



nebraska coach

SEPTEMBER 2019

Double Overtime Thriller

Fall Season Articles

NCA Awards

**NCA-NSEA
Mentoring Program**

One Huddle Pledge



Features

6-7 OUR FAMILY VS THEIR TEAM

Evan Klanecky – Centennial – Football

8-9 COMPLACENCY VS GREATNESS

Terri Neujahr – Waverly – Volleyball

11 AROUND THE GREENS AT DUCHESNE

Jeff Nielsen – Omaha Duchesne Academy – Girls' Golf

12-13 SUMMER CAMPS & CONDITIONING

Sean & Beth McMahon – Fremont – Cross Country

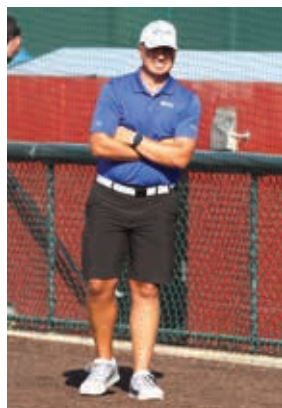
14-15 A COMPREHENSIVE APPROACH TO HITTING

Mark Watt – Lincoln Southwest – Softball

16-17 DRILLS FOR DOUBLES

Jon Holtz – Elkhorn – Boys' Tennis

30 DEA OMAHA DIVISION ENCOURAGES AWARENESS OF PRESCRIPTION MEDICATION ABUSE



Special thanks to Lindsay Peterson, Millard North, Volleyball and Jake Polk, Centennial, Softball who served as NCA All-Star Coaches in July – Callam Sports Photography.

Departments

4 NCA BOARD OF DIRECTORS, UPCOMING EVENTS, CONTACT INFORMATION

5 NCA PRESIDENT TONI FOWLER'S MESSAGE

19-27 NCA 2019 AWARDS & PHOTOS

28 NCA-COUNTRY INN & SUITES-LINCOLN NORTH SCHOLARSHIP RECIPIENTS

34 NCA 2019-20 MEMBERSHIP & BENEFITS

36 NCA 2019 FOUR PERSON GOLF SCRAMBLE RESULTS

37 NCA 2019 ALL-STATE SELECTIONS: GIRLS' TENNIS & BOYS' GOLF

38 2019 SOCCER SPORTSMANSHIP AWARD WINNERS

39 NCA-PROACTIVE COACHING MOST VALUABLE TEAMMATE AWARDS FOR NCA ALL-STAR GAMES

40-41 NCA ALL-STAR GAME SUMMARIES & PHOTOS

42 NCA 2019 COACHES CARE BLOOD DRIVE

43 NCA 2019-20 MEMBERSHIP INSURANCE OVERVIEW – LIABILITY COVERAGE INCREASE

Cover Photo:
Courtesy of Callam Sports Photography

**JOHN ISN'T A HUSKER.
BUT AT NEBRASKA ORTHOPAEDIC
AND SPORTS MEDICINE, HE GETS
TREATED LIKE ONE.**

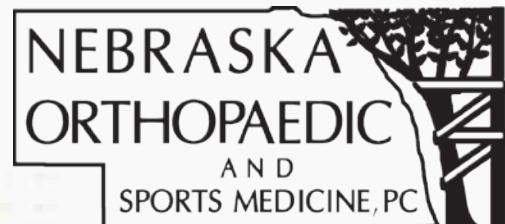


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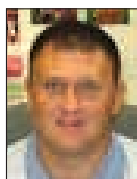


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**FEATURED 2019 – 2020 NCA
UPCOMING EVENTS**

NCA Board Meeting
September 22, 2019, NSAA/NCA Building, Lincoln

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

State Volleyball Sportsmanship Awards
November 7-9, 2019, Lincoln (need evaluators)

NCA Sportsmanship/Leadership Summit
November 19, 2019, Alliance HS

NCA Sportsmanship/Leadership Summit
November 20, 2019, Kearney HS

NCA Sportsmanship/Leadership Summit
November 21, 2019, Norfolk HS

NCA Sportsmanship/Leadership Summit
November 22, 2019, Lincoln North Star HS

NCA Football Championships Football Clinic
November 24, 2019, Embassy Suites, Lincoln

NCA Board Meeting
January 26, 2020, Sandy Creek HS

NCA/Fundraising University Baseball Clinic
TBA

NCA Track & Field Clinic
February 8, 2020, NSAA Building, Lincoln

State Cheer & Dance Championships
February 21 & 22, 2020
Heartland Events Center, Grand Island

NCA Board Meeting
April TBA, NSAA/NCA Building, Lincoln

**NHSACA National Convention &
NCA Multi-Sports Clinic Week Activities**
July 19-23, 2020, Lincoln North Star High School

The Nebraska Coaches Association
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NCA President's Message

Toni Fowler, Adams Central

Courtesy Photo - Doug Carroll



I love high school kids and I love coaching. When I think about some student-athletes I have coached over my career, I see their faces and their name — Kathy, Erika, Nick, Taylor, Scottie, Casey, Jordane, Josh, Briana, Travis

... the list is endless — not because they were necessarily great athletes, but, more importantly, how they've become amazing adults. They are nurses, teachers, physical therapists, service men and women, mothers, fathers, and overall great contributors to their community and our world.

As coaches our responsibility goes beyond the X's and O's. It is bigger than wins and losses. For us who spend a big chunk of our year with our athletes, it is always sad to see our seniors graduate. But if you stick with coaching long enough, you get to see the incredible impact you make on lives.

In July, I had an opportunity to spend time with our multi-sport clinic keynote speaker, Bill Curry. His passion for kids, coaching, and athletics was obvious just to see his face light up when he spoke. And I am excited that NCA is introducing the One Huddle Pledge to our members. This is brought to us from AIM Sports Reputation Management. Bill Curry is one of its co-founders.

"AIM is proud to have assisted in the founding of, and to support and promote, 'One Huddle,' an organization dedicated to spreading the love and unity embodied by all that is right and good about team sports — the Miracle of the Huddle." Please see page 32

Another program that the Nebraska Coaches Association is starting this school year is a mentorship program for coaches. We are excited

about the pairing of seasoned coaches with newcomers. This is being set into motion with the partnership with NSEA and Proactive Sports. Whether you are a young coach who is seeking some assistance and guidance or an experienced coach who feels you have a lot to share and can offer some of that guidance, this is a great opportunity for you! Please check the mentoring program out by going to your NCA membership login.

Entering my 34th year of teaching/coaching, the anticipation of a new season never gets old. When I get around other coaches at the annual NCA multi-sport clinic in the summer that excitement quadruples. Seeing my peers and listening to great presenters is something I look forward to every summer. And seeing the mix of seasoned and newcomers is always something to embrace. The clinic has something for everyone. The best leaders continue to show up, recognizing that there is always something to learn and add to their competitive arsenal.

We have one of the best multi-sport clinics in the nation. And in July 2020, we will be able to showcase just that. The National High School Coaches Association is bringing their convention to Lincoln and will be joining our Coaches Clinic. They will be working alongside the NCA and it looks to be a great week!

In signing off, I pray that all of you have a great 2019-2020 year. Fight the good fight, finish the race, keep the faith! And make it awesome.

Our Family vs Their Team

Evan Klanecky – Head Football Coach – Centennial



There has been one learned mindset in my nine years as a head football coach in this state and that is we need to coach this game like there is a state championship on the line and we are going for two to win the game. Having been fortunate enough to have had the opportunity to coach at Memorial Stadium two times in my nine years, I have found out

just how the stars have to align to be able to accomplish our goal as a team. There are two main “deep thoughts” that I want to share with you about my mentality on coaching this game and I feel that are areas where I have grown the most either through failure or mentors showing me before it got to that point. The first thought will be the comparison of competition pertaining to football. Secondly, I would like to share some thoughts about my mindset with coaches on my staff and how we have become very efficient at making things “works for us.”

Take a minute to set up a battle in your head of the rivalry that “play” and “competition” have in your football program; ask yourself if you are feeding each of these in the right way. Play, is the essence of all sports and every sense of this is life giving. Like our high school athletes, we have forms of play that we count on in our personal lives to relax or just get away for a moment. As my years as a head coach are adding up I seem to find myself focusing more on this essence of “play” with that free spirit and not having any fear of failure. I take this into different aspects with my staff as well as developing more into a group of brothers, rather than six teachers that work together and coach football. For our athletes, their biggest form of play comes right now in their four years as a varsity football player. Condition your kids to have this play mentality and not be afraid to make a mistake, but rather play fast and play for each other and know at the end of the day if there was something that they didn’t do right they will know Coach will reteach.

As small of a price there is to pay for a mistake in play, the opposite can be said for competition. Jeff Duke from 3D coaching stated that “play is life giving, competition is life draining.” Now, the difference in the two in my opinion is that we can play all day long, as opposed to competition that needs adequate recovery time. I don’t want this to be construed as I am against competition because I am not. We compete, keep score, battle each other, and work as hard as we can to be the best at Centennial every day during the football season. We are just

very conscious of the recovery time that is needed in correlation to these bouts, big or small, with our athletes at every level. I Challenge you to go through as many aspects of your program as you can and see how many areas you can turn into more of that “play” concept. When you do this I really feel that you will find more energy at all levels of players and coaches.

Changing gears into an area that I believe I have come a long way with my staff is the delegation of jobs, big and small, in every area of the program. In more blunt words, I have learned to not micromanage areas of the program. Quickly, in terms of football players, put them in charge of as many things as you can to not only help yourself and your staff out, but to begin their tutelage with more responsibility. Examples of areas that they can be in charge of and responsible for would be locker-room cleaning, equipment, playbook checks, bus cleaning, pre-practice, post practice, film study, etc. Once you have taught them how this works and how you want it done, put it in their hands to take care of. Same can be said for your coaching staff as well. Take the time to sit and find out what everyone is good at and delegate responsibilities accordingly. We have adapted a lot of unique ways of doing things at Centennial that “work for us” with our athletes and coaches alike. One of my biggest gains in this area has been to adapt more of a “co-offensive and defensive coordinators.” For my first years I was solely the offensive coordinator and play caller. After some time had passed and we grew as a staff I realized that I needed help in multiple areas on Friday night. Craig Barjenbruch, an assistant coach who has been with me for all nine years (bless his soul), has developed into our passing game coordinator while I am the run game coordinator. We split the work load of the tasks, we meet after Saturday morning film (briefly), and know what we have to get done. The next time that we see each other is early Monday morning before school with every thing done and ready to go. As the week progresses we will get to know that entire plan of attack for that next week and by Friday at 7:00 p.m. we will both know inside and out passing and running plans. This allows us as play callers to slow the game down immensely because I know that he has my back based on game situations as pertaining to a run or a pass. Same can go for defense and special teams as well. When you have this mentality and relationship with your other coaches you become so much closer and efficient.

