



nebraska coach

neacoach.org

April 2012

Coaches Articles

Spring Coaches Share
Wisdom

WINTER SPORT CHAMPIONS

Sportsmanship Awards

New Member

Benefit

"Gold Card"

10 STATE CHAMPIONSHIPS

Russ Ninemire, Sandy Creek

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St. Mary's Boy's Basketball Coach Gary Chvala gives instructions to a player in the closing moments of the D1 Championship and finished undefeated on the season with a 28-0 record. – NCA Photo



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Nebraska Orthopaedic Physician's Outreach Clinics

Aurora	Memorial Hospital
Auburn	Nemah County Hospital
Beatrice	Gage County Medical Clinic
Fairbury	Jefferson Community Health Center
Falls City	Community Medical Center
Holdrege	Family Medical Specialties
Nebraska City	St. Mary's Hospital
Osceola	Annie Jeffrey Memorial County Health Center
Pawnee City	Pawnee City Memorial Hospital
Syracuse	Community Memorial Hospital





Ravenna Boys' Basketball Coach Paul Beranek talks to his players during a timeout in the C2 State Championship game. Ravenna defeated Lutheran High Northeast 61-51 to claim the championship and cap a 28-0 season. – NCA Photo

CALENDAR OF EVENTS

April 29	NCA Board Meeting, NSAA Building
May 14 & 15	State Championship Soccer Sportsmanship Awards, Creighton University
May 18-19	State Track Hospitality, Omaha Burke High School
July 22	NCA Annual Awards Banquet, Great Hall in the Lincoln Train Station, Lincoln NE
July 23	NCA All-Star Boys' & Girls' Basketball Games, Lincoln North Star High School
July 24-26	NCA Multi-Sport Clinic, Lincoln North Star High School
July 24	NCA All-Star Volleyball Match, Lincoln North Star High School
July 25	NCA All-Star Softball Doubleheader, UNL's Bowlin Field

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April 2012

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"The Game Plan"

Words from Darin Boysen, NCA Executive Director

Welcome to the 2012 Spring edition of the *Nebraska Coach* magazine, the official publication of the Nebraska Coaches Association. A new, special edition of the *Nebraska Coach* magazine will be out by May 1. The special edition will be solely dedicated to the 2012 NCA Multi-Sport Clinic and membership details for the 2012-13 year. The special edition will be online and mailed to NCA members and school administrators. We are currently finalizing the clinician line up and schedule for the Annual NCA Multi-Sport Clinic. I think you will be excited with the program slated for July 24-26 at Lincoln North Star High School.

I would like to thank the spring sports coaches that have submitted articles for this edition. We hope you find the articles insightful as well as a resource within the coaching profession. If you enjoy an article(s), please let the author(s) know how much you appreciate their efforts and dedication to coaches across the state.

Within this edition (page 13) you will find an article announcing a new NCA membership benefit that will go into effect with the 2012-13 school year. The "Gold Card" program, exclusively for NCA members and Silver members, is designed to allow coaches to purchase a pass annually that will be good for admission to all NSAA State Championships for the entire school year. The cost will be only \$20! I would like to personally thank the NSAA Board of Directors and executive staff for helping make this happen. This new benefit being offered to the NCA membership shows respect and appreciation of coaches and the NCA as an organization by the NSAA. Please see page 13 for details about this new and exciting benefit for NCA members.

June will mark the end of Dr. Steve Shanahan's role as interim executive director of the NSAA. His leadership and willingness to listen over the past two years has helped make positive changes. These changes have helped the Nebraska Coaches Association directly and indirectly. When faced with stormy seas he helped guide the ship into safe waters without making hasty decisions. Best wishes to Steve and Vicki Shanahan on his retirement. We welcome and look forward to working with Rhonda Blanford-Green as the new NSAA executive director.

In closing, I would like to thank the NCA Board of Directors for their patience and guidance during my first year as your executive director. I will continue to look for new ways to improve our organization while respecting the traditions that have been laid by several generations of coaches. Rocky Ruhl, President of the NCA, has been a source of guidance and assurance. Rocky encouraged me to look at new paths, but to not forget what paths have been tried and true. NCA administrative assistant, Saundi Fugleberg, deserves special recognition for helping make this first year as smooth as possible. Saundi works tirelessly for the coaches of Nebraska.

Thank you to the NCA membership. The coaches of Nebraska continue to inspire me with their positive and professional attitudes. Enjoy the spring sports season and thank you for all you do for Nebraska student-athletes!



HIGH SCHOOL TRACK AND FIELD AND CLUB SPORTS

Nancy Kindig-Malone – Girls Track Coach Fillmore Central

As High School track coaches, we all realize how busy the Spring becomes for our athletes. With track being a Spring sport, we share our athletes with District and State Speech, District Music, District Band, State Conventions (FFA, FBLA, FCCLA), Spring Break, Easter Break, Prom and a plethora of year-end banquets and awards nights. It's part of being a track coach; we must be flexible with each athlete's training. But when you add "Club Sports" to the mix, a different philosophy arises with many high school coaches and the flexibility concept becomes more rigid.

