

nebraska

SEPTEMBER 2013

# coach

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**Fall Coaching  
Articles**

**NCA Honors Coaches**

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SEPTEMBER 2013

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Janelle Lorsch, Arlington (Red All-Star Softball Coach) encourages a Red All-Star player at the 2013 NCA All-Star Softball Doubleheader at Bowlin Stadium on July 24. The Red Team Split the doubleheader vs. the Blue Team. For complete All-Star Results see pages 34-35. – Callam Sports Photography

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Cover Photo Courtesy of Callam Sports Photography



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

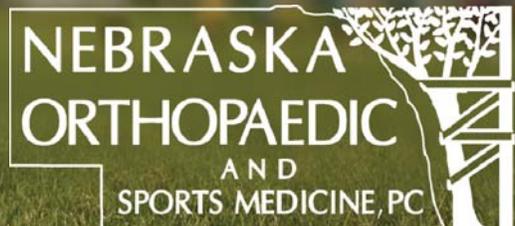
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Kerri Strug, 1996 Olympic Gold Medalist, displays her medal with NCA All-Star Volleyball players at Lincoln North Star High School. Strug challenged the NCA Volleyball All-Stars players to be leaders and to enjoy the moments as female student-athletes. Strug also delivered the 2013 Multi-Sport Clinic Keynote Address on July 23. – NCA Photo

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SEPTEMBER 2013

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## UPCOMING EVENTS

NCA Board Meeting – October 6, NSAA Building, Lincoln

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

NCA Sportsmanship Summit - November 19,  
Heartland Events Center, Grand Island

NCA Sportsmanship Summit - November 20,  
Midland University, Fremont

NCA Football Clinic - November 24, Embassy Suites, Lincoln

NCA Track & Field Clinic - TBD, NSAA Building, Lincoln

NCA Board Meeting - January 26, 2014,  
Country Inn & Suites, Kearney

State Cheer & Dance Championships - February 21 & 22, 2014,  
Heartland Events Center, Grand Island

NCA Board Meeting - April 27, 2014, NSAA Building, Lincoln

NCA Multi-Sport Clinic - July 22-24, 2014,  
Lincoln North Star High School

## NCA CONTACT INFORMATION

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# GREETINGS FROM THE NCA PRESIDENT

By Jim LaMaster – Adams Central

Greetings to all and here's hoping that your school year and seasons are off to a great start. I am honored to serve this year as president of the Nebraska Coaches Association – an organization of nearly 4000 men and women dedicated to their schools, athletes and communities. With 30 years in the coaching profession, I've met many individuals that have been influential on my career and have helped me along the way. Most of these people are right here in Nebraska in our high school coaching ranks! They have served their schools, athletes and communities well and have touched thousands of people with their actions.



The title of "Coach" is one that we should take as an honor. We have big responsibilities as coaches; the hours are long and the pay isn't that great, but the rewards of the position are immeasurable. All of us have influenced some young man or woman in some way that they will carry with them the rest of their lives. Some athletes that may have perceived something as a negative at the time later realize it was in the best interests of the team or themselves and now understand the reasons behind it. They understand Coach had that individual's and the team's best interest at heart and are now a better person for it. My high school and college coaches were huge influences on me and I wanted to carry on in their tradition of helping young athletes achieve their goals. I'm sure all of you have similar experiences and you carry their legacies with you.

I thank you for being a member of our association. We on the Board of Directors are here to continue to make our association one of the most unique and successful in the nation with its multi-sport role. Your district board members are there to serve you and answer any questions you may have. They are listed in this publication and on our website at [ncoach.org](http://ncoach.org). Our executive director Darin Boysen is dedicated to our organization and is doing many things to help propel our organization into the future. Please contact Darin or Saundi Fugleberg in our Lincoln office if you have any questions or suggestions of how to make our organization even better.

Remember those who have helped you become who you are. Thank them for their time and efforts. Remember and thank those in our profession who have been the trailblazers. Here's hoping that 2013-2014 is a positive, memorable year for each of you.



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# COACHING BEYOND THE GAME LUNCHEON



*"It was an experience I will never forget. Every time I visit Nebraska, I get a feeling of 'what is right about America'. Tell those Nebraskans to keep it up... They are doing it God's way! Follow Tom's example."*  
Bobby Bowden



*"The Coaching Beyond the Game luncheon was a joy to be a part of. To spend time with the fine coaches of Nebraska was inspiring. The attention they paid to Tom, Bobby and myself regarding coaches responsibilities to teach beyond the game made my trip worthwhile. Finally, to be a small part of honoring one of the greatest men and coaches in the history of our game made my day."*  
Grant Teaff



OSBORNE/  
BOWDEN/TEAFF



## COACHING BEYOND THE GAME: 2013 NEBRASKA COACHES ASSOCIATION MULTI-SPORT CLINIC

COACHING THE GAME: 2013 NEBRASKA  
COACHES ASSOCIATION MULTI-SPORT CLINIC



TOM OSBORNE  
BOBBY BOWDEN  
GRANT TEAFF





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



Welcome to the fall edition of the Nebraska Coach Magazine. I hope you're excited about the Fall season that is already upon us. On behalf of the Board of Directors and staff at the Nebraska Coaches Association, thank you for your membership. We look forward to serving you throughout the 2013-2014 seasons.

As I dropped off my oldest daughter to her first day of middle school this morning, I was reminded that the "apple didn't fall far from the tree," as I could see the nervousness in her eyes. She had planned for this first day of middle school for some time, but the "morning of jitters" were quite evident. I had much of the same emotions on the second day of the 2013 NCA Multi-Sport Clinic as we presented the Coaching Beyond the Game Luncheon. Many hours and restless nights had been invested and experienced leading up to event. In the end, I had to hand the program over and hope for the best. If you attended the program I'm confident you were not disappointed.

The respect I have for the three coaches - Tom Osborne, Bobby Bowden and Grant Teaff - cannot be measured. The hour they shared with us truly showed how much they cared and loved their student-athletes. Sometimes that love was in the form of "tough love." Each coach talked about setting the bar of expectations high for their programs and individual athletes. Here are some of the topics the program covered:

- |  |  |
|--|--|
| Coaches' Power of Influence                  | Breakdown of the Home                  |
| Looking for Role Models                      | Will the Best be for Them              |
| Serving Your Players Does Not Equal Softness | Providing a Mentor                     |
| Self Motivation and Goal Setting             | "How Does It Benefit Me?"              |
| The Journey; Not the Result                  | Modeling Behavior; Character Education |
| Entitlement                                  | Respect for Nebraska                   |
| Coaching Balance                             | Priorities and Legacy                  |
| Fans: Reflection of the Coach                | Making a Difference                    |

The Nebraska Coaches Association, with generous help from several sponsors (see page 6), is proud to provide an indexed DVD copy of the program at no cost to each high school in the state of Nebraska. We hope that you will find this program useful in coaches' development, communicating with parents, and challenging student-athletes for years to come. The DVD was to be mailed to schools by late August. A special 'thank you' goes to Coaches Choice for helping make this project a reality.

I wish the very best to each of you for the coming year. Please never underestimate the powerful positive influence you can make on a student-athlete. It's my hope that you embrace the challenges we have as coaches – know that you can and will make a difference!

