



nebraska coach

SEPTEMBER 2017

**Set For The
New Year**

Fall Season Articles

NCA Awards

**2017-18
Programs & Benefits**

Ashlyn Power
Lincoln Christian



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The 2017 NCA Red All-Star Volleyball team honors America during the National Anthem prior to the All-Star match. The red squad captured the match in four sets. See page pages 42-43 for All-Star summaries. – Callam Sports Photography



Cover Photo Courtesy of Callam Sports Photography

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Coaches enjoy the NSEA Ice Cream Social on Wednesday afternoon of the 2017 NCA Multi-Sports Clinic. – NCA Photo



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

FEATURED 2017-2018 NCA UPCOMING EVENTS

NCA Board Meeting
October 1, NSAA/NCA Building, Lincoln

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

State Volleyball Sportsmanship Awards
November 9-11, Lincoln (need evaluators)

NCA Sportsmanship Summit
November 14, Alliance HS

NCA Sportsmanship Summit
November 15, Kearney HS

NCA Sportsmanship Summit
November 16, Midland University - Fremont

**NCA/USA Football Championships
Football Clinic**
November 19, Embassy Suites, Lincoln

NCA Board Meeting
January 21, 2018, Adams Central HS

NCA/Fundraising University Baseball Clinic
January 27, 2018, Creighton University

NCA Track & Field Clinic
February 3, 2018, NSAA Building, Lincoln

State Cheer & Dance Championships
February 16 & 17, 2018,
Heartland Events Center, Grand Island

NCA Board Meeting
April 22, 2018, NSAA/NCA Building, Lincoln

NCA Multi-Sports Clinic
July 24-26, 2018, Lincoln North Star High School

The Nebraska Coaches Association
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Education Based Athletics The Window to Success

Russ Ninemire – NCA President – Omaha Marian High School



As your new NCA President, I would like to personally thank you for your membership and your attendance at this year Multi-Sport Clinic. Once again, we had a record crowd for this event and hopefully we can add to it next summer.

As we embark on celebrating a new school year, it is my great pleasure to welcome you to the Nebraska Coaches Association. We are very fortunate to have dedicated and decorated coaches leading our students-athletes as well as a strong

network of support from your community staff, alumni, and parents.

Athletics is the window to success at all of our high schools throughout Nebraska. Education-based athletics can be intentionally designed to further the educational development of young men and women through participation. We at the NCA believe that commitment, dedication, and the process of learning to respect others in athletics will serve as a foundation of each student's continued growth and life's long learning experience. Athletic success is most often measured by wins and losses, but the success we take the most pride in is the valuable life lessons that our student-athletes experience and learn from.

I believe strongly in the values of high school sports. I love to see students build friendships, create lifetime memories, celebrate their success and learn from their failures. I enjoy getting to know kids and building teams. Through this experience we are helping to provide opportunities for each individual to gain leadership skills, to learn about being part of a team, to help them deal with adversity, and to appreciate the importance of good sportsmanship on the field and in the stands.

It is my belief that coaching high school sports is one of the most difficult jobs in education. Coaches are expected to win, teach life lessons, build a team and make sure everyone has fun. Coaching is challenging, but it is also rewarding. You are one of the fortunate individuals that can be called *COACH*.

Finally, I would like to wish you all a great year. If the NCA can be of any help please contact Darin Boysen, Saundi Fugleberg or any NCA Board Member.



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NCA Partner USA Football Kicks Off Rookie Tackle Pilot Program



In order to continue to grow, perhaps the sport of football needs to shrink a bit.

Earlier this summer, USA Football announced the release of its Rookie Tackle pilot program, a bridge between flag and traditional 11-player tackle which features, among other modifications, smaller fields and fewer players per team.

This fall, 11 youth leagues across nine states are piloting Rookie Tackle, which draws from the U.S. Olympic Committee's American Development Model (ADM) to help young athletes learn, grow and develop within a sport.

The Nebraska Coaches Association is a partner of USA Football and endorses its Heads Up Football program of evidence-based practices to advance player safety and help teach the sport's fundamental skills. Where Heads Up Football advances player safety, Rookie Tackle focuses on skill development and growing the sport.

In addition to serving flag players aspiring to play 11-player tackle, Rookie Tackle provides an entry point to learn tackle football skills. A smaller setting with more focused instruction is designed to benefit young players and keep the game fun.

Scholastic and football leaders see the Rookie Tackle pilot as a forward-thinking step.

"It's a game that teaches so much, it's a great education, it's a stepping stone, it's a transition to 11-player football and I can't think of a better game that does it," said National High School Hall of Fame football coach Chuck Kyle of Cleveland St. Ignatius High School.

"Our No. 1 priority is to make sure our students learn and grow, and while this must happen through the classroom, our young people can also develop character through athletics," said Dr. William R. Hite, superintendent of The School District of Philadelphia. "We are glad to partner with USA Football to provide our students with a safer, fun and healthy experience with the sport."

Added Pro Football Hall of Fame Contributor and ESPN NFL Analyst Bill Polian, "The proper development of young players is important to ensure the sport's long-term viability. Rookie Tackle is the right step to ensure football's enjoyment is continued for generations to come."

Key highlights of Rookie Tackle include:

- One traditional field is large enough to contain two Rookie Tackle games simultaneously.
- Teams consist of six, seven or eight players while players on offensive and defensive lines begin each play in a two-point stance.
- There are no special teams in Rookie Tackle, fostering a quicker-paced game with more offensive and defensive snaps as players rotate through multiple positions.

Following the 2017 season, USA Football will evaluate and review the pilot to understand how everyone involved — players, parents, coaches and commissioners — embraced the concept and what changes may improve it for 2018.

Below are the 11 programs that are participating in USA Football's Rookie Tackle pilot program this season:

- Austin, Texas: Hill Country Pop Warner
- Cleveland, Ohio: Cleveland Rookie Tackle
- Frisco, Texas: Frisco Football League
- Indianapolis, Ind.: Indy Youth Sports
- Lakewood, Colo.: JeffCo Midget Football Association
- Lexington, Ky.: Central Kentucky Youth Football League
- Oregon City, Ore.: Tualatin Valley Youth Football League
- Philadelphia, Pa.: The School District of Philadelphia

- Smyrna, Ga.: Georgia Girls Tackle Football
- Westfield, Ind.: Westfield Youth Football League
- Yaphank, N.Y.: Suffolk County Police Athletic League Football

To learn more about the USA Football Rookie Tackle pilot program, visit usafootball.com/rookietackle.



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Competitive Points

Diane Torson - Head Volleyball Coach - Hampton



One of the challenges I face coaching in a small school is keeping the girls competitive when there are such few numbers. I started doing what I call Competitive Points many years ago. I picked up the idea at a volleyball clinic. Basically, in Competitive Points, I keep track of points earned by the players. I post the chart in the locker room so the girls can see where they stand in points. Most of the time, I do a season winner but I have done a daily and weekly winner as well. At the end of the season, the girl with the most points earns a prize.

These are some of the many activities I use for the girls to earn competitive points.

1 on 1 up the ladder. I divide the net into 4 or 5 courts depending on numbers. The 10' line is the end line. The serve is an underhand toss. Depending on what I want to emphasize that day, I will dictate 1, 2 or 3 contacts, type of contacts and if blocking is allowed.

Rally scoring. At the end of time, the winner moves up one court. The person who loses at the top of the ladder moves down to the bottom of the ladder. I use 1:15-1:30 minute games. Whoever goes undefeated would win 1 point for competitive point competition. Depending on the situation, I may count only the wins on the top of the ladder.

2 on 2—same principle as 1 on 1. I change the boundaries and rules. I either have them move up the ladder or I have them play round robin format. The overall winning team would each earn a competitive point. If I don't intermix the girls, I will then use one net for varsity and the other net for jv players. Then there will be two teams who win competitive points.

3 on 3/ 4 on 4—I use this in a Giant Queen of the Court format. I count only the wins they earn on the Queen Court. Each person on the winning team will earn a competitive point.

Giant Queen of the Court—I have two courts. One net will be court 1 & 2, the other net is court 3 & 4. The 4 court is the Queen court in which the team can score a point if they win on that court. Court 1 & 3 always serves to 2 & 4. If court 1 wins, they move to court

3, court 2 stays. If court 2 wins, they move to court 3 and court 1 moves to court 2. If court 3 wins, they go to court 4 and

court 4 would go to court 1. If court 4 wins, court 3 moves to court 1. If there are more than four teams, the team that loses on court 3-4 would go to the end of the line and a team that is waiting will fill in on court 1-2. I usually have them play one rally and move. Depending on what skills I want them to work on besides serve/serve receive, they either have to stay behind the 10' line or I have them play the whole court. The team that has the most wins on the Queen court at the end of time would each earn a competitive point.

Partner Serve Around the World—Each partner must serve to each zone but to count as a legal serve, the non-serving partner must be seated and catch the ball out of the air not off the bounce. They switch every time the ball is caught. The first duo to get all serving areas wins the competitive point.

Team Around the World—this is very similar to partner around the world except I have 2 teams. Each person must serve the correct zone before moving on to the next zone. This time the ball in not caught. The ball just needs to land in the correct area. I have cones out so that each area is clearly marked. First team around wins and all team members earn a competitive point.

Area Individual Serving Contest. I use this activity to end practice. I have cones that mark the area in which they must serve the ball. If the girl serves the ball into the coned area, she moves to the next round. If the ball is not served into the area, they are out. For each round, make the coned area smaller. The winner earns a competitive point.

