



nebraska coach

DECEMBER 2019

SkyHawks Capture 5th Consecutive Title

PED Testing –
Nebraska Coaches Weigh In

Winter Season Articles

Super-State &
All-State Selections

Sportsmanship Awards

Renee Saunders, Omaha Skutt,
Head Volleyball Coach

Features

6-7 DEFENSIVE DRILLS FOR BOTH MAN & ZONE DEFENSES

John Larsen – Crete – Girls' Basketball

8-9 CREIGHTON PREP BASKETBALL – THE PROGRAM & EXPECTATIONS

Josh Luedtke – Creighton Prep – Boys' Basketball

11-12 SEASONAL PLAN FOR A REWARDING SWIMMING & DIVING EXPERIENCE FOR ALL

Doug Krecklow – Omaha Westside – Swimming & Diving

14-15 TOOLS FOR A SUCCESSFUL WRESTLING PROGRAM

Cody Wintz – Battle Creek – Wrestling

16-17 NEBRASKA COACHES PARTICIPATE IN PED TESTING STUDY – FINDING & RECOMMENDATIONS

Dr. Joseph Greco Ed.D.



Bruning-Davenport-Shickley Head Volleyball Coach Kari Jo Alfs celebrates with her team after capturing the D2 State Championship. The Eagles defeated Humphrey St. Frances in five sets in the championship match to finish the year with a 30-4 record. – Callam Sports Photography

Cover Photo: Courtesy of Callam Sports Photography

Departments

4 NCA BOARD & STAFF, UPCOMING EVENTS, CONTACT INFORMATION

20 2019 SPORTSMANSHIP & LEADERSHIP SUMMITS

22 CROSS COUNTRY SUPER-STATE & ALL-STATE SELECTIONS

24 BOYS' TENNIS & GIRLS' GOLF SUPER STATE & ALL-STATE SELECTIONS

26 FALL 2019 STATE CHAMPION COACHES

28 2019 STATE VOLLEYBALL CHAMPIONSHIPS SPORTSMANSHIP AWARD RECIPIENTS

30 2020 NEBRASKA STATE CHEERLEADING & DANCE CHAMPIONSHIPS



The Wayne softball team prepares to celebrate the game winning home run of Tori Kriesche in the Class B State Championship game. The Blue Devils defeated Beatrice 6-1 and 5-3 to capture the title. Wayne, under the direction of Coach Rob Sweetland, finished the season with a 35-4 record. – Callam Sports Photography



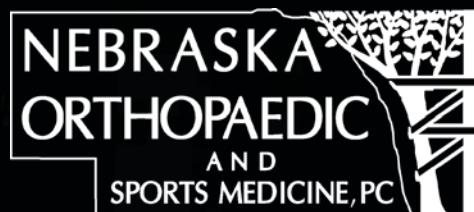
**John isn't a Husker.
But at Nebraska Orthopaedic
and Sports Medicine, he gets
treated like one.**

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

As Husker Team Physicians, we offer you the same care we extend to Husker athletes. Our sports medicine physicians have advanced specialty training enabling injured athletes to once again compete at their absolute best. We do so by addressing injuries in the least invasive manner possible, and ensuring the safest and quickest means back to play and success on the court.

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

Nemaha County Hospital	Auburn
Memorial Hospital	Aurora
Jefferson Community Health Center	Fairbury
Community Medical Center	Falls City
Henderson Community Hospital	Henderson
St. Mary's Hospital	Nebraska City
Annie Jeffrey Memorial County Health Center	Osceola
Quality Healthcare Clinic	Sutton



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

www.nebraskaortho.com
www.nebsportsconcussion.org

N Your Husker
Team Physicians

nebraska coach

DECEMBER 2019

EXECUTIVE BOARD MEMBERS



President

Toni Fowler,
Adams Central



President Elect

Matt Wiemers,
McCook



Vice President

Greg Conn,
Wausa



Past President

Donnie Miller,
Minden

NCA BOARD



District I

Terri Neujahr,
Waverly



District I

Matt Swartzendruber,
Sandy Creek



District II

Tony Allgood,
North Bend Central



District II

Steve Kerkman,
Millard South



District III

Randy Kliment,
Creighton



District III

Ben Ries,
Norfolk



District IV

Scott Carlin,
Gothenburg



District IV

Bryson Mahlberg,
Gothenburg



District V

Drew Billeter,
Loomis



District V

Les Roggenkamp,
Southwest



District VI

Heidi Manion,
Alliance



District VI

Chris Koozer,
Sidney

NCA STAFF



Executive Director

Darin Boysen,
darin@ncacoach.org



Administrative Assistant

Saundi Fugleberg,
[saundi@ncacoach.org](mailto:saudni@ncacoach.org)



The Nebraska Coaches Association is a Proud Member of:

NCA CONTACT INFORMATION

Mailing & Physical Address:

500 Charleston St., Suite #2
Lincoln, NE 68508

Phone number:
402-434-5675

Fax number:
402-434-5689

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

NEBRASKA COACHES ASSOCIATION UPCOMING EVENTS 2020

NCA Board of Directors Meeting
January 26, 2020; Sandy Creek HS

NCA Winter Track & Field Clinic
February 8, 2020; Lincoln

**NCA & NSWCA State Wrestling
Coaches Hospitality**
February 20-22, 2020; Omaha

State Cheer & Dance Championships
February 21-22, 2020; Grand Island

**NCA & Lincoln CVB State Swimming
Coaches Hospitality**
February 28-29, 2020; Lincoln

Girls' State Basketball Sportsmanship Awards
March 5 - 7, 2020; Lincoln

**NCA & Lincoln CVB Girls' State
Basketball Coaches Hospitality**
March 5 - 7, 2020; Lincoln

Girls' Basketball All-Star Selection Meeting
March 8, 2020; Lincoln

Boys' State Basketball Sportsmanship Awards
March 12 - 14, 2020; Lincoln

**NCA & Lincoln CVB Boys' State
Basketball Coaches Hospitality**
March 12 - 14, 2020; Lincoln

Boys' Basketball All-Star Selection Meeting
March 15, 2020; Lincoln

NCA Board of Directors Meeting
April 26, 2020; Lincoln

2020-2021 Online Registration Opens
May 1, 2020

State Soccer Sportsmanship Awards
May 13 - 19, 2020; Omaha

NCA State Track & Field Coaches Hospitality
May 22 - 23, 2020; Omaha

Milestone & Service Awards Applications Due
June 1, 2020

**NCA Multi-Sports Clinic &
NHSACA National Conference**
July 20 - 23, 2020; Lincoln

THE NATIONS BEST COACH EDUCATION

FOOTBALL • BASKETBALL • SOCCER
TRACK & FIELD • VOLLEYBALL
HEAD COACH ACADEMY • ATHLETIC PERFORMANCE



43 YEARS
COACHING
COACHES



"The Nebraska Super Pass has been a tremendous resource for our coaches. It's simple, affordable, and improves every coach in the school."

DARIN BOYSEN, EXECUTIVE DIRECTOR
NEBRASKA COACHES ASSOCIATION

UNLIMITED CLINIC ATTENDANCE
UNLIMITED COACHES
UNLIMITED ONLINE EDUCATION
HEAD COACH ACADEMY
STRENGTH & CONDITIONING

PRICED FOR YOUR SCHOOL

CLASS A / B
\$499

CLASS C / D
\$349

GLAZIERCLINICS.COM / NCA

info@glazierclinics.com • 719-536-0069

Defensive Drills for Both Man & Zone Defenses

John Larsen – Head Girls' Basketball Coach – Crete



I strongly believe in teaching defensive fundamentals before teaching any team defenses. We will spend the first 5-6 days of practice doing a combination of these drills then near the end of the first week or beginning of the second week we start installing our team defenses.

Our philosophy is when

players have mastered the fundamentals they will be able to play any type of defense. We also believe in our team being able to play man defense and one zone defense.

I have listed the following drills in order that we install them and in parenthesis is the duration. We use a combination of these drills every day. We can also use of these drills as conditioning so we get double use from them.

PARTNERS: (5) We use the entire court so all players go at the same time. Player A has the ball and player B starts right behind her. A flips ball out forward about 8' in front, goes gets the ball and pivots so she is facing her partner, B. After A pivots B will closeout player A and mirror the ball. Then player A will shoot the ball (no basket needed) and player B checks out A. The players switch spots with player B being the offensive player and A being the defensive player.

