

**NEBRASKA COACHES ASSOCIATION
MULTI-SPORTS CLINIC
JULY 23-25, 2013
LINCOLN NORTH STAR HIGH SCHOOL**

UNDERWRITTEN BY:

Nebraska Orthopaedic & Sports Medicine, Lincoln
National Wrestling Coaches Association
Hudl
PLAYNAIA & Great Plains Athletic Conference

Lincoln Convention & Visitors Bureau
Russell Athletics
Country Inn & Suites – Lincoln
Scheels
Gatorade

Nebraska National Guard
Baden Sports
Sid Dillon
Cricket Sports

Registration: Prior to attending any session, all coaches, athletic directors, and vendors must secure a badge before they may enter the clinic area. Coaches and AD's are asked to use the main entrance on the east side of North Star High School and vendors are asked to utilize the west entrance.

Parking: Parking for coaches and AD's is the main parking area on the east/southeast side of North Star. Vendors are asked to park west of the building.

NOTE: Speakers, schedules, and topics are subject to change. For up-to-date changes, if any, please log on to the NCA web page at ncacoach.org.

SPECIAL SESSIONS

Tuesday, July 23

7:00 a.m.
8:30 a.m. – 9:45 a.m.
10:30 a.m. – 11:30 a.m.

REGISTRATION AND EXHIBIT AREA OPEN

KEYNOTE ADDRESS: KERRI STRUG, OLYMPIC GOLD MEDALIST

BEYOND THE X's & O's: Rob Miller, ProActive Coaching, "The Impact of Athletes Trusting Their Coach"

BEYOND THE X's & O's: Greg Winkler, Fond du Lac HS, WI, "Parental Guidance: Communicating Effectively with Parents"

BEYOND THE X's & O's: Spencer Wood, Icebox Athlete, "Mental Skills & Mental Toughness Training for the 21st Century Athlete"

Rob Miller, ProActive Coaching, "Training Coaches for Excellence and Significance"

Spencer Wood, Icebox Athlete, "Explosive Speed, Agility and Quickness Training"

Care & Prevention of Athletic Injuries- Taping Sessions for Coaches

1:00 p.m. – 2:00 p.m.

1:00 p.m. – 2:00 p.m.

2:30 p.m. – 4:00 p.m.

Wednesday, July 24

7:00 a.m.
8:00 a.m. – 8:50 a.m.
8:00 a.m. – 9:00 a.m.
9:00 a.m. – 9:50 a.m.
9:00 a.m. – 11:30 a.m.
10:00 a.m. – 10:50 a.m.
12:00 p.m. – 1:15 p.m.
1:30 p.m. – 3:00 p.m.
1:30 p.m. – 2:30 p.m.
1:30 p.m. – 2:30 p.m.
2:45 p.m. – 4:15 p.m.
3:00 p.m. – 4:00 p.m.

Blood Drive - Nebraska Community Blood Bank on Site – "Be the Type that Gives" - Presented by Sid Dillon & Scheels

REGISTRATION AND EXHIBIT AREA OPEN

Spencer Wood, Icebox Athlete, "Explosive Speed, Agility and Quickness Training"

Angela Crawford, NAIA, Manager, Marketing & Communications, "College Sports Scholarships and the National Association of Intercollegiate Athletics"

Dave Schultz, Nebraska Orthopaedic & Sports Medicine, "Nutritional Considerations for the High School Athlete"

FCA Wives Breakout Sessions/Lunch at Country Inn & Suites

Hudl, "10 Ways You Wish You Used Hudl"

COACHING BEYOND THE GAME LUNCHEON, Coaching Legends: Bobby Bowden, Tom Osborne, Grant Teaff

IMPACT-Baseline Testing & Training, NE Sports Concussion Network, Sign Up at NE Orthopaedic & Sports Medicine Booth

Dan Eassa, College Athlete Eligibility and Recruitment: What Coaches, AD's, and Parents Need to Know about NCAA/NAIA Requirements

Hudl, "Insider Accounts"

Care & Prevention of Athletic Injuries- Taping Sessions for Coaches

Dan Eassa, Free Recruiting Webinar, "Don't Fear What You Don't Know- Learn About NCAA/NAIA Eligibility and Recruiting"

Thursday, July 25

7:00 a.m. – 8:00 a.m.
8:00 a.m. – 9:00 a.m.
10:45 a.m. – 11:45 a.m.
10:45 a.m. – 11:15 p.m.

Fellowship of Christian Athletes, "Legal Issues & 3D Coaching"

Hudl, "Playbook and Other New Features"

Hudl, "Hudl for Other Sports"

Gerry Valerio, MaxPreps, "Using MaxPreps for Your School"

ATHLETIC DIRECTORS

Tuesday, July 23

7:00 a.m.
8:30 a.m. – 9:45 a.m.
10:30 a.m. – 11:30 a.m.

REGISTRATION AND EXHIBIT AREA OPEN

KEYNOTE ADDRESS: KERRI STRUG, OLYMPIC GOLD MEDALIST

BEYOND THE X's & O's: Rob Miller, ProActive Coaching, "The Impact of Athletes Trusting Their Coach"

BEYOND THE X's & O's: Greg Winkler, Fond du Lac HS, WI, "Parental Guidance: Communicating Effectively with Parents"

BEYOND THE X's & O's: Spencer Wood, Icebox Athlete, "Mental Skills & Mental Toughness Training for the 21st Century Athlete"

Lunch on Your Own

Rob Miller, ProActive Coaching, "Training Coaches for Excellence and Significance"

Spencer Wood, Icebox Athlete, "Explosive Speed, Agility and Quickness Training"

Care & Prevention of Athletic Injuries- Taping Sessions for Coaches

11:30 a.m. – 1:00 p.m.

1:00 p.m. – 2:00 p.m.

1:00 p.m. – 2:00 p.m.

2:30 p.m. – 4:00 p.m.

Wednesday, July 24

7:00 a.m.
8:00 a.m. – 8:50 a.m.
8:00 a.m. – 9:00 a.m.
9:00 a.m. – 9:50 a.m.
9:45 a.m. – 10:45 a.m.
11:00 a.m. – 11:30 a.m.
12:00 p.m. – 1:15 p.m.
1:30 p.m. – 3:00 p.m.
1:30 p.m. – 2:30 p.m.
3:00 p.m. – 4:00 p.m.

Blood Drive - Nebraska Community Blood Bank on Site – "Be the Type that Gives" - Presented by Sid Dillon & Scheels

REGISTRATION AND EXHIBIT AREA OPEN

Spencer Wood, Icebox Athlete, "Explosive Speed, Agility and Quickness Training"

Angela Crawford, NAIA, Manager, Marketing & Communications, "College Sports Scholarships and the National Association of Intercollegiate Athletics"

Dave Schultz, Nebraska Orthopaedic & Sports Medicine, "Nutritional Considerations for the High School Athlete"

Robert Hartman, Whitehall HS, PA, "Your Logo - Infringement or New Identity"

NCA District Meetings

COACHING BEYOND THE GAME LUNCHEON, Coaching Legends: Bobby Bowden, Tom Osborne, Grant Teaff

IMPACT-Baseline Testing & Training, NE Sports Concussion Network, Sign Up at NE Orthopaedic & Sports Medicine Booth

Dan Eassa, FreeRecruitingWebinar, "NCAA/NAIA Eligibility: Empowering the Parent to Take Control"

Dan Eassa, FreeRecruitingWebinar, "Don't Fear What You Don't Know- Learn About NCAA/NAIA Eligibility and Recruiting"

Thursday, July 25

7:00 a.m.
8:00 a.m. – 9:00 a.m.
9:30 a.m. – 10:30 a.m.
10:45 a.m. – 11:15 p.m.

