

nebraska coach

DECEMBER 2014



MILES' MISSION AT NEBRASKA

**Winter Season
Coaching Articles**

**Nutrition:
It's All About Timing**

All-State Selections

Contents

Features

- 6-7 *Three Things I Know* – Jerry Buck – Holdrege Boys' Basketball
- 8-10 *Living In the Fast Lane* – Russ Ninemire – Sandy Creek Girls' Basketball
- 12-13 *Pinning, The Great Equalizer* – Doug Denson Millard South – Wrestling
- 14-18 *NCA Exclusive: One-on-One With: Husker Men's Basketball Coach Tim Miles & Staff, Attitude That Craves Improvement*
- 20-22 *Nutrition: Timing Is Everything* Crystal Zabka-Belsky, MS, RD, CSSD, LMNT
- 25 *The Inverse Relationship between Gratitude and Entitlement* – Tim Elmore, Best Seller Author

Departments

- 4 Upcoming Events & Contact Information
- 5 Game Plan, NCA Executive Director, Darin Boysen
- 26 NHSSHOF Middle School Sportsmanship for Life Pep Rally Photos
- 28 Sportsmanship & Leadership Summits
- 32 Fall State Champion Coaches
- 34 Nebraska State Cheerleading & Dance Championships
- 36-37 State Volleyball Sportsmanship Award Winners
- 38 NCA Membership Registration Form



Over 40 coaches attended the Nebraska Coaches Association's 2014 Fall Coaches Baseball Clinic in October in Lincoln. The day-long clinic featured detailed hitting instruction from former major league baseball player Don Slaught. – NCA Photo



ncacoach.org



Cover Photo Courtesy of Husker Athletics

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



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

As Husker Team Physicians, we offer you the same care we extend to Husker athletes.

Our sports medicine physicians have advanced specialty training both clinical and surgical, allowing injured athletes to compete once again at their absolute best. Our advanced medical techniques give athletes the opportunity to have their injuries addressed in the least invasive manner possible, ensuring the safest and quickest means back to play.

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

- | | |
|---|--------------|
| Nemaha County Hospital | Auburn |
| Memorial Hospital | Aurora |
| Jefferson Community Health Center | Fairbury |
| Community Medical Center | Falls City |
| Henderson Community Hospital | Henderson |
| St. Mary's Hospital | Nebaska City |
| Annie Jeffrey Memorial County Health Center | Osceola |
| Community Memorial Hospital | Syracuse |



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

www.nebraskaortho.com

www.nebsportsconcussion.org

N Your Husker
Team Physicians



Top Left: Don Slaughter explains the fine details of hitting instruction at the 2014 NCA Fall Baseball Coaches Clinic on October 11 in Lincoln. Slaughter, a former major league player and hitting instructor gave coaches over six hours of instruction at the day long clinic. Top Right: Former Nebraska native, Husker and Super Bowl Champion Scoot Shanle delivers the keynote address at the 2014 NCA State Football Championships Clinic on Sunday, November 23. – NCA Photo

nebraska coach

DECEMBER 2014

ncacoach.org

NCA STAFF

EXECUTIVE DIRECTOR:

Darin Boysen - darin@ncacoach.org

ADMINISTRATIVE ASSISTANT:

Saundi Fugleberg - saundi@ncacoach.org

EXECUTIVE BOARD MEMBERS:

PRESIDENT

Randy Kliment, Creighton

PRESIDENT ELECT

Tom Olson, Norfolk

VICE PRESIDENT

Jerry Buck, Holdrege

PAST PRESIDENT

Jim LaMaster, Adams Central

NCA BOARD

DISTRICT I

Tim Aylward, Lincoln Pius X

Russ Ninemire, Sandy Creek

DISTRICT II

Tom Kerkman, Omaha Westside

Tony Allgood, North Bend Central

DISTRICT III

Greg Conn, Wausa

Ben Ries, Norfolk

DISTRICT IV

Bill Carlin, Adams Central

Toni Fowler, Adams Central

DISTRICT V

Donnie Miller, Minden

Matt Wiemers, McCook

DISTRICT VI

Heidi Manion, Alliance

Duke Waln, Cody-Kilgore

FEATURED 2014 – 2015 NCA UPCOMING EVENTS

Jan 25, 2015	NCA Board of Directors Meeting - Adams Central HS
Feb 7, 2015	NCA Winter Track & Field Clinic - Lincoln
Feb 20-21, 2015	Nebraska Cheer & Dance Championships - Grand Island
Mar 5-7, 2015	Girls' Basketball Championship Sportsmanship Awards
Mar 8, 2015	Girls' Basketball All-Star Selection Meeting - Lincoln
Mar 12-14, 2015	Boys' Basketball Championship Sportsmanship Awards
Mar 15, 2015	Boys' Basketball All-Star Selection Meeting - Lincoln
Apr 26, 2015	NCA Board of Directors Meeting - Lincoln
May 13-19, 2015	Soccer Championship Sportsmanship Awards
Jul 19, 2015	NCA Awards Banquet - Lincoln
Jul 20, 2015	NCA Clinic Golf Scramble - Location TBD
Jul 20, 2015	NCA All-Star Girls' & Boys' Basketball Games - Lincoln
Jul 21, 2015	NCA All-Star Volleyball Match - Lincoln
Jul 21-23, 2015	NCA Multi-Sports Clinic - Lincoln
Jul 22, 2015	NCA Softball All-Star Doubleheader - Lincoln

The Nebraska Coaches Association is a Proud Member of:



NCA CONTACT INFORMATION

Mailing address:

PO Box 80727
Lincoln, NE 68501

Physical address:

500 Charleston
Lincoln, NE 68501

Phone number:

402-434-5675

OFFICE HOURS

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

Fax number:

402-434-5689



The Game Plan *Darin Boysen, Executive Director*

As we enter an era where more and more coaches are not employed as full-time educators and the younger coach has been engulfed with non-education based athletics, the importance of developing a local, regional or state wide coaching mentoring program grows.

We need to face the hard fact – if we don't embrace the importance and values of education based athletics, we may just lose it. More and more schools are going to face financial hardships. As coaches, we must continue to promote the importance and powerful influence we have through sports. We as coaches must stand together to articulate that athletics are not on the table to be turned over from schools to the for-profit organizations.

One of the most powerful resources we have in the coaching profession is ourselves. We are in the people business. We are in the relationship business. With that in mind, there is a tremendous responsibility. If you look across your school's entire coaching staff, there is a great mixture of young and old coaches with a wide range in experience and tenure.

It's time to tap into our own resources to develop and help the profession of coaching. We mentor student-athletes every day. Why not help mentor each other as coaches?

Think back to when we first entered the coaching profession. We thought we had all the answers – only to find we didn't! If you're a veteran coach, I'm willing to bet there is an individual or group of coaches that helped shape your core principles in the profession. Find a young coach – reach out to them to offer your guidance rather than your judgment.

If you're a young coach, it's OK to ask for help. Take the time to observe other coaches within your sport and outside the sports you coach. Ask yourself, what makes this coach successful beyond his or her wins and losses?

Mentorships can help a coach to:

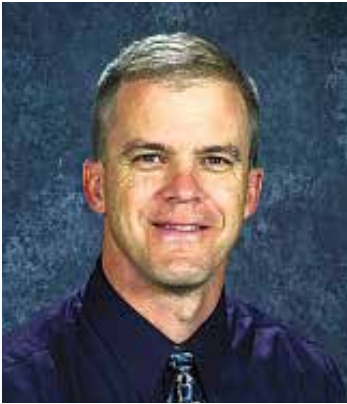
- **Move in the right direction** - developing an overall program rather than focusing on a select few
- **Prevent one from making a mess of themselves and others** – knowing the pitfalls before jumping
- **See the blind spots** – knowing what's around the corner before it derails us
- **Be accountable** – to themselves, student athletes, parents and the community
- **Have a sounding board** – confidentially seeking advice or to just vent

*“Walk with the dreamers, the believers, the courageous, the cheerful, the planners,
the doers, the successful people with their heads in the clouds and their feet on the ground.
Let their spirit ignite a fire within you to leave this world better than when you found it.”*

—Wilferd Peterson

THREE THINGS I KNOW

Jerry Buck – Holdrege



After 31 years of coaching (23 as a varsity head, 6 as an assistant, 2 currently as an 8th grade coach – girls and boys), I continue to learn and understand that I don't know it all. My hope is this short article will help the "beginner" and the "veteran." For the beginners and veterans, I have narrowed down the 31 years to 112 productive PDF's of offenses, defenses, articles,

organizational helpers, plays, fun practice enders, ball handling drills, ways to build toughness, game like shooting drills, finishing drills, summer work, transition work, stoppers, scrimmage ideas, conditioners, etc. Please send an e-mail to jerry.buck@dusters.org and I'll send you all 112 PDF's or just the certain type of drills, offenses, defenses, etc. you want.

