

nebraska coach

APRIL 2017

Eagle On The Rise

**Spring Season
Coaching Articles**

#2441PatriotStrong

**Basketball Sportsmanship
Awards**

Jeff Ellis, Southern Valley
Activities Director,
Girls Basketball Coach



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LaRon Bennett, Drake University, presents a session on hurdles at the 2017 NCA Winter Track & Field Coaches Clinic on February 4 in Lincoln. Over 170 track and field coaches attended the clinic. – NCA Photo

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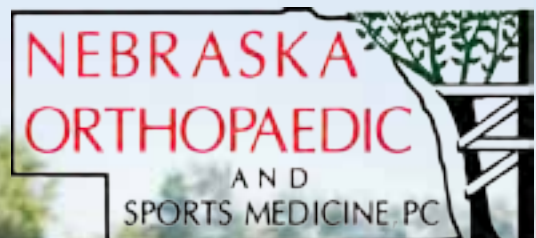
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OFFICE HOURS
Monday - Friday
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NCA UPCOMING EVENTS 2017

Nebraska Football Coaches Clinic
March 31 & April 1, 2017; Lincoln

NCA Board of Directors Meeting
April 23, 2017; Lincoln

2017-18 NCA Membership & Clinic
Online Registration Opens
May 1, 2017

Soccer Clinic
May 9, 2017; Creighton University, Omaha

State Soccer Sportsmanship Awards
May 10-16, 2017; Omaha

State Track & Field Coaches Hospitality
May 19-20, 2017; Omaha

Milestone & Service Awards Applications Due
June 1, 2017

NHSACA National Convention
June 19-21, 2017; East Peoria, Illinois

NCA Awards Banquet
July 23, 2017; Lincoln

NCA Girls & Boys All-Star Basketball Games
July 24, 2017; Lincoln

NCA Multi-Sports Clinic
July 25-27, 2017; Lincoln

NCA Volleyball All-Star Match
July 25, 2017; Lincoln

NCA Softball All-Star Softball Game
July 26, 2017; Lincoln

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The Game Plan

Darin Boysen, Executive Director



The college classroom had filled with undergraduate students for the first day of the undergraduate class Fundamentals of Coaching. As the clock struck 8:00 a.m., the instructor silenced the room, and belted out six words that would resonate with me for over 30 years, “*Teaching is Coaching – Coaching is Teaching.*” Those six words can

serve as a powerful reminder to administrators, teachers and coaches that we must provide students with educated, motivated and talented individuals working in the classroom and within extra-curricular activities.

The Coaching Academy

In cooperation with several leading state organizations, the Nebraska Coaches Association will launch the NCA Coaches Academy in conjunction with the NCA Multi-Sports Clinic in July. This comprehensive college graduate level course will challenge and empower individuals in the areas of talent and culture development.

Core Curriculum & Focus of Instruction

Led by a team of instructors from HUMANeX Ventures, teachers/coaches will complete a pre-course online assessment to explore their own personal innate talents and strengths. Building from the assessment, attendees will invest in creating a common language to set goals utilizing personal strengths as a teacher and coach. The second major component of the class will focus on equipping teachers/coaches to build a positive and impactful culture ‘by design.’ The instruction and discussion will focus on predictors of team success and ways to further understand and expand team chemistry and the importance in doing so.

Impactful, Practical, Affordable

The accredited course work will be offered through the University of Sioux Falls. This course will empower teachers/coaches to further explore and discuss critical topics with leaders from the Nebraska Council of School Administrators (NCSA), the Nebraska School Activities Association (NSAA), the Nebraska State Interscholastic Athletic Administrators Association (NSIAAA) and the Nebraska Coaches Association (NCA). *The 3-graduate credit class will be offered at an extremely affordable price of only \$380 total.*

Demanding & Rigorous

The initial course work will require participants to complete a HUMANeX Ventures talents assessment prior to attending the classroom instruction. The intensive classroom will begin Monday, July 24 at Lincoln North Star High School – one day prior to the NCA Multi-Sport Clinic. Enrollees will also be required to complete three of the following four requirements by September 1:

1. Attend and critique 12 total sessions at the NCA Multi-Sports Clinic sessions,

2. Review and critique 12 articles from *Coach & Athletic Director* magazine or *Nebraska Coach* magazine,
3. Complete a five page research paper on the development of team culture/chemistry,
4. Develop and/or revise (citing course work) an Athletic or Team Handbook to be distributed to players and parents in 2017-2018.

Continued Investment in Teacher & Coach Attendees

Through the development of educational partnerships with the NCA, teachers/coaches that successfully complete the course work will also receive several other unique resources or discounts to expand their growth in the classroom and through extra-curricular activities.

- One year online subscription of *Coach & Athletic Director* magazine provided by the NCA
- Nine month online access to the *Glazier Clinics Vault* of national clinics including video and clinicians’ notes for one sport provided by Glazier Clinics & the NCA
- *Great Teams: 16 Things High Performing Organizations Do Differently*, by Don Yaeger provided by HUMANeX Ventures
- \$50 credit when ordering at least \$150 in Russell Athletic coaching apparel for a coaching staff provided by Custom Sports of Norfolk

Endorsement & Support

It’s rare that a group of disgruntled parents or community members would march into the school office or a school board meeting to demand action due to an ‘underperforming’ or ill equipped core teacher. But how much time and resources are spent by administrators reacting to situations as the coach comes under fire? This NCA educational initiative will equip teachers/coaches with the resources and skills to create a positive culture by recognizing and developing each individual’s strengths and talents. We need your help as athletic administrators. The success and continued growth of this educational program hinges on the endorsement of all the state level educational organizations. Teachers and coaches need administrative support in encouraging this course work to count towards movement on your local school district’s salary schedule. We are making every effort for this curriculum to be acceptable as an elective in any graduate level program. Ultimately, this decision will be determined by each individual institution. A successful school recognizes that we can have an immeasurable impact by equipping students with life skills in the classroom and through extra-curricular activities. We ask for local school districts to invest in staff members that are building a lasting positive legacy for the school and community.

