

## ATHLETIC DIRECTORS

*Library unless otherwise noted*

### Tuesday, July 25

7:30 a.m. – 4:30 p.m. REGISTRATION & EXHIBIT AREAS OPEN  
9:50 a.m. – 11:20 a.m. Welcome & Keynote: Dick Vermeil, Common Sense Principles of Coaching, **Main Gym**  
11:20 a.m. – 1:00 p.m. Lunch Break  
1:00 p.m. – 1:50 p.m. Steve Throne & Steve Kerkman, Millard South; Creating a Student-Athlete Leadership Group  
2:05 p.m. – 2:55 p.m. Steve Throne & Steve Kerkman, Millard South; Developing a Positive School Culture  
3:10 p.m. – 4:00 p.m. Ian Ray, rSchoolToday; Athletic Scheduler Tip & Tricks -

### Wednesday, July 26

7:30 a.m. – 3:30 p.m. **Coaches Care Blood Drive, Nebraska Community Blood Bank, West Side LNS, Presented by Scheels & Sid Dillon**  
REGISTRATION & EXHIBIT AREAS OPEN  
8:30 a.m. – 9:45 a.m. Diane Shuck, Douglas County HS, CO; Positive Sportsmanship – It is Meant to BE it is Up to ME  
10:00 a.m. – 11:15 a.m. Diane Shuck, Douglas County HS, CO; Developing Student Leaders in Your Athletic Programs  
11:30 a.m. – 12:00 p.m. NCA District Meetings  
12:00 p.m. – 1:30 p.m. Lunch Break & NCA Sports Advisory Committee Meetings  
1:30 p.m. – 2:20 p.m. Ian Ray, rSchoolToday; Facility Scheduler & Activity Registration  
1:30 p.m. – 2:20 p.m. Dave Schultz, NE Sports Concussion Network; Refresher: ImPact-Baseline Testing & Training, Sign Up at Booth # 15, **D023**  
2:20 p.m. – 3:00 p.m. Ice Cream Social Presented By Nebraska State Education Association  
3:10 p.m. – 4:00 p.m. Ian Ray, rSchoolToday; Tips, Tricks and Q&A with rSchoolToday

### Thursday, July 27

7:30 a.m. – 11:00 a.m. REGISTRATION & EXHIBIT AREAS OPEN  
8:00 a.m. – 9:30 a.m. Nebraska School Activities Association; Head, Heart and Heat Certification, **Auditorium**

## BASKETBALL

*Main Gym unless otherwise noted*

### Tuesday, July 25

7:30 a.m. – 4:30 p.m. REGISTRATION & EXHIBIT AREAS OPEN  
8:30 a.m. – 9:20 a.m. Hudl: Integrating Video and Stats to Help Your Team Win  
9:50 a.m. – 11:20 a.m. Welcome & Keynote: Dick Vermeil, Common Sense Principles of Coaching  
11:20 a.m. – 1:00 p.m. Lunch Break  
1:00 p.m. – 1:50 pm Aaron Losing, Crofton HS, NE (Girls); Building Man/Man Defense through Shell Drill – Presented by Baden Sports  
1:00 p.m. – 2:55 pm NE Orthopaedic & Sports Medicine, Lincoln; Care & Prevention of Athletic Injuries-Taping for Coaches, **Training Rm.**  
2:05p.m. – 2:55 pm Aaron Losing, Crofton HS, NE (Girls); Transition Basketball-Theory & Drills – Presented by Baden Sports  
3:10 p.m. – 4:00 pm Aaron Losing, Crofton HS, NE (Girls); Position Specific Offensive Fundamental Drills – Presented by Baden Sports-

### Wednesday, July 26

7:30 a.m. – 3:30 p.m. **Coaches Care Blood Drive, Nebraska Community Blood Bank, West Side LNS, Presented by Scheels & Sid Dillon**  
REGISTRATION & EXHIBIT AREAS OPEN  
8:30 a.m. – 8:45 a.m. NCA Sport Meeting  
8:45 a.m. – 9:45 a.m. Jon Dolliver, NSAA Rules Meeting  
10:00 a.m. – 11:15 a.m. Steve Bergman, Iowa City West HS, IA (Boys); Shooting Drills to Improve Your Game Shooting  
11:30 a.m. – 12:00 p.m. NCA District Meetings  
12:00 p.m. – 1:30 p.m. Lunch Break & NCA Sports Advisory Committee Meetings  
1:30 p.m. – 2:20 p.m. Steve Bergman, Iowa City West HS, IA (Boys); Back Screening Motion: A Simple & Effective Offense  
1:30 p.m. – 2:20 p.m. Dave Schultz, NE Sports Concussion Network; Refresher: ImPact-Baseline Testing & Training, Sign Up at Booth # 15, **D023**  
1:30 p.m. – 3:25 p.m. NE Orthopaedic & Sports Medicine, Lincoln; Care & Prevention of Athletic Injuries-Taping for Coaches, **Training Rm.**  
2:30 p.m. – 3:00 p.m. Ice Cream Social Presented By Nebraska State Education Association  
3:10 p.m. – 4:00 p.m. Steve Bergman, Iowa City West HS, IA (Boys); Competitive Drills to Build Team Toughness

### Thursday, July 27

7:30 a.m. – 11:00 a.m. REGISTRATION & EXHIBIT AREAS OPEN  
8:00 a.m. – 9:30 a.m. Nebraska School Activities Association; Head, Heart and Heat Certification, **Auditorium**  
8:30 a.m. – 9:20 a.m. Norm Persin, Oak Hill HS, OH; Power Points & Coaching Concepts to Build a Successful Program  
9:35 a.m. – 10:25 a.m. Norm Persin, Oak Hill HS, OH; Practice Drills to Fit Your System  
10:40 a.m. – 11:30 a.m. Norm Persin, Oak Hill HS, OH; Drills to Open Post Offense/ with Quick Hitters  
11:45 a.m. End of Clinic Drawings

