

NEBRASKA COACHES ASSOCIATION MULTI-SPORTS CLINIC



J U L Y 2 2 - 2 4 , 2 0 1 4

CLINIC SCHEDULE

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 Lincoln 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 Lincoln 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 refer to the NCA web page at www.ncacoach.org.

ATHLETIC DIRECTORS *(All sessions in Library, unless otherwise noted)*

Tuesday, July 22

7:30 am	REGISTRATION AND EXHIBIT AREA OPEN
8:30 am – 9:20 am	Wes Simmons, 3Dimensional Coaching— <i>The 'Y' Behind X's & O's</i>
9:00 am – 10:00 am	FCA Women's Brunch Country Inn & Suites Lincoln—North
10:00 am – 11:30 am	WELCOME, KEYNOTE ADDRESS: DR. JEFF DUKE, 3DIMENSIONAL COACHING, <i>CAPTURING THE HEART BEHIND THE JERSEY</i> Main Gym
11:30 am – 1:00 pm	Lunch on Your Own
1:00 pm – 1:50 pm	Beyond X's & O's: Mike Tully, Total Game Plan, <i>Motivating People Without Driving Them Crazy</i> E117
	Beyond X's & O's: Nolan Beyer, Millard Public Schools, <i>Balancing Your Professional & Personal Life</i> South Gym
	Beyond X's & O's: Dr. Jeff Duke, 3Dimensional Coaching, <i>PLAYmakers</i> (presented by Nebraska FCA) Main Gym
	Beyond X's & O's: Sue Enquist, former UCLA softball coach, <i>Life, Leadership and Competition-Focus on Your Passion</i> (presented by HUMANeX) Aud.
2:20 pm – 3:50 pm	NE Orthopaedic & Sports Medicine-Lincoln, <i>Care & Prevention of Athletic Injuries, Taping Sessions for Coaches</i> Training Room
2:20 pm – 3:10 pm	Community Asthma Education Initiative, Saint Elizabeth Regional Medical Center <i>Asthma Strikes 20% of Athletes—BE PREPARED</i> D023
2:20 pm – 3:10 pm	Lee Green, Baker University (KS), <i>Sports Law Year-In Review</i> , (presented by the NSAA)
3:30 pm – 4:20 pm	Dave Schultz, Nebraska Orthopaedic & Sports Medicine-Lincoln, <i>Supplements and the High School Athlete</i> D023
3:30 pm – 4:20 pm	Lee Green, Baker University (KS), <i>Title IX & Gender Equity in Athletics</i> , (presented by the NSAA)

Wednesday, July 23

7:30 am	Blood Drive—Nebraska Community Blood Bank, <i>Be the Type That Gives</i> (presented by Sid Dillon & Scheels) West Side of LNS, Room #A100
8:30 am – 9:30 am	REGISTRATION AND EXHIBIT AREA OPEN
11:30 am – 12:00 pm	Angela Crawford, NAIA, <i>College Athletics Recruiting & Eligibility</i> Library
12:00 pm – 1:30 pm	District Meetings
1:30 pm – 3:00 pm	Lunch on Your Own—NCA Sport Advisory Lunch Meetings
	IMPACT-NE Sports Concussion Network, <i>Baseline Testing & Training</i> (sign up at NE The Orthopaedic & Sports Medicine-Lincoln booth) D023
1:30 pm – 3:00 pm	NE Orthopaedic & Sports Medicine-Lincoln, <i>Care & Prevention of Athletic Injuries—Taping Sessions for Coaches</i> Training Room
1:30 pm – 2:20 pm	rSchoolToday— <i>Activity Scheduler 101</i> (Training for ADs and Administrative Assistants)
2:50 pm – 3:40 pm	rSchoolToday— <i>Activity Scheduler-Dial Up the Power</i> (Training for ADs and Administrative Assistants) <i>(Stop by rSchoolToday (Booth #18) to ask questions specific to your program and/or to learn more about connecting Activity Scheduler to other rSchoolToday powerful programs)</i>

CLINIC SCHEDULE

Thursday, July 24

7:30 am	REGISTRATION AND EXHIBIT AREA OPEN
8:30 am – 9:20 am	Hudl, <i>Using Hudl for Individual-Based Sports</i> E117
9:50 am – 10:40 am	Mike Donlin, BoxCast, <i>Video Streaming 101—How to Use Your Current Setup to Broadcast</i>
11:00 am – 11:50 am	Mike Donlin, BoxCast, <i>Video Streaming Full Production—Taking Your Broadcast to the Next Level</i>
12:00 pm	Drawings Main Gym

BASKETBALL

(All sessions in Main Gym, unless otherwise noted)

Tuesday, July 22

7:30 am	REGISTRATION AND EXHIBIT AREA OPEN
8:30 am – 9:20 am	Tim Miles, University of Nebraska (Men), <i>Building a Team—Creating a Culture</i>
9:00 am – 10:00 am	FCA Women's Brunch Country Inn & Suites Lincoln—North
10:00 am – 11:30 am	WELCOME, KEYNOTE ADDRESS: DR. JEFF DUKE, 3DIMENSIONAL COACHING, <i>CAPTURING THE HEART BEHIND THE JERSEY</i> Main Gym
11:30 am – 1:00 pm	Lunch on Your Own
1:00 pm – 1:50 pm	Beyond X's & O's: Mike Tully, Total Game Plan, <i>Motivating People Without Driving Them Crazy</i> E117 Beyond X's & O's: Nolan Beyer, Millard Public Schools, <i>Balancing Your Professional & Personal Life</i> South Gym Beyond X's & O's: Dr. Jeff Duke, 3Dimensional Coaching, <i>PLAYmakers</i> (presented by Nebraska FCA) Main Gym Beyond X's & O's: Sue Enquist, former UCLA softball coach, <i>Life, Leadership and Competition-Focus on Your Passion</i> (presented by HUMANeX) Aud.
2:20 pm – 3:50 pm.	NE Orthopaedic & Sports Medicine-Lincoln, <i>Care & Prevention of Athletic Injuries, Taping Sessions for Coaches</i> Training Room
2:20 pm – 3:10 pm	Community Asthma Education Initiative, Saint Elizabeth Regional Medical Center, <i>Asthma Strikes 20% of Athletes—BE PREPARED</i> D023
2:20 pm – 3:10 pm	Amy Stephens, University of Nebraska (Women), <i>Defense</i>
3:30 pm – 4:20 pm	Dave Schultz, Nebraska Orthopaedic & Sports Medicine-Lincoln, <i>Supplements and the High School Athlete</i> D023
3:30 pm – 4:20 pm	Amy Stephens, University of Nebraska (Women), <i>Position Work: Post & Guard</i>

Wednesday, July 23

	Blood Drive—Nebraska Community Blood Bank, Be the Type That Gives (presented by Sid Dillon & Scheels) West Side of LNS, Room #A100
7:30 am	REGISTRATION AND EXHIBIT AREA OPEN
8:30 am – 9:30 am	Angela Crawford, NAIA, <i>College Athletics Recruiting & Eligibility</i> Library
8:30 am – 9:45 am	Ravenna HS (Boys) Staff, <i>Teaching Basketball Fundamentals/Junior High Session</i> On the court Main Gym
10:00 am – 11:15 am	NSAA Rules Meeting & NCA Basketball Meeting
11:30 am – 12:00 pm	District Meetings
12:00 pm – 1:30 pm	Lunch on Your Own—NCA Sport Advisory Lunch Meetings
1:30 pm – 3:00 pm	IMPACT-NE Sports Concussion Network, <i>Baseline Testing & Training</i> (sign up at NE The Orthopaedic & Sports Medicine-Lincoln booth) D023
1:30 pm – 3:00 pm	NE Orthopaedic & Sports Medicine-Lincoln, <i>Care & Prevention of Athletic Injuries—Taping Sessions for Coaches</i> Training Room
1:30 pm – 2:20 pm	Jim Page, Wamego HS, KS (Girls), <i>Pre-Practice Drills & Skill Development Part I</i>
1:30 pm – 2:20 pm	Ravenna HS (Boys) Staff, <i>Teaching Basketball Fundamentals/Junior High Session—Classroom Session</i> B118A
2:50 pm – 3:40 pm	Jim Page, Wamego HS, KS (Girls), <i>Pre-Practice Drills & Skill Development Part II</i>
2:50 pm – 3:40 pm	Ravenna HS (Boys) Staff, <i>Teaching Basketball Fundamentals/Junior High Session—Classroom Session</i> B118A

Thursday, July 24

7:30 am	REGISTRATION AND EXHIBIT AREA OPEN
8:30 am – 9:20 am	Hudl, <i>Hudl Features to Help the Basketball Coach</i>
9:50 am – 10:40 am	Scott Kreiger, Canterbury HS, IN (Boys), <i>Adding the Transition Game to Your Offensive Attack</i>
11:00 am – 11:50 am	Scott Kreiger, Canterbury HS, IN (Boys), <i>More Transition Game—Secondary Options and Offensive Sets</i>
12:00 pm	Drawings Main Gym

CHEERLEADING

(All sessions in A118A, unless otherwise noted)
All sessions presented by Varsity Spirit Corporation

NOTE: Individuals 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 22. Please contact the NCA office if you wish to obtain AACCA certification through the clinic so that adequate materials can be ordered.