But for the beginner or young coach, there are **3 Things I Do Know** after 31 years.

1. Intelligence is Ninety Percent Organization.

Way back in 1984, Craig Jacobson gave me my first coaching manual and that phrase was on the front cover. I may not be the smartest coach, but we were always prepared. Players, parents, assistants and administrators crave organization. How organized?

- a. Have your **entire season of practices on a four month calendar**. Hand it out to everyone. We rarely changed a practice time throughout the season once it was set in October, thus families can plan around you.
- b. Plan your **pre-season practices before the pre-season starts**. Our November calendars have four to five major points to cover for each practice. We didn't have to cram a lot in the week before the first game.
- c. Give your **managers a list of responsibilities for early and late practices and games**. Laminate it on a neon color card. It is great to come to practices and games with it all set up and taken down afterwards. Treat them like gold.
- d. Give **each assistant a list of their responsibilities** during the pre-season meetings.

Give your assistants big responsibilities – they'll respond and appreciate the trust. i.e. scouting shot charts of all individual opponent players, finalizing stats after a game and getting them out, sending bus lists to administrators on departures, team scouting opponents last three to four games, scouting schedules, eating arrangements before or after games, position coaching, conditioning (let them be the bad cop), med kit, game responsibilities, etc.

- e. Organize all your **drills on a master sheet and categorize** them. This allows you to plan practices quickly and also provide a variety to practice but still get your philosophy driven home every day.
- f. Plan your **practices down to the minute** with an extra few minutes put in as "make up time" here and there. Keep it going as fast as possible by creating **organized chaos**. Do not use a lot of team water breaks- it slows practice – make them bring their own water jug and they can get drinks when they are out of a drill.
- g. Use **the first five to seven minutes of practice to show your players what is being emphasized** today. If they know before what we need done, they'll respond.

2. Offense Wins Games, Defense Wins Championships.

Usually the first 45 minutes of our practice is ball handling and shooting, but our players knew what counted the most. We knew offensively, we would not be "hot" every night, be we knew a great effort on the defensive end was key because that is what we emphasized - effort. The game is simple – how many times can you put the ball in the hole, and how many times can you stop your opponent from putting the ball in the hole.



The farther you get into the season and post season, the better scouting and the better athletes will give your offense problems, so defense has to carry you. Chart and display your defensive goals. Effort is easy.

Pick a primary defense and sell it to your team. Work it whole-part-whole. Then pick a secondary defense. This secondary defense was usually the defense your best opponent on your schedule ran as a primary defense. This also prepared you for the big games.

Our tough man-to-man defense, that emphasized ball pressure with lane protection, won us many games, but the secondary defense – whether it was a 1-3-1 or a match-up –also won us championships and state games.

3. *As Iron Sharpens Iron, So One Man Sharpens Another – Proverbs 27:17*

Assistants – No one needs “yes men,” those along for the ride or who continually pat you on the back. Our staff had a policy – be loyal in public, say what you want in the privacy of the coaches’ locker room. Some of my best assistants challenged

me daily. We need to be tested, challenged and questioned, but once we go out on the court – we are all on the same page, selling our product. Former players also seemed to make great assistants . . .it was great to get a “player’s perspective.”

Drills – All drills need to be competitive, timed or have a goal reached. Your drills must create a competitive chaos – a game-like atmosphere. Shooting drills should match your zone and man offense. Don’t do a drill because it looks good, do a drill because it benefits your philosophy, is game-like or competitive. You must have winners and losers in your drills.

Other Coaches/Mentors – Look to other coaches for advice or help. I learned so much from talking to other coaches on scouting trips, at coaching clinics, calling or e-mailing them or visiting them in the spring or fall.

Thank you for your time! May you win all of your games. . . and finally. . . *I have fought the good fight, I have finished the race, I have kept the faith – 2 Timothy 4:7*



WE HELP NEBRASKA COACHES WIN.



Football



Basketball



Volleyball



Soccer



Wrestling



Baseball &
Softball



Tennis



Track

PROUD PARTNER OF THE NCA

contact us at: sales@hudl.com or (402)817-0060

LIVING IN THE FAST LANE

Russ Ninemire - Sandy Creek



If we could all start over in our coaching career what would we do differently. Well for me it happened one night after we took a hard and tough beating. Finally our girls realized that if we are going to win games, we had to change our attitude and style of play.

Therefore, the past 25 years we have installed a fast and hard-nosed style of defensive play with the Run and Jump Defensive. We have preached the 3 R's into our style of play with a Run-Run-Run attitude for your teammates. The basic philosophy in the run-and-jump defense is that you do not need to steal the basketball. If you are thinking, "steal" you will invariably reach, get out of position and commit a foul. Reaching and gambling defensively make the run-and-jump defense ineffective.

You want your opponents to make mistakes by turning the ball over, taking bad shots and struggling to get into their offense. By using the run-and-jump defense, we can force a lot of turnovers without ever touching the ball. Fatigue for our opponent can also become a major factor late in the game when we are utilizing run-and-jump pressure. I know a lot of teams try to prepare for us by trying to run and jump in practice, but if you are not committed to this style of defense, the speed of the game is not the same as game pressure. This is also a great asset to us because our next 5 - 7 players know they will get a chance to play because of the demands of the defense is so great. Championships are built on having a great defensive team.

One of the biggest reasons why we have 10 State Championships, two Runner up finishes and one third place in the past 25 years, is that we believe in what we are doing. This style also allows us to play a fast and exciting style of ball for not only our kids but for the fans to watch. Our kids are ready for the next level of basketball.

I am very lucky to have two young assistance coaches that are very hard workers and loyal coaches to the program and me. Coach Jeremy Borer and Crystal Hassenstab has been in the program for number of years now and they both understand what the Sandy Creek Girls Basketball Program is all about. We have had great student athletes to work with. If you have any questions about the Run and Jump Defense please get in touch with anyone of us and we will be happy to share any information with you.

Here are some drills that we use to teach the run and jump defense here at Sandy Creek High School.

The first drill that we use is the shell game.

(Key words like Go, Pistol, one or two away, front side, no shoulder turn, or one hand in the lane and your feet back)



Diagram Number 1 #1 must man up on the ball with nose on the ball side, #2 and #3 must have near hand in the pass lane with thumb pointing down and play off as far as they can and still cover their girl. (Must get them to not stand by their player whom they are to guard. The further off of the girl the better) #4 should be in a pistol position by seeing both the ball and their girl. #1 will set the tempo of the defense with hard pressure on the ball forcing the girl to dribble the ball and not giving up the front shoulder.



Diagram Number 2 will be the first jump and rotation of the defensive players on the clock rotation. The two players in the jump must form an L shape and they must communicate to one another about the exchanging of players.



Diagram Number 3 #2 player will need to play the passing lane and not run to the girl that they are guarding if they are going to make the steal on the ball reverse from the offensive team.

2nd drill is the half court pressure



Diagram Number 1 #1 girl will step to the ball and then guard her girl thru the basket cut. #5 girl will front the low block player and #2 will step to the ball and #4 will step up the lane to get herself in a pistol position on the ball.



Diagram Number 2 #1 will stop and play backside help on the block player to defend the top pass from #3.



Diagram Number 3 You can see the complete rotation of the defensive players on one jump on the ball. It's important to teach the post player to always go over the top vs. the block player on ball reversed. This will help them not to get pinned by the block player.

Basically we play a full court pressure all the time with the Run and Jump always looking for a chance to make a play on the ball. Here are seven things to remember in running the Run and Jump Defense.