## BOWLING-UNIFIED

*B103 unless otherwise noted*

### Tuesday, July 25

7:30 a.m. – 4:30 p.m. REGISTRATION & EXHIBIT AREAS OPEN  
9:50 a.m. – 11:20 a.m. Welcome & Keynote: Dick Vermeil, Common Sense Principles of Coaching, **Main Gym**  
11:20 a.m. – 1:00 p.m. Lunch Break  
1:00 p.m. – 1:50 p.m. Dan Masters, NSAA, Unified Bowling Rules Meeting/Update  
1:00 p.m. – 2:55 p.m. NE Orthopaedic & Sports Medicine, Lincoln; Care & Prevention of Athletic Injuries-Taping for Coaches, **Training Rm.**  
2:05 p.m. – 2:55 p.m. Nate Cain, Papillion-La Vista South HS, NE; How to Build a Culture of Inclusivity in Unified Sports-Part 1  
3:10 p.m. – 4:00 p.m. Jan Lehms, Millard West HS, NE & Barb Rolf, West Point-Beemer HS, NE; How to Build a Culture of Inclusivity in Unified Sports-Part 2

### Wednesday, July 26

7:30 a.m. – 3:30 p.m. **Coaches Care Blood Drive, Nebraska Community Blood Bank, West Side LNS, Presented by Scheels & Sid Dillon**  
REGISTRATION & EXHIBIT AREAS OPEN  
8:30 a.m. – 9:45 a.m. Randy Dodge, North Bend Central HS, NE; Basics & Fundamentals of Bowling  
10:00 a.m. – 11:15 a.m. Randy Dodge, North Bend Central HS, NE; Fundamentals & Strategies of Bowling  
11:30 a.m. – 12:00 p.m. NCA District Meetings

## BOWLING-UNIFIED

12:00 p.m. – 1:30 p.m.  
1:30 p.m. – 2:20 p.m.  
1:30 p.m. – 3:25 p.m.  
2:30 p.m. – 3:00 p.m.

Lunch Break & NCA Sports Advisory Committee Meetings  
Dave Schultz, NE 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 Rm.**  
Ice Cream Social Presented By Nebraska State Education Association

### Thursday, July 27

7:30 a.m. – 11:00 a.m.  
8:00 a.m. – 9:30 a.m.  
8:30 a.m. – 9:20 a.m.  
9:35 a.m. – 10:25 a.m.  
11:45 a.m.

REGISTRATION & EXHIBIT AREAS OPEN  
Nebraska School Activities Association; Head, Heart and Heat Certification, **Auditorium**  
John Losito, Sun Valley Lanes; Strikes are for Show but Spares are for Dough -Science Behind Strikes & Spares Part 1 **Sun Valley Lanes**  
John Losito, Sun Valley Lanes; Strikes are for Show but Spares are for Dough -Science Behind Strikes & Spares Part 2 **Sun Valley Lanes**  
End of Clinic Drawings, **Main Gym**

## CHEERLEADING

**Presented by Varsity** A102 unless otherwise noted  
Coaches may attend Tuesday or Wednesday (same material covered each day in Cheerleading sessions)

### Tuesday, July 25

7:30 a.m. – 4:30 p.m.  
8:30 a.m. – 9:20 a.m.  
9:25 a.m. – 9:45 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.  
1:00 p.m. – 1:50 p.m.  
2:05 p.m. – 2:55 p.m.  
2:05 p.m. – 2:55 p.m.  
3:10 p.m. – 4:00 p.m.  
4:15 p.m. – 5:30 p.m.

REGISTRATION & EXHIBIT AREAS OPEN  
Joint Session for Cheer & Dance, UCA, UDA, ACCAA; 7 Steps to Dealing with Difficult Parents **A118A**  
Joint Session for Cheer & Dance; Nebraska State Competition Update and Q&A **A118A**  
Welcome & Keynote: Dick Vermeil, Common Sense Principles of Coaching, **Main Gym**  
Lunch Break  
Jim Lord, AACCA; Understanding Nebraska's Stunting Rules – Q&A **A118A**  
Ashley Parnell, UCA; Fundraising 101  
Jim Lord, AACCA; AACCA Safety Certification **A118A**  
Ashley Parnell, UCA; Building Your Routine Around the Scoresheet to Maximize Your Score  
Joint Session for Cheer & Dance, Jim Lord, ACCAA; Responsible Coaching-Legal Responsibility **A118A**  
UCA Staff & Jim Lord; Skills Demonstration & Hands-On Skill Seminar for Coaches **South Gym**



### Wednesday, July 26

7:30 a.m. – 3:30 p.m.  
9:00 a.m. – 9:50 a.m.  
10:00 a.m. – 10:20 a.m.  
10:30 a.m. – 11:20 a.m.  
10:30 a.m. – 11:20 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. – 2:20 p.m.  
2:30 p.m. – 3:00 p.m.  
3:10 p.m. – 4:00 p.m.  
4:15 p.m. – 5:30 p.m.

Coaches Care Blood Drive, Nebraska Community Blood Bank, West Side LNS, Presented by Scheels & Sid Dillon  
REGISTRATION & EXHIBIT AREAS OPEN  
Joint Session for Cheer & Dance, UCA, UDA, ACCAA; 7 Steps to Dealing with Difficult Parents **A118A**  
Joint Session for Cheer & Dance; Nebraska State Competition Update and Q&A **A118A**  
Jim Lord, AACCA; Understanding Nebraska's Stunting Rules – Q&A **A118A**  
Ashley Parnell, UCA; Fundraising 101  
NCA District Meetings  
Lunch Break  
Jim Lord, AACCA; AACCA Safety Certification **A118A**  
Ashley Parnell, UCA; Building Your Routine Around the Scoresheet to Maximize Your Score  
Ice Cream Social Presented By Nebraska State Education Association  
Joint Session for Cheer & Dance, Jim Lord; ACCAA, Responsible Coaching-Legal Responsibility **A118A**  
UCA Staff & Jim Lord; Skills Demonstration & Hands-On Skill Seminar for Coaches **South Gym**

## CROSS COUNTRY

E119 unless otherwise noted

### Tuesday, July 25

7:30 a.m. – 4:30 p.m.  
8:30 a.m. – 9:20 a.m.  
9:50 a.m. – 11:20 a.m.  
11:20 a.m. – 1:00 p.m.  
1:00 p.m. – 1:50 p.m.  
1:00 p.m. – 2:55 p.m.  
2:05 p.m. – 2:55 p.m.  
3:10 p.m. – 4:00 p.m.