REGISTRATION AND EXHIBIT AREA OPEN

Henry Johnson, Father McGivney Catholic HS, IL, "Mentoring Coaches"

Henry Johnson, Father McGivney Catholic HS, IL, "Effective Evaluation of Coaches"

Gerry Valerio, MaxPreps, "Using MaxPreps for Your School"

BASKETBALL

Tuesday, July 23

7:00 a.m.
8:30 a.m. – 9:45 a.m.
10:30 a.m. – 11:30 a.m.

11:30 a.m. – 1:00 p.m.
1:00 p.m. – 2:00 p.m.
1:00 p.m. – 2:00 p.m.
1:00 p.m. – 2:00 p.m.
2:30 p.m. – 3:30 p.m.
2:30 p.m. – 4:00 p.m.

Wednesday, July 24

7:00 a.m.
8:00 a.m. – 9:00 a.m.
8:00 a.m. – 8:50 a.m.
8:00 a.m. – 9:00 a.m.
9:00 a.m. – 9:30 a.m.
9:00 a.m. – 9:50 a.m.
9:45 a.m. – 10:45 a.m.
11:00 a.m. – 11:30 a.m.
12:00 p.m. – 1:15 p.m.
1:30 p.m. – 3:00 p.m.
1:30 p.m. – 2:30 p.m.
2:45 p.m. – 3:45 p.m.

Thursday, July 25

7:00 a.m.
8:00 a.m. – 9:00 a.m.
9:30 a.m. – 10:30 a.m.
10:45 a.m. – 11:45 a.m.

CROSS COUNTRY

Tuesday, July 23

7:00 a.m.
8:30 a.m. – 9:45 a.m.
10:30 a.m. – 11:30 a.m.

11:30 a.m. – 1:00 p.m.
1:00 p.m. – 2:00 p.m.
1:00 p.m. – 2:00 p.m.
1:00 p.m. – 2:00 p.m.
2:30 p.m. – 3:30 p.m.
2:30 p.m. – 4:00 p.m.

Wednesday, July 24

7:00 a.m.
8:00 a.m. – 9:00 a.m.
9:00 a.m. – 9:30 a.m.
9:00 a.m. – 9:50 a.m.
9:45 a.m. – 10:45 a.m.
11:00 a.m. – 11:30 a.m.
12:00 p.m. – 1:15 p.m.
1:30 p.m. – 2:30 p.m.
2:45 p.m. – 3:45 p.m.

Thursday, July 25

7:00 a.m.
8:00 a.m. – 9:00 a.m.
9:30 a.m. – 10:30 a.m.
10:45 a.m. – 11:45 a.m.

GOLF

Tuesday, July 23

7:00 a.m.
8:30 a.m. – 9:45 a.m.
10:30 a.m. – 11:30 a.m.

REGISTRATION AND EXHIBIT AREA OPEN

KEYNOTE ADDRESS: KERRI STRUG, OLYMPIC GOLD MEDALIST

BEYOND THE X's & O's: Rob Miller, ProActive Coaching, "The Impact of Athletes Trusting Their Coach"

BEYOND THE X's & O's: Greg Winkler, Fond du Lac HS, WI, "Parental Guidance: Communicating Effectively with Parents"

BEYOND THE X's & O's: Spencer Wood, Icebox Athlete, "Mental Skills & Mental Toughness Training for the 21st Century Athlete"

Lunch on Your Own

Don Meyer, Northern State University, "Total Package Coaching" **Presented by Baden Sports**

Rob Miller, ProActive Coaching, "Training Coaches for Excellence and Significance"

Spencer Wood, Icebox Athlete, "Explosive Speed, Agility and Quickness Training"

Don Meyer, Northern State University, "Building a Championship Program" **Presented by Baden Sports**

Care & Prevention of Athletic Injuries- Taping Sessions for Coaches

Blood Drive - Nebraska Community Blood Bank on Site – "Be the Type that Gives" - Presented by Sid Dillon & Scheels

REGISTRATION AND EXHIBIT AREA OPEN

NSAA BASKETBALL RULES MEETING

Spencer Wood, Icebox Athlete, "Explosive Speed, Agility and Quickness Training"

Angela Crawford, NAIA, Manager, Marketing & Communications, "College Sports Scholarships and the National Association of Intercollegiate Athletics"

NCA Basketball Meeting

Dave Schultz, Nebraska Orthopaedic & Sports Medicine, "Nutritional Considerations for the High School Athlete"

Carrie Hofstetter, Hastings College, "Getting a Team's Best: Influencing the Culture"

NCA District Meetings

COACHING BEYOND THE GAME LUNCHEON, Coaching Legends: Bobby Bowden, Tom Osborne, Grant Teaff

IMPACT-Baseline Testing & Training, NE Sports Concussion Network, Sign Up at NE Orthopaedic & Sports Medicine Booth

Mike Neighbors, University of Washington, "Competitive Team Drills"

Mike Neighbors, University of Washington, "Competitive Individual Drills"

REGISTRATION AND EXHIBIT AREA OPEN

Hudl, "Playbook and Other New Features"

Shane Warwick, Warwick Workouts, "Skill Development"

Shane Warwick, Warwick Workouts, "Become a Scorer through a Shooting Program & Drills"

REGISTRATION AND EXHIBIT AREA OPEN

KEYNOTE ADDRESS: KERRI STRUG, OLYMPIC GOLD MEDALIST

BEYOND THE X's & O's: Rob Miller, ProActive Coaching, "The Impact of Athletes Trusting Their Coach"

BEYOND THE X's & O's: Greg Winkler, Fond du Lac HS, WI, "Parental Guidance: Communicating Effectively with Parents"

BEYOND THE X's & O's: Spencer Wood, Icebox Athlete, "Mental Skills & Mental Toughness Training for the 21st Century Athlete"

Lunch on Your Own

Kregg Einspahr, Concordia University, "Endurance Training: Hormonal Aspects of Stress and Recovery"

Spencer Wood, Icebox Athlete, "Explosive Speed, Agility and Quickness Training"

Rob Miller, ProActive Coaching, "Training Coaches for Excellence and Significance"

Kregg Einspahr, Concordia University, "Endurance Training: Time Course of Physiological Changes"

Care & Prevention of Athletic Injuries- Taping Sessions for Coaches

Blood Drive - Nebraska Community Blood Bank on Site – "Be the Type that Gives" - Presented by Sid Dillon & Scheels

REGISTRATION AND EXHIBIT AREA OPEN

Angela Crawford, NAIA, Manager, Marketing & Communications, "College Sports Scholarships and the National Association of Intercollegiate Athletics"

NCA Cross Country Meeting

Dave Schultz, Nebraska Orthopaedic & Sports Medicine, "Nutritional Considerations for the High School Athlete"

Dave Harris, University of Nebraska, "Planning the Training of the HS Cross Country/Middle Distance/Distance Runner"

NCA District Meetings

COACHING BEYOND THE GAME LUNCHEON, Coaching Legends: Bobby Bowden, Tom Osborne, Grant Teaff

Greg VanDyke, Dordt College, "Progression of a Distance Runner"

Greg VanDyke, Dordt College, "Building a Successful Cross Country Program"

REGISTRATION AND EXHIBIT AREA OPEN

NSAA CROSS COUNTRY MEETING

Jack Hazen, Malone University & 2012 USA Olympic Distance Coach, "Team Dynamics" (Distance)

Jack Hazen, Malone University & 2012 USA Olympic Distance Coach, "The State of Distance Running" (USA)

(Morning at Lincoln North Star High School, Afternoon at Highlands Golf Course)

REGISTRATION AND EXHIBIT AREA OPEN

KEYNOTE ADDRESS: KERRI STRUG, OLYMPIC GOLD MEDALIST

BEYOND THE X's & O's: Rob Miller, ProActive Coaching, "The Impact of Athletes Trusting Their Coach"

BEYOND THE X's & O's: Greg Winkler, Fond du Lac HS, WI, "Parental Guidance: Communicating Effectively with Parents"

BEYOND THE X's & O's: Spencer Wood, Icebox Athlete, "Mental Skills & Mental Toughness Training for the 21st Century Athlete"

11:30 a.m. – 1:00 p.m.
1:00 p.m. – 2:00 p.m.
2:15 p.m. – 3:15 p.m.

