silver), and III (gold) certificates were picked up at the NCA Multi-Sport Clinic or mailed to the coach.

If you are not familiar with this program, it takes 100 wins in team sports (50 in football) to achieve level I and 200 points in individual sports. To achieve level II, it takes 200 wins in team sports (100 in football) and 400 points in individual sports. Accumulating 300 wins in team sports (150 in football) and 600 points in individual sports will get you level III recognition. The level IV plaque is presented to coaches that have coached 400 wins in team sports (200 in football) and have accumulated 800 points in individual sports. Team sports include football, volleyball, basketball, baseball, soccer, and softball. Individual sports include cross country, golf, gymnastics, wrestling, swimming, tennis, and track. You must apply for this award to be recognized, you must be an NCA member, and the sport must be officially sanctioned by the NSAA.

Near the NCA booth and at each sport's session areas were posted the 1992 – 2014 Career Milestone winners. They were broken down into each sport and listed alphabetically under each level achieved. Also on

display at the booth was the wall plaque that has the 205 level IV milestone winners engraved on it. The criteria and application for this award is available on the NCA website [www.ncoach.org](http://www.ncoach.org).

The NCA has further invested in the Milestone Award program by enhancing and upgrading the Milestone Award page of the NCA web site. Please go to the website, click on awards, click on NCA – Baden Sports Milestone Awards, and you can easily filter the 1,304 honored coaches by sport, level, year, etc. Take time to look the names over and if your name should be on the list, and is not, print off an application and start the process of applying for next year. Several coaches successfully applied years ago but have not updated since. If that is the case, please send Jerry Stine an updated application. Baden Sports is the corporate sponsor for the Milestone Award program.

If you have changed schools since you received your award or have questions concerning the milestone awards program, please e-mail Jerry Stine at [jlstine@cox.net](mailto:jlstine@cox.net). A milestone application may also be submitted to Stine by e-mail.



2014 Level IV Jerry Stine Family Milestone Award winners in attendance at the NCA Awards Banquet: Stan Karr, Sterling; Bob Braithwait, Arapahoe; Kris Conner, Kearney Catholic; Kip Colony, Millard West and Leigh Schmale, Elmwood-Murdock. – Callam Sports Photography



NAME	SCHOOL	SPORT	NAME	SCHOOL	SPORT
<b>Level IV:</b>			<b>Level II:</b>		
Bob Braithwait	Arapahoe	Basketball	K. C. Belitz	Columbus Lakeview	Volleyball
Kip Colony	Millard West	Basketball	Keith Crowe	Silver Lake	Basketball
Kris Conner	Kearney Catholic	Volleyball	Mike Garner	Broken Bow	Football
Chris Hutt	Johnson County Central	Basketball	Jenny Gragert	Elkhorn	Volleyball
Stan Karr	Sterling	Volleyball	Steve Kerkman	Millard South	Softball
Leigh Schmale	Elmwood-Murdock	Football	Scott Lamberty	York	Basketball
Jack Sobotka	Meridian	Basketball	Tanya Niedbalski	Columbus	Girls' Golf
			Kurt Polt	Giltner	Volleyball
			Troy Saulsbury	Kearney	Boys' Tennis
			Steven Shannon	Wahoo	Basketball
			Fr. Bob Tillman	Creighton Prep	Boys' CC
			Jeff Tomlin	Grand Island	Girls' Track
			Kim Vrtiska	Falls City	Basketball
<b>Level III:</b>			<b>Level I:</b>		
Greg Appleby	Ewing	Basketball	Dave Carpenter	Norris	Softball
Dean Boyer	Plainview	Wrestling	Tanner Cavenee	Elm Creek	Basketball
William Cunningham	Millard North	Boys' Soccer	John Cockerill	Sterling	Basketball
Jon Forney	Perkins County	Basketball	Gary Eisenhauer	Bloomfield	Basketball
Shane Fruit	Ogallala	Boys' CC	Kirk Faris	Johnson County Central	Basketball
Terry Graver	Elkhorn South	Softball	Shane Fruit	Ogallala	Girls' CC
Jeff Gross	McCook	Football	K. C. Hehnke	Grand Island	Softball
Tyler Herman	Amherst	Wrestling	Rod Henkel	Yutan	BB & Boys' CC
Lois Hixson	Aurora	Volleyball	Brian Komenda	Holdrege	Basketball
Doug Konepasek	Verdigre	Football	Jackson Krejci	Exeter-Milligan	Basketball
Lisa Mason	Bertrand	Volleyball	Chad Mattox	York	Wrestling
Sandy Miller	Southern Valley	Volleyball	Brandi McCarter	Elm Creek	Volleyball
Tony Muller	Milford	Basketball	Troy Saulsbury	Kearney	Girls' Tennis
Tom Olson	Norfolk	FB & Track	Steven Shannon	Wahoo	FB & Track
Alan Pokorny	Bennington	Wrestling	Erich Warner	Blair	Wrestling
Jack Tarr	Malcolm	Boys' Track			