REGISTRATION & EXHIBIT AREAS OPEN  
Matt Rogers, Creighton University; Experimentation in Training  
Welcome & Keynote: Dick Vermeil, Common Sense Principles of Coaching, **Main Gym**  
Lunch Break  
Ron Higdon, NSAA Cross Country Update  
NE Orthopaedic & Sports Medicine, Lincoln; Care & Prevention of Athletic Injuries-Taping for Coaches, **Training Rm.**  
Matt Rogers, Creighton University; Coaching the Millennial  
Matt Rogers, Creighton University; Coaching with Your Strengths

### Wednesday, July 26

7:30 a.m. – 3:30 p.m.  
9:00 a.m. – 9:15 a.m.  
9:15 a.m. – 10:05 a.m.  
10:20 a.m. – 11:10 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. – 2:20 p.m.  
1:30 p.m. – 3:25 p.m.  
2:30 p.m. – 3:00 p.m.  
3:10 p.m. – 4:00 p.m.

Coaches Care Blood Drive, Nebraska Community Blood Bank, West Side LNS, Presented by Scheels of Lincoln & Sid Dillon Auto of Lincoln & Crete  
REGISTRATION & EXHIBIT AREAS OPEN  
NCA Sport Meeting  
Carrie Lane, USTFCCCA; How to Implement a Strength Training Program for Distance Runners  
Carrie Lane, USTFCCCA; Hands on Session-Form Coaching Strength & Plyometrics for Distance Runners, **Track**  
NCA District Meetings  
Lunch Break & NCA Sports Advisory Committee Meetings  
Tracy Hellman, Augustana University (SD); Developing a Winning Cross Country Program  
Dave Schultz, NE 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 Rm.**  
Ice Cream Social Presented Nebraska State Education Association  
Tracy Hellman, Augustana University (SD); Setting Your Middle Distance Runners Up for Success

### Thursday, July 27

7:30 a.m. – 11:00 a.m.  
8:00 a.m. – 9:30 a.m.  
9:35 a.m. – 10:25 a.m.  
10:40 a.m. – 11:30 a.m.  
11:45 a.m.

REGISTRATION & EXHIBIT AREAS OPEN  
Nebraska School Activities Association; Head, Heart and Heat Certification, **Auditorium**  
Tracy Hellman, Augustana University (SD); Championship Cross Country: Setting Up Your Season  
Tracy Hellman, Augustana University (SD); Supplemental Training for Track & Field  
End of Clinic Drawings, **Main Gym**

## DANCE

Presented by Varsity A103 unless otherwise noted  
Coaches may attend Tuesday or Wednesday (same material covered each day in Dance sessions)



### Tuesday, July 25

7:30 a.m. – 4:30 p.m.  
8:30 a.m. – 9:20 a.m.  
9:25 a.m. – 9:45 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.  
1:00 p.m. – 1:50 p.m.  
2:05 p.m. – 2:55 p.m.  
2:05 p.m. – 2:55 p.m.  
3:10 p.m. – 4:00 p.m.  
4:15 p.m. – 5:30 p.m.

REGISTRATION & EXHIBIT AREAS OPEN  
Joint Session for Cheer & Dance, UCA, UDA, ACCAA; 7 Steps to Dealing with Difficult Parents **A118A**  
Joint Session for Cheer & Dance; Nebraska State Competition Update and Q&A **A118A**  
Welcome & Keynote: Dick Vermeil, Common Sense Principles of Coaching, **Main Gym**  
Lunch Break  
Jim Lord, AACCA; Understanding Nebraska's Lift Rules – Q&A **A118A**  
Sylvia Carpenter, UDA; How to Get the Most Out of Your Practices  
Jim Lord, AACCA; AACCA Safety Certification **A118A**  
Sylvia Carpenter, UDA; Effectively Cleaning Your Routines  
Joint Session for Cheer & Dance, Jim Lord, ACCAA; Responsible Coaching-Legal Responsibility **A118A**  
UDA Staff & Jim Lord; Skills Demonstration & Hands-On Skill Seminar for Coaches **South Gym**

### Wednesday, July 26

7:30 a.m. – 3:30 p.m.  
9:00 a.m. – 9:50 a.m.  
10:00 a.m. – 10:20 a.m.  
10:30 a.m. – 11:20 a.m.  
10:30 a.m. – 11:20 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. – 2:20 p.m.  
2:30 p.m. – 3:00 p.m.  
3:10 p.m. – 4:00 p.m.  
4:15 p.m. – 5:30 p.m.

Coaches Care Blood Drive, Nebraska Community Blood Bank, West Side LNS, Presented by Scheels & Sid Dillon  
REGISTRATION & EXHIBIT AREAS OPEN  
Joint Session for Cheer & Dance, UCA, UDA, ACCAA; 7 Steps to Dealing with Difficult Parents **A118A**  
Joint Session for Cheer & Dance; Nebraska State Competition Update and Q&A **A118A**  
Jim Lord, AACCA; Understanding Nebraska's Lift Rules – Q&A **A118A**  
Sylvia Carpenter, UDA; Effectively Cleaning Your Routines  
NCA District Meetings  
Lunch Break  
Jim Lord, AACCA; AACCA Safety Certification **A118A**  
Sylvia Carpenter, UDA; Building Your Routine Around the Scoresheet to Maximize Your Score  
Ice Cream Social Presented By Nebraska State Education Association  
Joint Session for Cheer & Dance, Jim Lord, ACCAA; Responsible Coaching-Legal Responsibility **A118A**  
UDA Staff & Jim Lord; Skills Demonstration & Hands-On Skill Seminar for Coaches **South Gym**

## FOOTBALL 11-MAN

Presented by USA Football Auditorium unless otherwise noted

### Tuesday, July 25

7:30 a.m. – 4:30 p.m.  
8:30 a.m. – 9:20 a.m.  
9:50 a.m. – 11:20 a.m.  
11:20 a.m. – 1:00 p.m.  
1:00 p.m. – 1:50 p.m.  
1:00 p.m. – 2:55 p.m.  
2:05 p.m. – 2:55 p.m.  
3:10 p.m. – 4:00 p.m.