***"It's easy to make a buck. It's a lot tougher to make a difference." --Tom Brokaw***



# "BUILDING AN EFFECTIVE PRACTICE SCHEDULE"

By Andy Means - Head Football Coach - Millard South High School



No matter what sport you coach, All Football coaches love the X's and O's of the game and like to focus on those and they are important. But if the players cannot execute the X's and O's of the game of football, Friday night's game is not going to be a lot of fun. As a Psychology teacher, one of the fundamentals of memory is called, "Procedural Memory" or some call it "Muscle

Memory". If the player can execute the fundamentals and the X's and O's of football without having to do a lot or any thinking, that player has a much better chance to succeed in the game. The teaching and repetitions that goes on in a football practice are essential for success on Friday night. I tell my players that the games are won Monday thru Thursday. The old adage that a team will play like it practices still rings true today. With that in mind, here is how we conduct a typical practice at Millard South:

10 Min: Everyday drill stations. We divide the players up into 6 groups: 3 Backs groups and 3 Linemen groups. Each station is 3 min long, enough to do one drill. For example: one group of backs will do a tackling drill. The linemen may do a hand placement drill. Each group rotates after 3 min so the backs will have done all three back drills and the linemen all 3 linemen drills. We believe this is a good warm up for practice. The emphasis on these drills is technique.

10 Min: Stretching: We believe in doing Dynamic stretching at the beginning of practice. Examples would be Forward Lunges and Backward Lunges.

10 Min: Conditioning: At Millard South, we always do our conditioning at the beginning of practice. I believe this allows the players to get their 2nd wind back quicker in practice and in a game. At the beginning of the season, it will take them longer in practice to get their 2nd wind back. We will do a variety of drills throughout the season. We try to make the drills applicable to the game, for example, we will do a fumble recovery drill and form relay teams from sideline to sideline, and the players have to sprint to the hash and pick up the football and sprint to the next hash mark and put the ball down on it and then the player from that sideline takes off on a sprint.

5 Min: Water Break: We always give the players a formal water break after conditioning. They are, however, able to get water throughout practice.

20 Min: Special Teams: We believe that special teams are extremely important. We take 20 minutes of practice every day to do one special team ( or some days two for 10 min each ). While a Special Team is practicing, the players not involved in that team or the scout team, will go with specific coaches to work on fundamentals.

20 Min: Individual Technique: This is where each position works on their core fundamentals. Tackling, ball handling, pass catching, footwork, etc. We try to use drills that are competitive. We always

want our players to compete in everything they do in practice.

20 Min: Group Work: In our Group Work period, the Offensive and Defensive Linemen will work together. What they work on will depend if it's an Offensive or Defensive practice. Our backs and receivers will do a 7 on 7 pass and option skeleton.

30 Min: Team: What we will do early in the season is have two Offensive Team groups at midfield back-to-back with each other with Offensive Coaches in the middle. On Offensive group will work on Run and Play Action Pass plays while the other Offensive team is working on Dropback passes, Draws and Screens. The point is that in the Run and Playaction station, both the Offensive and Defensive teams are working on the same game scenario. We will shout out Down and Distance so the players know the situation. In the Run and Play Action Pass group we will work on short yardage distances like "2nd and 4" where a defense would more likely see a Run play or Playaction Pass. At 15 minutes we switch both the Offensive and Defensive groups but not the coaches.

5 min: Static Stretching: We will finish up with the players getting back into their stretching lines and doing some static stretches. For example: Touching Toes, Hurdle Stretch, etc.

Obviously, during the season we will adjust the schedule, but the basic schedule stays very consistent throughout the season. I believe that how we practice has been a major reason for the success of the Millard South Football program.

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# TEAM FIRST: SEVEN HABITS OF HIGHLY EFFECTIVE HITTERS...

By Don Rempe - Head Softball Coach - Lincoln Pius X High School



If we're being honest, most of us coaches don't have "coaching secrets." What we really have are borrowed ideas which, over time, are tweaked, made our own, and then borrowed by others (this process is actually how the game evolves). The coaching community has repeatedly shown me that if I have a coaching problem, I can ask a fellow coach how they might handle it.

Here's an example: A few years ago I asked a fellow coach and friend what he did to help his batters become more productive at the plate. I borrowed this great teaching strategy from Coach Jeremy Ekeler, who at the time was coaching at Saint Xavier University in Chicago. He gave me his "Seven Habits of Highly Effective Hitters," claiming that it produced a team-centered approach to plate appearances (no coincidence, the "Seven Habits" approach and charts are something he and another coach have been tinkering with together for years).

The philosophy is simple: what are the things a hitter can do to win plate appearances and then pass their success on to the rest of the lineup. Here's the list...

- 1.) Get a hit
- 2.) Draw a walk
- 3.) Get hit by pitch (or catcher interference)
- 4.) Make the pitcher throw 8 or more pitches.
- 5.) After getting down 0-2 or 1-2 force the pitcher to throw at least 3 more pitches.
- 6.) Intentionally move a base runner (bunt, sac fly, hitting behind the runner).
- 7.) At-'em ball: Line out/sharply hit ball right at a fielder.

I love this list for two reasons: 1.) It's simple and easy to relay to players, and 2.) Three of the seven habits are focused on OBP (On Base %). This is important because too much emphasis is placed on batting average. Think about the last time there was a post-season or tournament award – the first qualifier is always batting average. But a hit is just one way to get on base, and since all runners have a chance to score (and all runs count the same), we must broaden our definition of what makes an effective hitter. Baseball has certainly figured this out, and softball should follow suit.

And that's where the "Seven Habits" come into play: the mindset of the player needs to be focused on Q-PA (Quality Plate Appearances) for the team. This is not always an easy jump for players who are stat-consumed. As a matter of fact, I initially expected my players to buy in to this Q-PA idea and found it more difficult than I had anticipated. To overcome this, my coaching staff and I emphasize to our players the importance of Q-PA instead of batting average

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# VOLLEYBALL SERVING DRILLS

CONTRIBUTED BY **COACHES CHOICE**



## 15-Point Serving/Passing Drill

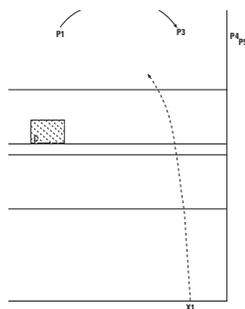
Number of Players: Twelve

Number of Balls: Steady supply

Objective: To provide a fast-paced serve-and-receive situation. The winner is the individual who first scores 15 points. This drill should move along quickly, and servers should serve at a fast rate, while passers need to rotate to fill the court after every serve.

Directions:

- The drill begins with three passers on the court (P1, P2, and P3) and two other passers (P4 and P5) waiting beside the receiving end. All other players are lined up in the service area.
- Passers move one position to the right after every serve, even if a serving error occurs.
- A coach (C) is positioned in the target area and decides whether the pass counts for a point. If so, the player receiving the point calls out his/her current count. If the passer is aced, he/she exchanges places with the server who aced him/her.
- Passers must immediately fill the gap vacated by the person who was aced. The service ace also counts as a point, so the server updates his/her score out loud. Ace serves must always be counted against someone so that numbers in the lines remain constant.
- A pass or serve can also be judged as being in the “just OK” category so that neither player leaves his/her area.



- When someone reaches 15 points, the drill is over.

Penalties:

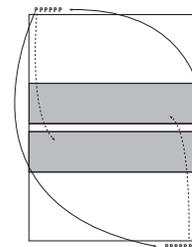
- To encourage a high percentage of good serves, penalize servers when they miss. A ball that hits the net results in an immediate lap around the court, and the penalty for a long serve is five sit-ups before getting back in line to serve.

## + - 0 Short Serve and Run

Number of Players: Twelve

Number of Balls: Twelve

Objective: To develop short serving practice and to foster concentration on the skill. The drill gives immediate feedback to the players when the ball is on or inside the 3-meter line. It creates pressure and team focus on the task



at hand.