“The culture precedes positive results. It doesn't get tacked on as an afterthought on your way to the victory stand. Champions behave like champions before they're champions: they have a winning standard of performance before they are winners.” – Bill Walsh

Why #2441PatriotStrong is Important to Millard South Culture

Steve Throne, Assistant Principal & Director of Activities & Athletics

Courtesy Photo



We talk about how important school culture is all the time. We know that our school's success will be determined by the culture that is instilled in all aspects of our school building. We can see it in our hallways, classrooms, and more importantly, in our behaviors. Do our students, staff and community stakeholders know what makes our school culture strong?

About a year ago we asked our student-leadership group, "What are the special characteristics of a Millard South student that define our unique school environment?" The students gave us some great talking points. We followed up with some Sunday night roundtable discussions with our athletic coaches. Between the two groups, they gave us a good idea of what defines us and what we stand for at Millard South. We initially outlined 7 key characteristics:

The Patriot Way – *(Reminder: These are not listed in any specific order)*

- Out Work People
- Be a Great Teammate or Classmate
- Show School Pride / Program Pride
- Respect Others
- Compete – Be Your Best Every Day
- Communicate Effectively at all Times
- Own Your Performance and Behavior
- Be Service Minded *(this trait was added later)*

After this collaboration session, we took the list of seven traits to our entire staff and said, "What do we stand for and who are we?" We shared the short list of items that were collected from the student-leaders and athletic coaches. Our goal was to get everyone's input and encapsulate not just the students, but make "The Patriot Way" applicable to every stakeholder in the building (#2441PatriotStrong). It was important that these traits were the group's beliefs, not just the beliefs of a small minority of people. The staff brought it to my attention that we were missing one key component; SERVICE. Millard South is known for its giving spirit. They were right. We immediately added it to our list.

Our next priority was to find ways to show what these traits looked like in ACTION! One way was to incorporate them into everything we do throughout the school. Drawing attention to how "The Patriot Way" was demonstrated by our students in their daily interactions and activities. We immediately put "The Patriot Way" on posters that we placed around the building, not so much for us, but for those who visited our building. We wanted people to realize this is what we stand for and who we are here at Millard South. We know that *Covenants* minus *Action* equals **Zero Growth** (C-A= Zero Growth)! As a staff, we have envisioned ways that we can ensure that we are continuing to live these 8 bullet points each day, not just recite them verbatim.

We have 2,441 people who come to Millard South each day to work and grow. This includes students, teachers, staff, cooks, counselors, coaches, sponsors, security guards, custodians and media specialists. The success of our school is a byproduct of these characteristics and living "The Patriot Way" each day. The people in our building make Millard South the building it is. It's important that we focus on ways to keep these traits alive, not only in our building, but in our COMMUNITY! If you see #TPW (The Patriot Way) on our social media accounts, it is a reminder for us to keep striving to be the best **Patriot** we can be.

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#GottHigher

Protecting Arms & Changing The Way We Coach

Shawn Exner - Omaha Skutt Catholic - Baseball

Courtesy Photo



“Coach I can get the next out! I feel great!” All high school baseball coaches have heard those words out of one of our pitchers when you go out for a mound visit, but now the National Federation of State High School Association has mandated a new policy that requires pitchers be given rest between a certain number of pitches in an outing, changing

some focus from innings pitched to actual pitch counts. Those words that we used to hear from our pitchers will definitely change with the new policy to protect the player’s health.

Each state association was required to develop its own pitch count restrictions and I was lucky enough to be chosen to be a part of the Nebraska School Activities Association baseball pitch count committee chaired by Dan Masters of the NSAA. On the committee I was joined by some great coaches including Bob Greco (Omaha Westside), Pat Mooney (Creighton Prep), Steve Frey (Millard West), Kyle McCright (Elkhorn), and Jeff Fagler (Lincoln Northeast). We met as a group and had group phone calls to discuss the policy that we were going to submit and it took the work of all of us and the rest of the baseball coaches in the state of Nebraska to get the policy submitted.

The biggest factor behind the policy change is that risk occurs when pitchers overuse their throwing arm. A 2015 study by American Orthopedic Society for Sports Medicine found that 56.7 percent of Tommy John surgeries were performed on 15-to-19 year olds between 2007 and 2011.

One example of why this new policy needs to be put in place is pitch counts in amateur baseball continue to draw more attention from scouts and media in the lead-up to the draft. For just one high-profile example, Wichita (Kan.) West High junior Colby Pelchin threw 157 pitches over 10 innings in May in a regional championship game. He and his coach, Jeff Hoover, were later suspended for violating the Kansas State High School Activities Association’s nine-inning limit.

High school baseball coaching styles will definitely change and it will affect the smaller schools that don’t have the depth at the pitching position. This new policy will alleviate running that one power arm all the way to the State Tournament and coaches are going to need to have more depth and not rely on one arm. The policy will allow more players to participate and high school baseball coaching staffs can have real bullpens now. Some teams might have had in the past only 3-4 kids on their pitching staff but now coaches will need to develop more arm and not for everyone to pitch 7 innings.

Scheduling games during the season will be another factor to consider and rain out days will also need deeper thinking to make sure you have enough pitching to get through a week of 5-7 games.