# OFFICIAL BALL

The Baden Perfection®  
VX5EC Volleyball



## PLAY YOUR PERFECT GAME.



**SOFT-VALVE IS UNDETECTABLE & STING FREE**



**MORE DURABLE AND INCREDIBLY SOFT**



**BEST FEEL & RESPONSE DURING IMPACT**



**OPTIMUM WEIGHT WITH MAXIMUM STRENGTH**



badensports.com

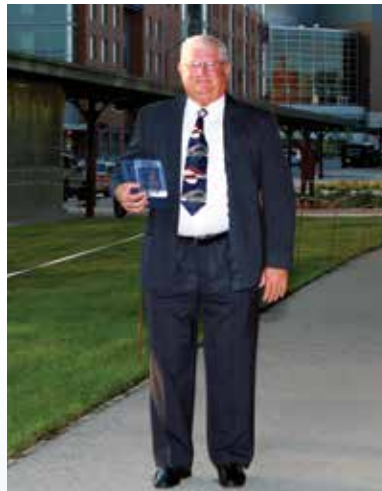
# NCA SERVICE AWARD WINNERS



2014 NCA 25 Year Service Award winners in attendance at the NCA Awards Banquet: Toni Fowler, Adams Central; Rod Henkel, Yutan; Tim Kassmeier, Norfolk Catholic; Rochelle Rohlfs, Omaha Marian and Myra Nicolaus, Centennial.  
– Callam Sports Photography



2014 NCA 35 Year Service Award winners in attendance at the NCA Awards Banquet: Dennis Dodge, Beatrice and Ron Wergin, Palmyra.  
– Callam Sports Photography



2014 NCA 40 Year Service Award winner in attendance at the NCA Awards Banquet: Steve Nelson, Alliance. – Callam Sports Photography



2014 NCA 45 Year Service Award winners in attendance at the NCA Awards Banquet: Dave Oman, Centura and Jon Forney, Perkins County. – Callam Sports Photography





# NEBRASKA NATIONAL GUARD

NATIONALGUARD.com • 1-800-GO-GUARD

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

**BOOT CAMP  
CHALLENGE**



**WARRIOR  
CHALLENGE**



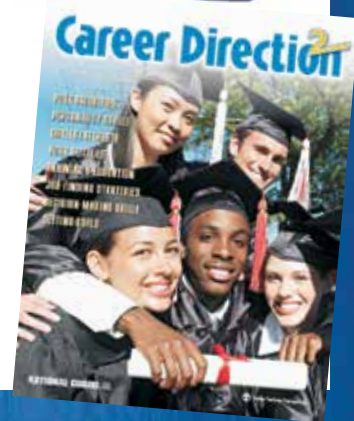
### TEAM OR SCHOOL PROGRAMS

- Warrior Challenge
- Football Toss
- Basketball Boot-N-Shoot
- Boot Camp Challenge
- Fitness Challenge
- Army Physical Fitness Program
- School 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.a.valasek.mil@mail.mil](mailto:john.a.valasek.mil@mail.mil)**



2014 NCA–Hudl Coaches of the Year winners in attendance at the NCA Awards Banquet: Todd Nott, Plattsmouth-Girls’ Cross Country; Bryan Solomon, Thayer Central-Boys’ Track & Field; Jon Brezenski, Columbus Scotus-Soccer; Michele Kontor, Milford-Boys’ Cross Country; Tyler Herman, Amherst-Wrestling; Katrina Christen, Wahoo-Softball; Steve Exstrom, Minden-Golf; John Miller, Southern Valley-Boys’ Basketball; Nolan DeWispelare, Lincoln Pius X-Tennis; Gary Schuurmans, Norfolk-Girls’ Track & Field; Alan VanCura, Hastings St. Cecilia Volleyball; Robert Calegan, Lincoln Southwest-Swimming and Aaron Losing, Crofton-Girls’ Basketball. – Callam Sports Photography



2014 NCA Country Inn & Suites Scholarship winners in attendance at the NCA Awards Banquet: Jalen Barry, Wayne; Anthony Cloyd, Millard South; Madalyn Buller, Omaha Central; Jenscena Hansen, Deshler; Leigh Uhing, Grand Island; Allison Mason, Bertrand, Scott Borchert, Pawnee City and Clark Anderson, Owner Country Inn & Suites, Lincoln-North. – Callam Sports Photography







Stay  
**PRODUCTIVE.**  
Feel refreshed.

Make work feel less like work with:

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

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

  
**COUNTRY**  
INN & SUITES  
BY CARLSON®

# 2013-2014 STATE CHAMPION COACHES

Presented By:



## Boys

## Girls

	<b>Baseball</b>	
Bob Greco, Omaha Westside	A	
Troy Charf, Lincoln Pius X	B	
	<b>Basketball</b>	
Doug Woodard, Bellevue West	A	Jon Perone, Omaha Benson
Kyle Jurgens, Omaha Skutt Catholic	B	Mike Herzberg, Northwest
Mike Weiss, Bishop Neumann	C1	Darren Sindelar, Pierce
Chris Paulson, Archbishop Bergan	C2	Aaron Losing, Crofton
Mark Anderson, Randolph	D1	Andy Imus, Friend
Mike Sjuts, Bancroft-Rosalie	D2	Steve Wieseler, Wynot
	<b>Cross Country</b>	
Dustin Llewellyn, Millard South	A	Ryan Salem, Lincoln Southwest
Jim Barker, Scottsbluff	B	George O'Boyle, Lincoln Pius X
Michele Kontor, Milford	C	Merlin Lahm, Columbus Scotus
Jayne Arens, Crofton	D	Jayne Arens, Crofton
	<b>Football</b>	
Larry Martin, Omaha North	A	
Matt Turman, Omaha Skutt Catholic	B	
Brian Cargill, Cozad	C1	
Brent Breckner, Doniphan-Trumbull	C2	
Dean Filipi, Exeter-Milligan	D1	
Doug Goltz, Falls City Sacred Heart	D2	
	<b>Golf</b>	
Morgan Helton, Creighton Prep	A	Kelli Jeffries, Grand Island
Rick Haney, McCook	B	Mike Klein, Scottsbluff
Randy Ahrens, Hastings St. Cecilia	C	Steve Exstrom, Minden
Tom Kiburz, Thayer Central	D	
	<b>Soccer</b>	
Geoffrey Weller, Lincoln Southwest	A	Amy Price-Roberson, Omaha Marian
Jon Brezenski, Columbus Scotus	B	George Behney, Gretna
	<b>Softball</b>	
	A	Steve Kerkman, Millard South
	B	Keith Engelkamp, Omaha Skutt Catholic
	C	Katrina Christen, Wahoo
	<b>Swimming</b>	
Tom Beck, Omaha Creighton Prep	A	Robert Calegan, Lincoln Southwest
	<b>Tennis</b>	
Dennis Hershberger, Lincoln Southwest	A	Kim Gradoville, Omaha Westside
Nolan DeWispelare, Lincoln Pius X	B	Sheryl Vaughn, Skutt Catholic
	<b>Track &amp; Field</b>	
Roger Mathieson, Kearney	A	Brett Schuster, Lincoln Southwest
Scott Adkisson, Cozad	B	Brandon Harrington, Northwest
Bryan Solomon, Thayer Central	C	Rod Hegge, Crofton
Doug Goltz / Chris Sharp, Falls City Sacred Heart	D	Tony Allen, St. Mary's
	<b>Volleyball</b>	
	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
	<b>Tournament - Wrestling - Duals</b>	
Anders Christensen, Omaha North	A	Mike Schadwinkel, Grand Island
Brad Hildebrandt, Omaha Skutt Catholic	B	Brad Hildebrandt, Omaha Skutt Catholic
Tahner Theim, David City	C	Tahner Theim, David City
Tyler Herman, Amherst	D	Tyler Herman, Amherst



