

**NEBRASKA COACHES ASSOCIATION
MULTI-SPORTS CLINIC
JULY 21-23, 2015
LINCOLN NORTH STAR HIGH SCHOOL**

UNDERWRITTEN BY:

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

Lincoln Convention & Visitors Bureau
Russell Athletics
Country Inn & Suites – Lincoln North
Scheels
Advanced Exercise Equipment
Nebraska School Activities Association

Nebraska National Guard
Baden Sports
Cricket Sports by Abante Marketing
HUMANeX
Coaches Choice

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 21

7:30 a.m.

REGISTRATION AND EXHIBIT AREA OPEN

8:30 a.m. – 9:20 a.m.

Rob Miller, ProActive Coaching- "Building the Multi-Sports/Activities Mission Within Your School"

9:50 a.m. – 11:20 a.m.

WELCOME, KEYNOTE ADDRESS: JON GORDON – "THE POWER OF A POSITIVE TEAM" Co-Sponsored by the Nebraska FCA **Main Gym**

11:20 a.m. - 1:00 p.m.

Lunch on Your Own

1:00 p.m. – 1:50 p.m.

Beyond X's & O's: Jay Hammes, Safe Sport Zone- "PLAY IT SAFE COACH-Protect Your Dreams" - Presented by the NSAA **South Gym**

Beyond X's & O's: Rob Miller, ProActive Coaching- "Multi-Sports/Activities is a Good Thing" **Main Gym**

Beyond X's & O's: Crystal Zabka Belsky, OMNI Behavioral Health-Sports Dietitian-"Sports Nutrition: Game Changer in Athletics" **Aud.**

2:20 p.m. – 3:50 p.m.

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

2:20 p.m. – 3:10 p.m.

Jay Hammes, Safe Sport Zone- "Security Certification Training" Part I - Presented by the NSAA

(Certification Requires Attendance of Both Sessions)

3:30 p.m. – 4:20 p.m.

Jay Hammes, Safe Sport Zone- "Security Certification Training" Part II - Presented by the NSAA

(Certification Requires Attendance of Both Sessions)

Wednesday, July 22

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

7:30 a.m.

REGISTRATION AND EXHIBIT AREA OPEN

8:30 a.m. - 9:20 a.m.

3D Coaching- "Resources for Your Coaches - What's Working in Nebraska" – Dr. Tom Osborne & Doyle Denney

10:00 a.m. – 11:15 a.m.

Crystal Zabka Belsky, OMNI Behavioral Health-Sports Dietitian- "Maximizing a Competitive Edge with Sports Nutrition"

11:30 a.m. – 12:00 p.m.

District Meetings

12:00 p.m. – 1:30 p.m.

Lunch on Your Own – NCA Sport Advisory Lunch Meetings

1:30 p.m. – 2:20 p.m.

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

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.

David Hulings Western Michigan Christian/ Motivational Transition Coach- "The Software of Personality" Part I

2:50 p.m. – 3:40 p.m.

David Hulings Western Michigan Christian/ Motivational Transition Coach- "The Software of Personality" Part II

Thursday, July 23

7:30 a.m.

REGISTRATION AND EXHIBIT AREA OPEN

8:30 a.m. – 9:20 a.m.

Angela Crawford, NAIA, "Playing College Sports"

9:50 a.m. – 10:40 a.m.

rSchoolToday- "Activity Scheduler – The Foundation" **A100**

11:00 a.m. – 11:50 a.m.

rSchoolToday- "Activity Scheduler – The Workshop" **A100**

12:00 p.m.

Clinic Concludes with Drawings **Main Gym**

Stop by rSchoolToday (Booth #44) to ask questions specific to your program and/or to learn more about connecting Activity Scheduler to other rSchoolToday powerful programs

BASKETBALL

All Sessions in Main Gym unless otherwise noted

Tuesday, July 21

7:30 a.m.

REGISTRATION AND EXHIBIT AREA OPEN

8:30 a.m. – 9:20 a.m.

Dale Wellman, Nebraska Wesleyan University (Men)- "Forcing Tempo"

9:50 a.m. – 11:20 a.m.

WELCOME, KEYNOTE ADDRESS: JON GORDON – "THE POWER OF A POSITIVE TEAM" Co-Sponsored by the Nebraska FCA **Main Gym**

11:20 a.m. - 1:00 p.m.

Lunch on Your Own

1:00 p.m. – 1:50 p.m.

Beyond X's & O's: Jay Hammes, Safe Sport Zone- "PLAY IT SAFE COACH-Protect Your Dreams" - Presented by the NSAA **South Gym**

Beyond X's & O's: Rob Miller, ProActive Coaching- "Multi-Sports/Activities is a Good Thing" **Main Gym**

Beyond X's & O's: Crystal Zabka Belsky, OMNI Behavioral Health-Sports Dietitian-"Sports Nutrition: Game Changer in Athletics" **Aud.**

2:20 p.m. – 3:50 p.m.

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

2:20 p.m. – 3:10 p.m.

Pat Rady, Cloverdale HS, IN-(Boys) "Life as an Indiana Basketball Coach for 51 Years: Including Individual Workouts, Conditioning & Tryouts"

3:30 p.m. – 4:20 p.m.