FOOTWORK: (5) Zig-zag drill begins with no offensive players. The defense starts on the baseline by the side of the lane, use 2 groups for this drill. The first player shuffles from baseline to sideline at the FTL extended. She plants her outside foot on the sideline, drop steps and shuffles to the center circle. She plants her inside foot, drop steps and shuffles to sideline at FTL extended, drop steps her outside foot and shuffles to baseline. Go slow the first time and gradually have players go faster. When you believe they have mastered the footwork add an offensive player. Once again start slow and gradually increase the speed you allow the offensive player to go.

FOOTWORK: (5) We have 2 groups starting on the baseline and sideline of the court. The first player sprints up the sideline toward the half court line and about 10' from half court they will break down and closeout at half court. Then they shuffle to center circle and mirror the ball. We have our coaches at half court. Then they sprint to the opposite baseline closing out just below FTL to baseline, then shuffle to the same sideline they started. We have players do this twice so they end up where they started. You can make this more of a conditioning drill by having them go through 4 times.

CLOSEOUT: (10) We start with an offensive player on the 3 PTL and a defensive player under the basket. The coach rolls the ball to the offensive player and the defensive player closes out. We gradually allow the offensive to dribble 3 times forcing the defense to move. Then eventually we have them go 1-on-1 with a limit on how many dribbles the offense can use. We can expand this drill to 2-on-2 or we like 3-on-3. We place 3 offensive players on the 3 PTL, both wings and top, and have 3 defensive players in the lane near the basket. The coach is behind the defensive players and passes the ball to 1 of the offensive players. The defensive players must close out and be in help position if off the ball, then we play 3-on-3.

CHASER: (10) This is a great drill for teaching communication, how to stop the ball and how to rotate. This can be done 4-on-4 or 5-on-5. The ball starts in the backcourt with O-1 having the ball. O-2, O-3 and O-4 can be anywhere in the offensive end. D-2, D-3 and D-4 are matched up with the offensive players and D-1 is behind O-1 in the backcourt. O-1 starts at the FTL and D-1 starts on the baseline. O-1 dribbles to the offensive end and one of the defensive players must stop the ball, the other defensive players must rotate and you play 4-on-4. If you have 12 players you can make this a 4-on-4-on-4 drill. You can also keep score to make it more competitive.

BYM (ball-you-man): (10) We have 3 offensive players on the 3 PTL, 2 wings and the top. Defense starts under the basket and the coach rolls the ball to one of the wings. The defense must close out, mirror the ball and communicate. The offense then passes to the top and the defense must

react and get into good BYM position. The top offensive player then passes to the other wing and then defense must react and get into good BYM position. Depending on who is doing the drill and what you want you could have the original wing player cut to the ball and eventually play 1-on-1. You can also have the offense reverse the ball and play 1-on-1.

SHELL DRILL: (15-20) We do variations of the shell drill every day in practice. The only exception is once we get close to game day we may not do this drill the day before a game. The first day we start with 4 offensive players, 2 on top and 2 near the corners. We have 4 defensive players guard the offense. We explain the difference between ball side and weak side defense and make sure everyone is in the correct position before we allow the offense to pass. We do not allow the defense to go for steals!!! After each pass we stop and make sure the defense is in proper position. We require communication, know where the ball is and all defensive players must move on every pass. Eventually we have the offense start cutting and screening and we will constantly stop and correct mistakes when the defense is not in proper position. Early in our teaching we will limit the offense to try and have the defense

be successful. Examples are; limit offensive players to 2 dribbles, offense must reverse the ball set number of times or make a certain number of passes before shooting. We will also have 1 offensive player stay in the low post if we need practice defending an excellent player. The other 3 offensive players may move around but that 1 player must stay in the low post. We will also do a 4-on-4-on-4 version of the shell drill. The team that scores stays on the court, defense is out and the new group comes in on defense. We don't wait we want to encourage communication and ability to match-up on the fly. You can add things like fouls or turnovers can send your group to the sideline, whatever you want to emphasize. We keep score to add a competitive nature to the drill.

If you have any questions about these drills or any of our team defenses you may contact me at

Larsen.john4920@gmail.com or 402-570-8505.

OUR COACHING CLINICS ARE FOR ANY MIDWEST COACH LOOKING TO...

LEARN FROM THE PROS & BECOME A STRONGER LEADER

OMAHA CLINIC SPEAKERS ↓

- John Stieglmeier - South Dakota State University
- Ryan Gottula - Lincoln Southeast High School, NE
- Michael Huffman - Bellevue West High School, NE
- Kody Morgan - North Dakota State
- Guy Rosenberg - Elkhorn South High School, NE
- Steve Martin - Wichita Northwest High School, KS
- Shannon Moore - University of Wyoming
- Chad Fox - Wahoo High School, NE
- Reed Manstedt - Waverly High School, NE
- Seth McClain - Fremont High School, NE
- Conor Riley - Kansas State University
- High School State Champions & MORE TBA!

ROGERS CLINIC SPEAKERS ↓

- Andrew Shanle - Cypress Ridge High School, TX
- Aaron Danenhauer - Bentonville High School, AR
- Casey Dick - Fayetteville High School, AR
- Nathan Foster - Tulsa Union High School, OK
- Jacob Gill - Shiloh Christian High School, AR
- Sean Riley - SW Assemblies of God University, TX
- Loren Montgomery - Bixby High School, OK
- Jeff Conaway - Shiloh Christian High School, AR
- Justin Kramer - Missouri State University
- Adam Gaylor - Jenks High School, OK
- Missouri State Coaching Staff
- High School State Champions & MORE TBA!

CHALK TALK **QUALITY MATERIAL** **SPECIAL SESSIONS** **FREE SWAG** **FREE VIDEO VAULT ACCESS**

RESERVE YOUR SPOT » **CALL 800.496.4290 OR VISIT** **WWW.POWEREDUPCLINICS.COM**

Creighton Prep Basketball - The Program and Expectations

Josh Luedtke – Head Boys' Basketball Coach – Creighton Prep

Photo By Bob Jensen, Huskerland Prep



I have been coaching varsity basketball at Creighton Prep for 17 years and as I look forward to my 18th, many people want to know how and why we have had so much success. What has allowed us to compete at the highest level for so many years? And, what has led us to be the program we are today?

We do not attract the D1-type players although we have had the fortune of having a few at Prep. Most of our guys are kids who work extremely hard and believe in our program and culture. Our teams have been to state 12 out of 17 years, finished runner-up in 2005 and won the state title in 2009, 2015, and 2018. During these years, we have had kids who walked on at D1 schools, a D1 scholarship kid, D2 player, NAIA type players, and kids who went to college and did not play basketball. Most of our guys could show up at the YMCA for pick up and not be selected because they do not look the part, but they sure believe and play the part well. Most importantly, they do it really well together as a team.

I believe the reason for our success lies in the area of what we call expectations, not core values. The expectations range from player accountability and a team-first attitude, to trust, respect, and competition and finally adapting to your team, your talent, and your strengths.

Matt Graves, a former Butler assistant and current Xavier assistant basketball coach, spoke to the Metro Basketball Coaches Clinic a few years back and talked about a book, *Soar With Your Strengths*. I find myself referring to the book quite often and, at times, it challenges my way of thinking. It has also allowed me to focus on what we do well and manage the things we do not do well. This has changed how we look at different situations with our teams over the years and has helped us put our teams in a position to be successful.

Player Accountability - Holding players accountable today can seem like a huge challenge, but in fact, most players want to be held accountable and how you approach this can make a difference in how your player responds. Most coaches fear holding the best player accountable, that he will be unhappy and maybe leave the program. But, in fact if you hold the best player accountable, he will be grateful, and his teammates will be more likely to follow suit. The major question to be asked is, "What is best for the program?". I believe holding all players accountable is the best for the program. You cannot coach in fear of players leaving the program because all players want to win and if you can provide a blueprint for winning, that is what they want. I also tell our kids that how they conduct themselves in the classroom will be the same way they conduct themselves on the court. If you work hard in the classroom, you will work hard on the court. If you can get your player to believe this, you will see better all-around effort in everything they do and they will be a whole different person on and off the court, accountability!

Team - The most important thing in our expectations starts with a team first mentality and this is very critical for our program. We always talk about "we" and "us" because if we are going to meet our goals, it is going to take the "we" and "us" to get it done. This includes coaches, players and managers being on the same page and working as one to make sure all of our goals are met. Off-season is the only time when we focus on the individual. This is the time when we work on trying to improve our weaknesses but also our strengths. If one player can improve his weaknesses and strengths, then when we put 12 together,

this will make us a better team. No one individual is bigger than the team and if he thinks he is bigger than the team, it is our job as coaches to make him realize we cannot accomplish anything unless we work together.