Tuesday, July 22

7:30 am	REGISTRATION AND EXHIBIT AREA OPEN
9:00 am – 10:00 am	FCA Women's Brunch Country Inn & Suites Lincoln—North
10:00 am – 11:30 am	WELCOME, KEYNOTE ADDRESS: DR. JEFF DUKE, 3DIMENSIONAL COACHING, <i>CAPTURING THE HEART BEHIND THE JERSEY</i> Main Gym
11:30 am – 1:00 pm	Lunch on Your Own
1:00 pm – 1:50 pm	Beyond X's & O's: Mike Tully, Total Game Plan, <i>Motivating People Without Driving Them Crazy</i> E117
	Beyond X's & O's: Nolan Beyer, Millard Public Schools, <i>Balancing Your Professional & Personal Life</i> South Gym
	Beyond X's & O's: Dr. Jeff Duke, 3Dimensional Coaching, <i>PLAYmakers</i> (presented by Nebraska FCA) Main Gym
	Beyond X's & O's: Sue Enquist, former UCLA softball coach, <i>Life, Leadership and Competition-Focus on Your Passion</i> (presented by HUMANeX) Aud.
2:20 pm – 3:50 pm	NE Orthopaedic & Sports Medicine-Lincoln, <i>Care & Prevention of Athletic Injuries, Taping Sessions for Coaches</i> Training Room
2:20 pm – 3:10 pm	Community Asthma Education Initiative, Saint Elizabeth Regional Medical Center, <i>Asthma Strikes 20% of Athletes—BE PREPARED</i> D023
2:20 pm – 3:20 pm	AACCA Certification Seminar
3:30 pm – 4:20 pm	Dave Schultz, Nebraska Orthopaedic & Sports Medicine-Lincoln, <i>Supplements and the High School Athlete</i> D023
3:30 pm – 4:30 pm	AACCA Certification Test
3:30 pm – 4:00 pm	Universal Cheerleaders Association, <i>There's An App for That</i> (please bring your tablet or smart phone)

Wednesday, July 23

7:30 am	REGISTRATION AND EXHIBIT AREA OPEN
8:30 am – 9:30 am	Angela Crawford, NAIA, <i>College Athletics Recruiting & Eligibility</i> Library
8:30 am – 9:20 am	National Cheerleaders Association, <i>Jumps from Basic to Advanced</i>
9:30 am – 10:20 am	National Cheerleaders Association, <i>Choreography Tips and Tricks</i>
10:30 am – 11:15 am	Suggestions & Proposals to Improve State Championships (NE Coaches Assoc. District Representatives Lead Meeting)
11:30 am – 12:00 pm	District Meetings
12:00 pm – 1:30 pm.	Lunch on Your Own
1:30 pm – 3:00 pm	IMPACT-NE Sports Concussion Network, <i>Baseline Testing & Training</i> (sign up at NE The Orthopaedic & Sports Medicine-Lincoln booth) D023
1:30 pm – 3:00 pm	NE Orthopaedic & Sports Medicine-Lincoln, <i>Care & Prevention of Athletic Injuries, Taping Sessions for Coaches</i> Training Room
1:30 pm – 2:20 pm	Universal Cheerleaders Association, <i>Tumbling 101—Drills and Technique for Your Team</i>
2:50 pm – 3:40 pm	Universal Cheerleaders Association, <i>Spotting Tumbling—Hands on Seminar</i>

CLINIC SCHEDULE

Thursday, July 24

7:30 am	REGISTRATION AND EXHIBIT AREA OPEN
8:30 am – 9:20 am	National Cheerleaders Association, <i>Sidelining Team Drama</i>
9:50 am – 10:40 am	National Cheerleaders Association, <i>Nutrition for Cheerleaders</i>
11:00 am – 11:50 am	Universal Cheerleaders Association, <i>You Be the Judge—What the Judges Are Looking for—Maximizing & Choreographing to the Score Sheet</i>
12:00 pm	Drawings Main Gym

CROSS COUNTRY

(All sessions in E119, unless otherwise noted)

Tuesday, July 22

7:30 am	REGISTRATION AND EXHIBIT AREA OPEN
8:30 am – 9:20 am	Tony Bozarth, Olathe East HS, (KS), <i>Fun, Success & Spaghetti: Building Your Cross Country Program From Scratch</i>
9:00 am – 10:00 am	FCA Women's Brunch Country Inn & Suites Lincoln—North
10:00 am – 11:30 am	WELCOME, KEYNOTE ADDRESS: DR. JEFF DUKE, 3DIMENSIONAL COACHING, <i>CAPTURING THE HEART BEHIND THE JERSEY</i> Main Gym
11:30 am – 1:00 pm	Lunch on Your Own
1:00 pm – 1:50 pm	Beyond X's & O's: Mike Tully, Total Game Plan, <i>Motivating People Without Driving Them Crazy</i> E117
	Beyond X's & O's: Nolan Beyer, Millard Public Schools, <i>Balancing Your Professional & Personal Life</i> South Gym
	Beyond X's & O's: Dr. Jeff Duke, 3Dimensional Coaching, <i>PLAYmakers</i> (presented by Nebraska FCA) Main Gym
	Beyond X's & O's: Sue Enquist, former UCLA softball coach, <i>Life, Leadership and Competition-Focus on Your Passion</i> (presented by HUMANE X) Aud.
2:20 pm – 3:50 pm	NE Orthopaedic & Sports Medicine-Lincoln, <i>Care & Prevention of Athletic Injuries, Taping Sessions for Coaches</i> Training Room
2:20 pm – 3:10 pm	Community Asthma Education Initiative, Saint Elizabeth Regional Medical Center, <i>Asthma Strikes 20% of Athletes—BE PREPARED</i> D023
2:20 pm – 3:10 pm	Tony Bozarth, Olathe East HS, (KS), <i>Cross Country Training, Philosophy and Workouts: Olathe East Method</i>
3:30 pm – 4:20 pm	Dave Schultz, Nebraska Orthopaedic & Sports Medicine-Lincoln, <i>Supplements and the High School Athlete</i> D023
3:30 pm – 4:20 pm	Tony Bozarth, Olathe East HS, (KS), <i>Track Distance Training, Philosophy & Workouts: Olathe East Method</i>

Wednesday, July 23

Blood Drive—Nebraska Community Blood Bank, Be the Type That Gives (presented by Sid Dillon & Scheels) **West Side of LNS, Room #A100**

7:30 am	REGISTRATION AND EXHIBIT AREA OPEN
8:30 am – 9:30 am	Angela Crawford, NAIA, <i>College Athletics Recruiting & Eligibility</i> Library
8:30 am – 9:45 am	NSAA Meeting & NCA Cross Country Meeting
10:00 am – 11:15 am	Conor Holt, Oklahoma City University, <i>Aerobic Endurance Running</i>
11:30 am – 12:00 pm	District Meetings
12:00 pm – 1:30 pm	Lunch on Your Own—NCA Sport Advisory Lunch Meetings
1:30 pm – 3:00 pm	IMPACT-NE Sports Concussion Network, <i>Baseline Testing & Training</i> (sign up at NE The Orthopaedic & Sports Medicine-Lincoln booth) D023
1:30 pm – 3:00 pm	NE Orthopaedic & Sports Medicine-Lincoln, <i>Care & Prevention of Athletic Injuries—Taping Sessions for Coaches</i> Training Room
1:30 pm – 2:20 pm	Conor Holt, Oklahoma City University, <i>Doing the Little Things</i>
2:50 pm – 3:40 pm	Conor Holt, Oklahoma City University, <i>The Anatomy of a Championship Season</i>