We also put the Nebraska spring weather into consideration when figuring out pitch counts and we have different chart for before/after April 1st.

Consequences of a coach not following the policy will be handled by the NSAA office. I know some other states such as Alabama, the penalty is a forfeited game and a \$250 fine assessed against the violating school.

Nebraska coaches will keep track of pitch counts via a spreadsheet, and NSAA recommends that all coaches try to use Game Changer as it will make entering data into MaxPreps a lot easier. Umpires will not be used for any discrepancies and all communication about pitch counts will only be between the two head coaches. Right now Colorado uses MaxPreps to display up-to-date pitch counts, while other states utilize GameChanger.

Good luck to all coaches this spring season as Nebraska high school baseball keeps getting better and better every year!!!!

NSAA Pitch Count Information

For further information visit:
<http://nsaahome.org/textfile/base/pitchcounts.pdf>

Pre April 1st

Varsity

Pitches	Required Rest
61-85	3 Days
36-60	2 Days
26-35	1 Day
1-25	0 Days

Sub-Varsity

Pitches	Required Rest
61-85	4 Days
36-60	3 Days
26-35	2 Days
1-25	1 Day

April 1st – State Championships

Varsity

Pitches	Required Rest
86-110*(120)	4 Days
61-85	3 Days
36-60	2 Days
26-35	1 Day
1-25	0 Days

Sub-Varsity

Pitches	Required Rest
61-85	4 Days
36-60	3 Days
26-35	2 Days
1-25	1 Day

I BELONG^{x2}

A photograph of Jerry Stine Bertrand, a retired coach, wearing a red polo shirt with "NCAA" and "NEBRASKA COACHES" logos. He is standing in a large indoor arena with tables and chairs in the background.

Jerry Stine Bertrand, Retired

- Business and physical education teacher.
- Girls basketball, head boys and girls track coach.
- 2004 Binnie & Dutch Award recipient for service to track and field.
- NHSACA Hall of Fame, Class of 2000.
- Creator, Author & Secretary of the NCA Jerry Stine Family Career Milestone Award.
- Former local association negotiator.
- NSEA member since 1967.

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Off Season + Practice + Coaching = Opportunity

Jerry Cover - Norfolk - Boys Golf Coach

Courtesy Photo



Golf is the lifetime sport that many of us enjoy well into the later years of our lives. I started playing golf 54 years ago and at that time I realized it was something that was more than just a game to me. I enjoyed playing competitively in high school and college, so I decided to become a golf coach and pass my knowledge and enthusiasm on to high school athletes. That was 40

years ago. Like many coaches, I have developed and borrowed ideas to make my golfers more competitive and at the same time have fun playing this great game of golf. In this article I will share with you our Off Season Program, a few drills we use in practice, and some coaching tips I compiled for a presentation I gave at the Nebraska Coaches Clinic a few years ago.

Off Season (Summer) Program

After our season in 1984 I knew I needed something that would make us more competitive. As golfers we all know we need to practice (especially the short game) and find a way to play our best golf in competition. I felt we needed to approach golf like the basketball and football programs. Similar to attending camps and playing summer league, we needed to play in tournaments and spend time on the range and the practice green. The summer program is designed to make us better golfers and put our team on the right track for the upcoming season. The summer program is based on a point system. Points are awarded for practice rounds, tournament rounds, and practice time. For each 9-hole round of golf played (1) point is awarded; this could be with yourself, a friend or a parent. For each 9-hole round played in competition (2) points are awarded; for an 18-hole tournament (4) points are awarded. Tournament golf is given more point emphasis to encourage the young men and women to experience extra pressure. The practice time is divided into two categories. For each 30 minutes on the range (1) point is awarded; (2) points are awarded for each 30 minutes on the practice green. The best way to improve your golf game, as we all know, is to "passionately pursue the short game". The program is based on the honor system. Leaders in each category (rounds played, tournament rounds, range points and short game points) are recognized at our team supper the first week of practice.

Practice Putting Drills

Each practice we devote 50% of our time working on the short game. The following are two putting games we use. One putting game we like to play is called (21). The game is played with a partner. Each player putts two balls. Player (A) putts one ball first, then player (B); then repeat for the second ball. The player's ball that is closest to the hole wins (1) point. If both balls of one

player are closer than his/her opponent, then he/she is awarded (2) points. If a player makes the putt than he/she is awarded (3) points for each putt holed. Only one player receives points each time a hole is played, except if the putt is holed by both players. The player that wins the hole chooses the next hole. The game is played to 21. Another game we play is called **Around the World**. Each player needs four balls and four tees; the game is played with a partner. Tees are put in the ground six feet from the hole: at 12:00, 3:00, 6:00 and 9:00 and at four places between the first placed tees. A ball is placed beside each tee. Player (A) is positioned at 12:00 and player (B) at 6:00 opposite player (A). If a player is successful making the putt, the player moves counter-clockwise to the next tee. If the putt is missed, the player has only one more chance to make the putt. Player (B) follows the same procedure. If the player fails to make the putt on the second try, then he/she moves clockwise to the next tee, moving closer to their opponent. The object of the game is to pass your opponent in the counter-clockwise direction. Sometimes this is done very quickly and other times the game can take 10 to 15 minutes. This drill promotes competition and the ability to make sixfooters under pressure from all four different positions on a green--uphill, downhill, left to right and right to left.

Coaching During Competition

A few years ago I spoke at the NCA Coaches Clinic in the summer. The topic was: **Coaching Before and During Competition**. I surveyed over 30 coaches from high school and college and received an abundance of information that you may find beneficial--especially since we can now coach our golfers during competition. Listed below are a few of the responses. The goal: provide information that hopefully can help you become a better coach.