It is my belief that High School Track and Field and Club Sports can be a workable combination; may co-exist in the same season. This is a philosophy that has evolved over many seasons and years. Note that I speak from an individual sport, lower classification perspective and have no agenda regarding this issue. This belief begins with a well-defined mission statement and steadfast premises which are revisited throughout the season when difficult and frustrating situations arise.

The mission of the Fillmore Central Track Team is to make our athletes into strong men and women. Period. Underlying that mission are the following premises:

- 1.) Winning is not our goal; preparing our athletes to compete to the best of their ability is our goal.
- 2.) The sport should be challenging and fun as we teach and train our athletes.
- 3.) It's not about our goals as coaches; it is about their goals as athletes.
- 4.) Developing our premises has helped guide our program through the Club Sports dilemma. Don't get me wrong; there are moments of true frustration when dealing with Club Teams and schedules. That is when our three premises guide our decisions and actions and ultimately, allows us to respect the goals of each athlete.

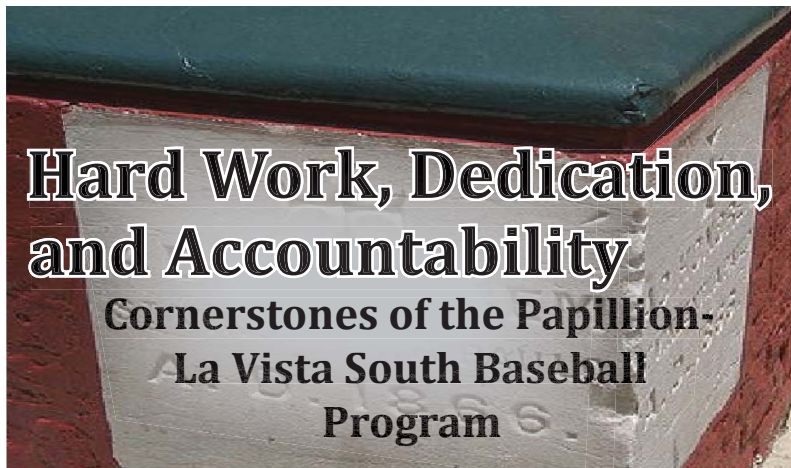
The following scenarios are probably similar in many track programs. Track athletes have Club Volleyball tournaments all day Saturday and/or Sunday and are physically and mentally tired on Monday. Club Basketball players may have a 3 to 4 hour practice on Sunday afternoon and proceed to muddle through track practice the following day. In both cases, the athletes decide to "not talk about the weekend" with their track coaches since it is "high school track season" and they have been led to believe they are being disloyal to the team. Instead, if we, as track coaches recognize their efforts and realize that they are adding an additional workout to their week, the track team "could" benefit from it... but it is necessary to adjust that athlete's workout on Monday. It's not difficult; it's a decision. How was that decision reached? Applying the premise that states, "It's not about our goals as coaches; it's about their goals as athletes."

Something that we started many years ago was to have our track athletes "rank" the sports in which they participated throughout the year in their personal order of importance (alias, which sport is your favorite?) It was enlightening as it indicated that most of our athletes placed track and field last. While not an earth-shattering revelation, it reinforced my belief that our athletes participate in track for numerous reasons which include: Preparation for the upcoming football, basketball, volleyball, softball, cross-country and wrestling seasons (and yes, the "social" factors associated with spring track meets.) It is very unlikely that you will have more than two or three pure "track" kids on your team. Armed with that information, it is easier to focus on "their goals" as athletes and not our goals as their track coaches.

From missing Track meets due to Trap Shooting and Softball Tournaments on Saturdays to leaving practices early to attend a Club sport practice, it is our choice as track coaches to acknowledge their hopes and dreams, even if they place "our" sport last on their lists. Admittedly so, it is difficult to accept this scenario with the multi-talented athlete that has great track potential... but if we do our job correctly, we can continue to influence these athletes by providing a challenging and fun experience as we systematically prepare them to compete to the best of their ability as a "shared" athlete. This way, their interest in track has a chance of increasing as they mature and experience some level of success.

The Club Sport scene continues to evolve as our culture is definitely changing. With that said, track coaches need to be proactive in guiding our athletes through the sometimes confusing, exhausting maze. Remember: the skills and talents our athletes are developing in their Club Sports are ultimately being brought back to our own high school teams. While we genuinely enjoy their athletic successes throughout the school year, it does come at a price. I suggest that it is a small price, if done correctly. In the past, Fillmore Central has run its "own" club volleyball team so as to control the competition and practice schedules (avoid peak track competition dates.) We remind parents that *quality* club programs are cognizant of the overall health of the athlete and respect the "in-season" high school sport. When there are health or performance concerns, track coaches must verbalize their thoughts to the athlete and parents. Don't complain; inform. Yes, there is still much work to be done between the two entities, but articulation and respect are the keys.

When I get frustrated, I remind myself that I love to teach and coach. My school system allows me to do both. There are days after a late night meet that I give a lackluster performance as a teacher and "muddle through" the day. We are not unlike our athletes. They, too, are trying to be true to their school and themselves. It's a juggling act at times, but respect, communication and flexibility from their track coaches allows club sports and track to co-exist as our athletes strive to reach their many goals.