The girls enjoy doing this activity as a fun and different warm up. I found that when I attach competitive points, they become more competitive, hustle, and talk more. We call it the Circle Spin Warm-up Game. I divide all the girls out for volleyball into two teams. Which means more that 6 girls per side will be out on the court. Both sides form a tight circle and spin. A coach will input the ball. It can be an easy ball to get or a more difficult ball to play. Once the ball is put into play, the girls must detach from the circle and play the ball. Regular volleyball rules apply during the rally. The side that loses the rally, the girl who made the mistake goes to the sideline. The process is repeated. The winning side is the side that has player(s) left. We play best 2 out of 3. The team that wins, all members earn a competitive point.

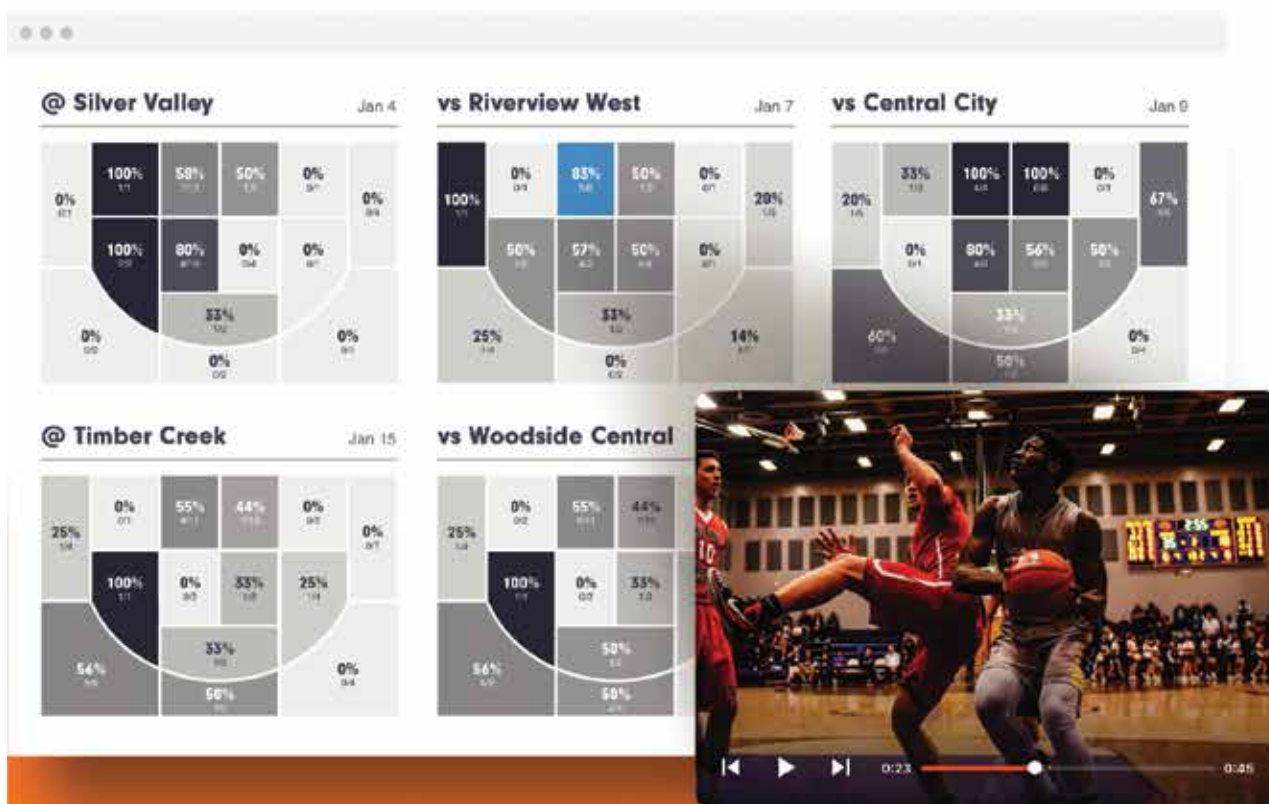
I have been doing Competitive Points for many years. What I have found is the girls put forth more effort in the drills/activities when I attach competitive points. Not only are they improving their competitive skills, they improve their thinking skills along with helping improve their leadership skills. It has made our practices more intense and fun. In turn, we perform much better in our matches.

I hope this will give you some different ideas to spice up practice and improve competition. Best of luck during the 2017 volleyball season.



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Cross Country Hill Workouts

Colin Johnston - Cross Country Coach - Millard West



Developing a training plan can be looked at as a balancing act between the science of training and providing the right stimulus at the right time for each athlete. This art and science of training is something I think about a lot when working with the cross country team and distance runners at Millard West. I believe in having a scientific basis for the

type of training we do, but understand everyone is unique and responds differently to training. I spend a lot of time reading current scientific research, interviews with runners and coaches, attending clinics, and researching the history of the sport, and one of my main takeaways is to never copy exactly what others are doing. I believe in adapting training to fit your current situation – training environment/terrain and experience of the athletes. I always learn something from reading and attending clinics, but often cannot do exactly what another coach is doing. It must fit into our overall program and be attainable, otherwise it will not work. One such idea I have adapted to fit our training environment is hill training.

If you look back at one of the most famous and successful distance coaches in running history, Arthur Lydiard of New Zealand, you will see he dedicated an entire training mesocycle to hills. Lydiard's hill cycle used steep hill running, hill bounding, and hill springing in training to develop the muscular endurance and explosiveness necessary in distance running. Although many coaches and distance runners have made modifications to Lydiard's original hill phase, his rationale and concepts have remained in many programs around the world.

Here at Millard West, we are lucky in that we have many hills surrounding our school. We spend much of the summer building our aerobic base, but also spend time building a strength base through the use of hills. One day per week throughout summer conditioning, we have a hill day. We rotate weekly between three hills of varying lengths: one shorter hill, one medium length hill, and one long hill. We also do short build-ups or sprints uphill after an easy run one day per week.

In my opinion, there are three primary reasons to utilize hills in cross country training: Improving Running Economy (Efficiency), Strength, and the psychological aspect.

1. Running Economy (Efficiency):

A key to running efficiency is minimizing ground contact time. Running uphill requires good running form (staying tall, lifting the knees, pumping the arms) and running with a high cadence using gravity and bodyweight as resistance.

This helps to develop the explosiveness and elasticity in our muscles to help minimize ground contact time. Hills can also help to recruit different types of muscle fibers which may or may not be recruited in other types of training.

2. Strength

Depending on the length and grade of the hill we are running, we can work on different aspects of strength. With our short hill sprints and shorter hill we are working to improve our muscular power. The medium length hill helps to build muscular endurance and the long hill helps build aerobic strength and muscular endurance.

3. Psychological

Running uphill is HARD. Learning to become comfortable being uncomfortable is key in distance running. Because most of our cross country courses have hills, practicing hills and learning how to run them helps mentally prepare for the demands of racing.

Millard West Cross Country Hill Workouts

- Easy Runs & Long Runs over rolling hills. These runs help train slow-twitch muscle fibers with a small aerobic strength component.
- Hill Sprints. ~75-100 meters in length. In lieu of strides on the track after an easy run, one day per week during summer conditioning and during the season we will run hill sprints after an easy run. These hill sprints increase muscle force production, recruits intermediate- and fast-twitch muscle fibers, and helps teach our runners to run biomechanically sound.
- Short Hills. ~175-200m in length. We run this hill at around race pace effort, not time. We have found that this is a good transition workout prior to intervals and repetitions during the season.
- Medium Hills. ~400m in length and fairly steep. We run this hill at approximately 5k-10k pace effort. This hill is as much psychological as it is physiological. This hill helps develop muscular strength and muscular endurance. This is another good transition workout that we utilize during the summer and also touch on during the season.
- Long Hills. ~800m in length. This hill is more gradual and is run at lactate threshold effort. This hill is more aerobic in nature but adds a strength component.

Beginning Hill Training:

- Focus on turnover, picking up the knees, and driving our arms. Shoot for a midfoot/forefoot stroke and a high cadence.

- Maintain good posture.
- Focus on a spot ahead and slightly uphill to keep head and neck relaxed.
- Rest should be nearly complete when running hill sprints. Hill sprints are not for conditioning. They are used to recruit as many muscle fibers as possible and work explosively.
- When adding hills to a training program, start with very few repeats and gradually add repetitions as your body adapts.

• Mid to Late Season

We touch on hills because we never want to get away from any training component completely. We do hill sprints one day per week and may do short to medium hills as part of a workout, but do not have a specific hill workout day. An example would be a combination workout in which we run a tempo run followed by several hill repeats. Another example would be race pace intervals followed by hill intervals.

Hills In Our Training Plan


• Base Phase

Alternate through each type of hill on a weekly basis. Depending on the intensity, number of repetitions, and recovery interval, these hills can be a good transition workout before VO2max intervals and lactate threshold training. These help to create a strength base, rather just strictly an aerobic base. Fridays during summer conditioning are our Hill Day at Millard West. Wednesdays we run hill sprints after an easy run.

• Early Season

Focus more on the short and medium hills to prepare our body for race pace workouts and races. We do hill sprints one day per week, and a specific hill workout one day per week the first few weeks of the season.