- Walk unusual holes on the day of competition, if time.
- Practice shots you may have in the tournament (course has long Par 3's--practice long irons and/or hybrids.)
- Positive comments (swing looks good); stress tempo on the range (remember it's only a warm-up period).
- Ask questions instead of giving directives. Ask players where they want to see you on the course.
- Use humor to ease tension. Follow the younger and inexperienced players the most.
- If the wave system is being used, watch all five players tee off. Show a final display of support!
- Go to the most difficult hole on the front nine and remind them of our game plan for the hole.
- Discuss club selection on Par 3's. Stress tempo, especially in the wind or after a bad hole.
- Stay positive especially during competition; the players can sense your frustration and anxiety.
- Use the sandwich method. Positive comment/Something they are doing wrong/Positive comment.

Continued On Page 17

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Creating Competitive (and FUN) Training Environments to Challenge Your Players

Jon Brezenski, PT, DPT, ATC - Columbus Scotus - Boys Soccer

Courtesy Photo



As high school soccer coaches in Nebraska, I think we could all agree “We need more time.” In the world of high school soccer in Nebraska, we all know our time on the field is very short. Our season begins in late February with a 3-week preseason before matches begin in mid-March. We play a 6-week gauntlet of multiple games a week before the postseason

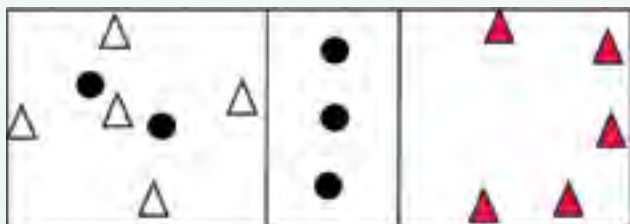
begins and before we know it, the season is over!

Due to our short season, coaches must really think about how to maximize the training of the players to help achieve goals and maximize success for their teams and programs.

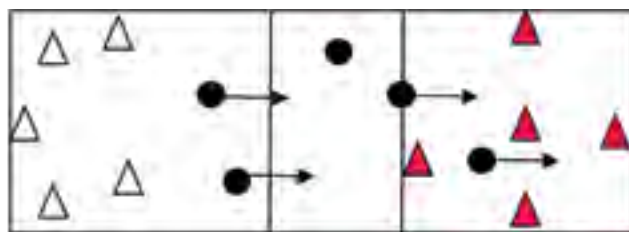
I will share with you in this article is one of the main training exercises I have used in the last several years coaching my team at Scotus. Being the 4th smallest school in the state to participate in boys’ soccer, for us to be successful, we must have a mindset of always competing in our matches until the final whistle. Our training environment in the past several years has helped to sharpen that mentality and to instill a work ethic the players in our program have bought into and this has helped us be successful.

“Across the Pond” is a Rondo exercise we have used frequently in our training session for the past 4-5 years. It has been a player favorite of not only our Scotus boys program, but also for my men’s team at Central Community College in 2013 and 2014 and for the past three seasons with my u9-u12 girls club soccer team. The exercise is great for training a variety of topics. These include, attacking principles, team shape, attacking and defending transition, defensive principles of pressure, cover and balance, etc. the list is endless! The variety makes the exercise great because it challenges both the physical and mental capacity of the players to handle immediate pressure and also take responsibility to transition between attack and defense. The slightest hesitation in this exercise could lead to your team being defeated in this “game.”

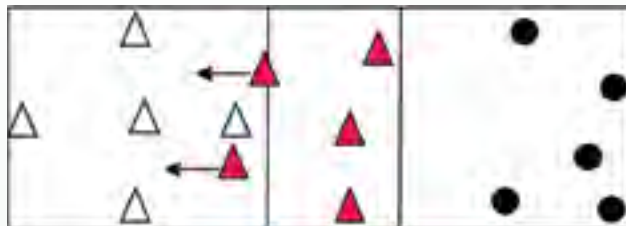
The exercise is ideal for a group training size of 12-15 players, split up into 3 teams of 4 or 5 players per team. The total grid size is 40x20 (*Depending on the skill level of your team, you should adjust this grid larger to a total space of 50x20 or 40x30*). The grid is broken down on each end in 15x20 and then a 10x20 “pond” in the middle as shown here



The ball starts with possession in one of the end grids. The team in possession plays keep-a-away versus 2 defenders from the middle team. If the possession team is able to connect 5 passes, they look to play the ball “across the pond” to the 3rd team waiting in the far grid. The 3rd team must be paying attention and be making themselves available in a passing window to help the possession team connect the final pass. If they are successful in completing the pass, the team in possession earns a point and the new possession team now works to quickly build up to their 5 passes. The defending team must now quickly transition 2 new players into the grid and the original 2 are now part of the 3 in the “pond.” (*shown here after a transition*). If successful, they play it across the “pond”



If, at any point, the defending 2 players are able to steal the ball, they play the ball down into the far grid and the team that lost possession becomes the new defending team and must send in 2 defenders into the grid to work together and regain possession (shown here)

