



nebraska coach

SEPTEMBER 2016

Blue Scoring Spree

**Hiscock Leads
Blue All-Star Squad**

Fall Season Articles

NCA Awards



Contents

Features

- 7-8 Leadership in Building a Team –
Ron Mimick, Aquinas Catholic, Football
- 10 Competitive Practice Drills –
Don Matt, Chadron, Volleyball
- 12 Key Communications for Peaking –
Todd Nott, Plattsmouth, Cross Country
- 14 Bridging the Gap for Young Coaches –
Bill Heard, Gretna, Softball
- 16 A Successful Season? –
Fred Kluck, Bruning-Davenport, Athletic Director

Departments

- 4 NCA Board of Directors, Upcoming Events,
Contact Information
- 5 NCA President Jerry Buck's Comments
- 6 Comments by NCA Executive Director Darin Boysen
& NSAA Executive Director Jim Tenopir
- 20-27 NCA 2016 Awards & Photos
- 28-29 NCA 2016 Membership & Benefits
- 30 NHSACA 2016 National Coach of the Year Finalists
& Hall of Fame Inductees
- 32 NCA-Country Inn & Suites-Lincoln North
Scholarship Recipients
- 34 NCA 2016 Four Person Golf Scramble Results
- 35 NCA 2016 All-State Selections: Girls' Tennis
& Boys' Golf
- 36 2016 Soccer Sportsmanship Award Winners
- 37 NCA Multi-Sports Clinic Photos
- 38-39 NCA All-Star Game Summaries & Team Photos
- 40 NCA-Proactive Coaching Most Valuable
Teammate Award
- 43 NCA 2016 Coaches Care Blood Drive



Families of the recipients of the NCA-Country Inn & Suites Lincoln North Scholarships gather at the NCA-Hudl Awards Banquet on July 24 at the Great Hall of the Old Lincoln Train Station. The NCA recognized eight outstanding student-athletes from across Nebraska with a \$1,000 scholarship. Nearly 400 award recipients, friends and families attended the annual banquet. – NCA Photo



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

FEATURED 2016 – 2017 NCA UPCOMING EVENTS

NCA Board Meeting
October 2, Lincoln East High School

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

State Volleyball Sportsmanship Awards
November 10-12, Lincoln (need evaluators)

NCA Sportsmanship Summit
November 15, Alliance High School

NCA Sportsmanship Summit
November 16, Kearney High School

NCA Sportsmanship Summit
November 17, Midland University - Fremont

NCA Football Clinic
November 20, Embassy Suites, Lincoln

NCA Track & Field Clinic
TBD, NSAA Building, Lincoln

NCA Board Meeting
January 22, 2017, Norfolk HS

State Cheer & Dance Championships
February 17 & 28, 2017,
Heartland Events Center, Grand Island

NCA Board Meeting
April 23, 2017, NSAA Building, Lincoln

NCA Multi-Sports Clinic
July 25-27, 2017, Lincoln North Star High School

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WHO NEEDS YOU?

NCA President's Message

Jerry Buck – Holdrege High School



What a need! In the past years, the NCA staff has worked extensively to make sure the Multi-Sport Coaching Clinic has provided for everyone's needs. For me, a need came up at this year's clinic that wasn't apparent until a well-known coach spoke at a session. YOU may be able to provide that need.

I need you! That is basically what John Cook, UNL's National Championship Volleyball Coach, was saying to a packed south gym of Nebraska high school coaches at the annual NCA Multi-Sports Clinic on July 26. He quickly summarized that forty percent of his roster originates from Nebraska, and the success of UNL Volleyball depends on Nebraska high school coaches keeping the status quo. If Coach Cook is asking for help, who else needs help? That is an easy answer. The YOUNG coaches in our schools, conferences, districts would appreciate a helping hand.

They need you! We – the experienced coaches - are responsible. We are responsible in keeping the "status quo" of quality high school coaches, but young coaches must have a solid start. We must help them get past the bumps in the road that stop careers before they get started. Entering my thirty-third year of coaching, I look back and greatly appreciate the experienced coaches that gave me the time to discuss every facet of coaching. I would not have survived if it wouldn't have been for the selfless acts of many in the coaching field – Jacobson, Carlson, Anderson, Sajevic, Trader, Mahlberg, Fornander, Lambert, Sitorius, Pritchett, etc. – the list of names could go on forever, and it is long on compassion, accountability and ethics.

Who needs me today? That is the question each experienced coach needs to ask every day. It is not just the student-athletes in the classroom, on the court or out on the field. That young coach needs an arm around them or a shove in the right direction. In today's world in need of immediate gratification, they may see a light at the end of the tunnel, but won't know it is getting brighter unless you show them.

You need them! Yes, young coaches, this is a two-lane highway. Open up to the experienced coaches and ask their thoughts on your situations. In our world of instant information, instead of going to the screen in front of you, go to the coaches with years of experience right in front of you in your school or area. Reach out, just like the young basketball coach did when he grabbed me and introduced me to a first-year teacher and junior high volleyball coach at the clinic. Her goal is to be a high school Head Volleyball Coach in five years. She wanted some words of wisdom to help her reach that goal. What would you have told her?

Student-athletes need us! Young and experienced coaches were reminded of this by our key-note speakers, Jody Redman and Joe Ehrmann. Student-athletes need transformational coaches, not transactional coaches. Paraphrasing a famous phrase – your players won't care how much you know, until they know how much you care.

We need you! The Nebraska Coaches Association wants to let young coaches, along with experienced coaches, know that we are here for you. Please let us know how we can serve you. Please visit ncacoach.org to take advantage of the many resources available to make your road to success a little smoother and contact us with any questions. Be sure to like us on Facebook and follow us on Twitter.

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The Game Plan

Darin Boysen, Executive Director



Welcome to the 2016-17 school year. On behalf of the Nebraska Coaches Association Board of Directors and staff, I wish you the very best to a successful school year as a transformational coach. If you attended the Nebraska Coaches Association's annual multi-sports clinic in July, we thank you for

continuing to find new ways to grow as an education based athletic coach.

Joe Ehrmann and Jody Redman, NCA Multi-Sports Clinic Keynoters, challenged you as a coach - you are a person of great transformational influence. Below are several questions that they challenged all coaches to examine:

- What are your core values as a Coach?
- What is your transformational purpose as a Coach?
- Why do you Coach?
- What is your definition of success?

We challenge each of you to truly examine your purpose as a coach. Your student-athletes are a reflection of you and what you have emphasized on a daily basis. How will the student-athletes you serve define your legacy?

With a new year it is my pleasure to welcome newly elected board of director in District V; Shannon Lovin of Minden. We also wish to thank Past President Randy Kliment, of Creighton, for his service and dedication to the NCA and coaches over the past decade. We look forward to Jerry Buck's (Holdrege) leadership and vision.

Education based athletics is special. We must protect the values and lessons that can be offered through athletics in your schools. How you help shape young men and women will have a lasting impact far beyond the end of the season win-loss totals or championship banners. The lessons you teach about being a great teammate and building positive relationships will be your true legacy. We ask for your assistance in helping spread the word and vision of the NCA to other coaches in your school or area. It's our honor and privilege to serve you. If we can be of assistance in any way, please don't hesitate in contacting our office. Good luck to each of you as you transform our student-athletes across Nebraska.

"When you are leading, your goal should be to achieve success and significance over the long term, not to be just a flash in the pan."
— Coach Tony Dungy

That's My Kid You're Coaching. . .

Dr. Jim Tenopir, NSAA Executive Director



Having been a parent with children who have participated in the schools' activities programs, I know the strong interest from parents for coaches to understand that *"that's my kid you're coaching!"*

Parents regularly place trust in educators and coaches that their kids will be given every opportunity to work, learn, play and succeed in the various programs offered by our schools. As parents, we expect that our kids will learn the nuances of the sport, be given every opportunity to challenge for playing time and be treated with dignity and respect. Above all else, parents expect their kids to be safe. And remember, *"that's my kid you're coaching!"*

This state is blessed with many great coaches who strive to develop winning traditions, playing by the rules and keeping at the forefront what is in the best interest of the young people in their program. The challenge is to assure that all coaches approach their coaching with that same student-first philosophy.