Four Sins:

To utilize the run-and-jump pressure defense effectively, there are four critical sins that you must avoid:

- **No Foul.** Fouling negates hustle!
- **No Layups** Top Priority - Protect the Basket
- **No Straight-Line Drive** Allowing an opponent a direct path to the basket leads to drive-and-kick opportunities
- **No Offensive Rebounds** Allowing second-chance shots will cost your team

Things to Remember:

- First in a trap, first to leave. Run the Clock.
- We don't run anywhere...we SPRINT!
- The main goal of this defense is to cause chaos for our opponents.
- If four players are working their tails off and one player is resting, we won't be very successful.
- Read the shoulders of the passer, not their eyes or the basketball, force the offensive player to dribble the ball first. (Don't go for ball fakes, stay on the ground)

Ball Pressure:

- We must be able to exert pressure on the ball. It is vital that the girl pressuring the ball be able to pressure without fouling. Fouling will negate all the work that the team is putting into the pressure defense.
- We must not get beaten on straight line drives by ball handlers.
- We cannot let a ball handler look over our press and pick apart the gaps with passing. She must be forced to dribble.

Sprint Mentality:

We must always have a sprint mentality. Regardless of what previously happened.

- We must sprint to rotate
- We must sprint to recover
- We must sprint out of traps

Living in the Fast Lane continued on page 10

Rotation:

We must rotate without hesitation. We can't second-guess whether we should go or where we should go.

- Repetition has built confidence in our rotations
- Rotating out of traps is critical
- Rotating on ball reversal is critical

Back tips

We must become very good at back tipping dribblers

If we get beat off the dribble our defenders must sprint and look for opportunities to back tip the ball handler or otherwise chase the ball down.

It is very important that they sprint thru the back tip.

They chase the ball handler until he either passes or picks up the ball.

Anticipation:

Players need to anticipate what the offense will do

Will they try to beat us off the bounce?

Where do they like to pass the ball?

Learn to read the passers eyes and anticipate where she is going with the ball

Important that each player know what she is capable of doing on the court, for coverage



Baden's top-of-the-line

ELITE

BASKETBALL

Perfection® Elite™

- Symmetrical panels gives the Perfection® Elite™ perfect consistency
- Advanced microfiber ensures perfect tack for optimum playability
- Recessed value is almost undetectable, ensuring truer play
- Cushion Control Technology™ gives the ball a softer feel, perfect bounce, and longer life

Official Ball



Play Your Perfect Game.

badensports.com | 1.800.544.2998

Become More.

Online Master of Arts in Kinesiology & Sport Science.



Earn the credentials for one of the fastest growing careers with an Online Master of Arts in Kinesiology & Sport Science with a Sport Management specialization at the University of South Dakota.

For more information:

usd.edu/cde/online-ma-kss.cfm

CONTACT US

**DIVISION OF CONTINUING
& DISTANCE EDUCATION**

414 East Clark Street
Vermillion, SD 57069
605-658-6140 • 800-233-7937
www.usd.edu/cde



UNIVERSITY OF
SOUTH DAKOTA

PINNING, THE GREAT EQUALIZER

Doug Denson – Millard South High School



Try this paradox on for size: “You can pin a wrestler you can’t beat.” It’s the beauty of this statement that makes wrestling truly unique and amazing. It’s also this paradox that makes wrestling one of the most exciting sports today.

In almost every sport, you can make the argument that some contests are really over before the contest is actually over. Take for example, basketball. If the score is 55 to 25 with 30 seconds left, we can honestly say the game is over. In football, if the score is 48 to 21 with less than a minute left, that game is actually over. The same cannot be said in wrestling! Until the referee blows the whistle and the match is over by time ending or technical fall, no matter what the score is, the match is still contested and the winner is not known! If the score is 15 to 1 with 15 seconds left, there is still time for a pin and a win. I had one such situation in 2000. As a team, we were taking on the top team in the state in dual competition. We were hanging in there within striking distance when the unthinkable happened. Our unranked, sophomore, wrestler was getting “schooled” by the top wrestler in the state. It was one of those take down clinics I won’t soon forget. The opponent needed to let my wrestler up one last time, take him down, and a tech fall would have been secured. However, when he let my wrestler up and came charging in for a blast double, what he received was the surprise of his life. My wrestler hit him in a seldom used pinning move called “the high flyer” and we tossed the opponent to his back. Within seconds we secured the pin and a badly needed 6 points.

What a swing. They should have gained 5 points for the win, but instead, we earned 6. That’s an 11 point swing. It totally changed the outcome; momentum swung our way, and we won the dual, upsetting the eventual state champions. On that day, my wrestler pinned an opponent he couldn’t beat!

Because pinning is the great equalizer, we work on pinning combinations every day in practice. Whether it’s for 10 minutes or one hour, we work on pins and we expect each of our wrestlers to have a signature pin move. One of the paradigms we use is that each wrestler has to have a pin move that nobody can stop. Each wrestler has to have a great equalizer in his cache of weapons. Every day, we put our wrestlers in scramble situations and expect them to not only win the scramble, but win the scramble with a pin. The wrestlers love it and work hard to develop their signature secret weapon. If wrestlers are working on pinning every day in practice and they find ways to put opponents on their backs, they are more than likely going to do it in a match. They aren’t going to try the “last ditch effort” move with no chance for success, but rather, they are going to try the move which gives them a reasonable chance for success.

Every coach has their sayings or paradigms to for the wrestlers. One of mine goes like this. “In any match where you have two competitive wrestlers going for the win, there will be at least one opportunity to catch your opponent on his back and pin him.” It’s up to our wrestler to seize the moment, be an opportunist, and put the opponent on his back. We also operate under another paradigm; when we get a wrestler on his back,” he does NOT come off his back unless he is pinned.” We literally teach our guys to squeeze the life out of the opponent. We want the opponent to give up, tap out, and let the pin happen. I have had years where our guys were satisfied with putting a wrestler on his back

and hold him there, but why not get the pin. It finalizes the match by the greatest definition in wrestling. That's why a pin garners the greatest point value.

In recent years, emphasizing the pin has definitely increased the number of pins on our team. In the last ten years, our varsity has averaged over 20 pins per wrestler per year. I would venture to guess that we are at the top or near the top in team pins every year. I can't count the number of game changing pins we have had over the years. This year in the state finals we had a wrestler who was overmatched by his opponent. Instead of telling him to hang in there and keep it close, we were telling him that he will win because he can pin. We told him to get into a scramble and pin this guy.

He did just that. In the first period he was taken down quickly and the opponent was clearly in control. Out of nowhere the two got into a scramble; my wrestler caught his opponent on his back. The rest is history. The great equalizer produced yet another exciting win and in the process a state champion.



X SERIES
Waterproof Communication

PROVEN AND TRUSTED.

SERIOUS PUSH-TO-TALK SOLUTION FOR SERIOUS CUSTOMERS.

- ✓ Completely Waterproof & Dustproof System
- ✓ Super Clear Enhanced Audio
- ✓ 2 Mile Range

Our products are used for football coaching, youth sports and athletic events and much more.

800.859.0106
info@xseriespro.com

WWW.XSERIESPRO.COM

SCHOOL TRADITIONS
Specializing in High School Letter Jackets

Highest Quality, Fastest Delivery in the Metro!

Made in the U.S.A.

12100 West Center Rd
Bel-Air Plz, Suite 901
Omaha, NE 68144
(402) 733-0300
schooltraditions@msn.com
www.schooltraditionsomaha.com

Showroom Hours:
(located behind Nobbies)
Tue: 9:00 am - 6:00 pm
Wed-Fri: 9:00 am - 4:30 pm
Sat: 9:00 am - 12:00 pm

ATTITUDE THAT CRAVES IMPROVEMENT

Coach Tim Miles Leads Husker Men's Basketball Program to High Expectations

Darin Boysen, NCA Executive Director



As the last leaves were falling on a late fall day, Coach Tim Miles was preparing his team, his program, for his third season at the helm as the University of Nebraska's Men's Basketball program. Make no mistake, this is his program, and he has a constant vision of where the program is today and where he wants to be tomorrow. That path may not be what the majority of programs across the country are following, but most coaches are not Tim Miles.

Some national experts are calling the Husker program one of the most 'upcoming collegiate men's basketball programs in the country.' With a preseason national ranking in the Top 25, the program has high expectations and won't be able to fly under any opponent's radar this season.

Expectations

Miles admits it will be hard to recapture the raw emotions of last year. "It was so unexpected. We always expected more of ourselves, but we didn't know what we could do," said Miles. For this year and beyond the standard is set: "Get to NCAA tournament and win when we get there," proclaimed Miles.

Rock Bottom

Coach Miles describes the 2013-14 Big Ten Conference start of 1-5 (a third of the way through the schedule) as, "We were treading water with two cement blocks tied around our ankles." Even though the Huskers had defeated Ohio State, they were coming off a game that they, according to Miles, "gave away" to Penn State. Miles explained, "One of our key players came in and said, 'We don't have any idea how to win.' We had gotten to that rock bottom."