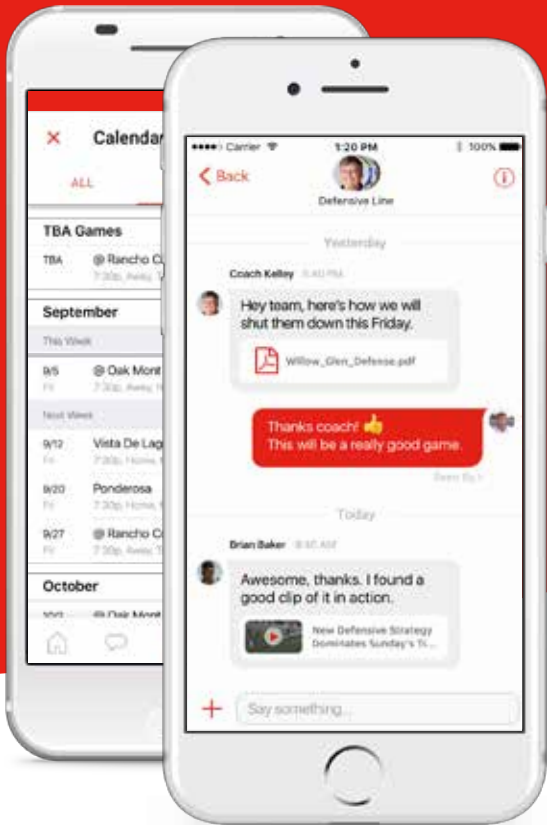


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Winning Defense in Softball

Terry Graver - Softball Head Coach - Elkhorn South



Defense starts with great pitching. Whether you have that over powering pitcher or not, every successful team must play solid defense in order to win close/high level games. Our teams have benefitted from several defensive strategies that I will discuss further in this article.

Bunt Coverage

One bunt coverage for all situations, regardless if there are runners on first base or first and second base. The first baseman and the third baseman charge the ball with the pitcher and catcher covering their respective areas. It is preferred that the catcher, third baseman and first baseman cover everything they can with the pitcher fielding as the last option. The shortstop always covers third base; she never covers second base. *The player fielding the bunt is to throw the ball to first base and get the out.* In my opinion, most teams' coaches have developed great base runners who will get to their bases by anticipating the upcoming bunt with a good lead off. Avoid big innings by getting the out, rather than focusing on the lead runner. When a team bunts, I view it as one of the 21 outs we need to win the game.

Slap Defense

The second baseman is positioned next to the pitcher and the first baseman moves back next to first base. The shortstop plays in the baseline and the third baseman is up. The outfield moves up to the edge of the grass. The idea is to force the batter to hit the ball in the air and pop out. After the batter has two strikes, the infielders and outfielders move back a few steps. Throwing slow change-ups to slappers has also been effective. Most slappers have a difficult time keeping their hands back to stay with a change-up.

Steal Coverage - 1st /3rd Plays

1st/3rd defense depends on the inning and score. The following defensive strategies are used with runners on first and third base:

1. If ahead by more than three runs, a run is traded for an out. We try and throw out the runner stealing 2nd base. Another potential outcome is that it may kill a rally.
2. The catcher shows her back to third base, comes up hard to simulate a throw to second base, and then fires a ball to the pitcher hoping that the runner sneaks off. You would think that would never work? This occurred during a state final a few years ago as we got the runner hung up and got the out. It completely changed the game.

3. The catcher throws the ball just to the left of the pitcher 'simulating' a throw to second base but the shortstop cuts it off, anticipating the movement of the runner on third base. The runner sees the ball go by the pitcher and usually takes off for home. If this play is to be attempted, decide the most opportune time to do so since the offense will be expecting it in similar situations for the remainder of the game.
4. The catcher holds onto the ball and does nothing. The rest of the team knows the priority of each play. The outfield knows the play so they can be in proper back up position.

Steal Coverage - Runner at 2nd Base

The goal is to make things simple and take the guessing out of what coverage plan is being executed. One of three plays may be used with a runner stealing third base:

1. The catcher holds the ball, especially in a tight game where a bad throw could end in left field. This play may also be called when there are two outs.
2. The third baseman covers third base. If the batter shows bunt, the pitcher has third base line and the third baseman covers on a steal if they try to fake bunt steal.
3. The shortstop covers third base if a bunt is anticipated. The shortstop still covers if they steal and don't show bunt. The third baseman needs to be up to field the bunt, making it difficult for this position to cover the base if needed. The plays are kept simple so the players know who needs to be where in each situation.

Runner at 3rd Base - Less Than Two Outs

The following plays may be used with a runner on third base and less than two outs:

1. Infielders play in. The corners are up close and the middle infielders are in the baselines ready to come home with the ball. When in this coverage we don't want the runner from third base to score. This strategy may be used when we have a one run lead late in the game or the runner is the winning run. It is important to get the out at first but even more so to freeze the runner at third base.
2. The corners are positioned at their regular depths but the middle infield plays half-way, ready to throw home if the runner attempts to advance. It is okay if the runner scores if the result is an out. The infielders have the green light to attempt a throw to home IF it is a hard ball and they can get them 100% of the time.
3. The infielders are positioned at their regular depths and make the play at first base to get the out. This strategy is used when we are up five runs or more, trying to get outs and stop a rally from starting. Outs are important and we never try to get the runner going home!

These strategies are practiced with runners so the infielders become familiar with and can execute them in game situations.

Extra-Inning Defense

It is not atypical to have three to four extra-inning games per season. The players need to be able to execute what they have practiced during tight games, and preparing them is the responsibility of the coaching staff. We welcome extra innings games because we feel confident in making the plays necessary to win. With the runner at second base, the regular bunt coverage applies and the play is to get the out at first base. The approach also depends on whether a team is visitor or home team. If home team, the infielders and outfielders move in close enough so they can throw a runner out at home. The goal is to keep the runner from scoring, but it is not the end of the world if they do. Ultimately the defense wants to avoid a big inning and limit the offense to the one run. We have confidence to get our run in and hopefully score a few more to win the game. If we are the visiting team and the inning ends without a run, the pressure is really on. We practice against squeeze plays by making our infielders assume the runner is going and flip the ball to the catcher. We have outfielders (after catching sacrifice fly balls) come up throwing home. At times the bases have been loaded as a result of intentional walks to get the force out at home, but it is preferred to go at the batter and make the batter come up with a big hit or squeeze play. It is very important for players to experience tight/game-on-the-line situations. Always practice with live runners when practicing extra-inning defense!

Lead Runners

The defense wants to get lead runners out, but the cardinal rule to play by is: **YOU ARE NEVER WRONG IF YOU GET AN OUT!** It doesn't matter if a runner gets to second or third base if the result is an out. Rallies begin when the decision is to try and get the lead runner out but without success. Take the out and find a way to get out of the inning.

Outfield Play

Outfielders practice every day hitting cuts, throwing home, getting behind the ball, taking angles to cut off balls, and taking drop steps. The center fielder is the quarterback of the outfield, communicating with the other outfielders and taking every ball they can.

Team Defense

If you want to be a successful team, you must play solid defense at a high level. Preparation via practice for every situation is crucial and builds confidence in a team. Defense wins championships! Don't beat yourself by making errors and poor decisions. If you ever need anything, please feel free to contact me at: tgraver@epsne.org

Good luck this fall!

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Drills They Don't Want to Stop

Jon Holtz - Boys & Girls Tennis Coach - Elkhorn High School

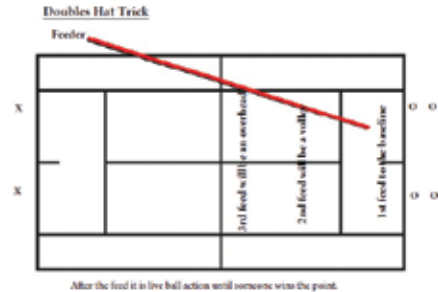


At the end of practice every day, I usually have the players pick a drill they want to do to finish the day. Consistently, they have about three go-to drills that we always seem to play. I really like that we finish with some high-intensity drills. In fact, sometimes we end up going over time because the players don't want to quit. In fact, they usually want to come back and finish where they left off from yesterday. Here are three of the most common drills with which we finish each practice.

Doubles Hat Trick

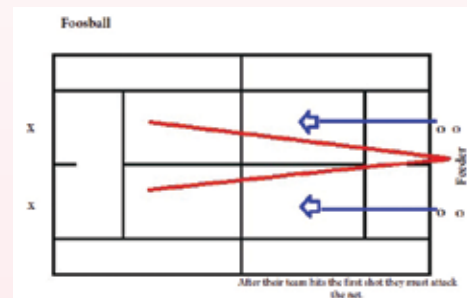
This drill works on ground-strokes, volleys, and overheads and is a coach-fed drill. I usually stand at the baseline and feed from the side of the court so I don't interfere with play on the court. The ideal number of players is 6-10. On the side from which I am feeding are the winners. On the other side are doubles teams which are the challenging teams. I feed to one of the players on the challenging team at the baseline with either a forehand or backhand. If the first player misses it, I feed the other player. The object of the game is to win a live rally. If the challenging team wins from the baseline, they move up to receive a volley. I always alternate whom I feed to if the team wins the rally. If the challenging team then wins by putting the volley away, I then feed an overhead. If the challenging team wins all three shots, they are the new winners, and they move to the winning side. This game can be played with singles too. This drill is very live action and makes the players think about how to set up their next shot. The players on

the winning side also get practice being good defenders or being more aggressive so that they can stay on the winning side.



Foosball

This drill works on doubles strategies and positioning. This is also a coach-fed drill. I stand about five feet behind the baseline so I can feed to the opposite side, and I alternate feeds to the challenging players on the opposite side. After I feed the ball, the challengers hit the ball and rush the net. They must know who is covering the middle and where to stand when approaching the net. In order to get the players to step into their volleys and put the points away, I stress that they must not stand too close to the net. The challengers must win three points at the net to become the winners. In order to allow points to be played out, the winners cannot hit a lob on their first shot. I also stress to the players that they must move together as one unit. If one of the doubles players at the net moves, so should his/her teammate. This drill helps players with court awareness when they are at the net and also helps with placement of volleys and overheads. Additionally, this drill helps the winners practice hitting passing shots and strategizing where to place the ball in doubles.