Thursday, July 24

7:30 am	REGISTRATION AND EXHIBIT AREA OPEN
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8:30 am – 9:20 am	Neal Blackburn, Rock Bridge HS, MO, <i>Relaxation/Visualization for the Distance Runner</i>
9:50 am – 10:40 am	Neal Blackburn, Rock Bridge HS, MO, <i>Building a Cross Country Program</i>
11:00 am – 11:50 am	Neal Blackburn, Rock Bridge HS, MO, <i>Cross Country/Distance Training</i>
12:00 pm	Drawings Main Gym

DANCE

(All sessions in A118B, unless otherwise noted)
All sessions presented by Varsity Spirit Corporation

Tuesday, July 22

7:30 am	REGISTRATION AND EXHIBIT AREA OPEN
9:00 am – 10:00 am	FCA Women's Brunch Country Inn & Suites Lincoln—North
10:00 am – 11:30 am	WELCOME, KEYNOTE ADDRESS: DR. JEFF DUKE, 3DIMENSIONAL COACHING, <i>CAPTURING THE HEART BEHIND THE JERSEY</i> Main Gym
11:30 am – 1:00 pm	Lunch on Your Own
1:00 pm – 1:50 pm	Beyond X's & O's: Mike Tully, Total Game Plan, <i>Motivating People Without Driving Them Crazy</i> E117
	Beyond X's & O's: Nolan Beyer, Millard Public Schools, <i>Balancing Your Professional & Personal Life</i> South Gym
	Beyond X's & O's: Dr. Jeff Duke, 3Dimensional Coaching, <i>PLAYmakers</i> (presented by Nebraska FCA) Main Gym
	Beyond X's & O's: Sue Enquist, former UCLA softball coach, <i>Life, Leadership and Competition-Focus on Your Passion</i> (presented by HUMANeX) Aud.
2:20 pm – 3:50 pm	NE Orthopaedic & Sports Medicine-Lincoln, <i>Care & Prevention of Athletic Injuries, Taping Sessions for Coaches</i> Training Room
2:20 pm – 3:10 pm	Community Asthma Education Initiative, Saint Elizabeth Regional Medical Center, <i>Asthma Strikes 20% of Athletes—BE PREPARED</i> D023
2:20 pm – 3:10 pm	Universal Dance Association, <i>How to Refine your Dancers' Technique</i>
3:30 pm – 4:20 pm	Dave Schultz, Nebraska Orthopaedic & Sports Medicine-Lincoln, <i>Supplements and the High School Athlete</i> D023
3:30 pm – 4:20 pm	Universal Dance Association, <i>Perfecting a Routine</i>

Wednesday, July 23

7:30 am	REGISTRATION AND EXHIBIT AREA OPEN
8:30 am – 9:30 am	Angela Crawford, NAIA, <i>College Athletics Recruiting & Eligibility</i> Library
10:30 am – 11:15 am	Suggestions & Proposals to Improve State Championships (NE Coaches Assoc. District Representatives Lead Meeting)
11:30 am – 12:00 pm	District Meetings
12:00 pm – 1:30 pm	Lunch on Your Own—NCA Sport Advisory Lunch Meetings
1:30 pm – 3:00 pm	IMPACT-NE Sports Concussion Network, <i>Baseline Testing & Training</i> (sign up at NE The Orthopaedic & Sports Medicine-Lincoln booth) D023
1:30 pm – 3:00 pm	NE Orthopaedic & Sports Medicine-Lincoln, <i>Care & Prevention of Athletic Injuries, Taping Sessions for Coaches</i> Training Room
1:30 pm – 2:20 pm	Universal Dance Association, <i>T.E.A.M. Together Everyone Achieves More</i>
2:50 pm – 3:40 pm	Universal Dance Association: <i>Public Relations; Working with Admin, Parents, and Social Media</i>

Thursday, July 24

7:30 am	REGISTRATION AND EXHIBIT AREA OPEN
8:30 am – 9:20 am	Universal Dance Association, <i>Strengthening your Dancers</i>
9:50 am – 10:40 am	Universal Dance Association, <i>Inspiring Leadership</i>
12:00 pm	Drawings Main Gym

CLINIC SCHEDULE

FOOTBALL 11-MAN

(All sessions in Auditorium, unless otherwise noted)

Tuesday, July 22

7:30 am	REGISTRATION AND EXHIBIT AREA OPEN
8:30 am – 9:20 am	Steve Buecker, Rochester HS, IL, <i>Indy DB Drills for Any Defense</i>
9:00 am – 10:00 am	FCA Women's Brunch Country Inn & Suites Lincoln—North
10:00 am – 11:30 am	WELCOME, KEYNOTE ADDRESS: DR. JEFF DUKE, 3DIMENSIONAL COACHING, <i>CAPTURING THE HEART BEHIND THE JERSEY</i> Main Gym
11:30 am – 1:00 pm	Lunch on Your Own
1:00 pm – 1:50 pm	Beyond X's & O's: Mike Tully, Total Game Plan, <i>Motivating People Without Driving Them Crazy</i> E117
	Beyond X's & O's: Nolan Beyer, Millard Public Schools, <i>Balancing Your Professional & Personal Life</i> South Gym
	Beyond X's & O's: Dr. Jeff Duke, 3Dimensional Coaching, <i>PLAYmakers</i> (presented by Nebraska FCA) Main Gym
	Beyond X's & O's: Sue Enquist, former UCLA softball coach, <i>Life, Leadership and Competition-Focus on Your Passion</i> (presented by HUMANeX) Aud.
2:20 pm – 3:50 pm	NE Orthopaedic & Sports Medicine-Lincoln, <i>Care & Prevention of Athletic Injuries, Taping Sessions for Coaches</i> Training Room
2:20 pm – 3:10 pm	Community Asthma Education Initiative, Saint Elizabeth Regional Medical Center, <i>Asthma Strikes 20% of Athletes—BE PREPARED</i> D023
2:20 pm – 3:10 pm	Dave Jacobs, Jersey HS, IL, <i>Choice Run Screen Game in Spread Offense</i> (presented by Coaches Choice)
3:30 pm – 4:20 pm	Dave Schultz, Nebraska Orthopaedic & Sports Medicine-Lincoln, <i>Supplements and the High School Athlete</i> D023
3:30 pm – 4:20 pm	Dave Jacobs, Jersey HS, IL, <i>Chunk Plays and Blitz Beaters in Spread Offense</i> (presented by Coaches Choice)

Wednesday, July 23

Blood Drive—Nebraska Community Blood Bank, Be the Type That Gives (presented by Sid Dillon & Scheels) **West Side of LNS, Room #A100**

7:30 am	REGISTRATION AND EXHIBIT AREA OPEN
8:30 am – 9:30 am	Angela Crawford, NAIA, <i>College Athletics Recruiting & Eligibility</i> Library
8:30 am – 9:45 am	NSAA Rules Meeting & NCA Football Meeting
10:00 am – 11:15 am	Steve Buecker, Rochester HS, IL, <i>Run Fitting the Same From 3-3/4-2 Fronts</i>
11:30 am – 12:00 pm	District Meetings
12:00 pm – 1:30 pm	Lunch on Your Own—NCA Sport Advisory Lunch Meetings
1:30 pm – 3:00 pm	IMPACT-NE Sports Concussion Network, <i>Baseline Testing & Training</i> (sign up at NE The Orthopaedic & Sports Medicine-Lincoln booth) D023
1:30 pm – 3:00 pm	NE Orthopaedic & Sports Medicine-Lincoln, <i>Care & Prevention of Athletic Injuries, Taping Sessions for Coaches</i> Training Room
1:30 pm – 2:20 pm	Leon Douglas, North Kansas City HS, MO, <i>Defensive Philosophy: Using Multiple Defensive Fronts & Coverages</i>
1:30 pm – 2:20 pm	Norfolk Catholic HS Staff, <i>Teaching Football Fundamentals/Junior High Session—Classroom Session</i> B103
2:50 pm – 3:40 pm	Leon Douglas, North Kansas City HS, MO, <i>Defensive Drills: Fundamental Drill Concepts That Support Your Defensive Philosophy</i>
2:50 pm – 3:40 pm	Norfolk Catholic HS Staff, <i>Teaching Football Fundamentals/Junior High Session—Classroom Session</i> B103

Thursday, July 24

7:30 am	REGISTRATION AND EXHIBIT AREA OPEN
8:30 am – 9:20 am	Hudl, <i>Hudl Helping Football Coaches Win</i>
8:30 am – 9:20 am	Norfolk Catholic HS Staff, <i>Teaching Football Fundamentals/Junior High Session</i> B103

