

NEBRASKA COACHES ASSOCIATION MULTI-SPORTS CLINIC



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Executive Director
Darin Boysen,
darin@ncacoach.org



Administrative Assistant
Saundi Fugleberg,
saundi@ncacoach.org

The Nebraska Coaches Association is a Proud Member of:



NCA CONTACT INFORMATION

Mailing & Physical Address:
500 Charleston St., Suite #2
Lincoln, NE 68508

Phone number:
402-434-5675

Fax number:
402-434-5689

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

CLINIC WEEK SCHEDULE OF EVENTS

Sunday, July 24

49th Annual NCA Awards Banquet
5:00 pm
Great Hall, Train Station, Lincoln
Haymarket

Monday, July 25

NCA Annual Golf Tournament
8:00 am
Wilderness Ridge Golf Club

Girls' Basketball All-Star Game
6:00 pm
Lincoln North Star HS

Boys' Basketball All-Star Game
8:00 pm
Lincoln North Star HS

Tuesday, July 26

NCA Multi-Sport Clinic
7:30 am
Lincoln North Star HS

Volleyball All-Star Match
7:00 pm
Lincoln North Star HS

Wednesday, July 27

NCA Multi-Sport Clinic
7:30 am
Lincoln North Star HS

Softball All-Star Game
4:00 pm
Haymarket Complex

Coaches Night Out
8:30 pm
Barry's

Thursday, July 28

NCA Multi-Sport Clinic
7:30 am
Lincoln North Star HS



NEBRASKA COACHES ASSOCIATION MULTI-SPORTS CLINIC JULY 26-28, 2016 LINCOLN NORTH STAR HIGH SCHOOL

Nebraska Coaches Association Multi-Sport Clinic - Partners and Exhibitors

CLINIC PARTNERS - EXHIBITOR'S AREAS, ENTRANCE, SOUTH GYM, WRESTLING ROOM:

Nanonation - #1 - 2

Hudl - #5 - 6

Cricket School & Team - #8 - 9

American Volleyball Coaches Association - South Gym

Nebraska Orthopaedic & Sports Medicine, Lincoln - #15

Baden Sports - #19 - 20

Fellowship of Christian Athletes - #63

HD Endzone Camera - #70 - 72

National Wrestling Coaches Association - WR Room

Gatorade

Sid Dillon of Lincoln

Fundraising University - #3 - 4

Sideline Power - #7

Russell Athletic - #12 - 14

Side Out Foundation - South Gym

USA Football - #58

Sportdecals, Sports & Spirit Products, DBA Teamwear1 - #49 - 51

Primetime Sporting Goods - #68 - 69

Nebraska National Guard - East Lobby

Lincoln Convention & Visitors Bureau

Nebraska Community Blood Bank

VENDORS - MAIN EXHIBITOR'S FLOOR (LEVEL 1):

Lou's Sporting Goods - #10 - 11

Push Pedal Pull - #16 - 17

Max Preps - #18

GTM - #21 - 23

UNL Army ROTC - #24

Mueller Sports Medicine - #25 - 26

Bison Inc - #27

The Graphic Edge - #28 - 29

Hauff Sporting Goods - #30 - 31

Mid-American Sports Construction - #32

Custom Sports - #33

National Cheerleaders Assoc. - #34

Universal Cheerleaders Association - #35

Rogers Athletic - #36 - 37

Lids Team Sports - #38

BSN Sports - #39 - 40

VENDORS - NORTH EXHIBITOR'S AREA (LEVEL 2):

Nova Fitness Equipment - #41 - 42

Misko Sports - #43 - 44

rSchoolToday - #45

Nfinity Athletics LLC - #46

Deli International Fundraising - #47

Championship Productions - #48

uCorso - #52

Schutt Sports - #53

Neff Company - #54

VENDORS - WEST EXHIBITOR'S AREA (Level 3):

Blazer Manufacturing LLC - #55

Nebraska State Education Association - #56

X-Grain Sportswear - #57

Riddell - #59

Shirt Shack - #60 - 61

Nebraska High School Sports Hall of Fame - #62

SectorNow LLC - #64

Dr. Dish - #65

Body Basics - #66

Wegener Safety Latch - #67

2016 NEBRASKA COACHES ASSOCIATION MULTI-SPORT CLINIC

EXHIBITOR LAYOUT



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- Includes 1-color imprint on shirt + short.

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Add \$2 per 2X, \$3 per 3X, \$4 per 4X, \$5 per 5X.
Badger® C2 5109 9" mesh short S - 4XL
Add \$1 per 2X, \$2 per 3X, \$3 per 4X

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Expires 8/31/16

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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 26

7:30 a.m. – 4:30 p.m.

8:30 a.m. – 9:20 p.m.

9:50 a.m. – 11:20 a.m.

11:45 a.m. – 12:45 p.m.

1:00 p.m. – 1:50 p.m.

REGISTRATION AND EXHIBIT AREA OPEN

Chris Carr, St. Vincent Sports Performance, IN: The Mental Game: Sport Psychology & Mental Training for the High School Student-Athlete

Welcome & Keynote by Joe Ehrmann & Jody Redman, Coach for America:

Why Do I Coach? **Main Gym**

3-Dimensional Coaching Athletic Director **Luncheon Library**

Beyond the X's & O's

Dr. Chris Carr, St. Vincent Sports Performance: Mental Training for High School Student-

Athletes: Using Sport Psychology Techniques to Enhance Performance **Main Gym**

Dr. Coyte Cooper, High Performance Author & The Earn the Right Academy: Peak Personal

Branding Leaving a Lasting Impression as a Leader **South Gym**

Joe Ehrmann & Jody Redman, Coach for America: Blueprint for Systemic Change **Auditorium**

Dr. Coyte Cooper, High Performance Author & The Earn the Right Academy: Peak Personal

Branding: Leaving a Lasting Impression as a Leader

NE Orthopaedic & Sports Medicine Lincoln: Care & Prevention of Athletic Injuries -

Taping for Coaches **Training Room**

Dr. Coyte Cooper, High Performance Author & The Earn the Right Academy: The Fundamentals of High Performance: Five Steps to Lead at an Extraordinary Level

2:20 p.m. – 3:10 p.m.

2:20 p.m. – 3:50 p.m.

3:30 p.m. – 4:20 p.m.

Wednesday, July 27

7:30 a.m. – 3:30 p.m.

8:30 a.m. – 9:45 a.m.

10:00 a.m. – 11:15 a.m.

11:30 a.m. – 12:00 p.m.

12:00 p.m. – 1:30 p.m.

1:30 p.m. – 2:20 p.m.

1:30 p.m. – 3:00 p.m.

Blood Drive - Nebraska Community Blood Bank- **West Side of LNS –**

"Be the Type that Gives" - Presented by Sid Dillon & Scheels

REGISTRATION AND EXHIBIT AREA OPEN

Scott Garvis, Newton HS, IA: Operating First Class Athletic Department

Scott Garvis, Newton HS, IA:- Social Media & Technology

NCA District Meetings

Lunch Break & NCA Sports Advisory Committee Luncheon

Rob Miller, Proactive Coaching: Building Core Covenants for Your Athletic Department

NE Orthopaedic & Sports Medicine Lincoln: Care & Prevention of Athletic Injuries -

Taping for Coaches **Training Room**

Dave Schultz, NE Sports Concussion Network: Refresher: ImPact-Baseline Testing & Training,

Sign Up at Booth #15 **D023**

Rob Miller, Proactive Coaching: Seven Ways to Lead - Developing Leaders

1:30 p.m. – 2:20 p.m.

2:40 p.m. – 3:30 p.m.