Lunch on Your Own

AT HIGHLANDS GOLF COURSE: Bob Saffer, Crooked Creek, “How I Teach & Physical Limitations”

AT HIGHLANDS GOLF COURSE: Bob Saffer, Crooked Creek, “Expectations of Amateurs & Exercises to Enhance Your Golf Swing”

Wednesday, July 24

7:00 a.m.

8:00 a.m. – 9:00 a.m.

9:00 a.m. – 9:30 a.m.

9:30 a.m. – 9:50 a.m.

11:00 a.m. – 11:30 a.m.

12:00 p.m. – 1:15 p.m.

1:45 p.m. – 2:45 p.m.

3:00 p.m. – 4:00 p.m.

(Morning at Lincoln North Star High School, Afternoon at Highlands Golf Course)

REGISTRATION AND EXHIBIT AREA OPEN

NSAA GOLF MEETING

NCA Golf Meeting

Dave Schultz, Nebraska Orthopaedic & Sports Medicine, “Nutritional Considerations for the High School Athlete”

NCA District Meetings

COACHING BEYOND THE GAME LUNCHEON, Coaching Legends: Bobby Bowden, Tom Osborne, Grant Teaff

AT HIGHLANDS GOLF COURSE: Charlie Borner, Hillcrest Country Club, “Developing Accuracy with Iron Play”

AT HIGHLANDS GOLF COURSE: Charlie Borner, Hillcrest Country Club, “Chipping & Putting for the Winning Score”

Thursday, July 26

7:00 a.m.

8:00 a.m. – 8:45 a.m.

8:45 a.m. – 9:30 a.m.

9:30 a.m. – 10:15 a.m.

10:15 a.m. – 11:15 a.m.

11:15 a.m. – 11:30 a.m.

Golf Sessions at Highlands Golf Course

REGISTRATION AND EXHIBIT AREA OPEN AT LINCOLN NORTH STAR HS

AT HIGHLANDS GOLF COURSE: Scott Bruha & Dave James, Meadowlark Golf Course, Kearney, “The Role of the Golf Coach”

AT HIGHLANDS GOLF COURSE: Scott Bruha & Dave James, Meadowlark Golf Course, Kearney, “Three Levels of Priority in Understanding the Golf Swing”

AT HIGHLANDS GOLF COURSE: Scott Bruha & Dave James, Meadowlark Golf Course, Kearney, “Chipping & Pitching”

AT HIGHLANDS GOLF COURSE: Scott Bruha & Dave James, Meadowlark Golf Course, Kearney, “Putting & Driving”

AT HIGHLANDS GOLF COURSE: Scott Bruha & Dave James, Meadowlark Golf Course, Kearney, “Review and Q&A”

FOOTBALL 11-MAN

Tuesday, July 23

7:00 a.m.

8:30 a.m. – 9:45 a.m.

10:30 a.m. – 11:30 a.m.

11:30 a.m. – 1:00 p.m.

1:00 p.m. – 2:00 p.m.

1:00 p.m. – 2:00 p.m.

1:00 p.m. – 2:00 p.m.

2:30 p.m. – 3:30 p.m.

2:30 p.m. – 4:00 p.m.

REGISTRATION AND EXHIBIT AREA OPEN

KEYNOTE ADDRESS: KERRI STRUG, OLYMPIC GOLD MEDALIST

BEYOND THE X's & O's: Rob Miller, ProActive Coaching, “The Impact of Athletes Trusting Their Coach”

BEYOND THE X's & O's: Greg Winkler, Fond du Lac HS, WI, “Parental Guidance: Communicating Effectively with Parents”

BEYOND THE X's & O's: Spencer Wood, Icebox Athlete, “Mental Skills & Mental Toughness Training for the 21st Century Athlete”

Lunch on Your Own

John Reiners, Black Hills State University, “Running Back Drills & Program Development”

Rob Miller, ProActive Coaching, “Training Coaches for Excellence and Significance”

Spencer Wood, Icebox Athlete, “Explosive Speed, Agility and Quickness Training”

Nick Fulton, Black Hills State University, “Offensive Goals/Offensive Line Play”

Care & Prevention of Athletic Injuries- Taping Sessions for Coaches

Wednesday, July 24

7:00 a.m.

8:00 a.m. – 9:00 a.m.

8:00 a.m. – 8:50 a.m.

8:00 a.m. – 9:00 a.m.

9:00 a.m. – 9:30 a.m.

9:00 a.m. – 9:50 a.m.

10:00 a.m. – 10:50 a.m.

11:00 a.m. – 11:30 a.m.

12:00 p.m. – 1:15 p.m.

1:30 p.m. – 3:00 p.m.

1:30 p.m. – 2:30 p.m.

3:00 p.m. – 4:00 p.m.

Blood Drive - Nebraska Community Blood Bank on Site – “Be the Type that Gives” - Presented by Sid Dillon & Scheels

REGISTRATION AND EXHIBIT AREA OPEN

Terry Joseph, University of Nebraska, “Getting Your Players Prepared”

Spencer Wood, Icebox Athlete, “Explosive Speed, Agility and Quickness Training”

Angela Crawford, NAIA, Manager, Marketing & Communications, “College Sports Scholarships and the National Association of Intercollegiate Athletics”

NCA Football Meeting

Dave Schultz, Nebraska Orthopaedic & Sports Medicine, “Nutritional Considerations for the High School Athlete”

Hudl– “Practice Scripts, Presentations, and Reports”

NCA District Meetings

COACHING BEYOND THE GAME LUNCHEON, Coaching Legends: Bobby Bowden, Tom Osborne, Grant Teaff

IMPACT-Baseline Testing & Training, NE Sports Concussion Network, Sign Up at NE Orthopaedic & Sports Medicine Booth

Scott Strohmeier, Iowa Western Community College, “High Tempo Offense & Practice Organization”

Mike Strohmeier, Iowa Western Community College, “IWCC Screen Game/Quick Game”

Thursday, July 25

7:00 a.m.

8:00 a.m. – 9:00 a.m.

9:30 a.m. – 10:30 a.m.

10:45 a.m. – 11:45 a.m.

REGISTRATION AND EXHIBIT AREA OPEN

NSAA FOOTBALL RULES MEETING

Jim Svoboda, University of Central Missouri, “Quarterbacking Essentials”

Jim Svoboda, University of Central Missouri, “Coaching the Short Passing Game”

FOOTBALL 8-MAN

Tuesday, July 23

7:00 a.m.

8:30 a.m. – 9:45 a.m.

10:30 a.m. – 11:30 a.m.

11:30 a.m. – 1:00 p.m.

1:00 p.m. – 2:00 p.m.

1:00 p.m. – 2:00 p.m.

1:00 p.m. – 2:00 p.m.

2:30 p.m. – 3:30 p.m.

2:30 p.m. – 4:00 p.m.