The season was on the brink. Miles said the new calling card became defense. They held eight straight Big Ten opponents to less than 40% shooting from the field. The Huskers soon become red hot – they were on a roll based on something unexpected - defensive play. As he described, "a required championship style run."

That run produced an NCAA berth for the first time in 16 seasons for the Huskers with Miles being named National Coach of the Year and selected by his peers as the Big Ten Coach of the Year.

No Complacency

Miles is quick to credit this year's team's work ethic and non-complacent attitude. The question that Miles openly asked – "Will they play with that same sense of urgency as last year? We will see if we have that same type of discipline. It's my job to make sure we get there," declared Miles.

Individual Goals

As Miles began to talk more about his daily one-on-one interaction with his players, it's easy see his excitement and passion grow. Miles stresses the importance of having individual meetings with players to foster honest and strong relationships, while giving players a sense of purpose. Many of these skills he learned from former Nebraska Head Volleyball Coach Terry Pettit while we coached at Colorado State.

"Setting written goals is so important to crystalize thinking for young people. This is our pact! This is what we agreed upon brother! If we can't live by this, there's nothing here, no relationship. We do several activities to ask players, 'What's important to you?' What kind of player do you want to be?' We try to put it in terms that players can understand while being life applicable. . .this takes an enormous amount of time to determine what drives them," explained Miles.

Types of Players

Miles described three different types of players:

- **Difference Makers:** Best Player, Hardest Worker, Integrity, Leader, All-State Type Player;
- **Winners:** Just like the Difference Maker, but maybe the guy that comes off the bench, All about the team;
- **Guys Just Good Enough to Lose With:** The player that will score 20 points one night, next night scores 5 points or less, Moody, Out Partying, Didn't get the number of needed shots – the type of player that puts a coach's career at risk!

Attitude That Craves Improvement

Miles said that he tells his players, “You’re either here all the time or none of time! You either have discipline or you don’t! Similar to she’s pregnant or she isn’t! We have to have players that are either Difference Makers or Winners, if they can’t be that type of player, they can’t be part of this program.”

If the players don’t know you and trust you, they’re not going to respond. There has to be honesty. Miles points to the most important value in the program: *Each player must possess an attitude that craves improvement.*

Big Picture

What’s making this work here at Nebraska? Miles continued to become more animated in a conference room inside the Husker locker room at Pinnacle Bank Arena. “I’ve had my brains bashed in. I’ve been 0-16 in the league, 7-25, 9-22, 15-18, 12-15. We redshirted our whole first year of recruiting here with the exceptions of Shavon (Shields) and Benny (Parker). It’s a bigger picture deal. I don’t coach with that urgency that I could get fired tomorrow. A lot of guys do, and that drives them. I have a good plan here, I’m going to surround myself with the right people...I’m a coach and I’m going to coach a long time. We’re going to do it the right way and we’re going to have a blast doing it,” exclaimed Miles.

“I want to coach. I want to coach here at Nebraska. I want to give our fans something they’ve never experienced. I want to exceed expectations,” exclaimed Miles.

Coaching Balance

“I told my wife not long ago that I think I have this attitude thing down. We continue to tell the players that they must have an attitude for improvement. Now I can challenge the guys to take it to the next level; ‘How can I be a better player today and how can I be a better teammate today?’ She said, ‘You should try that one at home!’ I told her, No, No, No, this is strictly for professionalism. Seriously, it’s tough to be a coach’s wife. Coaches charge out the door everyday with this great energy everyday... They come back just beat, wiped out. Now she has to deal with that guy –me. The coach’s wife gets the raw end of this deal.”



As much fun as Coach Miles is experiencing, it can also take its toll through stress and time away from family. “It’s difficult, I try to include my kids and wife on recruiting trips and games.” Miles’s son is a ball boy for Husker home games. Miles continued to tell the story of an intense moment during the home Indiana game last year. With three to four minutes remaining in a tight game, time was out on the floor. Miles had the players huddled. His son, Gabe was drying the floor of moisture and perspiration, he looked up to say, “Hi Dad!” with a big smile on his face. “All I could say was ‘Hi Gabe.’ It made my day, winning or losing in that moment didn’t matter. It was a special moment for us,” cited Miles.

Time to Disconnect

Stress took its toll on Miles a year ago. During the season he lost 26 pounds – all of it stress related. One way Miles tries to deal with stress is to remove himself from his surroundings when possible - golf in the summer – ‘his competitive trash talking release.’ He also calls himself a music guy by putting on music in the car or office from classical, contemporary, new pop and even hip-hop. He also stresses the importance of exercise for coaches. Miles expanded, “I believe you wake up with an empty tank, not a full tank. Anyone that is over 40 and you’re a parent – sleep is over-rated because it doesn’t happen like when you were 18-25 years old, it’s a different deal. I need a morning workout before I get something to eat. It helps me feel like I have the energy to get me through the day.”

Elevating High School Basketball in Nebraska

Miles has some specific thoughts on how Nebraska can elevate the sport of basketball at the high school level. “I think there’s a lot we can do. I think we can play more

games, we can play longer games with 18:00 halves, we can play with a shot clock, teams should have fewer limits on out-of-state traveling to find the best competition. I think the current rules hurt us here in Nebraska compared to other states that have implemented these things. I don’t mean that in a disrespectful way towards the people in charge. Records are records, simply start over, the idea is to improve play,” encouraged Miles.

continued on page 16



Attitude That Craves Improvement continued from page 15

Origins of Social Media

So how and why is the University of Nebraska Men's Basketball being detected on so many different radars across the country? Social media is communication that Miles and his energetic staff are embracing. Miles's staff started using social media during his tenure at Colorado State. The original goals were to engage a fan base and communicate with them on their own terms.

Clearly, Miles prefers communicating face to face. But as he admits, "it's a different world."

"I have friends that tell me that when they try to call their kids, they won't answer, they won't answer, they won't answer. But, if they text them, they will text back and forth for twenty minutes. We've all seen the three to four kids sitting in a booth at a restaurant. Nobody is looking or talking to each other. They're all on their phones," jokingly explained Miles.

But Social Media is no joke to this coaching staff. "We use social media to build our brand with our fan base. There's just so much more media today. With that comes the need for more content. It gives us the opportunity to get our name in front of so many more people than we could without it," Miles continued.

Staying on the Social Media Forefront

According to Teddy Owens, Director of Basketball Operations, there is a clear plan and goal in mind when it comes to social media.

"The demographic groups we're trying to reach are high school kids who are passionate about basketball, college kids up to the fans that are in there mid-30's to 40's. For the rest of the fans,

there will still be plenty of information through Facebook and regular media outlets," explained Owens.

"We want to push really hard with social media to be on the forefront, doing things that others haven't done. For kids, social media is so important. The first thing they're doing when they wake up in the morning is scrolling through Instagram and Twitter. We want to be there for the kids and the fans. We believe if the recruits like it, the fans will also like it," proclaimed Owens.

Social Media – Recruits Beware

Miles clearly sees there can be a down side to social media due to a lack of discipline by individuals. Miles's staff monitors recruits' social media. Miles admits that he would be too picky if he was looking at recruits' social media accounts himself. He claims that, "I'm too old school – if you can believe that?"

Owens further explained, "I'll go in and follow our top priority guys. With some kids you see what they're really about. You see kids that are all about ME, ME, ME, kids that have 30,000 tweets – which make you wonder, 'What are they really doing?' 'Are they working on school, basketball or are they always on social media?' It can say a lot about you. If you have that phone in front of you rather than talking to your family and friends – that's a little bit of a sign. All it takes is one screen shot."

"We have literally cut guys off our list because of what they do on social media. I have suspended players for what they post on social media...because it didn't represent what we want in the program. At the end of the day, players need to understand and ask themselves 'What is the purpose of the message I'm sending?'" Miles explained.

Educating Athletes - Social Media

Administrative Coordinator, Brett Sapp explained further, "The university athletic department as a whole is talking to our athletes all the time about the powers of social media and how once something is posted – it's permanent. We have to look at kids (recruits) as to not only what they're doing with social media today, but what's going to happen once they come here when their exposure is going to go through the roof."

There are a few players that refuse to join the social media ranks. According to Owens, "Shavon Shields doesn't want any distractions."