Pat Rady, Cloverdale HS, IN-(Boys) "A Few of My Favorites: Drills, Quick Hitters and Offenses"

Wednesday, July 22

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

7:30 a.m.

REGISTRATION AND EXHIBIT AREA OPEN

8:30 a.m. – 9:45 a.m.

Mike Lee, Mike Lee Basketball Services- "Essentials: Only Skills 93.7% of High School Players Need"

10:00 a.m. – 11:15 a.m.

NSAA Rules Meeting & NCA Basketball Meeting

11:30 a.m. – 12:00 p.m.

District Meetings

12:00 p.m. – 1:30 p.m.

Lunch on Your Own – NCA Sport Advisory Lunch Meetings

1:30 p.m. – 2:20 p.m.

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

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.

Mike Lee, Mike Lee Basketball Services- "Beat the Panic: How to Separate From & Attack Pressure"

2:50 p.m. – 3:40 p.m.

Mike Lee, Mike Lee Basketball Services- "Steph Curry: Skills That Make Him an All-Star That Your Players Can Use"

Thursday, July 23

7:30 a.m.
8:30 a.m. – 9:20 a.m.
8:30 a.m. – 9:20 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
Angela Crawford, NAIA, "Playing College Sports" **Library**
Hudl: "Hudl: Helping the Basketball Coach Win" **A100**
Mike Lee, Mike Lee Basketball Services- "Beginners & Fundamental Drills"
Zach Klaassen, Harlan HS, IA (Girls)- "Coaching Fundamentals/Practice"
Zach Klaassen, Harlan HS, IA (Girls)- "Half-Court Offense & Quick Hitters"
Clinic Concludes with Drawings **Main Gym**

CHEERLEADING & DANCE

Tuesday, July 21

7:30 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.

2:20 p.m. – 3:10 p.m.
2:20 p.m. – 3:50 p.m.
3:30 p.m. – 4:00 p.m.

****All Sessions Presented by: Varsity Spirit Corporation** All Sessions in A118B unless otherwise noted**
REGISTRATION AND EXHIBIT AREA OPEN
Crystal Zabka Belsky, Sports Dietitian- "Competitive Thinness—When Competition Goes Beyond the Sport"
WELCOME, KEYNOTE ADDRESS: JON GORDON – "THE POWER OF A POSITIVE TEAM" Co-Sponsored by the Nebraska FCA **Main Gym**
Lunch on Your Own
Beyond X's & O's: Jay Hammes, Safe Sport Zone- "PLAY IT SAFE COACH-Protect Your Dreams" - Presented by the NSAA **South Gym**
Beyond X's & O's: Rob Miller, ProActive Coaching- "Multi-Sports/Activities is a Good Thing" **Main Gym**
Beyond X's & O's: Crystal Zabka Belsky, OMNI Behavioral Health-Sports Dietitian-"Sports Nutrition: Game Changer in Athletics" **Aud.**
Universal Cheerleading- "Proper Stretching Strengthening to Increase Jump Skills"
NE Orthopaedic & Sports Medicine-Lincoln- "Care & Prevention of Athletic Injuries-Taping for Coaches" **Training Room**
Universal Cheerleading- "How to Maximize the Score Sheet at Competition"

Wednesday, July 22

7:30 a.m.
8:30 a.m. – 9:20 a.m.
9:30 a.m. – 10:20 a.m.
10:30 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.
2:50 p.m. – 3:40 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
Universal Cheerleading- "Crowd Involvement Cheers for Non-Building Teams" & "Why is My Cheer Score So Low?"
Universal Cheerleading- "Sideline Competition vs. UCA Game Day Competition" & "NE: Replace Sideline with Game Day?"
Round Table Discussion Suggestions & Proposals to Improve Nebraska State Championships
District Meetings
Lunch on Your Own
Dave Schultz, Nebraska Sports Concussion Network- "Refresher-ImPact-Baseline Testing & Training" Sign Up at Booth #15, D023
NE Orthopaedic & Sports Medicine-Lincoln- "Care & Prevention of Athletic Injuries-Taping for Coaches" **Training Room**
Jeff Snow, UCA/Iowa Western Community College- "Why We Coach"
Jeff Snow, UCA/Iowa Western Community College- "Six Traits of Good Leader"

Thursday, July 23

7:30 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
Angela Crawford, NAIA, "Playing College Sports" **Library**
Universal Cheerleading- "How to Add Difficulty to a Non-Building/Non-Tumbling Routine"
Universal Cheerleading- "What the Judges Are Looking For"
Clinic Concludes with Drawings **Main Gym**

CROSS COUNTRY

Tuesday, July 21

7:30 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.