## NCA AWARDS CONTINUED:



2014 NCA Jim Farrand Memorial Award  
(Assistant Coach of the Year) Chad Lyons,  
McCook and Jim Hansen, Lincoln Pius X.  
– Callam Sports Photography



2014 NCA Friend of High School Sports:  
Rich Brodersen, Kearney and Dave Irwin,  
Sumner. – Callam Sports Photography



2014 NCA Media Person of the Year:  
Brad Fossberg, KRGI Grand Island and  
Chuck Schwartz, North Platte/Scottsbluff  
Radio. – Callam Sports Photography

**Proud Partner of the *Nebraska Coaches Association***

Last year,  
**over 250**  
Nebraska groups raised  
more than  
**\$1.5M**  
with the help of  
**Fundraising University**  
**Consultants.**



- Expert Fundraising Consultants
- Proven Fundraising System
- Innovative Products

What would you buy with  
more in your team's budget?

**DREAM BIG!**

**LET FUNDRAISING UNIVERSITY HELP YOU GET THERE!**

**1.800.217.1962    [www.fundraisingu.net](http://www.fundraisingu.net)**

# 2014 Nebraska Coaches Association Major-Career Award Winners



*David Gee, Northwest  
Binnie & Dutch Award (Track & Field)*



*Doug Goltz, Falls City Sacred Heart  
Ed Johnson Award (Boys' Basketball)*



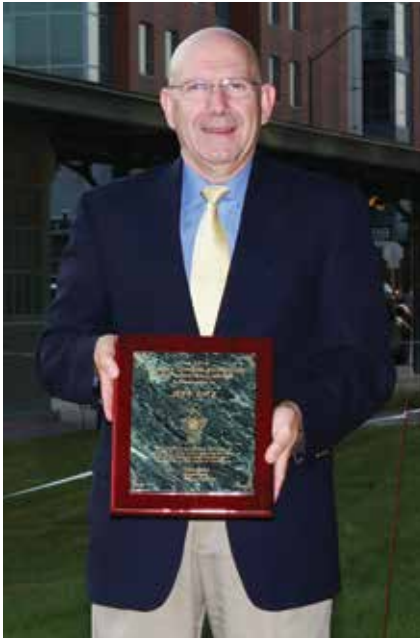
*Brad Hildebrandt, Omaha Skutt Catholic  
Guy Mytty Award (Wrestling)*



*Gail Peterson, Crofton  
NCA Cross Country Award*

Photos provided by: Callam Sports Photography





*Jeff Ritz, Millard North & Omaha Skutt Catholic  
NCA Girls' Basketball Award*



*Jerry Cover, Norfolk  
NCA Golf Award*



*Dean Korus, Humphrey St. Francis  
NCA Volleyball Award*



*Mark Wortman, Elkhorn  
Skip Palrang Award (Football)*

## STATE COLLEGES RECOGNIZE NCA/NSIAAA MEMBERSHIP CARDS FOR ADMISSION

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 admission to college-sponsored sporting events. This program was originally proposed in the fall of 1992, 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) 399-2358  
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

### Creighton University

Advance call-in (402) 280-5297  
Please contact in advance  
Admit member + 1 no charge  
Membership Card Required  
Good for most sports – regular season

Tickets subject to availability Excludes some games

### Doane College

Pass gate  
Membership card required  
Admit member + 1  
Good for all sports, tickets are free  
Advanced call-in is appreciated  
402-826-8583

### Hastings College

Membership card and photo ID  
Good for all sports  
Admit member

### Kaplan 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

### Northeast Community College

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

### North Platte Community College

Advance call-in  
800-658-4308.3701  
Ask for Jackie Briley  
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) 872-2350  
Call 2 days prior to game  
Membership card and photo ID  
Admit member + 1  
Good for all sports  
Tickets are free

### Southeast Community College-Beatrice

Main gate  
Advance call-in appreciated  
1-800- 233-5027 ext 1232  
membership card and picture ID  
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  
308-865-1563 or smidtm@unk.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  
NSIC/NCAA Championships)