Thursday, July 28

7:30 a.m. – 11:00 a.m.

8:00 a.m. – 9:30 a.m.

9:50 a.m. – 10:40 a.m.

12:00 p.m.

REGISTRATION AND EXHIBIT AREA OPEN

Nebraska State Activities Association: Head, Heart & Heat Certification Auditorium

Dan Masters, Nebraska State Activities Association: The ADs Role in Administering Unified

Bowling End of Clinic

Drawings **Main Gym**

CLINIC SCHEDULE

BASKETBALL

All Sessions in Main Gym unless otherwise noted

Tuesday, July 26

7:30 a.m. – 4:30 p.m.
8:30 a.m. – 9:20 a.m.
9:50 a.m. – 11:20 a.m.

11:20 a.m. – 1:00 p.m.
1:00 p.m. – 1:50 p.m.

2:20 p.m. – 3:10 p.m.
2:20 p.m. – 3:10 p.m.

2:20 p.m. – 3:50 p.m.

3:30 p.m. – 4:20 p.m.

REGISTRATION AND EXHIBIT AREA OPEN

Chris Kielsmeier, Wayne State College, NE: Team Drills & Skill Development
Welcome & Keynote by Joe Ehrmann & Jody Redman, Coach for America:
Why Do I Coach? **Main Gym**

Lunch Break

Beyond the X's & O's

Dr. Chris Carr, St. Vincent Sports Performance: Mental Training for High School Student-Athletes: Using Sport Psychology Techniques to Enhance Performance **Main Gym**

Dr. Coyte Cooper, High Performance Author & The Earn the Right Academy: Peak Personal Branding - Leaving a Lasting Impression as a Leader **South Gym**

Joe Ehrmann & Jody Redman, Coach for America: Blueprint for Systemic Change **Auditorium**

Hudl: Win with Hudl: 5 Ways to Get the Most from Your Video **B104**

Dr. Chris Carr, St. Vincent Sports Performance, IN: Introduction to Mental Skills Training for Enhancing Basketball Performance

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

Dr. Chris Carr, St. Vincent Sports Performance, IN: Developing Positive Team Chemistry for Optimal Basketball Performance

Wednesday, July 27

7:30 a.m. – 3:30 p.m.
8:30 a.m. – 9:45 a.m.
10:00 a.m. – 11:15 a.m.
11:30 a.m. – 12:00 p.m.
12:00 p.m. – 1:30 p.m.
1:30 p.m. – 2:20 p.m.

1:30 p.m. – 3:00 p.m.

1:30 p.m. – 2:20 p.m.

2:40 p.m. – 3:30 p.m.

Blood Drive - Nebraska Community Blood Bank- **West Side of LNS** – “Be the Type that Gives” - Presented by Sid Dillon & Scheels

REGISTRATION AND EXHIBIT AREA OPEN

Don Showalter, USA Developmental National Team, Iowa City HS, IA: Pressing Defenses
NSAA Rules/Interp. & NCA Sport Meeting
NCA District Meetings

Lunch Break & NCA Sports Advisory Committee Luncheon

Don Showalter, USA Developmental National Team, Iowa City HS, IA: Ball Screen Offense Continuity

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

Dave Schultz, NE Sports Concussion Network: Refresher: ImPact-Baseline Testing & Training, Sign Up at Booth #15 **D023**

Don Showalter, USA Developmental National Team Iowa City HS, IA: Team Drills to Develop Individual Skills

Thursday, July 28

7:30 a.m. – 11:00 a.m.
8:00 a.m. – 9:30 a.m.
8:30 a.m. – 9:20 a.m.
9:50 a.m. – 10:40 a.m.
11:00 a.m. – 11:50 a.m.
12:00 p.m.

REGISTRATION AND EXHIBIT AREA OPEN

Nebraska State Activities Association: Head, Heart & Heat Certification **Auditorium**

Jim Boone, Delta State University, MS: Pack Line Defense - Philosophy & Development

Jim Boone, Delta State University, MS: Pack Line Defense - Conversion & Post Defense

Jim Boone, Delta State University, MS: Pack Line Defense - Defeating Screens

End of Clinic Drawings

BOWLING-UNIFIED

Location - A101 Unless Otherwise Noted

Tuesday, July 26

7:30 a.m. – 4:30 p.m.
9:50 a.m. – 11:20 a.m.

11:20 a.m. – 1:00 p.m.
1:00 p.m. – 1:50 p.m.

REGISTRATION AND EXHIBIT AREA OPEN

Welcome & Keynote by Joe Ehrmann & Jody Redman, Coach for America:
Why Do I Coach? **Main Gym**

Lunch Break

Beyond the X's & O's

Dr. Chris Carr, St. Vincent Sports Performance: Mental Training for High School Student-

CLINIC SCHEDULE

2:20 p.m. – 3:10 p.m.

3:30 p.m. – 4:20 p.m.

Wednesday, July 27

7:30 a.m. – 3:30 p.m.

8:30 a.m. – 9:45 a.m.

10:00 a.m. – 11:15 a.m.

11:30 a.m. – 12:00 p.m.

12:00 p.m. – 1:30 p.m.

1:30 p.m. – 2:20 p.m.

2:40 p.m. – 3:30 p.m.

Athletes: Using Sport Psychology Techniques to Enhance Performance **Main Gym**

Dr. Coyte Cooper, High Performance Author & The Earn the Right Academy: Peak

Personal Branding - Leaving a Lasting Impression as a Leader **South Gym**

Joe Ehrmann & Jody Redman, Coach for America: Blueprint for Systemic Change **Auditorium**

Dan Masters, Nebraska School Activities Association: The Unified Sports, Bowling Program - Part 1

Dan Masters, Nebraska School Activities Association: The Unified Sports, Bowling Program - Part 2

Blood Drive - Nebraska Community Blood Bank- **West Side of LNS** – “Be the Type that Gives”
- Presented by Sid Dillon & Scheels

REGISTRATION AND EXHIBIT AREA OPEN

Larry Puntenev, Lincoln Pius X Club Bowling: Fundamentals of Coaching Unified Sports, Bowling - Part 1

Larry Puntenev, Lincoln Pius X Club Bowling: Fundamentals of Coaching Unified Sports, Bowling - Part 2

NCA District Meetings

Lunch Break

Larry Puntenev, Lincoln Pius X Club Bowling: Unified Sports, Bowling Skills/Techniques - Part 1
Parkway Lanes, 2555 S 48th St.

Larry Puntenev, Lincoln Pius X Club Bowling: Unified Sports, Bowling Skills/Techniques - Part 2
Parkway Lanes, 2555 S 48th St.

Thursday, July 28

7:30 a.m. – 11:00 a.m.

8:00 a.m. – 9:30 a.m.

12:00 p.m.

REGISTRATION AND EXHIBIT AREA OPEN

Nebraska State Activities Association: Head, Heart & Heat Certification **Auditorium**

End of Clinic Drawings **Main Gym**

CHEERLEADING

Presented by Varsity – A102 Unless Otherwise Noted Coaches May Attend Tue. OR Wed. to Receive AACCA Safety Certification (Req. for Game Day Stunting)

Tuesday, July 26

8:30 a.m. – 9:20 a.m.

8:30 a.m. – 9:20 a.m.

9:50 a.m. – 11:20 a.m.

11:20 a.m. – 1:00 p.m.

1:00 p.m. – 1:50 p.m.

2:30 p.m. – 3:10 p.m.

3:20 p.m. – 4:20 p.m.

4:30 p.m. – 6:30 p.m.