Directions:

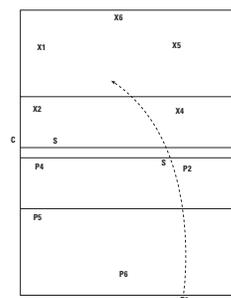
- Players (P) line up behind opposite end lines to serve. They are attempting to serve on the 3-meter line or just inside of it.
- Each player serves the ball and is given a score of +1 for a ball inside the colored area, a zero when the ball is elsewhere in the court, and a -1 for a serving error.
- The player jogs to the opposite side of the court to repeat the sequence.
- The goal of each server is to reach +10.

## Ace to Win

Number of Players: Twelve

Number of Balls: One or more

Objective: To increase players' abilities to serve aggressively and pass efficiently in “game-point” situations. In executing this drill, the weakest servers often drill a ball over the net, as well as strategically place a ball into areas of weakness. Serve reception is greatly improved, as there is little-to-no hesitation going for the ball; communication is heightened; and rallies are filled with aggressive hitting and quick



movement to “save” a flailing ball.

Directions:

- Set up two teams of six players (X, P) in regularly assigned playing positions.
- The coach (C) designates a random total score (e.g., the first team to three points wins). Any number of points may be chosen, but beware—if the play is intense, reaching three to five points in less than an hour can be quite difficult.
- The rules are simple: (1) a point can only be scored on

a service ace; (2) a team can only gain possession of the ball through either a side out or a point. It is very important to determine what constitutes a “service ace” at the start in order to properly deal with any disagreements that may occur throughout the drill.

- This procedure continues until all six servers serve, then the group moves to hole 2 or position 2 until all servers serve all nine holes.
- The coach may either announce the winner at the end of round No. 1 immediately following the drill or tabulate results at each practice for a weekly or seasonal winner.

**Miniature Golf Swinging—Nine Holes**

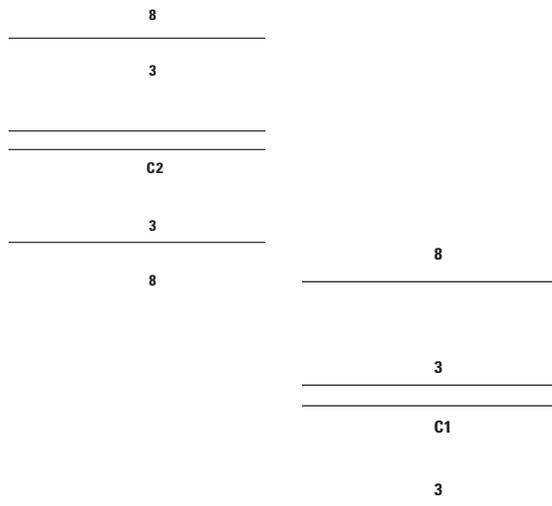
Number of Players: Twelve

Number of Balls: Twelve

Objective: To work on spot serving and conditioning, in addition to demanding server concentration when transitioning from the front row to the back row in a game situation.

Directions:

- Line up six players on net 1 at the service line (group 1) and six on net 2 at the service line (group 2).
- Each server has a ball—one behind the other at the service line.
- Coach 1 and coach 2 (C1, C2) record results on a notepad or have players keep score.
- To begin, server 1 (P1) and server 7 (P7) serve to hole or position 1, then sprint to retrieve the ball. If the ball hits the immediate area, then one point is scored. If not, no points are scored. After ball retrieval is finished, the server lines up at the opposite service line.
- When P1 and P7 complete the serve, P2 and P8 position themselves to serve on line.
- Once set, the servers serve to hole 1 also, then sprint immediately after controlled release.



Excerpt from **101 Winning Volleyball Drills from the AVCA**, edited by Kinda Lenberg.



Whether it’s making a touchdown run in the big game, graduating from a dream school or simply continuing to lead a happy and secure life—we all have plans and dreams for our family’s future.

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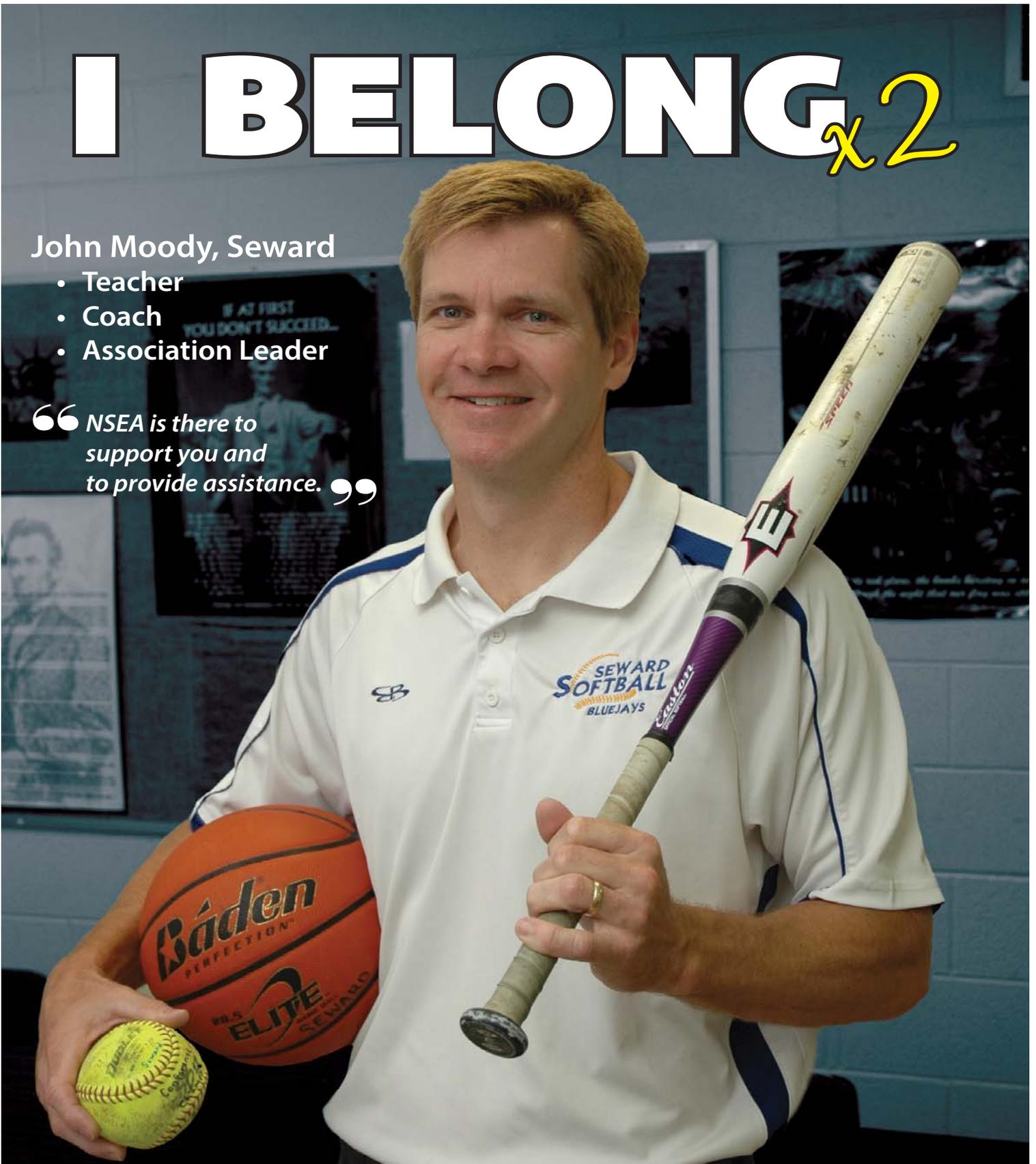
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# **THERE IS NO OFF-SEASON**

**By Matt Wiemers - Head Boys & Girls Tennis Coach,  
McCook High School**



As most coaches would agree, the off season is a vital component in building a successful program. This time period is when we can focus on fundamentals, introduce new concepts and continue to enhance our athlete's performance. Coaches must be creative in how they offer a productive off season. I utilize several areas that I feel are important in the continued development of our student/athletes; research, mental preparation, competition and giving back to the sport.