### Western Nebraska Community College

Membership Card Required  
Advance call in - 308-635-6151

### 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 Lincoln- North Location
- 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
- Discounted Subscription for *Hail Varsity* Magazine
- 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 [nacoach.org](http://nacoach.org) – Online Membership Registration is Now Available**








2014 Nebraska National High School Athletic Coaches Association (NHSACA) National Coach of the Year Finalists attending the NHSACA Ceremonies in Jackson Hole, WY in June: Girls' Track & Field, Janet Tooley, Columbus Scotus; Golf, Mimi Ramsbottom, Elkhorn South; Tennis, Kimberly Gradoville, Omaha Westside; Athletic Director, Rocky Ruhl, Wayne; Swimming, Doug Krecklow, Omaha Westside; Wrestling, Brad Hildebrandt, Omaha Skutt Catholic; Girls' Cross Country, Vince Zavala, Northwest; Volleyball, Jake Moore, Lincoln Pius X; Softball, Steve Kerkman, Millard South. Unable to attend: Boys' Basketball, Doug Goltz, Falls City Sacred Heart; Boys' Cross Country, Shane Fruit, Ogallala; Soccer, Jeff Hoham, Lincoln East; Boys' Track & Field, Roger Mathiesen, Kearney and Ron Beernink, Millard West, Soccer. – NCA Photo



2014 National High School Athletic Coaches Association (NHSACA) Hall of Fame Inductees: Jack Guggenmos, Lincoln and Ken Cook, Adams. – NCA Photo



**NHSACA**  
NATIONAL HIGH SCHOOL ATHLETIC COACHES ASSOCIATION

**ABOUT US**

**EDUCATE:** Our educational focus is dedicated to more than X's and O's. We see coaches as leaders who are role models to America's youth. We offer graduate college credit programs in Coaching Leadership, Specific Sports Clinic, Drug Abuse Prevention Seminars, as well as others help coaches to stay current with today's important issues.

**RECOGNIZE:** We recognize coaches for not only a season, but for their "lifetime achievements." The NHSACA Coach of the Year awards are the most prestigious awards given to high school coaches in America. Some 160 coaches earn the national spotlight each June at our National Convention.

**SUPPORT:** Due to the national scope, we are able to provide many areas of support for our members. There is an open line of communication with other members of the NHSACA. We strive to have a National voice regarding important issues facing America's High School Coaches and their athletes.

**THE PRIMARY GOALS AND PURPOSES**

**To raise the quality and competence of high school athletic coaching and administration to the highest level possible through leadership development, educational programs, training sessions, and informative publications.**

To promote and publicize high school sports and its seven million student/athletes through national, state and local awards programs.

**To foster amateur sports programs for boys and girls with national-class skill in a variety of sports, which provide social, educational, and competitive opportunities for the students.**

To promote drug and alcohol abuse prevention among high school students, teachers/coaches and parents in cooperation with the government, law enforcement agencies and educational groups.

**BENEFITS TO NHSACA MEMBERSHIP**

<ul style="list-style-type: none"> <li>+ Seminars at National Meetings</li> <li>+ College Credit at Annual Meeting</li> <li>+ Website Educational Programs</li> <li>+ Special Motivational and Educational Speakers</li> </ul>	<ul style="list-style-type: none"> <li>+ National COTY Awards</li> <li>+ Two National Hall of Fame Awards</li> <li>+ Additional Points towards COTY</li> <li>+ Opportunities to represent your state on the National Board</li> <li>+ Opportunities to chair a sport specific committee</li> </ul>	<ul style="list-style-type: none"> <li>+ Online Monthly Newsletters</li> <li>+ Support for member coaches</li> <li>+ Voice on improving benefits</li> <li>+ Open Ended Communication with coaches from around the country</li> <li>+ Establish contacts with nationally recognized coaches</li> </ul>
--	--	---





WWW.CSPORTSNET.COM  
 SALES@CSPORTSNET.COM  
 800.752.2317

## We do the work. You make the money.

Yes, it is that easy.

Cricket Sports is now offering Online Special Event Stores and Online School Stores!



- ➔ WE design your shirt.
- ➔ WE build the online store.
- ➔ WE host the online store.
- ➔ WE take all orders and payments.
- ➔ WE produce the orders.
- ➔ YOU receive the shirts and the profits.



**Online School and Team Stores!**



**Design your own apparel online!**

For more information and to set up your online store, please contact your sales rep or our main offices at sales@cspornetsnet.com or 800.752.2317.



State Tournament Apparel \* Team Apparel \* School Spirit Wear \* Special Event Apparel  
 T-Shirts \* Sweatshirts \* Sweatpants \* Shorts \* Polos \* Jackets \* Warm-ups \* Specialty Apparel  
 Gift Items \* Hats \* Visors \* Knitwear \* Blankets \* Cups \* Mugs \* Stadium Seats \* Banners  
 And More Items than we can possibly list in this advertisement.