REGISTRATION & EXHIBIT AREAS OPEN  
Jeff Tomlin, Grand Island HS, NE; 4-2-5 Fronts, Stunts & Coverages  
Welcome & Keynote: Dick Vermeil, Common Sense Principles of Coaching, **Main Gym**  
Lunch Break  
Glen Snodgrass, York HS; York Football: Culture & Pillars  
NE Orthopaedic & Sports Medicine, Lincoln; Care & Prevention of Athletic Injuries-Taping for Coaches, **Training Rm.**  
Glen Snodgrass, York HS; York Special Teams (Assisted by Matt Kern & Jordan Crawford)  
Glen Snodgrass, York HS; York Offense; Old School- Smash Mouth Football, Sweep Series



### Wednesday, July 26

7:30 a.m. – 3:30 p.m.  
8:30 a.m. – 8:45 a.m.  
8:45 a.m. – 9:45 a.m.  
10:00 a.m. – 10:50 a.m.  
10:50 a.m. – 11:05 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. – 2:20 p.m.  
1:30 p.m. – 3:25 p.m.  
2:30 p.m. – 3:00 p.m.  
3:10 p.m. – 4:00 p.m.

Coaches Care Blood Drive, Nebraska Community Blood Bank, West Side LNS, Presented by Scheels & Sid Dillon  
REGISTRATION & EXHIBIT AREAS OPEN  
NCA Sport Meeting  
Nate Neuhaus, NSAA Football Rules Meeting  
Steve Specht, St. Xavier HS, OH; Matching Zone Coverages  
Max Preps; Touchdowns Against Cancer Program  
NCA District Meetings  
Lunch Break & NCA Sports Advisory Committee Meetings  
Steve Specht, St. Xavier HS, OH; Blitz Package out of the 3-3-5  
Dave Schultz, NE 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 Rm.**  
Ice Cream Social Presented By Nebraska State Education Association  
Steve Specht, St. Xavier HS, OH; Philosophy on Defending the Spread Offenses

### Thursday, July 27

7:30 a.m. – 11:00 a.m.  
8:00 a.m. – 9:30 a.m.  
8:30 a.m. – 9:20 a.m.  
9:35 a.m. – 10:25 a.m.  
10:40 a.m. – 11:30 a.m.  
11:45 a.m.

REGISTRATION & EXHIBIT AREAS OPEN  
Nebraska School Activities Association; Head, Heart and Heat Certification,  
Hudl; 10 Ways You Wish You Used Hudl, **Small Theater**  
Ryan Williams, Midland University; QB Drills with Game Execution & Offensive Ball Security  
Jamie Bisch, Midland University; Takeaways & Block Destruction  
End of Clinic Drawings, **Main Gym**

## FOOTBALL 8-MAN

Presented by USA Football Theater unless otherwise noted

### Tuesday, July 25

7:30 a.m. – 4:30 p.m.  
8:30 a.m. – 9:20 a.m.  
9:50 a.m. – 11:20 a.m.  
11:20 a.m. – 1:00 p.m.  
1:00 p.m. – 1:50 p.m.  
1:00 p.m. – 2:55 p.m.  
2:05 p.m. – 2:55 p.m.  
3:10 p.m. – 4:00 p.m.

REGISTRATION & EXHIBIT AREAS OPEN  
Tony Smith, St. Paul HS, OR; 8 man or 11 man – Find A Way!  
Welcome & Keynote: Dick Vermeil, Common Sense Principles of Coaching, **Main Gym**  
Lunch Break  
Tony Smith, St. Paul HS, OR; St. Paul Run Game – Developing A Run Game  
NE Orthopaedic & Sports Medicine, Lincoln; Care & Prevention of Athletic Injuries-Taping for Coaches, **Training Rm.**  
Tony Smith, St. Paul HS, OR; St. Paul Passing Game – Developing A Passing Game  
Tony Smith, St. Paul HS, OR; St. Paul Defense and Special Teams



### Wednesday, July 26

7:30 a.m. – 3:30 p.m.  
8:30 a.m. – 8:45 a.m.  
8:45 a.m. – 9:45 a.m.  
10:00 a.m. – 10:50 a.m.  
10:50 a.m. – 11:05 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. – 2:20 p.m.  
1:30 p.m. – 3:25 p.m.  
2:30 p.m. – 3:00 p.m.  
3:10 p.m. – 4:00 p.m.

Coaches Care Blood Drive, Nebraska Community Blood Bank, West Side LNS, Presented by Scheels & Sid Dillon

REGISTRATION & EXHIBIT AREAS OPEN  
NCA Sport Meeting, **Auditorium**  
Nate Neuhaus, NSAA Football Rules Meeting, **Auditorium**  
Chris Hess & Kurtis Koenig, Ennis HS, MT; 8-Man Wing Series  
Max Preps; Touchdowns Against Cancer Program, **Auditorium**  
NCA District Meetings  
Lunch Break & NCA Sports Advisory Committee Meetings  
Chris Hess & Kurtis Koenig, Ennis HS, MT; Defending the Spread 2.0  
Dave Schultz, NE 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 Rm.**  
Ice Cream Social Presented By Nebraska State Education Association  
Chris Hess & Kurtis Koenig, Ennis HS, MT; Leadership & Program Building

### Thursday, July 27

7:30 a.m. – 11:00 a.m.  
8:00 a.m. – 9:30 a.m.  
8:30 a.m. – 9:20 a.m.  
9:35 a.m. – 10:25 a.m.  
10:40 a.m. – 11:30 a.m.  
11:45 a.m.

REGISTRATION & EXHIBIT AREAS OPEN  
Nebraska School Activities Association; Head, Heart and Heat Certification, **Auditorium**  
Hudl, 10 Ways You Wish You Used Hudl  
Ryan Williams, Midland University; QB Drills with Game Execution & Offensive Ball Security **Auditorium**  
Jamie Bisch, Midland University; Takeaways & Block Destruction **Auditorium**  
End of Clinic Drawings, **Main Gym**

## GOLF

Please note: Location of Sessions Vary

### Tuesday, July 25

7:30 a.m. – 4:30 p.m.  
8:30 a.m. – 8:45 a.m.  
8:45 a.m. – 9:35 a.m.  
9:50 a.m. – 11:20 a.m.  
11:20 a.m. – 1:00 p.m.  
1:30 p.m. – 4:00 p.m.

REGISTRATION & EXHIBIT AREAS OPEN  
NCA Sport Meeting, **LNS B101**  
Jon Dolliver, NSAA Golf Update, **LNS B101**  
Welcome & Keynote: Dick Vermeil, Common Sense Principles of Coaching, **LNS Main Gym**  
Lunch Break  
PGA Golf Management Sessions (Rotating 45 minute Sessions) **Keim Hall, Univ. of Nebraska**  
PGA Golf Management's Teaching Lab Demonstrations – Athletes Game Improvement  
PGA Golf Management Simulation Lab Demonstration – Practicing & Individual Lessons Using the Simulation Lab  
Overview and Q/A Regarding UNL's Degree Program in PGA Management & Golf Industry Career Opportunities -

### Wednesday, July 26

7:30 a.m. – 3:30 p.m.  
9:00 a.m. – 9:50 a.m.  
10:10 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. – 2:20 p.m.  
1:30 p.m. – 2:20 p.m.  
1:30 p.m. – 3:25 p.m.  
2:35 p.m. – 3:25 p.m.