Our job that we take on coaching football with these young men is vitally important every day. This game of football teaches these kids what life is all about in so many ways. The Centennial football program take a lot of pride in going beyond the X’s and O’s for these young men and strives to positively set them up to be outstanding members of society. Please, challenge yourself as a coach to be willing to change, take calculated risks, and study your craft so you know at the end of the day that you gave these young men every chance in your power to be successful.



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Complacency vs Greatness

Terri Neujahr – Head Volleyball Coach – Waverly



Complacent. *Adjective.*
Showing smug or uncritical satisfaction with oneself of one's achievements. Syn: self-satisfied, self-approving, self-congratulatory.

To be complacent is to be overly content. To be very pleased with oneself. It sounds like a positive thing, actually, to be “very pleased with oneself”. But being

“complacent” is often the start of real trouble in life. If you are complacent in your exercise/fitness life, you may be looking down the road at increased weight, loss of muscle mass, and increases if other health factors such as diabetes and heart ailments. Relationships can also find complacency – you have to really work at them all the time or the risk is the friendship wanes, or in some cases of marriage, there is a separation or divorce. Businesses who are in complacency mode often walk the path of the “Blockbuster Video” chain. One year they were on top of the market with 5.9 billion in revenue (2004), and then in 2010 declared bankruptcy – they sure didn’t think that “Netflix online streaming from the comfort of your own home” idea was something to even trifle with, because VHS tapes and DVD’s at brick and mortar stores were here to STAY! And now I have boxes VHS tapes – garage sale material for many folks! (BTW I have lots of Disney on VHS - anyone need any??) Complacency often leads to struggle – and without change, that could lead to downfall.

Are you complacent in your professional/career/coaching/life? Are you still using those practice plans you saved from that 1998 season when you went to the State Tournament? Still living in your world of “this has always worked in the past so I’m just going to stick with it” even though it really only worked in. . . 1998? Maybe we need to take a deep look at ourselves to ward off complacency. To stay on the cutting edge. To try new and innovative techniques. To look at our high school athletes and young assistant coaches in new ways. To be open to new ideas and stay curious about everything in life. To get inspired to achieve greatness within ourselves and the people around us.

I am a reader. Of all kinds of books, articles, and information – some of it useless, but nonetheless I read anyway. Did you know the cost of raising a medium size dog to the age of eleven is \$6,400? And the only continent without reptiles or snakes is Antarctica. I may need to look at retirement options there due to my aversion to anything slithering along the ground. Anyway, books energize me, inspire me, and often change me for the better.

I generally have up to 3-4 different books that I am reading all at one time. Some fiction, some non-fiction. Much of my reading is aimed at the coaching profession and how to get some kind of an edge for either my team or me as a coach. *Visioneering* by Andy Stanley was impactful to teach me to dream big, don’t ever underestimate yourself or others, and helped me to set a plan in place to make deliberate changes in my life. *In a Pit with a Lion on a Snowy Day* by Mark Batterson encouraged me to take advantage of opportunities and to chase them instead of sitting back and waiting to see what happens. *Outliers* by Malcolm Gladwell told the stories of success of several people and the purposeful circumstances around how they achieved their success. *The Power of Positive Leadership* by Jon Gordon instructed me on the impact a person has in having a positive attitude, conversations, and leadership have on everyone in life. My library grows every year as I am always learning, always curious. Never complacent.

Self-evaluation is a humbling process. Several years ago, one self-evaluation I did was I took a hard look at exactly what was happening in my practices. How I was spending those precious two hours that I had with my athletes. I will have to admit I found it wasn’t all “time well spent”. What was actually on my practice plan (thankfully not from 1998!) wasn’t exactly what was happening in practices. We were spending far too much time standing – players listening to me talking (I’m sure it was vital to some point I was trying to make, or at least that is what I told myself), on extended water breaks, or me and my coaching staff getting off-task and talking about something completely irrelevant. So, I made some changes. I put each drill on a clock for all to see, so that I kept us more on time. We eliminated water breaks - at least the way we USED to do them. When we did the math on break time and used three

2-minute breaks as an average per practice, we actually spent over 5 hours in water breaks over the course of a season. And that's if we stayed on time! Now we never have water breaks. All athletes bring a water bottle to practice and are allowed to pull themselves out of a drill and go get water any time they want to. No more wasted time there. I also decided it was time to hold us as coaches more accountable with what we were doing in practices. If we are holding kids to a standard, then we need to be held to a higher standard as well. Practice time is not social time for coaches. We can do that either before or after we have athletes in the gym. In all three of these small changes, I admit, complacency had taken hold, and absolutely needed to be kicked out of the gym. We aren't perfect at this all the time in my gym, but we are better at staying on task. It's a work in progress, with attention to even the smallest detail at the forefront constantly. Do you have some small changes or attention to detail that you need to change in your practice time that will make a big difference? Self-evaluate and identify them. Admit it if you have fallen into bad habits. . . Complacency. And commit to change.

On the opposite end of the spectrum, maybe you aren't complacent. Maybe you are the young coach who is super charged with energy and so new to this whole coaching gig that you don't have any habits at all, let alone any bad ones. Maybe you weren't even born in 1998 so you don't have those practice plans to fall back on during your season. Maybe you have so many questions and not enough answers to this "coaching thing" that complacency seems like a dream and you feel like you are drowning. One thing I did a long time ago was to find a mentor. Someone who I could ask questions of and not feel they were too small or too silly. Someone who would help me problem solve when I thought it was a mountain, but in telling them it became a molehill. Someone I could vent to when I was so frustrated that I was ready to throw in the towel, but they encouraged me to keep striving towards greatness, because these young athletes are worth it.

A mentor is invaluable in the coaching world. How do you find a mentor, you ask? If you don't know enough people in the business, the task of finding a mentor could be daunting. Patterning the idea off of the AVCA's Match Point Mentoring program, the NCA has partnered with the NSEA and Proactive Coaching in piloting and developing its own mentoring program. To take part either as a mentor or mentee, simply log in to your NCA account and apply online. You will be asked a series of

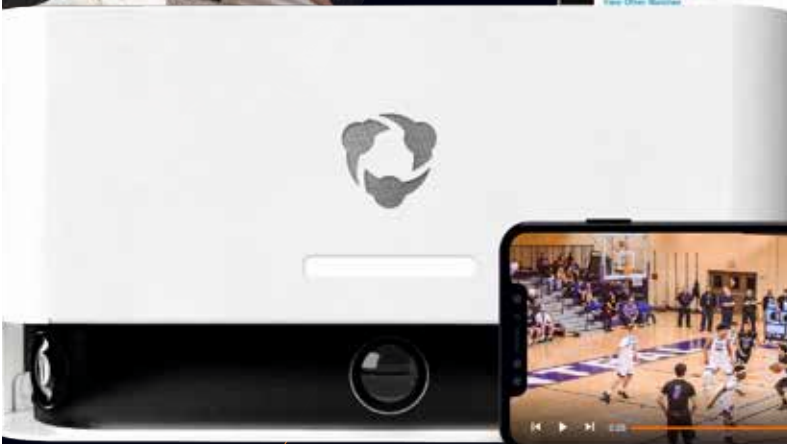
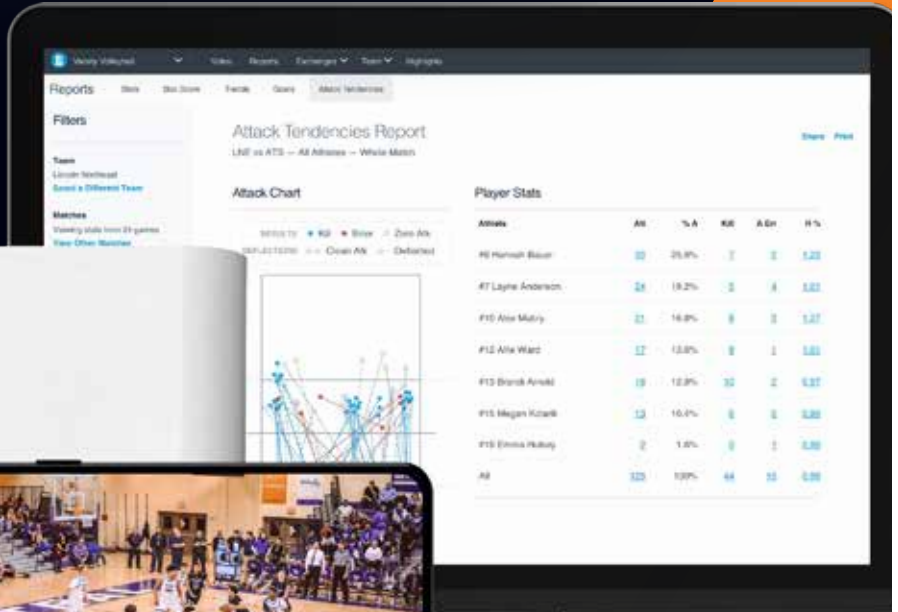
questions regarding the sport(s) you coach and subject matter that you teach. Then you will be matched up with another educator/coach in the state with similar backgrounds – but not someone in your school district. Both mentor and mentee then go through a series of videos, question and answer prompts, and discussion about all sorts of different topics. Sharing information and ideas is key to making this work, which is the whole idea around having a mentor/mentee program. And know that mentors will likely gain just as much knowledge as mentees in the process – it's always a two-way street! Once the video series is completed and time is logged in over the course of the season/year, the NSEA has provided an opportunity for its members to be awarded a stipend for completion of the mentor/mentee program. \$500 will be given to EACH NSEA member who completes it, both mentors and mentees. I know that stipend sounds like a great reason to be involved in the program, and it is, but the relationships that will be built surrounding the mentor/mentee experience will be far more valuable in the long run. I encourage you to consider joining this experience that could be life-changing for many in our profession.

As I draw to a close know that I have only hit on a few pitfalls of complacency, and there are many more. Search yourself and your program with clear eyes, and try to see things in a new light, being honest with yourself on what you need to do to achieve greatness. And remember that greatness is not found in the win/loss columns. Greatness is found in doing the boring everyday tasks that people hate to do but are totally worth it. Greatness is found in 1000's of reps in the summertime, learning to perfect your platform. Greatness is found sweating in the weight room at 6:00 a.m. when everyone else is still in bed. Greatness is found in taking the time to creatively design a drill that will help that athlete overcome a poor habit, even though just pulling out some drill from 1998 would fill the time in practice. Greatness is found in caring enough about your athletes that complacency has no place in your program. As Joshua Medcalf wrote in *Chop Wood Carry Water*, "Greatness isn't for the chosen few. Greatness is for the few that choose."



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Around the Greens at Duchesne

Jeff Nielsen – Head Girls' Golf Coach – Omaha Duchesne Academy



I have had the pleasure to be the head golf coach at Duchesne for the last 13 years. I've had the privilege to coach many good players over the years. The last few years we have had 20-25 girls on the golf team. My job as the coach is to teach the game, make the game fun, make practice competitive, make the game important, teach life lessons, and develop a team concept in an individual sport. One of the things I tell the girls early in the year is that every day we are here to improve. It is a good lesson for all involved.