REGISTRATION AND EXHIBIT AREA OPEN

KEYNOTE ADDRESS: KERRI STRUG, OLYMPIC GOLD MEDALIST

BEYOND THE X's & O's: Rob Miller, ProActive Coaching, “The Impact of Athletes Trusting Their Coach”

BEYOND THE X's & O's: Greg Winkler, Fond du Lac HS, WI, “Parental Guidance: Communicating Effectively with Parents”

BEYOND THE X's & O's: Spencer Wood, Icebox Athlete, “Mental Skills & Mental Toughness Training for the 21st Century Athlete”

Lunch on Your Own

Bill Brown, Deckerville High School, MI, “Winning with Power Football: Wing-T & Straight-T Concepts in 8-man Football”

Rob Miller, ProActive Coaching, “Training Coaches for Excellence and Significance”

Spencer Wood, Icebox Athlete, “Explosive Speed, Agility and Quickness Training”

Bill Brown, Deckerville High School, MI, “Deckerville Football Program: Road to a State Championship-20 Yrs. in the Making”

Care & Prevention of Athletic Injuries- Taping Sessions for Coaches

Wednesday, July 24

7:00 a.m.
 8:00 a.m. – 9:00 a.m.
 8:00 a.m. – 8:50 a.m.
 8:00 a.m. – 9:00 a.m.
 9:00 a.m. – 9:30 a.m.
 9:00 a.m. – 9:50 a.m.
 10:00 a.m. – 10:50 a.m.
 11:00 a.m. – 11:30 a.m.
 12:00 p.m. – 1:15 p.m.
 1:30 p.m. – 3:00 p.m.
 1:30 p.m. – 2:30 p.m.
 3:00 p.m. – 4:00 p.m.

Blood Drive - Nebraska Community Blood Bank on Site – “Be the Type that Gives” - Presented by Sid Dillon & Scheels

REGISTRATION AND EXHIBIT AREA OPEN
 Terry Joseph, University of Nebraska, “Getting Your Players Prepared”
 Spencer Wood, Icebox Athlete, “Explosive Speed, Agility and Quickness Training”
 Angela Crawford, NAIA, Manager, Marketing & Communications, “College Sports Scholarships and the National Association of Intercollegiate Athletics”
 NCA Football Meeting
 Dave Schultz, Nebraska Orthopaedic & Sports Medicine, “Nutritional Considerations for the High School Athlete”
 Hudl– “Practice Scripts, Presentations, and Reports”
 NCA District Meetings
COACHING BEYOND THE GAME LUNCHEON, Coaching Legends: Bobby Bowden, Tom Osborne, Grant Teaff
 IMPACT-Baseline Testing & Training, NE Sports Concussion Network, Sign Up at NE Orthopaedic & Sports Medicine Booth
 Justin Coup, Baileyville B&B High School, KS “No Huddle Offense”
 Justin Coup, Baileyville B&B High School, KS “Short Passing Game with Drill Support”

Thursday, July 25

7:00 a.m.
 8:00 a.m. – 9:00 a.m.
 9:30 a.m. – 10:30 a.m.

REGISTRATION AND EXHIBIT AREA OPEN
 NSAA FOOTBALL RULES MEETING
 Jim Svoboda, University of Central Missouri, “Quarterbacking Essentials”

SOCCER**Tuesday, July 23**

7:00 a.m.
 8:30 a.m. – 9:45 a.m.
 10:30 a.m. – 11:30 a.m.

 11:30 a.m. – 1:00 p.m.
 1:00 p.m. – 2:00 p.m.
 1:00 p.m. – 2:00 p.m.
 2:30 p.m. – 3:30 p.m.
 2:30 p.m. – 4:00 p.m.

REGISTRATION AND EXHIBIT AREA OPEN
KEYNOTE ADDRESS: KERRI STRUG, OLYMPIC GOLD MEDALIST
BEYOND THE X’s & O’s: Rob Miller, ProActive Coaching, “The Impact of Athletes Trusting Their Coach”
BEYOND THE X’s & O’s: Greg Winkler, Fond du Lac HS, WI, “Parental Guidance: Communicating Effectively with Parents”
BEYOND THE X’s & O’s: Spencer Wood, Icebox Athlete, “Mental Skills & Mental Toughness Training for the 21st Century Athlete”
 Lunch on Your Own
 Greg Winkler, Fond du Lac HS, WI, “Soccer Marketing/Special Events/Booster Clubs”
 Spencer Wood, Icebox Athlete, “Explosive Speed, Agility and Quickness Training”
 Greg Winkler, Fond du Lac HS, WI, “Soccer Team Management - On and Off the Field”
 Care & Prevention of Athletic Injuries- Taping Sessions for Coaches

Wednesday, July 24

7:00 a.m.
 8:00 a.m. – 9:00 a.m.
 8:00 a.m. – 9:00 a.m.
 9:00 a.m. – 9:30 a.m.
 9:45 a.m. – 10:45 a.m.
 11:00 a.m. – 11:30 a.m.
 12:00 p.m. – 1:15 p.m.
 1:30 p.m. – 3:00 p.m.
 1:30 p.m. – 2:30 p.m.
 1:30 p.m. – 2:30 p.m.

Blood Drive - Nebraska Community Blood Bank on Site – “Be the Type that Gives” - Presented by Sid Dillon & Scheels

REGISTRATION AND EXHIBIT AREA OPEN
 Randy Waldrum, University of Notre Dame, “Technical/Functional Training for Elite Players”
 Angela Crawford, NAIA, Manager, Marketing & Communications, “College Sports Scholarships and the National Association of Intercollegiate Athletics”
 NCA Soccer Meeting
 Randy Waldrum, University of Notre Dame, “Possession for Progression”
 NCA District Meetings
COACHING BEYOND THE GAME LUNCHEON, Coaching Legends: Bobby Bowden, Tom Osborne, Grant Teaff
 IMPACT-Baseline Testing & Training, NE Sports Concussion Network, Sign Up at NE Orthopaedic & Sports Medicine Booth
 Dan Eassa, Free Recruiting Webinar, “NCAA/NAIA Eligibility: Empowering the Parent to Take Control”
 Hudl, “Insider Accounts”

Thursday, July 25

7:00 a.m.
 8:00 a.m. – 9:00 a.m.
 9:30 a.m. – 10:30 a.m.
 10:45 a.m. – 11:45 a.m.

REGISTRATION AND EXHIBIT AREA OPEN
 NSAA SOCCER MEETING
 Jason Mims, University of Nebraska Omaha, “Speed of Play”
 Jason Mims, University of Nebraska Omaha, “Transition/Movement off the Ball”

SOFTBALL**Tuesday, July 23**

7:00 a.m.
 8:30 a.m. – 9:45 a.m.
 10:30 a.m. – 11:30 a.m.

 11:30 a.m. – 1:00 p.m.
 1:00 p.m. – 2:00 p.m.
 2:30 p.m. – 3:30 p.m.

REGISTRATION AND EXHIBIT AREA OPEN
KEYNOTE ADDRESS: KERRI STRUG, OLYMPIC GOLD MEDALIST
BEYOND THE X’s & O’s: Rob Miller, ProActive Coaching, “The Impact of Athletes Trusting Their Coach”
BEYOND THE X’s & O’s: Greg Winkler, Fond du Lac HS, WI, “Parental Guidance: Communicating Effectively with Parents”
BEYOND THE X’s & O’s: Spencer Wood, Icebox Athlete, “Mental Skills & Mental Toughness Training for the 21st Century Athlete”
 Lunch on Your Own
AT UNL HAYMARKET INDOOR COMPLEX: Diane Miller, Univ. of Nebraska, “Hitting Drills: Maximize a Hitter’s Talent Level”
AT UNL HAYMARKET INDOOR COMPLEX: Diane Miller, Univ. of Nebraska, “Hitting Drills on a Non-Existent Budget”

Wednesday, July 24

7:00 a.m.
 8:00 a.m. – 9:00 a.m.
 8:00 a.m. – 9:00 a.m.
 9:00 a.m. – 9:30 a.m.
 9:45 a.m. – 10:45 a.m.
 11:00 a.m. – 11:30 a.m.
 12:00 p.m. – 1:15 p.m.
 1:30 p.m. – 3:00 p.m.
 1:30 p.m. – 2:30 p.m.
 1:30 p.m. – 2:30 p.m.