9:50 am – 10:40 am
11:00 am – 11:50 am
12:00 pm

John Garrison, University of Nebraska, *The Outside Zone & Fundamentals*
John Garrison, University of Nebraska, *Gap Schemes & Variations*
Drawings **Main Gym**

FOOTBALL 8-MAN

(All Sessions in Theater, unless otherwise noted)

Tuesday, July 22

7:30 am
8:30 am – 9:20 am
9:00 am – 10:00 am
10:00 am – 11:30 am
11:30 am – 1:00 pm
1:00 pm – 1:50 pm

REGISTRATION AND EXHIBIT AREA OPEN
Kyle Oswald, Marcus-Meriden-Cleghorn HS (IA), *Starting from Scratch—One Coach's Guide to Building a Successful Program*
FCA Women's Brunch **Country Inn & Suites Lincoln—North**
WELCOME, KEYNOTE ADDRESS: DR. JEFF DUKE, 3DIMENSIONAL COACHING, *CAPTURING THE HEART BEHIND THE JERSEY* **Main Gym**
Lunch on Your Own
Beyond X's & O's: Mike Tully, Total Game Plan, *Motivating People Without Driving Them Crazy* **E117**
Beyond X's & O's: Nolan Beyer, Millard Public Schools, *Balancing Your Professional & Personal Life* **South Gym**
Beyond X's & O's: Dr. Jeff Duke, 3Dimensional Coaching, *PLAYmakers* (presented by Nebraska FCA) **Main Gym**
Beyond X's & O's: Sue Enquist, former UCLA softball coach, *Life, Leadership and Competition-Focus on Your Passion* (presented by HUMANeX) **Aud.**
2:20 pm – 3:50 pm NE Orthopaedic & Sports Medicine-Lincoln, *Care & Prevention of Athletic Injuries, Taping Sessions for Coaches* **Training Room**
2:20 pm – 3:10 pm Community Asthma Education Initiative, Saint Elizabeth Regional Medical Center, *Asthma Strikes 20% of Athletes—BE PREPARED* **D023**
2:20 pm – 3:10 pm Kyle Oswald, Marcus-Meriden-Cleghorn HS (IA), *3-3-2 Defense*
3:30 pm – 4:20 pm Dave Schultz, Nebraska Orthopaedic & Sports Medicine-Lincoln, *Supplements and the High School Athlete* **D023**
3:30 pm – 4:20 pm Kyle Oswald, Marcus-Meriden-Cleghorn HS (IA), *Selling Your Program: Financially, Socially & to the Team*

Wednesday, July 23

7:30 am
8:30 am – 9:30 am
8:30 am – 9:45 am
10:00 am – 11:15 am
11:30 am – 12:00 pm
12:00 pm – 1:30 pm
1:30 pm – 3:00 pm
1:30 pm – 3:00 pm
1:30 pm – 2:20 pm
2:50 pm – 3:40 pm

Blood Drive—Nebraska Community Blood Bank, Be the Type That Gives (presented by Sid Dillon & Scheels) **West Side of LNS, Room #A100**
REGISTRATION AND EXHIBIT AREA OPEN
Angela Crawford, NAIA, *College Athletics Recruiting & Eligibility* **Library**
NSAA Rules Meeting & NCA Football Meeting **Auditorium**
Kurtis Koenig, Ennis HS, MT, *Defending the Spread Offense*
District Meetings
Lunch on Your Own—NCA Sport Advisory Lunch Meetings
IMPACT-NE Sports Concussion Network, *Baseline Testing & Training* (sign up at NE The Orthopaedic & Sports Medicine-Lincoln booth) **D023**
NE Orthopaedic & Sports Medicine-Lincoln, *Care & Prevention of Athletic Injuries, Taping Sessions for Coaches* **Training Room**
Jay Fredrickson, Ennis HS, MT, *Diversifying Your Offense*
Kurtis Koenig & Jay Fredrickson, Ennis HS, MT, *The Progression of a Program*

Thursday, July 24

7:30 am
8:30 am – 9:20 am
9:50 am – 10:40 am
11:00 am – 11:50 am
12:00 pm

REGISTRATION AND EXHIBIT AREA OPEN
Hudl, *Hudl Helping Football Coaches Win*
John Garrison, University of Nebraska, *The Outside Zone & Fundamentals*
John Garrison, University of Nebraska, *Gap Schemes & Variations*
Drawings **Main Gym**

CLINIC SCHEDULE

GOLF

(All sessions at Highlands Golf Course, unless otherwise noted)

Tuesday, July 22

7:30 am	REGISTRATION AND EXHIBIT AREA OPEN
9:00 a.m. – 10:00 a.m.	FCA Women's Brunch Country Inn & Suites Lincoln—North
10:00 a.m. – 11:30 a.m.	WELCOME, KEYNOTE ADDRESS: DR. JEFF DUKE, 3DIMENSIONAL COACHING, <i>CAPTURING THE HEART BEHIND THE JERSEY</i> Main Gym
11:30 a.m. – 1:00 p.m.	Lunch on Your Own
1:00 p.m. – 1:50 p.m.	Beyond X's & O's: Mike Tully, Total Game Plan, <i>Motivating People Without Driving Them Crazy</i> E117
	Beyond X's & O's: Nolan Beyer, Millard Public Schools, <i>Balancing Your Professional & Personal Life</i> South Gym
	Beyond X's & O's: Dr. Jeff Duke, 3Dimensional Coaching, <i>PLAYmakers</i> (presented by Nebraska FCA) Main Gym
	Beyond X's & O's: Sue Enquist, former UCLA softball coach, <i>Life, Leadership and Competition-Focus on Your Passion</i> (presented by HUMANeX) Aud.
2:20 p.m. – 3:50 p.m.	NE Orthopaedic & Sports Medicine-Lincoln, <i>Care & Prevention of Athletic Injuries, Taping Sessions for Coaches</i> Training Room
2:20 p.m. – 3:10 p.m.	Community Asthma Education Initiative, Saint Elizabeth Regional Medical Center, <i>Asthma Strikes 20% of Athletes—BE PREPARED</i> D023
2:20 p.m. – 3:10 p.m.	Chris Wiemers, Creighton University (Men), <i>Helping Your Players to a Higher Level</i> Highlands Golf Course Clubhouse
3:30 p.m. – 4:20 p.m.	Dave Schultz, Nebraska Orthopaedic & Sports Medicine-Lincoln, <i>Supplements and the High School Athlete</i> D023
3:20 p.m. – 4:10 p.m.	Chris Wiemers, Creighton University (Men), <i>Short Game Drills & Improvement</i> Highlands Golf Course Clubhouse

Wednesday, July 23

7:30 a.m.	REGISTRATION AND EXHIBIT AREA OPEN
8:30 a.m. – 9:30 a.m.	Angela Crawford, NAIA, <i>College Athletics Recruiting & Eligibility</i> Library
8:30 a.m. – 9:30 a.m.	Shane Zywiec, PGA Director of Instruction, Highlands—Irons/Woods: <i>Pre-Swing and In-Swing Fundamentals</i> Highlands Golf Course Clubhouse
9:45 a.m. – 11:00 a.m.	NSAA Meeting & NCA Golf Meeting Highlands Golf Course Clubhouse
11:30 a.m. – 12:00 p.m.	District Meetings
12:00 p.m. – 1:30 p.m.	Lunch on Your Own—NCA Sport Advisory Lunch Meetings
1:30 p.m. – 3:00 p.m.	NE Orthopaedic & Sports Medicine-Lincoln, <i>Care & Prevention of Athletic Injuries, Taping Sessions for Coaches</i> Training Room
1:30 p.m. – 2:20 p.m.	Shane Zywiec, PGA Director of Instruction, Highlands, <i>Short Game—Chipping, Pitching, Bunker Play & Putting Part I</i> Highlands Golf Course Clubhouse
2:50 p.m. – 3:40 p.m.	Shane Zywiec, PGA Director of Instruction, Highlands, <i>Short Game—Chipping, Pitching, Bunker Play & Putting Part II</i> Highlands Golf Course Clubhouse

Thursday, July 24

8:30 am – 9:20 am	Alan Baquet, PGA Golf Management Program UNL, <i>Overview of UNL PGA Golf Management Program & Golf Industry Careers</i> Highlands Golf Course Clubhouse
	<i>*Demonstrations with high speed/high definition camera for Coaches</i>
9:30 am – 10:20 am	Sarah Sasse-Kildow, former UNL & professional player, <i>Coaching the Female Golfer-Different Game</i> (Beginner/Intermediate Players) Highlands Golf Course Clubhouse
10:30 am – 11:20 am	Sarah Sasse-Kildow, former UNL & professional player, <i>Tips for Practice/Scoring-Stats, Drills & More</i> Highlands Golf Course Clubhouse
12:00 pm	Drawings at LNS Main Gym