The first day of practice we have the girls circle around the practice green for chipping. Players are set two yards from the edge of green with three shots per player. Players are given range or play time when they make ten shots as a team. The players can use any club or stroke they choose. Usually the first day it takes around an hour before we reach our goal of ten. The first few days of practice are as follows:

Set Up

Grip, narrow stance, knees bent, front arm straight, make club shorter, weight on front foot, slightly open stance, hands start on inside of front thigh.

Low Shot

Ball position back in stance, hands start on inside of front thigh, weight starts and stays on front foot, hands stay in front of club face the entire stroke. We are rotating the upper body to move the club. This is decreasing the loft of the club. Club will finish low to ground, with club facing the target.

High Shot

Ball position forward in stance, hands still start on inside of front thigh, weight starts and stays on front foot, hands stay quiet. With the ball position more forward in the stance, you are getting the true loft of the club. Club will finish higher, with club face facing sky.

Finish

It is mandatory that everyone holds their finish position until the ball stops rolling. We call this "look good when you're done." I believe this is the best way for the girls to gain feedback from the shot. Now the girls can feel and see why the ball did what it did. They might have finished with their weight on their back foot or they might have flipped their hands. By knowing what they are supposed to look like when they're done, they can teach themselves.

We have 25 girls on the golf team with a wide variety of skill levels. By starting with these chipping methods, the girls quickly gain confidence to hit the ball solid. From this point, we advance into other techniques and methods of chipping/pitching as the season progresses.

Every day of practice the girls need to chip in X number of times before we do anything else. Like all players, they want to hit their drivers, but they quickly understand the importance of chipping/pitching. I believe they enjoy the challenge of trying to make shots, instead of merely getting the ball on the green. It's amazing how quickly they become great putters and chippers of the ball.

I also mix up the techniques daily. For example, players must chip in X number using low shots. Then they must make X number using high shots. Over time, they can hit most shots required around the greens.

After a week of practice, through the discipline of the girls, it's amazing how quickly they can reach their target number of makes. Usually the entire team can chip in 10 in less than 10 minutes.

Not only is this a great opportunity for the girls to improve their game, but I believe it's a part of team building in an individual sport. It's gratifying to watch the kids support one another. The girls also experience success and gain confidence. All girls on the team are expecting to make every shot and are only satisfied if the ball goes in the hole.

These are a few of the methods and ideas we use when learning the short game. I have found these strategies to be effective in both player development and team building. Areas which I feel have been significant in the advancement of our program.



Summer Camps & Conditioning

Sean & Beth McMahon – Boys' Cross Country Coaches – Fremont



Everyone has probably heard the cliché, “State Championships are won in the summer”. While I am not going to argue against that, I certainly believe they can be lost in the summer. While the athletes have changed, there are a few key traditions that have lasted throughout our years of success. From our

State Championship in 2002, to our most recent in 2018, consistency in the summer has been a major staple to our success.

Each summer we start the first day with a morning camp that is intended to teach and/or remind the athletes of our summer routine, our team history and some important aspects of the sport. On this first day, the athletes will choose a summer conditioning program that is ideal for each individual. The foundation for their individual program starts with a questionnaire that they completed in late May. The questionnaire addressed topics such as their personal running history, what goals they have, how much they believe they can handle in terms of peak training mileage, as well as dates they might be gone in the summer. From that information, we build several individualized programs that are tailored to fit the needs of the athletes on the team. The athletes then look through the programs at the morning camp, and choose either the one we have recommended or the one they believe is best for them. Their ownership in choosing a summer conditioning program is essential for them to stay consistent and have a quality summer of training. The camp also provides a good opportunity to have small group breakout sessions, in which season goals can begin to take shape.

Our summer conditioning program begins the Monday following Memorial Day, and meets Monday through Friday at the same time and location all summer. The structure and routine has seemed to help us have consistent attendance by a good majority of our athletes each summer. The athletes are held accountable for knowing their program and for checking it in with us each morning. If they are unable to attend the conditioning

session, they can also check in their mileage with one of our coaches during the day, which is the only way they can receive credit for their run. Summer mileage shirts are then made at the end of the summer based off their “checked in” total. Ultimately, an atmosphere of safety, fun, and a sense of camaraderie is what we are trying to establish each day during the summer in addition to logging their miles. The athletes need to hear their name, laugh, and be engaged in conversation by the coaches and other teammates as often as possible. One of the biggest changes we have seen in adolescents throughout our career is their “soft skills”. The digital world has hampered their development in this area, and we have found that it is one of the most important facets, and it cannot be ignored for a team to achieve maximal success. From the moment the athletes start doing warm-up form and speed drills to the daily run and warm-down stretching, we want them talking together without cliques or segregation by age. The topic does not matter, it is the building of the team and trust in each other that will be what bonds us together when the “going gets tough” in the championship season.

Quite often our first year runners will have a “hit and miss” summer (or one that quickly fizzles out after the first two weeks). In one of the breakout sessions for first year runners at the morning camp, we tell them that their top priority needs to be running in the official season, and not to worry if they miss during the summer. In the past, we often had first year runners believe they fell behind by not consistently attending in the summer, and then refused to go out for the actual season. We now feel that as long as we can get them out for the season on the first day, they can spend their freshman season falling in love with the sport and the concept of our team. Very rarely do the runners miss days of summer conditioning after that first year.

In mid to late June, we take approximately ten of our runners to Colorado for a week long team camp. We rent a house and spend the week with the kids immersed in a team centered culture, while getting a chance to live the life of a “professional athlete”. We chose Colorado for several reasons, but mostly due to it being far enough away to prevent any distractions from taking teammates away during the week. Social media, work, and other outside influences are nonexistent for the entire week, which allows the athletes to really get to know each other and their sport at a deeper level. Overcoming the altitude, hilly trail runs, a mountain climb, and the meal prep/clean-up (many daily tasks they do not have to do at home) is suffrage enough. Therefore we always make sure to rent

a house that has a hot tub, multiple bathrooms, a pool table and ample kitchen and living space so that the runners can enjoy the hard training week together. The high level of amenities available to them allows for a quality training week, and enables them to navigate it properly so they can later replicate it at home in the season. The athletes “live and learn” the importance of getting to bed at a reasonable time, preparing and eating balanced meals, having hydrotherapy sessions, as well as training discussions with their coaches and teammates. The time allows the athletes to both learn and experience how to train at a higher level without it necessarily increasing the demand on their body for recovery at the end of the week. Ironically, this is all secondary to our real goal for the camp. The immersion of the athletes with their teammates (24 hours per day for 7 days), where they have uninterrupted time together is priceless. Our former athletes have told us that when they see each other after years of being apart, it is like they “pick up right where they left off”. Several alumni still get together in the summer and travel to Colorado for a week together. Others have now started doing this with their college teammates. This experience in Colorado carries



into the bus rides during the season. The card games and other experiences they shared in Colorado are then spread to their teammates that did not get the chance to attend the camp that summer, which is rewarding because it shows the experience wasn't selfishly treated as exclusive to just them. You can see that their closeness doesn't end after the camp week is over, and that is one of the most important goals we have for our team in order to be successful each season.

As the heat really begins to set in, and we reach the “dog days of summer”, we highly encourage our runners to participate in a July road race. The races help to break up the monotony, keep the kids focused on their goals, and really help their morning run attendance. It is also a good opportunity for them to begin to see some early results of what their hard work in June and early July has accomplished. There is no better way to bond a team, then to have shared running experiences for hours on end throughout the summer. Whether it is in a scenic location such as a running camp in Colorado, or on the city streets in your hometown, the foundation of success begins in the heat of the summer.



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A Comprehensive Approach to Hitting

Mark Watt – Head Softball Coach – Lincoln Southwest

Photo by: DeAnne Kobza



Any coach who has been involved with the softball world since the mid- '90's like I have is aware of the major changes that have taken place in the offensive part of the game. Where 5 runs once was considered a high scoring output, now top teams now average 8-10 runs per game. And where it took 14 seasons

to hit our 140th HR as a team, we have hit 143 during the past two seasons!

To be successful today, it's important that a program has a comprehensive offensive plan to offer. This article will focus on the aspects of hitting that I consider to be most important. Components of this program have come from other coaches, with UNL Asst. Coach Diane Miller most prominent among them. A comprehensive offensive plan addresses the following four aspects of hitting: Physical, Mentality, Emotional, and Visual. In-season hitting practice should address each of these aspects consistently.

Physical: Clearly mechanics are the fundamentals of hitting. Over time, coaches develop an approach that works with their player and programs. There are multiple philosophies that can be adopted. We focus on keeping swings as efficient as possible. This means getting the barrel to path of the ball as quickly as possible and staying on that plane as long as possible. A focus on swinging down and through the ball, as well as hitting the ball from gap to gap, also helps to keep the swing short. Launch angle is an adaptation that has developed in recent years. We don't use that approach, but it is successful for some programs.

To simplify a very complex skill, mechanics are divided into 5 phases: Stance, Load & Stride; Connection, Contact, and Extension. Lately when working with players I am most frequently offering suggestions on the load (keeping the back elbow in line), stride (staying on the power line), connection (starting the swing with the back elbow and knee-hip-shoulder unit, rather than flying out with the front shoulder), and extension (through the ball versus rolling over). We focus on the desired outcome, rather than what needs to be "fixed", and have a wide range of breakdown drills that help players to feel and master what we are encouraging them to do.

Mental: Understanding the strategies involved in producing runs for the team helps is important. Practice and skill work can be

used to help players develop what their minds should do, as well as how their bodies should move while swinging.

- Team-first attitude: A focus on producing runs for the team, rather than building up personal statistics, should be each player's priority. It's easiest to be successful when helping the team to win is the goal each AB.
- Situational hitting: Knowing what to do to advance runners is essential. A Quality AB chart helps to reinforce situational hitting and increase possibilities for success, and keeping the chart provides a role for more players.
- Count hitting: Players should understand how the count situation can be used to their advantage at the plate. They should understand what pitches to look for when ahead in the count. Coaches need to decide how they will handle the team approach to two-strike situations. For the most part, we simply expand the "swing zone" slightly to avoid called thirds, but don't change swing mechanics significantly.
- Knowing opponents: Compared with college coaches, the amount of advance scouting and film study high school coaches can do is limited but still important. Through In-game scouting, players and coaches pick up information about pitchers' grips, spins, tendencies, etc. That information can be helpful to some batters, while others prefer to keep their minds clear and simply read and react.

Emotional: Being at the plate is a high stakes situation that can involve a wide range of emotions. Players should understand the ways they can stay as calm and positive as possible.

- Routine: It helps players to develop a routine that they use before each pitch, helping them to be focused. Teach abdominal breathing to players and encourage them to use it before each swing as part of their routine.
- The ideal mental state is cool, calm, and focused on the present. Players know what it feels like to be relaxed and confident at bat. Keeping a clear mind and knowing how to stay focused on the task at hand is a skill that can be developed. The following strategies can be used to keep that frame of mind in as many situations as possible.
- Visualization: Players do best when they have a vision of what they want to happen. Picturing success increases the chances of experiencing it. This requires guided practice at first. Consider a team visualization period in practice some days, or have players do this on an individual basis.