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

All sessions in E119 unless otherwise noted
REGISTRATION AND EXHIBIT AREA OPEN
Clint May, Bozeman HS, MT- "Identifying, Creating, Adapting the Culture of Your Team"
WELCOME, KEYNOTE ADDRESS: JON GORDON – "THE POWER OF A POSITIVE TEAM" Co-Sponsored by the Nebraska FCA **Main Gym**
Lunch on Your Own
Beyond X's & O's: Jay Hammes, Safe Sport Zone- "PLAY IT SAFE COACH-Protect Your Dreams" - Presented by the NSAA **South Gym**
Beyond X's & O's: Rob Miller, ProActive Coaching- "Multi-Sports/Activities is a Good Thing" **Main Gym**
Beyond X's & O's: Crystal Zabka Belsky, OMNI Behavioral Health-Sports Dietitian-"Sports Nutrition: Game Changer in Athletics" **Aud.**
NE Orthopaedic & Sports Medicine-Lincoln- "Care & Prevention of Athletic Injuries-Taping for Coaches" **Training Room**
Clint May, Bozeman HS, MT- "Mental Stability"
Clint May, Bozeman HS, MT- A Look Inside Bozeman's Program"

Wednesday, July 22

7:30 a.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.
2:50 p.m. – 3:40 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 Meeting & NCA Cross Country Meeting
Brady Bonsall, University of Nebraska-Kearney- "Differences Between Coaching Men & Women"
District Meetings
Lunch on Your Own – NCA Sport Advisory Lunch Meetings
Dave Schultz, Nebraska Sports Concussion Network- "Refresher-ImPact-Baseline Testing & Training" Sign Up at Booth #15, D023
NE Orthopaedic & Sports Medicine-Lincoln- "Care & Prevention of Athletic Injuries-Taping for Coaches" **Training Room**
Brady Bonsall, University of Nebraska-Kearney- "Coaching the Developmental Athlete"
Brady Bonsall, University of Nebraska-Kearney- "Differential in Distance Training"

Thursday, July 23

7:30 a.m.
8:30 a.m. – 9:20 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
Angela Crawford, NAIA, "Playing College Sports" **Library**
Dan Fitzsimmons, University of South Dakota- "No Shortcuts to the Top – Coaching Tips & Tools"
Dan Fitzsimmons, University of South Dakota- "Pace Don't Race – Planning Workouts to Enhance Performance"
Dan Fitzsimmons, University of South Dakota- "Be a Hummingbird – Strength & Conditioning for Distance Runners"
Clinic Concludes with Drawings **Main Gym**

FOOTBALL 11-MAN

Tuesday, July 21

7:30 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.

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

All sessions in Auditorium unless otherwise noted

REGISTRATION AND EXHIBIT AREA OPEN
Trent Bray, University of Nebraska Coaching Staff - TBA
WELCOME, KEYNOTE ADDRESS: JON GORDON – “THE POWER OF A POSITIVE TEAM” Co-Sponsored by the Nebraska FCA **Main Gym**
Lunch on Your Own
Beyond X’s & O’s: Jay Hammes, Safe Sport Zone- “PLAY IT SAFE COACH-Protect Your Dreams” - Presented by the NSAA **South Gym**
Beyond X’s & O’s: Rob Miller, ProActive Coaching- “Multi-Sports/Activities is a Good Thing” **Main Gym**
Beyond X’s & O’s: Crystal Zabka Belsky, OMNI Behavioral Health-Sports Dietitian-“Sports Nutrition: Game Changer in Athletics” **Aud.**
NE Orthopaedic & Sports Medicine-Lincoln- “Care & Prevention of Athletic Injuries-Taping for Coaches” Training Room
Andrew Shanle, Cypress Ranch HS, TX- “Cypress Ranch Multiple 3-4 Defense: Worst to First”
Andrew Shanle, Cypress Ranch HS, TX- “Cypress Ranch Defense Plan Your Work, Work Your Plan”

Wednesday, July 22

7:30 a.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.
1:30 p.m. – 2:20 p.m.
2:50 p.m. – 3:40 p.m.
2:50 p.m. – 3:40 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 Meeting & NCA Football Meeting
Andrew Shanle, Cypress Ranch HS, TX- “Cypress Ranch Defense: Skills & Drills”
District Meetings
Lunch on Your Own – NCA Sport Advisory Lunch Meetings
Dave Schultz, Nebraska Sports Concussion Network- “Refresher-ImPact-Baseline Testing & Training” Sign Up at Booth #15, D023
NE Orthopaedic & Sports Medicine-Lincoln- “Care & Prevention of Athletic Injuries-Taping for Coaches” Training Room
P.J. Fleck, Western Michigan University – “Helping Student-Athletes Recognize Their Potential Part I” – Presented by HUMANeX
Ashland-Greenwood HS Staff- Teaching Football Fundamentals/Junior High Session – Classroom Session **B103**
P.J. Fleck, Western Michigan University – “Helping Student-Athletes Recognize Their Potential Part II” – Presented by HUMANeX
Ashland-Greenwood HS Staff- Teaching Football Fundamentals/Junior High Session – Classroom Session **B103**

Thursday, July 23

7:30 a.m.
8:30 a.m. – 9:20 a.m.
8:30 a.m. – 9:20 a.m.
8:30 a.m. – 9:20 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
Boo Schexnayder, Schexnayder Athletic Consulting- “Speed Development in Multi-Sports”
Hudl- “Hudl: Helping Football Coaches Win” **Theater**
Angela Crawford, NAIA, “Playing College Sports” **Library**
Ashland-Greenwood HS Staff- Teaching Football Fundamentals/Junior High Session – Classroom Session **B103**
Josh Lamberson, University of Nebraska-Kearney- “Quarterback 101”
Josh Lamberson, University of Nebraska-Kearney- “Drop Back Pass Concepts”
Clinic Concludes with Drawings **Main Gym**

FOOTBALL 8-MAN

Tuesday, July 21

7:30 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.