SOCCER

(All Sessions on West Soccer Field, unless otherwise noted)

Tuesday, July 22

7:30 am	REGISTRATION AND EXHIBIT AREA OPEN
8:30 am – 9:20 am	Casey Mann, Nebraska State Soccer Association, <i>Goalkeeper's Warm Up, When You Don't Have a Goalkeeper Coach</i>
9:00 am – 10:00 am	FCA Women's Brunch Country Inn & Suites Lincoln—North
10:00 am – 11:30 am	WELCOME, KEYNOTE ADDRESS: DR. JEFF DUKE, 3DIMENSIONAL COACHING, <i>CAPTURING THE HEART BEHIND THE JERSEY</i> Main Gym
11:30 am – 1:00 pm	Lunch on Your Own
1:00 pm – 1:50 pm	Beyond X's & O's: Mike Tully, Total Game Plan, <i>Motivating People Without Driving Them Crazy</i> E117
	Beyond X's & O's: Nolan Beyer, Millard Public Schools, <i>Balancing Your Professional & Personal Life</i> South Gym
	Beyond X's & O's: Dr. Jeff Duke, 3Dimensional Coaching, <i>PLAYmakers</i> (presented by Nebraska FCA) Main Gym
	Beyond X's & O's: Sue Enquist, former UCLA softball coach, <i>Life, Leadership and Competition-Focus on Your Passion</i> (presented by HUMANeX) Aud.
2:20 pm – 3:50 pm	NE Orthopaedic & Sports Medicine-Lincoln, <i>Care & Prevention of Athletic Injuries, Taping Sessions for Coaches</i> Training Room
2:20 pm – 3:10 pm	Community Asthma Education Initiative, Saint Elizabeth Regional Medical Center, <i>Asthma Strikes 20% of Athletes—BE PREPARED</i> D023
2:20 pm – 3:10 pm	Blair Reid, Grand View University, IA (Men), <i>A Favorite Passing Drill</i>
3:30 pm – 4:20 pm	Dave Schultz, Nebraska Orthopaedic & Sports Medicine-Lincoln, <i>Supplements and the High School Athlete</i> D023
3:30 pm – 4:20 pm	Blair Reid, Grand View University, IA (Men), <i>Attacking & Defending in the Box—An Intense SSG</i>

Wednesday, July 23

7:30 am	REGISTRATION AND EXHIBIT AREA OPEN
8:30 am – 9:30 am	Angela Crawford, NAIA, <i>College Athletics Recruiting & Eligibility</i> Library
8:30 am – 9:45 am	NSAA Meeting & NCA Soccer Meeting B111
10:00 am – 11:15 am	Casey Mann, Nebraska State Soccer Association, <i>NSSA & NCA: Working Together to Create Professional Opportunities at State & National Levels</i> B111
11:30 am – 12:00 pm	District Meetings
12:00 pm – 1:30 pm	Lunch on Your Own—NCA Sport Advisory Lunch Meetings
1:30 pm – 3:00 pm	IMPACT-NE Sports Concussion Network, <i>Baseline Testing & Training</i> (sign up at NE The Orthopaedic & Sports Medicine-Lincoln booth) D023
1:30 pm – 3:00 pm	NE Orthopaedic & Sports Medicine-Lincoln, <i>Care & Prevention of Athletic Injuries, Taping Sessions for Coaches</i> Training Room
1:30 pm – 2:20 pm	Chris Clements, Hastings College (Women), <i>Passing Patterns to Increase Mobility Off the Ball</i>
2:50 pm – 3:40 pm	Chris Clements, Hastings College (Women), <i>Possession to Improve Vision Going to Goal</i>

Thursday, July 24

9:50 am – 10:40 am	Brad Stiles, Iowa City West HS, IA (Boys), <i>Do You Have a Team? Or, Do You Have a Program?</i> B111
11:00 am – 11:50 am	Brad Stiles, Iowa City West HS, IA (Boys), <i>Find a Tactical Winner</i> B111
12:00 pm	Drawings Main Gym

SOFTBALL

(All Sessions in E121, unless otherwise noted)

Tuesday, July 22

7:30 am	REGISTRATION AND EXHIBIT AREA OPEN
8:30 am – 9:20 am	Steve Kerkman, Millard South HS, <i>Champions On and Off the Field—Building a Culture of Success</i>

CLINIC SCHEDULE

9:00 am – 10:00 am	FCA Women's Brunch Country Inn & Suites Lincoln—North
10:00 am – 11:30 am	WELCOME, KEYNOTE ADDRESS: DR. JEFF DUKE, 3DIMENSIONAL COACHING, <i>CAPTURING THE HEART BEHIND THE JERSEY</i> Main Gym
11:30 am – 1:00 pm	Lunch on Your Own
1:00 pm – 1:50 pm	Beyond X's & O's: Mike Tully, Total Game Plan, <i>Motivating People Without Driving Them Crazy</i> E117 Beyond X's & O's: Nolan Beyer, Millard Public Schools, <i>Balancing Your Professional & Personal Life</i> South Gym Beyond X's & O's: Dr. Jeff Duke, 3Dimensional Coaching, <i>PLAYmakers</i> (presented by Nebraska FCA) Main Gym Beyond X's & O's: Sue Enquist, former UCLA softball coach, <i>Life, Leadership and Competition-Focus on Your Passion</i> (presented by HUMANeX) Aud.
2:20 pm – 3:50 pm	NE Orthopaedic & Sports Medicine-Lincoln, <i>Care & Prevention of Athletic Injuries, Taping Sessions for Coaches</i> Training Room
2:20 pm – 3:10 pm	Community Asthma Education Initiative, Saint Elizabeth Regional Medical Center, <i>Asthma Strikes 20% of Athletes—BE PREPARED</i> D023
2:20 pm – 3:10 pm	Sue Enquist, UCLA (Retired), <i>Competitive Greatness</i> (Presented by HUMANeX)
3:30 pm – 4:20 pm	Dave Schultz, Nebraska Orthopaedic & Sports Medicine-Lincoln, <i>Supplements and the High School Athlete</i> D023
3:30 pm – 4:20 pm	Sue Enquist, UCLA (Retired), <i>Athletic Leadership</i> (Presented by HUMANeX)
Wednesday, July 23	Blood Drive—Nebraska Community Blood Bank, Be the Type That Gives (presented by Sid Dillon & Scheels) West Side of LNS, Room #A100
7:30 am	REGISTRATION AND EXHIBIT AREA OPEN
8:30 am – 9:30 am	Angela Crawford, NAIA, <i>College Athletics Recruiting & Eligibility</i> Library
8:30 am – 9:45 am	NSAA Rules Meeting & NCA Softball Meeting
10:00 am – 11:15 am	Tim Roberson, Lincoln Southeast HS, <i>Offensive & Defensive Drills—The LSE Way</i> LNS Softball Field
11:30 am – 12:00 pm	District Meetings
12:00 pm – 1:30 pm	Lunch on Your Own—NCA Sport Advisory Lunch Meetings
1:30 pm – 3:00 pm	IMPACT-NE Sports Concussion Network, <i>Baseline Testing & Training</i> (sign up at NE The Orthopaedic & Sports Medicine-Lincoln booth) D023
1:30 pm – 3:00 pm	NE Orthopaedic & Sports Medicine-Lincoln, <i>Care & Prevention of Athletic Injuries, Taping Sessions for Coaches</i> Training Room
1:30 pm – 2:20 pm	Diane Miller, University of Nebraska, <i>Hitting and Catching Drills</i> UNL Indoor Facility
2:50 pm – 3:40 pm	Diane Miller, University of Nebraska, <i>Help Your Team Get a Little Better Every Day: Team Drills & Mental Tips</i> UNL Indoor Facility
Thursday, July 24	
7:30 am	REGISTRATION AND EXHIBIT AREA OPEN
8:30 am – 9:20 am	Lou Yacinich, Grand View University, IA, <i>Infield Drills & Throwing</i>
9:50 am – 10:40 am	Lou Yacinich, Grand View University, IA, <i>Catchers—Teach Them</i>
11:00 am – 11:50 am	Lou Yacinich, Grand View University, IA, <i>How to Develop Your Philosophies in All Aspects of the Game</i>
12:00 pm	Drawings Main Gym