Titan Offseason/Preseason Baseball

Beginning a program at Pillion-La Vista South has been a very fulfilling job. First, I must start by stressing that Papillion – La Vista South High School wants to encourage all athletes to participate in as many different sports as possible. Our athletic department feels that there is no substitution for actual competition. We encourage our players to be multi sport athletes and COMPETE.

We then make it understood that Titan athletes who are not currently competing in a specific sport season will condition in the hall of champions on Mondays, Tuesdays, Thursdays and Fridays from 3:30 – 4:15.

A sport will not carry meaning or value without true sacrifice and discipline devoted to that sport.

Our time conditioning is the first chance we can get to work together as a team. This is our opportunity to improve, develop, and progress. The conditioning challenges our athletes to push themselves and their teammates. It gives young people a chance

to practice accountability and responsibility. Our program allows athletes of different grade levels to interact with each other. It also empowers our seniors to become strong leaders. This conditioning process is the place where young athletes learn to persevere and develop a winning attitude.

Character Attributes gained from our program:

I am sure when you think of mental toughness you picture a hitter standing in the box with the game on the line and somehow, despite great pressure, he delivers a game winning hit (a la Derek Jeter) or a pitcher (a la Chris Carpenter) coming up with a clutch performance in a big game.

A lot of players SAY they want to work hard but few follow through on what it takes to be successful. This program has been successful because of the dedicated *Blue Collar* type of player. This is the type of player that is never late, never misses a day, regardless of the weather, day of the week, or girlfriend problems, this player is there and working hard. That is mental toughness! Doing what you have to do no matter what. This is a big part of our program. The expectation from freshmen through seniors is that they are there, working together to help reach our goals. We believe this is the start of the baseball season. Some people will point to the players that we have had come through our program and say how lucky they were. But we know that they created their own luck by working hard, day in and day out.

THREE KEY TIPS WE GIVE OUR PLAYERS PRIOR TO PROPEL THEM THROUGH THEIR OFFSEASON/PRESEASON WORK:

1. **Show up - that is half the battle.** We encourage our guys to put in the time and make the choice to improve each day.
2. **If you're going to come - come to work.** Our guys must be consistent in their work habits. If they are going to show up, they must show up because they want to improve. We tell them "DO NOT show up because we as a coaching staff want you to be there." Just remember it takes the same amount of time to put forth a poor effort as it does a good effort.
3. **Mental pictures.** It helps to have a clear picture of what you want yourself and your team to become. Successful athletes can see it, smell it, and taste it. It is important to know what you want and work towards it each day. For example, you may have a goal of one day winning the state championship. If you have the ability to picture yourself celebrating at Haymarket Park/Werner Park that can motivate you on days when you are not feeling so well. Mental pictures can supply the drive.

PHYSICAL ATTRIBUTES GAINED FROM THE PROGRAM

We build our conditioning program around 4 main areas: -Agility -Plyometrics -Speed -Competition

Offseason work: November- December: M- Agility T-Plyometrics Th-Speed/Strength F- Competition

In November, the coaching staff runs an abs/push up circuit program after the skill work. In December, the seniors run the abs/push up circuit program and this is an outstanding method to help develop leadership.

January-February: M- All school stations T- Agility/ Plyos Th- All school stations F- Competition/ Speed

January-February mornings: M,W,F- Pitching 3 groups of 4 pitchers for 30 minutes T,Th – Hitting 4 groups of 4 hitters for 20 minutes

The Papillion La Vista South baseball program has been successful for many reasons. The coaches (Jamie Glover, Jeff Spilker, Brian Masek, and Greg Wilmes) have bought into our off season conditioning program. Their attendance and assistance have been instrumental in developing team chemistry, mental toughness and strong work habits. This has given our players the opportunity to become better athletes.

Our players continue to accept our challenges in the off season conditioning program. As they overcome these challenges, you can see their confidence growing. When they complete the program, they are well on their way to becoming TITANS!

One of our favorite sayings around the Titan baseball program is: Hard Work Always Wins! Parents, teachers, coaches, and future employers always look for people who are willing to work hard and I can truly say, we have established a positive work ethic throughout our program.



Bill Lynam, Baseball Coach
Papillion La Vista South

TENNIS STRATEGY: AUSTRALIAN DOUBLES

By: Steve Bischof, Elkhorn South

The game of tennis is fundamentally very simple. Hit the ball over the net and between the lines once more than your opponents and you will win. Tennis doesn't have the variations of man or zone defense, flex or motion offense found in basketball.