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

All Sessions in Theater unless otherwise noted

REGISTRATION AND EXHIBIT AREA OPEN
Cody Caswell & Aaron Amthor, Lawrence HS, MI- “Up Tempo Practice: Maximum Reps with Fast Quality Coaching”
WELCOME, KEYNOTE ADDRESS: JON GORDON – “THE POWER OF A POSITIVE TEAM” Co-Sponsored by the Nebraska FCA **Main Gym**
Lunch on Your Own
Beyond X’s & O’s: Jay Hammes, Safe Sport Zone- “PLAY IT SAFE COACH-Protect Your Dreams” - Presented by the NSAA **South Gym**
Beyond X’s & O’s: Rob Miller, ProActive Coaching- “Multi-Sports/Activities is a Good Thing” **Main Gym**
Beyond X’s & O’s: Crystal Zabka Belsky, OMNI Behavioral Health-Sports Dietitian-“Sports Nutrition: Game Changer in Athletics” **Aud.**
NE Orthopaedic & Sports Medicine-Lincoln- “Care & Prevention of Athletic Injuries-Taping for Coaches” **Training Room**
Cody Caswell, Lawrence HS, MI- “Up Tempo Spread Option Run Game”
Cody Caswell, Lawrence HS, MI- “Up Tempo Spread Option Pass Game”

Wednesday, July 22

7:30 a.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.
2:50 p.m. – 3:40 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 Meeting & NCA Football Meeting – **Auditorium**
Andrew Shanle, Cypress Ranch HS, TX- “Cypress Ranch Defense: Skills & Drills” **Aud.**
District Meetings
Lunch on Your Own – NCA Sport Advisory Lunch Meetings
Dave Schultz, Nebraska Sports Concussion Network- “Refresher-ImPact-Baseline Testing & Training” Sign Up at Booth #15, D023
NE Orthopaedic & Sports Medicine-Lincoln- “Care & Prevention of Athletic Injuries-Taping for Coaches” **Training Room**
Aaron Amthor, Lawrence HS, MI- “3 Rules of Defensive Line Play in the 3-2 Bear”
Aaron Amthor, Lawrence HS, MI- “DB/LB Play in the 3-2 Bear”

Thursday, July 23

7:30 a.m.
8:30 a.m. – 9:20 a.m.
8:30 a.m. – 9:20 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
Angela Crawford, NAIA, “Playing College Sports” **Library**
Hudl- “Hudl: Helping Football Coaches Win”
Boo Schexnayder, Schexnayder Athletic Consulting- “Speed Development in Multi-Sports” **Aud.**
David Grohs, Tekonsha HS, MI- “Team Defense: A Must in 8-Man Football”
David Grohs, Tekonsha HS, MI- “Be a Good Coach! – Lessons Learned From the Greats”
Clinic Concludes with Drawings **Main Gym**

GOLF

Tuesday, July 21

7:30 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. – 3:50 p.m.
2:20 p.m. – 3:10 p.m.
3:20 p.m. – 4:10 p.m.

Wednesday, July 22

7:30 a.m.
8:30 a.m. – 9:30 a.m.
9:45 a.m. – 11:00 a.m.
11:30 a.m. – 12:00 p.m.
12:00 p.m. – 1:30 p.m.
1:30 p.m. – 3:00 p.m.
1:30 p.m. – 2:20 p.m.
1:30 p.m. – 2:20 p.m.
2:50 p.m. – 3:40 p.m.

Thursday, July 23

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

All Golf sessions at Highlands Golf Course unless otherwise noted

REGISTRATION AND EXHIBIT AREA OPEN
WELCOME, KEYNOTE ADDRESS: JON GORDON – “THE POWER OF A POSITIVE TEAM” Co-Sponsored by the Nebraska FCA **Main Gym**
Lunch on Your Own
Beyond X’s & O’s: Jay Hammes, Safe Sport Zone- “PLAY IT SAFE COACH-Protect Your Dreams” - Presented by the NSAA **South Gym**
Beyond X’s & O’s: Rob Miller, ProActive Coaching- “Multi-Sports/Activities is a Good Thing” **Main Gym**
Beyond X’s & O’s: Crystal Zabka Belsky, OMNI Behavioral Health-Sports Dietitian-“Sports Nutrition: Game Changer in Athletics” **Aud.**
NE Orthopaedic & Sports Medicine-Lincoln- “Care & Prevention of Athletic Injuries-Taping for Coaches” **Training Room**
David Ogrin, Former PGA Player & Shelly Liddick, Bellevue Univ. (Women)- “Golf Coaching-What We Know”
David Ogrin, Former PGA Player & Shelly Liddick, Bellevue Univ. (Women)- “Introduction to the 8 Essential Playing Skills, Part I”