Trust - This is a word we use often with our players at Prep. Do you trust your teammates? Do you trust your coaches? Do you trust the process? If we can all trust one another and if we trust the process, this is going to lead us to do our jobs and if every player does his job, then we will be able to be very successful. This does not mean we will win every game, but it does mean we will put ourselves in a position to win. Trust is a must and we believe that if we trust, it makes us strong and united. Everyone must trust.

Respect - We talk about this every season; we talk about how we must respect our opponents but never fear them. If you fear an opponent, then you will lose and not perform to your expectations. The other important "respect" piece is motivating your team to earn their respect. You are not guaranteed anything in life, so you must earn their respect, and by playing hard and playing together, we have a better chance of earning that respect.

Compete - Players competing for roster spots and playing time is a good thing. At Prep, we expect our players to compete all the time. Whether it is a workout, practice or a game, we are expecting each player to compete and give it his all. We try to compete in every drill, so we get used to competing in games. We tell our players competing is good for them and will serve them in all areas of life.

Adaptability - As a coach, I have certainly changed over the last 17 years. I have learned when to yell and push the buttons and when to have a meaningful conversation. I find that the team appreciates this more and more every year. It also helps to have older players on the team who live our culture and do things the right way. I also believe that I have adapted our philosophy, year to year, of how to play to put our team in the best possible position to have success. I have not changed expectations no matter the team—new players or old players. At Prep, we hold all players accountable. We are a team. We respect everyone but fear no one, and we trust one another from coaches to players to managers.

Taylor Stromberg, a member of the 2009 State Championship Team, said one of his favorite drills with me

as his coach was a passing drill. You will have to imagine this, but the players continued trying to force bad passes in practice one day, and after 30 of them I had to stop practice. There were little one to two-inch cracks on the bleachers, so I attempted to throw a pass through the one to two-inch crack in the bleachers and believe it or not after 30 or so reps, I never got the pass through the crack. My point was, why try to force the play that is not there and why not take what the defense gives you and give yourself, and your team, a chance to have success. Make the simple pass, the simple play and create opportunities for success.

I believe these expectations have allowed us to build a culture of success at Prep and one that has allowed us to enjoy the game of basketball every year and represent the school we think is the best in the state. These expectations from accountability, trust, team, compete and respect have truly allowed us to focus on doing the little things well and put us in a position to have success and possibly win games. These little things have propelled us to over 300 wins, 11 district titles, 12 state appearances, 1 runner-up and 3 state titles over the last 17 years. It is a credit to all of our current and former players, coaches, managers, parents and school (students, faculty, and administration) who support us and continue to believe in our program.

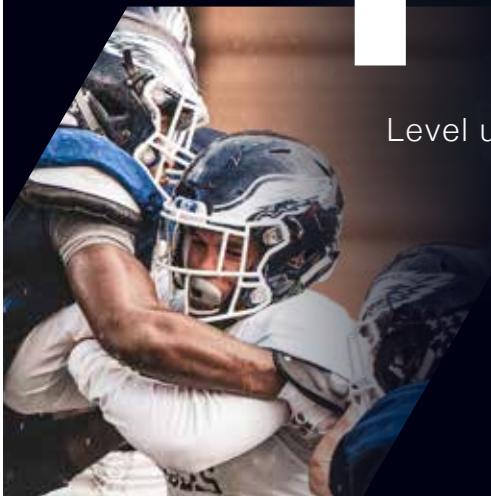
Good luck to all and make every day count!





PLAY LIKE THE PROS

Level up your program with video and data.



The tablet screen displays the Hudl software interface. At the top, there's a navigation bar with options like 'Home', 'Video', 'Breakdowns', 'Footage', 'Game', and 'About Hudl'. Below that is a 'Filters' section with dropdown menus for 'Team' (Lincoln High School) and 'Match' (Viewing stats from 23 games). The main content area is titled 'Attack Tendencies Report' for 'LHS vs ATS - All Attacks - Whole Match'. It includes an 'Attack Chart' showing various attack types (Velocity, KG, Brier, Zero-Ack) over time, and a 'Player Stats' table:

Attacks	All	% A	KG	Avg	H %
#11 Hannah Bauer	32	25.8%	1	3	1.22
#7 Layne Anderson	24	19.2%	2	4	1.22
#10 Alie Maturi	22	16.8%	8	3	1.22
#12 Alie Ward	22	16.8%	8	1	1.22
#13 Brook Arnold	19	12.8%	35	2	1.22
#10 Megan Kozak	12	10.4%	8	2	1.22
#11 Emma Hubay	8	6.4%	0	1	1.22
All	123	100%	44	32	1.22



Technology is changing the way teams compete—help your coaches stay ahead of the game with an athletic department package from Hudl. A package includes a smart camera and unlimited game breakdowns, so your teams have everything they need to do everything from recording their games to analyzing their stats.

See what an athletic department package could do for your school at hudl.com/nca.

Seasonal Plan for a Rewarding Swimming & Diving Experience for All

Doug Krecklow – Head Swimming & Diving Coach – Omaha Westside



Developing a seasonal plan for a high school swimming program is a unique opportunity to blend the experience of veterans with the exuberance of incoming freshmen. Whether the experiences are high school only or some combination of USA club, summer league, YMCA or other past connections, high school age girls and boys typically find that participating on their high school team is one of the most rewarding of their sports experiences.

Over the past 40 years it's been my honor to work with young people who have diverse interests and abilities and I believe it's important for high school teachers and coaches to remember that our task is to provide our participants with an environment where they can learn new skills, improve techniques, adapt to new fitness levels, glean a better understanding of self and most importantly have fun working hard to achieve a common team goal while meeting personal life changing attitudes and accomplishments.

To establish this course of action for each of my athletes, I start with the basic premise that swimming requires both aerobic and anaerobic metabolism for success. When looking at the high school swimming event list, three factors become clear. There are three events where the 50's dominate, the 200 Medley and Free Relays and the 50 Free. There are 5 events in which the 100's dominate, the 100 Butterfly, Free, Backstroke, Breaststroke and the 400 Free Relay. And, the final 3 events are the 200 Free, IM and 500 Free. Recent training strategies have suggested that only anaerobic forms of training are needed for swimmers to be successful and that aerobic training is unnecessary because it doesn't train muscles fibers to contract at the correct speed. Perhaps this might be true, but in a recent presentation from London's St Mary's University studying some of the world's best athletes, including US Olympian Abbey Weitzeil, the researchers found that while races involving the 50s only involve 4% aerobic metabolism, the

100 events require as much as 40% aerobic activity. The 200 and 500 events could require as much as 50-75% aerobic metabolism depending on the individual involved. The focus therefore cannot just be on the 50's since that only accounts for 3 of the 11 events. A combination of training therefore must exist and must include enough aerobic training to meet the demands of the other events. Furthermore, since the high school teams tend to have varied groups of boys and girls, I've tried to make a training plan that will allow for different types of training to occur according to the needs of the swimmers involved, but that both aerobic and anaerobic metabolic training will be included.

To ensure that the above takes place I use the following four concepts to drive the seasonal, monthly, weekly and daily plans. These concepts are structure, function, capacity and power. Each of these concepts helps me create the best possible program that gives me the opportunity to mold an individual's technique, build a strong physiological system, improve the force that can be exerted and most importantly, have the ability to remain focused on the repetitive requirements against the constant resistance of the water.

Building structure refers to creating the required elements for muscle contraction, blood circulation, O₂/CO₂ exchange and energy manipulation. These elements all take place during aerobic metabolism. Building structure includes increasing muscle fibers. In order to swim faster, more force must be applied to the water in the correct line of pull in order to drive the body forward. Muscle fiber development is process that takes time. For example, a 125-pound person may not be able to lift 3 sets of 3 at 125 pounds on day 1. However, after a few weeks of lifting at lighter amounts of weight and perhaps with more redefinitions this same person may certainly develop the ability to not only lift his own body weight but perform it multiple times. It takes time to build muscle fibers and therefore strength, which ultimately leads toward improved force application possibilities.

Improving blood circulation and lung function are also important elements to improved physiological capabilities. To improve O₂ utilization, the development of more

capillaries, particularly in the working muscles including the heart and the development of more Red Blood Cells (RBC'S) are needed. Aerobic activity drives this process. If you consider that capillaries are like highways and that oxygen which is transported by the RBC's are like trucks, then increasing both of these avenues for delivering O₂ and removing CO₂ as quickly as possible makes this part training essential to the development of all high school swimmers.