Having been a teacher and coach, I know that sometimes the myriad of expectations on teachers and coaches tend to become stressors as we try to prepare for a new school year and as we embark on carrying out our assigned duties. Sometimes, we become more focused on what is in our own best interests, rather than what is in the best interest of those kids we see come through our classroom or dressing room doors.

This year, the NSAA has placed more expectations on this state's coaches. In addition to the state-mandated concussion course that coaches have to take each year, the NSAA Board of Directors have accepted the NSAA Sports Medicine Advisory Committee recommendation that all high school coaches should also be required to take the NFHS Heat Illness Prevention and the Sudden Cardiac Arrest courses. Those are just two more requirements that coaches have to fit into an already cramped coaching schedule.

Sudden cardiac arrest is the Number One cause of participation death of kids in our demographic, and heat illness is deemed to be 100% preventable. Those two statistics are the overriding reason that education for our coaches—all of our high school coaches—has been mandated.

I know and understand that taking those courses aren't going to make things any easier when coaches have to make difficult playing-time decisions or determining which student make the varsity; however, if one life is saved through this educational requirement, it will be well worth the additional time expectations.

We parents all want what's best for our kids, and it is tough to argue that these health and safety course requirements are frivolous or not needed. After all, *"that's my kid you are coaching!"*

LEADERSHIP IN BUILDING A TEAM

Ron Mimick – Head Football Coach – Aquinas Catholic



I have had the privilege of being a head football coach for thirty six years. I have through trial and error, come to the point that I think my duties as a head coach come down to leadership in **three** different areas:

- 1) Defining, developing and maintaining a culture that produces players that are hard workers, tough and resilient.
- 2) Formulating, implementing and execution of effective practice plans that helps to determine how we play in games.
- 3) Game management that is dependent upon the habits we develop in practice along with the inclusion of coaching strategies.

Outlined below are the building blocks and top points of consideration in these areas.

Culture

Culture is basically the values what you expect of your team on and off the field. These should serve the greater good of developing your student athletes for life.

A coach must explain, expect, and model the following virtues every day of every year in order to build a culture that exhibits them on and off the field.

- **Team is #1** - any actions which fail to develop or take away from the team are selfish and must be dealt with right away and consistently.
- **Hard work** - it takes no talent to work hard. Demand that your more talented players work hard to set the example for the team.
- **Focus** - the ability to mentally concentrate on what you are doing in order to improve.

- **Perseverance** - this is where your expectation of focused hard work daily helps to develop your players and teams into tough, resilient competitors.
- **Accountability** - student must take responsibility for their actions without excuses.
- **Involve Everyone** - keep athletes involved in practice and games. It helps to build morale which prompts kids to work harder which in turn leads to improvement.

If a student athlete takes these above virtues and makes them part of who they are, they will be better prepared for life after high school along with making your team better.

Practice Planning

The schemes you use for offense, defense and kick teams must be flexible in order to make adjustments easily, but must be limited so you can improve at what you are doing.

It is important to practice with these three following goals in mind:

- 1) Improve fundamentals that win games
 - **Blocking** - who to block, getting to blocks and actual blocks.
 - **Tackling** - getting off blocks and getting to the ball carrier and actual tackling.
 - **Quickness** - get off on the snap doing your assignments with quickness.
 - **Ball Security** - secure the ball on offense and kick teams.
- 2) Avoid what loses games
 - **Turnovers** - avoid by scheme, drills and play calls.
 - **Five yard penalties** - avoid by focus and drills.
 - **Field Position** - establish with, kick teams, limited turnovers, first downs.
 - **Lack of hustle** - no need to explain.

3) Player development

- **Consistent fundamentals** - work to improve game speed execution
- **Patience** - kids develop differently (it is a four year project)
- **Promote multiple sports** - which develops athleticism and competitiveness

A couple of last points in regards to practice.

Assistant coaches are of extreme value since football is a large number team sport. A good assistant must buy into your culture and the way you practice while taking ownership of the group of players they are in charge of.

The last point is that you need to be *critical of your own coaching* because what is on film consistently is what we are allowing to happen within our practices and culture. If you see something on film that is hurting your teams play it is up to you to correct.

Game Management

What is important is a head coach's demeanor. If a coach is losing their composure and not leading the team to the next play, the team will lose their focus and not play at a high level. A head coach must lead by their actions and focus on the next play in order for the team to do the same. Tough times will happen and pressure to perform will be present. If a head coach can show calm resilience during these times the team will try to respond in the same way.

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COMPETITIVE PRACTICE DRILLS

Don Matt - Volleyball Head Coach - Chadron



A while back I was talking to some coaches at a tournament we were participating in and the conversation eventually turned to what were some of our favorite drills. When it came around to me, one of the other coach's statement surprised me and also made me laugh: *"as a seasoned coach, what do you like to do in practice?"* I never really thought of myself as seasoned, but

I realized that I had been a head volleyball coach for almost half of my life and have enjoyed every minute of that time. The game of volleyball is a great sport and having the opportunity to work with the student/athlete is one of the most satisfying aspects of being a coach.

I will get to some of the drills in a bit, but first I feel I need to thank some people for their guidance and mentorship over the years. First I would like to thank Duane Mendlik – head boys basketball coach at WPCC for teaching me how to run a program and practice. Jean Groth – the legendary head volleyball coach from Wisner-Pilger for all of her great advice on the many aspects of the game of volleyball. And last, all the coaches of the state of Nebraska for making volleyball as competitive as there is in the nation.

Much of the success Chadron volleyball has had in recent years can be attributed to the fact that many of our players are multisport athletes. They continue to compete throughout the school year and that is very beneficial for all the sports, not just volleyball. For the players that are not multisport athletes, we offer conditioning and weight training to help them continue to be the best they can be.

Some of the best advice I could give coaches is to take advantage of any opportunity they may have to improve themselves as a coach. Clinics, camps, video, and the internet offer an abundance of opportunities to learn new concepts, drills and ideas that can be used in their programs. The Nebraska Coaches Association clinic is one of the best I have attended and has offered a great variety of speakers to help improve on all aspects of sports.

Competition, Competition, Competition

This is not a new concept. Making practices as game like and competitive as possible will help your athletes handle the game day competition. Not all the drills have to be completely competitive, but most should have some sort of scoring to help teach the importance of competing with pressure. Here are some of the drills that I like to use at different times of the season.

Server/Passer Dual

This drill is played on a half sized full length court. Each player will start in one of three positions: server, passer, and setter. The object of the drill is for the passer to get three good passes in a row before the server can get the passer to have two bad passes in a row. It is the job of the setter to make the decision on if the pass is good or bad. Missed serves are considered a good pass. When the server or passers wins, they switch places with the setter. This way all three players have a chance to move to a new position.

Baseball

This is a serve receive drill that allows teams to work on communication and teamwork with a smaller group. Split up into two teams of equal number and designate one team as home and one as visitor. The serving team is at bat while the receiving team is in the field. Each serve is an at bat and how good of job the receiving team does is the number of bases awarded the batter. A three pass to the setter or a missed serve is an out, a two pass is a single, a one pass is a double, a pass the setter catches underhanded is a triple, and a zero pass or ace is a home run. Each team gets three outs per inning and you can set the number innings to play.

Five Ball

This is a six on six drill that allows the teams to work on team communication while giving them the opportunity to work on handling out of system balls. The drill can be played to any number but we generally use 25 for obvious reasons. The drill will start with a serve and once a team wins the point, the receive team will then get a down ball, after the down ball is terminated then there will be a joust at the net, after the joust comes a net ball on the receive side, the fifth ball is a ball bounced off the floor from under the net to the receive side. After the five balls have been played then the second team will serve.

Bingo, Bango, Bongo

This is a six on six drill that is great for conditioning. The object is simple, the first team to score 3 wins in a row gets to rotate. The first team to rotate six time wins the drill. The drill starts with one team serving, when that ball is terminated the team that won gets the next ball. Coaches can vary the ball being used (free ball, down ball, bounce, crazy or any other). The games can last for some time so make sure you have plenty of balls and chasers.