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
David Ogrin, Former PGA Player & Shelly Liddick, Bellevue Univ. (Women)- “Introduction to the 8 Essential Playing Skills, Part II”
AT HIGHLANDS GOLF COURSE CLUBHOUSE: NSAA Meeting & NCA Golf Meeting
District Meetings
Lunch on Your Own – NCA Sport Advisory Lunch Meetings
NE Orthopaedic & Sports Medicine-Lincoln- “Care & Prevention of Athletic Injuries-Taping for Coaches” **Training Room**
Dave Schultz, Nebraska Sports Concussion Network- “Refresher-ImPact-Baseline Testing & Training” Sign Up at Booth #15, D023
David Ogrin, Former PGA Player & Shelly Liddick, Bellevue Univ. (Women)- “Growing the Game Part I: Teaching the Beginner”
David Ogrin, Former PGA Player & Shelly Liddick, Bellevue Univ. (Women)- “Growing the Game Part II: Advancing the Golfer”

Angela Crawford, NAIA, “Playing College Sports” **Library**
David Ogrin, Former PGA Player & Shelly Liddick, Bellevue Univ. (Women)- “Entering the Zone”
David Ogrin, Former PGA Player & Shelly Liddick, Bellevue Univ. (Women)- “Developing Great Scoring Part I: Chipping”
David Ogrin, Former PGA Player & Shelly Liddick, Bellevue Univ. (Women)- “Developing Great Scoring Part II: Putting”
Clinic Concludes with Drawings **Main Gym**

SOCCER

Tuesday, July 21

7:30 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.

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

All Soccer sessions will be in Rom B111 unless otherwise noted

REGISTRATION AND EXHIBIT AREA OPEN
Casey Mann, Nebraska State Soccer Association- “Working with your Goalkeeper – Mentality and Presence”
WELCOME, KEYNOTE ADDRESS: JON GORDON – “THE POWER OF A POSITIVE TEAM” Co-Sponsored by the Nebraska FCA **Main Gym**
Lunch on Your Own
Beyond X’s & O’s: Jay Hammes, Safe Sport Zone- “PLAY IT SAFE COACH-Protect Your Dreams” - Presented by the NSAA **South Gym**
Beyond X’s & O’s: Rob Miller, ProActive Coaching- “Multi-Sports/Activities is a Good Thing” **Main Gym**
Beyond X’s & O’s: Crystal Zabka Belsky, OMNI Behavioral Health-Sports Dietitian-“Sports Nutrition: Game Changer in Athletics” **Aud.**
NE Orthopaedic & Sports Medicine-Lincoln- “Care & Prevention of Athletic Injuries-Taping for Coaches” **Training Room**
Anthony DiCicco, TBA – Presented by AstroTurf
Anthony DiCicco, TBA – Presented by AstroTurf

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
Anthony DiCicco, “Strategies to Maximize Your Attack Through Possession” – Presented by AstroTurf
District Meetings
Lunch Meeting - NSAA Meeting & NCA Soccer Meeting
NE Orthopaedic & Sports Medicine-Lincoln- “Care & Prevention of Athletic Injuries-Taping for Coaches” **Training Room**
Dave Schultz, Nebraska Sports Concussion Network- “Refresher-ImPact-Baseline Testing & Training” Sign Up at Booth #15, D023
Lee Mitchell, Alta HS, UT- “With Unity Comes Victory”
Lee Mitchell, Alta HS, UT- “Play Like You Practice”

Thursday, July 23

8:30 a.m. – 9:20 a.m.
8:30 a.m. – 9:20 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.

David Hulings Western Michigan Christian/ Motivational Transition Coach- “The Hardware of Personality”
Boo Schexnayder, Schexnayder Athletic Consulting- “Speed Development in Multi-Sports” **Aud**
Angela Crawford, NAIA, “Playing College Sports” **Library**
David Hulings Western Michigan Christian/ Motivational Transition Coach- “The Software of Personality” Part I
David Hulings Western Michigan Christian/ Motivational Transition Coach- “The Software of Personality” Part II
Clinic Concludes with Drawings **Main Gym**

SOFTBALL/BASEBALL

Tuesday, July 21

7:30 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.

2:20 p.m. – 3:50 p.m.

All Softball/Baseball Sessions in room E121 unless otherwise noted

REGISTRATION AND EXHIBIT AREA OPEN
Matt Lisle, Santa Clara University/Hitting Vault, CA- “Hitting: Elite Mechanics”
WELCOME, KEYNOTE ADDRESS: JON GORDON – “THE POWER OF A POSITIVE TEAM” Co-Sponsored by the Nebraska FCA **Main Gym**
Lunch on Your Own
Beyond X’s & O’s: Jay Hammes, Safe Sport Zone- “PLAY IT SAFE COACH-Protect Your Dreams” - Presented by the NSAA **South Gym**
Beyond X’s & O’s: Rob Miller, ProActive Coaching- “Multi-Sports/Activities is a Good Thing” **Main Gym**
Beyond X’s & O’s: Crystal Zabka Belsky, OMNI Behavioral Health-Sports Dietitian-“Sports Nutrition: Game Changer in Athletics” **Aud.**
NE Orthopaedic & Sports Medicine-Lincoln- “Care & Prevention of Athletic Injuries-Taping for Coaches” **Training Room**