To train the concept of function requires more anaerobic metabolic work. Function refers to neuromuscular sequencing, muscle contraction speed, and force application sensitivity. Muscle structure must come first, fiber development, capillary bed expansion, RBC proliferation all must preexist if sequencing, speed, and sensitivity are to be effective. Sequencing refers to the junction that occurs where the muscle and nerve make connection and then are asked to fire in a specific order on a repetitive action. Each stroke cycle is designed to follow the

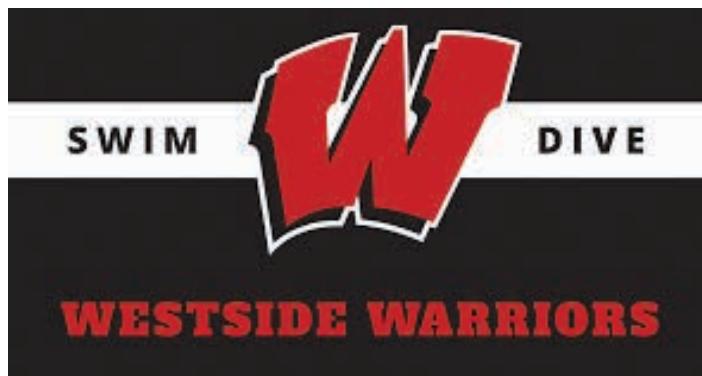
same neuromuscular sequencing path, repeating until conclusion. Speed of contraction work refers to training at performance speeds. This type of work requires more rest between repetitions and more recovery before this type of work is repeated. Swimmers are very unique in their feel for the water and it's what makes them special. Sensing the correct force on the hands, forearms, feet, ankles, and legs when swimming at the correct speed of contraction is crucial to building the functional element of racing.

Developing capacity and power are components of both aerobic and anaerobic metabolism. Capacity refers to the amount of energy available and power refers to how the

energy is going to be used. When developing a training program to include both of these concepts, I believe that creating the capacity to do work comes first for most swimmers. This can involve repeats of any distance, 25, 50, 75, 100, 200, 500 or more depending on the individual. The stroke and number of people in the lane may require caution. Injuries are something that should be avoided whenever possible and in swimming most injuries are a direct result of poor technique coupled with fatigue. Power-oriented activities should actually be done throughout the season increasing as the season progresses. These also can be at any distance, but will require more rest between repetitions and more recovery between days of implementation. Once again, stroke choice hinders how this type of work is done but it is difficult to do multiple people doing different strokes in the same lane and at the speed necessary to accomplish the intent of the power output desired.

In conclusion, my seasonal plan includes aerobic and anaerobic training and is based on the concepts of structure,

function, capacity and power. I've spent years learning from the best coaches around the world and tried to implement a program that will benefit all swimmers I'm charged to work with. It's been an honor to serve as a high school coach at Westside High School since that first year in 1979-80 and to have been a part of Nebraska swimming for over 50 years. I welcome questions if you have any and I'm willing to share sets or ideas with all interested coaches.





Country Inn & Suites Lincoln North

Stay with us the next time your team comes to Lincoln! Enjoy comfortable guest rooms and premium amenities including:

- + Daily hot breakfast
- + Indoor pool and outdoor hot tub
- + Free high-speed wifi
- + On-site fitness center open 24/7
- + A variety of room and suites types
- + Complimentary airport shuttle available on weekdays
- + A central location with easy access to sports venues, dining & more!

Call us to learn more - mention our
Nebraska Coaches Association
ad when booking for special rates!

402.476.5353



NOW OPEN!

Our on-site restaurant
- Villa Amore - offers
pasta, pizza, appetizers
and more!

Country Inn & Suites Lincoln North

5353 N 27th St, Lincoln, NE, 68521

402.476.5353

Tools for a Successful Wrestling Program

Cody Wintz – Head Wrestling Coach – Battle Creek



Coaching can be rewarding, exhilarating, exhaustive. It's daunting, requiring relentless effort and energy. When you're ready to give up, you give it one more day, one more meet, one more kid. I believe the tools for a successful program are your coaches, your youth program, your schedule, and above all, a solid coaching philosophy.

to try it. They need convinced. To me, this is the absolute most difficult job of a wrestling coach. There are too many instances of kids who we knew could be great wrestlers and could benefit from the demands of the sport, but we were unable to reach them enough to get them to stick it out. I always took this personally, and it still wears on me when we miss out on getting kids who have potential. Part of that, I think, are the excuses they come up with. Just tell me it's too hard!! To talk to them a few years after they graduate and have them tell me they regret not going out or sticking it out really makes it worse for a coach, including me.

With all that being said, coaches need to do everything they can to recruit people who can draw and connect to kids for their program. If you as the head coach are not a dynamic personality, you better have an assistant coach or two that are! You have to have people on your staff who kids want to be around, who are fun, and who help bring the best out of them. Kids need to be inspired. I've been fortunate with this in Battle Creek. From the day I was hired in 2006, the administration allowed me to include people on my staff who fit this description. As with a lot of schools, this forced me to have to go outside the school walls to find my staff. Coaches Toby Thompson, Neil Kreikemeier, Bo Brummels, and Corey Knull are all dynamic guys on our staff from outside the school system who are great role models for our kids. Find the person for the job, not the job for the person.

Youth Program:

You have to put a huge priority on your youth program. This is known by all, but not done by all. In my early years of serving as head coach, this was run by myself with the help of my assistant coaches. After seven years of that, the addition of activities director was added to my plate, thus ending my ability to run wrestling practices from 3:30-8:30 two to three times per week. We went back to the drawing board and looked at ways to raise funds as a club to be able to pay someone to be in charge of our youth program, including all practices, duals, and tournaments. We've been fortunate to have Coach Ryan Stusse running our youth program for a few years now. My assistants and high school wrestlers also do a good job with helping, as well as many dads. But it's clear-cut who is in charge. You absolutely have to have someone in this position who

Promoting your program:

How do you make it cool to be a wrestler? Definitely a tough question, especially when everyone has a different version of cool. To me, being known as a wrestler is a great source of pride. A badge of honor so to speak. But the majority of kids don't necessarily think that. The ones who've been through it do, but how do you get the kids in 6th, 7th, 8th grade to think that? You don't see wrestling on the 24-hour sports networks. It's a sport that kids aren't exposed to on TV very often. You can find it on social media, but you have to look for it and follow it to get exposure to it. Plain and simple, it's not as easy to promote as other sports, but we knew that when we signed up for the gig. If you try to use that as an excuse, you're taking the wrong path. What can you do in your school building to promote it? How can you use social media to spread information about what's going on in your program? Do you find ways to get your elementary students exposed to your high school wrestlers? You can find a way, or you can find an excuse. But you can't do both.

Coaches:

I believe there has been a dynamic shift in culture over the last 25 years regarding participation in programs, especially wrestling. Kids today are less likely to come out for the sport just for something to do. No, they have plenty of things that they can be doing that are easier and less humiliating (in their eyes) than working their tails off, and oftentimes getting it kicked in the practice room every day. Kids today, in general, need more of a reason

makes it fun and who knows that winning now isn't the biggest priority.

Questions that we've faced and that you'll have to decide for your youth program: Do you allow kids in your youth program who don't attend your school? (Yes!) When do you start to push kids to enter tournaments? (Individual basis, but always better to be late than pushing too early) What time of year do you start practices, how often do you practice, and how long are your practices?

Schedule:

One of the unique things about wrestling is the amount of control you have over your schedule. Tournaments are fairly easy to change around, and while duals may be more difficult to maneuver, there are generally plenty of options to look at in filling your eight dual dates. You have to be proactive in the difficulty of your schedule in relation to your team. When I first started at Battle Creek, we were not good but had a couple of talented freshmen with somewhat limited experience, but the eighth graders we had coming in the next year were fairly talented with quite a bit of youth experience. As we were trying to shift the culture we felt it was important to get out of some of the long-standing tournaments they had attended for years that saw the same teams week after week. Those first two years we needed some tournaments where we could find some success for the majority of guys on the team. We needed kids to get some wins, some confidence in themselves, so that we could build from that. After a couple years, and more talent in our program combined with a shift in mindset, we started to add tougher tournaments. If you want to compete for state championships, top-five finishes, or even top-ten finishes at the state tournament, your best kids have to be challenged, repeatedly. Coach to your best kids, but keep a keen eye on your young kids who can develop into tough wrestlers for you with the right management.