Coaches Care Blood Drive, Nebraska Community Blood Bank, West Side LNS, Presented by Scheels & Sid Dillon

REGISTRATION & EXHIBIT AREAS OPEN  
Joe Schlegelmilch, Lincoln Southeast HS & Matthew Bertsch, LPS Sports Performance; Mental & Physical Aspects of Coaching: Creating an Advantage for Your Golfers **B101**  
Joe Schlegelmilch, Lincoln Southeast HS & Matthew Bertsch, LPS Sports Performance; Physical Training for Golfers: The Why & How of a Golf Workout Program **LNS Weight Room**  
NCA District Meetings  
Lunch Break & NCA Sports Advisory Committee Meetings  
Alex Hull, Northwest HS; Team Organization & Management **Highlands Conference Room**  
Dave Schultz, NE 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 Rm.**  
Alex Hull, Northwest HS; Short Game & Range Drills **Highlands Practice Range/Green**

### Thursday, July 27

7:30 a.m. – 11:00 a.m.  
8:00 a.m. – 9:30 a.m.  
8:30 a.m. – 9:20 a.m.  
9:30 a.m. – 10:20 a.m.  
10:30 a.m. – 11:20 a.m.  
11:45 a.m.

REGISTRATION & EXHIBIT AREAS OPEN  
Nebraska School Activities Association; Head, Heart and Heat Certification, **LNS Auditorium**  
Jeff Strickland, Three Forks HS, MT; Building a Successful Program **Highlands Conference Room**  
Jeff Strickland, Three Forks HS, MT; Competition in Practice – The Key to a Successful Season **Highlands Conference Room**  
Jeff Strickland, Three Forks HS, MT; Drills to Develop a Better Short Game **Highlands Practice Range/Green (Bring Wedge/Putter)**  
End of Clinic Drawings, **LNS Main Gym**

## SOCCER

B106 unless otherwise noted

### Tuesday, July 25

7:30 a.m. – 4:30 p.m.  
8:30 a.m. – 9:20 a.m.  
9:50 a.m. – 11:20 a.m.  
11:20 a.m. – 1:00 p.m.  
1:00 p.m. – 1:50 p.m.  
1:00 p.m. – 2:55 p.m.  
2:05 p.m. – 2:55 p.m.  
3:10 p.m. – 4:00 p.m.

REGISTRATION & EXHIBIT AREAS OPEN  
Ron Higdon, NSAA Soccer Rules Meeting  
Welcome & Keynote: Dick Vermeil, Common Sense Principles of Coaching, **Main Gym**  
Lunch Break  
Ian Bridge, Univ. of Nebraska; Soccer Technique Training-Solutions for Lack of Technical Mastery in Young Players  
NE Orthopaedic & Sports Medicine, Lincoln; Care & Prevention of Athletic Injuries Taping for Coaches, **Training Rm.**  
Ian Bridge, Univ. of Nebraska; Match Analysis-How are Goals Scored? Statistical Analysis of Goals & Repercussions on Soccer Training  
Hudl; Gaining a Competitive Edge with Video Analysis

### Wednesday, July 26

7:30 a.m. – 3:30 p.m.  
8:30 a.m. – 8:45 a.m.  
9:00 a.m. – 9:50 a.m.  
10:10 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. – 2:20 p.m.  
1:30 p.m. – 2:20 p.m.  
1:30 p.m. – 3:25 p.m.  
2:30 p.m. – 3:00 p.m.  
3:10 p.m. – 4:00 p.m.

Coaches Care Blood Drive, Nebraska Community Blood Bank, West Side LNS, Presented by Scheels & Sid Dillon

REGISTRATION & EXHIBIT AREAS OPEN  
NCA Sport Meeting  
Maren McCrary, Nebraska State Soccer Association; Reality Based Training Sessions  
Maren McCrary, Nebraska State Soccer Association; Women in Soccer-Improving Communication with Female Players, Coaches & Referees  
NCA District Meetings  
Lunch Break & NCA Sports Advisory Committee Meetings  
Maren McCrary, Nebraska State Soccer Association; Shooting Technique for More Power & Accuracy  
Dave Schultz, NE 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 Rm.**  
Ice Cream Social Presented By Nebraska State Education Association  
Jim Gardner, Cheyenne East HS, WY (Girls) & Laramie CC (Women); Developing Physical & Mental Toughness

## SOCCER

### Thursday, July 27

7:30 a.m. – 11:00 a.m.  
8:00 a.m. – 9:30 a.m.  
9:35 a.m. – 10:25 a.m.

10:40 a.m. – 11:30 a.m.  
11:45 a.m.

REGISTRATION & EXHIBIT AREAS OPEN  
Nebraska School Activities Association; Head, Heart and Heat Certification, **Auditorium**  
Jim Gardner, Cheyenne East HS, WY (Girls) & Laramie CC (Women); It's not all about the X's & O's  
How to be a Successful Coach On & Off the Pitch  
Jim Gardner, Cheyenne East HS, WY (Girls) & Laramie CC (Women); A Teaching Progression for Zonal Defending  
End of Clinic Drawings, **Main Gym**

## SOFTBALL

Presented by Softball Excellence *E121 unless otherwise noted*

### Tuesday, July 25

7:30 a.m. – 4:30 p.m.  
8:30 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.  
1:00 p.m. – 2:55 p.m.  
2:05 p.m. – 2:55 p.m.  
3:10 p.m. – 4:00 p.m.