Our off season program is designed to develop a well rounded athlete. Research is a great way for athletes to keep up on the new techniques and rule changes for the upcoming season. Our athletes study up on new techniques that may help their skill set. As tennis continues to evolve, new techniques and swing patterns change continually. Each athlete has their own specific way of understanding what new techniques will better their skill set. I find that it is important for our athletes to search ways on their own to better enhance their overall attack on improving their game.

The second component involves mental preparation; our players must learn that tennis is 20% skill and 80% mental toughness. They must learn that they can only blame themselves if things do not go their way on the court. Season after season, I introduce new ways to help develop a better mental game. Whether it is through networking with other coaches, seeing how other athletes handle themselves in match play situations, or through reading many literary publications. As coaches, we know that we can control the mental aspect of competition by making sure our athletes are mentally ready to compete, both in practice and competition.

The third aspect included in our off season development is competition. It is important to keep our athletes involved in competition, whether it is practice/drill based, or in live match play. I ask our athletes to dedicate themselves, as it takes a big commitment on their part to achieve the competitive aspect of training. This involves attending workout sessions and camps, participating in tournament play and traveling with Junior Team Tennis. Being in Western Nebraska, this requires both athletes and coaches to get creative. We search for tournaments and events to participate in. Also, being from a smaller community, we have numerous three sport athletes. This requires all our coaches to set up camp and required workout sessions at opposite times, so our athletes are able to attend each workout. The competitive component is a big time consumer of both athletes and coaches alike.

Our last component involves giving back to the sport. I ask our athletes to assist with the development of our tennis program in the community. They help in the development of our younger players. They are asked to instruct and provide insight in the Quick Start tennis program, or help feed balls to our local Head Start kids. They also help meet the requirements in obtaining grants, which helps with funding our tennis team needs. Whatever the case maybe, our athletes are giving back to the sport through their actions.

The off season is designed to help mold our athletes and enhance our programs. A successful off season will develop for our student/athletes through research, mental preparation, competition and giving back to the sport. Providing an off season program will open the doors to positive experiences on the court, as well as positive experiences in our communities. There is no off season.



# Long Intervals Are the Key to Success

by Matt Musiel, Head Cross Country Coach, Lincoln North Star High School



From young high school runners to old “roadies”, one of the best ways to build staying power in your racing is to make room in your training program with long intervals. You might be cruising along in a 1600 meters race, or a local 5km or 10km race when all of a sudden you go from feeling great to hitting a wall or just lose that “zip.” One way to combat this

might be to adding long interval running to your training diet.

At Lincoln North Star High School our Boys/Girls Cross Country teams in the Fall, and our Middle Distance/Distance squads in the Spring rely heavily on this form of training. Being creative and smart about training can go a long ways with success with young high school runners. Even if your high school racing days are long gone this type of training will pay big dividends if you’re still going after those P.R.’s.

Running repetitions of 800 meters to 1600 meters and up in practice gives you that staying power to maintain a demanding pace from the gun to the finish line. Longer intervals are usually done once or twice a week during a base-building period well before the race or racing season begins. In the fall since most cross-country races take place on grass or dirt trails, it only makes sense to get used to that surface in workouts. Running long intervals on grass can also strengthen your feet, ankles, and lower leg muscles by forcing them to adapt to the soft but usually uneven terrain.

You’ll get the most bang for your buck hammering out repetitions from that 800m to 1600m interval. Try running repeat miles to rehearse the feeling of keeping a fast and even pace for several minutes. This can teach your body to sustain a hard effort while battling fatigue and trains your mind to focus for an extended period , crucial for cross country races.

Another way to tackle longer intervals could be “ladder” workouts. Increasing the distance with each repetition, then decrease it, like going up and down a ladder. An effective ladder might consist of 800m-1200m-1600m-1200m-800m. This type of workout forces you to shift gears several times, as in a cross country or road race. You

can also finish each “rep” on a fast note, since most ladders descend on the back end.

Distance is not only the gauge for long intervals. Running for time is also a great workout. At North Star we use this method quite a bit. By going by time you don’t need an accurately measured course to run on. On the roads our team might run an interval of 4 minutes followed by 2 minutes of jogging recovery. Another might be an interval of 6 minutes with a recovery of 2 minutes of easy running. Be creative.

As a rule of thumb, the longer the interval distance, the fewer the number of reps. If you do repeat miles, aim for 3 to 4. The total mileage of your of your long intervals should roughly your race distance. For a 5km for example, you could reach that distance with 3 x 1 mile, 6 x 800m, 5x1000m, or 4 x 1200m.

Another rule of thumb, the shorter the distance, the faster the pace. For example, 17 minute 5 km runners average about 5:30 per mile, so your goal pace for 800’s should be under 2:45. Another type of workout would be drop 10 seconds for each repeat mile- 6:10- 6:00, and 5:50 for an 18:30 5 km runner.

Remember- don’t be tempted to hammer the first few intervals when you’re feeling fresh, it will come back to make you pay later in the workout.

Rest between intervals? There’s no better way to simulate race conditions than to train your body to run fast when it’s not fully recovered. A brief standing or jogging recovery time allows you to recuperate just enough to attack the next hard repeat.

Taking 2-3 minutes recovery after the 800’s or 1000m, 3-4 minutes after the 1200m, or 4-5 minutes after 1600m.

Longer intervals are a great way to tax that aerobic system. You can go faster on the workout, get your leg turnover going a little more, and add some variety into your training. In other words, you get the best of both worlds- strength plus a dose of speed at the same time. Like any form of hard training, it takes time to feel comfortable and in control. Be patient and have fun with it.

See you on the roads-

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# Short-Game Drills for Golf

by Glenn Berggoetz and Alan Moyer

Contributed by [Coaches Choice](#)

## Around the Green

### *Problem: Inconsistency around the green*

To improve your touch and feel around the green, place three balls five inches apart, just off the green. Proceed to hit all three balls at the same target, but don't look up to see where you hit the balls until after you've hit all three of them; only then should you check your accuracy. This will help you develop a stroke for which you have a real feel.



## Around the Green

### *Problem: Inconsistency around the green*

Tape or staple three paper plates at various heights onto a four-foot long dowel rod and insert the dowel rod into the ground, just off the edge of a practice green. Using everything from your 5-iron to your lob wedge and varying your distance from the plates, hit chip shots in which you alternately try to hit each of the three plates.

## Around the Green

### *Problem: Poor touch around the green*

Take a bag of balls out to a practice green. Stand a few feet off the green, and begin rolling and lobbing balls underhanded towards a hole with your dominant hand. Roll some balls along the ground like a chip shot, and throw others in the air like a pitch shot. After you've thrown the entire bag of balls, gather them up, move to a different location off the green, and repeat the exercise. Take the time to throw hundreds of balls from various distances off the green to various holes on the green, concentrating on developing a feel for how you can best get the ball close to the hole and noticing what kind of trajectories work best for getting the ball close to the hole. This sense of feel will carry over to your sense of touch around the green with your clubs.



## Around the Green

### *Problem: Not keeping your hands ahead of the clubhead on chip shots*

Stick a tee in the top of the grip on your club and hit some chip shots. If you're keeping your hands ahead of the clubhead properly, the tee will always be pointing to the left of your body, whether you're at address, in the middle of your backswing, or following through.



## Around the Green

### *Problem: Scooping chip shots*

To fix this problem, place your golf bag a foot and a half in front of the ball. To get the ball over the bag and heading towards your target, place most of your weight on your left foot, put the ball back in your stance, and hit down on the ball with a steep, descending blow with no follow-through. You might be surprised at how easily—and consistently—you get the ball over the bag. This should teach you to trust the lofting of your club to get the ball in the air.