- Practice handling frustration: If practice is always routine or easy, players will not learn to adapt. At times during practice, coaches need to put players in situations where they will not succeed. They need to be taught how to adjust to handle frustration in practice in order to do the same in games. Keeping a growth mindset approach, with emotions in check, will help players to see failure in terms of opportunities to get better, and learn how to adapt.

- Practice under pressure: We practice throughout the season to beat the best opponents we will face. This will require facing all kinds of pitchers- high velocity, great change-ups, great rise balls, etc., and present opportunities to make adjustments. Practicing end-game situations allows players to have a mental picture of what they want to do in those situations.

- Reading the spin of a pitch is important. Having players in the batter’s box during some segments of pitching practices can help with this.

Implementing the plan: Softball has become almost a year-round activity for those most serious about the sport. Each year can be broken down into phases. The off-season is a great time to develop skills such as swing mechanics, without the pressure of playing in games. Late winter and spring bring club softball. Because most of my players have been playing for months for their club coaches, the fall high school season is a time for adjustment and refinement, rather than making major changes. The suggestions we make are always from the point of view of helping the player to take ownership of her hitting game, rather than a “my way or you won’t play” approach. The reasons for suggestions are explained to players so that adjustments are by consensus rather than commands to be followed.

Visual: “Seeing the ball” is a common phrase in softball, and another important area for training. Good vision is an important first step in developing good timing. Players should learn:

- Soft vs. Hard Focus: Learning this concept helps players to be able to read pitchers and pick up the ball more easily.
- Tracking the ball: Use colored and numbered tennis balls, vary the size of the ball, and use devices machines to help players to track the speed and path of the ball. Start the progression by watching pitches, progress to bunt drills, then to full swings.

This comprehensive approach is the backbone of our offensive approach at LSW. It is flexible; adaptations are made every off-season, and throughout the season, as players and the game change. The key has been to get players to understand what we encourage them to do, and to believe this approach will help them and the team to succeed. I would be more than happy to discuss these thoughts and softball in general. Feel free to contact me at mwatt@lps.org.



Drills for Doubles

Jon Holtz – Head Boys’ & Girls’ Tennis Coach – Elkhorn



There are many strategies in doubles that can be learned from these drills. I have been known to stop mid drill and explain what we should have done or what was done well. It is important as a coach to help them understand why they are hitting certain shots or why they should have hit it differently. When we work in practice this is the best time to teach

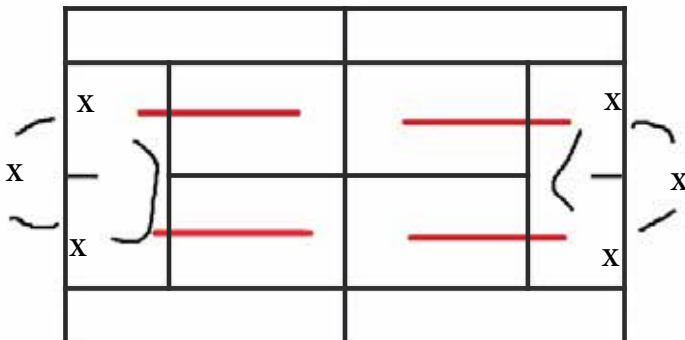
them the proper ways while usually playing live points. I have had the opportunity to have great mentors in the sport of tennis and learn from them. Below are some drills that I have picked up during my tennis coaching career.

Doubles Self Feeding Drill

This drill is for six to eight players on a court. It is designed for doubles play. The main idea of this drill is that they get to the net to put the ball away. One side feeds the ball and that person feeding always follows the shot into the net. Then you just play the point out from there. Whomever makes the error their side either rotates a spot or a new team enters. There can be many variations of this game and to make it more competitive you can add a point system. An example is the first doubles team to reach 10 points wins. I like when the drill has a winner as it makes the players want to play harder against each other beat each other out.

Doubles Self Feeding Drill Diagram

One side feeds cross-court and follows it in to the net. They play the point out and who ever loses rotates out.



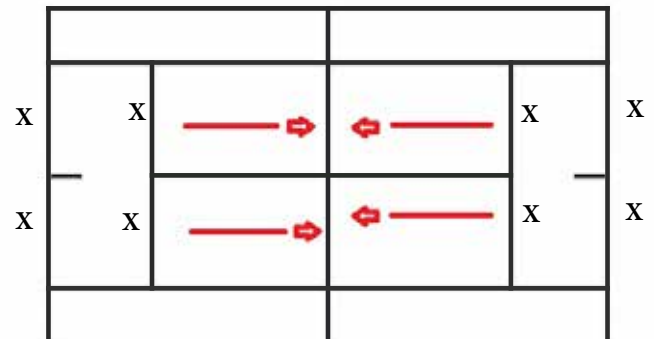
This drill needs to keep moving so encourage fast play.

Volley Drill

This volley drill is not to necessarily beat the person across the net from you but work on footwork and racket position at the net. This drill can be 8-12 on a court and is a self-feed drill. Each person should have a partner across the net from them. Each player starts at the service line and one person feeds the ball. Your team tries to keep the ball in play while gradually moving closer to the net. You are not trying to beat your partner but rather keep the ball alive. As you get closer to the net it will obviously get harder to keep the ball in play. When the point is over the next team comes in and starts their turn. This drill is for ball control and learning how adjust at the net. This will be a fast-moving drill so it will keep the players moving along.

Volley Drill Diagram

After you hit the feed you gradually try to get closer to the net. You are not trying to beat your partner but as you get closer it gets harder to keep in play. When you and your partner lose you go to the back of the line and the new set comes in.

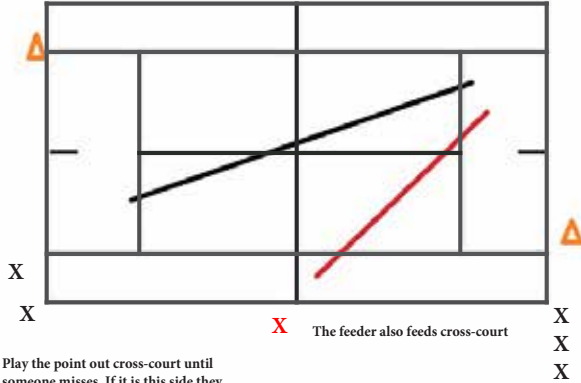


Crossfire

In this drill there must be a designated feeder (coach) at the net. There can be 6-8 players for this drill. You have a winning side which is behind the feeder on the baseline. I usually put two winners on that side. Across the net is the challengers and they line up in the alley on the same side of the feeder as well. You feed a ball cross-court which the challengers must run to the feed. The challengers must hit a cross-court shot. Once the winners hit a cross-court shot back to the challenger the ball is live and you then play out the point. If the winner side loses the point both sides must run to the cone and touch it as the feeder is hitting a cross-court shot to the challenger side. If the challenger wins two points, they will then take exchange spots with the player that just lost. This drill helps with keeping the ball in play in doubles by practicing the cross-court shot. You can alter the drill to make it for forehand or backhand cross-court shots.

Crossfire Diagram

This side must touch the cone too if the winning side messes up.



Play the point out cross-court until someone misses. If it is this side they must run to touch the cone as the feeder is feeding another ball cross-court.

This side must win two point in order to make it to the winning side.

These teaching opportunities can help build smarter players. I also love that these drills encourage players to be more competitive as they are learning each skill. When working with doubles players I feel like it is important make sure your teams can be dominate at the net. If the players can get comfortable there, they will win a lot of matches. Good luck this season to all the tennis coaches out there! I look forward to seeing you on the courts.

Please feel free to reach out to me if you have questions or want other drills. My email is jholtz@epsne.org.



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2019 NCA - ARYSE Service Awards



NCA-ARYSE 25 Year Service Award recipient in attendance at the 52nd Annual NCA-Hudl Awards Banquet: Brian Kabourek, Lincoln East. – Callam Sports Photography.



NCA-ARYSE 35 Year Service Award recipients in attendance at the 52nd Annual NCA-Hudl Awards Banquet: (from Left to Right) Dan Davenport, Waverly; Mark Anderson, Randolph; Jerry Buck, Lexington; Jody Rhodes, Paxton; Tom Pallas, Seward; Ken Adkisson, Waverly; Jim Hansen, Lincoln Pius X; Dominic Reicks, Ravenna; Mike Johnson, Waverly and Diane Rouzee, Northwest. – Callam Sports Photography.



NCA-ARYSE 40 Year Service Award recipients in attendance at the 52nd Annual NCA-Hudl Awards Banquet: (from Left to Right) Alvin Blankenship, Waverly; Larry Schreiber, Nebraska Christian and Ron Wergin, Palmyra. – Callam Sports Photography.



NCA-ARYSE 45 Year Service Award recipients in attendance at the 52nd Annual NCA-Hudl Awards Banquet: (from Left to Right) Steve Nelson, Alliance and Ken Meyers, Wilcox-Hildreth. – Callam Sports Photography



NCA-ARYSE 50 Year Service Award recipients in attendance at the 52nd Annual NCA-Hudl Awards Banquet: (from Left to Right) Larry Vancura, Heartland Community; Dave Oman, Centura and Norm Manstedt, High Plains. – Callam Sports Photography.

NCA Career Milestone Program Recognizes Coaches For 28th Year

Jerry Stine – Program Administrator

38 coaches applied for the NCA Jerry Stine Family Career Milestone award, with 45 applications submitted in all. During the 2019 NCA Multi-Sports Clinic Sport Meetings coaches were recognized for obtaining level I, II and III certificates. Nine coaches received the level IV plaque (the ultimate award in this program) at the NCA Awards Banquet

If you are not familiar with this program, it takes 100 wins in team sports (50 in football) to achieve level I and 200 points in individual sports. To achieve level II, it takes 200 wins in team sports (100 in football) and 400 points in individual sports. Accumulating 300 wins in team sports (150 in football) and 600 points in individual sports will get you level III recognition. The level IV plaque is presented to coaches that have coached 400 wins in team sports (200 in football) and have accumulated 800 points in individual sports. Team sports include football, volleyball, basketball, baseball, soccer, and softball. Individual sports include cross country, golf, gymnastics, wrestling, swimming, tennis, and track. You must apply for this award to be recognized, you must be an NCA member, and the sport must be officially sanctioned by the NSAA.

Nanonation has created a user-friendly program for the NCA that all the 1992 – 2019 Career Milestone winners can be searched for

using a kiosk. The kiosk replaced the posters that were previously displayed near the NCA booth and at each sport's session areas. The criteria and application for this award is available on the NCA website www.ncacoach.org.

The NCA has further invested in the Milestone Award program by enhancing and upgrading the Milestone Award page on the NCA web site. Please go to the website, click on awards, click on NCA – Baden Sports Milestone Awards, and you can easily filter the 1,467 honored coaches by sport, level, year, etc. Take time to look the names over and if your name should be on the list, and is not, print off an application and start the process of applying for next year. Several coaches successfully applied years ago but have not updated since. If that is the case, please send Jerry Stine an updated application. Baden Sports is the corporate sponsor for the Milestone Award program.