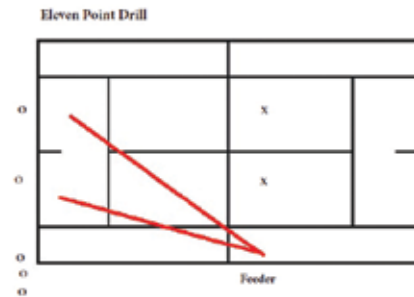


The Eleven Point Game

This final drill is really fun, yet it works on all the skills in tennis. Like the others, it is coach fed. I stand at the net post when I feed for this drill. I also make sure to alternate feeds with this drill. The challengers are at the baseline, and the winners are at the net. If the challengers win a point because the winners miss, I give them one point. If the challengers win a point in which no one touches the ball, they get two points. Again, players can't lob on the first feed. The challengers get only four chances as a team to rack up points. If they don't get any of the points, I go to the next team or if you need to just rotate the next two challengers. This rotation makes this game very competitive, especially when teams get close to 11 points—the winning score. I want to teach my players to put away the point and become the winners when everyone else is rooting against them. This drill focuses on so many aspects of tennis from skill sets to the strategies that lead to victory.

All these drills are ways of creating live-ball action when teaching tennis. Many times, I will just stop the point to give advice on what to do, what should have

been done, or what was done particularly effectively. These teaching opportunities can help build smarter players. I also love that these drills encourage players to be more competitive, even while they are having fun. Finally, I wouldn't feel right not giving credit to the mentors in my life who showed me how to be a coach. Thanks for giving me the opportunity to pass on your great drills. Good luck this season to all the tennis coaches out there! I look forward to seeing you on the courts.



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Building Positive Results by Teaching: Targets, Pre-Shot Routine & Short Game

Chris Thomson – Director of Golf – Wilderness Ridge Golf Club, Lincoln



First I want to say that the dedication and commitment that any high school coach makes towards bettering a young athlete in any given sport is tremendous. I have had the opportunity to coach many young boy and girl golfers over

my 30 year career and found that consistent positive reinforcement for the young player is key to their success.

Golfers tend to think towards the bad things that might happen to their shot, such as going out of bounds or in the water. So first, one of the things that I consistently work on is their fundamentals and their pre-shot routine. Getting a player, especially a young player, to start focusing on where they want the ball to go, instead of how to make it go, can get them into a better frame of mind before they hit the shot. Getting the player to understand that golf is about “targets” and not the swing is key. In golf, everything is based on the next shot. For example, getting a tee ball positioned in the fairway is important to the next shot approaching the green. A ball out of play has no chance for a proper next shot.

So, what I work on is how to successfully build a pre-shot routine that works for that particular player. I teach them how to pick targets and get lined up properly to that target. How to make an effective practice swing and understand the balance position so they can repeat this before each shot.

As a high school coach, reinforcing this with all players will breed more consistency as the kids make swings. If you evaluate every sport, a player will

consistently do the same thing every time, whether they are shooting a free throw in basketball, pitching a ball in baseball or even up to bat at the plate. This will allow the player to actually have a blueprint for success to get around the golf course. Players will be picking spots and lining up so that they are preparing for the next shot.

The other main area I focus on with kids is their short game. Many players, especially young players, don’t want to practice the short game (chipping, pitching, flop shots, putting, bunker shots, etc.) because to be honest, it’s just not that much fun. However, learning to improve this area of the game and learning how to practice more efficiently will make them a much more effective player on the course. I tell all my students that whatever they are practicing on the range, they need to double it at the putting and chipping green. Learning the proper processes no matter which short shot it is will allow that player to carry over their skills to the course. The young golfer can begin to play like they practice. A player that focuses enough time on their short game will reap the benefits through lower scores, no question! Coaches should put into place a certain day where the team practices nothing but short game each week. My son formerly played for Coach Danson at Lincoln Southwest and they have a drill called the “red zone.” This drill starts at 100 yards and they play out from that spot for the 9 holes focusing on hitting spots on greens and getting more shots up and down. This part of the game could be the difference in winning a state championship or coming in 5th. So, as a coach do not neglect this area of the game!

Bottom line, at the end of the day the high school player needs to have a good experience whether with the coach, their instructor or their comfort in competition. Stress the fun factor with kids and you will get more out of them. Players will miss a short putt or make a bad score on a hole - that’s ok; just make sure they learn from it and what they might

do differently the next time. Be positive with kids, reinforce fundamentals such as grip, alignment, posture and good balance as well as picking their target and creating a practice routine that works for them. Help give them the blueprint on how to play a course in advance so they are prepared when they arrive.

All these things will equate to better play. If a student is working with an instructor, you can ask

what they are currently working on so you understand as a coach how to effectively communicate with your player. This communication can prevent you from providing conflicting information or instruction that contradicts what they are already doing. Good luck and keep it fun!.



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What it is like to be a Schuyler Warrior

Jim Kasik - Assistant Principal & Athletic Director - Schuyler High School



As our current Athletic Director, former Head Coach of 22 years and a parent who raised three boys who competed in numerous activities in this district I would like to give you a little perspective on what it is like to be a "Schuyler Warrior".

I have been in this district forever, I graduated from Schuyler High in 1984 when our population was 98% white and mostly comprised of farm kids. We look much

different today, with nearly 80% Hispanic along with students from 27 other countries. I have watched our district change over these years and believe even more today that kids are kids regardless of their color, their language or their place of birth.

So why am I writing this, I probably have not told you anything you already do not know. I am writing this so you have a little insight on what our district deals with on a regular basis. First of all our parents who attend games hear the comments from other fans on a regular basis. "Ya we are playing a bunch of Mexicans, it should be an easy game." "Those kids can't even speak English." "Wait until Trump sends them all home." Those are just some of the things that our fans hear about their kids.

Our coaches have a team that in many cases does not have the experience, skill level or resources to compete with many of their opponents. Our kids do not go to summer camps, lift weights or work on skills in the off-season because their families do not have the resources to do this. Our coaches have to tell our kids to use good sportsmanship and not retaliate regardless of how they are treated.

What about our athletes. They are called racist names; they are spit on by other opponents and told to go back home or wait until Trump builds the wall. They see other student bodies bring dozens of Trump signs to our games and watch their administration do nothing and say this is just freedom of speech. They see other opponents specifically target our players to intentionally take them out of the game and in some cases the officials look the other way while this happens. When a

locker room has been left a mess and unflattering comments are written on the board we are the first team to be accused of this and when it is found that it was another team who is 95% white our kids get no apology.

So when I see our parents, our coaches and our students walk on to a field, a court or a mat and compete as hard as they can with dignity, respect and great sportsmanship it makes me very proud to be a Warrior. When I see other teams who treat our kids poorly, I know that these actions are fostered by the comments that these kids hear at home or from their coaches. When I see one of our Hispanic kids being treated poorly and I see my son and some of his white friends stand up for their team mates I know we have done something right here at Schuyler. It is hard to really give you perspective on what it is like to grow up in a district like ours. You can really only understand it if you from Lexington, Madison, South Sioux City, Omaha South or the other hand full of districts who are like us.

Our kids do not want your pity, they do not want you to take it easy on us, they do not want any apologies. All we want is for you to have a little perspective on what it is like to be a parent, a coach and a student in our district. "Walk a mile in our shoes" and you may think a little more before you act and you may think about what example you are setting for your others to see.

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Andy Cunningham Millard North High School

- High school P.E. teacher.
- Coach for varsity girls, boys swim teams.
- Building representative for Millard Education Association.
- Delegate to NSEA's annual Delegate Assembly.

“The biggest benefit I see is the advocacy for teachers and members at the state and the school district levels. The Millard Education Association advocates for members through the collective bargaining agreement. The NSEA works with and meets with state senators to make sure public education remains as strong as it has been historically.”

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26th YEAR THE NCA CAREER MILESTONE PROGRAM HAS RECOGNIZED COACHES

Jerry Stine

59 Coaches Receive Recognition in 2017

This year 59 coaches applied for the NCA Jerry Stine Family Career Milestone award, with 63 applications submitted in all. During the 2017 NCA Multi-Sports Clinic Sport's Meetings 17 coaches were recognized for obtaining level I certificates, 20 coaches level II, and 14 coaches level III. Eleven coaches received the level IV plaque (the ultimate award in this program) at the NCA Awards Banquet, one coach receiving Level IV recognition in two sports. 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.

Nanonation has created a user-friendly program for the NCA that all the 1992 – 2017 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 1,405 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 email Stine at jlstine@cox.net. A milestone application may also be submitted to Stine by e-mail.



NCA Jerry Stine Family Milestone Level IV Award recipients in attendance at the 2017 NCA Awards Banquet: From Left to Right – Lois Hixson, Aurora, Volleyball; Tod Heir, Twin River, Basketball; Mark Hrabik, Syracuse, Basketball; Doug Zoucha, Norfolk Catholic, Boys' Cross Country; Rick Peterson, Callaway, Girls' Track & Field; Jerry Stine; Chuck Ross, Wisner-Pilger, Basketball; Rocky Ruhl, Wayne, Boys' Cross Country; Jody Rhodes, Paxton, Basketball & Volleyball; Lee Schroeder, Howells, Wrestling – Callam Sports Photography.