REGISTRATION AND EXHIBIT AREA OPEN

UCA Staff: Competitive Balance With or Without Stunts

Welcome & Keynote by Joe Ehrmann & Jody Redman, Coach for America:
Why Do I Coach? **Main Gym**

Lunch Break

Beyond the X's & O's

Dr. Chris Carr, St. Vincent Sports Performance: Mental Training for High School Student-

Athletes: Using Sport Psychology Techniques to Enhance Performance **Main Gym**

Dr. Coyte Cooper, High Performance Author & The Earn the Right Academy: Peak Personal
Branding - Leaving a Lasting Impression as a Leader **South Gym**

Joe Ehrmann & Jody Redman, Coach for America: Blueprint for Systemic Change **Auditorium**

UCA Staff: Roundtable Discussion: Skill Development with Intro to Stunting for
Nebraska HS Cheerleading

UCA Staff: Classroom Instruction- Safety Credential Training/NFHS Spirit Rules
(Skill Development & Stunts)

UCA Staff: Hands on Safety Training **Wrestling Room**



Wednesday, July 27

7:30 a.m. – 3:30 p.m.

10:00 a.m. – 10:50 a.m.

11:30 a.m. – 12:00 p.m.

12:00 p.m. – 1:30 p.m.

Blood Drive - Nebraska Community Blood Bank- **West Side of LNS** – “Be the Type that Gives”
- Presented by Sid Dillon & Scheels

REGISTRATION AND EXHIBIT AREA OPEN

UCA Staff: Competitive Balance With or Without Stunts

NCA District Meetings

Lunch Break

CLINIC SCHEDULE

1:30 p.m. – 2:10 p.m.	UCA Staff: Roundtable Discussion: Skill Development with Intro to Stunting for Nebraska HS Cheerleading
2:20 p.m. – 3:20 p.m.	UCA Staff: Classroom Instruction- Safety Credential Training/NFHS Spirit Rules (Skill Development & Stunts)
3:30 p.m. – 5:30 p.m.	UCA Staff: Hands on Safety Training Wrestling Room

CROSS COUNTRY

All sessions in E119 unless otherwise noted

Tuesday, July 26

7:30 a.m. – 4:30 p.m.	REGISTRATION AND EXHIBIT AREA OPEN
8:30 a.m. – 9:20 a.m.	Arnie Miehe, Darlington HS, WI: Development of a Coaching and Team Philosophy
9:50 a.m. – 11:20 a.m.	Welcome & Keynote by Joe Ehrmann & Jody Redman, Coach for America: Why Do I Coach? Main Gym
11:20 a.m. – 1:00 p.m.	Lunch Break
1:00 p.m. – 1:50 p.m.	Beyond the X's & O's
	Dr. Chris Carr, St. Vincent Sports Performance: Mental Training for High School Student-Athletes: Using Sport Psychology Techniques to Enhance Performance Main Gym
	Dr. Coyte Cooper, High Performance Author & The Earn the Right Academy: Peak Personal Branding - Leaving a Lasting Impression as a Leader South Gym
	Joe Ehrmann & Jody Redman, Coach for America: Blueprint for Systemic Change Auditorium
2:20 p.m. – 3:10 p.m.	Arnie Miehe, Darlington HS, WI: Our Chicken Salad Recipe
2:20 p.m. – 3:50 p.m.	NE Orthopaedic & Sports Medicine Lincoln: Care & Prevention of Athletic Injuries - Taping for Coaches Training Room
3:30 p.m. – 4:20 p.m.	Arnie Miehe, Darlington HS, WI: Alternative Workouts

Wednesday, July 27

7:30 a.m. – 3:30 p.m.	Blood Drive - Nebraska Community Blood Bank- West Side of LNS – "Be the Type that Gives" - Presented by Sid Dillon & Scheels
8:30 a.m. – 9:45 a.m.	REGISTRATION AND EXHIBIT AREA OPEN
10:00 a.m. – 11:15 a.m.	NSAA Rules/Interp. & NCA Sport Meeting
11:30 a.m. – 12:00 p.m.	Rick Baker, Hopi HS, AZ: Hopi XC System; Coaching Native American Runners
12:00 p.m. – 1:30 p.m.	NCA District Meetings
1:30 p.m. – 2:20 p.m.	Lunch Break & NCA Sports Advisory Committee Luncheon
1:30 p.m. – 3:00 p.m.	Rick Baker, Hopi HS, AZ: Hopi XC Championship Workouts
	NE Orthopaedic & Sports Medicine Lincoln: Care & Prevention of Athletic Injuries - Taping for Coaches Training Room
1:30 p.m. – 2:20 p.m.	Dave Schultz, NE Sports Concussion Network: Refresher: ImPact-Baseline Testing & Training, Sign Up at Booth #15 D023
2:40 p.m. – 3:30 p.m.	Rick Baker, Hopi HS, AZ: Championship Race Preparation & Strategies

Thursday, July 28

7:30 a.m. – 11:00 a.m.	REGISTRATION AND EXHIBIT AREA OPEN
8:00 a.m. – 9:30 a.m.	Nebraska School Activities Association: Head, Heart & Heat Certification Auditorium
9:50 a.m. – 10:40 a.m.	Todd Thorson, Ipswich HS, SD: Training the Distance Athlete
11:00 a.m. – 11:50 a.m.	Todd Thorson, Ipswich HS, SD: The Best Workouts to Run in High School
12:00 p.m.	End of Clinic Drawings Main Gym

DANCE

Presented by Varsity – A103 Unless Otherwise Noted - Coaches May Attend Tue. OR Wed. to Receive AACCA Safety Certification (Req. for Lifts in Hip Hop)

Tuesday, July 26

7:30 a.m. – 4:30 p.m.	REGISTRATION AND EXHIBIT AREA OPEN
8:30 a.m. – 9:20 a.m.	UDA Staff: Competitive Balance With or Without Lifts
9:50 a.m. – 11:20 a.m.	Welcome & Keynote by Joe Ehrmann & Jody Redman, Coach for America: Why Do I Coach? Main Gym
11:20 a.m. – 1:00 p.m.	Lunch Break
1:00 p.m. – 1:50 p.m.	Beyond the X's & O's



CLINIC SCHEDULE

2:30 p.m. – 3:10 p.m.

3:20 p.m. – 4:20 p.m.

4:30 p.m. – 6:30 p.m.

Wednesday, July 27

7:30 a.m. – 3:30 p.m.

10:00 a.m. – 10:50 a.m.

11:30 a.m. – 12:00 p.m.

12:00 p.m. – 1:30 p.m.

1:30 p.m. – 2:10 p.m.

2:20 p.m. – 3:20 p.m.

3:30 p.m. – 5:30 p.m.

Dr. Chris Carr, St. Vincent Sports Performance: Mental Training for High School Student-Athletes: Using Sport Psychology Techniques to Enhance Performance **Main Gym**

Dr. Coyte Cooper, High Performance Author & The Earn the Right Academy: Peak Personal Branding - Leaving a Lasting Impression as a Leader **South Gym**

Joe Ehrmann & Jody Redman, Coach for America: Blueprint for Systemic Change **Auditorium**

UDA Staff: Roundtable Discussion: Skill Development with Intro to Lifts for Nebraska HS Dance

UDA Staff: Classroom Instruction- Safety Credential Training/NFHS Spirit Rules (Skill Development & Lifts)

UDA Staff: Hands on Safety Training **Practice Gym**

Blood Drive - Nebraska Community Blood Bank- West Side of LNS – “Be the Type that Gives” - Presented by Sid Dillon & Scheels

REGISTRATION AND EXHIBIT AREA OPEN

UDA Staff: Competitive Balance With or Without Lifts

NCA District Meetings

Lunch Break

UDA Staff: Roundtable Discussion: Skill Development with Intro to Lifts for Nebraska HS Dance

UDA Staff: Classroom Instruction- Safety Credential Training/NFHS Spirit Rules (Skill Development & Lifts)

UDA Staff: Hands on Safety Training **Practice Gym**

FOOTBALL 11-MAN

Presented by USA Football – Auditorium Unless Otherwise Noted

Tuesday, July 26

7:30 a.m. – 4:30 p.m.