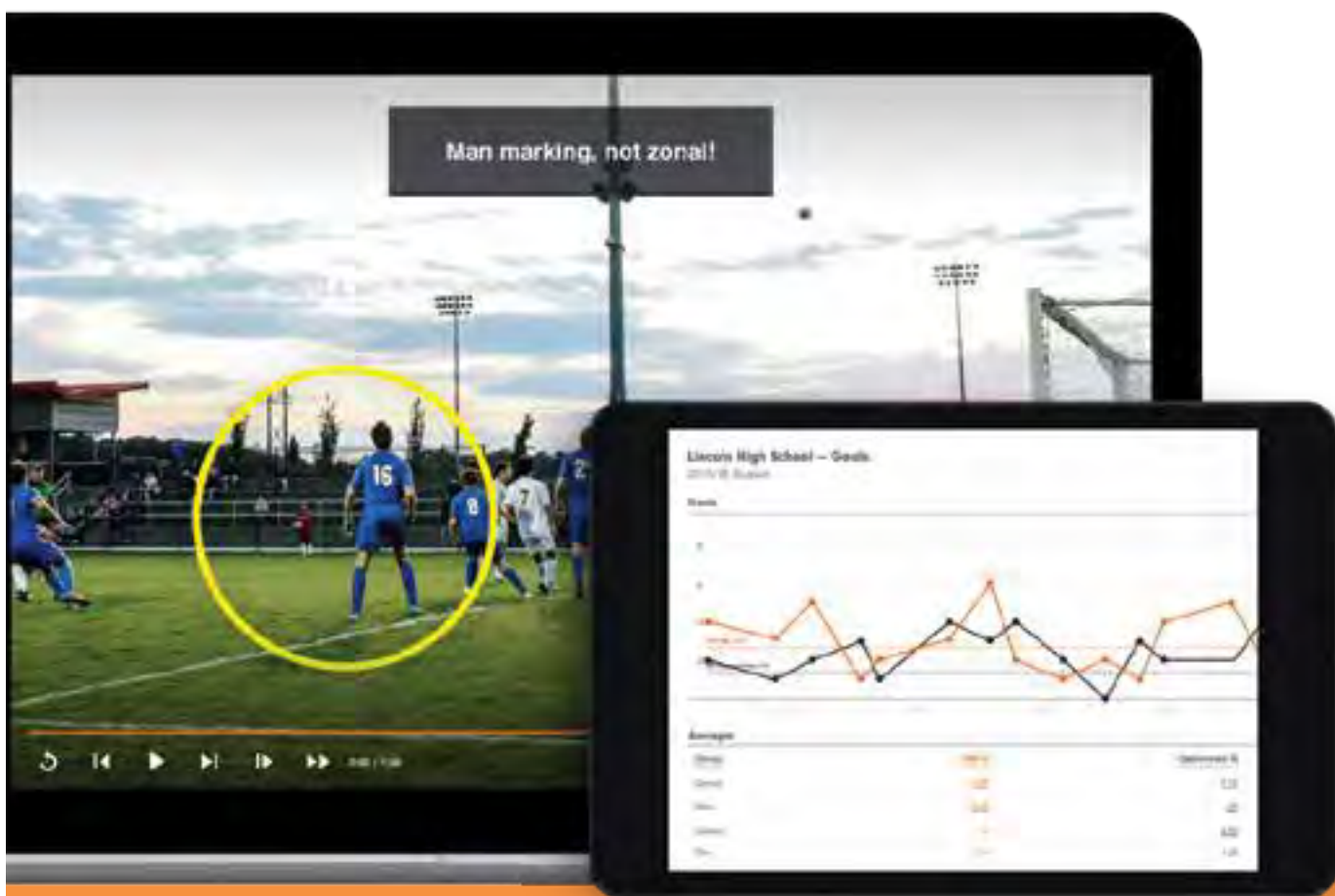


We compete in this exercise by counting the # of total successes a team has in “crossing the pond”. We will play for a set time (15-20 minutes) or to a pre-determined # (5 points). It will vary from day-to-day, depending on our focus. This exercise will help to promote a competitive mentality and the players will have a blast! As a coach, your training focus with this exercise can lead into your main topic for the day. . . like I said before, the list is endless! Be creative with it and most of all make sure your players have FUN playing the game!

Coach Brezenski has been the head coach at Scotus since 2006. His teams have won 4 state championships (2009, 2014, 2015, 2016) and played in the semifinals in 2006. He coached in the Shrine Soccer Classic in 2011 and 2016 and was named the NCA Coach of the Year in 2014 and 2016.



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Knights Tennis – Competitive Practices Are Key

Chris Salem - Lincoln Southeast - Girls Tennis

Courtesy Photo



One of the best things about High School Tennis is the aspect of the team. Most tennis players grow up playing this sport with an individualistic approach, understandable due to the nature of

tennis. The introduction of the team aspect in High School brings with it a new dynamic that needs to be embraced from Day 1. At LSE, we make sure to put special emphasis on the team before the individual in order to maximize team chemistry on and off the court; all the while making sure to root our season, tournaments, meets and practices in competition. Competitive practices are key to a tennis team's success. While this needs to be in balance with the team first concept, harboring a practice culture engulfed in competition is necessary for a team to reach its full potential. As a Head Coach, I try to keep 3 goals in mind on a daily basis in regards to my teams. 1. We must play as a team. 2. We must get better over the course of the season. 3. Have fun! I firmly believe that all of these goals can be maximized through a culture of competition and it all starts with our daily practice.

The following drills are things the Knights use to maximize our competitive practices:

Ghost Doubles:

This drill focuses on cross-court singles play. Each player sets up cross-court from their opponent (deuce side to deuce side or ad side to ad side). Only that half of the court is in play, including the alley. Players play to a set score of 20 points, or whatever is decided on before play starts. Players only get 1 serve; if they miss that serve, they lose the point. Players switch serving every 5 points played. Two "matches" can be playing on the same court at the same time with 1 pair on the deuce side and the other pair on the ad side. To keep competitive levels high, after play has concluded, you can move the winners up a court and the losers down a court and proceed with another round. We also sometimes emphasize approaching to the net by awarding any point won with that player inside the service line at the end of the point being worth 3 points. This is a great competitive drill that shrinks the court and emphasizes the importance of cross-court returns and groundstrokes. A great drill for precision warm-ups and for doubles players.