# 2014 NCA GOLF SCRAMBLE RESULTS

Presented By:



## FIRST FLIGHT

### First place (58)

Ryan Hogue  
Kurt Altig  
Mike Miller  
Ed Schaaf

### Second place (59)

Jay Knaak  
Matt Murren  
Cole Fischer  
Bri Brabec

### Third place (60)

Jeff Schwartz  
Joe Imus  
Seth Flanagan  
David Bollish

## SECOND FLIGHT

### First place (64)

Jerry Stine  
Mitch Stine  
Brad McMillian  
Scott Mollring

### Second place (64)

Jimmy Blex  
Lyle Calvert  
Brett Jurey  
Margo Kent

### Third place (64)

Adam Pfeifer  
Chris Seberger  
Mark Davis  
Jimmy Rash

## THIRD FLIGHT

### First place (66)

Rich Brodersen  
Dick Beechner  
Chris Belding  
Rick Petri

### Second place (66)

John Kershaw  
Adam Wright  
David Wright  
Roger Lewis

### Third place (66)

Terry Bauer  
Keith Crowe  
Mike Brummer  
Nathan Dietz

## FOURTH FLIGHT

### First place (68)

Casey Fangmeyer  
Barry Fangmeyer  
Jason Heldt  
Tammi Mans

### Second place (68)

Dexter Goodner  
Ryan Kroger  
Alex Lamb  
Luke Conrad

### Third place (69)

Nicole Kubik  
Nathan Renter  
Luke Mahoney  
Ryan Mahoney



*Your Exclusive Source for  
Life Fitness and  
Hammer Strength Equipment*



*Consultative Layout & Design*

**ADVANCED EXERCISE EQUIPMENT**

Matt Dermody, Commercial Consultant (219) 363-2093

[mdermody@advancedexercise.com](mailto:mdermody@advancedexercise.com)



# Spring 2014 NCA All-State Teams

## All-State Boys' Golf (All Classes)

Mackenzie Alspaugh, McCook  
Jay Cottam, Thayer Central  
David Hansen, Creighton Preparatory School  
Trevor Kosch, Humphrey St. Francis  
Benjamin Maschka, Creighton Preparatory School  
Nolan Maschka, Creighton Preparatory School  
Sam Meuret, Plainview  
Samuel Morse, Columbus Lakeview  
Kyle Murray, Beatrice  
Clayton Peterson, Lincoln Southeast  
Rylee Reinertson, Gibbon  
Alex Schaake, Creighton Preparatory School  
Kort Steele, North Platte  
Cole Stenger, Bellevue West  
Alexander Strom, Norfolk  
Tyler Wagner, Beatrice

## First Team All-State Girls' Tennis, Class A

Sydney Harlow, Omaha Westside – CAPTAIN  
McKinney Harwood, Omaha Westside  
Elizabeth Harwood, Omaha Westside  
Kaley Clark, Lincoln East  
Claire Neil, Papillion-La Vista  
Courtney Warren, Omaha Marian

## Second Team All-State Girls' Tennis, Class A

Emma Neil, Papillion-La Vista  
Olivia Faulk, Millard North  
Spencer Roach, Papillion-La Vista  
Madelyn Willett, Papillion-La Vista  
Jaydn Trimble, Kearney  
Madison Eckstrom, Lincoln Southeast

## First Team All-State Girls' Tennis, Class B

Teresa Kaiser, Omaha Skutt Catholic – CAPTAIN  
Sadie Goering, Grand Island Central Catholic  
Bianca Lowe, Omaha Skutt Catholic  
Johnna Lowe, Omaha Skutt Catholic  
Alexandra Rieke, Omaha Skutt Catholic  
Michelle Messbarger, Kearney Catholic

## Second Team All-State Girls' Tennis, Class B

Jamie Healy, Omaha Skutt Catholic  
Lauren Bruning, Lincoln Pius X  
Elia Healy, Omaha Skutt Catholic  
Bridget McKeegan, Lincoln Pius X  
Madison Lockhorn, Lincoln Pius X  
Emily Sullivan, Lincoln Pius X



# Hands-On Experiences Planned for Students at 2014 Summits

The 2014 Sportsmanship & Leadership Summits will travel to the Gering Civic Center on Tuesday, November 18 and Doane College on Wednesday, November 19. The Summits, underwritten by the Nebraska Independent College Foundation, will use an NCA online registration process for schools. More details about the online registration process will be e-mailed to school administrators in October.

The Nebraska Independent College Foundation continues their commitment as a partner of the Summits and the title sponsor of Sportsmanship Awards through the 2014-2015 school year. The National Association of Intercollegiate Athletics and Great Plains Athletic Conference will also help as contributors of the educational program of the 2014 Summits.

The Nebraska Coaches Association, Nebraska State Interscholastic Athletic Administrators Association and Nebraska School Activities Association will continue their collaborative efforts to promote sportsmanship throughout the school year.

The Summits will feature a hands-on educational approach for the students. Former Nebraska football player and highly regarded motivational speaker **Aaron Davis**, along with Proactive Coaching's **Rob Miller** will challenge student to explore the areas of:

- Components of competition
- Sportsmanship issues at the high school level
- Sportsmanship highlights at the high school level
- Difference between home field/court advantage and poor sportsmanship
- How is your school viewed by opponents and other communities?
- How can students set the bar for all?
- What are your school's pillars of sportsmanship?
- Student-athletes led public address announcements prior to contests

Adult leaders will have the opportunity to work with their students during the summit to discuss and reinforce specific concepts that can be implemented within their own school.

Congratulations to the NSAA 2014-2015 *Cheer 4 Your Team* theme winner West Holt High School. West Holt was selected by the NSAA Representative Assembly in April. The theme and banner will be displayed at NSAA state championships and with NSAA State Championship programs. The 2014 winning theme is also featured on the back page of this magazine.