## Around the Green

### *Problem: Shanking chip shots*

If you're shanking your chip shots, there's a good chance it's because you're cutting across the ball and hitting it with the hosel of your club. To remedy this problem, lay a 2 x 4 half an inch from the toe of your club at address and parallel to your target line. This will force you to stop cutting across the ball on your swing and eliminate your shanks.



Excerpt from [\*101 Drills to Improve Your Golf Game\*](#) by Glenn Berggoetz and Alan Moyer.



# ***NCA CAREER MILESTONE PROGRAM RECOGNIZES COACHES FOR THE 22<sup>nd</sup> YEAR***

by  
**Jerry Stine**  
**61 Coaches Receive Recognition in 2013**

This year 61 coaches applied for the NCA Jerry Stine Family Career Milestone Award, with 70 applications submitted in all. During the 2013 NCA Multi-Sports Clinic Sport's Meetings 27 coaches were recognized for obtaining level I certificates, 21 coaches level II, and 12 coaches level III. Ten 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.

At the NCA Multi-Sport Clinic the 1992 – 2013 Career Milestone winners were posted in the exhibitor's area and at each sport's session area. 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 198 level IV milestone winners engraved on it. The criteria and application for this award is available on the NCA website [www.ncacoach.org](http://www.ncacoach.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 1,278 honored coaches by sport, level, year, etc. Take time to review the names. 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. Special thanks to Baden Sports for their sponsorship and support of the Milestone Award program.

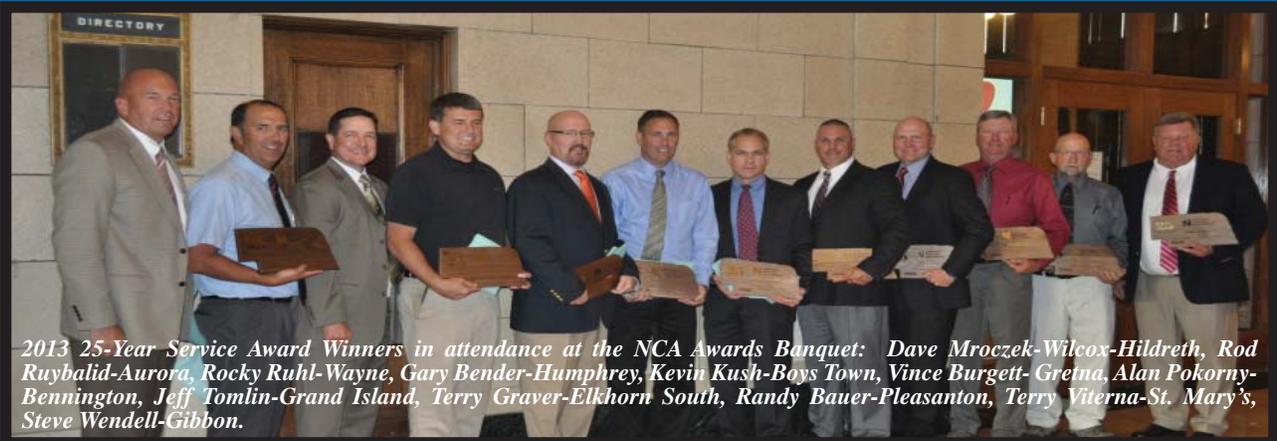
If you have changed schools since you received your award or have questions concerning the milestone awards program, please e-mail Jerry Stine at [jlstine@cox.net](mailto:jlstine@cox.net). A milestone application may also be submitted to Stine by e-mail.



***2013 Level IV Jerry Stine Family Milestone Award Winners in attendance at the NCA Awards Banquet: Jim Barker, Scottsbluff; Sean McMahon, Fremont; Steve Exstrom, Minden; Al Zuege, Chase County; Ed McPherran, Lincoln East; Dave Irwin, Sumner-Eddyville-Miller; Diane Balcom, Holdrege/Bertrand; Bill Mimick, Lindsay Holy Family; Brad Hildebrandt, Omaha Skutt Catholic***



# ***NCA Service Award Winners***



*2013 25-Year Service Award Winners in attendance at the NCA Awards Banquet: Dave Mroczek-Wilcox-Hildreth, Rod Ruybalid-Aurora, Rocky Ruhl-Wayne, Gary Bender-Humphrey, Kevin Kush-Boys Town, Vince Burgett-Gretna, Alan Pokorny-Bennington, Jeff Tomlin-Grand Island, Terry Graver-Elkhorn South, Randy Bauer-Pleasanton, Terry Viterna-St. Mary's, Steve Wendell-Gibbon.*



*2013 35-Year Service Award Winners in attendance at the NCA Awards Banquet: Jack Tarr-Malcolm, Doug Dolezal-Crete, Bill Fitzgerald-Fremont, Jeff Ritz-Skutt Catholic, Tom Schoenfeder-Southern Valley.*



*2013 40-Year Service Award Winners in attendance at the NCA Awards Banquet: John Farrand-Lincoln East, Edward Johnson-Ewing, Dave Irwin-SEM, Mike Rasmussen-Lincoln Southeast, Al Shirley-Lexington, Roger Wright-Omaha Marian.*



*2013 50-year Service Award Winner: Ron Peck-Bancroft-Rosalie.*

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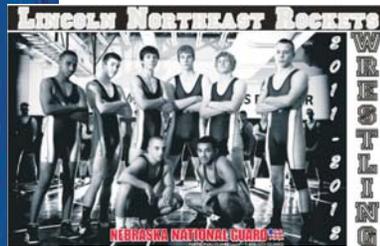
**BOOT CAMP CHALLENGE**



**WARRIOR CHALLENGE**



### TEAM OR SCHOOL PROGRAMS

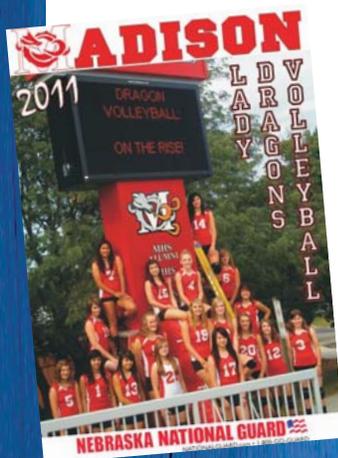


- Warrior Challenge
- Football Toss
- Basketball Boot-N-Shoot
- Boot Camp Challenge
- Fitness Challenge
- Army Physical Fitness Program
- Customized Banner Program

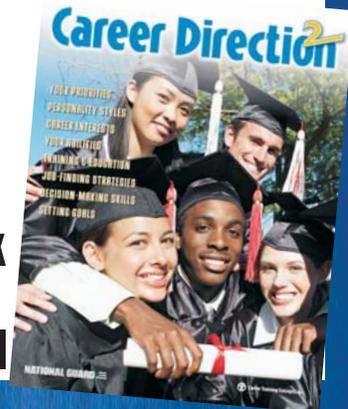


### CLASS PRESENTATIONS

- 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**





2013 NCA/Country Inn & Suites Scholarship Award Winners in attendance at the NCA Awards Banquet: Veronica Bair-McCook, Madison Burger-Columbus, Adam Pasquinely-North Platte St. Pat's, Brittany Albin-Norfolk, Sydney Miller-Arlington. Also pictured: Clark Anderson, Owner-Country Inn & Suites North Lincoln.