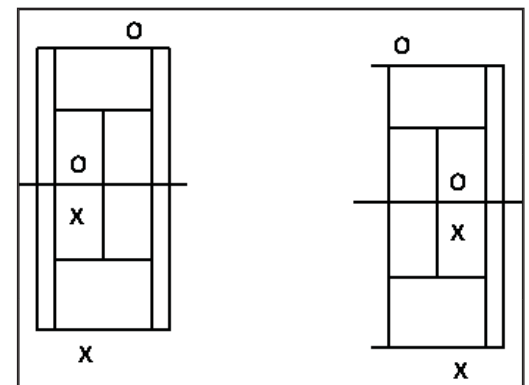
There is a one strategy that tennis coaches can turn to, known as the *Australian Doubles* formation. In Australian Doubles, the server and the net player lineup on the same side of the court, instead of the traditional opposite sides of the center line. The server should serve close to the center mark to improve their coverage of the down the line return to the open side of the court.

We've identified six situations where it may be advantageous to employ the Australian Doubles formation.

- **“Change a losing game”** There's an old tennis adage: “Change a losing game.” If your strategy isn't winning you points or games, change it up and try something different. The Australian formation can “change a losing game” by giving your opponents a different look and take them out of their rhythm and comfort zone. And it can give your players a lift just to do something different.
- **Take away a strong crosscourt return** When an opponent is successfully ripping crosscourt returns, the Aussie formation can take away that crosscourt return and force your opponent to hit down the line. The net is 36” in the middle but 42” at the net post, so the down the line return has to go over the highest part of the net, increasing the chance of netting an error. The crosscourt return has a longer margin of error because the angle creates almost 86’ of target area, but the target straight down the line is only 78’.
- **Limit the Net Beast** If your opponent has a strong player on the net, placing your net player in front of the Net Beast can limit their touches. Positioning the server's partner at the net can reduce the angles the Net Beast can use to hit winners. It also reverses the gap between the net player and the server.
- **Maximize a Strength** A volleyer with a strong forehand volley can spend the entire service game in the ad court, so that almost every volley can be taken by their forehand. To maximize the forehand volley strength, only play Aussie formation on ad side, playing traditional doubles formation when serving from the deuce side. A server with a stronger forehand baseline shot will see more forehands on the deuce side and would play Aussie formation only on the ad side.
- **Minimize a weakness** Likewise a volleyer with a weak backhand can play Aussie on the ad side for the entire game, and limit backhand volley chances. A server with a weak backhand will see more forehands by playing Aussie formation just on the ad side.
- **Remember to Poach** You can still poach effectively from the Aussie formation. Poaching or staying from the Aussie formation will create extra confusion in your opponents, and make them think instead of reacting instinctively on their return of serves. Serve placement into the body, or down the center, can increase poaching opportunities.

Countering the Aussie Formation

Every strategy has counter-strategies, and this is true with the Aussie formation. If the returner *lobs* the Aussie net player, the net player and the baseline player have to switch positions and return to the traditional one up and one back formation. Another counter-measure is to just hit right at the server's partner at the net, and challenge their volley skills.



By teaching this “down under” formation, you might find your doubles teams can pick up a few more wins. Good luck, play hard, and have fun!



QUICKER DECISIONS: WITH OR WITHOUT THE BALL...

WORDS FROM: JOHN WALSH , MILLARD NORTH GIRLS SOCCER

The last few years we have concentrated on vision training with our players. The objective has been to get our girls to look up and make quicker decisions with and without the ball. We want them to decide what they are going to do before they receive as opposed to deciding once they get the ball. We have to make decisions with more pressure from the defender and the space if we wait until the ball is at our feet. We have used the following drills to increase our vision around the field and play quicker to give us more time to react. One of the main components is to survey the area while the ball is being played to us and make pass, dribble or shoot decisions quickly.

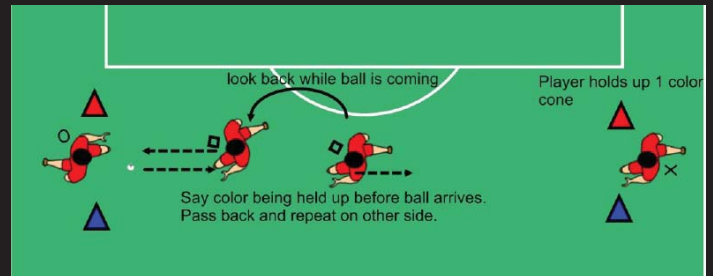
WARM UP ACTIVITY

This exercise works on glancing around to see where the ball is and where defensive pressure might be coming from.

Equipment...12 red cones, 12 yellow cones, 12 balls

Space... 10 by 25 yards

Players...18 groups of 3



Two players on each end of grid holding one red and one yellow cone per hand. The player in the middle receives a firm pass from one end. While the ball is rolling towards the middle player they must glance behind them and see which color cone is being held up and call out that color. Make sure the cone is not held up until the ball is played to the center. Play the ball back to the server and turn and receive pass from the other end while the original server holds up a red or yellow cone. Rotate so all players get 2 turns in the middle. Variation

Play with only one ball so you must turn and pass to the other side.

VARIATION

Add cones 7-8 yards apart in the middle so the center player must run from side to side while maintaining her vision and adding more movement.

Vision Activity

Equipment... Vests, Balls, Cones

Space... 25 by 20 yards

Players... 9 you can have 1 be a GK and she can use her hands (a good way to incorporate GK into training).