Coaching Philosophy:

If you haven't identified what you stand for as a coach, you need to. With so many different variables that go into the success of a coach and a program, a philosophy is something that you can always fall back on to help you in

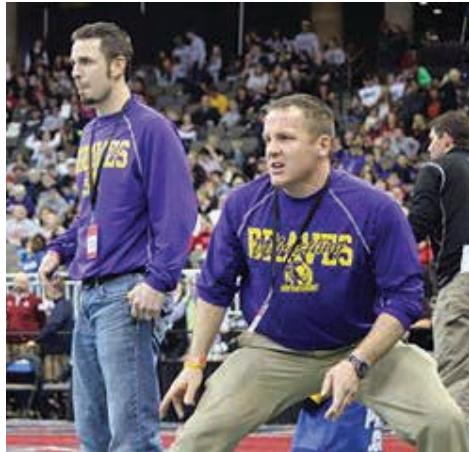
making decisions. When I was younger I'm not sure I fully grasped this concept, but I was confident in establishing our program at Battle Creek in large part because of the experiences I had prior to my first job at BC. Having gone through the youth program at Creighton and wrestling for Coach Randy Kliment through high school, I learned from one of the best. He cared for us as people, had a great knowledge of technique, and showed me what it was like to be an avid fan of the sport through his record-keeping and promotion of the sport. From there I joined Coach Jeff Heimes' staff at Norfolk Catholic while attending college. I learned a lot from him and made many connections that have been extremely beneficial to me in my coaching career. Coach Heimes was a motivator. I learned a great deal from him about practice design, scheduling, and peaking. He showed me how to make kids work hard and how to get the best out of them. Without these two men and the experiences they gave me, I would have been lost, and ultimately unsuccessful, in taking over a Battle Creek program that was in need of youth, energy, and a culture shift.

My personal coaching philosophy is simple and was greatly influenced by author Jon Gordon. That philosophy is *Love Tough*. I believe you must love tough to bring out the best in your wrestlers, or any athlete you coach. If your athletes know you care about

them, they will be more receptive to you pushing them. I've seen many coaches who put the tough before the love and they face resistance. They lose kids. A lot of times, they fail. The best coaches love their athletes and their athletes know it and work harder and are more loyal to that coach.

The sport of wrestling needs you. We know the long-term benefits of wrestling on confidence, work ethic, and a variety of other factors for success in life. Do your part to get kids involved, keep kids involved, and make a difference in their lives.

Love Tough.



Nebraska Coaches Participate in PED Testing Study

Findings & Recommendations

Dr. Joseph Greco Ed.D. – PED Study Researcher & PED Testing Recommendations



Being a professional athlete is a very lucrative career path. However, with limited roster spots only a small percentage of athletes are able to advance to the professional ranks, resulting in immense pressure to perform. Society's expectations on winning, and the goal of obtaining

college level scholarships, causes some athletes to rely on Performance Enhancing Drugs (PEDs) to accelerate these processes.

When professional athletes are caught using PEDs, it gives the appearance that cheating is the only way to get ahead and may impact high school and collegiate athletes striving to participate at the professional level. Many professional athletes are considered role models and celebrities in society. If they are experiencing high level success using PEDs, the rewards may seem to outweigh the risks for an average 17-year-old high school athlete. Professional athletes are often slapped on the wrist for PEDs usage while media outlets focus on their record-breaking accomplishments. This mixed message blurs the lines of right and wrong for young athletes and may further persuade amateur athletes to sample PEDs. While many laws deter people from drug use, the same is not true for all levels of athletics. High school athletics depend on individual state's laws to test for PED usage with many states having no testing, even if an athlete is suspected of usage.

My lifelong experiences in athletics gave me access to multiple accounts of PED usage. From chewing tobacco to the amount of over-the-counter-drugs available at nutrition stores, abuse of PEDs comes in many forms. While the topic of PED usage in athletics is commonplace, previous studies show a lack of input from high school athletic coaches whose knowledge of PEDs, and time spent with high school athletes, would allow for a broader ability to detect abuse.

A survey of high school athletic coaches provides a starting ground regarding the establishment of PED testing in states where no such rule exists. Although there have been multiple examples of PEDs throughout history, there is currently greater attention placed on forms, types, and usage due to increased regulation and definition of associated punishments. However, what is considered a PED may be open to interpretation. While the World Anti-Doping Agency (WADA) list is extensive and accepted worldwide, it has not been recognized in many American professional sporting leagues. Instead, these organizations create their own list of substances and testing procedures, through collective bargaining, which creates varying procedures and punishments. Particularly at the high school level, testing is dramatically reduced, if not completely obsolete. The possible lack of policing may lead some high school athletes to abuse PEDs as there is often an inability to detect usage combined with an absence of consequence issued by the district.

On-field punishments may be the least of players' concerns as the long-term effects on their physical and mental health may be debilitating. While parents may ultimately be responsible for monitoring their child's wellbeing, high school athletic coaches often spend more time with these students, have more of an impact on their lives, and may be more responsible for their safety, mentally and physically, than their parents. Therefore, the importance of establishing a baseline of opinions from high school coaches regarding implementation and testing of high school athletes is significant.

To determine this baseline, an electronic survey was sent to all registered members of the Nebraska Coaches' Association (NCA). This was sent with permission from the NCA and gathered demographic information of high school athletic coaches and their opinions regarding the classification, testing, and punishment associated with PED use by high school athletes.

From the total population of 3,565 NCA active coaches that were sent the survey:

- 664 completed the electronic survey (18.6%)
- 528 males (79.5%)
- 136 females (20.5%)

- 16.63 average years in coaching
- 466 (70.2%) endorsed in coaching
- 645 (97.1%) were paid coaches
- 637 (95.9%) involved at the varsity level
- Football, track & field (boys and girls), and basketball (boys and girls), were the most commonly selected sports (65.4%)
- Swimming/Diving (boys and girls), soccer (boys and girls), and tennis (boys and girls) were the least selected sports (4.52%)

The electronic survey aimed to address the following questions:

- Q1:** What do high school athletic coaches, of certain demographic categories, consider a PED?
- Q2:** Do high school athletic coaches, of certain demographic categories, wish to implement drug testing on high school athletes?
- Q3:** Are there differences among high school athletic coaches' views, based on demographic categories, on punishments for a student athlete's positive PED test?

The first research question asked participants to identify what they consider a PED from a list of multiple responses selected from a combination of seventeen PEDs on the WADA banned list and my personal observations.

Regardless of demographics, the top three chosen PED's were "Anabolic Steroids," "Human Growth Hormone (HGH)," and "Blood Doping." The high response rate for these items may be due to increased media coverage of these three PEDs in the last 20 years. "Sports drinks" and "tobacco" were the least selected items on the PED list. Both items were added from personal observations and did not appear on the WADA list. Their lack of selection speaks to the culture of sports where certain drugs, like tobacco, are viewed as dangerous and are outlawed at most levels, but are not considered a PED by coaches. Finally, although "none of the above" is not considered a PED, the fact that it had the lowest selection rate (0.45%) provides hope that PED awareness is high within the NCA. In addition, athletes from specific sports may also be associated with certain drugs (i.e. baseball and tobacco), but their social association would not necessarily indicate a correlation for this study.

The second research question asked participants to identify if they wish to implement drug testing on high school athletes.

Participants were allowed to select one of four choices: "yes," "no," "unsure," and "prefer not to say." Regardless of demographic variables, the most selected response was "yes" and the least selected response as "prefer not to say." Just over one half of respondents wish to implement drug testing and less than one fifth of respondents did not want to implement. Results indicate a majority are interested in the idea of high school athletic drug testing.

The third research question asked participants to identify a level of punishment associated with three separate positive PED tests.

For each positive test, participants were allowed to select one of five choices on a Likert-type scale: "warning," "one game suspension," "multiple game suspension," "season suspension," and "lifetime suspension." Regardless of demographic variables, the majority of participants responded with "one game suspension," "season suspension," and "lifetime suspension" for first offense, second offense, and third offense respectively. The largest changes occurred between first offense and second offense "season suspension" which jumped 41.5% and second offense and third offense "lifetime suspension" which jumped 49.2%. Results indicated the level of punishment increased with each positive test.

Based on the findings of this study, the following recommendations are made for high school athletic coaches, administrators, and parents in order to increase awareness and limit misconceptions about PED usage in high school athletics. Based on past high school legislation, if drug testing is desired, a school or district must:

1. determine a need for the testing,
2. organize a committee to formalize a plan,
3. acquire acceptance for the plan,
4. implement low level testing initially,
5. gather evidence,
6. report results without identifying students to the public,
7. determine consistent punishment options.

Specifically, high school athletic coaches should attend a preseason seminar based on the information gathered in this study. This seminar could also count for educational

continued from page 17

training hours required by states each year for teachers to maintain their certification.

Based on the number of participants who responded to the electronic survey, this study showed an area of need in high school athletics. If high school athletic coaches have a desire to be informed regarding PEDs, many would benefit from having the knowledge gained in this study. While the results indicate that a majority of high school athletic coaches in the NCA wish to implement drug testing, this study will provide an initial means of discussion within the high school athletic community regarding awareness of PED usage.