Blood Drive - Nebraska Community Blood Bank on Site – “Be the Type that Gives” - Presented by Sid Dillon & Scheels

REGISTRATION AND EXHIBIT AREA OPEN
 Mark Lumley, Baylor University, “Elevating Short Game Skills for High School Level”
 Angela Crawford, NAIA, Manager, Marketing & Communications, “College Sports Scholarships and the National Association of Intercollegiate Athletics”
 NCA Softball Meeting
 Mark Lumley, Baylor University, “Elevating Hitting Skills for the High School Player”
 NCA District Meetings
COACHING BEYOND THE GAME LUNCHEON, Coaching Legends: Bobby Bowden, Tom Osborne, Grant Teaff
 IMPACT-Baseline Testing & Training, NE Sports Concussion Network, Sign Up at NE Orthopaedic & Sports Medicine Booth
 Dan Eassa, Free Recruiting Webinar, “NCAA/NAIA Eligibility: Empowering the Parent to Take Control”
 Hudl, “Insider Accounts”

Thursday, July 25

7:00 a.m.
8:00 a.m. – 9:00 a.m.
9:30 a.m. – 10:30 a.m.
10:45 a.m. – 11:45 a.m.

REGISTRATION AND EXHIBIT AREA OPEN
NSAA SOFTBALL RULES MEETING
Marty Rubinoff, Martin's Field Of Dreams, "Developing Effective Movement Patterns in Throwing"
Marty Rubinoff, Martin's Field Of Dreams, "Infield Play, the Actions and Reactions of the Eyes, Feet and Hands"

TENNIS

Tuesday, July 23

7:00 a.m.
8:30 a.m. – 9:45 a.m.
10:30 a.m. – 11:30 a.m.

REGISTRATION AND EXHIBIT AREA OPEN
KEYNOTE ADDRESS: KERRI STRUG, OLYMPIC GOLD MEDALIST
BEYOND THE X's & O's: Rob Miller, ProActive Coaching, "The Impact of Athletes Trusting Their Coach"
BEYOND THE X's & O's: Greg Winkler, Fond du Lac HS, WI, "Parental Guidance: Communicating Effectively with Parents"
BEYOND THE X's & O's: Spencer Wood, Icebox Athlete, "Mental Skills & Mental Toughness Training for the 21st Century Athlete"
Lunch on Your Own
AT WOODS TENNIS CENTER: Kevin Heim, Woods Tennis Center, "Point Scoring Games for the HS Coach"
AT WOODS TENNIS CENTER: Kevin Heim, Woods Tennis Center, "Growing Tennis in Your Community - Guide For The HS Coach"

Wednesday, July 24

7:00 a.m.
8:00 a.m. – 9:00 a.m.
8:00 a.m. – 9:00 a.m.
9:00 a.m. – 9:30 a.m.
9:45 a.m. – 10:45 a.m.
11:00 a.m. – 11:30 a.m.
12:00 p.m. – 1:15 p.m.
1:30 p.m. – 2:30 p.m.

Blood Drive - Nebraska Community Blood Bank on Site – "Be the Type that Gives" - Presented by Sid Dillon & Scheels
REGISTRATION AND EXHIBIT AREA OPEN
AT LNS Tennis Courts: Jason Olson, Stevens HS, Rapid City, SD, "Running an Efficient Practice"
Angela Crawford, NAIA, Manager, Marketing & Communications, "College Sports Scholarships and the National Association of Intercollegiate Athletics"
NCA Tennis Meeting
AT LNS Tennis Courts: Jason Olson, Stevens HS, Rapid City, SD, "Running a No-Cut Program- What I do with the beginners?"
NCA District Meetings
COACHING BEYOND THE GAME LUNCHEON, Coaching Legends: Bobby Bowden, Tom Osborne, Grant Teaff
AT LNS CLASSROOM: Jason Olson, Stevens HS, Rapid City, SD, "Building a Program"

Thursday, July 25

7:00 a.m.
8:00 a.m. – 9:00 a.m.
9:15 a.m. – 10:15 a.m.
10:30 a.m. – 11:30 a.m.

REGISTRATION AND EXHIBIT AREA OPEN
AT WOODS TENNIS CENTER: NSAA TENNIS MEETING
AT WOODS TENNIS CENTER: Talor Wain, Woods Tennis Center, "Fundamentals of Point Construction - What Can HS Players Learn From the Pros"
AT WOODS TENNIS CENTER: Talor Wain, Woods Tennis Center, "Tennis Games With No Lines"

TRACK & FIELD

Tuesday, July 23

7:00 a.m.
8:30 a.m. – 9:45 a.m.
10:30 a.m. – 11:30 a.m.

REGISTRATION AND EXHIBIT AREA OPEN
KEYNOTE ADDRESS: KERRI STRUG, OLYMPIC GOLD MEDALIST
BEYOND THE X's & O's: Rob Miller, ProActive Coaching, "The Impact of Athletes Trusting Their Coach"
BEYOND THE X's & O's: Greg Winkler, Fond du Lac HS, WI, "Parental Guidance: Communicating Effectively with Parents"
BEYOND THE X's & O's: Spencer Wood, Icebox Athlete, "Mental Skills & Mental Toughness Training for the 21st Century Athlete"
Lunch on Your Own
Casey Thom, Rice University, "Training Hurdlers: From Beginner to Advanced"
Spencer Wood, Icebox Athlete, "Explosive Speed, Agility and Quickness Training"
Rob Miller, ProActive Coaching, "Training Coaches for Excellence and Significance"
Casey Thom, Rice University, "Planning & Organizing Training for Speed Power Athletes"
Care & Prevention of Athletic Injuries- Taping Sessions for Coaches

Wednesday, July 24

7:00 a.m.
8:00 a.m. – 9:00 a.m.
8:00 a.m. – 8:50 a.m.
9:00 a.m. – 9:30 a.m.
9:00 a.m. – 9:50 a.m.
9:45 a.m. – 10:45 a.m.
11:00 a.m. – 11:30 a.m.
12:00 p.m. – 1:15 p.m.
1:30 p.m. – 2:30 p.m.
2:45 p.m. – 3:45 p.m.

Blood Drive - Nebraska Community Blood Bank on Site – "Be the Type that Gives" - Presented by Sid Dillon & Scheels
REGISTRATION AND EXHIBIT AREA OPEN
NSAA TRACK & FIELD MEETING
Spencer Wood, Icebox Athlete, "Explosive Speed, Agility and Quickness Training"
NCA Track & Field Meeting
Dave Schultz, Nebraska Orthopaedic & Sports Medicine, "Nutritional Considerations for the High School Athlete"
Dave Harris, University of Nebraska, "Planning the Training of the HS Cross Country/Middle Distance/Distance Runner"
NCA District Meetings
COACHING BEYOND THE GAME LUNCHEON, Coaching Legends: Bobby Bowden, Tom Osborne, Grant Teaff
Sara Domeier, Lincoln North Star HS- "Benefits of a Strong Core in Our Athletes"
Sara Domeier, Lincoln North Star HS- "Training the HS Multi-Sport Athlete in the Off Season"

Thursday, July 25

7:00 a.m.
8:00 a.m. – 9:00 a.m.
9:30 a.m. – 10:30 a.m.
10:45 a.m. – 11:45 a.m.