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

Matt Lisle, Santa Clara University/Hitting Vault, CA- “Hitting: Faults & Fixes”
Matt Lisle, Santa Clara University/Hitting Vault, CA- “Hitting: Mental Game”

Wednesday, July 22

7:30 a.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.
2:50 p.m. – 3:40 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 Meeting & NCA Softball Meeting
Justin Dehmer, 1-Pitch Warrior, IA- “Mindset: Developing a Strong mental Game”
District Meetings
Lunch on Your Own – NCA Sport Advisory Lunch Meetings
Dave Schultz, Nebraska Sports Concussion Network- “Refresher-ImPact-Baseline Testing & Training” Sign Up at Booth #15, D023
NE Orthopaedic & Sports Medicine-Lincoln- “Care & Prevention of Athletic Injuries-Taping for Coaches” **Training Room**
Justin Dehmer, 1-Pitch Warrior, IA- “Offensive Systems of Success: Measuring the Process”
Justin Dehmer, 1-Pitch Warrior, IA- “Defensive Systems of Success: Measuring the Process”

Thursday, July 23

7:30 a.m.
8:30 a.m. – 9:20 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
Angela Crawford, NAIA, “Playing College Sports” **Library**
Boo Schexnayder, Schexnayder Athletic Consulting- “Speed Development in Multi-Sports” **Aud**
Kevin Werth, Piedra Vista HS, NM- “Team Drills: The Big 10, Team Sits: Game, More...”
Kevin Werth, Piedra Vista HS, NM- “Breaking Down Our Program: 5 Seasons, Expectations, Parents, Boosters, Etc.”
Clinic Concludes with Drawings **Main Gym**

SPECIAL OLYMPICS

Tuesday, July 21

7:30 a.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 p.m. – 1:50 p.m.

Recommended Sessions – Special Olympics Coaches are Welcome at Any Clinic Session

REGISTRATION AND EXHIBIT AREA OPEN
Special Olympics Bocce Information **A100**
WELCOME, KEYNOTE ADDRESS: JON GORDON – “THE POWER OF A POSITIVE TEAM” Co-Sponsored by the Nebraska FCA **Main Gym**
Lunch on Your Own
Beyond X’s & O’s: Jay Hammes, Safe Sport Zone- “PLAY IT SAFE COACH-Protect Your Dreams” - Presented by the NSAA **South Gym**
Beyond X’s & O’s: Rob Miller, ProActive Coaching- “Multi-Sports/Activities is a Good Thing” **Main Gym**
Beyond X’s & O’s: Crystal Zabka Belsky, OMNI Behavioral Health-Sports Dietitian-“Sports Nutrition: Game Changer in Athletics” **Aud.**
NE Orthopaedic & Sports Medicine-Lincoln- “Care & Prevention of Athletic Injuries-Taping for Coaches” **Training Room**

2:20 p.m. – 3:50 p.m.

Wednesday, July 22

7:30 a.m.
10:00 a.m. – 10:50 a.m.
12:00 p.m. – 1:30 p.m.
1:30 p.m. – 3:00 p.m.
2:30 p.m. – 3:20 p.m.
4:00 p.m. – 5:30 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
Special Olympics Basketball Player Assessment Training **A100**
Lunch on Your Own
NE Orthopaedic & Sports Medicine-Lincoln- “Care & Prevention of Athletic Injuries-Taping for Coaches” **Training Room**
Special Olympics Concussion Training- Meets Nebraska Concussion Awareness Act (LB260) Requirement **D023**
Special Olympics Basketball – Basic Hands on Skills Training **Main Gym**

Thursday, July 23

7:30 a.m.
8:30 a.m. – 11:30 a.m.
12:00 p.m.

REGISTRATION AND EXHIBIT AREA OPEN
Special Olympics Bowling Skills **SUN VALLEY LANES**
Clinic Concludes with Drawings **Main Gym**

TENNIS

Tuesday, July 21

7:30 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.

All sessions in room B015 unless otherwise noted

REGISTRATION AND EXHIBIT AREA OPEN
Kim Gradoville, College of St. Mary (Women)- “Strategic Drills for Aggressive Doubles”
WELCOME, KEYNOTE ADDRESS: JON GORDON – “THE POWER OF A POSITIVE TEAM” Co-Sponsored by the Nebraska FCA **Main Gym**
Lunch on Your Own
Beyond X’s & O’s: Jay Hammes, Safe Sport Zone- “PLAY IT SAFE COACH-Protect Your Dreams” - Presented by the NSAA **South Gym**
Beyond X’s & O’s: Rob Miller, ProActive Coaching- “Multi-Sports/Activities is a Good Thing” **Main Gym**
Beyond X’s & O’s: Crystal Zabka Belsky, OMNI Behavioral Health-Sports Dietitian-“Sports Nutrition: Game Changer in Athletics” **Aud.**
NE Orthopaedic & Sports Medicine-Lincoln- “Care & Prevention of Athletic Injuries-Taping for Coaches” **Training Room**
Kim Gradoville, College of St. Mary (Women)- “Drills & Games for Players of Multiple Levels on the Same Court”
Kim Gradoville, College of St. Mary (Women)- “Elements of an Effective Practice & Helping Players Transition to Collegiate Tennis”