Sports Can Teach Real Communication

Miles believes that sports can help kids in the area of

communicating even in this time of change in society. Miles offered this advice for coaches to players regarding communication: “The way you communicate within your peer groups is fine. But when it’s us, as a team, in the game of basketball, we depend on the ability to communicate loudly, clearly, concisely, and as often as possible. You don’t have your cell phone out there to *Snap Chat* a message about picking up my guy on defense.”

It’s A Changing World

Miles understands that the world isn’t the same place that he knew while growing up in the Midwest. “I think society has changed more than coaches and coaching. The game has evolved to a degree where it’s a lot of competition and little less skill. But, in the old days, when I was growing up in a small town in South Dakota, if I got the urge to play football, I got on the phone and called Shane, Tony, Terry, Dwight and Louie and we met at the Nutledge house. We got there, split up the teams, decided what was a first down, the garage was a touchdown and the sidewalk was out of bounds. We as kids worked it out! It’s just not that way anymore. Even with my son, when we play 1-on-1, he’ll yell to my Mom to come ref if he doesn’t like a call. Today we have young people that are competitive, but concerned about only their own welfare. With the mobile phone, young people have the ability to make a quick ‘witty’ post on Instagram or Twitter... they can have instant validation and gratification. With this change in society, it’s hard for a high school or college coach to give kids that same feeling.”

The Family Feel

Miles believes that he has been very fortunate to hire “really good coaches.” He is able to lean on Chris Harriman, Kenya Hunter and the newest hire to the program, Jim Molinari. Owens, son of former Kansas basketball coach Ted Owens who won six Big Eight titles and reached the Final Four with the Jayhawks twice, said the Husker staff is very close and works extremely well together.

“It really is like a family with our coaching staff. We all have different personalities. We have our old vet, Coach Mo (Molinari) and then we have our younger guys in Harry (Harriman) and Kenya (Hunter). Seeing us all work together is fun,” said Owens jokingly.

“Seriously though, you need to let them (players) play a little and let the guys (staff) work for you. Coach Miles trusts everyone to do their job. He’s not standing over you. It’s fun to work in that sense, to go out and try new things,” complimented Owens.

Owens and Brett Sapp, the new Administrative Coordinator, believe that recruits and the parents of recruits quickly pick up on the genuine family feel of the Husker program.

continued on page 18



Attitude That Craves Improvement continued from page 17

“Why we have been successful, is largely because it’s a personal feel – it’s a home feel. It’s important to the players’ parents that they feel that when they let their kids go, that they can trust our coaching staff as a family,” explained Owens.

According to Sapp, past barriers in recruiting are now no longer holding the Husker program back. “We have to battle all the preconceived ideas of what Nebraska is. But once we get them here, we just shock them! Lincoln is not what they expected at all. The growth of the basketball program has been in step, with the city of Lincoln, with all the new growth and development,” praised Sapp, a native of Ashland, Nebraska.

When Much Is Expected – Much Is Given

The NCAA requires players to take a minimum of 12 credit hours each semester. According to Owens the team averages about 14 credit hours during the session. By taking classes year round (including the summer) nearly all the players will complete their degrees in four years. Some players are already working on graduate degrees while still being eligible to play.

With classroom requirements, academic meetings, life skills meetings, working with athletic trainers, attending required film sessions and weight lifting, the players must work continually to manage their time. With that being said, the University of Nebraska has invested in the players surroundings.

The Huskers have put all their recruiting chips in with the sparkling three year old Hendricks Training Complex. The two-story complex feature has an expansive practice court equipped with a video board for nearly instant video

review. Players have first class amenities such as a players’ lounge, which includes mammoth televisions, a plasma video wall, pool table and kitchen area. The players’ locker room features built-in iPads with individualized displays and A/V jacks so players can play their own music throughout the facility. Players can recover in hot or cold tanks that feature two large televisions. Each shower sports three sprinkler heads and built in speakers to listen to music.

The 15,000+ seat Pinnacle Bank Arena opened right before the 2013-14 season with Husker fans selling out the entire season for the first time in program history. The Huskers rewarded the fans with a 15-1 home record, the best since the 1982-83 season.

In watching a full practice just two days prior to the first official exhibition game, two resounding themes seemed evident - Competiveness and Accountability. Clearly, Miles, his staff, and team are ready to meet the high expectations placed on the program internally and externally. Let the fun begin!



Photos on page 14 - 18 Courtesy of Husker Athletics



I BELONG

x2

Andy Vrbka
High Plains
Community Schools

- **Athletic Director**
- **Coach**
football, basketball, track
- **Past President**
High Plains Education Association
- **Head Negotiator**

“I take advantage of all the discounts available through NSEA membership. People need to realize it’s a heck of a benefit, with all the hotels, food and other discounts available. I use it all the time.”

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

NSEA
Nebraska State Education Association
605 South 14th Street • Lincoln, Nebraska 68508

TIMING IS EVERYTHING

Crystal Zabka Belsky, MS, RD, CSSD, LMNT



No coach is a stranger to the importance of timing. Whether it is the final 5 seconds in a tied basketball game, the difference of 0.05 seconds between two swimmers on a stopwatch, or the timing of a baton exchange relative to an exchange zone, timing is crucial in athletics. The same is true for sports nutrition. Nutrient timing is an essential component in promoting optimal

athletic capacity and recovery. Sports nutrition requires practice just like the sport itself. Athletes should experiment with meals, snacks and fluids throughout their training in an effort to ensure tolerance and effectiveness. Let's take a closer look at nutrition before, during and after exercise.

Nutrition Before Exercise

Eating before exercise is essential, especially when the exercise takes place first thing in the morning. Throughout the night, our fuel supplies can become partially depleted as our body works to keep our brains, heart and other vital organs functioning properly. Therefore, when we wake up, we need to refuel if we expect to perform at a high level. Though many athletes believe the common myth that choosing not to eat before exercise will assist in burning body fat, failing to eat before exercise is likely to result in loss of lean muscle, and a loss of strength and endurance. Choosing what to eat may be the tricky part, especially on days of competition due to pre-event jitters. There are a few basic ground rules for eating before exercise that will help you understand the best strategy for fueling.

First, food and fluid intake should gradually decrease as the time of the event draws closer. More emphasis should be placed on carbohydrate intake than protein and fat to promote optimal energy availability. It is rare that non-food sources, such as creatine supplements, are necessary for fueling exercise. And in fact, the nutrition found in whole foods is better absorbed and tolerated than that coming from a supplement. The foods and fluids should be chosen based on an athlete's preferences and tolerance, as well as availability. The closer one gets to exercise, the amount of high-fat and high-protein foods eaten should be decreased. Specific food and fluid needs are relative to an athlete's age, gender, weight and exercise demands.

Here are some examples of what basic meal recommendations may be based on different timelines prior to exercise:

4 hours before exercise

Spaghetti with Tomato Sauce & Meatballs, Garlic Bread, Pear, Peas, Fruit Yogurt, Skim Milk

3 hours before exercise

Rice, Chicken, Sweet Potato, Banana, Fruit Yogurt, Skim Milk

2 hours before exercise

Fruit Yogurt, Banana, Peanut Butter Sandwich, Sports Drink

1 hour before exercise

Crackers, Sports Drink

Fluid before exercise is crucial for performance and overall health. Hydration should start several hours before exercise, with approximately 20 oz of water two hours before exercise and another 10 oz of water 10-20 minutes prior to starting the workout. Some athletes may benefit from adding salty snacks to their training routine in an effort to assist with hydration. A sports dietitian can help you determine the best option for your athletes.

Nutrition During Exercise

Food and fluid needs during exercise are largely dependent upon the intensity and duration of the event. Exercise lasting less than 45 minutes does not require carbohydrate intake or sports drinks. When exercise lasts an hour or more, the introduction of sports drinks is recommended. For those sports that have practices and competition lasting 1 to 2 hours with intermittent, high-intensity exercise, it may be necessary for athletes to consume one or two 20-oz bottles of sports drink throughout the workout to promote adequate hydration. Examples of these types of sports may include, but are not limited to, soccer, volleyball and football. The use of sports gels and additional carbohydrate is generally reserved for endurance and ultra-endurance sports. In these cases, it is best for a sports dietitian to work directly with an athlete to develop a plan specific to their individual needs. Some general guidelines to follow include: Drink 6-8 oz (4-6 gulps) of water every 15-20 minutes for the first hour of exercise, followed by the incorporation of 6-8 oz (4-6 gulps) of a 6-8% carbohydrate sports drink with electrolytes every 15-20 minutes for the remainder of the workout. Generally, it is not necessary to include substantial sources of protein or fat during a workout.