Hopefully some of these drills will come in handy for your season. Good Luck to all the coaches and teams in the 2016-17 season.

NOMINATIONS ARE OPEN FOR THE 2017 GATORADE SECONDARY SCHOOL ATHLETIC TRAINER AWARD



The Gatorade Secondary School AT Award recognizes a certified athletic trainer from each NATA district who has made outstanding contributions in furthering his or her high school's athletic care program or the overall profession of secondary school athletic training.

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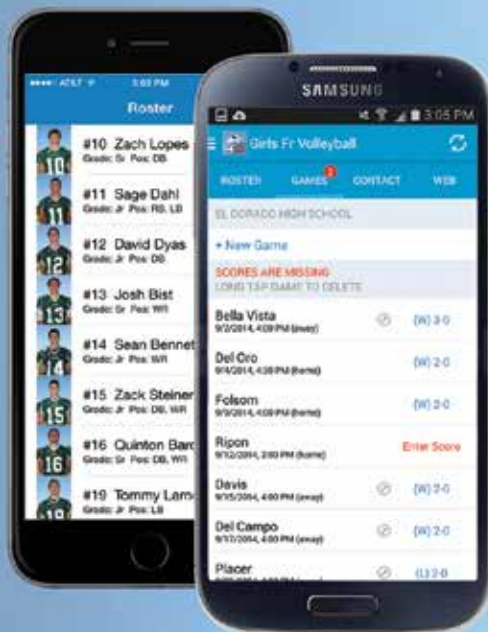
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KEY COMMUNICATION FOR PEAKING

Todd Nott - Head Cross Country Coach - Plattsmouth



The excitement of a new cross country season is upon us! We now get to build on our motivational speeches that were given at our organizational meets this past May. We get to see if our veteran runners took a step to get better with summer running, and we have hopes that an unknown runner will *come out of the woodwork* to help make our team surprisingly better! We have all spent a lot of time planning, revamping or at

least tweaking our workout schedule in order to have our kids *peaking* at the state meet. As important as this is, I believe that the communication that compliments the training schedule is a vile component of the peaking process.

The initial communication comes in May when runners and parents were given calendars with every practice time and location, meet dates, times and locations and other team activities. Families are encouraged to work dentist and doctor's appointments and family events around our calendar as I have given them a three month notice. If they can't be at all practices and meets it doesn't matter what your workout plan looks like! This is key.

Not only is coaching communication important, communication from runners is also essential. I pick up summer running logs at the start of the first practice. On the second day I am ready to recognize and give special awards for kids running 2, 3, 4 or 500 miles. I make it a big deal and personally thank each kid for their commitment to our program. They are told that if we have a great year, it will be because of their dedication. Since my season workouts are designed for kids that have built a summer base they are ready to go. Since there is nothing I can do at this point for the kids that didn't follow my *perfect* summer training plan, I choose to be as positive as possible with these kids. I have actually found I can get kids in pretty good shape in ten weeks. I do have to modify their workouts to prevent injury but they aren't allowed to leave practice early. They will power walk on the track if they can't do a prescribed distance run or cheer for their teammates if they can't do all of an interval workout. They will then join their teammates for post run exercises, stretching and games. This helps keep the team unified.

Communicating the purpose and significance of each workout helps to educate and mentally prepare runners. My runners are taught that every workout is important and has meaning. I educate them on the reason for each workout before we begin and where each workout fits into the overall season plan. My runners are reminded that early season workouts are a stepping stone to the workouts we will be doing mid and late season, so they must be completed appropriately. My runners are told to take

all races seriously but to enjoy the opportunity to compete. Goal setting and post-race evaluations are done for each meet. Ample time is allotted before races to set appropriate goals. I evaluate and give feedback to each runner after each race communicating the positives and what can be improved on; I want them to learn something from each race so they can be ready to go for the championship races in October.

I use early season meets for runners to practice different individual and team strategies as we try to figure out our strengths and weaknesses, whereas mid-season is a critical time of the year to evaluate runners. I really try to communicate with all kids at this time to see where they are physically and mentally. This is done through running with or bike by the athletes as well as having conversations before, during and after practices. I have found these conversation help evaluate where runners are and what adjustments need to be made. I have discovered that in the mid-season, even though this is a time of the season I would really like to get in those extra *critical* or *magical* workouts, an extra rest or easy day may be better. This is especially true for the kids that ran all summer, and I have many kids that are involved in band, student council, cheer, dance or have jobs. Even though we are still "training through" meets, an extra easy or off day seems to really boost my kids mentally and I can expect to get more out of them the following workout or race. Again, communication with the kids and having them communicate is key.

Late season is when I really talk about reaching the athlete's potential. No matter how great a kid has run during the season I want them to believe their best is yet to come. I praise them a lot of their accomplishments but encourage them to focus on the little things that could really help them the last three weeks of the season. I emphasize extra rest/sleep, proper diet and their overall volume of workouts is reduced. Mentally I have the kids treat the conference meet as a dress rehearsal for districts. They practice the same individual and team strategies learned early in the season. They understand that if this were districts, they would have to be in the top three teams to qualify for state. Districts and state is where I show my team on paper what will be needed by each runner to achieve individual and team goals. I show them workout results that indicate why they can and should run faster if they lay it on the line. We do extra team bonding activities during this time. I want them to appreciate their teammates, enjoy their teammates and do their best for their teammates. The emphasis of my communication at this point is that of unconditional love for the team; this has a relaxing effect, and a relaxed runner races better. They are reminded that they are in the best shape of their lives and not to put limits on what they can accomplish. This communication and those given during the season help athletes peak mentally and physically at the right time.

I BELONG_{x2}



Todd Hale West Holt Public Schools

- High school science teacher.
- Coach for girls golf, boys basketball and boys golf.
- Head Negotiator for the West Holt Education Association.
- Past President, also past Vice President, for the West Holt Education Association.

“These are the best professional organizations for the two sides of my life. It’s a good balance for the classroom and for extra-curricular activities. Membership in both organizations gives you a vehicle to help teachers and coaches -- and there are good networking opportunities on both sides of the coin.”

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BRIDGING THE GAP FOR YOUNG COACHES

Bill Heard - Softball Head Coach - Gretna



When I began coaching softball at Ralston High School in the fall of 2012, I didn't understand all of the outside influences our kids were under. My background was that of a boys' basketball coach. Our kids would play for us from November through March and then move on to their AAU season. While there was a considerable amount of time and effort put into the AAU process, it rarely interfered with

what we wanted to accomplish on a day-to-day basis. I had heard coaching high school softball might be different. However, I didn't fully grasp how different it was. I had to quickly learn how to help our girls bridge the gap between their summer teams and our high school program.

Helping our kids get across that bridge has proven to be a difficult task. In order to really understand this, it's important to think about the process we undertake as coaches. Our girls are coming to us in August of a given year. This is after the kids have completed a sometimes grueling spring and summer campaign with many of them investing countless hours at the ballpark. In addition, while most of them have had some sort of individual instruction, almost all of them have faced criticism for how they have played at times. When you add all this up, the prospect of starting over for another season in the fall has to be a bit daunting for some of them. Therefore, we needed to find a way of making the transition as quick and seamless as possible. This begins with creating as little conflict as possible when it comes to instruction.

It's simple human nature: when kids are most comfortable they are able to compete at their highest ability. Yet this fact gets lost on lots of coaches. As coaches, we had to find ways to make them comfortable. This was difficult for us as we were facing kids who were not able to accept or understand some of what we were teaching. We constantly heard things like: *"My summer coach doesn't like it when I do it this way"* – *"My hitting instructor says I should do this"* – (or the best of all) *"When my Dad and I are hitting, I don't have any problems."* My first reaction was to want to fight this. Many of these kids simply were wrong. They had not been given good instruction, but they had assumed what they were told was correct. I had to find ways of telling them they were not correct without alienating them from our coaching staff. It was a tricky balancing act.