SPECIAL OLYMPICS

(Recommended Sessions—Special Olympics Coaches are Welcome at Any Clinic Session)

Tuesday, July 22

7:30 am	REGISTRATION AND EXHIBIT AREA OPEN
8:30 am – 9:20 am	Special Olympics Aquatics Entry Information NSAA Building—500 Charleston St.
9:00 am – 10:00 am	FCA Women's Brunch Country Inn & Suites Lincoln—North
10:00 am – 11:30 am	WELCOME, KEYNOTE ADDRESS: DR. JEFF DUKE, 3DIMENSIONAL COACHING, <i>CAPTURING THE HEART BEHIND THE JERSEY</i> Main Gym
11:30 am – 1:00 pm	Lunch on Your Own

1:00 pm – 1:50 pm

Beyond X's & O's: Mike Tully, Total Game Plan, *Motivating People Without Driving Them Crazy* **E117**Beyond X's & O's: Nolan Beyer, Millard Public Schools, *Balancing Your Professional & Personal Life* **South Gym**Beyond X's & O's: Dr. Jeff Duke, 3Dimensional Coaching, *PLAYmakers* (presented by Nebraska FCA) **Main Gym**Beyond X's & O's: Sue Enquist, former UCLA softball coach, *Life, Leadership and Competition-Focus on Your Passion* (presented by HUMANeX) **Aud.**

2:20 pm – 3:10 pm

NE Orthopaedic & Sports Medicine-Lincoln, *Care & Prevention of Athletic Injuries, Taping Sessions for Coaches* **Training Room**

2:20 pm – 3:10 pm

Community Asthma Education Initiative, Saint Elizabeth Regional Medical Center, *Asthma Strikes 20% of Athletes—BE PREPARED* **D023****Wednesday, July 23***Blood Drive—Nebraska Community Blood Bank, Be the Type That Gives (presented by Sid Dillon & Scheels)* **West Side of LNS, Room #A100**

7:30 am

REGISTRATION AND EXHIBIT AREA OPEN

8:30 am – 9:30 am

Angela Crawford, NAIA, *College Athletics Recruiting & Eligibility* **Library**

8:30 am – 9:45 am

Ravenna HS Boys' Staff, Teaching Basketball Fundamentals/Junior High Session **On the court Main Gym**

8:30 am – 9:45 am

Minden HS Staff, Teaching Volleyball Fundamentals/Junior High Session **On the court South Gym**

10:00 am – 10:50 am

Special Olympics Basketball Player Assessment Training **Library**

12:00 pm – 1:30 pm

Lunch on Your Own

1:30 pm – 3:00 pm

IMPACT-NE Sports Concussion Network, *Baseline Testing & Training* (sign up at NE The Orthopaedic & Sports Medicine-Lincoln booth) **D023**

1:30 pm – 3:00 pm

NE Orthopaedic & Sports Medicine-Lincoln, *Care & Prevention of Athletic Injuries, Taping Sessions for Coaches* **Training Room****Thursday, July 24**

7:30 am

REGISTRATION AND EXHIBIT AREA OPEN

8:30 am– 9:20 am

Special Olympics Bowling Rules **Library**

10:00 am – 11:45 am

Teaching Bowling Skills **Sun Valley Lanes**

12:00 pm

Drawings **Main Gym****TENNIS***(All sessions held on LNS tennis courts, unless otherwise noted)***Tuesday, July 22**

7:30 am

REGISTRATION AND EXHIBIT AREA OPEN

9:00 am – 10:00 am

FCA Women's Brunch **Country Inn & Suites Lincoln—North**

10:00 am – 11:30 am

WELCOME, KEYNOTE ADDRESS: DR. JEFF DUKE, 3DIMENSIONAL COACHING, *CAPTURING THE HEART BEHIND THE JERSEY* **Main Gym**

11:30 am – 1:00 pm

Lunch on Your Own

1:00 pm– 1:50 pm

Beyond X's & O's: Mike Tully, Total Game Plan, *Motivating People Without Driving Them Crazy* **E117**Beyond X's & O's: Nolan Beyer, Millard Public Schools, *Balancing Your Professional & Personal Life* **South Gym**Beyond X's & O's: Dr. Jeff Duke, 3Dimensional Coaching, *PLAYmakers* (presented by Nebraska FCA) **Main Gym**Beyond X's & O's: Sue Enquist, former UCLA softball coach, *Life, Leadership and Competition-Focus on Your Passion* (presented by HUMANeX) **Aud.**

2:20 pm – 3:50 pm

NE Orthopaedic & Sports Medicine-Lincoln, *Care & Prevention of Athletic Injuries, Taping Sessions for Coaches* **Training Room**

2:20 pm – 3:10 pm

Community Asthma Education Initiative, Saint Elizabeth Regional Medical Center *Asthma Strikes 20% of Athletes—BE PREPARED* **D023**

2:20 pm – 3:10 pm

Sheryl Vaughn, Omaha Skutt Catholic HS, *High School Drills for Singles & Doubles Strategy*

3:30 pm – 4:20 pm

Dave Schultz, Nebraska Orthopaedic & Sports Medicine-Lincoln, *Supplements and the High School Athlete* **D023**

CLINIC SCHEDULE

3:30 pm – 4:20 pm

Sheryl Vaughn, Omaha Skutt Catholic HS, *Mental Toughness—Avoiding “I Should Have Won” to Help You Win*

Wednesday, July 23

Blood Drive—Nebraska Community Blood Bank, Be the Type That Gives (presented by Sid Dillon & Scheels) West Side of LNS, Room #A100

7:30 am

REGISTRATION AND EXHIBIT AREA OPEN

8:30 am – 9:30 a.m.

Angela Crawford, NAIA, *College Athletics Recruiting & Eligibility Library*

10:00 am – 11:15 am

NSAA Meeting & NCA Tennis Meeting **B105**

11:30 am – 12:00 pm

District Meetings

12:00 pm – 1:30 pm

Lunch on Your Own—NCA Sport Advisory Lunch Meetings

1:30 pm – 3:00 pm

IMPACT-NE Sports Concussion Network, *Baseline Testing & Training* (sign up at NE The Orthopaedic & Sports Medicine-Lincoln booth) **D023**

1:30 pm – 3:00 pm

NE Orthopaedic & Sports Medicine-Lincoln, *Care & Prevention of Athletic Injuries, Taping Sessions for Coaches Training Room*

1:30 pm – 2:20 pm

Jake Saulsbury, University of Nebraska-Kearney, *Developing Winning Doubles Strategies & Finding the Right Doubles Combinations B105*

2:50 pm – 3:40 pm

Jake Saulsbury, University of Nebraska-Kearney, *Goal Setting & Playing to Your Personality Type B105*

Thursday, July 24

7:30 am

REGISTRATION AND EXHIBIT AREA OPEN

8:30 am – 9:20 am

Ben Loeb, Rock Bridge HS, MO, *Tennis Player Basics for Any Level & Drills for Different Styles of Play*

9:50 am – 10:40 am

Ben Loeb, Rock Bridge HS, MO, *Doubles Drills & Thrills*

11:00 am – 11:50 am

Ben Loeb, Rock Bridge HS, MO, *Sport Psychology Basics for the Tennis Player B105*

12:00 pm

Drawings **Main Gym**

TRACK & FIELD

(All sessions in E117, unless otherwise noted)

Tuesday, July 22

7:30 am

REGISTRATION AND EXHIBIT AREA OPEN

8:30 am – 9:20 am

John Dagata, University of Oklahoma, *Building A Bigger Engine: A Step by Step Guide to Developing Speed, Power & Injury Free Development*

9:00 am – 10:00 am

FCA Women's Brunch **Country Inn & Suites Lincoln—North**

10:00 am – 11:30 am

WELCOME, KEYNOTE ADDRESS: DR. JEFF DUKE, 3DIMENSIONAL COACHING, *CAPTURING THE HEART BEHIND THE JERSEY Main Gym*

11:30 am – 1:00 pm

Lunch on Your Own

1:00 pm – 1:50 pm

Beyond X's & O's: Mike Tully, Total Game Plan, *Motivating People Without Driving Them Crazy E117*

Beyond X's & O's: Nolan Beyer, Millard Public Schools, *Balancing Your Professional & Personal Life South Gym*

Beyond X's & O's: Dr. Jeff Duke, 3Dimensional Coaching, *PLAYmakers* (presented by Nebraska FCA) **Main Gym**