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

2019 NCA Jerry Stine Family Milestone Award - Level IV



Level IV Jerry Stine Family Milestone Award recipients in attendance at the 52nd Annual NCA-Hudl Awards Banquet: (from Left to Right) Norm Manstedt, High Plains; Dean Boyer, Plainview; Tom Leininger, Aurora; Mimi Ramsbottom, Elkhorn South with Jerry Stine – Callam Sports Photography.

2019 Milestone Award Recipients

NAME	SCHOOL	SPORT	NAME	SCHOOL	SPORT
Level IV:			Level I:		
Kevin Asher	Hastings St. Cecilia	Basketball	Andy Gerlec	Papillion-LaVista South	Basketball
Steve Bischof	Elkhorn South	Girls' Tennis	Micheal Peterson	O'Neill	Girls' Track
Dean Boyer	Plainview	Wrestling	Michael Schleicher	Fremont	Softball
Rick Eickholt	Neligh-Oakdale	Boys' Track	Andy Schwarz	South Loup	Football
Michael Johnson	Hartington Cedar Catholic	Boys' Golf	Tina Thiele-Blecher	Elgin	Volleyball
Tom Leiningner	Aurora	Basketball	Terry Viterna	Osmond	Basketball
Norm Manstedt	High Plains	Wrestling	Level II:		
Mimi Ramsbottom	Elkhorn South	Girls' Golf	Mark Anderson	Randolph	Football
Janet Tooley	Columbus Scotus	Volleyball	Drew Billeter	Loomis	Basketball
Level III:			Dave Brabec	Bishop Neumann	Softball
Curt Backemeyer	Elmwood-Murdock	Boys' Golf	Tyler Ferebee	Pawnee City	Wrestling
Kevin Dodson	North Platte St. Pats	Football	Abe Hinman	South Loup	Basketball
Tim Kassmeier	Norfolk Catholic	Basketball	Jon Holtz	Elkhorn	Boys' Tennis
Ken Meyers	Wilcox-Hildreth	Boys' Track	Jon Holtz	Elkhorn	Girls' Tennis
Jeff Morris	Twin River	Basketball	Josh Long	Norfolk	Girls' Track
Steve Nelson	Alliance	Boys' Track	Cory Meyer	Bancroft-Rosalie	Basketball
Tanya Niedbalski	Columbus Scotus	Girls' Golf	Brian Murphy	Exeter-Milligan	Boys' Track
Fr. Bob Tillman	Creighton Prep	Boys' Cross Country	Matt Skiff	Norfolk	Girls' Track
Mark Watt	Lincoln Southwest	Softball	Jack Tarr	Malcolm	Boys' Cross Country
Cody Wintz	Battle Creek	Wrestling	Jack Tarr	Malcolm	Girls' Cross Country
Level II:			Mark Watt	Lincoln Southwest	Baseball
Mark Anderson	Randolph	Basketball	Donna K. Wiedeberg	Sidney	Boys' Cross Country
Mark Anderson	Randolph	Boys' Track	Donna K. Wiedeberg	Sidney	Girls' Cross Country
Jeff Cole	South Loup	Basketball			
Zac Foster	Adams Central	Basketball			

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2019 NCA - Hudl Coaches Of The Year



NCA–Hudl 2018-2019 Coach of the Year recipients in attendance at the 52nd Annual NCA-Hudl Awards Banquet: (from Left to Right) Sean McMahon, Fremont, Boys' Cross Country; Dave Sellon, Fremont, Boys' Track & Field; Norm Manstedt, High Plains, Wrestling; Brian Kabourek, Lincoln East, Girls' Cross Country; Chris Salem, Lincoln Southeast, Tennis; Leigh Ann Fetter-Witt, Lincoln Southwest, Swimming & Diving; Jim Orcutt, North Platte, Golf; Sue Ziegler, Lincoln Lutheran, Girls' Track & Field; Rob Sweetland, Wayne, Softball; Scott Heese, Bennington, Baseball; Bruce Chubick, Sr., Omaha South, Boys' Basketball; Steve Wieseler, Wynot, Girls' Basketball; Jeff Tomlin, Grand Island, Football; Derek Spence, Crete, Soccer and Matt Koehn-Fairbanks, St. Paul, Volleyball. – Callam Sports Photography

2019 NCA - Varsity Cheerleading & Dance Coaches Of The Year



NCA–Varsity 2018-2019 Cheer & Dance Coach of the Year recipients in attendance at the 52nd Annual NCA-Hudl Awards Banquet: Angie Hogue, Conestoga, Dance and Carrie Nesbit, Sidney. – Callam Sports Photography

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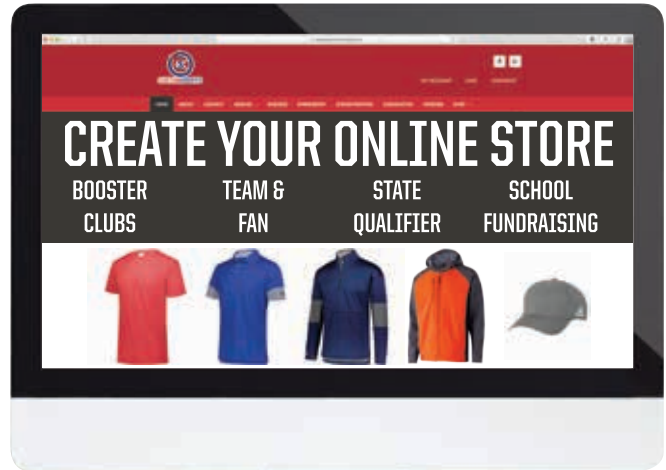
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2019 NCA - Media Award



NCA Media Award recipients: Ken Hambleton, Lincoln and the family of the late Daryl Blue, Lincoln.
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2019 NCA Jim Farrand Memorial Award

2019 NCA FCA Doyle Denney Heart of Coach Legacy Award

2019 NCA Friends Of High School Sports



NCA Jim Farrand Memorial Award – Assistant Coach of the Year recipients: Tiffany Panning, Crofton and Beth McMahon, Fremont.
– Callam Sports Photography

NCA-Fellowship of Christian Athletes Doyle Denney Heart of a Coach Award recipient: Joel Hueser, Papillion-La Vista South.
– Callam Sports Photography

NCA Friends of High School Sports recipients: Mike Harvey, Arnold and Ben Eickhoff, Thedford. – Callam Sports Photography

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Chad Schumacher Plainview Public Schools

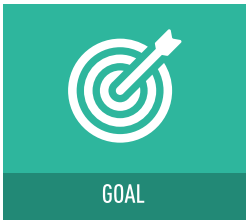
- Social sciences teacher, including 7th grade ancient history; 8th grade geography; 11th grade economics/sociology; 12th grade government.
- Coaching experience: high school football, wrestling, track and junior high wrestling, track.
- President and lead negotiator for the Plainview Professional Education Association.

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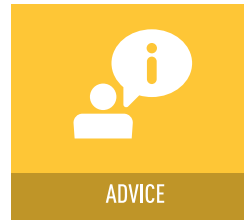
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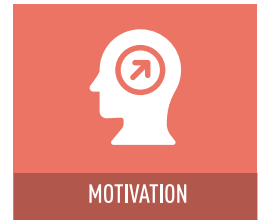
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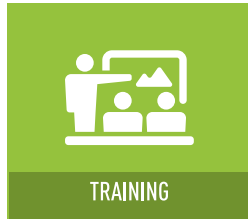


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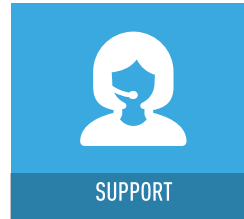
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The goals of the program, made possible through a grant from the Great Public Schools Fund of the National Education Association include:

- Raising the standard of professionalism and skills for beginning teachers and coaches.
- Increasing retention of coaches and teachers in the education profession.
- Decreasing the number of infractions and issues teachers and coaches encounter in the classroom and athletic arena.
- Embedding professional development and professional engagement in both organizations.
- Further enriching the collaboration between the two organizations and their members.



NSEA Organizational Specialist Dr. Cindy Copich and Nebraska Coaches Association Executive Director Darin Boysen lead the administration of the mentoring project for the two organizations.

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Questions? Contact:

Darin Boysen, NCA: (402) 434-5675
Cindy Copich, NSEA: (402) 875-2123

2019 NCA - Career Coaching Awards



Binnie & Dutch Memorial Award –
Track & Field: Gary Schuurmans, Norfolk
– Callam Sports Photography



Ed Johnson Memorial Award –
Boys' Basketball: Bruce Chubick, Sr.,
Omaha South
– Callam Sports Photography



George O'Boyle Cross County Award:
Bob Hoyer, Malcolm
– Callam Sports Photography



Guy Mytty Memorial Award –
Wrestling: Dean Boyer, Plainview
– Callam Sports Photography



Ken Cook Girls' Basketball Award:
Chuck Ross, Wisner-Pilger
– Callam Sports Photography



Phyllis Rice Honnor Volleyball Award:
Jody Rhodes, Paxton
– Callam Sports Photography



Skip Palrang Memorial Award –
Football: Bob Fuller, Osceola-High Plains
– Callam Sports Photography



Swede Hawkins & Del Schoenfish
Golf Award: Steve Exstom, Minden
– Callam Sports Photography

2019 NCA-Country Inn & Suites Scholarship Recipients



Ryan Arnold, Diller-Odell High School (District I)

Parents: Terry & Vicki Arnold

Participated in football, basketball, track & field

Future plans: Peru State College, Biology or Biochemistry

Essay excerpt: "Sportsmanship is a way of life for me. If someone falls down, I should be the first to help him or her up. I applaud others on a job well done and help those

that may be struggling to get where they need to be. Congratulating others and helping others up from falling or struggling is my continuous goal in life. Nebraska high school athletics prepared me well for this task."



Nyah Chambers, Norris High School (District I)

Parents: Bren & Gina Chambers

Participated in volleyball, basketball, track & field, soccer

Future plans: Nebraska Wesleyan University, Biology with a Spanish minor, participate in volleyball

Essay excerpt: "Athletics and my coaches have taught me so much during my high school career. Athletics,

specifically, allowed me to form strong friendships that I will carry with me for the rest of my life. Being a part of a team also helped me learn how to work with others in the classroom to achieve successful grades. My coaches showed confidence in me and showed me that hard work pays off. The determination they instilled in me to have on a court or field transferred into the classroom....and will continue to drive me through the next four years of undergraduate school."



Alyssa Burk, Omaha North High School (District II)

Parents: Brian & Amy Burk

Participated in cross country, track & field

Future plans: College of St. Mary's, Nursing & specializing in Pediatric Hospice

Essay excerpt: "I know there will be a day that I have to stop running, but the life lessons will stick with me forever. There's a quote I've heard that sums up what running has taught me - 'When your legs can't

run anymore, run with the heart.' High school athletics gave me a heart that won't quit, a drive to succeed and encourage others, a greater appreciation for those around me, and a desire to give more of myself than I ever thought possible."