3 green, 3 red and 3 blue...each color of vests have one X, one O and one square on them. The players pass not to the color but rather the shape. Their focus obviously must be sharper to find shape and not color of vest. Two teams of shapes play keep away from the other shape. When the defensive shape steals the ball the shape which lost the ball goes on defense. Which helps work on transition from offense to defense.



Preparing Your Players for Competition Golf...and Much More

By James Danson, Lincoln Southwest High School

For the past 10 years, I have had the privilege of coaching the Boys and Girls Golf Program at Lincoln Southwest High School. It is difficult to find words to explain how rewarding this opportunity has been. Throughout these 10 years I have coached some of the most amazing players, who have excelled both on and off the course. These players have worked vigorously to make the Lincoln Southwest golf program highly successful. This vigorous work ethic has resulted in the formation of a legacy that future players are challenged to maintain. I believe that golf is an honorable game where people are accountable for their own honesty and integrity. In other words, golf helps teach our youth valuable life lessons, such as fair play, work ethic, character, and sportsmanship.



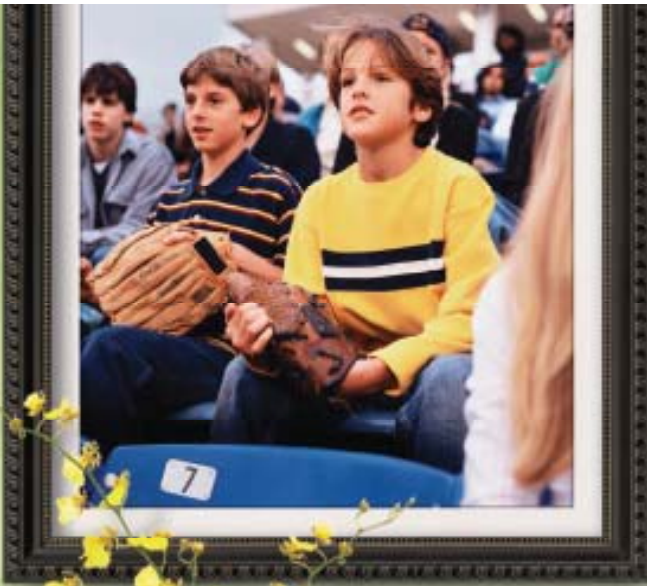
There are a lot of great golf coaches in the state of Nebraska, but this is my coaching philosophy in which I have experienced success. Building a strong relationship with your players is an essential part of the mental game plan so I try to motivate my golfers everyday to build trust. I try to talk to them about something that they did well before I talk about improvements. I believe that it is very important to talk to my players about positive things because golf can be a very unforgiving game. For instance, you may be doing everything correctly but can still have a poor outcome.

I believe that it is very necessary to work both physical and mental aspects of golf and these drills accomplish both of those areas. Every coach knows that they are two different types of golf: playing golf and competition golf. They are VERY different so I believe you need to replicate competition golf as much as you can to get your players ready for tournaments.

Golf coaches EVERYWHERE are always looking for new drills they can implement into their daily practices. I am no different in that way, so here are some drills that I have created and implement on a regular basis. These drills have been created to improve the player's mental and physical game.

1. Do as many of what I call "RED ZONE" drills (I use to coach football so I use some football terminology in my practices). In football, your top priority is to score every time you are in the red zone; in golf, your top priority is to hit the green from 100 yards so you can score a birdie - thus RED ZONE DRILL: The three most important clubs in your bag are the Driver, the Wedge, and the Putter. The Red Zone drill utilizes all three of these clubs.
 - **The Driver Drill:** The main purpose of this drill is to hit the fairway. I use the front tees to work on their mental game. Almost nothing works better on the mental aspect of your game than hitting a good long drive. After the players hit their drives, they pick up their ball and move on to the next drill.
 - **The Wedge Drill:** Drop a ball from 100 yards and try to hit the green. With this drill you are working on trying to get into the birdie range.
 - **The Putting Drill:** Have your players putt out from the previous drill.
 - Repeat this drill on all par 4s and par 5s.
 - Have your players play "normal" (as they would) on par 3s.
2. I would highly recommend doing as many putting drill as you can:
 - **Round the World Drill:** Put about 7 balls around the cup from the same distance and have your players try to make all 7 putts and if they miss any one, then have them try again until they make all of them.
 - **Wave Drill:** Put 6 or 7 tees or coins around the cup from different distances and have them make all of the putts and if they miss they have to start all over - this drill allows them to feel the pressure of competition.

I hope these suggestions help! If I can be of further assistance, please let me know. I hope the best of luck to you the rest of the year as well.



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The background of the page features a collection of trophies and medals. There are several large wooden trophies with gold figurines on top, and stacks of gold medals in blue and white ribbons. The trophies are arranged on a wooden surface.