REGISTRATION AND EXHIBIT AREA OPEN
Carrie Lane, University of Nebraska, "Fundamentals-Build a Solid Base of Skills in Your Young Thrower First"
Carrie Lane, University of Nebraska, "Teaching the Spin-Step by Step Guidelines for the Spin Shot & Discus"
Hudl, "Hudl for Other Sports"

VOLLEYBALL

Tuesday, July 23

7:00 a.m.
8:30 a.m. – 9:45 a.m.
10:30 a.m. – 11:30 a.m.

11:30 a.m. – 1:00 p.m.
1:00 p.m. – 2:00 p.m.
1:00 p.m. – 2:00 p.m.
1:00 p.m. – 2:00 p.m.
2:30 p.m. – 3:30 p.m.
2:30 p.m. – 4:00 p.m.

Wednesday, July 24

7:00 a.m.
8:00 a.m. – 9:00 a.m.
8:00 a.m. – 9:50 a.m.
8:00 a.m. – 9:00 a.m.
9:00 a.m. – 9:30 a.m.
9:00 a.m. – 9:50 a.m.
9:45 a.m. – 10:45 a.m.
11:00 a.m. – 11:30 a.m.
12:00 p.m. – 1:15 p.m.
1:30 p.m. – 3:00 p.m.
1:30 p.m. – 2:30 p.m.
2:45 p.m. – 3:45 p.m.

Thursday, July 25

7:00 a.m.
8:00 a.m. – 9:00 a.m.
9:30 a.m. – 10:30 a.m.
10:45 a.m. – 11:45 a.m.

WRESTLING

Tuesday, July 23

7:00 a.m.
8:30 a.m. – 9:45 a.m.
10:30 a.m. – 11:30 a.m.

11:30 a.m. – 1:00 p.m.
1:00 p.m. – 2:00 p.m.
1:00 p.m. – 2:00 p.m.
2:30 p.m. – 3:30 p.m.
2:30 p.m. – 4:00 p.m.

Wednesday, July 24

7:00 a.m.
8:00 a.m. – 9:00 a.m.
9:00 a.m. – 9:30 a.m.
9:00 a.m. – 9:50 a.m.
9:45 a.m. – 10:45 a.m.
11:00 a.m. – 11:30 a.m.
12:00 p.m. – 1:15 p.m.
1:30 p.m. – 3:00 p.m.
1:30 p.m. – 2:30 p.m.
2:45 p.m. – 3:45 p.m.

Thursday, July 25

7:00 a.m.
8:00 a.m. – 9:00 a.m.
9:00 a.m. – 10:00 a.m.
10:30 a.m. – 11:30 a.m.

CHEERLEADING

Tuesday, July 23

NOTE: Those wishing to complete the AACCA certification, must attend the AACCA classes and exam. An additional fee of \$75 is required for certification - Payable to AACCA on July 23rd. Please contact the NCA office if you wish to obtain AACCA certification through the clinic so that adequate materials can be ordered.

7:00 a.m.
8:30 a.m. – 9:45 a.m.
10:30 a.m. – 11:30 a.m.

****All Sessions Presented by: VolleyWrite Volleyball Scoring Software****

REGISTRATION AND EXHIBIT AREA OPEN

KEYNOTE ADDRESS: KERRI STRUG, OLYMPIC GOLD MEDALIST

BEYOND THE X's & O's: Rob Miller, ProActive Coaching, "The Impact of Athletes Trusting Their Coach"

BEYOND THE X's & O's: Greg Winkler, Fond du Lac HS, WI, "Parental Guidance: Communicating Effectively with Parents"

BEYOND THE X's & O's: Spencer Wood, Icebox Athlete, "Mental Skills & Mental Toughness Training for the 21st Century Athlete"

Lunch on Your Own

Jim Moore, University of Oregon, "Creating Practice – How Tempo and Technology Can Help You"

Rob Miller, ProActive Coaching, "Training Coaches for Excellence and Significance"

Spencer Wood, Icebox Athlete, "Explosive Speed, Agility and Quickness Training"

Jim Moore, University of Oregon, "Creating an Up-Tempo Offense"

Care & Prevention of Athletic Injuries- Taping Sessions for Coaches

Blood Drive - Nebraska Community Blood Bank on Site – "Be the Type that Gives" - Presented by Sid Dillon & Scheels

REGISTRATION AND EXHIBIT AREA OPEN

Kirsten Bernthal-Booth, Creighton University, "Making Your Defense Great—Both in the Front, and Back Row"

Spencer Wood, Icebox Athlete, "Explosive Speed, Agility and Quickness Training"

Angela Crawford, NAIA, Manager, Marketing & Communications, "College Sports Scholarships and the National Association of Intercollegiate Athletics"

NCA Volleyball Meeting

Dave Schultz, Nebraska Orthopaedic & Sports Medicine, "Nutritional Considerations for the High School Athlete"

Kirsten Bernthal-Booth, Creighton University, "Compete, Compete, Compete"

NCA District Meetings

COACHING BEYOND THE GAME LUNCHEON, Coaching Legends: Bobby Bowden, Tom Osborne, Grant Teaff

IMPACT-Baseline Testing & Training, NE Sports Concussion Network, Sign Up at NE Orthopaedic & Sports Medicine Booth

Hugh McCutcheon, University of Minnesota, "Practice Design and Implementation"

Hugh McCutcheon, University of Minnesota, "Passing and Serve Receive"

REGISTRATION AND EXHIBIT AREA OPEN

NSAA VOLLEYBALL RULES MEETING

Rochelle Rohlf, Omaha Marian HS, NE, "Competitive Drills"

Hudl, "Hudl for Other Sports"

****All Sessions Presented by: The National Wrestling Coaches Association****

REGISTRATION AND EXHIBIT AREA OPEN

KEYNOTE ADDRESS: KERRI STRUG, OLYMPIC GOLD MEDALIST

BEYOND THE X's & O's: Rob Miller, ProActive Coaching, "The Impact of Athletes Trusting Their Coach"

BEYOND THE X's & O's: Greg Winkler, Fond du Lac HS, WI, "Parental Guidance: Communicating Effectively with Parents"

BEYOND THE X's & O's: Spencer Wood, Icebox Athlete, "Mental Skills & Mental Toughness Training for the 21st Century Athlete"

Lunch on Your Own

Bryan Snyder, University of Nebraska, "Scoring from Your Feet"

Rob Miller, ProActive Coaching, "Training Coaches for Excellence and Significance"

Bryan Snyder, University of Nebraska, "Tilts/Turns on Top"

Care & Prevention of Athletic Injuries- Taping Sessions for Coaches

Blood Drive - Nebraska Community Blood Bank on Site – "Be the Type that Gives" - Presented by Sid Dillon & Scheels

REGISTRATION AND EXHIBIT AREA OPEN

NSAA WRESTLING MEETING

NCA Wrestling Meeting

Dave Schultz, Nebraska Orthopaedic & Sports Medicine, "Nutritional Considerations for the High School Athlete"

Tyler Herman, Amherst High School, NE, "Takedowns, Scrambling, and Drills"

NCA District Meetings

COACHING BEYOND THE GAME LUNCHEON, Coaching Legends: Bobby Bowden, Tom Osborne, Grant Teaff

IMPACT-Baseline Testing & Training, NE Sports Concussion Network, Sign Up at NE Orthopaedic & Sports Medicine Booth

Robert Hartman, Whitehall High School, PA, "Keys to Having a Productive Relationship with Your Football Coach"