8:30 a.m. – 9:20 a.m.

9:50 a.m. – 11:20 a.m.

11:20 a.m. – 1:00 p.m.

1:00 p.m. – 1:50 p.m.

2:20 p.m. – 3:10 p.m.

2:20 p.m. – 3:50 p.m.

3:30 p.m. – 4:20 p.m.

REGISTRATION AND EXHIBIT AREA OPEN

Rob Younger, Oregon Athletic Coaches Association/South Albany HS, OR: Creating A Culture For Winning Special Teams With An Emphasis On Punt Team

Welcome & Keynote by Joe Ehrmann & Jody Redman, Coach for America: Why Do I Coach? **Main Gym**

Lunch Break

Beyond the X's & O's

Dr. Chris Carr, St. Vincent Sports Performance: Mental Training for High School Student-Athletes: Using Sport Psychology Techniques to Enhance Performance **Main Gym**

Dr. Coyte Cooper, High Performance Author & The Earn the Right Academy: Peak Personal Branding - Leaving a Lasting Impression as a Leader **South Gym**

Joe Ehrmann & Jody Redman, Coach for America: Blueprint for Systemic Change **Auditorium**

David Younger, South Albany HS, OR: South Albany 3-4 Defense

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

David Younger, South Albany HS, OR: South Albany Power Spread Offense



Wednesday, July 27

7:30 a.m. – 3:30 p.m.

8:30 a.m. – 9:45 a.m.

10:00 a.m. – 11:15 a.m.

11:30 a.m. – 12:00 p.m.

12:00 p.m. – 1:30 p.m.

1:30 p.m. – 2:20 p.m.

1:30 p.m. – 3:00 p.m.

1:30 p.m. – 2:20 p.m.

2:40 p.m. – 3:30 p.m.

Blood Drive - Nebraska Community Blood Bank- West Side of LNS – “Be the Type that Gives” - Presented by Sid Dillon & Scheels

REGISTRATION AND EXHIBIT AREA OPEN

NSAA Rules/Interp. & NCA Sport Meeting

Rob Younger, Oregon Coaches Association/South Albany HS, OR: Teaching Character Through Your Daily & Weekly Practice Plans

NCA District Meetings

Lunch Break & NCA Sports Advisory Committee Luncheon

Jeff Bellar, Norfolk Catholic HS, NE: Norfolk Catholic Passing Game

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

Dave Schultz, NE Sports Concussion Network- Refresher: ImPact-Baseline Testing & Training, Sign Up at Booth #15 **D023**

Jeff Bellar, Norfolk Catholic HS, NE: Keys for a Championship Program

CLINIC SCHEDULE

3:45 p.m. – 5:00 p.m.

USA Football: Heads Up Football in High Schools Introduction & Panel Discussion: Brett Froendt, Omaha Westside HS, NE, Tom Olson, Norfolk HS, NE, Rob Younger, Executive Director Oregon Athletic Coaches Association

Thursday, July 28

7:30 a.m. – 11:00 a.m.

REGISTRATION AND EXHIBIT AREA OPEN

8:00 a.m. – 9:30 a.m.

Nebraska School Activities Association: Head, Heart & Heat Certification

8:30 a.m. – 9:20 a.m.

Hudl: How to Win with Instant Replay on the Sideline **Theater**

9:50 a.m. – 10:30 a.m.

Kenny Wilhite, Director High School Relations, University of Nebraska: Husker Football - Working with the HS Coach

11:00 a.m. – 11:50 a.m.

Mike Cavanaugh, University of Nebraska: O-Line Fundamentals & Technique

12:00 p.m.

End of Clinic Drawings **Main Gym**

FOOTBALL 8-MAN

Presented by USA Football – Theater Unless Otherwise Noted

Tuesday, July 26



7:30 a.m. – 4:30 p.m.

REGISTRATION AND EXHIBIT AREA OPEN

8:30 a.m. – 9:20 a.m.

Mark Long, Waldron HS, MI: I-Formation Power Running Game

9:50 a.m. – 11:20 a.m.

Welcome & Keynote by Joe Ehrmann & Jody Redman, Coach for America:

Why Do I Coach? **Main Gym**

11:20 a.m. – 1:00 p.m.

Lunch Break

1:00 p.m. – 1:50 p.m.

Beyond the X's & O's

Dr. Chris Carr, St. Vincent Sports Performance: Mental Training for High School Student-

Athletes: Using Sport Psychology Techniques to Enhance Performance **Main Gym**

Dr. Coyte Cooper, High Performance Author & The Earn the Right Academy: Peak Personal

Branding - Leaving a Lasting Impression as a Leader **South Gym**

Joe Ehrmann & Jody Redman, Coach for America: Blueprint for Systemic Change **Auditorium**

2:20 p.m. – 3:10 p.m.

Mark Long, Waldron HS, MI: Building a Winning Tradition at Small School

2:20 p.m. – 3:50 p.m.

NE Orthopaedic & Sports Medicine Lincoln: Care & Prevention of Athletic Injuries -

Taping for Coaches **Training Room**

3:30 p.m. – 4:20 p.m.

Mark Long, Waldron HS, MI: Play-Action Passing Game

Wednesday, July 27

Blood Drive - Nebraska Community Blood Bank- **West Side of LNS** – “Be the Type that Gives”
- Presented by Sid Dillon & Scheels

7:30 a.m. – 3:30 p.m.

REGISTRATION AND EXHIBIT AREA OPEN

8:30 a.m. – 9:45 a.m.

NSAA Rules/Interp. & NCA Sport Meeting **Auditorium**

10:00 a.m. – 11:15 a.m.

Tyson Bullard & Staff, Shattuck HS, OK: Productive Program Qualities WE BELIEVE IN

11:30 a.m. – 12:00 p.m.

NCA District Meetings

12:00 p.m. – 1:30 p.m.

Lunch Break & NCA Sports Advisory Committee Luncheon

1:30 p.m. – 2:20 p.m.

Tyson Bullard & Staff, Shattuck HS, OK: 3-2 Base Defense & Defending the Spread Offense

1:30 p.m. – 3:00 p.m.

NE Orthopaedic & Sports Medicine Lincoln: Care & Prevention of Athletic Injuries -

Taping for Coaches **Training Room**

1:30 p.m. – 2:20 p.m.

Dave Schultz, NE Sports Concussion Network: Refresher: ImPact-Baseline Testing & Training,
Sign Up at Booth #15 **D023**

2:40 p.m. – 3:30 p.m.

Blake Lamie & Staff, Shattuck HS, OK: Offensive Philosophy & Blocking Defensive Fronts

USA Football: Heads Up Football in High Schools Introduction & Panel Discussion:

Brett Froendt, Omaha Westside HS, NE, Tom Olson, Norfolk HS, NE, Rob Younger,

USA Football: Heads Up Football in High Schools Introduction & Panel Discussion:

Brett Froendt, Omaha Westside HS, NE, Tom Olson, Norfolk HS, NE, Rob Younger,

Executive Director Oregon Athletic Coaches Association

Thursday, July 28

7:30 a.m. – 11:00 a.m.