2012 Winter Sports

State Champions

Coaches

SWIMMING

Girls - Doug Krecklow, Omaha Westside
Boys - Tom Beck, Creighton Prep

WRESTLING

Class A - Mike Schadwinkel, Grand Island
Class B - Brad Hildebrandt, Omaha Skutt Catholic
Class C - Shane Allison, Valentine
Class D - Tyler Herman, Amherst

GIRLS BASKETBALL

Class A - Thomas Lee, Omaha Central
Class B - Tom Tvrdy, Seward
Class C1 - Russ Ninemire, Sandy Creek
Class C2 - Aaron Losing, Crofton
Class D1 - Jerry Stracke, Guardian Angels Central Catholic
Class D2 - Steve Wieseler, Wynot

BOYS BASKETBALL

Class A - Eric Behrens, Omaha Central
Class B - Tony Siske, Scottsbluff
Class C1 - Tom Krehbiel, Boys Town
Class C2 - Paul Beranek, Ravenna
Class D1 - Gary Chvala, St. Mary's
Class D2 - Matt Drew, Giltner

“GOLD CARD” – New NCA Member Benefit Approved

The Nebraska Coaches Association (NCA) is pleased to announce a new exclusive NCA membership benefit to begin with the 2012-13 school year.

The Nebraska School Activities Association (NSAA) Board of Directors approved the “NCA - NSAA Coaches Gold Card” program on April 12th. The NCA Board of Directors approved the preliminary concept at the January 22nd meeting in Kearney. The Gold Card, along with a valid state issued photo ID, will grant admission to all NSAA State Championships for the entire school year.

Any 2012-13 NCA member or NCA Silver member may purchase the exclusive Gold Card for only \$20 annually.

“We are excited to bring this new benefit to NCA members. We believe this unprecedented direction by the NSAA, shows good will between the two organizations and the respect the NSAA has for those that are in the coaching trenches every day. We are very appreciative of the NSAA’s support of coaches across the state,” said Darin Boysen, Executive Director of the NCA.

The NCA plans to offer this program as an optional membership fee. The Gold Card will also be available for purchase at the NCA Multi-Sport Clinic July 24-26. The NCA will assume the cost of the cards and administration of the program. All funds will go directly to the NSAA.

“We feel strongly that we must continue to offer quality benefits to our NCA members. We have made some strong strides in this direction this year,” explained Boysen.

The Gold Card will allow admission to a NSAA State Championship event only. Events such as sub-districts, districts, and football playoffs will not be applicable. The Gold Card may be used at Football Finals for general admission seating, but will not gain access to the 300 level. The card will gain admission for the card holder only, and will be non-transferable. A \$5 fee will be required for any card misplaced during the school year.

Hudl Partners with the Nebraska Coaches Association

The importance of film study in sports continues to grow each year, and thanks to Hudl (www.hudl.com), a Lincoln, Nebraska-based company, coaches at all levels are finding the process more efficient and powerful than ever before.

The Nebraska Coaches Association (NCA) is pleased to announce a partnership with Hudl through 2014. Hudl will become the title sponsor of the NCA - Hudl Coach of the Year award in each sport. NCA members will also see a significant Hudl presence at the annual Multi-Sport Clinic each year. Hudl will serve as the official video sponsor of the NCA through 2014, and will continue to serve as a sponsor of the annual “Coaches Night Out”.

“The Nebraska Coaches Association is grateful for the continued commitment by Hudl to support and invest in NCA programs that will benefit our member coaches and student-athletes across the state of Nebraska. Coaches across the state recognize the quality products and solutions that Hudl has created to help collect, edit, and showcase their team and individual athletes. Hudl’s outstanding software products and support team have elevated this Nebraska company to be the industry leader across the entire nation,” praised Darin Boysen, Executive Director of the Nebraska Coaches association.

“We’re excited to give back to the coaches that have supported Hudl over the years and have helped with our success,” Hudl CEO David Graff said. “Through our partnership with the Nebraska Coaches Association, we’re excited to get more involved with coaches of all sports to find better ways to save them time and help them win.”

Hudl was founded in 2006 to help major college and professional teams win. It was first used by the New York Jets and the University of Nebraska. After the first season of use, it was apparent that coaches at all levels could benefit from Hudl’s powerful video analysis tools.

In 2008, Hudl was released to high schools, colleges, and youth teams. Today, more than 6,500 teams from youth sports to the NFL use Hudl to help them dominate the game.

nebraska coach



SOFTBALL

Red
Team

Teal Anderson, OF SS/P -- Adams Central
 Christian Bugay, SS -- Kearney
 Tania Carroll, P/OF -- Lincoln Southwest
 Shannon Daly, 3B/C -- Omaha Marian
 Taylor Erlenbusch, P -- Millard South
 Sydney Hancock, SS/P -- Wahoo
 Lindsay Larson, OF -- Cross County
 Lexie Loos, OF -- Millard North
 Erin McGonigal, SS/2B -- Omaha Skutt
 Dana Norris, 2B/SS -- Lincoln Southeast
 Blake Ringle, C -- Millard South
 Bailey Schulenberg, OF -- Lincoln Southwest
 Michelle Trulin, CF -- Blair
 Micaela Whitney, P --
 Papillion-La Vista South
 Shelby Wobken, P -- Logan View-
 Scribner-Snyder
 *Head Coach: Steve Kerkman,
 Millard South
 *Assistant Coach: Roni Wobken,
 Logan View-Scribner-Snyder