Robert Hartman, Whitehall High School, PA, "Working With Your Administrator"

REGISTRATION AND EXHIBIT AREA OPEN

Hudl, "Playbook and Other New Features"

Mark Cody, University of Oklahoma, "Chain Wrestling in Top Position – Riding & Pinning"

Mark Cody, University of Oklahoma, "Chain Wrestling in Bottom Position – Movement to Score"

****All Sessions Presented by: Varsity Spirit Corporation****

11:30 a.m. – 1:30 p.m. **BEYOND THE X's & O's: Spencer Wood, Icebox Athlete, "Mental Skills & Mental Toughness Training for the 21st Century Athlete"**
Lunch on Your Own
1:30 p.m. – 2:30 p.m. Terri Freeman, UCA, "AACCA – SEMINAR"
2:30 p.m. – 3:30 p.m. Terri Freeman, UCA "AACCA – TEST"

Wednesday, July 24

7:00 a.m. **Blood Drive - Nebraska Community Blood Bank on Site – "Be the Type that Gives" - Presented by Sid Dillon & Scheels**
REGISTRATION AND EXHIBIT AREA OPEN
8:00 a.m. – 9:00 a.m. Angela Crawford, NAIA, Manager, Marketing & Communications, "College Sports Scholarships and the National Association of Intercollegiate Athletics"
8:00 a.m. – 9:00 a.m. Jason Sack, NW Missouri State and Jeff Snow, Iowa Western CC, "Running an Effective Program" (Try-Outs to the End of the Season)
9:15 a.m. – 10:15 a.m. Holly Schaffner, NCA, "Cheer Bootcamp: Conditioning for Your Team with NO Equipment in Roughly 20 Minutes Per Practice"
10:30 a.m. – 11:00 a.m. NCA Cheer/Dance Meeting
11:00 a.m. – 11:30 a.m. NCA District Meetings
12:00 p.m. – 1:15 p.m. **COACHING BEYOND THE GAME LUNCHEON, Coaching Legends: Bobby Bowden, Tom Osborne, Grant Teaff**
1:30 p.m. – 2:30 p.m. Jeff Snow, Iowa Western CC and Ashley Parnell, UCA State Director, "Tumbling 101"
3:00 p.m. – 4:00 p.m. Jeff Snow, Iowa Western CC and Ashley Parnell, UCA State Director, "Learn to Spot Tumbling Safely"

Thursday, July 25

7:00 a.m. REGISTRATION AND EXHIBIT AREA OPEN
8:00 a.m. – 9:00 a.m. Jason Sack, NW Missouri State, Jeff Snow, Iowa Western CC, Terri Freeman, UCA, "What the Judges Are Looking For"
9:30 a.m. – 10:30 a.m. Lindsay Lockman, NCA, "Organizing Choreography for Pep Rallies and Routines"
10:45 a.m. – 11:45 a.m. Ashley Parnell, UCA State Director & Jason Sack, NW Missouri State, "How to Effectively Lead the Crowd Using Signs" Hands On

DANCE

Tuesday, July 23

7:00 a.m. REGISTRATION AND EXHIBIT AREA OPEN
8:30 a.m. – 9:45 a.m. **KEYNOTE ADDRESS: KERRI STRUG, OLYMPIC GOLD MEDALIST**
10:30 a.m. – 11:30 a.m. **BEYOND THE X's & O's: Rob Miller, ProActive Coaching, "The Impact of Athletes Trusting Their Coach"**
BEYOND THE X's & O's: Greg Winkler, Fond du Lac HS, WI, "Parental Guidance: Communicating Effectively with Parents"
BEYOND THE X's & O's: Spencer Wood, Icebox Athlete, "Mental Skills & Mental Toughness Training for the 21st Century Athlete"
11:30 a.m. – 1:30 p.m. Lunch on Your Own
1:30 p.m. – 2:30 p.m. Mandy Pruet, Universal Dance Association, "Dance Technique: Leaps and Jumps"
2:30 p.m. – 3:30 p.m. Mandy Pruet, Universal Dance Association, "Dance Technique: Turns"

Wednesday, July 24

7:00 a.m. **Blood Drive - Nebraska Community Blood Bank on Site – "Be the Type that Gives" - Presented by Sid Dillon & Scheels**
REGISTRATION AND EXHIBIT AREA OPEN
8:00 a.m. – 9:00 a.m. Angela Crawford, NAIA, Manager, Marketing & Communications, "College Sports Scholarships and the National Association of Intercollegiate Athletics"
10:30 a.m. – 11:00 a.m. NCA Cheer/Dance Meeting
11:00 a.m. – 11:30 a.m. NCA District Meetings
12:00 p.m. – 1:15 p.m. **COACHING BEYOND THE GAME LUNCHEON, Coaching Legends: Bobby Bowden, Tom Osborne, Grant Teaff**
1:30 p.m. – 2:30 p.m. Mandy Pruet, Universal Dance Association, "How to Run an Effective Program"
3:00 p.m. – 4:00 p.m. Mandy Pruet, Universal Dance Association, "Choreography: What Makes a Successful Routine"

Thursday, July 25

7:00 a.m. REGISTRATION AND EXHIBIT AREA OPEN
8:00 a.m. – 9:00 a.m. Mandy Pruet, Universal Dance Association, "Conditioning and Strength Training"
9:30 a.m. – 10:30 a.m. Mandy Pruet, Universal Dance Association, "Using Today's Technology"
10:45 a.m. – 11:45 a.m. Mandy Pruet, Universal Dance Association, "Inspiring Leadership"

JUNIOR HIGH BASKETBALL (Junior High Sessions in Bold Wednesday Morning)

Tuesday, July 23

7:00 a.m. REGISTRATION AND EXHIBIT AREA OPEN
8:30 a.m. – 9:45 a.m. **KEYNOTE ADDRESS: KERRI STRUG, OLYMPIC GOLD MEDALIST**
10:30 a.m. – 11:30 a.m. **BEYOND THE X's & O's: Rob Miller, ProActive Coaching, "The Impact of Athletes Trusting Their Coach"**
BEYOND THE X's & O's: Greg Winkler, Fond du Lac HS, WI, "Parental Guidance: Communicating Effectively with Parents"
BEYOND THE X's & O's: Spencer Wood, Icebox Athlete, "Mental Skills & Mental Toughness Training for the 21st Century Athlete"
11:30 a.m. – 1:00 p.m. Lunch on Your Own
1:00 p.m. – 2:00 p.m. Don Meyer, Northern State University, "Total Package Coaching" *Presented by Baden Sports*
1:00 p.m. – 2:00 p.m. Rob Miller, ProActive Coaching, "Training Coaches for Excellence and Significance"
1:00 p.m. – 2:00 p.m. Spencer Wood, Icebox Athlete, "Explosive Speed, Agility and Quickness Training"
2:30 p.m. – 3:30 p.m. Don Meyer, Northern State University, "Building a Championship Program" *Presented by Baden Sports*
2:30 p.m. – 4:00 p.m. Care & Prevention of Athletic Injuries- Taping Sessions for Coaches

Wednesday, July 24

7:00 a.m. **Blood Drive - Nebraska Community Blood Bank on Site – "Be the Type that Gives" - Presented by Sid Dillon & Scheels**
REGISTRATION AND EXHIBIT AREA OPEN
8:00 a.m. – 9:00 a.m. **Mike Herzberg, Northwest, "Fundamental Offensive Skills/Organizational Ideas"**
9:00 a.m. – 9:30 a.m. NCA Basketball Meeting
9:45 a.m. – 10:45 a.m. **Mike Herzberg, Northwest, "Building a Solid Man to Man Defense"**
11:00 a.m. – 11:30 a.m. NCA District Meetings
12:00 p.m. – 1:15 p.m. **COACHING BEYOND THE GAME LUNCHEON, Coaching Legends: Bobby Bowden, Tom Osborne, Grant Teaff**
1:30 p.m. – 3:00 p.m. IMPACT-Baseline Testing & Training, NE Sports Concussion Network, Sign Up at NE Orthopaedic & Sports Medicine Booth
1:30 p.m. – 2:30 p.m. Mike Neighbors, University of Washington, "Competitive Team Drills"
2:45 p.m. – 3:45 p.m. Mike Neighbors, University of Washington, "Competitive Individual Drills"

Thursday, July 25

7:00 a.m.
8:00 a.m. – 9:00 a.m.
9:30 a.m. – 10:30 a.m.
10:45 a.m. – 11:45 a.m.