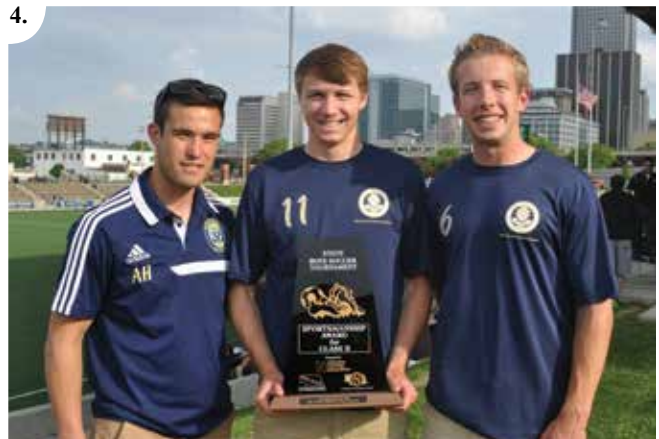


## 2014 Soccer Sportsmanship Awards

### 2014 Soccer Sportsmanship Awards

Photos at right:

1. Omaha Marian - 2014 Class A Girls' Soccer Championship Sportsmanship Award Winner – NCA Photo
2. Columbus - 2014 Class B Girls' Soccer Championship Sportsmanship Award Winner – NCA Photo
3. Grand Island - 2014 Class A Boys' Soccer Championship Sportsmanship Award Winner – NCA Photo
4. Elkhorn South- 2014 Class B Boys' Soccer Championship Sportsmanship Award Winner – NCA Photo







# 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
- College of Saint Mary
- Concordia University
- Doane College
- Hastings College
- Midland University
- Nebraska Wesleyan University
- Union College
- York College

For more information, go to: [www.nicfonline.org](http://www.nicfonline.org)



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

NEBRASKA INDEPENDENT COLLEGE FOUNDATION



## ALL-STAR BOYS BASKETBALL GAME RESULTS - 2014



**Final Score – Blue Team 115, Red Team 114**

**Leading scorers – Red Team**

- Matt Thomas, Elkhorn South, 23
- Ty Danielson, York, 16
- Mitch Hahn, Fremont, 13

**Leading scorers – Blue Team**

- Damien Austen, Kearney, 25
- Luke Hegemann, Howells-Dodge, 18
- Troy Sedlacek, Millard South, 13

**Coaches – Red Team**

- Tod Heier, Twin River
- Tony Quattrocchi, Lincoln North Star

**Coaches – Blue Team**

- Paul Reinertson, Gibbon
- Mike Emory, Pierce

## ALL-STAR SOFTBALL GAME RESULTS - 2014



**Final Scores: Game One – Blue 3, Red 1; Game Two – Blue 2, Red 1**

**Winning pitchers**

- Game One – Kaylan Jablonski, Skutt Catholic (blue team)
- Game Two – Kaylan Jablonski, Skutt Catholic (blue team)

**Highlights**

- Nikki Larsen (Waverly) secured a save for the Blue All-Stars in Game One by stranding the tying runs in the bottom of the 7th inning. Leading the Blue All-Stars in hitting were Kylie Rome (Blair) with 2 hits and Kaylan Jablonski (Skutt Catholic) with a home run. The Red All-Stars were led in hitting by Jalyn Zeiss (Wayne) with 2 singles for the game.
- Game Two remained scoreless until the top of the 7th inning when, with 1 out, Jablonski walked and then scored after Megan May (Lincoln Southeast) blasted a line drive 2-run home run over the left field fence to take a 2 - 1 lead. Leading hitter for the Blue All-Stars was May, who went 3 for 3 including her 2-run game winning home run. The Red All-Stars were led by Paige Nekola (Papio South) with a 2-base hit in the game.
- Records broken included fewest earned runs allowed by a team in a series (Blue Team): 1, -and- total bases by a player in a game (Blue Team): 6 – Megan May, Lincoln Southwest.

**Coaches – Red Team**

- Dave Prokesh, Northwest
- Danyel Seevers, York

**Coaches – Blue Team**

- Keith Engelkamp, Omaha Skutt Catholic
- Chuck Hughes, Norfolk





## ALL-STAR GIRLS BASKETBALL GAME RESULTS - 2014



**Final Score – Red Team 78, Blue Team 77**

**Leading scorers – Blue Team**

- Mary Janovich, Gretna, 15
- McKenzie Brown, Northwest, 13
- Maggie Schulte, Wynot, & Kaylee Jensen, Humphrey, 9

**Leading scorers – Red Team**

- McKenna Dodd, Lincoln Southwest, 17
- Taylor Menke, Friend, & Lauren Lehmkühl, Wakefield, 13
- Paige Ballinger, Pender, 10

**Coaches – Red Team**

- Heath Birkel, Deshler
- Jon Perone, Omaha Benson

**Coaches – Blue Team**

- Steve Wieseler, Wynot
- Jennifer Wragge, Elkhorn

## ALL-STAR VOLLEYBALL GAME RESULTS - 2014



**Final Score – Blue Team wins 3-1 (25-17, 25-22, 16-25, 25-13)**

**Totals – Blue Team**

- 67 digs, 36 assists, 33 kills, 16 ace blocks, 7 ace serves

**Totals – Red Team**

- 63 digs, 47 assists, 46 kills, 12 ace blocks, 2 ace serves

**Leader in Kills**

- Blue team – Olivia Boender (Waverly) & Brittany Lawrence (North Platte St. Pat's) had 6 kills each, Maci Coffey (Blue Hill) & Kasey Hohlen (Norris) had 4 kills each
- Red team – Marysa Wilkinson (Lincoln Southwest) & Toni Tupper (Lincoln Northeast) had 10 kills each, Liz Loseke (Columbus Lakeview) had 8 kills

**Leaders in Assists**

- Blue team – Katie Placke (Northwest), 22
- Red team – Shayla Conner (Kearney Catholic), 23

**Coaches – Red Team**

- Gary Bender, Humphrey/Lindsay Holy Family
- Kurt Polt, Giltner

**Coaches – Blue Team**

- Matt Koehn-Fairbanks, St. Paul
- Terri Neujahr, Waverly

## 2014 NCA–Russell Athletic All-Star Most Valuable Teammate Awards



Ben Scheef, Wahoo



Lane Rohrich, Pierce



Montrese Weller, Omaha Benson



Kaylee Jensen, Humphrey/Lindsay Holy Family



Shayla Conner, Kearney Catholic



Kenzie May, Southwest



Karlye Cygan, Lincoln Southwest



Kasey Heath, Seward





While we are all  
created equal,  
**TEAMS** are NOT.