Cole Fossenbarger, Johnson-Brock High School (District II)

Parents: Jeffrey & Laura Fossenbarger

Participated in football, basketball, track & field

Future plans: UNL, Finance

Essay excerpt: "All of my coaches and mentors have helped me tremendously. Having the ability to adapt to

different coaches and their coaching styles has helped prepare me for the real world. I have a very good connection and friendship with all of (my coaches) to this day. Knowing them on a personal level is a good way to understand that they want the best for me even when they're yelling at me on the court or field. All of my coaches have helped support me through all of my decisions and I know they want nothing but the best for me in my future."



Jessica Borg, Wakefield High School (District III)

Parents: Joey & Iris Borg

Participated in volleyball, basketball, track & field

Future plans: Northeast Community College, major undecided, participate in volleyball

Essay excerpt: "Sportsmanship is defined as the behavior and attitudes that show respect for the rules of a game and

for opponents. However, sportsmanship is much more than that. It can be conveyed through many different actions on and off the court. I believe we can use sportsmanship in our every day lives to promote the acceptance of all races and cultures. The more we pick each other up, the less we will tear each other down. Everybody brings something to the table. What one person is good at, the next is not. I believe we need to focus on bringing the best out in each other. That means to respect those around us through our behaviors and attitudes, just like sportsmanship in a game."



John (Jack) Goering, Grand Island Central Catholic High School (District IV)

Parents: John & Katie Goering

Participated in football, basketball, golf

Future plans: Hastings College, Exercise Science (pre-Physical Therapy), participate in basketball

Essay excerpt: "As much as I like to compete and win, I have been blessed with parents and coaches who have instilled the importance of sportsmanship and kindness to others. I believe

sportsmanship is being respectful of your opponents, teammates, coaches and officials. Sportsmanship is respecting the game, the outcome, the people participating. High school athletics must promote respect of all different cultures. This all starts with parents, coaches and administrators setting good examples themselves, and taking the time to educate student athletes on the importance of accepting all cultures and treating others with respect."



Mary Nibbe, Red Cloud High School (District V)

Parents: Doug Nibbe & Kim Danahey-Nibbe

Participated in volleyball, basketball, track & field

Future plans: Concordia University, Biology, participate in volleyball

Essay excerpt: "Sports gave me something to work for. They challenged me physically and mentally, giving me a strong will to succeed. My coaches have

pushed me past what I thought were my limits and helped me grow as an athlete and as a student. They have always believed in my talent but made sure I knew that talent is never good enough if I do not work hard. I am so thankful for the experiences I have had in my athletics the last four years and am truly lucky for the coaches and teammates I was able to play with. The dedication of my coaches across every sport has helped me become a better athlete and helped me realize how much more sports can be than just playing with a ball."



Addison Johnson, Cody-Kilgore High School (District VI)

Parents: John & Kimberly Johnson

Participated in volleyball, basketball, track & field

Future plans: Midland University, Biology, participate in volleyball

Essay excerpt: "Sportsmanship is many things. Deep down I believe it is leading by example and pushing others to succeed. Personally,

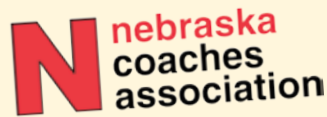
an athlete is an athlete no matter the race, background or beliefs. Simply promoting the idea, that we all as humans have a passion for athletics, will lead to acceptance and unification across the board. Respect is key, and I know that athletics helps build that."



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DEA Omaha Division Encourages Awareness Of Prescription Medication Abuse

OMAHA, Neb. – With approximately eight million students participating in high school sports nationwide, it's an unfortunate reality that some of these athletes will face an injury during their career. While rest, ice, compression and elevation may help with minor injuries, events such as torn ACL's and broken bones often call for increased measures including surgery and prescription pain medication. As the number of opioid overdose deaths continues to rise each year, the Drug Enforcement Administration (DEA) Omaha Division is working with coaches to promote awareness of the dangers of drug abuse and addiction to prescribed medications.

Synthetic opioids are highly potent, man-made drugs that mimic naturally occurring opioids like morphine and codeine. They include legal prescription pain relievers, such as oxycodone (Percocet®, OxyContin®), hydrocodone (Vicodin®), hydromorphone (Dilaudid®) and oxymorphone (Opana®). According to the national Centers for Disease Control and Prevention (CDC), in America, prescription drugs are the second-most commonly abused substance after marijuana. In 2017, 70,237 people died from a drug overdose with nearly 60 percent of these deaths attributed to synthetic opioids. This number marked a 45 percent increase in synthetic opioid-involved overdose deaths in a one year span. Notably, there's a significant jump in prescription overdose deaths between children 0-14, with 83 deaths, compared to 3,705 deaths in 15-24-year-olds in 2017.

Using medication in a way other than intended or without a prescription results in prescription misuse. In 2016, an estimated 239,000 adolescents age 12-17 were misusing pain relievers according to the National Survey on Drug Use and Health. As injured student-athletes become eager to return to competition they look for quick ways to relieve pain and hold a belief that prescription medication is safe because it's been prescribed by a doctor. The top three abused prescription medications in high schools across the nation are Vicodin, Adderall and tranquilizers.

"There's a danger in the belief that just because a medication is prescribed, it's safe," Special Agent in Charge Richard Salter said. "Prescriptions should be taken exactly as prescribed and should only be taken by the person for whom the prescription is written. It happens all too often where one athlete has been prescribed a pain reliever and when his or her buddy complains of some undiagnosed pain, the friend hands over some of their own prescription.

It's a dangerous thing to do. There's really no telling how that medication will affect the person. It could lead to addiction or worse, it could lead to death."

Across the Omaha Division, which includes Iowa, Minnesota, Nebraska, North Dakota and South Dakota, opioid overdose deaths increased nine percent between 2016 and 2017. Four out of the five states in the Division saw an increase in deaths, with Nebraska noting the largest jump at 27 percent.

"In addition to the potential misuse of prescribed medications, coaches, parents and student-athletes should be aware of the dangers of counterfeit pain killers and anti-anxiety medications," Salter said. "More often than not, these counterfeit pills, which are made to look identical to legitimate pharmaceutical pills, are manufactured by drug cartels in Mexico and independent traffickers in the United States. These counterfeit pills often contain various forms of fentanyl which is deadly in microgram, or salt grain sized, amounts."

Coaches who know of student-athletes prescribed pain medication should be on the lookout for abnormal behavior. Take note if a student suddenly starts missing classes or if their grades drop. Physical signs like lack of energy or motivation or even a lack of interest in clothing or appearance could be cause for concern. Watch for changes in behavior, if a student makes excessive attempts to be alone, or if the student is no longer friends with childhood friends or acts secretive about spending time with new friends. Coaches spend a lot of time with student-athletes and changes will become apparent if an effort is made to take notice.

Every day across the nation, 46 people die from overdoses involving prescription opioids. Taking just a few minutes to talk with student-athletes about the potential dangers of prescription medication or taking the time to notice abnormal behavior could mean the difference between a 17 year old who recovers from an injury and returns to sports and a student who slowly slips down the path of addiction.

For more information on opioid abuse and awareness, visit the DEA website www.dea.gov and visit the "What We Do" tab. To request a DEA presentation or publications on opioids, contact Community Outreach Specialist Erin Payne at **402-964-7986** or email her at Erin.K.Payne@usdoj.gov.

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-DARIN BOYSEN

EXECUTIVE DIRECTOR
NEBRASKA COACHES ASSOC.

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GO BEYOND THE X'S & O'S

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THE ATHLETE BETTER

FREE

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**CLASS B
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**CLASS C
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**CLASS D
SCHOOL**
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“Sport has the power to change the world. It has the power to unite people in a way that little else does. Sport can awaken hope where there was previously only despair.”

Nelson Mandela

THE ONE HUDDLE PLEDGE

I am a [football player, basketball player, golfer, manager, mascot, or whatever other role is applicable]. No matter my age or ability, I am a role model to many. I am an ambassador for myself, for my family and team, and for my game.

I will hold myself to the highest standards and will conduct myself with integrity, with accountability, and with sportsmanship.

My team has many brothers and sisters, but only One Huddle. We do not simply “tolerate” one another – that is not enough. We love each other unconditionally, without regard to race, sex, religion, nationality, sexual orientation, or any other trait that some people would use to separate “us” from “them.”

By my words and by my actions I will do everything I can to help make our society more like my Huddle.

ABOUT ONE HUDDLE

In what Coach Bill Curry refers to as the **MIRACLE OF THE HUDDLE**, the differences that people use to separate “us” from “them” – including race, religion, nationality, and socio-economic status – fade away and dissolve as sports teammates work toward a common end.

In all sports, teammates learn quickly that the blood looks the same, the sweat smells the same, and each player must count on every other player just to survive.

Teammates from every imaginable background become best friends. Young people who were raised to hate each other become brothers and sisters. They are transformed and, in turn, they transform others. This is the power of “team” – the power of the Huddle.

Unfortunately, American society does not always reflect the Miracle of the Huddle. The One Huddle Pledge is dedicated to spreading the love and unity embodied by all that is right and good about team sports – the Miracle of the Huddle. One Huddle also endeavors to remind athletes of all ages and skill levels – from middle school substitutes to college and professional superstars – that they are role models for many others and accordingly have incredible power to bring about positive transformative changes to our culture.

BREAKING DOWN THE PLEDGE: ACTIVITY QUESTIONS

- “I am an ambassador for myself, for my family and team, and for my game.” What does “ambassador” mean in this context?
- Three powerful words: *integrity*, *accountability*, and *sportsmanship*. How do your team and players stack up in each area? How do you stack up?
- “We do not simply ‘tolerate’ one another – that is not enough.” How do we break these barriers down with teams and classrooms? How do we move from mere acceptance to love?
- “We love each other unconditionally.” How difficult is this? What can coaches and leaders do to help and encourage this mindset?
- Can parents cause issues within the Huddle? How should administrators, coaches, and players respond to any outsiders who challenge the Miracle of the Huddle or otherwise seek to divide.
- “By my words and by my actions I will do everything I can to help make our society more like my Huddle.” Eyes are watching, ears are listening – like it or not, you are a role model to many. What can be done to reinforce this concept in every player, coach, and administrator?