2013 NCA Coaches of the Year in attendance at the NCA Awards Banquet: Sean McMahon-Boys' Cross Country-Fremont, Jeff Ashby-Football-Giltner, Mike Herzberg-Girls' Basketball-Northwest, Tony Allen-Girls' Track & Field-St. Mary's, Mimi Ramsbottom-Golf-Elkhorn South, Diane Rouzee-Volleyball-Northwest, Marla Grier-Soccer-South Sioux City, Keith Engelkamp-Softball-Skutt Catholic, Jim Barker-Boys' Track & Field-Scottsbluff, Kirk Skiles-Girls' Cross Country-Lincoln East, Tracy Stauffer-Swimming-Millard West. Not pictured Kevin Scheef-Boys' Basketball-Wahoo, Matt Wiemers-Tennis-McCook, Wes Boehm-Wrestling-Omaha Burke.



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# 2012-2013 STATE CHAMPION COACHES

Boys

Girls

## Baseball

Bob Greco, Omaha Westside  
Jason Cullison, Norris

A  
B

## Basketball

Eric Behrens, Omaha Central  
Terry Comstock, South Sioux City  
Kevin Scheef, Wahoo  
John Miller, Southern Valley  
Cole Fischer, Howells-Dodge  
Lee Heimes, Wynot

A  
B  
C1  
C2  
D1  
D2

Kara Graham, Lincoln Southeast  
Mike Herzberg, Northwest  
Darren Sindelar, Pierce  
Aaron Losing, Crofton  
Larry Ballinger, Pender  
Steve Wieseler, Wynot

## Cross Country

Sean McMahon, Fremont  
John Gathje, Mount Michael Benedictine  
Michele Kontor, Milford  
Janet Landrigan, Nebraska Christian

A  
B  
C  
D

Kirk Skiles, Lincoln East  
Kurt Holliday, Seward  
Merlin Lahm, Columbus Scotus  
Jayne Arens, Crofton

## Football

Fred Petito, Millard North  
Tim Johnk, Omaha Gross Catholic  
Jeff Bellar, Norfolk Catholic  
Ron Mimick, Aquinas Catholic  
Carlie Wells, Elgin/Elgin Pope John  
Jeff Ashby, Giltner

A  
B  
C1  
C2  
D1  
D2

## Golf

Morgan Helton, Creighton Prep  
Mike Klein, Scottsbluff  
Paul Reinertson, Gibbon  
Tom Kiburz, Thayer Central

A  
B  
C  
D

Jerry Cover, Norfolk  
Mimi Ramsbottom, Elkhorn South  
Dee Hanssen, Grand Island Central Catholic

## Soccer

Joe Maass, Omaha South  
Marla Grier, South Sioux City

A  
B

Jacque Tevis-Butler, Millard West  
John Carlson, Omaha Skutt Catholic

## Softball

A  
B  
C

Steve Kerkman, Millard South  
Don Rempe, Lincoln Pius X  
Janelle Lorsch, Arlington

## Swimming

A

Tom Beck, Creighton Prep

Tracy Stauffer, Millard West

## Tennis

A  
B

Mike Higgins Creighton Prep  
Steve Bischof, Elkhorn South

John Waters, Omaha Marian  
Sheryl Vaughn, Skutt Catholic

## Track

A  
B  
C  
D

Roger Mathieson, Kearney  
Tim Ebers, Elkhorn South  
Bryan Solomon, Thayer Central  
Blair Kalin, Hartington

Seth Turman, Millard West  
Mark Oliver, Auburn  
Justin Moore, Kearney Catholic  
Tony Allen, St. Mary's

## Volleyball

A  
B  
C1  
C2  
D1  
D2

Gwen Egbert, Papillion-LaVista South  
Diane Rouzee, Northwest  
Kris Conner, Kearney Catholic  
Adam Kuntz, Hartington Cedar Catholic  
Darcy White, Exeter-Milligan  
**Gary Bender, Humphrey**

## Tournament – Wrestling - Duals

A  
B  
C  
D

Mike Schadwinkel, Grand Island  
Brad Hildebrandt, Omaha Skutt Catholic  
Darin Garfield, Central City

Wes Boehm, Omaha Burke  
Brad Hildebrandt, Omaha Skutt Catholic  
Ken Loosvelt, Madison

Tyler Herman, Amherst

Tyler Herman, Amherst





2013 NCA Media Persons of the Year Winners are: Jim Carmichael-NET, Bobby Mills-1000 Yard Club.



2013 NCA Friend of High School Sports Award Winner: Dick Beechner-Kearney.



2013 NCA Jim Farrand Memorial Award Winners (Career Junior High/Assistant Coach Award): Ann Purdy-Northwest, Stan Erks-Centennial, Dianne Farrand-Award Presenter, Warren Osborn-Scottsbluff, Rick Watson-North Bend Central.

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# 2013 Nebraska Coaches Associa



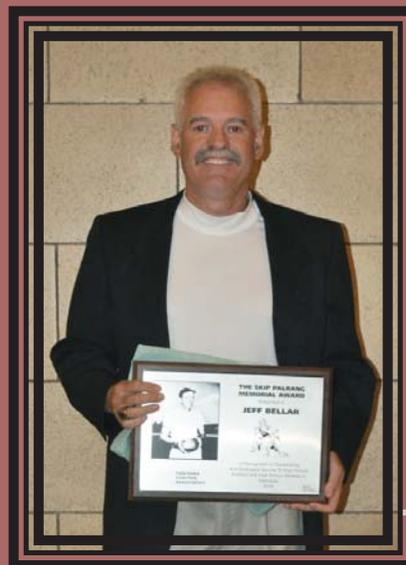
*Diane Rouzee, Northwest  
NCA Volleyball Award*



*Larry Pritchett, Perkins County  
Ed Johnson Award  
(Boys' Basketball)*

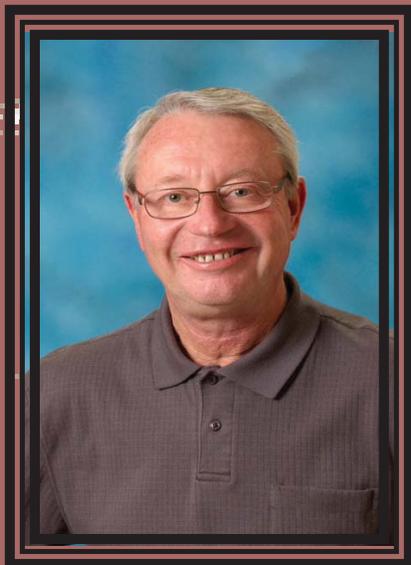


*Ted Larson, Lincoln Southeast &  
Lincoln Southwest  
NCA Cross Country Award*

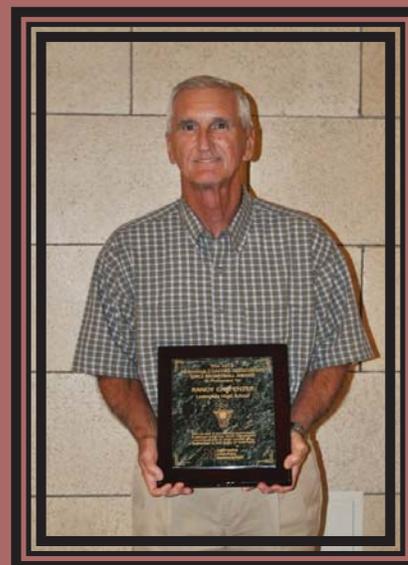


*Jeff Bellar, Norfolk Catholic – Skip  
Palrang Award (Football)*

# tion Major-Career Award Winners



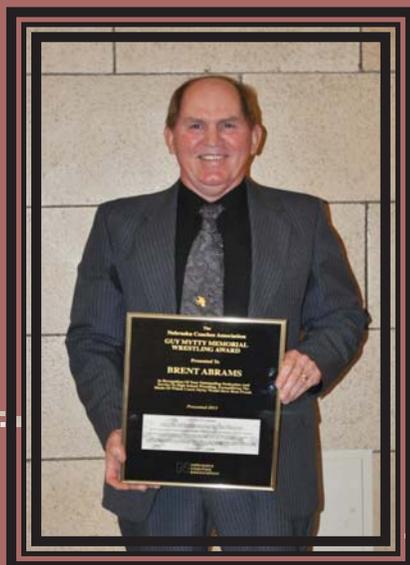
*Lyle Moeller, Norfolk – Binnie & Dutch Award (Track & Field) – unable to attend*