Nutrition After Exercise

Refueling after exercise is the cornerstone of a sound training program. An athlete needs to replace the fuel that was used to promote recovery and to maintain, or even build, muscle. Food intake following exercise should occur within the first 30 minutes to promote ideal nutrient replacement. A post-exercise meal or snack should include up to 30 g of protein. Though many athletes believe that more is better, the muscles of most high school athletes only need about 30 g of protein for optimal recovery. Any additional protein consumed will just be burned for energy or stored as fat. Though many protein supplements are available, the need for supplementation is minimal if adequate food intake occurs. Carbohydrate intake should be coupled with protein in an effort to replenish exhausted stores of creatine in the muscle, as well as muscle and liver glycogen.

Food is only part of the recovery. Equally important in the recovery process is getting the athlete rehydrated. Fluid replacement helps reduce the risk of cramping and assists the athlete with cooling down. One of the best strategies to predict fluid needs is to complete a weight assessment before and after exercise. An athlete will need approximately 16-24 oz of fluid for every pound of body weight lost, which could come in the form of water or a sports drink, depending on what foods are eaten alongside the fluid. When weight assessments are not an option, athletes can judge their hydration status by looking at the color of their urine. Lighter colored urine usually indicates better overall hydration. When an athlete is not urinating following exercise, it may be an indication that they are already dehydrated. Proper hydration comes from building good habits into their overall training schedule by providing adequate access to fluids during all times of the day.

continued on page 22



Pinnacle Bank Arena

LINCOLN
CONVENTION AND VISITORS BUREAU

**Proud new home of NSAA
Basketball & Volleyball Tournaments**

800.423.8212 | lincoln.org

Timing is Everything continued from page 21

Here are some examples of what post-exercise food recommendations may look like, depending on if it will be a snack or meal following the workout:

Snack Idea #1

Bagel + Peanut Butter + Greek Yogurt + Raisins

Snack Idea #2

Homemade Trail Mix (Peanuts, Craisins, Pretzels) + Cottage Cheese

Meal Idea #1

Turkey, Cheese & Veggie Tortilla Wrap + Greek Yogurt + Apple

Meal Idea #2

Black Bean, Veggie & Cheese Rice Bowl + Skim Milk + Banana

As with all components of athletics, sports nutrition is a concept that requires individualization and attention to detail. In combination with a well-tailored training regimen, optimal nutrient timing may be the difference between an average athlete and a high-level competitor.

For more information on the best way to fuel your athletes, please contact:

Crystal Zabka Belsky, MS, RD, CSSD, LMNT
czabka@omnibehavioralhealth.com

Crystal graduated from the University of Nebraska in 2005 with dual Bachelor's Degrees in Dietetics and Exercise Science and

in 2007 with a Master's Degree in Nutrition & Exercise. Crystal completed her Dietetic Internship at the University of Nebraska, during which time she worked closely with the rehabilitation of traumatic brain injury patients at Madonna Rehabilitation Hospital. In pursuit of her Master's Degree, Crystal's thesis research involved the development, piloting, evaluation and implementation of an eating disorder risk assessment instrument for the University of Nebraska Athletic Department. Crystal is a Board Certified Specialist in Sports Dietetics, specializing in the treatment of eating disorders in athletes.

Crystal currently serves nationally as a member of the Board Certified Specialists in Sports Dietetics Examination Committee and the NCAA-SCAN (Sports, Cardiovascular & Wellness Nutrition) initiative committee, specializing in the treatment of eating disorders in athletes and locally as a member of the Council on Practice for the Omaha Academy of Nutrition & Dietetics. In an effort to promote eating disorder awareness, Crystal presents eating disorder seminars across the state at a variety of hospitals, universities and treatment programs throughout the year.

References

Burke LM and Deakin V (eds). Clinical Sports Nutrition, 4th ed. Australia: McGraw-Hill; 2009. ISBN: 0070277206.

Rosenbloom C. Sports Nutrition: A Practice Manual for Professionals. 5th ed. Chicago, IL: SCAN Dietetic Practice Group, The Academy of Nutrition and Dietetics; 2012. ISBN: 0880914521.

Sawka MN, Burke L, Eichner R, Maughan RJ, Montain SJ, Stachenfeld N. American College of Sports Medicine exercise and fluid replacement position stand. Medicine and Science in Sports and Exercise. 2007; 377-390.




OMNI Behavioral Health

SPECIALISTS IN COMMUNITY SERVICES



TOGETHER WE  **RUSSELL ATHLETIC**

While we are all created equal,
TEAMS are NOT.



Teams **venture** into uncharted waters.
Challenge the laws of physics.
And pull off the **impossible, together.**



Instead of running **their mouths**,
teams **roll up** their sleeves.
And run out **on the field,**
together.



I PLAY FOR TEAM.

Visit www.russellathletic.com
to locate your local dealer
for all your apparel and uniform needs.



Stay
PRODUCTIVE.
Feel refreshed.

Make work feel less like work with:

- Free high-speed Internet access
- Complimentary, hot Be Our Guest Breakfast
- Comfortable, spacious rooms
- Pool and Whirlpool
- Guest Laundry on-site
- And more!

Country Inn & Suites By Carlson,
Lincoln North, NE
5353 North 27th Street
Lincoln, NE 68521
+1 (402) 476-5353 • countryinns.com/lincolnne


COUNTRY
INN & SUITES
BY CARLSON

THE INVERSE RELATIONSHIP BETWEEN GRATITUDE AND ENTITLEMENT

Tim Elmore



Research done with people both young and old reveals very interesting conclusions on the role of gratitude. Author and researcher, Dr. Robert Emmons, from the University of California Davis, believes he knows what gives life meaning: pure and simple gratitude.

Emmons' team found that people who view life as a gift and consciously acquire an "attitude of gratitude" experience multiple advantages. Gratitude improves emotional and physical health, and can strengthen relationships and communities. Some strategies include keeping a gratitude journal, learning prayers of gratitude, and using visual reminders. "Without gratitude, life can be lonely, depressing and impoverished," said Emmons. "Gratitude enriches human life. It elevates, energizes, inspires and transforms. People are moved, opened and humbled through expressions of gratitude."

Unfortunately, cultivating an attitude of gratitude isn't easy.

A Sense of Gratitude and Entitlement Among Students

It is, according to Emmons, a "chosen attitude." We must be willing to recognize and acknowledge that we are the recipients of an unearned benefit. This is especially rare among middle-class high school and college students who've grown up in a world that's revolved around them; one that allows them to build a platform via social media without displaying value; one that repeatedly communicates they are "awesome" and deserve trophies just for playing. This world actually cultivates a sense of entitlement. Students feel they deserve any good they've received. It is, in fact, contrary to the growth of a spirit of gratitude. Entitlement is virtually the opposite of gratitude: as I feel more entitled, my gratitude shrinks in proportion.

Research indicates that gratitude is not merely a positive emotion—it can improve your health if cultivated. Research also indicates that students must give up a "victim mentality" and overcome a sense of entitlement

and deservedness. Think for a moment. When someone feels entitled to something, there's little need for gratitude: I don't need to thank someone; I deserved the gift. In fact, these people are lucky to have me around. I'm amazing. When we examine the areas where students struggle today, they are areas in which gratitude would actually aid them in their growth:

- Energy levels and motivation.
- Mental and emotional well-being.
- Academic achievement.
- Healthy, long-term relationships.
- Dealing with tragedy and crisis.

In one study, researchers had participants test a number of different gratitude exercises, such as thinking about a living person for whom they were grateful, writing about someone for whom they were grateful, and writing a letter to deliver to someone for whom they were grateful. Participants in the control condition were asked to describe a room in their house (neutral). Participants who engaged in a gratitude exercise showed increases in positive emotion immediately after the exercise, with this result being strongest for participants who were asked to think about a person for whom they were grateful. What's more, participants who had grateful personalities to begin with showed the greatest benefit from these gratitude exercises. In people who are grateful in general, life events have little influence on experienced gratitude (McCullough, Tsang & Emmons, 2004). In other words, it's a state of mind.

Wow. That sure beats a sense of entitlement. Everyone wins with gratitude.

Tim Elmore is a best-selling author of more than 25 books, including Generation iY: Our Last Chance to Save Their Future, Artificial Maturity: Helping Kids Meet the Challenges of Becoming Authentic Adults, the Habitudes® series, and 12 Huge Mistakes Parents Can Avoid. He is founder and president of Growing Leaders, an organization dedicated to mentoring today's young people to become the leaders of tomorrow.