Teams **venture** into uncharted waters.  
**Challenge** the laws of physics.  
And pull off the **impossible, together.**

Instead of running **their mouths**,  
teams **roll up** their sleeves.  
And run out **on the field,**  
**together.**

**I PLAY FOR TEAM.**

Proud Partner of

**N** **nebraska**  
coaches  
association

Visit [www.russellathletic.com](http://www.russellathletic.com)  
to locate your local dealer  
for all your apparel and uniform needs.

**TOGETHER WE** 





#### ■ INDUCTION CEREMONY:

Sunday, Oct. 5  
Lied Center, Lincoln.  
Social hour: Noon-1:30 p.m.  
Ceremony begins at 1:30 p.m.

#### ■ TICKET PRICES:

\$25 adults  
\$10 students K-12  
Free - Preschool children

#### ■ TICKET CONTACT:

Nebraska Sports Council  
402-471-2544  
info@nebraskasportscouncil.com

#### ■ SPECIAL HONOREES

— Great Moment in High School Sports: Twins Darren and Damon Schmadeke of Boone Central led their team to the 1991 Class C state track championship with a 1-2 finish in the 200.

— Dominant Dynasty: Falls City Sacred Heart boys and girls, who won 29 state championships from 1988 through 2011.

— Gustafson Inspiration Award: Josh Jones, Omaha Central's career scoring leader, saw his basketball career at Creighton end because of a heart ailment.

— Fischer Family Award: Bill and Delores Kropp Family, Aurora. Kropps have enjoyed college-level success as athletes and coaches. Son Tom played in the NBA and granddaughter Jenny is a professional beach volleyball player.

— Golden Anniversary Team: Columbus' 1964 mythical state football champions (10-0).

— Golden Anniversary Team: Cozad's 1965 wrestling team that won five weight classes in capturing Class B for the third year in a row.

— Silver Anniversary Team: Elkhorn's 1989 Class B football champion.

— Silver Anniversary Team: Hastings St. Cecilia's 1989 Class C-2 volleyball champion.

# Hall of Fame induction ceremony Oct. 5

## 21st class includes 10 athletes, 4 coaches, 2 contributors, 1 referee

#### ■ ATHLETES:

**WALLY ANDERZUNAS** (Omaha Creighton Prep, 1964): A two-time all-state basketball player who led Prep to the 1964 Class A title, he was a prep All-American as a senior. Scored 1,404 points as a Junior Jay. At Creighton, he averaged 17.2 points a game and finished in the Jays' all-time top 10 in scoring (1,267) and rebounds (696). Played for the NBA's Cincinnati Royals in 1969-70. Died in 1989.

**CORY EIKMEIER** (Dodge, 1997): State record-setting running back produced 8,330 yards, 1,021 points, 156 touchdowns (143 rushing) for a career; 2,965 yards, 456 points, 68 touchdowns (60 rushing) for a season. All-Nebraska as a senior. Played football at UNO.

**GERRY FERGUSON** (Scottsbluff, 1947): A four-sport standout, he was All-Big Ten in football and basketball, leading the Bearcats to the mythical state football title in 1945. Also a Class A long jump champion, he was a three-year football letterman at Nebraska. Coached high school sports at Fairbury and in California until retiring in 1988.

**DENNIS HARRISON** (Ralston, 1990): The 1994 NCAA all-around men's gymnastics champion led Nebraska to a national title. He was a four-time All-American. At Ralston, he was a two-time state all-around champion.

**CEDRIC HUNTER** (Omaha South, 1983): A four-year letterman and 1,000-point scorer at Kansas, he had been all-state at South as a senior when he averaged 27.3 points a game. The year before, he averaged 23.5. Retired from the CBA in 1997 as its career assists leader.

**PEACHES (JAMES) KEATON** (Papillion-La Vista, 2000): The pitching ace on four straight state championship teams, the four-time all-star hurler set numerous state records, including 11 no-hitters, five perfect games and an 0.04 ERA in 1999. A second-team All-American as a senior at Nebraska and the first pitcher to be All-Big 12 four times, she pitched professionally for four years.

**KRISTIE (KORTH) BREZENSKI** (Columbus Scotus, 1998): A standout on three volleyball and three basketball state championship teams, the 1998 girls athlete of the year set assist records while leading the Shamrocks to the state soccer championship as a senior. She was an NAIA All-American and a four-time conference offensive player of the year for the College of St. Mary soccer team who also played two years of college basketball.

**JERRY MURTAUGH** (Omaha North, 1967): A undefeated state wrestling champion at 180 pounds and an All-American linebacker at Nebraska, he set tackle records for the 1970 national champion Cornhuskers. Signed as a free agent with the New England Patriots, but never played

because of knee injuries.

**GARY NEIBAUER** (Scottsbluff, 1963): All-conference in football and basketball (he led the Big Ten in scoring twice) and a state champion in the low hurdles, he lettered in baseball and participated in basketball and track at NU and was a relief pitcher for the Atlanta Braves and Philadelphia Phillies from 1969 to 1973.