2017 MILESTONE AWARD RECIPIENTS

NAME	SCHOOL	SPORT	NAME	SCHOOL	SPORT
Level IV:					
Tod Heier	Twin River	Basketball	Travis Friesen	Lindsay Holy Family	Girls' Track
Lois Hixson	Aurora	Volleyball	Bill Giffin	Amherst	Basketball
Mark Hrabik	Syracuse	Basketball	Tim Johnk	Creighton Prep	Football
Rick Peterson	South Loup	Girls' Track	Wally Johnson	Louisville	Basketball
Jody Rhodes	Paxton	Volleyball & Basketball	Steve Neptune	West Holt	Football
Chuck Ross	Wisner-Pilger	Basketball	Terri Neujahr	Waverly	Volleyball
Rocky Ruhl	Wayne Boys'	Cross Country	Craig Newcomb	Bertrand	Basketball
Dave Sautter	Alliance	Basketball	Todd Peterson	Papillion-LaVista	Softball
Lee Schroeder	Howells-Dodge	Wrestling	Scott Porter	Cambridge	Football
Darcy White	Exeter-Milligan	Volleyball	Marc Rexroad	Oakland-Craig	Girls' Track
Doug Zoucha	Norfolk Catholic Boys'	Cross Country	Jim Rose	Fillmore Central	Basketball
			Hayley Ryan	Overton	Volleyball
			Tahner Thiem	David City	Wrestling
			Emily Vaughn	Elkhorn Valley	Volleyball
			Sarah Wilson	Sidney	Volleyball
Level III:			Level I:		
Dan Davenport	Waverly	Wrestling	Nathan Behlke	Dundy County Stratton	Basketball
Kevin Dunn	Omaha Westside	Softball	Wade Coulter	Columbus Scotus	Basketball
Shane Fruit	Ogallala	Boys' Track	Nolan DeWispelare	Lincoln Pius X	Boys' Tennis
Aaron Losing	Crofton	Basketball	Brent Dinslage	Cross County	Basketball
Tom Pallas	Seward	Volleyball	Adam Freeburg	Gering	Basketball
Tim Roberson	Lincoln Southeast	Softball	Joel Fritz	Waverly Girls'	Soccer
Kory Rohde	Wallace	Volleyball	Karmen Grant	Kearney	Basketball
Rocky Ruhl	Wayne	Basketball	Kim Hammer	Weeping Water	Softball
Rocky Ruhl	Wayne	Girls' Cross Country	Michael Jernigan	Omaha Westside	Wrestling
Tom Schumacher	Bennington	Basketball	Seth Kallhoff	O'Neill	Basketball
Jerry Stracke	Guardian Angels C. C.	Basketball	Thomas King	Stanton	Wrestling
Rob Sweetland	Wayne	Softball	Aaron Meyer	Oakland-Craig	Basketball
Darin Waddington	Wood River	Wrestling	Jimmy Motz	Columbus	Basketball
Bob Wald	Douglas County West	Volleyball	Jarrold Ridder	Columbus Scotus	Basketball
			Jason Ryan	Papillion-LaVista	Basketball
			Matt Swartzendruber	Sandy Creek	Girls' Track
			Ryan Thompson	Ashland-Greenwood	Football
Level II:					
Joe Anderson	Oakland-Craig	Football			
Kevin Behne	East Butler	Basketball			
Chad Cattau	Hartington Cedar Catholic	Football			
Brendan Dittmer	Elkhorn Valley	Basketball			
Travis Friesen	Lindsay Holy Family	Basketball			

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2017 NCA-Nebraska National Guard Service Awards



NCA – National Guard 25 Year Service Award recipients in attendance at the 2017 NCA Awards Banquet: From Left to Right – Tom Schumacher, Bennington; Scott Polacek, Howells-Dodge; Lois Hixson, Aurora; Kim Hammer, Weeping Water; Tim Johnk, Omaha Gross Catholic and Dan Lonowski, Adams Central – Callam Sports Photography.



NCA – National Guard 35 Year Service Award recipients in attendance at the 2017 NCA Awards Banquet: From Left to Right – Rick Peters, St. Paul; Doug Denson, Millard South; Jeff Bellar, Norfolk Catholic; John Bellar, Lyons-Decatur; Rick Peterson, Callaway; Keith Muller, Wilber-Clatonia and Rob Simpson, Overton – Callam Sports Photography



NCA – National Guard 40 Year Service Award recipients in attendance at the 2017 NCA Awards Banquet: From Left to Right – Russ Ninemire, Sandy Creek; Duane Spale, Hastings; Fred Spale, Raymond Central; Mike Brown, Mullen and Dan Yilk, Gothenburg – Callam Sports Photography.



NCA – National Guard 45 Year Service Award recipient in attendance at the 2017 NCA Awards Banquet: Chuck Ross, Wisner-Pilger - Callam Sports Photography.



NCA – National Guard 50 Year Service Award recipient in attendance at the 2017 NCA Awards Banquet: Tom McCann, University of Nebraska - Kearney - Callam Sports Photography.



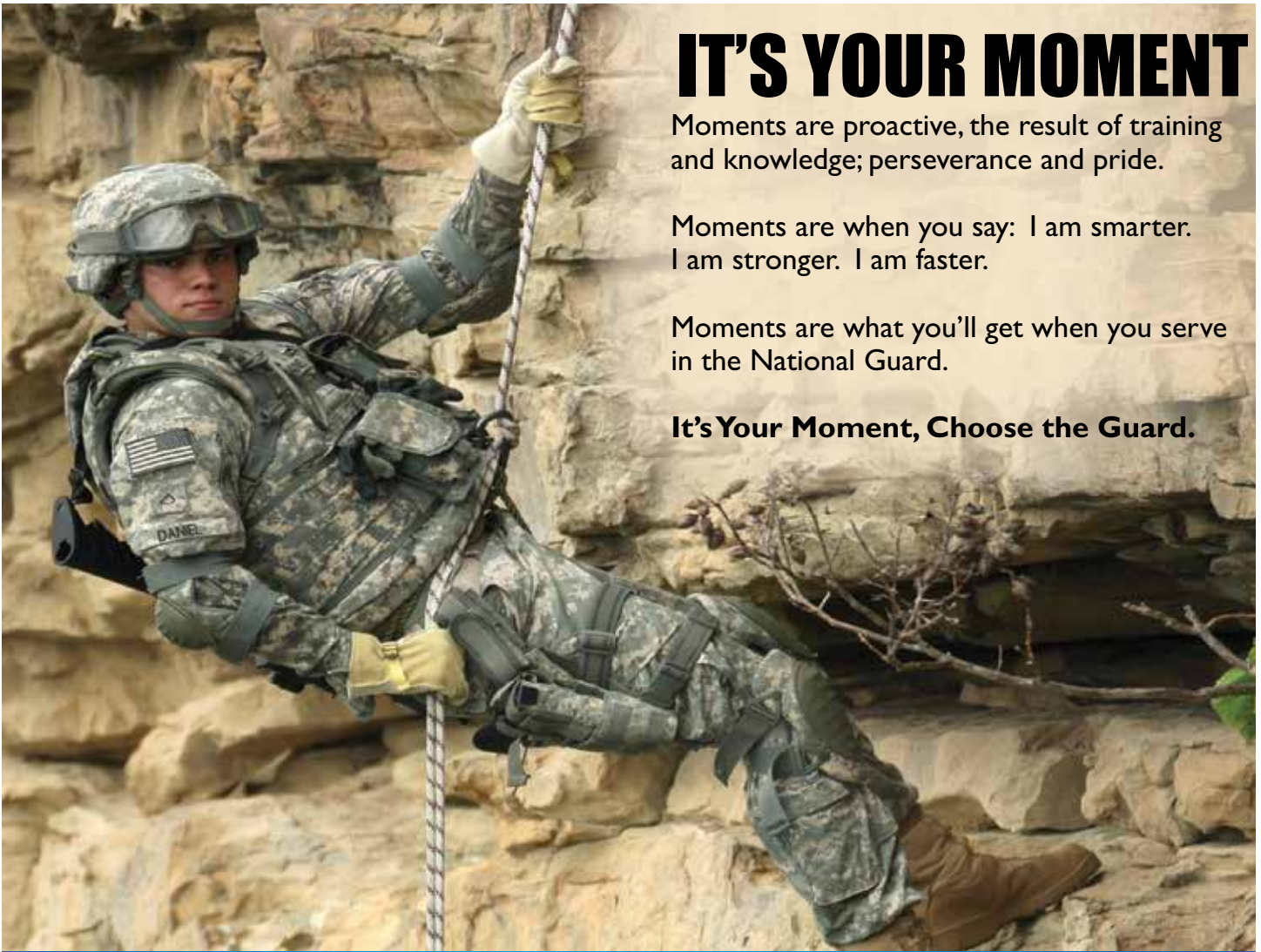
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2017 NCA - Hudl Coaches of the Year



NCA–Hudl Coaches of the Year recipients in attendance at the 2017 NCA Awards Banquet: From Left to Right – Merlin Lahm, Columbus Scotus, Girls' Cross Country; Pat McFadden, Kearney, Girls' Track & Field; Fred Kluck, Bruning-Davenport-Shickley, Boys' Basketball; Terry Graver, Elkhorn South, Softball; Scott Steinbrook, Kearney, Soccer; Matt Wiemers, McCook, Tennis; Doug Goltz, Falls City Sacred Heart, Football; Doug Denson, Millard South, Wrestling; David Nelson, Norfolk, Swimming; Scott Polacek, Howells-Dodge, Girls' Basketball; Diane Torson, Hampton, Volleyball and Tim Kassmeier, Norfolk Catholic, Boys' Track & Field – Callam Sports Photography.