Beyond X's & O's: Sue Enquist, former UCLA softball coach, *Life, Leadership and Competition-Focus on Your Passion* (presented by HUMANeX) **Aud.**

2:20 pm – 3:50 pm

NE Orthopaedic & Sports Medicine-Lincoln, *Care & Prevention of Athletic Injuries, Taping Sessions for Coaches Training Room*

2:20 pm – 3:10 pm

Community Asthma Education Initiative, Saint Elizabeth Regional Medical Center, *Asthma Strikes 20% of Athletes—BE PREPARED D023*

2:20 pm – 3:10 pm

John Dagata, University of Oklahoma, *Development of the Throws: Technical Progressions for High School Throwers*

3:30 pm – 4:20 pm

Dave Schultz, Nebraska Orthopaedic & Sports Medicine-Lincoln, *Supplements and the High School Athlete D023*

3:30 pm – 4:20 pm

John Dagata, University of Oklahoma, *Proper Sprinting & How It Relates to Proper Approaches in the Jumps*

Wednesday, July 23

7:30 am
8:30 am – 9:30 am
8:30 am – 9:45 am
10:00 am – 11:15 am
11:30 am – 12:00 pm
12:00 pm – 1:30 pm
1:30 pm – 3:00 pm
1:30 pm – 3:00 pm
1:30 pm – 2:20 pm
2:50 pm – 3:40 pm

Blood Drive—Nebraska Community Blood Bank, Be the Type That Gives (presented by Sid Dillon & Scheels) **West Side of LNS, Room #A100**

REGISTRATION AND EXHIBIT AREA OPEN

Angela Crawford, NAIA, College Athletics Recruiting & Eligibility **Library**

Scott Roberts, Lindenwood University (MO), *All You Need to Know About the Hurdles: 100H/110H and 300H*

NSAA Meeting & NCA Track & Field Meeting

District Meetings

Lunch on Your Own—NCA Sport Advisory Lunch Meetings

IMPACT-NE Sports Concussion Network, *Baseline Testing & Training* (sign up at NE The Orthopaedic & Sports Medicine-Lincoln booth) **D023**

NE Orthopaedic & Sports Medicine-Lincoln, Care & Prevention of Athletic Injuries, Taping Sessions for Coaches **Training Room**

Ed Fye, Doane College, *The Take-Off in the High Jump*

Brad Jenny, Doane College, *Can't Spell Middle Distance Without Speed*

Thursday, July 24

7:30 am
8:30 am – 9:20 am
9:50 am – 10:40 am
11:00 am – 11:50 am
12:00 pm

REGISTRATION AND EXHIBIT AREA OPEN

Hudl, *Using Hudl for Individual Based Sports* **E117**

Jennifer Jenny & Paulvince Obuon, Doane College, *4 Point & 3 Point Starts and Relays Part I*

Jennifer Jenny & Paulvince Obuon, Doane College, 4 Point & 3 Point Starts and Relays Part II

Drawings *Main Gym*

VOLLEYBALL

(All Sessions in South Gym unless otherwise noted)

Tuesday, July 22

7:30 am
8:30 am – 9:20 am
9:00 am – 10:00 am
10:00 am – 11:30 am

11:30 am – 1:00 pm
1:00 pm – 1:50 pm

2:20 pm – 3:50 pm
2:20 pm – 3:10 pm
2:20 pm – 3:10 pm
3:30 pm – 4:20 pm
3:30 pm – 4:20 pm

REGISTRATION AND EXHIBIT AREA OPEN

Trish Siedlik, Bellevue University, *Drills, Drills, and More Drills*

FCA Women's Brunch **Country Inn & Suites Lincoln—North**

WELCOME, KEYNOTE ADDRESS: DR. JEFF DUKE, 3DIMENSIONAL COACHING, *CAPTURING THE HEART BEHIND THE JERSEY* **Main Gym**

Lunch on Your Own

Beyond X's & O's: Mike Tully, Total Game Plan, *Motivating People Without Driving Them Crazy* **E117**

Beyond X's & O's: Nolan Beyer, Millard Public Schools, *Balancing Your Professional & Personal Life* **South Gym**

Beyond X's & O's: Dr. Jeff Duke, 3Dimensional Coaching, *PLAYmakers* (presented by Nebraska FCA) **Main Gym**

Beyond X's & O's: Sue Enquist, former UCLA softball coach, *Life, Leadership and Competition-Focus on Your Passion* (resented by HUMANeX) **Aud.**

NE Orthopaedic & Sports Medicine-Lincoln, Care & Prevention of Athletic Injuries, Taping Sessions for Coaches **Training Room**

Community Asthma Education Initiative, Saint Elizabeth Regional Medical Center, *Asthma Strikes 20% of Athletes—BE PREPARED* **D023**

Mary Young, Central Community College, Columbus, *Drills to Build a Solid Foundation*

Dave Schultz, Nebraska Orthopaedic & Sports Medicine-Lincoln, *Supplements and the High School Athlete* **P023**

Mary Young, Central Community College, Columbus, *Drills & Activities That Promote Team Chemistry*

Wednesday, July 23

7:30 am
8:30 am – 9:30 am

REGISTRATION AND EXHIBIT AREA OPEN

Angela Crawford, NAIA, College Athletics Recruiting & Eligibility Library

CLINIC SCHEDULE

8:30 am – 9:45 am	Minden HS Staff, Teaching Volleyball Fundamentals/Junior High Session on the court South Gym
10:00 am – 11:15 am	NSAA Rules Meeting & NCA Volleyball Meeting
11:30 am – 12:00 pm	District Meetings
12:00 pm – 1:30 pm	Lunch on Your Own—NCA Sport Advisory Lunch Meetings
1:30 pm – 3:00 pm	IMPACT-NE Sports Concussion Network, <i>Baseline Testing & Training</i> (sign up at NE The Orthopaedic & Sports Medicine-Lincoln booth) D023
1:30 pm – 3:00 pm	NE Orthopaedic & Sports Medicine-Lincoln, <i>Care & Prevention of Athletic Injuries, Taping Sessions for Coaches</i> Training Room
1:30 pm – 2:20 pm	Ray Bechard, University of Kansas, <i>Drills Which Create Game Like Pressure</i>
1:30 pm – 2:20 pm	Minden HS Staff, Teaching Volleyball Fundamentals/Junior High Session—Classroom Session E121
2:50 pm – 3:40 pm	Ray Bechard, University of Kansas, <i>Competitive Pass & Serve Drills</i>
2:50 pm – 3:40 pm	Minden HS Staff, Teaching Volleyball Fundamentals/Junior High Session—Classroom Session E121

Thursday, July 24

7:30 am	REGISTRATION AND EXHIBIT AREA OPEN
8:30 am – 9:20 am	Tom Hilbert, Colorado State University, <i>Beyond Technique-Drills & Methods that Help Your Setter Make Your Team Better</i> (Presented by Baden Sports)
9:50 am – 10:40 am	Tom Hilbert, Colorado State University, <i>Using Mini Games as a Teaching Tool</i> (presented by Baden Sports)
11:00 am – 11:50 am	Hudl, <i>Hudl—Helping Volleyball Coaches Win</i>
12:00 pm	Drawings Main Gym

WRESTLING

(All sessions in Wrestling Room, unless otherwise noted)
All Sessions Presented by: The National Wrestling Coaches Association

Tuesday, July 22

7:30 am	REGISTRATION AND EXHIBIT AREA OPEN
8:30 am – 9:20 am	Mike Powell, Oak Park & River Forest HS, IL, <i>Running a Small Group Workout</i>
9:00 am – 10:00 am	FCA Women's Brunch Country Inn & Suites Lincoln—North
10:00 am – 11:30 am	WELCOME, KEYNOTE ADDRESS: DR. JEFF DUKE, 3DIMENSIONAL COACHING, <i>CAPTURING THE HEART BEHIND THE JERSEY</i> Main Gym
11:30 am – 1:00 pm	Lunch on Your Own
1:00 pm – 1:50 pm	Beyond X's & O's: Mike Tully, Total Game Plan, <i>Motivating People Without Driving Them Crazy</i> E117
	Beyond X's & O's: Nolan Beyer, Millard Public Schools, <i>Balancing Your Professional & Personal Life</i> South Gym
	Beyond X's & O's: Dr. Jeff Duke, 3Dimensional Coaching, <i>PLAYmakers</i> (presented by Nebraska FCA) Main Gym
	Beyond X's & O's: Sue Enquist, former UCLA softball coach, <i>Life, Leadership and Competition-Focus on Your Passion</i> (presented by HUMANeX) Aud.
2:20 pm – 3:50 pm	NE Orthopaedic & Sports Medicine-Lincoln, <i>Care & Prevention of Athletic Injuries, Taping Sessions for Coaches</i> Training Room
2:20 pm – 3:10 pm	Community Asthma Education Initiative, Saint Elizabeth Regional Medical Center, <i>Asthma Strikes 20% of Athletes—BE PREPARED</i> D023
2:20 pm – 3:10 pm	Mike Powell, Oak Park & River Forest HS, IL, <i>Guiding Wrestler From Good to Great—Part I</i>
3:30 pm – 4:20 pm	Dave Schultz, Nebraska Orthopaedic & Sports Medicine-Lincoln, <i>Supplements and the High School Athlete</i> D023
3:30 pm – 4:20 pm	Mike Powell, Oak Park & River Forest HS, IL, <i>Guiding Wrestler From Good to Great—Part II</i>