REGISTRATION AND EXHIBIT AREA OPEN

8:00 a.m. – 9:30 a.m.

Nebraska School Activities Association: Head, Heart & Heat Certification

8:30 a.m. – 9:20 a.m.

Hudl: How to Win with Instant Replay on the Sideline

CLINIC SCHEDULE

9:50 a.m. – 10:30 a.m.
11:00 a.m. – 11:50 a.m.
12:00 p.m.

Kenny Wilhite, Director High School Relations, University of Nebraska: Husker Football - Working with the HS Coach
Mike Cavanaugh, University of Nebraska: O-Line Fundamentals & Technique **Auditorium**
End of Clinic Drawings **Main Gym**

GOLF

Highlands Golf Course Unless Otherwise Noted

Tuesday, July 26

7:30 a.m. – 4:30 p.m.
9:50 a.m. – 11:20 a.m.

11:20 a.m. – 1:00 p.m.
1:00 p.m. – 1:50 p.m.

2:20 p.m. – 3:10 p.m.
3:20 p.m. – 4:10 p.m.

REGISTRATION AND EXHIBIT AREA OPEN

Welcome & Keynote by Joe Ehrmann & Jody Redman, Coach for America:
Why Do I Coach? **Main Gym**

Lunch Break

Beyond the X's & O's

Dr. Chris Carr, St. Vincent Sports Performance: Mental Training for High School Student-Athletes: Using Sport Psychology Techniques to Enhance Performance **Main Gym**

Dr. Coyte Cooper, High Performance Author & The Earn the Right Academy: Peak Personal Branding - Leaving a Lasting Impression as a Leader **South Gym**

Joe Ehrmann & Jody Redman, Coach for America: Blueprint for Systemic Change **Auditorium**

Mimi Ramsbottom, Elkhorn South HS, NE: Drills, Drills and More Drills

Mimi Ramsbottom, Elkhorn South HS, NE: Summer Points, Season Points and Stats

Wednesday, July 27

7:30 a.m. – 3:30 p.m.
8:30 a.m. – 9:30 a.m.

10:00 a.m. – 11:15 a.m.
11:30 a.m. – 12:00 p.m.
12:00 p.m. – 1:30 p.m.
1:30 p.m. – 2:20 p.m.

2:40 p.m. – 3:30 p.m.

Blood Drive - Nebraska Community Blood Bank- **West Side of LNS** – "Be the Type that Gives"
- Presented by Sid Dillon & Scheels

REGISTRATION AND EXHIBIT AREA OPEN

Brennan Torgerson, Buhler HS, KS: A Blueprint for Success – What Do You Hang Your Hat On?

Lincoln North Star HS B103

NSAA Rules/Interp. & NCA Sport Meeting Lincoln North Star HS B103

NCA District Meetings **Lincoln North Star HS**

Lunch Break & NCA Sports Advisory Committee Luncheon

Brennan Torgerson, Buhler HS, KS: Tournament Preparation – Are Your Players Ready?

Session Begins at Highlands Clubhouse Conference Room

Brennan Torgerson, Buhler HS, KS: Practice or Play – Drills for On & Off the Course

Thursday, July 28

7:30 a.m. – 11:00 a.m.
8:00 a.m. – 9:30 a.m.
9:50 a.m. – 10:40 a.m.
10:50 a.m. – 11:40 a.m.
12:00 p.m.

REGISTRATION AND EXHIBIT AREA OPEN

Nebraska Schools Activities Association: Head, Heart & Heat Certification Auditorium

Brennan Torgerson, Buhler HS, KS: Putting Pressure – Drills to Make the 'Must Haves'

Brennan Torgerson, Buhler HS, KS: Wedge Play – Decision Making on What Type of Shot to Hit

End of Clinic Drawings **Main Gym**

SOCCER

B111 Unless Otherwise Noted

Tuesday, July 26

7:30 a.m. – 4:30 p.m.
8:30 a.m. – 9:20 a.m.
9:50 a.m. – 11:20 a.m.

11:20 a.m. – 1:00 p.m.
1:00 p.m. – 1:50 p.m.

REGISTRATION AND EXHIBIT AREA OPEN

David Copeland-Smith, Beast Mode Soccer, CA: Creating the Self-Reliant Soccer Player

Welcome & Keynote by Joe Ehrmann & Jody Redman, Coach for America:

Why Do I Coach? **Main Gym**

Lunch Break

Beyond the X's & O's

Dr. Chris Carr, St. Vincent Sports Performance: Mental Training for High School Student-Athletes: Using Sport Psychology Techniques to Enhance Performance **Main Gym**

Dr. Coyte Cooper, High Performance Author & The Earn the Right Academy: Peak Personal Branding - Leaving a Lasting Impression as a Leader **South Gym**

Joe Ehrmann & Jody Redman, Coach for America: Blueprint for Systemic Change **Auditorium**

CLINIC SCHEDULE

2:20 p.m. – 3:10 p.m.
2:20 p.m. – 3:50 p.m.
3:30 p.m. – 4:20 p.m.

David Copeland-Smith, Beast Mode Soccer, CA: Mind Armor: Mastering the Inner Game
NE Orthopaedic & Sports Medicine Lincoln: Care & Prevention of Athletic Injuries -
Taping for Coaches **Training Room**
David Copeland-Smith, Beast Mode Soccer, CA: 1v1 Demolition

Wednesday, July 27

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

11:30 a.m. – 12:00 p.m.
12:00 p.m. – 1:30 p.m.
1:30 p.m. – 2:20 p.m.
1:30 p.m. – 3:00 p.m.

1:30 p.m. – 2:20 p.m.
2:40 p.m. – 3:30 p.m.

Blood Drive - Nebraska Community Blood Bank- **West Side of LNS** – “Be the Type that Gives”
- Presented by Sid Dillon & Scheels
REGISTRATION AND EXHIBIT AREA OPEN
NSAA Rules/Interp. & NCA Sport Meeting
Rob Herringer, Elkhorn Soccer Club: Training Individuals & Small Groups Using the Coerver®
Coaching Method Outside
NCA District Meetings
Lunch Break & NCA Sports Advisory Committee Luncheon
Rob Herringer, Elkhorn Soccer Club: Developing Your Program’s DNA
NE Orthopaedic & Sports Medicine Lincoln: Care & Prevention of Athletic Injuries-Taping
for Coaches **Training Room**
Dave Schultz, NE Sports Concussion Network: Refresher: ImPact-Baseline Testing & Training,
Sign Up at Booth #15 **D023**
Rob Herringer, Elkhorn Soccer Club: Lessons Learned from the United Kingdom’s Top
Professional Youth Academies

Thursday, July 28

7:30 a.m. – 11:00 a.m.
8:30 a.m. – 9:20 a.m.
9:50 a.m. – 10:40 a.m.
11:00 a.m. – 11:50 a.m.
12:00 p.m.

REGISTRATION AND EXHIBIT AREA OPEN
Hudl’s New Game Changing Soccer Tools
Craig Scriven, Creighton University, NE: Strengths & Weaknesses of 3-5-2 System
Craig Scriven, Creighton University, NE: Transition of Possession Mindset of Players & Team
End of Clinic Drawings **Main Gym**

SOFTBALL

E121 Unless Otherwise Noted

Tuesday, July 26

7:30 a.m. – 4:30 p.m.
8:30 a.m. – 9:20 am

9:50 a.m. – 11:20 a.m.

11:20 a.m. – 1:00 p.m.
1:00 – 1:50 pm

2:20 p.m. – 3:10 p.m.
2:20 p.m. – 3:50 p.m.

3:30 p.m. – 4:20 p.m.