The nature of softball (and baseball) leads people to have opinions – we have a running joke around our program that religion, politics and swing mechanics are all things you don't want to bring up with a stranger. With the strength of these opinions, we decided it's impossible to win over people who are certain they are correct. We really decided that winning that battle wasn't worth it, as the kids were the ones caught in the middle. They were not able to do exactly what I mentioned previously –

compete freely. The approach we have adopted is all centered on one word – culture. Our kids needed to learn our way of doing things. They needed to learn how our program operates. In short, they needed to learn what our culture was about.

Notice when I use the word culture, there was no mention of things like swing mechanics, bunt defenses or cut-off systems. We simply use culture to describe *"how we do what we do."* We feel explaining the big picture to our kids will help them grasp and accept what we are teaching. Our coaching staff has been very successful at getting our kids to buy in to our culture, and it's really been interesting to watch this evolve. Our girls have completely bought into it. The kids have begun calling it the *"Gretna Way"* (the coaching staff did not do this – which reflects the ownership our kids have). The Gretna Way approach has nothing to do with winning and losing. It has everything to do with how we approach practices and games, how we do everything in our power to minimize distractions and maximize our time on the field. It encompasses simple things like setting up the dugout correctly, to more complex things like our approach at the plate. Everything comes back to the Gretna Way for us.

This cultural piece has allowed us to help deal with the tricky balance I referenced earlier. It's really hard to tell an athlete the instruction they have been given is incorrect. Kids are programmed to protect. Add in the fact that

I am being critical of a summer coach who they have been with for six months, or a hitting instructor who they have paid a lot of money to, or most difficult, a parent who has been in the backyard with them, and it's easy to understand why this is so hard. Instead of challenging their instruction, we stand behind our culture. We simply explain how we do things. For instance, there are some basic things all softball players have to do within their swing mechanics. All hitters have to load their weight at some point in the swing process. I've heard this explained to kids in a hundred different ways. Some make sense, and others don't. We simply don't fight it. We talk about load as a piece of the puzzle. However they arrive at their load is theirs to own. We only require that you do, and this approach works for us.

I constantly stop practice to point out the *"Gretna Way."* At the end of every practice, we ask the girls to recognize two or three girls who best exemplified the Gretna Way that particular day. The girls fully understand what it means. The parents understand what it means. We stand behind it. We believe in it.


As our season approaches, I would encourage you to identify what you want your program to look like. I would encourage you to share it with your kids. Communicate it to your players and parents. Point it out when it's done right. This way will allow you to help kids remain positive and proactive in your preparation for the upcoming season. More importantly, it will be your way to provide a shared ownership of all involved in your program, bridging gaps your kids repeatedly encounter throughout the entire year.




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A SUCCESSFUL SEASON?

Fred Kluck – Athletic Director – Bruning-Davenport



I was recently asked whether I felt this past season was a success. . . more pointedly I was asked whether I thought we had had a good year or a whether it had been a great year. . .and I wasn't sure how to respond. The person asking was actually not pleased with the season

and so good and great were being used as a measuring stick to judge levels of dissatisfaction. If you're satisfied just being good, you'll never be great, was the point that I think was being made. After all, what's the difference between good and great when judging a sports season outcome?

My response was that it probably couldn't be called great because we didn't win the State Championship, but since our last loss was in the state tournament it was ok to call it a good season.

Now, having had a chance to reflect back, I would like to change my answer.

You see for a head coach. . .the person who starts every season the day after the last one ends. . .the line between good and great can't really be measured by when and where you win or lose. . .that's left for the critics, those able to look in and judge from a safe distance, to decide.

As a coach when you attempt to evaluate a seasons potential you try to measure where you feel the team can be and what the team can do against what they actually achieve. . .and of course as a coach you generally and genuinely believe in your players and their ability to work to become better. You want to give every kid a chance to prove themselves. . . to rise to a new level. . . to have the feeling that if they work hard and do the things a coach asks they have a chance to become a better player. . . a better teammate. . . and hopefully a better person. You believe that sports and competition helps build and then reveal character.

You also fully realize that not every boy or girl will respond the way you would like them to. . . not every

coach can reach every player with a message they will buy into. . . but you try. . . you don't want every measure of success to be about winning. . . but you also realize that in order to keep coaching. . . to keep working with kids and trying to help them reach their potential. . . winning is a big part of the stick by which you are measured.

Now I don't have the luxury of being a critic, someone who can stand back and make judgements after the game or season is completed...but part of coaching is being Critical. . . critical with effort, critical with skill development, and critical of your own coaching as well. The reason for that is because I believe that's how you help players and teams reach their potential. Giving kids a well-deserved pat on the back is an important part of being a successful coach. . . but so is demonstrating critical advice when you believe. . . you know a kid can achieve more and isn't reaching your expectations or their own potential.

I've been a head track coach for 30 years, a head Basketball coach for 27, and an AD for 25. I think most of the coaches I've seen over the years really try to emulate the ideals of coaching that help young people to see the value in sports...not just winning games, but attempting to build lifelong attributes that will help them develop into solid citizens and future leaders, fans, and often coaches themselves.

Our kids play their hearts out night in and night out partly because they want to be a success in the eyes of the community that supports them...partly because they want to be great. . . not good. . . they come out to the summer weight rooms, conditioning workouts, and summer leagues of all kinds to further that possibility...and so I guess that's my measure of success. . . a good year. . . with great kids. . . playing hard. . . achieving a lot. . . not winning everything, but also believing they possibly could, and working as hard in that direction as they possibly can. A good year. . . with great kids. . . that's how I'd define this last season. . . and I'll take that every year I coach.



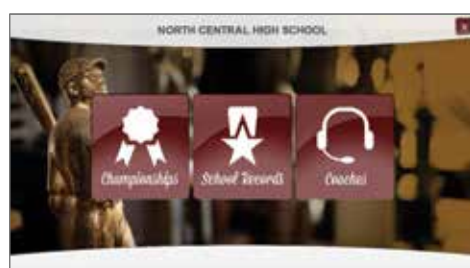
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50 COACHES RECOGNIZED IN 25TH YEAR OF NCA CAREER MILESTONE PROGRAM

Jerry Stine

This year 50 coaches applied for the NCA Jerry Stine Family Career Milestone award, with 61 applications submitted in all. During the 2016 NCA Multi-Sports Clinic Sport's Meetings 25 coaches were recognized for obtaining level I certificates, 14 coaches level II, and 6 coaches level III. Fourteen coaches received the level IV plaque (the ultimate award in this program) at the NCA Awards Banquet on July 24. 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.

This year Nanonation created a user-friendly program for the NCA that all the 1992 – 2016 Career Milestone winners can be searched for using a kiosk. The kiosk replaced the posters that were previously

displayed near the NCA booth and at each sport's session areas. The criteria and application for this award is available on the NCA website www.ncacoach.org.

The NCA has further invested in the Milestone Award program by enhancing and upgrading the Milestone Award page on 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 1,367 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 Stine at jlstine@cox.net. A milestone application may also be submitted to Stine by e-mail.

Editors Note: The Nebraska Coaches Association Board of Directors and Staff would like to express their sincere appreciation to Jerry Stine for his continued service to coaches across Nebraska.