Bump Singles:

This competitive singles drill is meant for a large group of singles players. You need at least nine players if utilizing three total tennis courts (3 players per court), however, 12 total players

(4 on each court) works the best. Each court is set up in the classic "king of the court" style with 3 challengers on one side of the net and the king on the opposite. The courts should be arranged in a serpentine pattern; for example, if the challengers are on the North side of Court 1, then the challengers on Court 2 are on the South side of that court. Finally, the challengers on Court 3 would again be set up on the North side. The challengers feed a ball from their baseline to the baseline of the king and play the point out. The challenger must win 2 points in a row to exchange places on their court with the king; when this happens the king is then placed at the end of the challenger line on that same court and the process continues with the challengers again trying to win to consecutive points off of the new king. The goal of the king is to win a point off of 3 players before getting replaced by a challenger. When the king is successful in doing this, they yell "bump" and bump up to the end of the challenger line on the next highest court (the king of Court 1 bumps to the challenger line of Court 2 and the king of Court 2 bumps to the challenger line of Court 3). As soon as the worthy king yells "bump" whomever happens to be in the back of the line of the challenger line on the next highest court falls down a court and replaces that king in their spot of the lower court. This is a player favorite that exerts a lot of fun and competition and leads to many different player matchups throughout the drill's length of time. If you happen to have a large group of 18-24 players together, this drill can be used with doubles teams instead of singles players. Sometimes this is a fun way to overlap a Varsity and JV practice for 10 or 15 minutes.

Ping Pong:

Our ping pong drill is all about footwork and team play. Split your players up on either side of the net. 3 vs 3 or 4 vs 4 works best for this drill. The coach will feed in a ball to one of the teams set up on the baseline. This works as a normal singles point, but each player can only hit the ball once and then has to shuffle to the back of the line and await their next shot. Team players must observe the official order of hitting. For example, on one side of the net, player 1 hits, then player 2, then player 3 and finally back to player 1 again. Very quickly, teams will realize that they must move together in order to be ready for their next shot. It is essentially a round-robin style groundstroke drill. Keeping score, to 20 or 25, ensures a competitive nature that turns out to be very fun and includes complex movements as well. Offer point incentives to get teams to approach to take this drill to yet another level.

Any of these drills can be tweaked to pursue any team's individual needs at any given time. We use these drills in our regular rotation to keep practice competitive, productive and fun!

Celebration Day!

Ken Adkisson – Waverly – Track & Field

Courtesy Photo



"The only way for our team to get better is for you, the athlete, to get better." If I have said it once, I have said it a million times! I tell my athletes that our success will depend on them. Their motivation will directly impact the level of success that they will ultimately achieve. If they are highly motivated to improve their performances, then the athlete will

put in the time and effort necessary to raise their game.

At Waverly High School, we are committed to TEAM. For me, Track and Field is an individual sport with a team component, so we must prepare and motivate them as individuals. Often team means creating and accepting an atmosphere where the accomplishments of others are valued and celebrated alongside our own, which for some takes a bit of getting used to. The accomplishments of the team are valued and celebrated above any individual accomplishments, but those individual accomplishments are what carry a team to a championship. We need to respect the individual and the team by supporting and celebrating everyone!

The reason individual motivation is so important is that it is the only contributor to sports performance over which you have control. Along with proper training, what else can one do to insure each individual athlete is motivated to move forward each week? Here are three things we do at Waverly High School.

There are three areas that one can receive a Climbing The Hill Award.

1. Beat your PBE (Personal Best Effort) from last season at the same meet.
2. Beat your PBE from previous in-season meets.
3. Set a Meet or School Record.



Celebration Day

Our Celebration Day is the day following a track meet. It does not matter if it was a major varsity invite or a reserve meet, we celebrate it the same. It requires trust on the coaches' part, for it takes 15 to 20 minutes out of the practice day. But as the season goes by, the students and coaches look forward to it, and more importantly, I have seen our effort on the track get better and better.

Medals

We will always begin by handing out medals earned at the meet the day before. This is a big deal for us. We start with 6th place finishers and end with the gold medalists. I have found it serves as a motivator for both the receiving athlete and those who do not receive an award. It makes them hungry!

CHA

Following our medal ceremony, we hand out our Viking T&F Climbing the Hill Awards (CHA). This award signifies progress. It shows all that we are getting better. It provides motivation. It is something they can hang in their locker to see every day. Athletes now come up to me at a meet and tell me they just earned an a CHA.



I rely heavily on my assistants for CHA efforts. At the end of a track meet, I will hopefully have a page full of names and efforts. This requires some time on my part to compile results and fill out the certificates, but it is more than worth it.

Point Leaders

Another in-season motivator for our athletes is the Point Leader Chart. Points are accumulated through the place they finish in an individual event or relay. Points earned depend on the number of places scored in a particular meet. 10 for first place and so on. Relays are divided by 4. The last two columns are the % of team points that each athlete earned, followed by their average points scored per meet. For example, our #1 girl scored 224 points on the season for all of her individual and relay events, which accounts for 19.33% of the season total of 1159 team points. For the season, she averaged 22.40 points per meet. The chart is updated weekly, then posted.

Below is the top 10 girl leaders from our 2016 State Champion Team.