Sierra Eason, OF -- Norris
 Caitlin Fehringer, CF -- Wayne
 Sydney Hames, P/SS -- Bennington
 Chaley Hamilton, P -- Beatrice
 Kylie Harpst, P/OF -- Lincoln North Star
 Kaitlin Hehnke, C -- Grand Island
 Cassidy Miller, P/IF -- Wayne
 Katie Petersen, SS/2B --
 Papillion-La Vista
 Sam Peterson, 3B/OF -- Omaha Burke
 Katie Ruwe, C -- Blair
 Ashley Schilling, OF -- Papillion-La Vista
 Katie Soukup, OF/2B/SS -- Omaha Burke
 Sydney Trosper, SS -- Grand Island
 Aubrey Voboril, P/3B -- Wahoo
 Kelsey Whipple, U -- Papillion-La Vista
 *Head Coach: Todd Petersen,
 Papillion-La Vista
 *Assistant Coach: K.C. Hehnke,
 Grand Island

Blue
Team

BOYS BASKETBALL

Red
Team

Trey Bardsley, G, Beatrice
 Connor Beranek, G/F, Ravenna
 Carson Blum, G, Minden
 Jalen Bradley, G, Norfolk
 Zach Clemens, F, Scottsbluff
 Keithan Karn, F, Elkhorn South
 Tremain Monroe, G/F, Norfolk
 Ethan Montalvo, G, Omaha Bryan
 Kiefer Musiel, F, Lincoln North Star
 Tait Sibbel, G/F, St. Mary's
 Alex Starkel, P, Norfolk
 Dylan Travis, G,
 Omaha Gross Catholic
 Head Coach:
 Ben Reis, Norfolk
 Assistant Coach:
 Don Hogue, Falls City

Darian Barrientos-Jackson, G,
 Omaha Central
 Trevor Bryant, P,
 Tekamah-Herman
 Max Cook, G, Wahoo
 Coleman Dahle, G/F, Milford
 Levi Gipson, G/F, Lincoln Christian
 John Harris, F, Lincoln High
 Merrill Holden, P, Lincoln High
 Trey Moore, G, Papillion-La Vista
 Erich Nickman, G, Lincoln Pius X
 DeShun Roberts, F, Omaha Central
 Hadley Sejkora, F, Pawnee City
 Ryan Sievers, G, Lincoln Southeast
 *Head Coach: Tony Muller, Milford
 *Assistant Coach: Monte Jones,
 Lincoln Christian

Blue
Team

2012 NCA ALL-STARS

GIRLS BASKETBALL

Red
Team

Courtney Aitken, G, Centura
 Allison Bachman, G/F, Fremont
 Hallie Bauer, G/F, Minden
 Ashlee Harms, F, Sandy Creek
 Shelby Hemmann, P, Amherst
 Elle Klink, F, Columbus
 Chelsea Mason, G, Bellevue West
 Sadie Murren, G, Wahoo
 Jackie Osenbaugh, F, Lincoln East
 Brianna Rollerson, P, Omaha Central
 Sydney Seberger, G, Lexington
 Jessica Tietz, P, Bancroft-Rosalie
 Head Coach: Roger Lauhead,
 Wauneta-Palisade
 Assistant Coach: Tony Weinandt,
 Fremont

Alicia Armstrong, G/F, Beatrice
 Shelbi Bittinger, G/F, Milford
 Beth Bohuslavsky, G, Seward
 Briann Craig, G,
 Lincoln Northeast
 Haley Gebers, P, Superior
 Jaime Kennedy, G, Boone Central
 Laramey Lewis, G/F, Hitchcock County
 Lauren Meyers, F, Omaha Westside
 Chelsey Morten, G, Holdrege
 Lauren Stricker, G,
 Lincoln Southeast
 Felicia Tekolste, F, Norris
 Jordyn Wollenburg, F/P, Gretna
 Head Coach: Jeff Thober, Ravenna
 Assistant Coach: Mike Kennedy,
 Boone Central

Blue
Team

VOLLEYBALL

Red
Team

Maggie Anderson, S,
 Lincoln Southwest
 Katie Brand, RS/S, Grand Island CC
 Kate Elman, DS, Omaha Marian
 Elizabeth Gebhardt, MH,
 Lutheran High NE
 Kayla Haneline, MH, Lourdes
 Central Catholic
 Morgan Heise, OH, Wood River
 Whitney Kostal, S,
 Papillion-La Vista South
 Cari McGarvie, MH,
 Lincoln North Star
 Lea Sack, DS, Lincoln Pius X
 Christian Silver, OH, Grand Island
 Lauren Smith, MH, Lincoln Pius X
 Ashley Stevens, OH, Bridgeport
 Kelsey Stratman, MH,
 Skutt Catholic
 Claire White, OH,
 Exeter-Milligan
 Head Coach: Craig
 Songster, Lincoln Northeast
 Assistant Coach: Neil VanLengen,
 Dodge