The 2016 Jerry Stine Family Milestone Level IV Award recipients present for the group photo at the NCA Banquet. Front row – from left to right: Greg Welch, Seward, Football; Trudy Samuelson, Malcolm, Basketball; Al Blankenship, Waverly, Boys' Track & Field; Jason Arens representing Jayne Arens, Crofton, Girls' Cross Country; George O'Boyle, Lincoln Pius X, Girls' Cross Country. Back row – from left to right: Tony Muller, Milford, Basketball; Les Livingston, Kearney, Girls' Tennis; Brad Nelson, Axtell, Volleyball; Don Matt, Chadron, Volleyball; Max Kurz, Millard West, Boys' Cross Country, Girls' Cross Country and Boys' Track & Field. – Callam Sports Photography

2016 MILESTONE AWARD RECIPIENTS

NAME	SCHOOL	SPORT	NAME	SCHOOL	SPORT
Level IV:					
Jayne Arens	Crofton	Girls' Cross Country	Cameron Hudson	High Plains	Basketball
Al Blankenship	Waverly	Boys' Track	Dan Lenners	Chase County	Basketball
Bob Eichenberger	Johnson County Central	Basketball	Heidi Manion	Alliance	Basketball
Jeff Germer	McCool Junction	Boys' Track	Bill Mimmick	Lindsey Holy Family	Boys' Track
Max Kurz	Millard West	Boys' Cross Country	Kip Ramsey	Grand Island	Boys' Track
Max Kurz	Millard West	Girls' Cross Country	Scott Steinbrook	Kearney	Boys' Soccer
Max Kurz	Millard West	Boys' Track	Level I:		
Dan Lenners	Chase County	Football	Christopher Ardissono	Bruning/Davenport/Shickley	Boys' Track
Les Livingston	Kearney	Girls' Tennis	Christopher Ardissono	Bruning/Davenport/Shickley	Girls' Track
Donald Matt	Chadron	Volleyball	Jayne Arens	Crofton	Boys' Cross Country
Tony Muller	Milford	Basketball	Ron Beacom	Neligh-Oakdale	Basketball
Brad Nelson	Axtell	Volleyball	Jason Cochran	McCook	Softball
George O'Boyle	Lincoln Piux X	Girls' Cross Country	Dave Colling	Kearney Catholic	Football
Trudy Samuelson	Malcomb	Basketball	Donald Coolidge	Falls City	Football
Tom Tvrdy	Seward	Basketball	Donald Coolidge	Falls City	Boys' Track
Greg Welch	Seward	Football	Matt Coufal	Malcolm	Wrestling
Level III:			Jeremy Epp	Southern Valley	Boys' Golf
Christopher Ardissono	Bruning/Davenport/Shickley	Football	Tyler Hodges	Nebraska City	Wrestling
Donna Benson	West Boyd	Volleyball	Ryan Jones	Maxwell	Football
Brad Bullington	Lincoln East	Basketball	Eric Kitzelman	Kearney	Basketball
Eric Kitzelman	Kearney	Girls' Track	Margo Labrie	Hampton	Basketball
Todd Nott	Plattsmouth	Boys' Cross Country	Scott Leisy	McCook	Basketball
Jeff Ohnoutka	Columbus Scotus	Basketball	Chad Mattox	York	Football
Level II:			John Moody	Seward	Softball
Tami Anderson	Kearney	Girls' Soccer	Ryan Mraz	Sutherland	Wrestling
Ron Beacom	Neligh-Oakdale	Football	Jeff Rohrig	Brownell-Talbot	Girls' Track
Jason Boyd	Kearney	Boys' Soccer	Justin Royal	Syracuse	Basketball
Rhonda Burbach	Norris	Volleyball	Dwaine Schmitt	Kearney Catholic	Basketball
Tracy Dodson	Columbus Scotus	Wrestling	Jeremy Strong	Weeping Water	Wrestling
Jeff Germer	McCool Junction	Girls' Track	Ross Udey	Blair	Boys' Golf
Dan Hogan	Papillion-La Vista South	Softball	Ross Udey	Blair	Girls' Golf
Bob Hoyer	Malcolm	Girls' Cross Country	Dani White	Freeman	Volleyball

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2016 NCA Service Award Recipients



The 2016 NCA-Nebraska National Guard 25 Year Service Award recipients present for the group photo at the NCA Banquet. Front row – from left to right: Ronda Motykowski, Omaha Marian; Mike Brockhaus, Sidney; Dan Coolidge, Falls City. Back row – from left to right: Jeff Pierce, Lincoln High; Ron Beacom, Neligh-Oakdale; Rhonda Burbach, Norris; Rick Nordhues, Syracuse. – Callam Sports Photography



The 2016 NCA-Nebraska National Guard 35 Year Service Award recipients present for the group photo at the NCA Banquet. From left to right: Ron Haden, Aurora; Ed Lowe Shelton; Dick Ross, Grand Island Central Catholic; Stan Erks, Centennial. – Callam Sports Photography



The 2016 NCA-Nebraska National Guard 40 Year Service Award recipients present for the group photo at the NCA Banquet. From left to right: Tony Muller, Milford; Diane Balcolm, Bertrand; Mike Stewart, Aurora; Jim Eberly, Red Cloud; Cecil Hinshaw, Elkhorn; Jack Sobotka, Meridian; Gary Puetz, Columbus Scotus; Bill Mimick, Lindsay Holy Family. – Callam Sports Photography



The 2016 NCA-Nebraska National Guard 45 Year Service Award recipients present for the group photo at the NCA Banquet. From left to right: Pat Ivers, Beveridge Middle School; Les Livingston, Kearney; Duane Mendlik, Wisner-Pilger. – Callam Sports Photography



The 2016 NCA-Nebraska National Guard 50 Year Service Award recipients present for the group photo at the NCA Banquet. From left to right: Del Schoenfish, Cambridge; Dan Moore, Ansley. – Callam Sports Photography



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- Leadership
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**Contact CSM Brad Beiber
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william.b.beiber.mil@mail.mil**

2016 NCA Coaches of the Year Awards



The 2015-2016 NCA-Hudl Coach of the Year Award recipients present for the group photo at the NCA Banquet. Front row from left to right: Curtis Gocke, Plattsmouth, Wrestling; Jon Brezenski, Columbus Scotus, Soccer; John Gathje, Mount Michael Benedictine, Boys' Cross Country; Wendy Alexander, Ord, Volleyball; Jon Holtz, Elkhorn, Tennis; Jim Danson, Lincoln Southwest, Golf; Rick Petri, Kearney Catholic, Girls' Basketball. Back row from left to right: Ken Adkisson, Waverly, Girls' Track & Field; Don Perry, York, Boys' Track & Field; Glen Snodgrass, York, Football; Jason Arens – representing Jayne Arens, Crofton, Girls' Cross Country. – Callam Sports Photography



The 2016 NCA-Varsity Cheerleading and Dance Coach of the Year Award recipients present for the group photo at the NCA Banquet. From left to right: Kylee Kuecker, Lexington, Dance and Genny Kubik, Cambridge, Cheerleading. – Callam Sports Photography

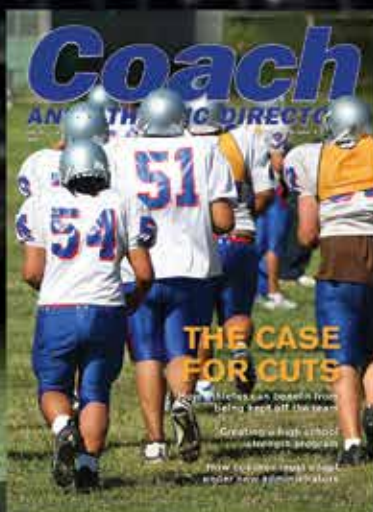


The 2016 NCA-Country Inn & Suites-Lincoln North Scholarship recipients at the NCA Banquet. Front row from left to right: Riley Gross-Rhode, Fort Calhoun; Jayden Garrett, Chadron; Ashton O'Brien, Fillmore Central. Back row from left to right: McKenna Paintin, Omaha Central; Jaci Brahmer, Pierce; Alexandra Alber, Holdrege. – Callam Sports Photography



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2015-2016 STATE CHAMPION COACHES



Boys

Girls

Pat Mooney, Creighton Prep
Kyle McCright, Elkhorn

Baseball

A
B

Bruce Chubick, Omaha South
Brad Feeken, Gretna
Mike Weiss, Bishop Neumann
Kevin Asher, Hastings St. Cecilia
Joe Tynon, Lourdes Central Catholic
Eric Kessler, Humphrey St. Francis

Basketball

A
B
C1
C2
D1
D2

Dennis Prichard, Lincoln East
Terry Graver, Elkhorn South
Rick Petri, Kearney Catholic
Aaron Losing, Crofton
Troy Haberman, Emerson-Hubbard
Steve Wieseler, Wynot