	B	C	D	E	F	G	H	I	J	K	L	M
	Concordia	Wesleyan	Scotts	Waverly	Plattsburgh	York	Blair	EMC	Districts	State	TOTAL	
POINT TOTAL	81	86	87	144	176	152.5	88.5	142	148	74	1159	
Team Place	2	1	1	1	1	1	2	1	1	1		
# of Teams At Meet	12	10	8	13	7	8	12	8	10	95		
# of Teams We Beat	10	8	7	12	6	7	10	8	9	95	133	
# of Teams Beat Us	1	0	0	0	0	0	1	0	0	0	2	
Win %*	0.909	1.000	1.000	1.000	1.000	1.000	0.909	1.000	1.000	1.000	0.985	
*Win % = (number of teams beaten / number of teams - 1)												

	15	14	26	21	21	17	17	18	15	8	32	%	Avg.
26	15	7.5	26	21	21	17	17	18	15	8	32	19.33%	22.40
4	15	7.5	16	30	28.5	14	24.5	20.5	15.5	164.55	14.19%	18.38	
10	10	7	20	12.5	14.5	3	13	13	11	114.00	9.84%	11.40	
1	10.5	7	4	20.5	19	11	14.5	15.5	8.1	108.50	9.41%	10.86	
4	10	6.5	14	14.5	9	2	8.5	9.5	3.5	80.50	6.95%	8.05	
9	1	1.67	7	3	10	2	6	10	3	49.67	4.29%	4.87	
6	6	3.33	6	4	3	1.5	3	6	3	46.83	4.04%	4.68	
2	6	1.5	6	10	8	10	10	8	DNQ	45.50	3.93%	5.06	
4	10.5	3.56	6	11	5.5	4	6	4	DNQ	43.58	3.76%	5.45	
9	2	4.5	4	9	4	3	3.5	4.5	2.5	40.00	3.46%	4.00	
3	4	1.33	8.75	9.5	4	3.5	2	3.5	3	37.56	3.24%	3.76	

Continued From Page 10, Off Season + Practice + Coaching = Opportunity

- If shooting lights out, leave them alone. Communicate: some players like you around, others do not.
- Between nines, don't mention the score. Talk about confidence and ask if they need anything.
- Wait to talk to your player after they have played 3 or 4 holes. If someone is struggling I stay with them.
- Find a place on the course, if possible, that you can watch all your players—possibly the first Par 3.
- Discuss swing thoughts that you and your player have talked about during the week or season.
- Give a hole-by-hole description (scouting report) stressing trouble areas and bail-out areas.
- Go over certain shots you may have and rulings that may occur at the course (Native-long grass and etc.).
- Discuss game plans: weather/wind (more or less club), elevations (more or less club), wet conditions.
- Talk about swing flaws and course management ONLY if they ask.
- It is important to communicate to your players what your game plan is, who you are watching and why.
- Help them develop the ability to make their own decisions and corrections and learn from their mistakes. But be sure to talk about their decisions and corrections after the tournament (better the day after, rather than right after they finish).
- Completing stats are fine, but only if you compile and use them constructively. Be sure to include a section explaining what they felt they did well and what they feel they need to work on to become a better player.
- Carry a small notebook and write down positives you see and areas of needed improvement. These can be shared with your player during practice the next week. Most times we forget these during competition, especially the positives.

Coach Cover was the Girls Golf Coach at Norfolk H.S. for 31 years and is currently entering his 25th year as the Boys Golf Coach. His teams have won 3 state championships (1996, 1998, and 2012) and finished state runner-up 11 times. He also has coached 4 individual state champions.

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2017 Girls State Basketball Sportsmanship Award Winners



Class A – Millard South



Class B – Sidney



Class C1 – Ord



Class C2 – Ponca



Class D1 – North Central



Class D2 – Red Cloud



2017 Boys State Basketball Sportsmanship Award Winners



Class A – Lincoln Pius X



Class B – Gretna



Class C1 – O'Neill



Class C2 – Ponca



Class D1 – Heartland



Class D2 – Wynot





2017 WINTER STATE CHAMPION COACHES

Wrestling

Class A – Doug Denson – Millard South
Class B – Chas DeVeter – Omaha Skutt Catholic
Class C – Shane Allison – Valentine
Class D – Luke Gideon – Burwell

Wrestling Duals

Class A – Doug Denson – Millard South
Class B – Matt Bruggeman – Gretna
Class C – Shane Allisonm – Valentine
Class D – Chase Klingelhoefer – Amherst

Swimming

Girls – Leigh Ann Fetter-Witt – Lincoln Southwest
Boys – Tom Beck – Omaha Creighton Prep

Girls Basketball

Class A – Jeff Rump – Lincoln Southwest
Class B – Molly Hornbeck – South Sioux City
Class C1 – Nick Orduna – Lincoln Christian
Class C2 – Scott Polacek – Howells-Dodge
Class D1 – Jerry Stracke – Guardian Angels Central Catholic
Class D2 – Luke Santo – Falls City Sacred Heart

Boys Basketball

Class A – Tony Siske – Norfolk
Class B – Brad Feeken – Gretna
Class C1 – Mike Weiss – Bishop Neumann
Class C2 – Adam Poulosky – Ponca
Class D1 – Joe Tynon – Lourdes Central Catholic
Class D2 – Rusty Moore – Mullen

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Keith Muller – Athletic Director – Wilber-Clatonia

Troy Charf – Baseball – Lincoln Pius X

Aaron Losing – Basketball Girls' – Crofton

Jim Danson – Golf – Lincoln Southwest

Dennis Dodge – Softball – Beatrice

Tracy Stauffer – Swimming & Diving – Millard West

Ken Adkisson – Track & Field Girls' – Waverly

Pat Hoblyn – Volleyball – Ansley

Norm Manstedt – Wrestling – High Plains Community

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Gene Kruger – National Hall of Fame – Elkhorn

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NCA Award Programs Benefit Coaches & Students

Jerry Stine Family Milestone Awards – Presented by Baden Sports: (Deadline June 1)

This program recognizes different levels of coaching achievement in both individual and team sports. The Level I, II, and III certificates will be presented at the NCA Multi-Sport Clinic in July. The Level IV winners receive a plaque presented at the NCA Award Banquet on July 23 in Lincoln.