REGISTRATION & EXHIBIT AREAS OPEN  
Dan Masters, NSAA Softball Rules Meeting  
Welcome & Keynote: Dick Vermeil, Common Sense Principles of Coaching, **Main Gym**  
Lunch Break  
Bill Edwards, Hofstra University (Retired); Hofstra Defensive System, Part 1 – Presented by Baden Sports  
NE Orthopaedic & Sports Medicine, Lincoln; Care & Prevention of Athletic Injuries-Taping for Coaches, **Training Rm.**  
Bill Edwards, Hofstra University (Retired); Hofstra Defensive System, Part 2 – Presented by Baden Sports  
Bill Edwards, Hofstra University (Retired); Hofstra Defensive System, Part 3 – Presented by Baden Sports-



### Wednesday, July 26

7:30 a.m. – 3:30 p.m.  
8:30 a.m. – 8:45 a.m.  
8:45 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. – 2:20 p.m.  
1:30 p.m. – 3:25 p.m.  
2:30 p.m. – 3:00 p.m.

Coaches Care Blood Drive, Nebraska Community Blood Bank, West Side LNS, Presented by Scheels & Sid Dillon

REGISTRATION & EXHIBIT AREAS OPEN  
NCA Sport Meeting  
Cindy Bristow, Softball Excellence; Great Team Drills  
Cindy Bristow, Softball Excellence; Creating Competitive Practices  
NCA District Meetings  
Lunch Break & NCA Sports Advisory Committee Meetings  
Cindy Bristow, Softball Excellence; Making Pitching Seem Possible  
Dave Schultz, NE 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 Rm.**  
Ice Cream Social Presented by Nebraska State Education Association

### Thursday, July 27

7:30 a.m. – 11:00 a.m.  
8:00 a.m. – 9:30 a.m.  
9:35 a.m. – 10:25 a.m.  
10:40 a.m. – 11:30 a.m.  
11:45 a.m.

REGISTRATION & EXHIBIT AREAS OPEN  
Nebraska School Activities Association; Head, Heart and Heat Certification, **Auditorium**  
Randy Schneider, Iowa State University; Hitting-Understanding the Physics & Biomechanics of the Swing  
Randy Schneider, Iowa State University; Effective Practice Planning  
End of Clinic Drawings, **Main Gym**

## SPECIAL OLYMPICS

*Recommended Sessions, Special Olympics coaches are welcome at any sessions*

### Tuesday, July 25

7:30 a.m. – 4:30 p.m.  
9:50 a.m. – 11:20 a.m.  
11:20 a.m. – 1:00 p.m.  
1:00 p.m. – 1:50 p.m.  
1:00 p.m. – 2:55 p.m.  
2:05 p.m. – 2:55 p.m.  
  
2:05 p.m. – 2:55 p.m.  
3:10 p.m. – 4:00 p.m.  
  
3:10 p.m. – 4:00 p.m.

REGISTRATION & EXHIBIT AREAS OPEN  
Welcome & Keynote: Dick Vermeil, Common Sense Principles of Coaching, **Main Gym**  
Lunch Break  
Cory Piercy & Dave Demyan, Special Olympics Nebraska; Special Olympics Flag Football **A101**  
NE Orthopaedic & Sports Medicine, Lincoln; Care & Prevention of Athletic Injuries-Taping for Coaches, **Training Rm.**  
Cory Piercy & Dave Demyan, Special Olympics Nebraska; Special Olympics Flag Football, Special Olympics Flag Football Part 1  
**A101/West Practice Field (Weather Permitting)**  
Nate Cain, Papillion-La Vista South HS; NE, How to Build a Culture of Inclusivity in Unified Sports-Part 1 **B103**  
Cory Piercy & Dave Demyan, Special Olympics Nebraska; Special Olympics Flag Football, Special Olympics Flag Football Part 2  
**A101/West Practice Field (Weather Permitting)**  
Jan Lehms, Millard West HS, NE & Barb Rolf, West Point-Beemer HS, NE; How to Build a Culture of Inclusivity in Unified Sports-Part 2 **B103**



### Wednesday, July 26

7:30 a.m. – 3:30 p.m.  
8:30 a.m. – 9:45 a.m.  
10:00 a.m. – 11:15 a.m.  
11:30 a.m. – 12:00 p.m.  
12:00 p.m. – 1:30 p.m.  
1:30 p.m. – 2:20 p.m.  
  
1:30 p.m. – 3:25 p.m.  
2:30 p.m. – 3:00 p.m.  
3:10 p.m. – 4:00 p.m.  
4:15 p.m. – 5:30 p.m.

Coaches Care Blood Drive, Nebraska Community Blood Bank, West Side LNS, Presented by Scheels & Sid Dillon

REGISTRATION & EXHIBIT AREAS OPEN  
Randy Dodge, North Bend Central HS, NE; Basics & Fundamentals of Bowling **B103**  
Randy Dodge, North Bend Central HS, NE; Fundamentals & Strategies of Bowling **B103**  
NCA District Meetings  
Lunch Break & NCA Sports Advisory Committee Meetings  
Connie Yori & Dave Demyan, Special Olympics Nebraska (Former Univ. of Nebraska & Creighton Univ.);  
Special Olympics Basketball Player Assessment Training **A101**  
NE Orthopaedic & Sports Medicine, Lincoln; Care & Prevention of Athletic Injuries-Taping for Coaches, **Training Rm.**  
Ice Cream Social Presented By Nebraska State Education Association  
Dave Schultz, Special Olympics Concussion Training; Meets Annual Nebraska Concussion Awareness Act (LB260 Requirement D023  
Russ Virus, Lincoln Southeast HS; Special Olympics Basketball Basic Hands on Skills Training **Main Gym**

### Thursday, July 27

7:30 a.m. – 11:00 a.m.  
8:30 a.m. – 9:20 a.m.  
8:30 a.m. – 9:20 a.m.  
9:45 a.m. – 11:30 a.m.  
  
9:45 a.m. – 11:30 a.m.  
11:45 a.m.