REGISTRATION AND EXHIBIT AREA OPEN
John Tschida, University of St. Thomas, MN: Pitching Velocity: It is All in the Angles –
Presented by Baden Sports
Welcome & Keynote by Joe Ehrmann & Jody Redman, Coach for America:
Why Do I Coach? **Main Gym**
Lunch Break
Beyond the X’s & O’s
Dr. Chris Carr, St. Vincent Sports Performance: Mental Training for High School Student-
Athletes: Using Sport Psychology Techniques to Enhance Performance **Main Gym**
Dr. Coyte Cooper, High Performance Author & The Earn the Right Academy:
Peak Personal Branding - Leaving a Lasting Impression as a Leader **South Gym**
Joe Ehrmann & Jody Redman, Coach for America: Blueprint for Systemic Change **Auditorium**
John Tschida, University of St. Thomas, MN: Hitting Video Analysis – Presented by Baden Sports
NE Orthopaedic & Sports Medicine Lincoln: Care & Prevention of Athletic Injuries -
Taping for Coaches **Training Room**
John Tschida, University of St. Thomas, MN: Drills, Drills and More Drills for Every Position –
Presented by Baden Sports

Wednesday, July 27

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

Blood Drive - Nebraska Community Blood Bank- **West Side of LNS** – “Be the Type that Gives”
- Presented by Sid Dillon & Scheels
REGISTRATION AND EXHIBIT AREA OPEN
NSAA Rules/Interp. & NCA Sport Meeting
Cheri Ritz, Waylan Union HS, MI: Winning Through Adversity
NCA District Meetings

CLINIC SCHEDULE

12:00 p.m. – 1:30 p.m.

1:30 p.m. – 2:20 p.m.

1:30 p.m. – 3:00 p.m.

1:30 p.m. – 2:20 p.m.

2:30 p.m. – 3:20 p.m.

Thursday, July 28

7:30 a.m. – 11:00 a.m.

8:00 a.m. – 9:30 a.m.

9:50 a.m. – 10:40 a.m.

11:00 a.m. – 11:50 a.m.

12:00 p.m.

Lunch Break & NCA Sports Advisory Committee Luncheon

Cheri Ritz, Waylan Union HS, MI: How Wayland Union HS Won 818 Games

NE Orthopaedic & Sports Medicine Lincoln: Care & Prevention of Athletic Injuries -

Taping for Coaches **Training Room**

Dave Schultz, NE Sports Concussion Network: Refresher: ImPact-Baseline Testing & Training, Sign Up at Booth #15 **D023**

Cheri Ritz, Waylan Union HS, MI: Winning With Proper Fundamentals & Softball Specific Warm Ups

REGISTRATION AND EXHIBIT AREA OPEN

Nebraska School Activities Association: Head, Heart & Heat Certification **Auditorium**

Todd Lavelle, Concordia University: How to Get Your Players to Believe

Todd Lavelle, Concordia University: Putting Pressure on the Defense

End of Clinic Drawings **Main Gym**

SPECIAL OLYMPICS

Recommended Sessions -

Special Olympics Coaches are Welcome at Any Clinic Session

Tuesday, July 26

7:30 a.m. – 4:30 p.m.

8:00 a.m. – 9:30 a.m.

9:50 a.m. – 11:20 a.m.

11:20 a.m. – 1:00 p.m.

1:00 – 1:50 pm

REGISTRATION AND EXHIBIT AREA OPEN

Dave Demyan & Terry Cliff, Special Olympics Nebraska: Special Olympics Bocce **A101**

Welcome & Keynote by Joe Ehrmann & Jody Redman, Coach for America:

Why Do I Coach? **Main Gym**

Lunch Break

Beyond the X's & O's

Dr. Chris Carr, St. Vincent Sports Performance: Mental Training for High School Student-

Athletes: Using Sport Psychology Techniques to Enhance Performance **Main Gym**

Dr. Coyte Cooper, High Performance Author & The Earn the Right Academy: Peak Personal

Branding - Leaving a Lasting Impression as a Leader **South Gym**

Joe Ehrmann & Jody Redman, Coach for America: Blueprint for Systemic Change Auditorium

Richard Hood, Omaha Burke HS, NE & Scott Sorensen, Midwest Swimming: Classroom

Instruction: Special Olympics Swimming: **D023**

NE Orthopaedic & Sports Medicine Lincoln: Care & Prevention of Athletic Injuries -

Taping for Coaches **Training Room**

Richard Hood, Omaha Burke HS, NE & Scott Sorensen, Midwest Swimming:

Special Olympics Swimming Hands On Instruction LNS Swimming Pool

Wednesday, July 27

7:30 a.m. – 3:30 p.m.

9:45 a.m. – 12:00 p.m.

8:30 a.m. – 9:45 a.m.

10:00 a.m. – 11:15 a.m.

12:00 p.m. – 1:30 p.m.

1:30 p.m. – 2:20 p.m.

1:30 p.m. – 3:00 p.m.

1:30 p.m. – 2:20 p.m.

2:30 p.m. – 3:20 p.m.

Blood Drive - Nebraska Community Blood Bank- **West Side of LNS** – “Be the Type that Gives”
- Presented by Sid Dillon & Scheels

REGISTRATION AND EXHIBIT AREA OPEN

Special Olympics Hands on Golf Instruction **Highlands Golf Course**

Larry Punteney, Lincoln Pius X HS Club, NE: Classroom Instruction: Fundamentals of

Coaching Unified Sports, Bowling - Part 1 **A101**

Larry Punteney, Lincoln Pius X HS Club, NE: Classroom Instruction: Fundamentals of

Coaching Unified Sports, Bowling - Part 2 **A101**

Lunch Break

Dave Demyan, Special Olympics Nebraska: Special Olympics Basketball Player

Assessment Training **A101**

NE Orthopaedic & Sports Medicine Lincoln: Care & Prevention of Athletic Injuries -

Taping for Coaches **Training Room**

Larry Punteney, Lincoln Pius X HS Club, NE: Unified Sports, Bowling Skills/Techniques: Part 1

Parkway Lanes, 2555 S 48th St.

Dave Schultz, Special Olympics Concussion Training: Meets Annual Nebraska Concussion Awareness Act (LB260) Requirement **D023**

CLINIC SCHEDULE

2:40 p.m. – 3:30 p.m.	Larry Punteney, Lincoln Pius X HS Club, NE: Unified Sports, Bowling Skills/Techniques: Part 2 Parkway Lanes, 2555 S 48th St.
3:40 p.m. – 5:30 p.m.	Russ Virus, Lincoln Southeast HS, NE: Special Olympics Basketball Basic Hands on Skills Training Main Gym

Thursday, July 28

7:30 a.m. – 11:00 a.m.	REGISTRATION AND EXHIBIT AREA OPEN
8:30 a.m. – 9:20 a.m.	Nate Renter, Lincoln North Star HS, NE: Classroom Instruction: Special Olympics Tennis B105
8:30 a.m. – 9:20 a.m.	Mike Sissel, Special Olympics Nebraska: Classroom Instruction: Special Olympics Power Lifting A101
9:45 a.m. – 11:45 a.m.	Nate Renter, Lincoln North Star HS, NE: Hands On Instruction: Special Olympics Tennis LNS Tennis Courts
9:45 a.m. – 11:45 a.m.	Mike Sissel, Special Olympics Nebraska: Hands On Instruction: Special Olympics Power Lifting LNS Weight Room
12:00 p.m.	End of Clinic Drawings Main Gym