*Randy Carpenter, Lexington  
NCA Girls' Basketball Award*



*Harold 'Swede' Hawkins,  
Oakland-Craig – NCA Golf Award*



*Brent Abrams, Tekamah-Herman –  
Guy Mytty Award (Wrestling)*



## 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 '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) 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 all 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- 826-8684

### **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  
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](mailto: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

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- \* Sports Clinics
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- \* 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 the Milestone Awards
- \* Eligibility for State and National Coaching award programs
- \* Coach-of-the-Year recognition
- \* Eligibility to coach in the Annual All-Star Games
- \* Service Award (25, 35, 40, 45 & 50 year) recognition

Please fill out a registration card and return with your check to:

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





2013 Nebraska National High School Athletic Coaches Association (NHSACA) National Coach of the Year Finalists attending the NHSACA Ceremonies in Des Moines, IA in June: Troy Saulsbury, Kearney (Tennis), Tim Roberson, Lincoln Southeast (Softball), Rochelle Rohlfs, Omaha Marian (Volleyball), Fred Lambley, North Bed Central (Boys' Track & Field), Jerry Cover, Norfolk (Golf). Unable to attend: Ron Beernink, Millard West (Soccer). – NCA Photo



2013 National High School Athletic Coaches Association (NHSACA) Hall of Fame Inductees: Charlie Moore, Lincoln and Jim Miller, Omaha. – NCA Photo



### 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> |
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2013 Soccer Sportsmanship Award Winners from left to right: Girls Class B – Gretna, Girls Class A – Lincoln East, Boys Class B – Hastings. Not pictured: Boys Class A – Grand Island. – Photos Courtesy of Callam Sports Photography

The 2013 Sportsmanship Summits will travel to the Grand Island Events Center on Tuesday, November 19 and Midland University in Fremont on Wednesday, November 20. The Sportsmanship Summits, underwritten by the Nebraska Independent College Foundation, will use an NCA online registration process for schools to register for either site. More details about the online registration process will be e-mailed to school administrators by early October.

The Nebraska Independent College Foundation has extended their financial commitment as a sponsor of the Sportsmanship 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 2013 Sportsmanship Summits.

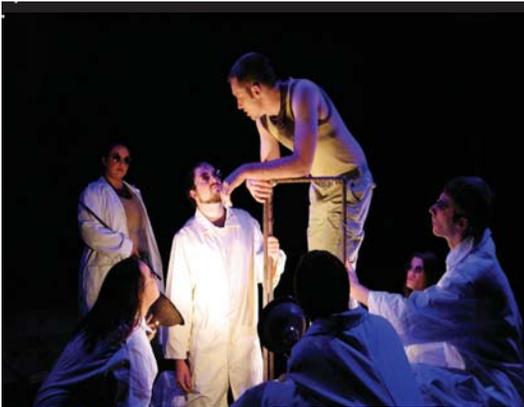
The Nebraska Coaches Association, Nebraska State Interscholastic Athletic Administrators Association and Nebraska School Activities Association will continue their collaborative efforts to promote sportsmanship throughout the school year.

The Sportsmanship Summits will feature a blend of new and veteran speakers. Kevin Kush, Aaron Davis and Harvey Alston will return as past speakers. Jake von Scherrer, Athletic Director at Palmer Trinity School in Palmetto Bay Florida and others will be featured speakers.

The 2013-2014 Sportsmanship theme will be “Sportsmanship... Do the Right Thing”. The theme and poster, judged best by a state-wide panel, was created by students from Papillion-La Vista South High School a year ago. The theme and banner will be displayed at NSAA state championships where sportsmanship is being evaluated.

Further details regarding the sportsmanship theme competition will be included with the registration information. Students are encouraged to compete for your school’s sportsmanship theme and poster submission prior to the summits.





# Nebraska's Independent Colleges

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

*Consider private college choices:*

Bellevue University

Midland University

College of Saint Mary

Nebraska Wesleyan University

Concordia University

Union College

Doane College

York College

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



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



## **ALL-STAR BOYS BASKETBALL GAME RESULTS - 2013**

Final Score – Red Team 112, Blue Team 85

Leading scorers – Red Team

- Connor Lusso, Millard West, 22
- Jake Nannen, Lincoln Southeast, 17
- KJ Scott, Omaha North, 15

Leading scorers – Blue Team

- Spencer Sharp, Millard West, 17
- Nate Maloley, Papillion-La Vista, 12
- Nate Rogers, South Sioux City, 12
- Chandler Folkerts, Milford, 12

Coaches

RED TEAM

Jim Carlson, Boyd County  
Tony Siske, Scottsbluff

BLUE TEAM

Chip Bahe, Millard North  
Tim Barada, Wilber-Clatonia



## **ALL-STAR SOFTBALL GAME RESULTS - 2013**

Final Scores:

Game One – Blue 1, Red 0;

Game Two – Red 9, Blue 3

Winning pitchers, Game One – Jensen Cromer, Fairbury (blue team)

Game Two – Allie Ladd, Omaha Westside (red team)

Highlights

- Game One was scoreless until the bottom of the 7<sup>th</sup> inning when the home team Blue All-Stars got a single from Paige Orwig (Norfolk), advanced to second on a fielder's choice, and scored the only run of the game off a single by Brittany Broomfield (McCook).
- Kat Woolman (Lincoln Pius X) had a 3-run homerun and two doubles in game two for the Red All-Stars. Amanda Dunn (Lincoln Southwest) also tallied 3 hits. Chloe Boeka (Millard South) and Rachel Arthur (Lincoln Pius X) each had two hits for the Blue All-Stars.
- Records broken included most runs scored in a game (Red All-Stars) – 9; total bases by a team in a game (Red All-Stars) – 15; and most RBI's in a game (Red All-Stars) – 8.

Coaches

RED TEAM

Janelle Lorsch, Arlington  
Brad Beard, Elkhorn

BLUE TEAM

Don Brummer, Millard West  
Jason Cochran, McCook



## **ALL-STAR GIRLS BASKETBALL GAME RESULTS - 2013**

Final Score – Blue Team 98, Red Team 49

Leading scorers – Blue Team

- Annie Wolfe, Omaha Marian, 20
- Bridget Arens, Crofton, 16
- Taylor Silva, Bellevue East, 11

Leading scorers – Red Team

- Mary Dineen, Millard North, 10
- Cierra Tjaden, Waverly, 9
- Alex Nelson, 7



Coaches

RED TEAM

Trent Benjamin, Holdrege  
Mark Madison, Fillmore Central

BLUE TEAM

Linda Walker, Wahoo  
Jason Boyd, Kearney



## **ALL-STAR VOLLEYBALL GAME RESULTS - 2013**

Final Score – Red Team wins 3-1 (25-21, 25-19, 25-21, 17-25)

Totals – Blue Team

- 72 digs, 51 assists, 52 kills, 12 ace blocks, 3 ace serves

Totals – Red Team

- 31 digs, 39 assists, 47 kills, 16 ace blocks, 7 ace serves

Leader in Kills

- Blue team – Jaelynn Griess (Lincoln North Star) had 10 kills, Alyssa Frauendorfer (Humphrey) & Jessica Bird (Bennington) each had 7
- Red team – Michaela Mestl (Kearney Catholic) had 9 kills, Lexi Elman (Omaha Marian) and Kristy Wieser (Lincoln Pius X) each had 7.