2017 NCA - Varsity Cheerleading & Dance Coaches of the Year



NCA–Varsity Cheerleading and Dance Coaches of the Year recipients at the 2017 NCA Awards Banquet: From Left to Right – Andrea Feltz, Millard North, Dance and Martha Wolfe, Alma, Cheerleading - Callam Sports Photography.

2017 NCA - Country Inn & Suites Scholarship Recipients



NCA–Country Inn & Suites Scholarship recipients in attendance at the 2017 NCA Awards Banquet: From Left to Right – Jared Remar, Ralston; Braden Peters, Pender; Colby Ensz, Tri County; Emily Clarke, Waverly and Leah Treffer, Lexington – Callam Sports Photography.



2017 NCA- Jim Farrand Memorial Award Assistant Coach or Junior High Coaches of the Year



NCA Jim Farrand Memorial Award - Assistant Coach or Junior High Coaches of the Year at the 2017 NCA Awards Banquet: From Left to Right – Chuck Foxhoven, Norfolk; Margo LaBrie, Hampton and Greg Warneke, Pierce – Callam Sports Photography.

2017 NCA - Friend of High School Sports



NCA Friends of High School Sports recipients in attendance at the 2017 NCA Awards Banquet: From Left to Right – Mike Purdy, Bellevue, NSIAAA and Jeff Maul, Lincoln, Lincoln CVB – Callam Sports Photography.

2017 NCA - Nanonation Media Award



NCA–Nanonation Media Award recipients in attendance at the 2017 NCA Awards Banquet: From Left to Right – Buck Mahoney, Kearney Hub and Marc Zavala, Grand Island Independent – Callam Sports Photography.





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2017 NCA Career Coaching Award Recipients



NCA Career Coaching Awards recipients the 2017 NCA Awards Banquet: From Left to Right:

Curt Carlson – Ed Johnson Award – Boys’ Basketball
Tim Turman – Skip Palrang Award – Football
Carroll ‘Coke’ Troudt – NCA Girls Basketball Award
Darrell Barnes – Guy Mytty Award – Wrestling
Mary Schropfer – NCA Volleyball Award
Max Kurz – NCA Cross Country Award
Dick Binfield – NCA Golf Award
Les Hill – Binnie & Dutch Award – Track & Field



2017 NCA-Country Inn & Suites Scholarship Recipients



Megan Algya, Omaha Westside

A cross country and track & field athlete at Omaha Westside, Megan received Metro All-Academic and NSAA Academic All-State honors and was selected a captain on the cross country team her junior and senior years. She earned a 4.0 GPA while completing

the challenging Honors and Advanced Placement courses, and achieved a score of 33 on her ACT. Megan's cross country coach credits her for holding high expectations for herself and lauds her leadership skills, having watched her share with her teammates the knowledge and experience she gained going to camps, and doing whatever she could to help her teammates succeed beyond their own expectations. Megan plans to attend the University of Nebraska-Omaha and study Biology.



Braden Peters, Pender

A three-sport athlete throughout his high school career, Braden Peters is a State track & field meet qualifier and also participated in football and basketball. He maintained a 4.0 GPA at Pender, finished first in his class, and achieved a composite ACT score of 35. Braden's

athletic and academic success is coupled with extensive involvement in other school, volunteer, and work activities. He received several accolades and served as an officer or captain during his involvement in the FFA, 4-H, National Honor Society, Quiz Bowl, and science & math competitions, while contributing needed volunteer hours in his community and working on his family farm. Braden also worked summer maintenance and construction for Pender Public Schools and owns and operates his own lawn care business. He will attend UNL, majoring in Mechanical Engineering.



Emily Clarke, Waverly

A four-year letter winner in volleyball, basketball and track & field, Emily Clarke's high school athletic career has garnered much individual and team success. She started on a state-qualifying volleyball team as a freshman and served as captain as a senior. Her junior

basketball season ended with the class B state runner-up trophy, and she earned two gold medals as a junior at the state track & field meet in the 4x100 and 4x400 relays – helping her team win the state championship. Emily also excelled in the classroom, finishing first in her class while also participating in student council and other clubs & activities. She will continue her education at UNL, studying Pre-Medicine.



Jared Remar, Ralston

Jared Remar proved himself to be a valuable asset to the Ralston baseball team for four years, serving as team captain for two seasons and setting the bar high for future captains. Jared's coach credits him for being an inspirational leader, applying four core values that were

important to him – integrity, consistency, commitment & hard work – and leading by example. Also a 2-year letter-winner on the Rams basketball team, Jared earned Academic All-Conference and All-State honors in both baseball and basketball while achieving Merit Honor Roll and Distinction Honor Roll status and a 4.167 GPA. He plans to study Sports Management and play baseball at Buena Vista University.



Colby Ens, Tri County

Colby Ens' list of academic & athletic accomplishments at Tri County is long and diverse. An All-State selection in football, Colby also earned Academic All-State honors in football, wrestling and track & field. He is a four-year letter-winner in all three sports, holds school records

in football (rushing) and wrestling (most pins in a season), and was a state qualifier in both wrestling and track & field. The US Bank Believers & Achievers honoree graduated at the top of his class and excelled in several other school activities, qualifying for state in Speech; earning best actor awards in One-Act Play Production; participating in band, choir & swing choir, Math Bowl & Quiz Bowl; and serving as Student Council President. He will continue his football career while studying Accounting at Nebraska Wesleyan University.



Leah Treffer, Lexington

In the words of her cross country and track & field coach, Leah Treffer has woven her 'thread of excellence' throughout her school life in academics, athletics & activities. Ranked first in her class, Leah achieved a 4.6 GPA while enrolled in honors and college courses, and earned an ACT score of 32. She has participated in cross

country, volleyball, basketball, track & field, and was the class B state power-lifting champ in 2017. A US Bank Believers & Achievers selection, Leah served as President of the National Honor Society and 'L' Club, and participated for four years in the high school band and FCA. Her ability to balance the academic demands of school with the desire to serve and perform in extracurricular activities will serve her well as she heads to Nebraska Wesleyan University with a major in Biology/Biochemistry.



Jerrod Fedorchik, Bridgeport

A three-sport, four-year letter-winner in football, wrestling, and track & field, Jerrod earned a 3rd place state finish in wrestling, while also contributing to a 2nd place finish in the 4x800 relay at the state track championships, in both 2016 & 2017. He earned

Academic All-State honors in football and wrestling, as well as Speech and One-Act Play Production, and was Quiz Bowl MVP all four of his high school years. The 4.0 student finished at the top of his class and earned a score of 30 on his ACT. Jerrod is a National Shooting Sports Ambassador and is also a registered Emergency Medical Technician. He heads to South Dakota State University this fall and plans to major in Chemistry.



Jackson Van Laningham, Wilcox-Hildreth

Jackson Van Laningham is an active and integral member of the Wilcox-Hildreth Community, having been involved in a variety of activities, including football, basketball, golf, Speech, Mock Trial, Quiz

Bowl, FFA, FCA & FBLA. A 4-year letter-winner in football, Jackson earned Academic All-state honors and served as team captain. He also was an Academic All-state selection in basketball, and started for four years on the Kearney County Legion baseball team. Jared was able to balance his commitments on the athletic field with his leadership involvement in the other school organizations, as well as with success in the classroom. He graduated as class valedictorian while achieving a 4.0 GPA and 33 ACT score. Jackson plans to study Pre-Health / Biological Systems Engineering at UNL this fall.



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COUNTRY
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BY CARLSON

2016-2017 STATE CHAMPION COACHES



Boys

Girls

Pat Mooney, Creighton Prep Shawn Exner, Omaha Skutt Catholic	Baseball	
	A B	
Tony Siske, Norfolk Brad Feeken, Gretna Mike Weiss, Bishop Neumann Adam Polousky, Ponca Joe Tynon, Lourdes Central Catholic Rusty Moore, Mullen	Basketball	
	A	Jeff Rump, Lincoln Southwest
	B	Molly Hornbeck, South Sioux City
	C1	Nick Orduna, Lincoln Christian
	C2	Scott Polacek, Howells-Dodge
	D1	Jerry Stracke, Guardian Angels Central Catholic
	D2	Luke Santo, Falls City Sacred Heart
Colin Johnston, Millard West Sean Fitzsimmons, South Sioux City / Ponca Steph Fuehrer, Holdrege Doug Zoucha, Norfolk Catholic	Cross Country	
	A	Colin Johnston, Millard West
	B	Ron Haden / Tony Sigler, Aurora
	C	Merlin Lahm, Columbus Scotus
	D	John Svec, Aquinas Catholic
Michael Huffman, Bellevue West Guy Rosenberg, Elkhorn South Brock Eichelberger, O'Neill Lynn Jurgens, Wilber-Clatonia Luke Gideon, Burwell Doug Goltz, Falls City Sacred Heart	Football	
	A	
	B	
	C1	
	C2	
	D1	
	D2	
Chad Geiger, Lincoln East Craig Badura, Aurora Carl Johnson, Lincoln Lutheran Todd Hale, West Holt	Golf	
	A	Joe Pudenz, Papillion-La Vista
	B	Jeff Nielsen, Omaha Duchesne Academy
	C	Kim Mestl, Ogallala
	D	
Tom Hoover / Jim Swanson, Creighton Prep Adam Hooi, Elkhorn South	Soccer	
	A B	Teresa DeGeorge, Omaha Marian John Carlson, Skutt Catholic
	Softball	
	A	Steve Kerkman, Millard South
	B	Terry Graver, Elkhorn South
	C	Andrew Edwards, Malcolm
Tom Beck, Creighton Prep	Swimming	
	A	Leigh Ann Fetter-Witt, Lincoln Southwest
Michael Higgins, Creighton Prep Nolan DeWispelare, Lincoln Pius X	Tennis	
	A B	Steve Bischof, Elkhorn South Matt Wiemers, McCook
Dan Tietjen, Creighton Prep Shane Fruit, Ogallala Tim Kassmeier, Norfolk Catholic Rick Peterson, Arnold/South Loup	Track & Field	
	A	Seth Turman, Millard West
	B	Gordon Wilson, Aurora
	C	Troy Hauxwell, Chase County
	D	Nancy Lockmon, Giltner
	Volleyball	
	A	Lindsay Peterson, Millard North
	B	Renee Saunders, Skutt Catholic
	C1	Kiley (Hansen) Mischnick, Omaha Concordia
	C2	Tracy Kuester-Burtwistle, Stanton
	D1	Tera Stutheit, Johnson-Brock
	D2	Diane Torson, Hampton
Doug Denson, Millard South Chas DeVetter, Skutt Catholic Shane Allison, Valentine Luke Gideon / Mike Max, Burwell	Tournament - Wrestling - Duals	
	A	Doug Denson, Millard South
	B	Matt Bruggeman, Gretna
	C	Shane Allison, Valentine
	D	Chase Klingelhofer, Amherst