The information gained from this study can also be implemented as part of preseason coaching seminars. Guest speakers who are knowledgeable of PEDs would be able to provide useful information to high school athletic coaches regarding the results of this study, thus increasing awareness at the front lines. Even if PED usage is low in a specific sport, saving one high school athlete from a life altering choice is worth the increased training for high school athletic coaches.

The results of this study provided a new perspective of all high school athletics and coaches. The evidence that high school athletic coaches from sports not traditionally associated with PED usage have an interest in drug testing, suggests the need for increased education and awareness. Administrators and coaches can utilize the findings of this study into all applicable areas of athletics by becoming more cognizant of PED usage and following past legislation if drug testing is needed in their school or district.

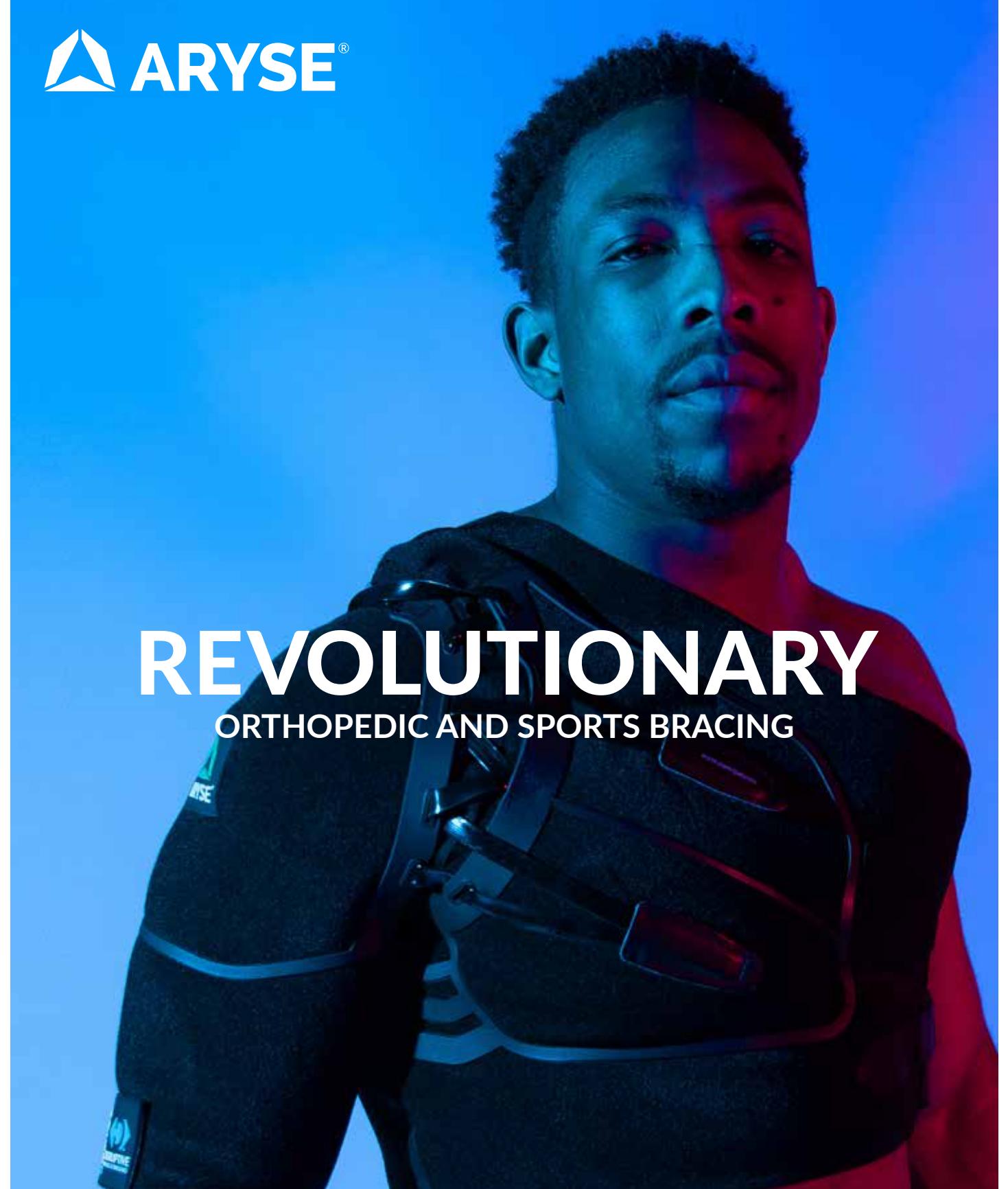
Regardless of your participation in this study, your service to student athletes is greatly appreciated. To view this study in its entirety, please contact Joe Greco at jgreco6436@gmail.com or view online at: https://www.csm.edu/sites/default/files/Joseph_Greco_Revised_Dissertation.pdf.

REIMAGINE LINCOLN

WE LOVE YOUTH SPORTS IN LINCOLN, NEBRASKA

Whether you are practicing for the bottom of the ninth bases loaded or digging one for set point. We have the perfect venues for sports of all kinds. Our new premier multi-sports facility, Speedway Village, is a game changer for your league or special event.

LINCOLN
CONVENTION AND VISITORS BUREAU
LINCOLN.ORG/VISIT



REVOLUTIONARY

ORTHOPEDIC AND SPORTS BRACING

To get the best in sports bracing contact:
Owner and VP of Partnerships, Shelli McClintock
402.580.0155 | shelli.mcclintock@aryse.com

www.aryse.com
FOLLOW US @ARYSEORIGINAL®



2019 Sportsmanship & Leadership Summits

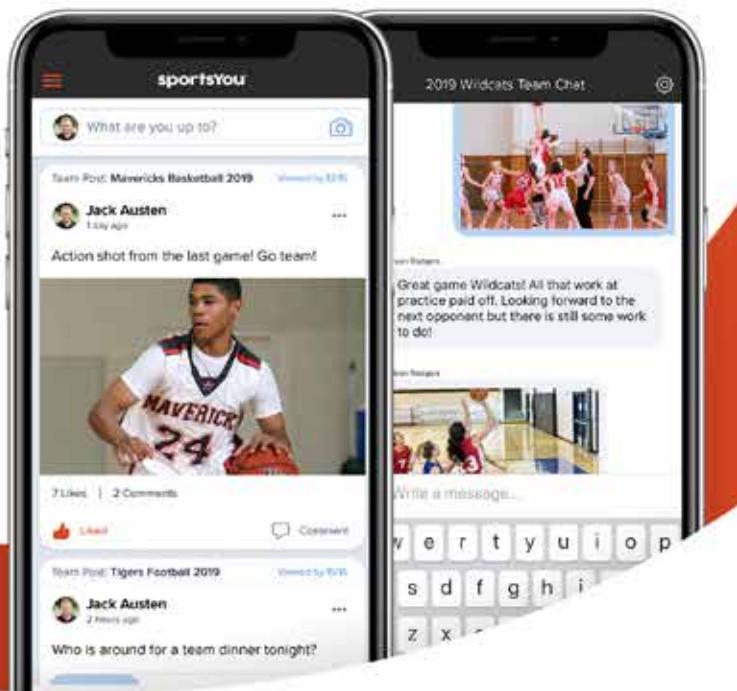
Trust – Social Media Responsibilities – One Huddle

Photos Courtesy of Taylor Siebert





The Ultimate FREE Team Management Platform



A new season.

Get your team on sportsYou – save hours of time.

Your free sportsYou app and website connects coaches, players, and families. In one place you have your calendar, messages, photos/videos, documents and more. **The smart and easy way to coach!**

"I'm hooked. sportsYou is a tremendous asset for my program and is the best method for communication I have used so far in my coaching career. The calendar is my favorite feature and parents tell me the level of communication they receive through sportsYou is just what they need." **Rick Marez, Gering High School Cross Country Coach, Gering, Nebraska**



Get started at sportsYou.com or in the app stores to learn more and **join for free!**





Sponsor of NCA All-State Teams

2019 Boys' Cross Country Super-State & All-State Teams



Photo by Callam Sports Photography

Super-State

Class A

Liem Chot, Lincoln North Star
Tyler Boyle, Lincoln Southwest
Adam Murphy, Millard West
Thomas Oliver, Lincoln East
Evan Caudy, North Platte
Dillon McNeill, Papillion-La Vista South
Trevor Acton, Lincoln Southwest
Juan Garcia, Grand Island
Kellen McLaughlin, Gretna
Jack Nolley, Lincoln Southwest
Jacob Kosmicki, Grand Island
Gavin Skorupa, Lincoln Pius X
Gabriel Hinrichs, Elkhorn South
Daniel Pierce, Lincoln North Star