Find information on Tim and Growing Leaders at www.GrowingLeaders.com and [@GrowingLeaders @TimElmore](https://twitter.com/GrowingLeaders).



SPORTSMANSHIP PEP RALLY



Photos Courtesy of Sportsmanship 4 Life Pep Rally

NEBRASKA HIGH SCHOOL SPORTS

HALL OF FAME

Honoring the past to inspire the future.



500 Charleston Street, Lincoln, NE 68501

nebhalloffame.org

HOURS OF OPERATION: M/W/F: 10 a.m. - 4 p.m. or by appointment
402-476-4767

SPORTSMANSHIP & LEADERSHIP SUMMITS

“The two days at the Nebraska Sportsmanship and Leadership Summits were awesome. Special young people who want to make a difference by creating a loud, fun and classy culture.”
 – Rob Miller, Proactive Coaching

“When I think of the two days at the Nebraska Sportsmanship and Leadership Summits the word that comes to mind is “impact!” These student-athletes are destined to return to their schools and communities to make a positive impact.” – Aaron Davis, Aaron Davis Presentations

**What does your school believe in?
 What are your core cultural values?**

**Are you using a student led Public Service Announcement before events?
 Send us your video beliefs and messages – darin@ncacoach.org**

When filming your videos – use landscape or film sideways!





Nebraska's Independent Colleges

Nebraska's independent colleges and universities are proud to sponsor the NCA/NSIAAA/NSAA Sportsmanship Summit and the Sportsmanship Awards presented at the Volleyball, Girls' and Boys' Basketball and Girls' and Boys' Soccer Championships.

Consider private college choices:

- | | |
|-----------------------|------------------------------|
| Bellevue University | Midland University |
| College of Saint Mary | Nebraska Wesleyan University |
| Concordia University | Union College |
| Doane College | York College |
| Hastings College | |

For more information, go to: www.nicfonline.org



Nebraska's independent colleges include the private colleges and universities that are members of the Nebraska Independent College Foundation.

WeBacks

Sponsor of NCA All-Star Teams

2014 Boys' Cross Country Super-State & All-State Teams



Super-State

Class A

John Nownes, Creighton Preparatory School
Reno Law, Millard South
Ty Hansen, Fremont
Wyatt McLeod, Lincoln Northeast
Zachary Smrcina, Fremont
Nathan Wendt, Millard South
Milo Greder, Omaha Westside
Andrew Vasquez, Omaha Burke
Ryan Bates, Lincoln East
Francis Cuddy, Lincoln High
Alexander Tollinger, Omaha Central
Zachary Lundberg, Omaha North

Class B

Matthew Barraza, Scottsbluff
Austin Yardley, Elkhorn
Shane Burkey, Scottsbluff
Jackson Doughty, Elkhorn South

Class C

Tylin Masco, Milford

Class D

Zachary Welch, Ainsworth
Warren Dexter, Nebraska Christian
Rodger Farr, Eustis-Farnam/Medicine Valley

All-State

Class A

Top 12 Super-State

Class B

Top 4 Super-State
Jared Yost, Lincoln Pius X
Jackson Larsen, Omaha Gross Catholic
Matthew Richardson, Scottsbluff

Class C

Top 1 Super-State
Hunter Jensen, Milford
Alexander Tietz, Fort Calhoun
Nathan Ostdiek, Columbus Scotus
Edward Greutz, Mitchell
Gerardo Najera, Douglas County West
Grant Johnston, O'Neill

Class D

Top 3 Super-State
Brady Delimont, Ainsworth
Cameron Moes, Osmond
Trevor Lockman, Elmwood-Murdock
Gage Hoegermeyer, Logan View

2014 Girls' Cross Country Super-State & All-State Teams



Super-State

Class A

Jeralyn Poe, Lincoln North Star
Katie Spencer, Millard South
Taylor Somers, Millard South
Elsa Forsberg, Lincoln Southeast
Alexis Altmaier, Lincoln East
Kaitlynn Johnson, Millard West
Morgan Applegarth, Lincoln East
Emily Berzonsky, Lincoln Southwest
Carrie Olson, Millard West
Emily Bedford, Millard South
Diana Lado Andrea, Lincoln North Star

Class B

Willa Koenig, Lincoln Pius X
Alexandra Pace, Lincoln Pius X
Megan Billington, Northwest
Taylor Muncie, Scottsbluff
Jonna Bart, Aurora
Ellie Beiermann, Lincoln Pius X
Kennedy Krejdl, Aurora

Class C

Celeste Cardona, Mitchell

Class D

Sheridan Wellnitz Gordon-Rushville

All-State

Class A

Top 11 Super-State

Class B

Top 7 Super-State

Class C

Top 1 Super-State
Collette Williams, Lincoln Christian
Kiya Passero, Chadron
Sophia Conant, Adams Central
Marcella Jurotich, Wayne
Zoe Ritz, Ord
Drew Gieschen, Ogallala

Class D

Top 1 Super-State
Haley Arens, Crofton
Braska Patterson, Stanton
Madison Lambley, Dundey County Stratton
Madison Quist, Doniphan-Trumbull
Anna O'Malley, North Platte St. Patrick's
Jessi Smith, Bayard

WeBacks

Sponsor of NCA All-Star Teams

NCA Boys' Tennis All-State Teams



Class A

First Team

Christopher Dean, Papillion-La Vista South – CAPTAIN
Brady Draheim, Omaha Creighton Prep
Thomas Kennedy, Omaha Creighton Prep
Nathan Singh, Omaha Creighton Prep
Alexander Woodward, Lincoln Southwest
Brett Slezak, Omaha Creighton Prep

Second Team

Stavros Piperis, Omaha Creighton Prep
William Gleason, Lincoln Southwest
Brendan Eglseder, Omaha Creighton Prep
Cameron Spurrier, Lincoln Southwest
Dillon Ketcham, Omaha Westside
Jacob Wenger, Lincoln East
Lucas Dionisopoulos, Lincoln Southwest

Class B

First Team

Mason Meier, Elkhorn South - CAPTAIN
Jacob Weber, Gretna
Jonah Clark, Elkhorn South
Zahler Zandt, Elkhorn South
Landon Warner, Lincoln Pius X
Matthew Karnes, Hastings

Second Team

Ryan Vitera, Grand Island Central Catholic
Drake Schaphorst, Elkhorn South
Jake Lortz, Elkhorn South
Skylar Lowe, Skutt Catholic
Adam Olson, Lincoln Pius X
Thomas Kelly, Lincoln Pius X

NCA Girls' Golf All-State Teams



Super State:

Ashton Boldt, Minden
Krysten Baete, Beatrice
Makenzie Fuss, Omaha Marian
Callie Hawkins, Gretna
Katie Irvin, Papillion-La Vista
Lidia Jons, Lincoln Southwest
Melissa Kyncl, Boone Central
Sara Larsson, Plattsmouth
Brandi Lemek, Doniphan-Trumbull
Maaika Mestl, Ogallala
Raluca Maiefski, Omaha Roncalli Catholic
Samantha Rahmig, Gering
Spencer Roach, Papillion-La Vista
Nia Station, Omaha Burke
Morgan Thiele, Kearney Catholic
Megan Whittaker, Elkhorn South
Jordan York, Scottsbluff

Class C All-State State:

Paige Mestl, Heartland



2014 FALL CHAMPION COACHES

Boys' Cross Country

A	Father Bob Tillman	Omaha Creighton Prep
B	Jim Barker	Scottsbluff
C	Michele Kontor	Milford
D	Janet Landrigan	Nebraska Christian

Softball

A	Steve Kerkman	Millard South
B	Brad Beard	Elkhorn
C	Allan Kreikemeier	Guardian Angels Central Catholic

Girls' Cross Country

A	Jeremy Haselhorst	Papillion-La Vista South
B	George O'Boyle	Lincoln Pius X
C	Tom Dickey	Boone Central/Newman Grove
D	Jayne Arens	Crofton

Volleyball

A	Rochelle Rohlf	Omaha Marian
B	Christina Boesiger	Norris
C1	Kris Conner	Kearney Catholic
C2	Dani White	Freeman
D1	McKenzie Connot	St. Mary's
D2	Kurt Polt	Giltner

Boy' Tennis

A	Mike Higgins	Omaha Creighton Prep
B	Steve Bischof	Elkhorn South

Football

A	Larry Martin	Omaha North
B	Matt Turman	Omaha Skutt Catholic
C1	Arnie Johnson	Boone Central/Newman Grove
C2	Ron Mimick	Aquinas Catholic
D1	Jordan Haas	Hemingford
D2	Dean Filipi	Exeter-Milligan

Girls' Golf

A	Mimi Ramsbottom	Elkhorn South
B	Mike Klein	Scottsbluff
C	Steve Exstrom	Minden



Proud Partner of the Nebraska Coaches Association

Last year,
over 250
 Nebraska groups raised
 more than
\$1.5M
 with the help of
**Fundraising University
 Consultants.**



- Expert Fundraising Consultants
- Proven Fundraising System
- Innovative Products

What would you buy with more in your team's budget?