REGISTRATION & EXHIBIT AREAS OPEN  
Jason Mims, Special Olympics Nebraska & Univ. of Nebraska-Omaha; Special Olympics Soccer **B103**  
Mike Sissel & Nate Parks, Special Olympics Nebraska; Special Olympics Power Lifting **A101**  
Jason Mims, Special Olympics Nebraska & Univ. of Nebraska-Omaha; Special Olympics Soccer  
**B103/West Practice Field (Weather Permitting)**  
Mike Sissel & Nate Parks, Special Olympics Nebraska; Special Olympics Power Lifting **LNS Weight Room**  
End of Clinic Drawings, **Main Gym**



**TENNIS***B105 or Outdoor Tennis Courts unless otherwise noted***Tuesday, July 25**

7:30 a.m. – 4:30 p.m. REGISTRATION & EXHIBIT AREAS OPEN  
 8:30 a.m. – 8:45 a.m. NCA Sport Meeting  
 8:45 a.m. – 9:35 a.m. Deb Velder, NSAA Tennis Update **B105**  
 9:50 a.m. – 11:20 a.m. Welcome & Keynote: Dick Vermeil, Common Sense Principles of Coaching, **Main Gym**  
 11:20 a.m. – 1:00 p.m. Lunch Break  
 1:00 p.m. – 1:50 p.m. Jake Saulsbury, University of Nebraska-Kearney; Practice Planning Part 1 **B105**  
 1:00 p.m. – 2:55 p.m. NE Orthopaedic & Sports Medicine, Lincoln; Care & Prevention of Athletic Injuries-Taping for Coaches, **Training Rm.**  
 2:05 p.m. – 2:55 p.m. Jake Saulsbury, University of Nebraska-Kearney; Fitness & Nutrition **B105**  
 3:10 p.m. – 4:00 p.m. Jake Saulsbury, University of Nebraska-Kearney; Practice Planning Part 2 **Tennis Courts**

**Wednesday, July 26**

**Coaches Care Blood Drive, Nebraska Community Blood Bank, West Side LNS, Presented by Scheels & Sid Dillon**  
 7:30 a.m. – 3:30 p.m. REGISTRATION & EXHIBIT AREAS OPEN  
 8:30 a.m. – 9:45 a.m. Jake Saulsbury, University of Nebraska-Kearney; Winning Strategies & Tactics Part 1 **Tennis Courts**  
 10:00 a.m. – 10:15 a.m. Jake Saulsbury, University of Nebraska-Kearney; On-Court Coaching **Tennis Courts**  
 10:15 a.m. – 11:15 a.m. Jake Saulsbury, University of Nebraska-Kearney; Winning Strategies & Tactics Part 2 **Tennis Courts**  
 11:30 a.m. – 12:00 p.m. NCA District Meetings  
 12:00 p.m. – 1:30 p.m. Lunch Break & NCA Sports Advisory Committee Meetings  
 1:30 p.m. – 2:20 p.m. Jake Saulsbury, University of Nebraska-Kearney; Doubles Tactics & Drills **B105**  
 1:30 p.m. – 2:20 p.m. Dave Schultz, NE Sports Concussion Network; Refresher: ImPact-Baseline Testing & Training, Sign Up at Booth # 15, **D023**  
 1:30 p.m. – 3:25 p.m. NE Orthopaedic & Sports Medicine, Lincoln; Care & Prevention of Athletic Injuries-Taping for Coaches, **Training Rm.**  
 2:30 p.m. – 3:00 p.m. Ice Cream Social Presented By Nebraska State Education Association  
 3:10 p.m. – 4:00 p.m. Tennis Coaches Roundtable Discussion **B105**

**TRACK & FIELD***E117 unless otherwise noted***Tuesday, July 25**

7:30 a.m. – 4:30 p.m. REGISTRATION & EXHIBIT AREAS OPEN  
 8:30 a.m. – 9:20 a.m. Don Berger, North Salem HS, OR, Long Sprints: Techniques & Strategies  
 9:50 a.m. – 11:20 a.m. Welcome & Keynote: Dick Vermeil, Common Sense Principles of Coaching, **Main Gym**  
 11:20 a.m. – 1:00 p.m. Lunch Break  
 1:00 p.m. – 1:50 p.m. Don Berger, North Salem HS, OR; Runners' Motivation & Mental Preparation  
 1:00 p.m. – 2:55 p.m. NE Orthopaedic & Sports Medicine, Lincoln; Care & Prevention of Athletic Injuries-Taping for Coaches, **Training Rm.**  
 2:05 p.m. – 2:55 p.m. Teivaskie Lewin, University of South Dakota; Hurdles Technique & Body Positions  
 3:10 p.m. – 4:00 p.m. Teivaskie Lewin, University of South Dakota; Drills & Hurdle Progressions

**Wednesday, July 26**

**Coaches Care Blood Drive, Nebraska Community Blood Bank, West Side LNS, Presented by Scheels & Sid Dillon**  
 7:30 a.m. – 3:30 p.m. REGISTRATION & EXHIBIT AREAS OPEN  
 10:00 a.m. – 10:15 a.m. NCA Sport Meeting  
 10:15 a.m. – 11:15 a.m. Nate Neuhaus, NSAA Track & Field Update  
 11:30 a.m. – 12:00 p.m. NCA District Meetings  
 12:00 p.m. – 1:30 p.m. Lunch Break & NCA Sports Advisory Committee Meetings  
 1:30 p.m. – 2:20 p.m. Carrie Lane, USTFCCCA; Implementing a Strength Training Program for Throwers  
 1:30 p.m. – 2:20 p.m. Dave Schultz, NE Sports Concussion Network; Refresher: ImPact-Baseline Testing & Training, Sign Up at Booth # 15, **D023**  
 1:30 p.m. – 3:25 p.m. NE Orthopaedic & Sports Medicine, Lincoln; Care & Prevention of Athletic Injuries-Taping for Coaches, **Training Rm.**  
 2:30 p.m. – 3:00 p.m. Ice Cream Social Presented By Nebraska State Education Association  
 3:10 p.m. – 4:00 p.m. Carrie Lane, USTFCCCA; Hands on Session-Trouble Shooting Common Throwing Flaws, **Track**

**Thursday, July 27**

7:30 a.m. – 11:00 a.m. REGISTRATION & EXHIBIT AREAS OPEN  
 8:00 a.m. – 9:30 a.m. Nebraska School Activities Association; Head, Heart and Heat Certification, **Auditorium**  
 9:35 a.m. – 10:25 a.m. Jeremy Scott, 2012 US Olympian; Basics of Pole Vault Technique  
 10:40 a.m. – 11:30 a.m. Jeremy Scott, 2012 US Olympian; Importance of Run, Pole and Grip  
 11:45 a.m. End of Clinic Drawings, **Main Gym**

**VOLLEYBALL****Presented by American Volleyball Coaches Association***South Gym unless otherwise noted***Tuesday, July 25**