Class B

Zachary Vanbrocklin, Norris
Ryan Zavadil, Skutt Catholic
Samuel Lueders, Blair

Class C

Carson Noecker, Hartington
Mason Sindelar, Pierce

Class D

Payton Davis, Aquinas Catholic

All-State

Class A

Top 14 Super-State

Class B

Top 3 Super-State
Yanni Vasquezgarcia, Lexington
Blake Manternach, Skutt Catholic
Jaydon Welsh, Hastings
Isaac Richards, Skutt Catholic

Class C

Top 2 Super-State
William Anderson, Gothenburg
John Swotek, Malcolm
Dylan Riley, Aurora
Daniel Bashtovoi, Sidney
Kane Fiala, Aurora

Class D

Top 1 Super-State
Lincoln Trent, Axtell
Jeremiah Arndt, Centura
Jaron Bergstrom, Axtell
Connor Arens, Crofton
Rylan Cheney, Shelton
Ty Schlueter, Ainsworth

2019 Girls' Cross Country Super-State & All-State Teams



Photo by Callam Sports Photography

Super-State

Class A

Elli Dahl, Fremont
Berlyn Schutz, Lincoln East
Kaylie Crews, Papillion-La Vista South
Kylie Muma, Lincoln East
Hannah Ray, Lincoln Northeast
Olivia Rosenthal, Papillion-La Vista South
Allison Louthan, Millard North
Elizabeth Kramer, Lincoln Pius X
Taylor Searcy, Lincoln East
Mara Hemmer, Fremont
Anna Jennings, Papillion-La Vista South
Brianna Rinn, Lincoln Southwest
Abigail Schmidt, Lincoln East
Jenna Muma, Lincoln East
Lucy Dillon, Fremont
Madeline Yardley, Elkhorn
Isabelle Hartnett, Millard West

Class B

Chelsey Espinosa, Hastings

Class C

Danie Parriott, Conestoga

Class D

Alayna Vargas, Hastings St. Cecilia

All-State

Class A

Top 17 Super-State

Class B

Top 1 Super-State
Tukker Romey, Gering
Shailee Patton, Gering
Madison Seiler, Gering
Keegan Beisel, Seward
Brooke Holzworth, Scottsbluff
Raquel Skerston, Ralston

Class C

Top 1 Super-State
Logan Thomas, Malcolm
Jordan Soto-Stopak, Boone Central/Newman Grove
Laura Hasemann, Wayne
Zoe Christenson, Wahoo
Tandee Masco, Milford
Mackenzie Butts, Chadron

Class D

Top 1 Super-State
Rylee Rice, Ainsworth
Madison Gerken, McCool Junction
Kacey Dethlefs, Ravenna
Julianna Maxfield, Fullerton
Ladelle Hazen, Red Cloud / Blue Hill
Ashlei McDonald, Johnson County Central

nebraska coach

CUSTOM



SPORTS

SCREEN PRINTING • EMBROIDERY • SUBLIMATION

OFFICIAL NEBRASKA COACHES ASSOCIATION APPAREL PROVIDERS

- **Fast Turn Around**
- **Free Shipping**
- **Team and Fan Orders**

Get the whole team and fans looking sharp with t shirts, dri fits, jackets, and caps

- **Fundraising**

Shirts and other apparel are great ways for your team and school to raise money

- **Booster Clubs**

With access to many brands we can get items to please everyone!

- **State Qualifier Order's**

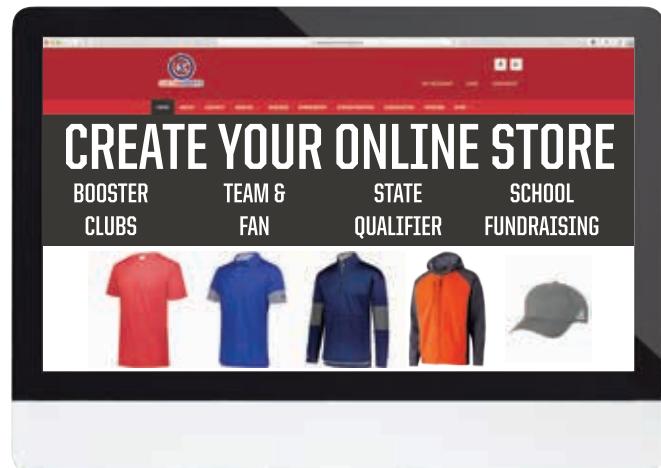
Items are done in time for your first game.
\$100 off for coaches gear*. Free Shipping.
(When contacted as soon as you know you qualify) *On Orders of \$1200 or above

- **Tournament Shirts**

Hosting district wrestling or maybe a Holiday tournament?
We can provide shirts for you to sell at your events!

- **Much More!**

Uniforms, stadium seats, banners, tents, table cloths.



Fitted 8' Table Cloth

Heavy Duty Tents (Design on One Side, 4 Walls Included)

\$250.00

\$1,650.00

10' x 15'

\$1,950.00

10' x 20'

Allow for 2-3 weeks after artwork is approved.

402.379.0362 • SALES@CUSTOMSPORTSCO.COM

WWW.CUSTOMSPORTSCO.COM



Sponsor of NCA All-State Teams

2019 Boys' Tennis All-State Teams

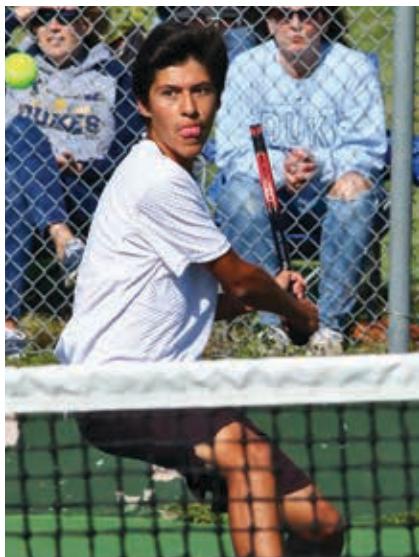


Photo by Callam Sports Photography

Class A

First Team

Ethan Neil, Junior, Papillion-La Vista (Captain)
Mason Warner, Junior, Lincoln Pius X
Nick O'Shea, Senior, Lincoln Southwest
Zachary Kuo, Sophomore, Elkhorn
Grady Works, Junior Lincoln Southwest
Joseph Harris, Senior, Lincoln Southwest

Second Team

Will Ulrich, Junior, Lincoln Pius X
Alexander Bigsby, Junior, Fremont
Joseph Plachy, Junior, Lincoln Pius X
Samuel Johnson, Junior, Lincoln Southwest
Will Olson, Senior, Lincoln Pius X
Jacob Balfany, Junior Lincoln Southwest

Class B

First Team

Isaac Gart, Mount Michael (Captain)
Hayden Royal, York
Hunter Royal, York
Logan Barenberg, McCook
Ty Schneider, York
Mason Michaelis, McCook

Second Team

Eli Fox, Grand Island Central Catholic
Zion Moyer, McCook
John Esser, York
Isaac Hinze, McCook
Connor Barrett, Omaha Skutt Catholic
Matt Mittman, York

2019 Girls' Golf Super-State & All-State Teams



Super-State:

Neely Adler, Lincoln Southwest
Danica Badura, Aurora
Lynzi Becker, Cozad
Abbigail Broderson, Boone Central
Lauren Goertz, Omaha Dchesne Academy
Kaitlyn Hanna, Omaha Westside
Harley Hiltibrand, Ogallala
Anna Kelley, Scottsbluff
Madilyne Kleich-Schlaepfer, Gering
Nicole Kolbas, Lincoln Pius X
Karsen Morrison, North Platte
Katelyn Ruge, Millard North
Baylee Steele, North Platte
Kate Strickland, Lincoln Southwest
Brynn Sundquist, Lincoln Southwest
Payton Wise, Kimball

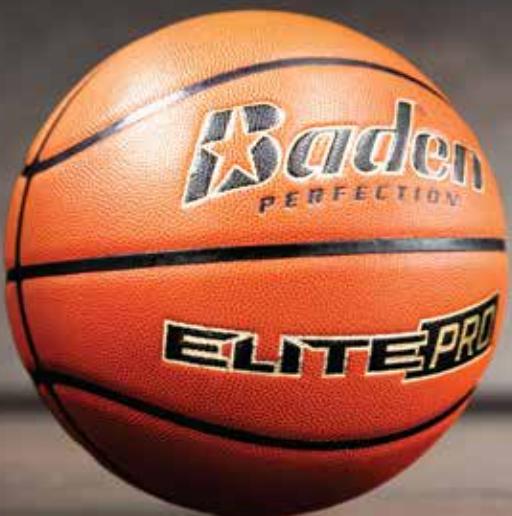
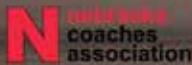
All-State:

Brook Diekemper, West Point-Beemer
Taylor Van Ostrand, Lincoln Christian

Photo by Callam Sports Photography

THE OFFICIAL BALL OF
**NCA &
NSAA**

Baden builds the tools you need to perform at your best, making sure you have the top quality performance you need to stay on the court.