A smiling woman with dark hair, wearing a white top, is sitting on a couch. She is holding a red credit card in her right hand and looking at a laptop screen. The background shows a bookshelf with books.

Check out your member benefits

The collage features the following logos:

- LifeLock**: A red shield with a white 'L' and the word 'LifeLock' in black.
- Office DEPOT**: The words 'Office DEPOT' in red, with 'DEPOT' in a larger, bold font.
- OfficeMax**: The words 'OfficeMax' in black, with 'Max' in a larger, bold font.
- LTCR**: The letters 'LTCR' in a large, bold, black font, with 'LONG-TERM CARE RESOURCES' in a smaller font below.
- WYNDHAM HOTEL GROUP**: The word 'WYNDHAM' in a large, blue, serif font, with 'HOTEL GROUP' in a smaller, blue, sans-serif font below.
- CruisesOnly**: The words 'CRUISES ONLY' in a large, bold, black font, with 'AMERICA'S LARGEST CRUISE AGENCY' in a smaller, red font below.
- VPI Veterinary Pet Insurance**: A yellow shield with a red 'V' and the words 'Veterinary Pet Insurance' in red, with 'a Nationwide Insurance company' in a smaller, black font below.
- ScriptRelief**: The word 'ScriptRelief' in a large, blue, serif font.
- Budget**: An orange and blue logo with the word 'Budget' in a large, bold, blue font.
- TNT Vacations**: The letters 'TNT' in a large, bold, blue font, with 'VACATIONS' in a smaller, blue, sans-serif font below, and a sun icon to the right.
- Motel 6**: A blue square with a white '6' and the word 'motel' in a smaller, white font to the left.
- Red Roof Inn**: The words 'Red Roof Inn' in a large, red, stylized font.

STATE COLLEGES RECOGNIZE NCA/NSIAAA MEMBERSHIP CARDS FOR ADMISSION

You are reminded that the following schools will recognize the membership cards of the Nebraska Coaches Association and the Nebraska State Interscholastic Athletic Administrators Association for admission to college-sponsored sporting events. This program was originally proposed in the fall of 1992, and ALL college Athletic

Directors responded quickly and to the affirmative. Our proposal gave them a number of options, to include a pass gate, an advance call-in, etc., but each institution was slightly different in their acceptance. Below is a list of how each school would like to handle the program.

Bellevue University

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

Central Community College- Columbus Campus

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

Chadron State College

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

College of St. Mary

Advance call-in (402) 399-2358
Admit member + 1
Good for all sports
Tickets are free

Concordia University

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

Creighton University

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

Doane College

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

Hastings College

Membership card and photo ID
Good for all sports
Admit member

Kaplan University

Any gate
Member + 1 guest

Midland University

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

Nebraska Wesleyan University

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

Northeast Community College

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

North Platte Community College

Advance call-in 800-658-4308.3701 Ask for Jackie Briley
Use main door
Membership card required
Admit member +1
Good for all sports

Peru State College

Pass gate - main gate
Advance call-in is appreciated (402) 872-2350
Call 2 days prior to game
Membership card and photo ID
Admit member + 1
Good for all sports
Tickets are free

Southeast Community College-Beatrice

Main gate
Advance call-in appreciated 1-800- 233-5027 ext 1232
membership card and picture ID
Good for all sports
Admit member + 1
Tickets are free
Membership card required

University of Nebraska-Kearney

Will Call Gate-advance call or e-mail appreciated
308-865-1563 or smidtm@unk.edu
Admit member +1
Must present membership card when picking up ticket
Good for all sports-reg. season
Ticket is free

University of Nebraska-Omaha

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

Wayne State College

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

Western Nebraska Community College

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

York College

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

JOIN THE NEBRASKA COACHES ASSOCIATION TODAY

Take Advantage of these Benefits:

- Year-round \$1,000,000 coaching and classroom liability coverage
- \$20 Gold Card: Good for Admission to most NSAA State Championships - Deadline October 1
- Annual Online Subscription to *Coach & Athletic Director* Magazine
- Year-Round Discounted Room Rates at Country Inn& Suites Lincoln- North Location
- Free admission for two to the NCA All-Star Games
- Reduced Registration Cost to Sports Clinics
- Eligibility for Glazier Clinics Super Pass or Individual Digital Vault Pass
- 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)

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

Complete this form in its ENTIRETY and mail with your check to:
NCA
500 Charleston Street, Ste. 2
Lincoln, NE 68508

2017 National High School Athletic Coaches Association's National Coach of the Year Finalists



NHSACA National Coaches of the Year Finalists in attendance in Peoria, Illinois. Front Row, From Left to Right: Pat Hoblyn, Ansley-Litchfield, Volleyball; Tracy Stauffer, Millard West, Swimming & Diving; Jim Danson, Lincoln Southwest, Golf; John Bacus, Elkhorn, Boys' Assistant; Troy Charf, Lincoln Pius X, Baseball. Back Row, From Left to Right: Keith Muller, Wilber-Clatonia, Athletic Director; Ronda Motykowski, Omaha Marian, Girls' Assistant; Ken Adkisson, Waverly, Girls' Track & Field; Norm Manstedt, High Plains, Wrestling and Aaron Losing, Crofton, Girls Basketball – NCA Photo.

2017 National High School Athletic Coaches Association's Hall of Fame Inductees



NHSACA National Hall of Fame Inductees in Peoria, Illinois. From Left to Right: Phyllis Honnor, Waco and Gene Kruger, Elkhorn – 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"> • Seminars at National Meetings • College Credit at Annual Meeting • Website Educational Programs • Special Motivational and Educational Speakers 	<ul style="list-style-type: none"> • 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 	<ul style="list-style-type: none"> • 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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2017 NCA Golf Scramble Results

Monday, July 24 – Wilderness Ridge Golf Club



FIRST FLIGHT

First Place (56)

Chris Rainforth
Jeremy Murman
Jeff Murman
Wyatt Morse

Second Place (60)

Grant Gabel
Chris Lewandowski
Turner Trofholz
Mike Jurgensen

Third Place (60)

Ryan Hogue
Kurt Altig
Ed Schaaf
Luke Coufal

SECOND FLIGHT

First Place (63)

Jordan Arensdorf
Josh Deines
Kolby Hamilton
Alex McCleary

Second Place (63)

Craig Thewke
Matt Bellamy
Matt Oates
Al Poppe

Third Place (63)

Nolan Reilly
Josh Lynch
Cody Wallesen
Caleb Kluender

THIRD FLIGHT

First Place (65)

Dan Masters
Jon Dolliver
Nate Neuhaus
Jeff Stauss

Second Place (65)

Jeremy Yilk
Josh Kershaw
Eric Rippen
Adam Yilk

Third Place (65)

Jason Heldt
Casey Fangmeyer
Barry Fangmeyer
Tammi Mans

FOURTH FLIGHT

First Place (68)

Adam Hoffman
Rob Sweetland
Rich Rethwisch
Terry Bear

Second Place (68)

Blake Beebout
Adam Stotz
Levi Loofe
Ian Bish

Third Place (69)

Andy Seamann
Aub Boucher
Rich Britten
Chris Blecha

FIFTH FLIGHT

First Place (70)

Jerry Stine
Mitch Stine
Scott Mollring
Dan Moore

Second Place (70)

Adam Boettcher
Ben Jones
Taylor Janssen
Aaron Lewis

Third Place (71)

Chad Karcher
Alex Moses
Matt Tobias
Shad Eberhardt

2017 NCA Super-State/All-State Teams

Presented by:



Boys' Golf Super State

Patrick Clare, Lincoln East
Connor Dormann, Sidney
Nathan Dvorak, Sidney
Jonathan Engelbart, Millard West
Jackson Hayes, Creighton Preparatory School
Luke Kluver, Norfolk
Trevor Kosch, Humphrey St. Francis
Alex Kubik, Aurora
Cade McCallum, Grand Island
Brandt Radloff, Blair
Levi SaBell, Aurora
Jack Thompson, Hastings St. Cecilia
Sean Witecy, Elkhorn
Alex Zillig, Papillion-La Vista