7:30 a.m. – 4:30 p.m. REGISTRATION & EXHIBIT AREAS OPEN  
 8:30 a.m. – 9:20 a.m. Through the Looking Glass-An Insider View of the 2017 NCA All-Star Practice; Hosted by Mike Brandon, Gretna HS  
 9:50 a.m. – 11:20 a.m. Welcome & Keynote: Dick Vermeil, Common Sense Principles of Coaching, **Main Gym**  
 11:20 a.m. – 1:00 p.m. Lunch Break  
 1:00 p.m. – 1:50 p.m. Hudl, Integrating Video and Stats to Help Your Team Win  
 1:00 p.m. – 2:55 p.m. NE Orthopaedic & Sports Medicine, Lincoln; Care & Prevention of Athletic Injuries-Taping for Coaches, **Training Rm.**  
 2:05 p.m. – 2:55 p.m. Renee Saunders, Omaha Skutt Catholic HS; Winning the Serve & Pass Game, Part 1  
 3:10 p.m. – 4:00 p.m. Renee Saunders, Omaha Skutt Catholic HS; Winning the Serve & Pass Game, Part 2

**Wednesday, July 26**

**Coaches Care Blood Drive, Nebraska Community Blood Bank, West Side LNS, Presented by Scheels & Sid Dillon**  
 7:30 a.m. – 3:30 p.m. REGISTRATION & EXHIBIT AREAS OPEN  
 8:30 a.m. – 9:45 a.m. Lisa Bartels, Performance Conditioning; Movement to Muscle (M2M)  
 10:00 a.m. – 10:15 a.m. NCA Volleyball Sport Meeting  
 10:15 a.m. – 11:15 a.m. Jennifer Schwartz, NSAA Volleyball Rules Meeting  
 11:30 a.m. – 12:00 p.m. NCA District Meetings  
 12:00 p.m. – 1:30 p.m. Lunch Break & NCA Sports Advisory Committee Meetings



## VOLLEYBALL

1:30 p.m. – 2:20 p.m.  
 1:30 p.m. – 2:20 p.m.  
 1:30 p.m. – 3:25 p.m.  
 2:30 p.m. – 3:00 p.m.  
 3:10 p.m. – 4:00 p.m.

Matt Buttermore, Hastings College (NE); Drills! Drills! Drills!  
 Dave Schultz, NE 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 Rm.**  
 Ice Cream Social Presented By Nebraska State Education Association  
 Matt Buttermore, Hastings College (NE); Learning Gym – Make It Fun, Make It Awkward

### Thursday, July 27

7:30 a.m. – 11:00 a.m.  
 8:00 a.m. – 9:30 a.m.  
 8:30 a.m. – 9:20 a.m.  
 9:35 a.m. – 10:25 a.m.  
 10:40 a.m. – 11:30 a.m.  
 11:45 a.m.

REGISTRATION & EXHIBIT AREAS OPEN  
 Nebraska School Activities Association; Head, Heart and Heat Certification, **Auditorium**  
 High School VB Hall of Fame Coaches Panel - Pat Hoblyn, Ansley-Litchfield & Sharon Zavala, Grand Island Central Catholic, Moderated by Kathi Wieskamp  
 Lyndsey Oates, Univ. of Northern Colorado; Making Adjustments within a Match  
 Lyndsey Oates, Univ. of Northern Colorado; Team Defensive Systems  
 End of Clinic Drawings, **Main Gym**

## WRESTLING

Presented by National Wrestling Coaches Association

Wrestling Room unless otherwise noted

### Tuesday, July 25

7:30 a.m. – 4:30 p.m.  
 8:30 a.m. – 9:20 a.m.  
 9:50 a.m. – 11:20 a.m.  
 11:20 a.m. – 1:00 p.m.  
 1:00 p.m. – 1:50 p.m.  
 1:00 p.m. – 2:55 p.m.  
 2:05 p.m. – 2:55 p.m.  
 3:10 p.m. – 4:00 p.m.

REGISTRATION & EXHIBIT AREAS OPEN  
 Tony Purler, Tony Purler Academy; Clearing Legs  
 Welcome & Keynote: Dick Vermeil, Common Sense Principles of Coaching, **Main Gym**  
 Lunch Break  
 Tony Purler, Tony Purler Academy; Collar Ties/ Elbow Controls  
 NE Orthopaedic & Sports Medicine, Lincoln; Care & Prevention of Athletic Injuries-Taping for Coaches, **Training Rm.**  
 Tony Purler, Tony Purler Academy; Hand Fighting, Clearing Ties, Using Ties  
 Tony Purler, Tony Purler Academy; Open Q&A, Strategies & Tips



### Wednesday, July 26

7:30 a.m. – 3:30 p.m.  
 8:30 a.m. – 8:45 a.m.  
 8:45 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. – 2:20 p.m.  
 1:30 p.m. – 3:25 p.m.  
 2:30 p.m. – 3:00 p.m.  
 3:10 p.m. – 4:00 p.m.

Coaches Care Blood Drive, Nebraska Community Blood Bank, West Side LNS, Presented by Scheels & Sid Dillon  
 REGISTRATION & EXHIBIT AREAS OPEN  
 NCA Sport Meeting  
 Ron Higdon, NSAA Wrestling Update  
 Chris Mecate, Old Dominion University, VA; Neutral with an Emphasis on Transitions  
 NCA District Meetings  
 Lunch Break & NCA Sports Advisory Committee Meetings  
 Chris Mecate, Old Dominion University, VA; Tough on Top  
 Dave Schultz, NE 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 Rm.**  
 Ice Cream Social Presented By Nebraska State Education Association  
 Chris Mecate, Old Dominion University, VA; Bottom Work

### Thursday, July 27

7:30 a.m. – 11:00 a.m.  
 8:00 a.m. – 9:30 a.m.  
 8:30 a.m. – 9:20 a.m.  
 9:35 a.m. – 10:25 a.m.  
 10:40 a.m. – 11:30 a.m.  
 11:45 a.m.

REGISTRATION & EXHIBIT AREAS OPEN  
 Nebraska School Activities Association; Head, Heart and Heat Certification, **Auditorium**  
 Mark Branch, University of Wyoming; Leg Ride & Turns  
 Mark Branch, University of Wyoming; Hi Crotch  
 Mark Branch, University of Wyoming; Low Single Leg  
 End of Clinic Drawings, **Main Gym**

## DISTRICT MEETINGS

Wednesday, July 26 11:30 a.m. – 12:00 p.m.

**District 1** Auditorium  
**District 2** Main Gym

**District 3** South Gym  
**District 4** E117

**District 5** Theater  
**District 6** E119