DREAM BIG!

LET FUNDRAISING UNIVERSITY HELP YOU GET THERE!

1.800.217.1962 www.fundraisingu.net



WWW.CSPORTSNET.COM
 SALES@CSPORTSNET.COM
 800.752.2317

We do the work. You make the money.

Yes, it is that easy.

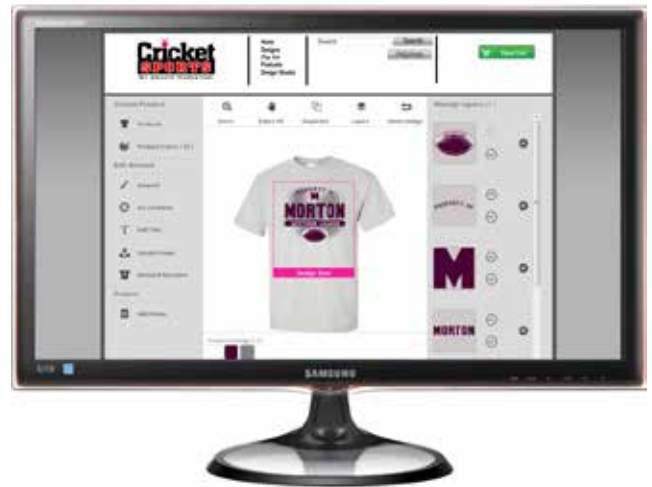
Cricket Sports is now offering Online Special Event Stores and Online School Stores!



- ➔ WE design your shirt.
- ➔ WE build the online store.
- ➔ WE host the online store.
- ➔ WE take all orders and payments.
- ➔ WE produce the orders.
- ➔ YOU receive the shirts and the profits.



Online School and Team Stores!



Design your own apparel online!

For more information and to set up your online store, please contact your sales rep or our main offices at sales@csportsnet.com or 800.752.2317.



State Tournament Apparel * Team Apparel * School Spirit Wear * Special Event Apparel
 T-Shirts * Sweatshirts * Sweatpants * Shorts * Polos * Jackets * Warm-ups * Specialty Apparel
 Gift Items * Hats * Visors * Knitwear * Blankets * Cups * Mugs * Stadium Seats * Banners
 And More Items than we can possibly list in this advertisement.



The 2015 Nebraska State Cheerleading & Dance Championships will be February 20-21 at the Heartland Event Center in Grand Island. Registration deadline is January 19. Please visit the NCA website www.ncacoach.org for further information.

CALLAM SPORTS PHOTOGRAPHY

PHOTO BUTTONS

ACTION PHOTOS

TEAM & INDIVIDUAL PHOTOS

PHOTO COLLAGES

PROVIDING THE VERY BEST
SPORTS PHOTOGRAPHY SERVICES
FOR SCHOOLS, CLUBS, AND ORGANIZATIONS

EMAIL: CALLAMSPORTS@GMAIL.COM PHONE: 402-419-6218 WEBSITE: CALLAMSPORTSPHOTO.COM

The advertisement is a collage of various sports photography examples. It includes individual portraits of athletes like Sara Holmgren and Jordan Powell, team photos for the Viking Softball and Orangemen Football teams, and action shots from various sports like volleyball and football. The text is overlaid on the collage in various colors and fonts.

ARE YOUR PLAYERS READY TO TAKE THEIR **GAME** TO THE NEXT LEVEL?



\$500 million in scholarships
23 national championship sports



Register before you play: Go to PLAYNAIA.ORG/gpac



VOLLEYBALL SPORT



Class A — Omaha Marian



Class B —



Class C2 — Freeman



Class D1 —



TSMANSHIP AWARDS



— Norris



Class C1 — Columbus Scotus



— Diller-Odell



Class D2 — Giltner



2014-2015 NCA MEMBERSHIP REGISTRATION

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

NCA
P.O. Box 80727
Lincoln, NE 68501-0727

Name:

Gender: Male Female

Date of Birth: / /

NSAA High School:

Middle School/
College/Youth Org/Club:

Home Address: (Please do not enter school address)

City, State Zip: ,

Phone: () - E-mail:

Check here if **FIRST TIME COACH** - OR - Enter # of years in coaching/administration through 2013-2014:

Coaching Assignments 2014-2015:

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

Administrative Assignments 2014-2015: Please indicate any administrative positions you hold for 2014-2015 for this high school.

- Athletic Director
 Assistant Athletic Director
 Activities Director
 Principal
 Assistant Principal
 Superintendent
 Registrant is a **Past President of the NCA Board** (membership fee waived).
 Registrant is a **College Student** (membership fee waived).

FEES:

NCA Membership: \$40.00

Additional Options: Texas Coach Subscription (\$16.00)

Total Amount Due: \$

Credit Card Number:
 (Mastercard, VISA, Discover) Expiration Date: (Mo/Yr) /

Signature: _____

NEBRASKA NATIONAL GUARD

NATIONALGUARD.com • 1-800-GO-GUARD

SCHEDULE ONE OF THE BELOW PROGRAMS FOR YOUR CLASS OR TEAM!

**BOOT CAMP
CHALLENGE**



**WARRIOR
CHALLENGE**



TEAM OR SCHOOL PROGRAMS

- Warrior Challenge
- Football Toss
- Basketball Boot-N-Shoot
- Boot Camp Challenge
- Fitness Challenge
- Army Physical Fitness Program
- School Banner Program

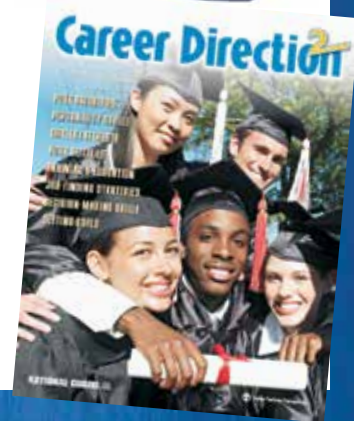


CLASS PRESENTATIONS

- Career Exploration
- Health & Nutrition
- Conflict Resolution
- Diversity
- Drugs & Alcohol
- Communication
- Paying for College
- Heritage Outreach
- Homeland Security
- Budgeting
- Leadership
- Shaping History
- Problem Solving
- Study Techniques



**Contact SGM John Valasek
at (308)440-4176 or
john.a.valasek.mil@mail.mil**



2014-2015 Design & Theme: West Holt High School

A central graphic featuring a map of Nebraska with various cities labeled. Overlaid on the map is the text "4 Your Team" in a large, blue, stylized font. To the left, a silhouette of a person shouting into a megaphone is shown, with the word "Cheer" written on the megaphone. Below this, the words "Flair", "Winner", and "Power" are listed. The map also includes several circular icons: a soccer ball, a basketball, a football, and a basketball player. Surrounding the map is a dense word cloud of various terms in different colors and sizes, including: Progress, enthusiasm, Smashing, small, Good, Keen, Enjoy, Team, Achieve, Advance, Pride, Ability, Varied, Succeed, Special, Impres, Thrilling, Motivate, Integrity, Support, Excel, Prestige, Memorable, Rewarding, Alive, Big, Dedication, Sportsmanship, Dream, Confidence, Classy, Radiant, Flair, Winner, Power, Superb, Rural, Encourage, Brilliant, Active, Amaze, Live, Urban, Prize, Skill, Live, Dream, Sportsmanship, Confidence, Classy, Radiant, Flair, Winner, Power, Superb, Rural, Encourage, Brilliant, Active, Amaze, Live, Urban, Prize, Skill, Live, Dream, Sportsmanship, Confidence, Classy, Radiant, Flair, Winner, Power, Superb, Rural, Encourage, Brilliant, Active, Amaze, Live, Urban, Prize, Skill, Live.