In association with AIM Sports Reputation Management and Coach Bill Curry
AIMSportsRep.com Bill@AIMSportsRep.com





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Chuck Goldstein, MCAA '15
Head Football Coach, Gallaudet University



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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

2019-2020 Digital Membership Cards & Gold Cards

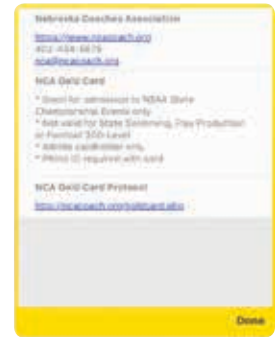
Member Only

Member & Gold Card Holder

Silver (Retired) Member Only

Silver (Retired & Gold Card Holder)

Gold Card Protocol



State Colleges Recognize NCA/NSIAAA Membership Cards For Admission

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

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

<p>Bellevue University Any gate Membership card required Admit member + one Good for all sports</p>	<p>Creighton University Advance call-in (402) 280-5297 Please contact in advance Admit member + 1 no charge Membership Card Required Good for most sports – regular season Tickets subject to availability Excludes some games</p>	<p>Northwest Community College Main gate Membership card required Admit member + 1 Good for all sports Tickets are free</p>	<p>University of Nebraska-Kearney Will Call Gate-advance call or e-mail appreciated 308-865-1563 or lopertickets@unk.edu Admit member only Must present membership card when picking up ticket Good for all sports-reg. season Ticket is free</p>
<p>Central Community College- Columbus Campus Any gate Membership card required Admit member + one Good for all sports</p>	<p>Doane College Pass gate Membership card required Admit member + 1 Good for all sports, tickets are free Advanced call-in is appreciated 402-826-8583</p>	<p>North Platte Community College Advance call-in 800-658-4308-3701 Ask for Jackie Briley Use main door Membership card required Admit member + 1 Good for all sports</p>	<p>University of Nebraska-Omaha Pass gate Membership card and photo ID Admit member + 1 Tickets are free Excludes Hockey</p>
<p>Chadron State College Any gate Membership card required Admit member + one Good for all sports</p>	<p>Hastings College Membership card and photo ID Good for all sports Admit member</p>	<p>Peru State College Pass gate - main gate Advance call-in is appreciated (402) 872-2350 Call 2 days prior to game Membership card and photo ID Admit member + 1 Good for all sports Tickets are free</p>	<p>Wayne State College Pass gate Membership card and photo ID Admit member only Ticket is free Good for all sports (excluding NSIC/NCAA Championships)</p>
<p>College of St. Mary Advance call-in (402) 399-2358 Admit member + 1 Good for all sports Tickets are free</p>	<p>Midland University Any gate Membership card and photo ID Admit member + one Good for all sports</p>	<p>Southeast Community College-Beatrice Main gate Advance call-in appreciated 1-800-233-5027 ext 1232 Good for all sports Admit member + 1 Tickets are free Membership card required</p>	<p>Western Nebraska Community College Membership Card Required Advance call in - 308-635-6151</p>
<p>Concordia University Use any gate Membership card and photo ID Admit member + 1 Good for all sports Tickets are free</p>	<p>Nebraska Wesleyan University Any gate Membership card and photo ID Admit member + 1 Good for all sports, tickets are free</p>	<p>York College Pass gate - front door Membership card and photo ID Admit member + 1 Good for all sports Ticket is free</p>	

Join The Nebraska Coaches Association Today

Take Advantage of these Benefits:

- Year-round **\$2,000,000** coaching and classroom liability coverage
- \$20 Gold Card: Good for Admission to most NSAA State Championships - **Deadline October 1**
- Annual Online Subscription to *Coach & Athletic Director* Magazine
- Year-Round Discounted Room Rates at Country Inn & Suites Lincoln- North Location
- Free admission for two to the NCA All-Star Games
- Reduced Registration Cost to Sports Clinics
- Eligibility for Glazier Clinics Super Pass or Individual Digital Vault Pass
- Free admission to the annual Shrine Bowl Football Game
- Free admission, with membership card, to select college-sponsored games
- *Nebraska Coach* Magazine online (Fall, Winter, Spring Editions)
- *Nebraska Coach* Magazine Pre-Clinic Printed Edition
- Committees to make recommendations regarding sports rules changes
- Recognition for coaching accomplishments and achievements through NCA & NHSACA
- Eligibility to coach in the Annual All-Star Games
- Jerry Stine Family Milestone Award Program
- Coaching Service Award Program (25, 35, 40, 45 & 50 year recognition – self nomination)
- Dual Membership to the National High School Athletic Coaches Association (new benefits)

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

Nebraska Coaches Association
500 Charleston Street, Suite #2

Lincoln, NE 68508

-OR-

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

2019-2020 NCA MEMBERSHIP REGISTRATION

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

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

Name:

Gender: Male Female

Date of Birth: / /

NSAA High School:

Middle School/
College/Youth Org/Club:

Home Address: (Please do not enter school address)

City, State Zip: ,

Phone: () - E-mail:

Check here if **FIRST TIME COACH** (clinic fee waived)- OR - Enter # of years in coaching/administration through 2018-2019:

Coaching Assignments 2019-2020:

SPORT	HS VARSITY		HS NON-VARSITY		MIDDLE SCHOOL		YOUTH/CLUB		COLLEGE	
	Head	Asst	Head	Asst	Head	Asst	Head	Asst	Head	Asst
Boys Cross-Country	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Girls Cross-Country	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Football	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Girls Golf	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Softball	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Boys Tennis	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Volleyball	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Boys Basketball	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Girls Basketball	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Boys Swimming	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Girls Swimming	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Wrestling	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Baseball	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Boys Golf	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Boys Soccer	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Girls Soccer	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Girls Tennis	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Boys Track and Field	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Girls Track and Field	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Cheer/Dance (Circle 1)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Bowling	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Administrative Assignments 2019-2020: Please indicate any administrative positions you hold for 2019-2020 for this high school.

Athletic Director Assistant Athletic Director Activities Director Principal Assistant Principal Superintendent

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

Registrant is a **College Student -OR- Coaching Out-of-State** (membership fee waived).

FEES:

NCA Membership: \$45.00

Additional Option: NCA Gold Card \$20 (Must be Purchased by 10/1)

Total Amount Due: \$

Credit Card Number:

Expiration Date: (Mo/Yr) /

Signature: _____

CVV 3-Digit Code on Back of Card:

2019 NCA Golf Scramble Results

Monday, July 22 – Wilderness Ridge Golf Club

FIRST FLIGHT

First Place (56)

Jeff Schwartz
Grant Cole
Shawn Wehenkel
Jeremy McHugh

Second Place (56)

Ross Renfro
Brad Vogt
Guy Berkenpass
Creighton Sauncocie

Third Place (59)

Chris Rainforth
Wyatt Morse
Jeremy Murman
Jeff Murman

SECOND FLIGHT

First Place (63)

Karma Yantzie
Matt Koehler
Amber Koehler
Greg Schroeder

Second Place (63)

Jim Eberly
Tim Streff
Marcus Donner
Abbie Ott

Third Place (63)

Andy Seamann
Aub Boucher
Chris Blecha
Rich Britten

THIRD FLIGHT

First Place (65)

Jason Owens
Ryan Hogue
Jim Moran
Kyle Fletcher

Second Place (65)

Steve Brennan
Pat Brennan
Gene Ferrell
Keith Childress

Third Place (66)

Ron Beacom
Landon Bloedorn
Ethan Larsen
Frank Gade

FOURTH FLIGHT

First Place (68)

Greg Parr
Cody Wintz
Justin Parr
Andrew Carlson

Second Place (68)

Eric Ramsey
Mike Schweitzer
Jason Reinertson
Riley Weems

Third Place (68)

Zac Foster
Evan Smith
Rick Rath
Jeremiah Flough

FIFTH FLIGHT

First Place (70)

Ted Schroeder
Tom Pingel
Rocky Ruhl
Ryan Ruhl

Second Place (70)

Greg Welch
Shannon Messersmith
Jordan Nelson
Cale Streeter

Third Place (70)

Dexter Goodner
Ryan Kroger
Alex Lamb
Ryan Callan

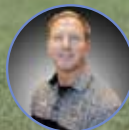
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2019 NCA Super-State/All-State Teams

Presented by:



Boys' Golf Super State

Joshua Bartels, Lincoln Southwest
Jacob Boor, Creighton Prep
Preston Carbaugh, Cambridge
Eli Fox, Grand Island Central Catholic
Luke Gutschewski, Mount Michael Benedictine
Isaac Heimes, Norfolk
Luke Kluver, Norfolk
Joshua Kramer, Creighton Prep
Riley Kuehn, Hartington Cedar Catholic
Ian Lundquist, Oakland-Craig
Reed Malleck, York
Jeremy McMillan-Peters, Paxton
Joshua Peters, Millard North
Christopher Rasmussen, Elkhorn South
Bryce VunCannon, Columbus Scotus
Ryan Weiss, Franklin
Charles Zielinski, Skutt Catholic

Boys' Golf Class A All-State

No Selection as Top 12 are Within Super State

Boys' Golf Class B All-State

Jayden Jones, North Platte

Boys' Golf Class C All-State

Jack Goering, Grand Island Central Catholic
Jake Hagerbaumer, Logan View

Boys' Golf Class D All-State

Gage Clifton, Clearwater-Orchard
Chase Ostransky, Fullerton
Koby Walker, Mullen
Austin Wenner, West Holt

Girls' Tennis Class A First Team All-State

Bianca Rademacher, Lincoln East – Captain
Julia King, Omaha Marian
Caroline Miller, Lincoln Southeast
Katherine Whitehead, Lincoln Southeast
Brooke Sailer, Lincoln East
Camilla Ibrahimova, Lincoln Southeast

Girls' Tennis Class A Second Team All-State

Josie Friedman, Millard North
Shelby Henry, Lincoln Southwest
Mary Faulk, Millard North
Evie Barnett, Lincoln Southeast
Berkley Beene, Omaha Marian
Morgan Meyer, Omaha Marian

Girls' Tennis Class A Second Honorable Mention

Bellevue West: Casia Dotzler, Makena Sobczyk
Elkhorn South: Ridley Miller, Elizabeth Nelson
Fremont: Lexie Glosser, Elise Patchen
Kearney: Olivia Flood, Makenna Henning, Alli Chally, Taylin Copp, Kendra Sears,
Lincoln East: Hailey Haar, Kathy Le, Elly Johnsen, Kristina Le
Lincoln High: Emma Bergmeyer, Avery Smith, Baylor Pope
Lincoln Pius X: Clare Plachy, Anna Burt, Caroline Schieuer, Grace Felder, Gillian Carr, Laura Pfeifer
Lincoln North Star: Thi Huynh, Gracie Fry, Rylee Schurman, Tara Ferrel, Jordan Kocian
Lincoln Northeast: Annie Nguyen
Lincoln Southeast: Avery Dodds, Ally Keitges
Lincoln Southwest: Grace Bartolome, Allie Haggard, Ella Dean, Meg Hove
Millard South: Greta Wostoupal, Madison Geary
Millard West: Jessica Leung, Summer Nelson
Norfolk: Natalie Reynolds, Jalen Hoffman
Omaha Marian: Emma McClellan, Lucinda O'Brien
Papillion-La Vista: Olivia Boudreau, Madeline Vejvoda
Papillion-La Vista South: Leah Palensky, Danielle Lawrence, Jaclyn Vote