Colin Johnston, Millard West
John Gathje, Mt. Michael Benedictine
Michele Kontor, Milford
Brie Pulec, Malcolm

Cross Country

A
B
C
D

Jeremy Haselhorst, Papillion-La Vista South
Tim Ebers, Elkhorn South
Tom Dickey, Boone Central/Newman Grove
Jayne Arens, Crofton

Fred Petito, Millard North
Guy Rosenberg, Elkhorn South
Tyler Linder, Columbus Scotus
Ron Mimick, Aquinas Catholic
Chris Ardissono/Mark Rotter, Bruning-Davenport/Shickley
Eric Kessler, Humphrey St. Francis

Football

A
B
C1
C2
D1
D2

Jim Danson, Lincoln Southwest
Rick Haney, McCook
Craig Rupp, Grand Island Central Catholic
Rob Engel, Randolph

Golf

A
B
C
D

Jim Danson, Lincoln Southwest
Jeff Nielsen, Omaha Duchesne Academy
Mark Clanton, Lincoln Lutheran

Joe Maass, Omaha South
Jon Brezenski, Columbus Scotus

Soccer

A
B

Teresa DeGeorge, Omaha Marian
John Carlson, Skutt Catholic

Softball

A
B
C

Mike Heard, Omaha Marian
Bill Heard, Gretna
Sarah Harvey, Conestoga

Tom Beck, Creighton Prep

Swimming

A

Leigh Ann Fetter-Witt, Lincoln Southwest

Michael Higgins, Creighton Prep
Chase Petersen, Mt. Michael Benedictine

Tennis

A
B

Chris Salem, Lincoln Southeast
Steve Bischof, Elkhorn South

Colin Johnston, Millard West
Don Perry, York
Tim Rezac, Bishop Neumann
Steve Meyer, High Plains

Track & Field

A
B
C
D

Pat McFadden, Kearney
Ken Adkisson, Waverly
Troy Hauxwell, Chase County
Nancy Lockmon, Giltner

Volleyball

A
B
C1
C2
D1
D2

Amy McLeay, Omaha Marian
Renee Saunders, Skutt Catholic
Kris Conner, Kearney Catholic
Thera Jones, Hastings St. Cecilia
Tera Stutheit, Johnson-Brock
Darcy White, Exeter-Milligan

Tournament - Wrestling - Duals

A
B
C
D

Doug Denson, Millard South
Chas DeVetter, Skutt Catholic
Tahner Thiem, David City
Tyler Herman, Amherst

Doug Denson, Millard South
Curtis Gocke, Plattsmouth
Tahner Thiem, David City
Tyler Herman, Amherst

2016 NCA Awards Continued



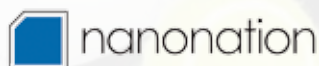
The 2016 NCA Jim Farrand Memorial Award (Assistant Coach or Junior High Level) recipients present for the group photo at the NCA Banquet. From left to right: Rhonda Motykowski, Omaha Marian; Teresa Rischling, Bennington; Ryan Rischling, Bennington; Jim Simpson, Papillion-La Vista South; Robert Mishou, Kearney – Callam Sports Photography



The 2016 NCA-Nanonation Media Award recipients at the NCA Banquet. From left to right: Rob Barney, KNEB Scottsbluff; Mike Patterson, Omaha World-Herald. – Callam Sports Photography



The 2016 NCA Friends of High School Sports Award at the NCA Banquet: The Doyle Denney Family – Callam Sports Photography



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2016 Nebraska Coaches Association Career Award Recipients



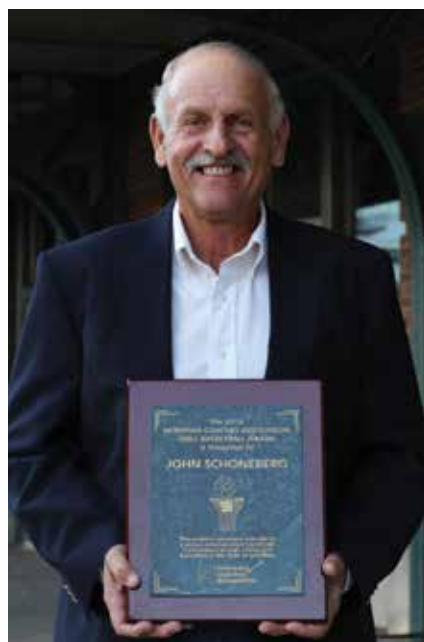
Al Shirley, Lexington
Binnie & Dutch Award (Track & Field)



Vince Zavala, Northwest
NCA Cross Country Award



Paul Beranek, Ravenna
Ed Johnson Award (Boys' Basketball)



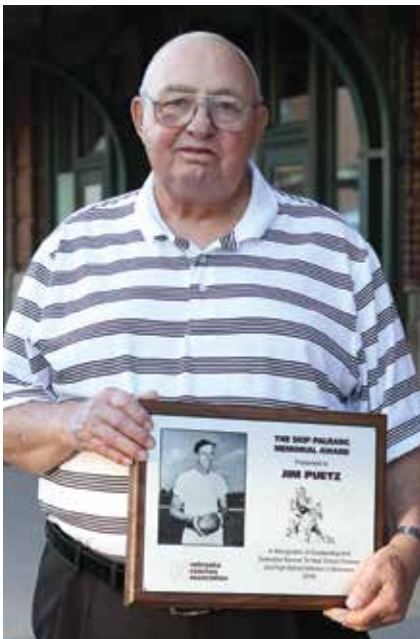
John Schoneberg, Sutton
NCA Girls' Basketball Award



Tom Wisdom, Lexington
NCA Golf Award



H. Cecil Hinshaw, Elkhorn
Guy Mytty Award (Wrestling)



Jim Puetz, Columbus Scotus
Skip Palrang Award (Football)



Diane Torson, Hampton
NCA Volleyball Award

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
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

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- Free admission for two to the NCA All-Star Games
- Reduced Registration Cost to Sports Clinics
- Free admission to the annual Shrine Bowl Football Game
- Free admission, with membership card, to select college-sponsored games
- *Nebraska Coach* Magazine online (Fall, Winter, Spring Editions)
- *Nebraska Coach* Magazine Pre-Clinic Printed Edition
- Committees to make recommendations regarding sports rules changes
- Recognition for coaching accomplishments and achievements through NCA & NHSACA
- 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 – self nomination)
- Dual Membership to the National High School Athletic Coaches Association (new benefits coming soon)

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

Nebraska Coaches Association

500 Charleston Steet, Suite #2

Lincoln, NE 68508

-OR-

Go to ncacoach.org – Online Membership Registration is Now Available

2016-2017 NCA MEMBERSHIP REGISTRATION

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

NCA
500 Charleston Street, Ste. 2
Lincoln, NE 68508

Name:

Gender: ☐ Male ☐ Female

Date of Birth: / /

NSAA High School:

Middle School/
College/Youth Org/Club:

Home Address: (Please do not enter school address)

City, State Zip: ,

Phone: () - E-mail:

☐ Check here if FIRST TIME COACH - OR - Enter # of years in coaching/administration through 2015-2016:

Coaching Assignments 2016-2017:

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

Administrative Assignments 2016-2017: Please indicate any administrative positions you hold for 2016-2017 for this high school.

☐ Athletic Director ☐ Assistant Athletic Director ☐ Activities Director ☐ Principal ☐ Assistant Principal ☐ Superintendent

☐ Registrant is a **Past President of the NCA Board** (membership fee waived).

☐ Registrant is a **College Student -OR- Coaching Out-of-State** (membership fee waived - no insurance).