REGISTRATION AND EXHIBIT AREA OPEN
Hudl, “Playbook and Other New Features”
Shane Warwick, Warwick Workouts, “Skill Development”
Shane Warwick, Warwick Workouts, “Become a Scorer through a Shooting Program & Drills”

JUNIOR HIGH FOOTBALL

Tuesday, July 23

7:00 a.m.
8:30 a.m. – 9:45 a.m.
10:30 a.m. – 11:30 a.m.

(Junior High Sessions in Bold Wednesday Afternoon)

REGISTRATION AND EXHIBIT AREA OPEN
KEYNOTE ADDRESS: KERRI STRUG, OLYMPIC GOLD MEDALIST
BEYOND THE X’s & O’s: Rob Miller, ProActive Coaching, “The Impact of Athletes Trusting Their Coach”
BEYOND THE X’s & O’s: Greg Winkler, Fond du Lac HS, WI, “Parental Guidance: Communicating Effectively with Parents”
BEYOND THE X’s & O’s: Spencer Wood, Icebox Athlete, “Mental Skills & Mental Toughness Training for the 21st Century Athlete Lunch on Your Own
John Reiners, Black Hills State University, “Managing your Team/Special Teams Drills”
Rob Miller, ProActive Coaching, “Training Coaches for Excellence and Significance”
Spencer Wood, Icebox Athlete, “Explosive Speed, Agility and Quickness Training”
Nick Fulton, Black Hills State University, “Offensive Goals/Offensive Line Play”
Care & Prevention of Athletic Injuries- Taping Sessions for Coaches

Wednesday, July 24

7:00 a.m.
8:00 a.m. – 9:00 a.m.
8:00 a.m. – 8:50 a.m.
9:45 a.m. – 10:45 a.m.
11:00 a.m. – 11:30 a.m.
12:00 p.m. – 1:15 p.m.
1:30 p.m. – 2:30 p.m.
3:00 p.m. – 4:00 p.m.

Blood Drive - Nebraska Community Blood Bank on Site – “Be the Type that Gives” - Presented by Sid Dillon & Scheels
REGISTRATION AND EXHIBIT AREA OPEN
Terry Joseph, University of Nebraska, “Getting Your Players Prepared”
Spencer Wood, Icebox Athlete, “Explosive Speed, Agility and Quickness Training”
Hudl– “Practice Scripts, Presentations, and Reports”
NCA District Meetings
COACHING BEYOND THE GAME LUNCHEON, Coaching Legends: Bobby Bowden, Tom Osborne, Grant Teaff
Kurt Frenzer, Columbus Lakeview, “Install the No Huddle Spread Offense at Any Level with Ease”
Ryan Specht, Columbus Lakeview, “Important Defensive Fundamentals for Any Level”

Thursday, July 25

7:00 a.m.
8:00 a.m. – 9:00 a.m.
9:30 a.m. – 10:30 a.m.
10:45 a.m. – 11:45 a.m.

REGISTRATION AND EXHIBIT AREA OPEN
NSAA FOOTBALL RULES MEETING
Jim Svoboda, University of Central Missouri, “Quarterbacking Essentials”
Jim Svoboda, University of Central Missouri, “Coaching the Short Passing Game”

JUNIOR HIGH VOLLEYBALL (Junior High Sessions in Bold Thursday Morning)

Tuesday, July 23

7:00 a.m.
8:30 a.m. – 9:45 a.m.

10:30 a.m. – 11:30 a.m.

REGISTRATION AND EXHIBIT AREA OPEN
KEYNOTE ADDRESS: KERRI STRUG, OLYMPIC GOLD MEDALIST
BEYOND THE X’s & O’s: Rob Miller, ProActive Coaching, “The Impact of Athletes Trusting Their Coach”
BEYOND THE X’s & O’s: Greg Winkler, Fond du Lac HS, WI, “Parental Guidance: Communicating Effectively with Parents”
BEYOND THE X’s & O’s: Spencer Wood, Icebox Athlete, “Mental Skills & Mental Toughness Training for the 21st Century Athlete”
Lunch on Your Own
Jim Moore, University of Oregon, “Creating Practice – How Tempo and Technology Can Help You”
Rob Miller, ProActive Coaching, “Training Coaches for Excellence and Significance”
Spencer Wood, Icebox Athlete, “Explosive Speed, Agility and Quickness Training”
Jim Moore, University of Oregon, “Creating an Up-Tempo Offense”
Care & Prevention of Athletic Injuries- Taping Sessions for Coaches

Wednesday, July 24

7:00 a.m.
8:00 a.m. – 9:00 a.m.
8:00 a.m. – 8:50 a.m.
9:00 a.m. – 9:30 a.m.
9:45 a.m. – 10:45 a.m.
11:00 a.m. – 11:30 a.m.
12:00 p.m. – 1:15 p.m.
1:30 p.m. – 3:00 p.m.
1:30 p.m. – 2:30 p.m.
2:45 p.m. – 3:45 p.m.

Blood Drive - Nebraska Community Blood Bank on Site – “Be the Type that Gives” - Presented by Sid Dillon & Scheels
REGISTRATION AND EXHIBIT AREA OPEN
Kirsten Bernthal-Booth, Creighton University, “Making Your Defense Great—Both in the Front, and Back Row”
Spencer Wood, Icebox Athlete, “Explosive Speed, Agility and Quickness Training”
NCA Volleyball Meeting
Kirsten Bernthal-Booth, Creighton University, “Compete, Compete, Compete”
NCA District Meetings
COACHING BEYOND THE GAME LUNCHEON, Coaching Legends: Bobby Bowden, Tom Osborne, Grant Teaff
IMPACT-Baseline Testing & Training, NE Sports Concussion Network, Sign Up at NE Orthopaedic & Sports Medicine Booth
Hugh McCutcheon, University of Minnesota, “Practice Design and Implementation”
Hugh McCutcheon, University of Minnesota, “Passing and Serve Receive”

Thursday, July 25

7:00 a.m.
8:00 a.m. – 9:00 a.m.
9:30 a.m. – 10:30 a.m.
10:45 a.m. – 11:45 a.m.

REGISTRATION AND EXHIBIT AREA OPEN
NSAA VOLLEYBALL RULES MEETING
Jake Moore & Ryan Gray, Lincoln Pius X, “Building a Program—How to Practice as a Program Rather than as Separate Teams”
Jake Moore & Ryan Gray, Lincoln Pius X, “Communication Drills-Getting Athletes to Talk on the Floor in a Positive and Pro-Active Manner”

JUNIOR HIGH TRACK & FIELD (Same Schedule as High School Sessions)

District Meetings – Wednesday - 11:00-11:30:

District 1	Auditorium	District 4	Theater
District 2	South Gym	District 5	B118A
District 3	Library	District 6	E117