Leaders in Assists

- Blue team – Chandelle Davidson (Gretna), 7
- Red team – Maggie Heim (Omaha Marian), 17

Coaches

RED TEAM

Brad Nelson, Axtell  
Darcy White, Exeter-Milligan

BLUE TEAM

Diane Rouzee, Northwest  
Lisa Mason, Bertrand



# NCA All-Star Russell Most Valuable Teammate Awards



Boys' Basketball: Mitch Drey, Gretna & Alex Larsen,  
Northwest



Girls' Basketball: Jill Faxon, Beatrice & Lauren Works,  
Lincoln Southwest



Softball: Anna O'Gorman, Millard West & Lotte Sjulín,  
DC West/Concordia



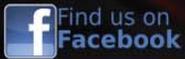
Volleyball: Lizzy Bales, Lincoln North Star & Sami Hansen,  
Bennington

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# High School Hall of Fame inducting 20th class

Class of 2013 includes 10 athletes, four coaches, two contributors and one official

## ■ ATHLETES

**Nicole Kubik, Cambridge (1996):** The first from Nebraska to be drafted by the WNBA, she was All-Big 12 and second-team All-America as a Husker senior in 2000. She played in the WNBA and overseas. At Cambridge, she was all-state twice in basketball and once in volleyball. She was a state medalist in the long jump and both hurdles events.

**Matt Davison, Tecumseh (1997):** Nebraska's Prep Athlete of the Year in 1997, he was all-state in football and basketball, setting five state receiving records and becoming Tecumseh basketball's all-time leading scorer leading the Indians to their first state title. He played football and basketball at NU.

**Kelly Cizek, Millard South (1997):** Lettered four years in basketball, two years in track and one year in volleyball at Iowa State. The prep Athlete of the Year in 1997, she was a four-year letter winner in three sports at Ralston (freshman) and Millard South. She was a two-time gold medalist in the high jump, winning Class A three times, and won the Class A high hurdles as a senior. She also was all-state in basketball.

**Reggie Smith, West Point Central Catholic (1966):** A second-team Parade All-American running back as a senior, he scored 167 points for an undefeated team. Also a three-year starter in basketball and a state qualifier in track, he was injured in his freshman season at Nebraska but went on to star as a running back and linebacker at Wayne State.

**Bill Hawkins, Beatrice (1952):** The 1952 Lincoln Journal-Star athlete of the year was Beatrice's leading scorer for two years in football and basketball, averaging 9.6 yards per carry and 17.4 points per game in basketball. He swept the all-class gold medals in the hurdles, won the Class A shot put, tied for first in the Class A high jump and took second in the Class A long jump at the state track meet in 1952. He was a three-year letterman in football and track at Nebraska.

**Michelle Kush Bohlen, Gibbon (1989):** The Athlete of the Year and Nebraska's Miss Basketball in 1989, leading Gibbon to back-to-back state basketball championships. She was all-state in volleyball and won three Class C titles at the state track meet.

**John Sherlock, Omaha South (1979):** The 1979 Omaha World-Herald Athlete of the Year was a prep All-American in football and track and a two-time undefeated state champion in wrestling. He set the state record in the shot put. He lettered three times at Nebraska, starting at left tackle in 1983.

**Donna Chvatal Schuetz, North Bend (1982):** A prep All-American basketball player as a senior, she scored 1,056 points, shot 51 percent and collected 300 steals in her career. Was second-team all-state in volleyball and a three-year state qualifier in track.

**Leigh Suhr, Papillion-LaVista (1998):** A four-time all-state softball player, she was the first female at Papillion-LaVista Vista to earn 12 varsity letters. She was the state's Gatorade Player of the Year in softball as a senior after leading the Monarchs to a third state title. At NU, she lettered four years in softball.

**Terry Williams, Omaha Central (1962):** Nebraska's fastest man in his day, "Terrific Terry" ran the fastest 220-yard dash (20.9 seconds) in state history, a mark that stood for 50 years. Undefeated as a senior, he won all-class gold medals in the 100- and 220-yard dashes and the mile relay. At Omaha University, he tied the world indoor record for the 60-yard dash (6.0 seconds).

## ■ COACHES

**John Faiman, Bellevue West:** Coached high school football in Nebraska for 38 years at David City (four years), McCook (two), Omaha South (six) and Bellevue West (26) before his death in 2012. His career record was 192-194.

**Tom McCann, Kearney:** The wrestling coach at Kearney High for 42 of his 45-year career, he led the Bearcats to one state championship, eight runner-up finishes, 21 conference championships and 14 district championships. He coached 34 individual state champions.

**Gene Suhr, Papillion-LaVista:** Compiled a 200-95 record, including 21 playoff appearances, in 28 years at Ord and Papillion-LaVista. His Monarch teams won state championships in 1990 and 1996 and were state runners-up in 1985, 1995 and 1997.

**Dennis Troester, Southwest:** Coached volleyball for 40 years at Republican Valley/Southwest, compiling a record of 709-157. His teams won seven state championships five runner-up trophies along with 21 conference championships. As a basketball coach, he compiled a 337-206 record.

## ■ OFFICIAL:

**Darrell Lenz, Chappell:** He started officiating in 1964, working basketball for 20 years and football for 40 years until retiring at age 72. A school principal, he officiated 26 state football playoff games.

## ■ CONTRIBUTORS:

**Dick Christie, Omaha:** Worked as a teacher, coach and administrator from 1952 to 1983 at Bellevue, Omaha Tech and Omaha South, mentoring many successful coaches. His career record in football at Tech, where he coached Heisman Trophy winner Johnny Rodgers, was 73-39-3.

**Jack Payne, Omaha:** The longtime broadcaster at Omaha's WOW and KFAB was the public address announcer at the state track meet for 27 years and Metro Conference for 40 years, and was the voice of the College World Series for 37 years. He also did radio broadcasts of high school sports.



## ■ Induction Ceremony:

Sunday, Sept. 15  
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 Awards:

**Gustafson Inspiration Award**  
— Olajuwon (O.J.) Wilson of Omaha Central.

**Fischer Family Award** — Al and Patti Bahe family of Fremont.

**Dominant Dynasty** — Omaha Central Girls Track 1974-90.

**Golden Anniversary Team** — Beaver Crossing Boys Basketball 1963-64.

**Golden Anniversary Team** — Lincoln Northeast Football 1963.

**Silver Anniversary Team** — Millard South Boys Basketball 1988-89.

**Silver Anniversary Team** — Gibbon Girls Basketball 1988-89.

**Great Moment in High School Sports** — Gibbon girls' comeback vs. Fremont Bergan in 1988, scoring five points in the final six seconds to win 47-46.

# “Coaches Care” Blood Drive is Lincoln’s Largest Single Day Donation Drive for Summer of 2013

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 24 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. Wednesday’s blood drive was a great opportunity to boost summer blood collections, a time notorious for shortages, and launch a new NCA program titled “Coaches Care”. The NCA blood drive proved to be the largest Lincoln Nebraska Community Blood Bank drive of the summer.

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 and daVinci’s provided “thank you” gifts to registered blood donors.

Overall, the highly anticipated “Coaches Care” program demonstrated that the coaches of Nebraska do care. 113 coaches registered to donate, with 44 new donors. 104 total units of blood were donated on the day.

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

Tim Negley, McPherson County winner of the 2013 *Coaches Care* Blood Drive flat screen television drawing. – NCA Photo



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# **SPORTSMANSHIP**

Sportsmanship theme designed by  
Papillion-La Vista South High School



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- *ENCOURAGE*

- *ACKNOWLEDGE*
- *RESPECT*