Boys' Golf Class A All-State

No Selection as Top 6 are Within Super State

Boys' Golf Class B All-State

No Selections as Top 7 are Within Super State

Boys' Golf Class C All-State

Hunter Deines, Centura
Elijah Frost, Lincoln Lutheran
Jordan Greenwood, Kimball
Grant Johnson, Lincoln Lutheran
Joshua Johnston, Perkins County

Boys' Golf Class D All-State

Mason Hale, West Holt
Dylan Hathorn, Mullen
Chase Largen, Creighton
Kyon Neal, McPherson County

Girls' Tennis Class A First Team All-State

Samantha Mannix, Elkhorn South
Julia King, Omaha Marian
Fidan Ibrahimova, Lincoln Southeast
Faith Kowalski, Kearney
Tyranny Miller, Elkhorn South
Hannah Raymond, Elkhorn South

Girls' Tennis Class A Second Team All-State

Justine Linscott, Lincoln East
Bianca Rademacher, Lincoln East
Olivia Faulk, Senior, Millard North
Josie Friedman, Millard North
Claire Neil, Papillion-La Vista
Brooke Shreve, Lincoln Pius X
Abby Sullivan, Lincoln Pius X

Girls' Tennis Class B First Team All-State

Kate Krueger, Duchesne Academy, Captain
Kristal Kuo, Elkhorn
Johnna Lowe, Skutt Catholic
Elia Healy, Skutt Catholic
Kassidy Michaelis, McCook
Chloe Dworak, Lincoln Christian

Girls' Tennis Class B Second Team All-State

Lauren Koetter, McCook
Amanda Fay, GICC
Tenly Hansen York
Kacee Samway, McCook
Holly Rockenbach, York
Brylee Lauby, Lexington

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2017 State Soccer Sportsmanship Awards



Lincoln North Star – Class A Boys



Schuyler – Class B Boys



Omaha Marian – Class A Girls



Columbus – Class B Girls

Photographs Courtesy of NCA





ALL-STAR BOYS BASKETBALL GAME RESULTS - 2017



Final Score – Red Team 75, Blue Team 70

Leading scorers – Red Team

- Trey Brown, Gretna - 21
- Ayo Akinwale, Papillion-La Vista - 16
- Tommy Leininger, Aurora - 10

Leading scorers – Blue Team

- Travis Larson, Norfolk - 17
- Brady Holtmeier, Kearney Catholic - 12
- Jaxon Simons, Bishop Neumann - 11

Coaches – Red Team

- Tom Leininger, Aurora
- Tyler Struck, Beatrice

Coaches – Blue Team

- Terry Comstock, South Sioux City
- Dave Kuhlen, Wauneta-Palisade



All-Star Photos by Callam Sports Photography

ALL-STAR SOFTBALL GAME RESULTS - 2017



No results or highlights – game rained out

Coaches – Red Team

- Bill Heard, Gretna
- Natalie Madsen, Kearney

Coaches – Blue Team

- Lance Kingery, Lincoln East
- Shawn Carr, Crete

All-Star Photos by Callam Sports Photography

2017 ED JOHNSON MEMORIAL SCHOLARSHIP



Cade Niehaus, Fremont receives the Ed Johnson Memorial Scholarship at halftime of the 2017 NCA Boys Basketball All-Star game.

– Callam Sports Photography.



ALL-STAR GIRLS BASKETBALL GAME RESULTS - 2017



All-Star Photos by Callam Sports Photography

Final Score – Blue Team 85, Red Team 81

Leading scorers – Red Team

- Alex Barada, Lincoln Southwest - 17
- MaKenna Sullivan, Norris - 10
- Maggie Hiatt, Louisville – 10
- Monica Arens, Crofton - 9

Leading scorers – Blue Team

- Taylor Kissinger, Minden - 26
- Kylie Thiele, Kearney Catholic - 10
- Taylor Cockerill, Waverly - 9

Coaches – Red Team

- Marty Plum, Omaha Skutt Catholic
- Aaron Sterup, North Bend Central

Coaches – Blue Team

- Andy Gerlecz, Papillion-La Vista South
- Traci Berg, St. Mary's

ALL-STAR VOLLEYBALL GAME RESULTS - 2017



All-Star Photos by Callam Sports Photography

Final Score – Red Team wins 3-1 (29-31, 25-21, 25-22, 25-23)

Totals – Red Team

- 85 digs, 47 assists, 515 kills, 17 blocks, 9 ace serves

Totals – Blue Team

- 101 digs, 50 assists, 55 kills, 12 blocks, 2 ace serves

Leader in Kills

- Blue team – Steph Gaston (Papillion-La Vista) had 15 kills, and Sarah Swanson (Elkhorn South) & Lucy Skoch (Hastings St. Cecilia) added 8 each.
- Red team – Sydney Morehouse (Papillion-La Vista South) had 13 kills, Anna Squiers (Kearney Catholic) added 8, and Brooke Heyne (Skutt Catholic) & MK Wolfe (Omaha Marian) had 7 kills each.

Leaders in Assists

- Blue team – Dani Prusha (Papillion-La Vista), 24; Ashlyn Power (Lincoln Christian) & Clair Thede (St. Paul), 8 each..
- Red team – Allison Schomers (Skutt Catholic), 28; Madison Jurgens (Diller-Odell), 9.

Coaches – Red Team

- Sarah Wilson, Sidney
- Brad Reichmuth, Papillion-La Vista South

Coaches – Blue Team

- Kiley (Hansen) Mischnick, Omaha Concordia
- KC Belitz, Columbus Lakeview

2017 NCA-Proactive Coaching All-Star Most Valuable Teammate Awards



NCA-Proactive Coaching Girls' Basketball All-Star Most Valuable Teammate Award Winners: Blue Team – Courtney Arkfeld, Wynot and Red Team – Kelsey Sanger, Crofton – Callam Sports Photography.



NCA-Proactive Coaching Boys' Basketball All-Star Most Valuable Teammate Award Winners: Blue Team – Jaxon Simons, Bishop Neumann and Red Team – David Bohlen, Adams Central – Callam Sports Photography.



NCA-Proactive Coaching Volleyball All-Star Most Valuable Teammate Award Winners: Sydney Morehouse, Papillion-La-Vista South and Blue Team – Ashlyn Power, Lincoln Christian – Callam Sports Photography.



NCA-Proactive Coaching Softball All-Star Most Valuable Teammate Award Winners: Red Team – Alexa Sedlak, Gretna and Blue Team – MacKinsey Schmidt, Crete – NCA Photography.

EXCLUSIVE MEMBER BENEFIT

COACH & ATHLETIC DIRECTOR MAGAZINE
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COACH&A.D.

Coaches Care Blood Drive Continues as Lincoln's Largest Single Summer Day Donation Drive in 2017



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 26 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 fifth 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. 164 total units of blood were donated on the day – a record total for the drive.

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GENERAL LIABILITY INSURANCE PROGRAM

As a membership benefit, coverage is provided by the Commercial General Liability Policy issued to the National Organization of Coaches Association Directors. This policy will provide general liability coverage to the Nebraska Coaches Association and its members.

CARRIER

Houston Casualty Company

POLICY PERIOD

August 1, 2017 – August 1, 2018

LIMITS OF INSURANCE

\$1,000,000	Each Occurrence
\$1,000,000	General Aggregate (per Member)
\$1,000,000	Products/Completed Operations
\$1,000,000	Personal & Advertising Injury
\$ 300,000	Fire Damage
\$ 50,000	Sexual Abuse (per Member)
Excluded	Medical Payments

COVERAGES

- ❖ Educator Professional Liability
- ❖ Participant Legal Liability for insured members
- ❖ Liability assumed under insured written contract
- ❖ Defense Cost outside limits

EXCLUSIONS

- ❖ The use of automobiles, buses, watercraft and aircraft
- ❖ Property of others in the care, custody, and control of the insured.
- ❖ This insurance does not apply to members that coach at an All-Star game that is not approved by your state coaches association.

CAMP INSURANCE

Today, most Coaches are involved in some type of sports camp. Please note that our General Liability Program follows insured members while working at camps and/or conducting their own personal camp.

In addition, Participant/Accident Coverage is required for coaches and/or participants. Should an accident occur during a camp, clinic or event, this secondary coverage helps offset the loss suffered by families affected by such accidents.

NEW PROCEDURE FOR CAMP INSURANCE

- ❖ Participant Waivers - Signed waivers must be in place for all participants attending camps. The waiver must have indemnification language and acknowledgement that primary medical insurance is in place for the participant.
- ❖ Participant/Accident (Medical) - If you cannot secure such a waiver, **you must purchase** coverage for all participants attending your camp.
- ❖ Additional Insured/Certificate of Insurance - If you require a certificate of insurance naming an additional insured, **you must purchase** the Participant/Accident (Medical) coverage for all participants attending your camp.
- ❖ Proof of Insurance - If you require a certificate of insurance showing proof of insurance and you have the required waiver in place, **you DO NOT have to purchase** the Participant/Accident (Medical) coverage.

PURCHASE INSURANCE

- ❖ Camp Insurance Request form is available on our website: www.loomislapann.com

INSURANCE ADMINISTRATOR



www.loomislapann.com

(P) 800-566-6479 | (F) 518-792-3426

Greg Joly
Lori George
Karen Boller

gjoly@loomislapann.com
lgeorge@loomislapann.com
kboller@loomislapann.com

Disclaimer: This is an insurance overview for summary purposes only; for complete policy terms and conditions please refer to the NOCAD Master Policy.



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For additional information, please contact:

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<http://www.balfour.com/>



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