FEES:

NCA Membership: Clinic: \$45.00

Additional Option: ☐ \$20.00 NCA Gold Card (Must be Purchased by 10/1)

Total Amount Due: \$

Credit Card Number:

Expiration Date: (Mo/Yr) /

Signature: _____



National High School Athletic Coaches Association (NHSACA) 2016 National Coach of the Year finalists in attendance in Louisville, KY for the ceremonies: Front row from left to right: Troy Saulsbury, Kearney, Tennis; Duane Mendlik, Wisner-Pilger, Boys' Basketball; Rochelle Rohlf, Omaha Marian, Volleyball; Mark Armstrong, Lincoln Southwest, Athletic Director. Back row from left to right: Steve Larson, Kearney, Assistant Coach; Frank Ryan, Millard West, Baseball; Sean McMahon, Fremont, Boys' Cross Country; Jeff Bellar, Norfolk Catholic, Football. Not pictured but in attendance: Steve Exstrom, Minden, Golf. – NCA Photo

NHSACA Honorees

2. National High School Athletic Coaches Association (NHSACA) 2016 National Hall of Fame Inductees from Nebraska from left to right: George O'Boyle, Cross Country and Track & Field; Gary DeBoer, Football. – NCA Photo



3. National High School Athletic Coaches Association (NHSACA) 2016 Football National Coach of the Year: Jeff Bellar, Norfolk Catholic. – 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 program, training sessions, and informative publications.

To promote and publicize high school sports and its seven million students/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

- Seminars at National Meetings
- College Credit at Annual Meeting
- Website Educational Programs
- Special Motivational and Educational Speakers

- National COTY Awards
- Two National Hall of Fame Awards
- Additional Points towards COTY
- Opportunities to represent your state on the National Board
- Opportunities to chair a sport specific committee

- Online Monthly Newsletters
- Support for member coaches
- Voice on improving benefits
- Open Ended Communication with coaches from around the country
- Establish contacts with nationally recognized coaches



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2016 NCA-Country Inn & Suites Scholarship Recipients



Alexandra Alber, Holdrege

Alexandra Alber has left an impact on her school and community during her years at Holdrege High School. The Honor Roll and National Honor Society student represented her school at the American Legion Girls State and was also awarded US Bank Nebraska Believers & Achievers Top 48 by the NSAA. She was team captain of the Holdrege volleyball team, made two state tournament appearances in basketball, was a four-year letter winner in track & field, and also was a member of the Holdrege HS dance team – all while maintaining a 4.0 GPA and graduating first in her class. A lover of both athletics and business, Alexandra has decided to pursue a double major in Sports Management and Business Administration from the University of Nebraska at Kearney.



Ashton O'Brien, Fillmore Central

A three-sport athlete throughout her high school career, Ashton O'Brien is a State track & field meet qualifier and also participated in volleyball and basketball, earning All-Conference and All-State Honorable Mention accolades in both sports. Her positive attitude and leadership abilities were evidenced in her selection as co-captain in both volleyball and basketball, and she is admired and respected by her teammates and coaches for her resilience and exemplary sportsmanship. A talented student, Ashton finished her high school career first in her class with a 4.0 GPA. She was a class officer for three years, achieved Principal's Honor Roll for four years, was Vice President of the National Honor Society, and earned several various awards & honors for her participation in FFA. Ashton plans to pursue a degree in Animal Science and Pre-Veterinarian Medicine at Kansas State University.



Jaci Brahmer, Pierce

During her four years at Pierce High School, Jaci Brahmer participated in volleyball, basketball, and track & field and earned eleven varsity letters. She was an academic all-state and first team all-state selection in her class in basketball as a senior, and was a member of three state basketball championship teams. Jaci also participated in choir, band, student council, quiz bowl and FCA, was a member of the National Honor Society, and was on the Principal's Honor Roll for all four years of high school. Ranked first in her class with a 4.0 GPA, Jaci plans to continue her education at Wayne State College, where she will major in Biology/Pre-Med and participate on the volleyball team.



McKenna Paintin, Omaha Central

McKenna Paintin is an active and integral member of the Central High Community, having been involved in a variety of activities, and pursuing a rigorous curriculum that included multiple AP and honors classes as well as participation in the Nebraska Medical Center High School Alliance program. A 3-yr letter winner on the Central High soccer team, McKenna is also a two-time state qualifier in cross country and served as captain for both the cross country and track & field teams. She was a Central High cheerleader for three years, a student council representative, served on the yearbook staff for two years, and was named female athlete of the year at her school in 2014-15. An NSAA/US Bank Believers & Achievers Award recipient, McKenna will continue her cross country and track & field career at Wichita State University while pursuing a major in Pre-Physical Therapy.



Jayden Garrett, Chadron

Jayden Garrett has compiled a long list of academic, athletic, and personal achievements during her years at Chadron High School. A three-time state qualifier in volleyball, Jayden helped lead her team to a 3rd-place finish as a setter her senior season and recorded over 1000 assists during her career. Point guard for her basketball team, Jayden made four state tournaments in that sport, and also anchored a state medalist relay team in track & field. The 4.0 student and National Honor Society Scholars Ambassador has been involved in countless school and community activities, including 4H, FCA, FFA, Student Council, Chadron Community Youth Recreation, and Special Olympics & nursing home volunteering. Jayden will be enrolled at the University of Nebraska-Lincoln this fall, where she will pursue a degree in Pre-Physical Therapy.



John Mark Shields, Lexington

In the words of his English & Drama teacher, John Mark Shields is clearly a well-rounded individual. A three-time state medalist in cross country and four-time state qualifier in track & field, John Mark was also a four-year contributor in the Speech and Music programs at Lexington High School. He was a member of the marching band, jazz band, pep band, school choir & show choir, was Head Drum Major, and participated as the male lead in the school musical in 2014-15. Speech Team President for three years, John Mark was Duel Acting Champion and was chosen as 'Best of the Best' by the NSAA in 2016. He also has worked passionately for the Central Nebraska Human Trafficking and Immigrations Outreach program helping to organize events and support activism in this cause. John Mark plans to attend Bethel University in St. Paul, MN and will major in Social Work and International Studies.



Riley Grosse-Rhode, Fort Calhoun

Riley Grosse-Rhode's high school football coach credits him as being an "uplifting leader that displays poise, intelligence, leadership & unselfishness." The quarterback and senior captain participated in both football and baseball for each of his four high school years, earning 6 varsity letters and Academic All-State honors. He spent several hours helping younger Fort Calhoun baseball players with fielding & batting as a volunteer youth coach, and has earned numerous school achievement honors for his excellence in the classroom. The National Honor Society member is a 4.0 student and ranked at the top of his class. Riley plans to attend South Dakota State University, majoring in Agricultural and Biosystems Engineering.



Riley Tegtmeier, Bruning-Davenport

A four-year participant in both football and basketball at Bruning-Davenport High School, Riley Tegtmeier has been a positive role model and leader both on and off the field of play. He is a state champion quarterback, having helped lead his team to the Class D1 title in 2016. He also played point guard for the BDS basketball team, reaching the state semi-finals the past two seasons and becoming the second-leading scorer in school history, behind only his brother. Riley's work ethic and dedication are also evidenced in the classroom, where he has earned a 4.0 GPA, top class rank, 32 ACT, and Academic All-State honors in both basketball and football. Riley will continue his education at Concordia University in Seward, where he plans to play basketball and major in Physics.