**LARRY RIESSLAND** (Pleasanton, 1967): He scored a national-record nine touchdowns in an eight-man football game as a junior against Hildreth and finished with 80 TDs in his career. He ran for 2,217 yards as a senior, when he made the eight-man all-state team. He scored 400 or more points in his junior and senior basketball seasons and placed twice in the 880 at the state track meet.

#### ■ COACHES:

**KELLY FLYNN** (South Sioux City): Guided the Cardinals' girls basketball team to 11 state championships and 508 victories in 27 years. World-Herald girls coach of the year in 1997.

**JOHN LARSEN** (Lincoln Southeast): In girls basketball, he won 560 games in 31 seasons and won nine state championships. In football he was an assistant coach for eight Southeast state-champion teams and head coach for four years. World-Herald girls coach of the year in 1995.

**ROGER MATHIESEN** (Kearney): Architect of Kearney's track dynasty that has the nation's all-time regular-season winning streak of 21 years. The Bearcats have won 15 state titles and finished second three times since 1994. World-Herald boys coach of the year in 1998.

**JOHN PETERSON** (Columbus Scotus): His 41-year coaching career included 863 volleyball victories and 353 basketball victories as well as 15 state titles in volleyball and three in girls basketball.

#### ■ CONTRIBUTORS:

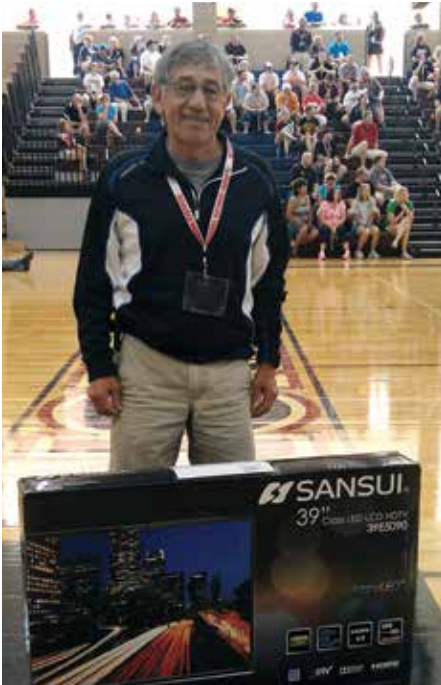
**DICK BEECHNER** (Kearney): The president of the Hall of Fame board and a past executive director, he has been an athlete, coach and administrator and an organizer of state high school cross country and golf meets.

**CHUCK STEVENS** (Lincoln): The voice of Lincoln high school sports for 30 years while working at KFOR radio, he often would broadcast more than 100 games a year.

#### ■ OFFICIAL:

**ROGER BERNEY** (Fremont): A registered wrestling official for 32 years, he worked 20 state tournaments as well as the 1980 NAIA National Championships. He officiated volleyball for 25 years and football for 15 years.

# Coaches Care Blood Drive Continues as Lincoln's Largest Single Day Donation Drive in 2014



Vince Zavala, Northwest winner of the 2014 Coaches Care Blood Drive flat screen television drawing. – NCA Photo

The Nebraska Community Blood Bank (NCBB) and the Nebraska Coaches Association (NCA) joined together to encourage coaches to give back by donating blood at the NCA's Multi-Sports Clinic blood drive on July 23 at North Star High School.

Familiar with giving their time and energy to the communities they serve, many coaches in attendance rolled up their sleeves to give life to patients in need. The clinic blood drive was an opportunity to boost summer blood collections, a time notorious for shortages. The NCA blood drive proved to be the largest Lincoln Nebraska Community Blood Bank drive of the summer for the second straight year.

The *Coaches Care* program was created by the NCA to encourage coaches as leaders in the community to *Be the TYPE that Gives* and donate blood. This year's program was underwritten by Sid Dillon auto dealership while Scheels of Lincoln provided *thank you* gifts to registered blood donors.

Overall, the highly *Coaches Care* program demonstrated that the coaches of Nebraska do care. A record 133 total units of blood were donated on the day.

To learn more about hosting a blood drive with the NCBB at your school, please contact Kelly Gillaspie at [kgillaspie@ncbb.org](mailto:kgillaspie@ncbb.org) or 402.486.9409.

**SCHEELS.**



**SID DILLON**



# CALLAM SPORTS PHOTOGRAPHY

SARA HOLMGREN

ACTION PHOTOS

**PHOTO BUTTONS**

**PROVIDING THE VERY BEST SPORTS PHOTOGRAPHY SERVICES FOR SCHOOLS, CLUBS, AND ORGANIZATIONS**

JORDAN POWELL

VIKING SOFTBALL

PHOTO COLLAGES

**TEAM & INDIVIDUAL PHOTOS**

**ORANGEMEN FOOTBALL**

EMAIL: [CALLAMSPORTS@GMAIL.COM](mailto:CALLAMSPORTS@GMAIL.COM)

PHONE: 402-419-6218

WEBSITE: [CALLAMSPORTSPHOTO.COM](http://CALLAMSPORTSPHOTO.COM)



# 2014-2015 Design & Theme: West Holt High School

Progress Achieve Advance Team  
enthusiasm Pride Ability Enjoy Varied  
Smashing small Good Keen Thrilling  
Excels Support Succeed Special  
Integrity Impress Motivate  
Flair Winner Power  
Superb Rural  
Encourage  
Sportsmanship  
prize  
Urban  
Brilliant  
Active  
Amaze  
Skill  
Live

**Confidence**  
Classy  
Radiant  
Excellence  
Vigorous

**Alive**  
Prestige  
Memorable  
Rewarding  
Dedication

**Cheer**