Wednesday, July 23

7:30 am	REGISTRATION AND EXHIBIT AREA OPEN
8:30 am – 9:30 am	Angela Crawford, NAIA, <i>College Athletics Recruiting & Eligibility</i> Library
8:30 am – 9:45 am	Jason Powell, University of Nebraska, <i>Technique, Demos, Q&A to Help the HS Coach</i>

10:00 am – 11:15 am	NSAA Meeting & NCA Wrestling Meeting
11:30 am – 12:00 pm	District Meetings
12:00 pm – 1:30 pm	Lunch on Your Own—NCA Sport Advisory Lunch Meetings
1:30 pm – 3:00 pm	IMPACT-NE Sports Concussion Network, <i>Baseline Testing & Training</i> (sign up at NE The Orthopaedic & Sports Medicine-Lincoln booth) D023
1:30 pm – 3:00 pm	NE Orthopaedic & Sports Medicine-Lincoln, <i>Care & Prevention of Athletic Injuries, Taping Sessions for Coaches</i> Training Room
1:30 pm – 2:20 pm	Nick Mitchell, Grand View University, IA, <i>Shot Finishes Short Offense, Scoring from Bottom Part I</i>
2:50 pm – 3:40 pm	Nick Mitchell, Grand View University, IA, <i>Shot Finishes Short Offense, Scoring from Bottom Part II</i>

Thursday, July 24

7:30 am	REGISTRATION AND EXHIBIT AREA OPEN
8:30 am – 9:20 am	Steve Costanzo, St. Cloud State University, MN, <i>SCSU Wrestling Training System</i>
9:50 am – 10:40 am	Steve Costanzo, St. Cloud State University, MN, <i>Skills & Drills (Neutral, Top & Bottom)</i>
11:00 am – 11:50 am	Steve Costanzo, St. Cloud State University, MN, <i>All Access SCSU Wrestling Practice</i>
12:00 pm	Drawings Main Gym

BASKETBALL—TEACHING FUNDAMENTALS/JUNIOR HIGH**Wednesday, July 23**

8:30 am – 9:45 am	Ravenna HS (Boys) Staff, Teaching Basketball Fundamentals/Junior High Session—On the court Main Gym
1:30 pm – 2:20 pm	Ravenna HS (Boys) Staff, Teaching Basketball Fundamentals/Junior High Session—Classroom Session B118A
2:50 pm – 3:40 pm	Ravenna HS (Boys) Staff, Teaching Basketball Fundamentals/Junior High Session—Classroom Session B118A

FOOTBALL—TEACHING FUNDAMENTALS/JUNIOR HIGH**Wednesday, July 23**

1:30 pm – 2:20 pm	Norfolk Catholic HS Staff, Teaching Football Fundamentals/Junior High Session—Classroom Session B103
2:50 pm – 3:40 pm	Norfolk Catholic HS Staff, Teaching Football Fundamentals/Junior High Session—Classroom Session B103

Thursday, July 24

8:30 am – 9:20 am	Norfolk Catholic HS Staff, Teaching Football Fundamentals/Junior High Session—Classroom Session B103
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VOLLEYBALL—TEACHING FUNDAMENTALS/JUNIOR HIGH**Wednesday, July 23**

8:30 am – 9:45 am	Minden HS Staff, Teaching Volleyball Fundamentals/Junior High Session—On the court South Gym
1:30 pm – 2:20 pm	Minden HS Staff, Teaching Volleyball Fundamentals/Junior High Session—Classroom Session E121
2:50 pm – 3:40 pm	Minden HS Staff, Teaching Volleyball Fundamentals/Junior High Session—Classroom Session E121

DISTRICT MEETINGS**Wednesday, July 23**

11:00 am – 11:30 am	District 1	Auditorium	District 4	Library
	District 2	Main Gym	District 5	Theater
	District 3	South Gym	District 6	E121

2014 Nebraska Coaches Association

Multi-Sport Clinic—Sponsors and Exhibitors

CLINIC SPONSORS/PARTNERS - MAIN EXHIBITOR'S FLOOR, ENTRANCE, OR WRESTLING ROOM

PLAYNAIA & Great Plains Athletic Conference (#1-2)	Baden Sports (#3-4)
Hudl (#5-7)	Cricket Sports (#8-9)
Lou's Sporting Goods (#10-11)	Russell Athletic (#12-14)
Nebraska Orthopaedic & Sports Medicine, Lincoln (#15)	Fundraising University (#19-20)
Advanced Exercise Equipment (#56)	HUMANeX (#31)
Lincoln Convention & Visitors Bureau	National Wrestling Coaches Association Nebraska
National Guard - East Lobby	Sid Dillon
Gatorade	Coaches Choice-Coaches Resource Center (see map)
Nebraska School Activities Association	

VENDORS - MAIN EXHIBITOR'S FLOOR (LEVEL 1)

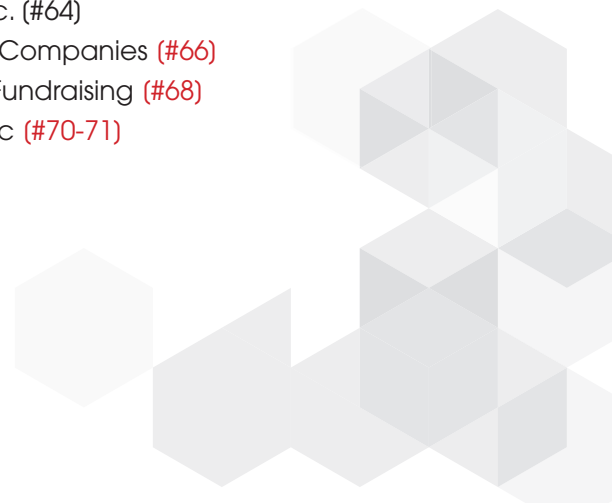
Lid's Team Sports (#16-17)	rSchoolToday (#18)
Shock Doctor Sports (#21)	GTM Sportswear (#22-24)
The Graphic Edge (#25-26)	Bison Inc. (#27)
Mueller Sports Medicine (#28-29)	Custom Sports (#30)
Hauff Sporting Goods (#32)	Neff Company (#33)
National Cheerleaders Assoc./National Dance Alliance (#34)	Varsity Spirit (#35-36)
Ultimate Team Sales (#37-38)	Push Pedal Pull (#39-40)

VENDORS - NORTH EXHIBITOR'S AREA (LEVEL 2)

Nova Fitness Equipment (#41-42)	GTM Sportswear (#43-44)
BoxCast (#45)	Blazer Manufacturing Inc (#46)
Misko Sports (#47-48)	Shoot-A-Way (#49)
Tri-State SnapSports (#50)	Advocare Sports Performance Products (#51)
Rixstine Recognition (#52-53)	Brax Fundraising (#54)

VENDORS - WEST EXHIBITOR'S AREA (Level 3)

X-Grain Sportswear (#55)	Wegener—Latch, LLC (#57)
EZ Flex Sport Mats (#58)	Nebraska HS Sports Hall of Fame (#59)
Riddell (#60-61)	Nebraska State Education Association (#62)
Max Preps (#63)	Body Basics Inc. (#64)
Fellowship of Christian Athletes (#65)	Horace Mann Companies (#66)
Eclipse, Inc. (#67)	Deli Int'l/ABC Fundraising (#68)
Power Lift (#69)	Roger's Athletic (#70-71)
HD Endzone Cam (#72)	



2014 NEBRASKA COACHES ASSOCIATION MULTI-SPORT CLINIC EXHIBITOR LAYOUT