It's the official ball of NCA & NSAA for a reason — the finest materials and craftsmanship combined with Baden's proprietary balanced design, make the Baden® ElitePro™ basketball the best of the best.

sales@badensports.com | 1.800.544.2998



www.badensports.com

SCREEN PRINT



EMBROIDERY



**PROMO
PRODUCTS**



**STATE
TOURNAMENT
DESIGNS**



www.cricketschoolandteam.com

800-752-2317

cricket@cricketschoolandteam.com



CRICKET
SCHOOL & TEAM

a Division of Abante Marketing

3 NEBRASKA OFFICES: OMAHA / LINCOLN / GRAND ISLAND

2019 Fall State Champion Coaches



Boys' Cross Country

- | | | |
|---|---------------|----------------------|
| A | Ryan Salem | Lincoln Southwest |
| B | Steve Carroll | Omaha Skutt Catholic |
| C | Tony Sigler | Aurora |
| D | Joe Philippi | Axtell |

Girls' Cross Country

- | | | |
|---|-----------------|----------------------------|
| A | Brian Kabourek | Lincoln East |
| B | Rick Marez | Gering |
| C | Justin Harris | Boone Central/Newman Grove |
| D | Jared Hansmeyer | Ainsworth |

Boys' Tennis

- | | |
|---|-------------------|
| A | Nolan DeWispelare |
| B | Dan Malleck |

Girls' Golf

- | | | |
|---|--------------|-------------------|
| A | James Danson | Lincoln Southwest |
| B | Brock Ehler | Scottsbluff |
| C | Mark Clanton | Lincoln Lutheran |

Softball

- | | |
|---|---------------|
| A | Todd Petersen |
| B | Rob Sweetland |
| C | Taylor Biehl |

Papillion-La Vista
Wayne
Fairbury

Volleyball

- | | |
|----|-----------------|
| A | Katie Wright |
| B | Renee Saunders |
| C1 | Sue Ziegler |
| C2 | Sharan Zavala |
| D1 | Kandice Jurgens |
| D2 | Kari Jo Alfs |

Papillion-La Vista South
Omaha Skutt Catholic
Lincoln Lutheran
Grand Island Central Catholic
Diller-Odell
Bruning-Davenport-Shickley

Football

- | | |
|----|------------------------|
| A | Michael Huffman |
| B | Matt Turman |
| C1 | Chad Fox |
| C2 | Joe Anderson |
| D1 | Bob Fuller & Greg Wood |
| D2 | Eric Kessler |
| D6 | Scott Trimble |

Bellevue West
Omaha Skutt Catholic
Wahoo
Oakland-Craig
Osceola-High Plains
Humphrey St. Francis
Harvard

Proudly Serving and Raising

20+

MILLION DOLLARS
For NE Schools in 10 Years!



We're here to help your team Dream Big, Raise More & Work Less



Mike
Bahun



Bobby
Danenhauer



Colin
Shockey



Steve
Shannon

FOLLOW US FOR UPDATES



FundraisingU.net | (800) 217-1962 | info@fundraisingu.net

Franchise Opportunities
Now Available



I BELONG^{x2}

Jeff Paige Grand Island Northwest

- Project Lead the Way
Engineering, Computer
Science and Robotics.

- Coaches high school
football and wrestling.
- Head negotiator for the
Grand Island Northwest
Education Association.

 I am a professional and being a member of NSEA has rewarded me in so many ways. Being the lead negotiator is my way of giving back to our organization for all that it has given me both personally and professionally. 

Belonging to NSEA and NCA helps you be the best educator and coach you can be. Find out more, and join today: www.nsea.org



Volleyball Sportsmanship Awards



Class A – Papillion-La Vista South



Class B – Omaha Duchesne Academy



Class C1 – Lincoln Lutheran



Class C2 – Grand Island Central Catholic



Class D1 – Diller-Odell



Class D2 – Bruning-Davenport-Shickley



#1 Graduate Athletics Program in the Nation.

Christopher Richardson, MCAA '09
Head Coach, Team USA Women's Track and Field, Thorpe Cup
Director, Track & Field/Cross Country, Cerritos College

Go to www.cui.edu/mcaa to see Chris' story.



Concordia University, Nebraska is now proudly partnering with Concordia University Irvine in

California to offer the nation's number one graduate program for educational athletics. Offering both a Master of Arts in Coaching & Athletics Administration and a Master of Science in Coaching & Exercise Sciences, both degrees can be completed 100% online. Concordia Irvine is a proud partner of the National Interscholastic Athletic Administrators Association (NIAAA).

Thousands of coaches and athletic administrators have completed this nationally-recognized program through Concordia University Irvine and are now affecting positive change in top-rated institutions across the United States. There has never been a better opportunity to join this network of coaches and leaders in educational athletics while advancing your own career and pursuing your calling. For more information, or to apply, visit cune.edu/coaching.



CUNE.EDU/COACHING



**The 2020 Nebraska State Cheerleading & Dance Championships
February 21–20**

Heartland Event Center, Grand Island // Registration Deadline January 10

Please visit the NCA website www.ncacoach.org for further information.

CALLAM
SPORTS PHOTOGRAPHY

Your Source for Championship Photos!

Team, Action, & Awards Ceremony Images

Order Your Digital Images or Photographic Prints
and Products at:

www.callamsportsphoto.com



TEAMS

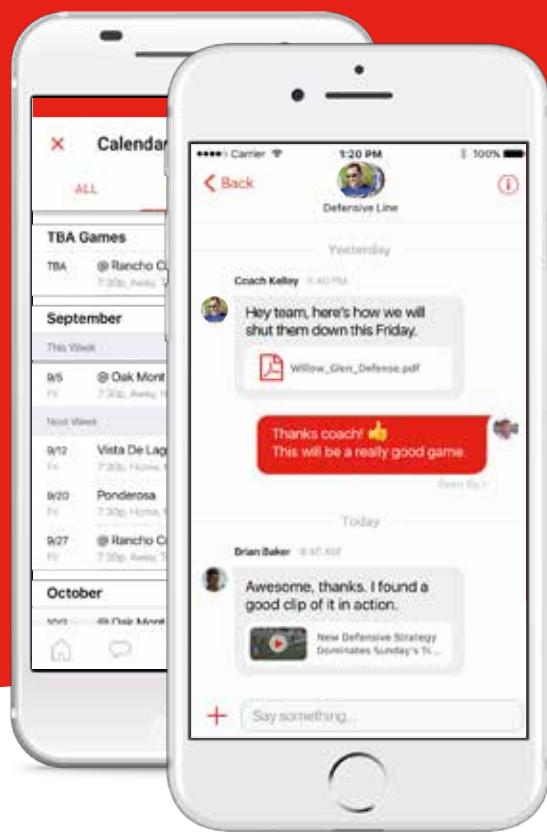
BY MAXPREPS

Team Management and Communication Made Easy

Score entry right at your fingertips

View and easily enter all your stats on the go

MAXPREPS.COM/TEAMS



NEBRASKA COACHES ASSOCIATION

**EVERY MINUTE
WE SAVE YOU
CAN BE SPENT
CHANGING LIVES**

We offer solutions to make your job easier - giving you more time to make an impact. While we're the best at equipping athletes, you're the best at equipping lives...and that's the real final score.

800-527-7510 // BSNSPORTS.com

Apparel • Uniforms • Equipment • Weight Room • Fundraising



Congratulations on a great season!

The honor of wearing a Championship Ring is now a reality. Balfour, the industry leader in ring design innovations, is ready to help you design and create your ring today! The exquisite craftsmanship of the Balfour artisans produces a ring of such exceptional depth, intricacy, clarity, and balance that they are, in fact, recognizable at a glance.

We have a longstanding tradition of producing the rings that celebrate these athletic victories. Since 1943 Balfour has been producing highly sought after championship rings for professional, collegiate, and high school athletes. Numerous collegiate level, national and conference champions proudly wear the Balfour ring.

Balfour—The Choice of Champions

View our Championship Ring Brochure
[http://issuu.com/balfour/docs/2016_championship_brochure?
e=2276235/33629480](http://issuu.com/balfour/docs/2016_championship_brochure?e=2276235/33629480)

For additional information , please contact:
Championship@balfour.com

For your Balfour representative , please go to:
<http://www.balfour.com/>

FOR THE LOVE OF THE GAME... **balfour**