Girls' Tennis Class B First Team All-State

Captain, Katherine Krueger, Omaha Duchesne
Brianna Liu, Brownell-Talbot/Concordia
Kassidy Michaelis, McCook
Lesley Lam, Omaha Duchesne
Katie Maser, Grand Island CC
Meena Satpathy, Omaha Duchesne

Girls' Tennis Class B Second Team All-State

Ashlyn Kucera, Grand Island CC
Aruna Bashir, Brownell-Talbot/Concordia
Avery Kalvoda, Grand Island CC
Riley Hansen, McCook
Jenna Lowry, Grand Island CC
Megan Woods, Grand Island CC

Girls' Tennis Class B Second Honorable Mention

Alliance: Diana Acosta, Taylor Manion
Beatrice: Morgan Burenheide
Brownell-Talbot/Concordia: Anna Kotula, Cecan Porter
Crete: Katelyn Jindra, Huong Ngo
Elkhorn: Claire Burford, Sarah Riddell, Megan Raszler, Maggie McElhose
Gering: Zoe Smith, Bobbie Clafin
GICC: Courtney Toner
Hershey: Keyana Hastings, Anna Berntson
Holdrege: Kaylin Brown
Kearney Catholic: Ashley Waggoner, Brooke Eschenbrenner, Liza Trettel
Lexington: Mallorie Buescher
Lincoln Christian: Brooklyn Schrader, Caitlyn Anderson, Jenna Wiltfong, Alyssa Gove
McCook: Sydney Stewart, Delaney Jumps, Kori Uerling, Megan Hodgson
Norris: Anastasia Krueger, Madeline Star, Georgia Havel, Isabel Havel, Crystal Craft, Taylor Ronne

2019 State Soccer Sportsmanship Awards



Papillion-La Vista – Class A Boys



Omaha Skutt Catholic – Class B Boys



Omaha Marian – Class A Girls



Omaha Duchesne Academy – Class B Girls

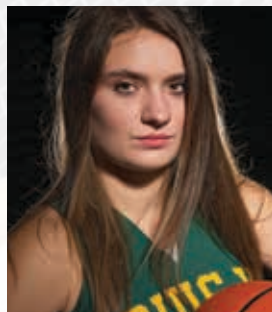
Photographs Courtesy of NCA



2019 NCA-Proactive Coaching All-Star Most Valuable Teammate Awards



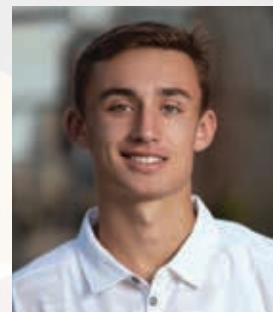
Girls' Basketball Red Team
Meaghan Ross Sidney



Girls' Basketball Blue Team
Kloee Sander, Lincoln Pius X



Boys' Basketball Red Team
Nico Felici, Bellevue West



Boys' Basketball Blue Team
Carson Schwarz, Kearney



Volleyball Red Team
Camryn Opfer, Seward



Volleyball Blue Team
Sami Clarkson, Omaha Concordia



Softball Red Team
Cassie Coltvet, Elkhorn



Softball Blue Team
Hadley Chvatal, Bishop Neumann



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ALL-STAR BOYS BASKETBALL GAME RESULTS - 2019



All-Star Photos by Callam Sports Photography

Final Score – Blue Team 116, Red Team 107

Leading Scorers – Red Team

- Wes Dreamer, Lincoln East – 22
- Brady Danielson, York – 20
- Nico Felici, Bellevue West – 20
- **Leading rebounder – Nico Felici, 15**

Leading Scorers – Blue Team

- Winston Cook, Wahoo – 24
- Jaden Horton, Lincoln High – 21
- Josiah Allick – Lincoln North star – 20
- **Leading rebounder – Josiah Allick, 14**

Coaches – Red Team

- Scott Lamberty, York
- PJ Quinn, Mead

Coaches – Blue Team

- Luke Olson, Bennington
- Drake Beranek, Kearney

ALL-STAR SOFTBALL GAME RESULTS - 2019



All-Star Photos by Callam Sports Photography

Final Score – Red Team 5, Blue Team 4

Highlights

- The 15th annual NCA all-star softball game was once again held on the UNL Bowlin Field. Attendance at the game was 731.
- The Red Team scored 3 runs in the final 2 innings to claim the back-and-forth victory on a beautiful evening at the ballpark.
- The game was scoreless until the top of the 3rd as pitching and defense dominated early. The Red All-Stars opened the scoring on a solo homerun by Hanna Cress (Millard West). The Blue Team countered in the bottom of the 5th inning, with 2 outs, when McKenzie Steiner (Lincoln Southwest) hit a double and later scored on an RBI single by Lexie Black (Millard West).
- A lone tally by the Red Team in the top of the 7th garnered a 2 -1 lead, which the Blue Team tied back up in the bottom of the inning when Taylor Stuhr (Bishop Neumann) walked and scored on a fielder's choice from Sidney Biggerstaff (Wayne). The Red All-Stars regained the lead in the top of the 8th when Kenzie Roy (Norris) scored on a sacrifice fly by Annie Kniesche (Wayne). The Blue All-Stars came back again in the bottom of the 8th inning by scoring 2 runs on a single by Patia Wolfe (Lincoln North Star). Not to be outdone, the Red All-Stars regained the lead for the final time in the top of the 9th scoring single runs on back-to-back fielder's choice.
- Holly Williams (Grand Island) earned the win with Hanna Cress (Millard West) picking up the save with a 1-2-3 bottom of the 9th inning.
- Key stats for the Blue All-Stars: Sidney Doty (Lincoln Southeast) had 2 hits and Patia Wolfe (Lincoln North Star) had 2 RBI's.
- Key stats for the Red All-Stars: Hanna Cress (Millard West) opened the scoring with a homerun, and Madeline Vejvoda (Papillion-La Vista) and Cassie Coltvet (Elkhorn) each had 2 hits.

Coaches – Red Team

- Pete Theoharis, Hastings
- Chad Perkins, Omaha Marian

Coaches – Blue Team

- Dave Brabec, Bishop Nemann
- Jake Polk, Centennial



ALL-STAR GIRLS BASKETBALL GAME RESULTS - 2019



All-Star Photos by Callam Sports Photography

Final Score – Red Team 78, Blue Team 63

Leading Scorers – Red Team

- Hannah Kelle, Lincoln Southwest – 21
- Kayla Luebbe, Seward – 14
- Sydney McDermott, Skutt Catholic – 13
- **Leading rebounder – Haley Kempf, Archbishop Bergan – 12**

Leading Scorers – Blue Team

- Carlie Wetzel, West Holt – 16
- McKenna Sims, South Sioux City – 11
- Kloee Sander, Lincoln Pius X – 10
- **Leading rebounders – Kloee Sander, Lincoln Pius X, and Maggie Brahmer, Pierce – 11**

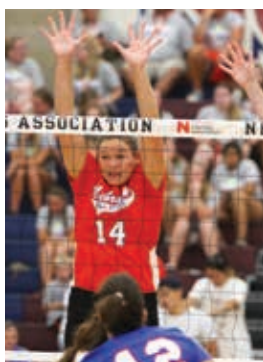
Coaches – Red Team

- Tyler Shaw, Sidney
- Rod Henkel, Yutan

Coaches – Blue Team

- John Cockerill, Waverly
- Molly Hornbeck, South Sioux City

ALL-STAR VOLLEYBALL GAME RESULTS - 2019



All-Star Photos by Callam Sports Photography

Final Score – Red Team wins 3-2 (26-28, 25-20, 25-16, 22-25, 15-9)

Totals – Red Team

- 92 digs, 55 assists, 57 kills, 25 blocks, 9 ace serves

Totals – Blue Team

- 72 digs, 45 assists, 45 kills, 16 blocks, 2 ace serves

Leaders in Kills

- Blue team – Emerson Cyza (Alliance) had 9 kills, Michaela Bartels (Bennington) added 8, Elly Larson (Wahoo) had 7 kills & Emily Bressman (Omaha Marian) had 6.
- Red team – Jaden Ferguson (Lincoln Southwest) had 12 kills, Kelsie Cada (Bishop Neumann) and Taya Beller (Humphrey) each added 8.

Leaders in Assists

- Blue team – Sami Clarkson (Omaha Concordia), 24; Emma Worthington (Duchesne Academy), 16.
- Red team – Hope Leimbach (Lincoln Lutheran), 24; Mara Le Grand (Papillion-La Vista South), 21.

Coaches – Red Team

- Sue Wewel, Archbishop Bergan
- Scott Anderson, Freeman

Coaches – Blue Team

- Lindsay Peterson, Millard North
- Kristi Allen, Blue Hill

Coaches Care Blood Drive Continues As Lincoln's Largest Single Day Donation Drive In 2019



The Nebraska Community Blood Bank (NCBB) and the Nebraska Coaches Association (NCA) joined together to encourage coaches to give back by donating blood at the NCA's Multi-Sports Clinic blood drive on July 24 at North Star High School.

Coaches in attendance rolled up their sleeves to give life to patients in need. The clinic blood drive was an opportunity to boost summer blood collections, a time of extreme shortages. The NCA blood drive proved to be the largest Nebraska Community Blood Bank Lincoln drive for the seventh straight year.



The *Coaches Care* program was created by the NCA to encourage coaches as leaders in the community to *Be the TYPE that Gives* and donate blood. This year's program included Scheels of Lincoln, providing "thank you" gifts to registered blood donors in the form of \$25 gift cards. NCBB also provided a 50" Television to be raffled off among the donors. This year's winner was Chryis Strubel from Beatrice.

Overall, the *Coaches Care* program demonstrated that the coaches of Nebraska do care. 154 total units of blood were donated on the day – the third highest total for the drive.

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GENERAL LIABILITY INSURANCE PROGRAM

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

CARRIER

Houston Casualty Company

POLICY PERIOD

August 1, 2019 – August 1, 2020

LIMITS OF INSURANCE

\$1,000,000	Each Occurrence
\$2,000,000	General Aggregate (per Member)
\$1,000,000	Products/Completed Operations
\$1,000,000	Personal & Advertising Injury
\$ 300,000	Fire Damage
\$ 50,000	Sexual Abuse (per Member)
Excluded	Medical Payments

COVERAGES

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

EXCLUSIONS

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

CAMP INSURANCE

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

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

NEW PROCEDURE FOR CAMP INSURANCE

As a member benefit of your state coaches association, all members in good standing have a \$1,000,000 per occurrence General Liability policy limit that provides coverage for their coaching activities. In order to protect the General Liability policy from potential claims, the insurance company has mandated that all coaches must obtain signed waivers and provide Participant/Accident insurance for their participants.

In order to obtain a certificate of insurance showing proof of insurance or naming an additional insured, the following must be in place:

- ❖ **Waivers:** Signed waivers showing indemnification language
- ❖ **Participant/Accident Insurance:** You must have Participant/Accident coverage in place for all participants attending sports camps.

PURCHASE INSURANCE

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

INSURANCE ADMINISTRATOR



www.loomislapann.com

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



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