More information regarding the NCA Milestone Award program, including the application form can be found at:

<http://www.ncacoach.org/milestone.php>. This web page also includes a newly formatted search for coaches that have achieved any level within the program.

NCA Service Awards – Presented by Nebraska National Guard: (Deadline June 1)

The NCA Coaches Association Service Award is designed to recognize and honor coaches who have achieved 25, 35, 40, 45, and 50 years of coaching service. This is a self-nominating award.

Service Award Criteria:

NCA member for at least 10 years

75% of coaching and/or athletic administration must have been in Nebraska including the last 5 years

More information regarding the NCA Service Award program, including the application form can be found at:

<http://www.ncacoach.org/service.php>

Nebraska Coaches Association/Country Inn & Suites Scholarship: (Deadline April 18)

This fully funded scholarship program, will award eight recipients \$1,000 after successfully completing one semester at an accredited college or university. District I & II will have two scholarships awarded within each district. Districts III – VI will have one recipient in each district.

More information regarding the NCA/Country Inn & Suites Scholarship including the application form can be found at:

<http://www.ncacoach.org/lincolnninsuites.php>

Scholarship Criteria:

- 1) Upper 25% of class –OR- 3.75 Cumulative GPA
- 2) Must be at least a 2 year participant in 2 sports
- 3) Must have earned varsity letter in 2 sports
- 4) Must include at least one letter of recommendation from a high school coach
- 5) ACT minimum score of 24

Scholarship winners will be announced in early May.

Ed Johnson Scholarship (Deadline April 11)

The award is given to a senior boy who is a member of a high school varsity basketball team in the State of Nebraska. A medal and \$300 cash award will be presented to the recipient at the halftime of the NCA All-Star Boys' Basketball Game (July 25, 2016), and a travelling plaque will be presented to the recipient's head coach. For more information: <http://www.ncacoach.org/edjohnson.php>

Scholarship Criteria:

Excellence in Scholarship Leadership Sportsmanship Loyalty Citizenship.

The student athlete nominated need not be a starter on the team, but must be a senior boys' basketball player. Coaches are encouraged to nominate a player or players who they feel would qualify for this award. When submitted, the nomination form should include any letters of recommendation from counselors, teachers, administrators, etc. that the coach feels would help with the selection of the recipient of this award. *The nominating coach must be a current NCA member.

Career Sport Specific Awards & Career Junior High/Assistant Coach Award (Committees Select Finalists in April, Board Selects Winner at April Board Mtg.)

More information regarding each award can be found at: <http://www.ncacoach.org/awards.php>

Binnie & Dutch Award (Track & Field)

Ed Johnson (Mike Heck) Award (Basketball)

NCA Girls Basketball Award

Guy Mytty Award (Wrestling)

NCA Volleyball Award

Skip Palrang Award (Football)

NCA Cross Country Award

NCA Golf Award

Jim Farrand Award (Jr. High or Assistant Coach of the Year Award)

Special NCA Awards (Deadline April 1)

More information regarding each award can be found at: <http://www.ncacoach.org/awards.php>

Friends of High School Sports Award Media Person of the Year Award

The Nebraska Coaches Association award programs are available for members of the NCA. Some deadlines for the programs are approaching. We encourage you to explore the various award programs as a membership benefit. If you have questions visit the NCA website or contact the NCA office at (402) 434-5675.

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Class A Cheer

Non-tumbling – Millard South
Tumbling – Millard West
Sideline – Lincoln Southeast
Game Day – Millard West

Class B Cheer

Non-tumbling – Gross Catholic
Tumbling – Elkhorn South
Sideline – Skutt Catholic
Game Day – Norris

Class C1 Cheer

Non-tumbling – Cozad
Tumbling C/D – Cedar Bluffs
Sideline – Norfolk Catholic
Game Day – Columbus Scotus

Class C2 Cheer

Non-tumbling – Kimball
Sideline – Archbishop Bergan
Game Day – Omaha Brownell Talbot

Class D Cheer

Non-tumbling – Omaha Christian Academy
Tumbling C/D – Cedar Bluffs
Sideline – Alma
Game Day – Omaha Christian Academy

Class A Dance

High Kick – Lincoln Southwest
Hip Hop – Millard West
Jazz – Millard North
Pom – Millard North

Class B Dance

High Kick – Scottsbluff
Hip Hop – Elkhorn South
Jazz – Skutt Catholic
Pom – Skutt Catholic

Class C1 Dance

High Kick – Holdrege
Hip Hop – Grand Island
Central Catholic

Jazz – Grand Island
Central Catholic
Pom – Kearney Catholic

Class C2 Dance

High Kick – Centura
Hip Hop – Lutheran High Northeast
Jazz – Lutheran High Northeast
Pom – North Platte St. Pat's

Class D Dance

Hip Hop – Pender
Jazz – Friend
Pom – Pender

Spirit Award Winners

Class A – Lincoln Southeast
Class B – Gretna
Class C1 – Columbus Scotus
Class C2 – Amherst
Class D – Parkview Christian

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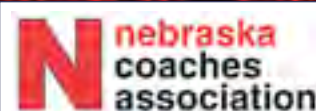
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