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

Wednesday, July 22

7:30 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.
1:30 p.m. – 3:00 p.m.
1:30 p.m. – 2:20 p.m.
2:50 p.m. – 3:40 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 Meeting & NCA Tennis Meeting **B105**
District Meetings
Lunch on Your Own – NCA Sport Advisory Lunch Meetings
Dave Schultz, Nebraska Sports Concussion Network- “Refresher-ImPact-Baseline Testing & Training” Sign Up at Booth #15, D023
NE Orthopaedic & Sports Medicine-Lincoln- “Care & Prevention of Athletic Injuries-Taping for Coaches” **Training Room**
Tyson Thomas, University of Nebraska-Omaha (Men)- “The 3 Foundations” **Tennis Courts**
Tyson Thomas, University of Nebraska-Omaha (Men)- “Match Strategies for All Levels” **Tennis Courts**

Thursday, July 23

7:30 a.m.
8:30 a.m. – 9:20 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
Angela Crawford, NAIA, "Playing College Sports" **Library**
Kalindi Dinoffer, Oncourt Offcourt- "Social Media Marketing for Today's Tennis Programs"
Kalindi Dinoffer, Oncourt Offcourt- "Grips, Grips, Grips Tips & Tricks to Teaching the Right Grips for Today's Game" **Tennis Courts**
Kalindi Dinoffer, Oncourt Offcourt- "Brain Typing: Coaching Individual Personality Types with the Myer's Brigg Analysis"
Clinic Concludes with Drawings **Main Gym**

TRACK & FIELD

Tuesday, July 21

7:30 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.

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

All sessions in E117 unless otherwise noted

REGISTRATION AND EXHIBIT AREA OPEN
Joe Pilakowski, Papillion-La Vista HS- "Sprint Training"
WELCOME, KEYNOTE ADDRESS: JON GORDON – "THE POWER OF A POSITIVE TEAM" Co-Sponsored by the Nebraska FCA **Main Gym**
Lunch on Your Own
Beyond X's & O's: Jay Hammes, Safe Sport Zone- "PLAY IT SAFE COACH-Protect Your Dreams" - Presented by the NSAA **South Gym**
Beyond X's & O's: Rob Miller, ProActive Coaching- "Multi-Sports/Activities is a Good Thing" **Main Gym**
Beyond X's & O's: Crystal Zabka Belsky, OMNI Behavioral Health-Sports Dietitian-"Sports Nutrition: Game Changer in Athletics" **Aud.**
NE Orthopaedic & Sports Medicine-Lincoln- "Care & Prevention of Athletic Injuries-Taping for Coaches" **Training Room**
Scott Cappos, University of Nebraska- "Glide Shot Put Teaching Progression"
Scott Cappos, University of Nebraska- "Discus Throw Teaching Progression"

Wednesday, July 22

7:30 a.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.
2:50 p.m. – 3:40 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
Boo Schexnayder, Formerly LSU- "Teaching Progressions: Triple Jump"
NSAA Meeting & NCA Track & Field Meeting
District Meetings
Lunch on Your Own – NCA Sport Advisory Lunch Meetings
Dave Schultz, Nebraska Sports Concussion Network- "Refresher-ImPact-Baseline Testing & Training" Sign Up at Booth #15, D023
NE Orthopaedic & Sports Medicine-Lincoln- "Care & Prevention of Athletic Injuries-Taping for Coaches" **Training Room**
Boo Schexnayder, Formerly LSU- "Teaching Progressions: Long Jump"
Boo Schexnayder, Formerly LSU- "Accuracy in the Long Jump/Triple Jump Approach"

Thursday, July 23

7:30 a.m.
8:30 a.m. – 9:20 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
Boo Schexnayder, Schexnayder Athletic Consulting- "Speed Development in Multi-Sports" **Aud**
Angela Crawford, NAIA, "Playing College Sports" **Library**
T.J. Pierce, University of Nebraska- "Coaching the Pole Vault in Nebraska" Part I
T.J. Pierce, University of Nebraska- "Coaching the Pole Vault in Nebraska" Part II
Clinic Concludes with Drawings **Main Gym**

VOLLEYBALL

Tuesday, July 21

7:30 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.

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

All Sessions in South Gym unless otherwise noted

REGISTRATION AND EXHIBIT AREA OPEN
Laurie Glass, Leland HS, MI- "Developing a 3-Person Serve Reception from the Ground Up" – Presented by Baden Sports
WELCOME, KEYNOTE ADDRESS: JON GORDON – "THE POWER OF A POSITIVE TEAM" Co-Sponsored by the Nebraska FCA **Main Gym**
Lunch on Your Own
Beyond X's & O's: Jay Hammes, Safe Sport Zone- "PLAY IT SAFE COACH-Protect Your Dreams" - Presented by the NSAA **South Gym**
Beyond X's & O's: Rob Miller, ProActive Coaching- "Multi-Sports/Activities is a Good Thing" **Main Gym**
Beyond X's & O's: Crystal Zabka Belsky, OMNI Behavioral Health-Sports Dietitian-"Sports Nutrition: Game Changer in Athletics" **Aud.**
NE Orthopaedic & Sports Medicine-Lincoln- "Care & Prevention of Athletic Injuries-Taping for Coaches" **Training Room**
Laurie Glass, Leland HS, MI- "Drills to Create Energy in Practice" – Presented by Baden Sports
Laurie Glass, Leland HS, MI- "Hitting Progression Drills that work for even the Non-All Star" – Presented by Baden Sports