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Spring 2016 NCA All-State Teams

All-State Boys' Golf, Super State

Patrick Clare, Lincoln East
Noah Hofman, McCook
Brook Klinetobe, Stanton
Luke Kluver, Norfolk
Kean Kontor, Lincoln Southwest
Trevor Kosch, Humphrey St. Francis
Riley Loop, McCook
Nolan Maschka, Omaha Burke
Alec Nolin, Omaha Westside
Brandt Radloff, Blair
Alex Schaake, Creighton Preparatory School
Kaden Shada, Grand Island
Steven Strasheim, Lincoln East
Mason Stubbs, Randolph
Nathan Vontz, Lincoln Southwest

All-State Boys' Golf, Class B

Reid Frank, Gretna
Jonah Wright, Scottsbluff

All-State Boys' Golf, Class C

Mason Hale, West Holt
Jordan Greenwood, Kimball
Dana Van Ostrand, Lincoln Christian
Eshan Sood, Grand Island Central Catholic

All-State Boys' Golf, Class D

Dylan Hathorn, Mullen
Chase Largen, Creighton
Kyon Neal, McPherson County
Noah Springer, Cedar Bluffs

First Team All-State Girls' Tennis, Class A

Fidan Ibrahimova, Lincoln Southeast – CAPTAIN
Julia King, Omaha Marian
Madison Kiani, Lincoln East
Caroline Lahey, Omaha Marian
Morgan Eby, Papillion-La Vista
Spencer Roach, Papillion-La Vista

Second Team All-State Girls' Tennis, Class A

Claire Neil, Papillion-La Vista
Brooke Shreve, Lincoln Pius X
Demi Tinnerstet, Lincoln North Star
Abby Sullivan, Lincoln Pius X
Elizabeth Harwood, Omaha Westside
Bianca Dean, Papillion-La Vista South

First Team All-State Girls' Tennis, Class B

Samantha Mannix, Elkhorn South – CAPTAIN
Kate Krueger, Omaha Duchesne Academy
Michelle Messbarger, Kearney Catholic
Kristal Kuo, Elkhorn
Courtney Shundoff, Kearney Catholic
Sadie Goering, Grand Island Central Catholic

Second Team All-State Girls' Tennis, Class B

Johnna Lowe, Skutt Catholic
Elia Healy, Skutt Catholic
Leah Cates, Elkhorn South
Laura Lowry, Grand Island Central Catholic
Kassidy Michaelis, McCook
Madison Liske, Grand Island Central Catholic



WeBacks



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2016 Soccer Sportsmanship Awards



Omaha Creighton Prep – Class A Boys



Omaha Gross Catholic – Class B Boys



Omaha Marian – Class A Girls



Omaha Gross Catholic – Class B Girls



2016 Multi-Sports Clinic





ALL-STAR BOYS BASKETBALL GAME RESULTS - 2016



Final Score – Blue Team 112, Red Team 72

Leading scorers – Red Team

- Triston Simpson, Lincoln North Star - 18
- Brevin Sloup, Seward - 10
- Brady Delimont, Ainsworth & Chad Lechtenberg, Papillion-La Vista - 9

Leading scorers – Blue Team

- Bart Hiscock, Bennington - 24
- Matthew Hahn, Fremont - 17
- Sam Morris, Lincoln Southeast - 16
- Jared Samuelson, Gretna & Nate Schimonitz, Creighton Prep - 10

Coaches – Red Team

- Zac Foster, Adams Central
- Brian Delimont, Ainsworth

Coaches – Blue Team

- Mike Weiss, Bishop Neumann
- Luke Olson, Bennington

ALL-STAR SOFTBALL GAME RESULTS - 2016



Final Scores: Red Team 12, Blue Team 7

Highlights

- The 2016 All-Star Softball game took on a new format, with one 9-inning game being telecast on NET2.
- Key stats for the Red All-Stars – Mikaela Pechar went 4 for 4, with 4 runs batted in and a home run. Lexi Linderman was the winning pitcher going 4 innings and allowing 2 runs, both unearned. Kaitlyn Weis pitched the final 2 innings to earn the save.
- Key stats for the Blue All-Stars – Sam Dellinger was 1 for 3 with 2 runs scored, a home run and 2 runs batted in. Madison Finley was 1 for 2 with 2 runs batted in and a home run.
- Records Broken (all Red team):
 - Runs scored in a game by a team: 10 – 2016 (9 inning game)
 - Total bases in a game by a team: 17 – 2016 (9 inning game)
 - Hits in a game by a team: 12 – 2016 (9 inning game)
 - Hits in a game by a player: 4 – Mikaela Pechar, Millard West (9 inning game)

Coaches – Red Team

- Don Rempe, Lincoln Pius X
- Pete Theoharis, Hastings

Coaches – Blue Team

- John Moody, Seward
- Terry Graver, Elkhorn South



ALL-STAR GIRLS BASKETBALL GAME RESULTS - 2016



Final Score – Blue Team 75, Red Team 61

Leading scorers – Red Team

- Grace Barry, Lincoln East - 11
- Rebecca Stewart, Minden & Maddie Meadows, Gretna - 9
- Katey Brown, GACC & Amanda Hansen, West Point-Beemer - 8

Leading scorers – Blue Team

- Rylie Cascio-Jensen, Fremont - 20
- Maggie Goltz, Falls City Sacred Heart - 11
- Colby Duvel, Platteview – 9
- Shelby Bretschneider, Pierce - 8

Coaches – Red Team

- Scott Polacek, Howells-Dodge
- Wally Johnson, Louisville

Coaches – Blue Team

- Jason Boyd, Kearney
- Luke Santo, Falls City Sacred Heart

ALL-STAR VOLLEYBALL GAME RESULTS - 2016



Final Score – Blue Team wins 3-1 (25-23, 24-26, 25-21, 25-20)

Totals – Red Team

- 84 digs, 49 assists, 55 kills, 14 blocks

Totals – Blue Team

- 89 digs, 40 assists, 44 kills, 19 blocks, 5 ace serves

Leader in Kills

- Blue team – Olivia Nicholson (North Platte) had 12 kills & Alyssa Woodman (Skutt Catholic) added 9.
- Red team – Alison Kuenle (North Platte) & Elizabeth Loschen (Omaha Marian) had 10 kills each, & Halie McArdle (Gretna) added 7.

Leaders in Assists

- Blue team – Brianna Boender (Waverly), 17; Maddie Squiers (Kearney Catholic), 14.
- Red team – Taylor Crandall (Papillion-La Vista South), 25; Morgan Alexander (Ord), 21.

Coaches – Red Team

- Mary Schropfer, Lincoln Southwest
- Jodi Brown, Omaha Central

Coaches – Blue Team

- Kristen Lebeda-Svehla, Papillion-La Vista
- Dani White, Freeman

2016 NCA-Proactive Coaching All-Star Most Valuable Teammate Awards



NCA-Proactive Coaching Girls' Basketball All-Star Most Valuable Teammate Award Winners: Blue Team – Colby Duvel, Platteview and Red Team – Grace Barry, Lincoln East..



NCA-Proactive Coaching Boys' Basketball All-Star Most Valuable Teammate Award Winners: Blue Team – Trevor McKeone, Lexington and Red Team – Andy Kerkman, Clearwater-Orchard.



NCA-Proactive Coaching Volleyball All-Star Most Valuable Teammate Award Winners: Red Team – Morgan Alexander, Ord and Blue Team – Maddie Squiers, Kearney Catholic.



NCA-Proactive Coaching Softball All-Star Most Valuable Teammate Award Winners: Blue Team – Emma Dargy, Papillion-LaVista and Red Team – Mikaela Pechar, Millard West.

GREAT COACHES ARE MORE THAN Xs AND Os.

IT GOES BEYOND THE WINS AND THE LOSSES. BEYOND THE FRIDAY NIGHT LIGHTS AND PRACTICES. FOR THIS MAN, IT'S LEGACY HE LEAVES IN THE HEART OF HIS PLAYERS. HE IS A TEACHER. A MENTOR. A ROLE MODEL. AN INSPIRATION. A LEADER. A FRIEND. HE IS THE POSITIVE REINFORCE-

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*Suicide Mostly Happens During the
Holiday Season...*
Myth or Fact?
The Answer is MYTH.

According to the Centers of Disease Control (CDC), suicide rates peak during the Spring and Fall

EDUCATION is the key to **PREVENTION**.

Information, tools, and resources are readily available to help identify and assist someone who may be struggling with thoughts of suicide.

The Jason Foundation, Inc., a national leader in youth suicide awareness and prevention, and the National Organization of Coaches Association Directors (NOCAD) are teaming together to provide all of NOCAD's membership with access to the **Coaches Assistance Program (CAP)**.

CAP provides the education and help that you may need to help recognize the signs and symptoms of suicide in a student or student-athlete. Information is also provided to help you guide and support your athletes through stressful life situations.



www.jasonfoundation.com/coachesassistanceprogram/

Coaches Care Blood Drive Continues as Lincoln's Largest Single Summer Day Donation Drive in 2016



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 27 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 fourth 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 in the form of gift cards.

Overall, the *Coaches Care* program demonstrated that the coaches of Nebraska do care. 143 total units of blood were donated on the day – the second highest total for the drive.



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