TENNIS

B105 or Outdoor Tennis Courts Unless Other Wise Noted

Tuesday, July 26

7:30 a.m. – 4:30 p.m.	REGISTRATION AND EXHIBIT AREA OPEN
8:30 a.m. – 9:20 a.m.	Mark Miessler, Campbell Co. HS, WY: Player Development B105
9:50 a.m. – 11:20 a.m.	Welcome & Keynote by Joe Ehrmann & Jody Redman, Coach for America: Why Do I Coach? Main Gym
11:20 a.m. – 1:00 p.m.	Lunch Break
1:00 p.m. – 1:50 p.m.	Beyond the X's & O's Dr. Chris Carr, St. Vincent Sports Performance: Mental Training for High School Student-Athletes: Using Sport Psychology Techniques to Enhance Performance Main Gym Dr. Coyte Cooper, High Performance Author & The Earn the Right Academy: Peak Personal Branding - Leaving a Lasting Impression as a Leader South Gym Joe Ehrmann & Jody Redman, Coach for America: Blueprint for Systemic Change Auditorium
2:20 p.m. – 3:10 p.m.	Mark Miessler, Campbell Co. HS, WY: Play in Drills - Part 1
2:20 p.m. – 3:50 p.m.	NE Orthopaedic & Sports Medicine Lincoln: Care & Prevention of Athletic Injuries - Taping for Coaches Training Room
3:30 p.m. – 4:20 p.m.	Mark Miessler, Campbell Co. HS, WY: Play in Drills - Part 2

Wednesday, July 27

7:30 a.m. – 3:30 p.m.	Blood Drive - Nebraska Community Blood Bank- West Side of LNS – “Be the Type that Gives” - Presented by Sid Dillon & Scheels
8:30 a.m. – 9:45 a.m.	REGISTRATION AND EXHIBIT AREA OPEN
10:00 a.m. – 11:15 a.m.	NCA Coaches Roundtable: Moderated by Nolan Dewispelare, Lincoln Pius X
11:30 a.m. – 12:00 p.m.	NSAA Rules/Interp. & NCA Sport Meeting
12:00 p.m. – 1:30 p.m.	NCA District Meetings
1:30 p.m. – 2:20 p.m.	Lunch Break & NCA Sports Advisory Committee Luncheon
1:30 p.m. – 2:20 p.m.	Mark Miessler, Campbell Co. HS, WY: Singles Strategy & Drills
	NE Orthopaedic & Sports Medicine Lincoln: Care & Prevention of Athletic Injuries - Taping for Coaches Training Room
1:30 p.m. – 2:20 p.m.	Dave Schultz, NE Sports Concussion Network: Refresher: ImPact-Baseline Testing & Training, Sign Up at Booth #15 D023
2:40 p.m. – 3:30 p.m.	Mark Miessler, Campbell Co. HS, WY: Doubles Strategy & Drills

Thursday, July 28

7:30 a.m. – 11:00 a.m.	REGISTRATION AND EXHIBIT AREA OPEN
8:00 a.m. – 9:30 a.m.	Nebraska School Activities: Head, Heart & Heat Certification Auditorium
12:00 p.m.	End of Clinic Drawings Main Gym

CLINIC SCHEDULE

TRACK & FIELD

E117 Unless Otherwise Noted

Tuesday, July 26

7:30 a.m. – 4:30 p.m.

8:30 a.m. – 9:20 a.m.

9:50 a.m. – 11:20 a.m.

11:20 a.m. – 1:00 p.m.

1:00 p.m. – 1:50 p.m.

2:20 p.m. – 3:10 p.m.

2:20 p.m. – 3:50 p.m.

3:30 p.m. – 4:20 p.m.

REGISTRATION AND EXHIBIT AREA OPEN

Ty Sevin, University of Texas: Integrated Weight Training for Track & Field

Welcome & Keynote by Joe Ehrmann & Jody Redman, Coach for America:

Why Do I Coach? **Main Gym**

Lunch Break

Beyond the X's & O's

Dr. Chris Carr, St. Vincent Sports Performance: Mental Training for High School Student-

Athletes: Using Sport Psychology Techniques to Enhance Performance **Main Gym**

Dr. Coyte Cooper, High Performance Author & The Earn the Right Academy: Peak Personal

Branding - Leaving a Lasting Impression as a Leader **South Gym**

Joe Ehrmann & Jody Redman, Coach for America: Blueprint for Systemic Change **Auditorium**

Ty Sevin, University of Texas: Practical Programming for Throwers & Jumpers

NE Orthopaedic & Sports Medicine Lincoln: Care & Prevention of Athletic Injuries -

Taping for Coaches **Training Room**

Ty Sevin, University of Texas: Transfer of Sport Performance – Key Performance Indicators

Wednesday, July 27

7:00 a.m. – 8:15 a.m.

7:30 a.m. – 3:30 p.m.

8:30 a.m. – 9:45 a.m.

10:00 a.m. – 11:15 a.m.

11:30 a.m. – 12:00 p.m.

12:00 p.m. – 1:30 p.m.

1:30 p.m. – 2:20 p.m.

1:30 p.m. – 3:00 p.m.

1:30 p.m. – 2:20 p.m.

2:40 p.m. – 3:30 p.m.

Blood Drive - Nebraska Community Blood Bank- **West Side of LNS** – “Be the Type that Gives”
- Presented by Sid Dillon & Scheels

Track & Field breakfast hosted by Nebraska Fellowship of Christian Athletes

REGISTRATION AND EXHIBIT AREA OPEN

Tommy Badon, Lafayette Christian Academy HS, LA: Mechanics of Speed

NSAA Rules/Interp. & NCA Sport Meeting

NCA District Meetings

Lunch Break & NCA Sports Advisory Committee Luncheon

Tommy Badon, Lafayette Christian Academy HS, LA: Relays

NE Orthopaedic & Sports Medicine Lincoln: Care & Prevention of Athletic Injuries -

Taping for Coaches **Training Room**

Dave Schultz, NE Sports Concussion Network: Refresher: ImPact-Baseline Testing & Training,

Sign Up at Booth #15 **D023**

Tommy Badon, Lafayette Christian Academy HS, LA: Workout Considerations -

Writing Championship Workouts

Thursday, July 28

7:30 a.m. – 11:00 a.m.

8:30 a.m. – 9:20 a.m.

9:50 a.m. – 10:40 a.m.

11:00 a.m. – 11:50 a.m.

12:00 p.m.

REGISTRATION AND EXHIBIT AREA OPEN

Scott King, Birmingham HS, CA: Coaching the Hurdles

Scott King, Birmingham HS, CA: Principles of Training & Periodization

Scott King, Birmingham HS, CA: How to Train Athletes in Several Events

End of Clinic Drawings **Main Gym**

VOLLEYBALL

*Presented by American Volleyball Coaches Association -
South Gym Unless Otherwise Noted*

Tuesday, July 26

7:30 a.m. – 4:30 p.m.

8:30 a.m. – 9:20 a.m.

9:50 a.m. – 11:20 a.m.

11:20 a.m. – 1:00 p.m.

1:00 p.m. – 1:50 p.m.