Wednesday, July 22

7:30 a.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.
2:50 p.m. – 3:40 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
Bond Shymansky, University of Iowa- "Ball Control Drills to Increase Player Contacts and Coaching Feedback"
NSAA Rules Meeting & NCA Volleyball Meeting
District Meetings
Lunch on Your Own – NCA Sport Advisory Lunch Meetings
Dave Schultz, Nebraska Sports Concussion Network- "Refresher-ImPact-Baseline Testing & Training" Sign Up at Booth #15, D023
NE Orthopaedic & Sports Medicine-Lincoln- "Care & Prevention of Athletic Injuries-Taping for Coaches" **Training Room**
Bond Shymansky, University of Iowa- "Directional Attacking and Shot Making for the Outside Hitter"
Bond Shymansky, University of Iowa- "Swing Blocking to Transition Hitting for Middles"

Thursday, July 23

7:30 a.m.
8:30 a.m. – 9:20 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
Angela Crawford, NAIA, "Playing College Sports" **Library**
Briana Bahr, A5 Volleyball Club, Atlanta, GA- "Preparing Your Offense From the Block" Presented by Nfinity Athletic
Briana Bahr, A5 Volleyball Club, Atlanta, GA- "Practice Needs that Competitive Edge" Presented by Nfinity Athletic
Paul Giesselmann, Midland University- "Getting Your Team In System When You're Out Of System"
Clinic Concludes with Drawings **Main Gym**

WRESTLING

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

Tuesday, July 21

7:30 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.

REGISTRATION AND EXHIBIT AREA OPEN

Dana Vote, Concordia University- "Basic Skills & Drills"

WELCOME, KEYNOTE ADDRESS: JON GORDON – "THE POWER OF A POSITIVE TEAM" Co-Sponsored by the Nebraska FCA **Main Gym**
Lunch on Your Own

Beyond X's & O's: Jay Hammes, Safe Sport Zone- "PLAY IT SAFE COACH-Protect Your Dreams" - Presented by the NSAA **South Gym**

Beyond X's & O's: Rob Miller, ProActive Coaching- "Multi-Sports/Activities is a Good Thing" **Main Gym**

Beyond X's & O's: Crystal Zabka Belsky, OMNI Behavioral Health-Sports Dietitian-"Sports Nutrition: Game Changer in Athletics" **Aud.**

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

2:20 p.m. – 3:50 p.m.

2:20 p.m. – 3:10 p.m.

3:30 p.m. – 4:20 p.m.

Dana Vote, Concordia University- "How to Help the Recruiting Process"

Dana Vote, Concordia University- "How to Get Wrestlers to Buy In"

Wednesday, July 22

7:30 a.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.

2:50 p.m. – 3:40 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

Cody Garcia, Bethany College, KS- "Bring the Hand Fight!"

NSAA Meeting & NCA Wrestling Meeting

District Meetings

Lunch on Your Own – NCA Sport Advisory Lunch Meetings

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

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

Cody Garcia, Bethany College, KS- "To the Corner, From the Corner"

Cody Garcia, Bethany College, KS- "Pin to Win"

Thursday, July 23

7:30 a.m.

8:30 a.m. – 9:20 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

Angela Crawford, NAIA, "Playing College Sports" **Library**

Doug Schwab, University of Northern Iowa- "Head/Hands Defense"

Doug Schwab, University of Northern Iowa- "Attack the Bottom"

Doug Schwab, University of Northern Iowa- "Coaching the Mental Game"

Clinic Concludes with Drawings **Main Gym**

BASKETBALL: TEACHING FUNDAMENTALS/JUNIOR HIGH

Thursday, July 23

8:30 a.m. – 9:20 a.m.

9:50 a.m. – 10:40 a.m.

9:50 a.m. – 10:40 a.m.

Mike Lee, Mike Lee Basketball Services- "Beginners & Fundamental Drills" **Main Gym**

Zach Klaassen, Harlan HS, IA (Girls)-"Coaching Fundamentals/Practice" **Main Gym**

Mike Lee, Mike Lee B-Ball Services (Advanced) "Head Space for Hoops-The Key to Mental Training Most People Overlook" **A100**

FOOTBALL: TEACHING FUNDAMENTALS/JUNIOR HIGH

Wednesday, July 22

1:30 p.m. – 2:20 p.m.

2:50 p.m. – 3:40 p.m.

Ashland-Greenwood HS Staff- "Developing a Vision and Following an Ultimate Plan for Success" **B103**

Ashland-Greenwood HS Staff- "Practice Organization to Enhance Team/Player Potential" **B103**

Thursday, July 23

8:30 a.m. – 9:20 a.m.

Ashland-Greenwood HS Staff- "Aligning Youth through Varsity to Build a Program" **B103**

District Meetings – Wednesday - 11:30-12:00:

District 1 Auditorium

District 4 Library

District 2 Main Gym

District 5 Theater

District 3 South Gym

District 6 E121