REGISTRATION AND EXHIBIT AREA OPEN

Mike Brandon, Gretna HS, NE: Through the Looking Glass - An Insider View
of the NCA All-Star Practice

Welcome & Keynote by Joe Ehrmann & Jody Redman, Coach for America:

Why Do I Coach? **Main Gym**

Lunch Break

Beyond the X's & O's

Dr. Chris Carr, St. Vincent Sports Performance: Mental Training for High School Student-

Athletes: Using Sport Psychology Techniques to Enhance Performance **Main Gym**



CLINIC SCHEDULE

2:10 p.m. – 2:25 p.m.	Dr. Coyte Cooper, High Performance Author & The Earn the Right Academy: Peak Personal Branding - Leaving a Lasting Impression as a Leader South Gym
2:25 p.m. – 3:15 p.m.	Joe Ehrmann & Jody Redman, Coach for America: Blueprint for Systemic Change Auditorium
2:20 p.m. – 3:50 p.m.	Kathy DeBoer, American Volleyball Coaches Association, Executive Director: Remarks & Introduction to Coach John Cook
3:30 p.m. – 4:20 p.m.	John Cook, University of Nebraska: Team & Program Building
	NE Orthopaedic & Sports Medicine Lincoln: Care & Prevention of Athletic Injuries - Taping for Coaches Training Room
	Scott Mattera, Concordia University NE: Your Drill Bank – Making Deposits

Wednesday, July 27

7:30 a.m. – 3:30 p.m.	Blood Drive - Nebraska Community Blood Bank- West Side of LNS – “Be the Type that Gives” - Presented by Sid Dillon & Scheels
8:30 a.m. – 9:45 a.m.	REGISTRATION AND EXHIBIT AREA OPEN
10:00 a.m. – 11:15 a.m.	NSAA Rules/Interp. & NCA Sport Meeting
11:30 a.m. – 12:00 p.m.	Heidi Cartisser, College of Southern Idaho: Step Box Training
12:00 p.m. – 1:30 p.m.	NCA District Meetings
1:30 p.m. – 2:20 p.m.	Lunch Break & NCA Sports Advisory Committee Luncheon
1:30 p.m. – 3:00 p.m.	Heidi Cartisser, College of Southern Idaho: Training & Developing the Right Side Offense
	NE Orthopaedic & Sports Medicine Lincoln: Care & Prevention of Athletic Injuries - Taping for Coaches Training Room
1:30 p.m. – 2:20 p.m.	Dave Schultz, NE Sports Concussion Network: Refresher: ImPact-Baseline Testing & Training, Sign Up at Booth #15 D023
2:40 p.m. – 3:30 p.m.	Heidi Cartisser, College of Southern Idaho: Volleyball Warm Up Ball Control Drills

Thursday, July 28

7:30 a.m. – 11:00 a.m.	REGISTRATION AND EXHIBIT AREA OPEN
8:00 a.m. – 9:30 a.m.	Nebraska School Activities Association: Head, Heart & Heat Certification Auditorium
8:30 a.m. – 9:20 a.m.	AVCA/NCA Panel Discussion: Early Years of Coaching Volleyball – Moderated by Mary Young, Central Community College-Columbus, NE, AVCA
9:50 a.m. – 10:40 a.m.	Nancy Dorsey, St. James Academy HS, KS: How to Train a Hitter
11:00 a.m. – 11:50 a.m.	Nancy Dorsey, St. James Academy HS, KS: Fast Paced Practice
12:00 p.m.	End of Clinic Drawings Main Gym

WRESTLING

Presented by National Wrestling Coaches Association - Wrestling Room Unless Otherwise Noted

Tuesday, July 26

7:30 a.m. – 4:30 p.m.	REGISTRATION AND EXHIBIT AREA OPEN
8:30 a.m. – 9:20 a.m.	Brian Smith, University of Missouri: Program Development – Tiger Style
9:50 a.m. – 11:20 a.m.	Welcome & Keynote by Joe Ehrmann & Jody Redman, Coach for America: Why Do I Coach? Main Gym
11:20 a.m. – 1:00 p.m.	Lunch Break
1:00 – 1:50 pm	Beyond the X's & O's
	Dr. Chris Carr, St. Vincent Sports Performance: Mental Training for High School Student-Athletes: Using Sport Psychology Techniques to Enhance Performance Main Gym
	Dr. Coyte Cooper, High Performance Author & The Earn the Right Academy: Peak Personal Branding - Leaving a Lasting Impression as a Leader South Gym
	Joe Ehrmann & Jody Redman, Coach for America: Blueprint for Systemic Change Auditorium
2:20 p.m. – 3:10 p.m.	Brian Smith, University of Missouri: Top Series – Breakdowns & Tilts
2:20 p.m. – 3:50 p.m.	NE Orthopaedic & Sports Medicine Lincoln: Care & Prevention of Athletic Injuries - Taping for Coaches Training Room
3:30 p.m. – 4:20 p.m.	Brian Smith, University of Missouri: How to Counter the Legs & Crab Rides



Wednesday, July 27

7:30 a.m. – 3:30 p.m.	Blood Drive - Nebraska Community Blood Bank- West Side of LNS – “Be the Type that Gives” - Presented by Sid Dillon & Scheels
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REGISTRATION AND EXHIBIT AREA OPEN

CLINIC SCHEDULE

8:30 a.m. – 9:45 a.m.

Coyte Cooper, High Performance Author & The Earn the Right Academy & Brian Smith, University of Missouri: It's All About Perception: Give People a Reason to Care About Your Program

9:55 a.m. – 10:25 a.m.

NSAA Rules/Interp. & NCA Sport Meeting

10:30 a.m. – 11:20 a.m.

NWCA CEO Leadership Academy Session: Brian Smith, University of Missouri & Andy Driska, Michigan State University

11:30 a.m. – 12:00 p.m.

NCA District Meetings

12:00 p.m. – 1:30 p.m.

NWCA CEO Leadership Academy Session: (Working Lunch Provided by Prime Time Sporting Goods) Brian Smith, University of Missouri & Andy Driska, Michigan State University

1:40 p.m. – 2:30 p.m.

NWCA CEO Leadership Academy Session: Brian Smith, University of Missouri & Andy Driska, Michigan State University

2:40 p.m. – 3:30 p.m.

NWCA CEO Leadership Academy Session: Brian Smith, University of Missouri & Andy Driska, Michigan State University

Thursday, July 28

7:30 a.m. – 11:00 a.m.

REGISTRATION AND EXHIBIT AREA OPEN

8:00 a.m. – 9:30 a.m.

Chris Ortner, Wartburg College, IA: Wartburg Championship Wrestling – From Your Feet

9:50 a.m. – 10:30 a.m.

Chris Ortner, Wartburg College, IA: Wartburg Championship Wrestling – From the Top

11:00 a.m. – 11:50 a.m.

Chris Ortner, Wartburg College, IA: Wartburg Championship Wrestling – From the Bottom

12:00 p.m.

End of Clinic Drawings **Main Gym**

BASKETBALL: TEACHING FUNDAMENTALS/JUNIOR HIGH B103

Tuesday, July 26

2:20 p.m. – 3:10 p.m.

Jason Glines, Lincoln Lutheran HS, NE: Preparing Middle School Players for High School Basketball

3:30 p.m. – 4:20 p.m.

Jason Glines, Lincoln Lutheran HS, NE: Middle School Practices – Don't Forget the Fundamentals!

FOOTBALL: TEACHING FUNDAMENTALS/JUNIOR HIGH B103

Thursday, July 28

8:30 a.m. – 9:20 a.m.

Tracy Lichty, Norfolk HS, NE: The Offensive Line: A Beginners Guide to Coaching

9:50 a.m. – 10:40 a.m.


Matt Skiff, Norfolk HS, NE: Tackling & Take-A-Ways; The Core of the 3-5-3 Defense

District Meetings – Wednesday, July 27 - 11:30 a.m. – 12:00 p.m.

District 1 Auditorium
District 2 Main Gym

District 3 South Gym
District 4 E117

District 5 Theater
District 6 E119



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But at Nebraska Orthopaedic
and Sports Medicine, he gets
treated like one.**

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

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

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St. Mary's Hospital	Nebraska City
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