Kelsey Biltoft, MH, Lawrence-Nelson
 Jordan Chohon, S, Columbus Scotus
 Jade Cunningham, RS/S/MH,
 Laurel-Concord
 Cassie Effken, MH,
 Lincoln Pius X
 Kalei Fertig, MH, Kearney
 Janaya Fox, OH, Bellevue East
 Katie Hoskins, OH, Wayne
 Katie Hughes, OH, Seward
 Ashley Jansen, S/DS, Omaha Marian
 Elaine Kramer, OH, Gretna
 Bria Rasmussen, DS, Grand Island
 Michaela Schimmer, RS/S, Northwest
 Megan Schmale, MH,
 Elmwood-Murdock
 Allison Zastrow, S, Lincoln Pius X
 Head Coach: Jason Owens, Kearney
 Assistant Coach: Joyce Hoskins,
 Wayne

Blue
Team

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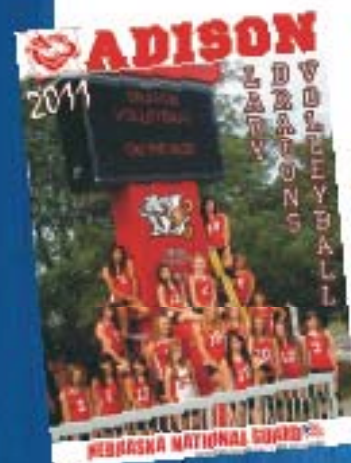


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CLASS PRESENTATIONS

- Career Exploration
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- Conflict Resolution
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- Drugs & Alcohol
- Communication
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- Heritage Outreach
- Homeland Security
- Budgeting
- Leadership
- Shaping History
- Problem Solving
- Study Techniques



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GIRLS STATE BASKETBALL NICE SPORTSMANSHIP AWARDS



C2-Weeping Water



B-Norris



C1-Sandy Creek



D2-Wynot



D1-Friend



NCA Photos



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:

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

For more information, go to: www.nebraska-colleges.net



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



BOYS STATE BASKETBALL NICE SPORTSMANSHIP AWARDS



A-Lincoln
North Star

D1-High Plains
Community

B-Beatrice

C2-North Platte
St. Patrick's

C1-Wahoo

D2-Howells



NCA Photos

First and Ten - An Open Playbook to Coaching Success - Reasons to Coach

By Johnny Tusa, American Football Coaches Association, High School membership Development



Each year many young men and women decide to enter into the teaching/coaching profession. These young men and women set out to follow a dream, pursue a career, and embark on a journey to change lives. From the very first day that one stands in front of adolescents to lead, he or she begins to transfer a very real and tenuous power of influence.

The reasons for getting into the coaching profession should be encased within the parameters of two basic questions; first, do I love working with young people enough that I would do it for free. Secondly, can I live without coaching and be satisfied. These two questions, if answered yes and no respectively are the cornerstones for success in the coaching profession.

Success is the key word that produces numerous definitions. Success in my book has nothing to do with winning and losing. Success to me has everything to do with running a consistent first class program. The process put forth to achieve such a program should include those activities that would lead to an outcome that showcases a maximum performance by each team member. By focusing on the process, the energy exerted by staff and participants in each endeavor, is free and clear of uncontrollable outcomes. Doing your best is a clear goal that relieves each team member of false and meaningless yardsticks. Ultimately, the will to win (succeed) is in direct proportion to attitude, work ethic, and passion.

So, if you've been led to believe that winning and losing is the sole criteria for judging the success or failure of an individual or team please think again! The truth of the matter is that although the won/loss record can be a contributing factor, it is by no means the primary factor. And, if it is portrayed as the primary factor, the institution involved is fostering a concept that is damaging to everyone involved or associated with said institution. The goal of any well run program should be geared to produce a well-rounded, responsible, and accountable citizen. Anything less should be unacceptable.

How important is coaching today? More important than ever. Why? The landscape of the family structure has changed dramatically in the last half century. Below are some startling statistics that make a strong case for the need of male role models in coaching and teaching. These statistics were gathered by the U.S. Census Bureau in 2009.

- There are approximately 13.7 million single parents in the U.S. today.
- These single parents are raising 21.8 million children or 26% of the nation's children under 21 years of age.
- 84% of custodial parents are female (approx. 11.5 million) of which 60.9 % are under the age of forty.
- 34% of single mothers have never been married.
- 49.8 of single mothers have full time jobs.
- 27% of single mothers and their children live in poverty.

The above statistics indicate a strong need for males in our schools. Every child needs a balance in parental guidance. Coaches and teachers often times must fill that gap. The 21st century has a great need for coaches who can teach the game along with the solid values of life.

The fallout from single parent homes is numerous. The empirical evidence of single parenting is manifested in their children in many ways. The most pronounced manifestations are:

- The lack of afterhour's supervision.
- Inconsistency in supervision e.g. grandparents, relatives, neighbors, peers.
- Dependency on outside transportation to get to school.
- Chronic tardiness.
- Poor nutrition.
- Inconsistent guidance, encouragement, and support.
- Absenteeism.
- Children forced into adult roles financially.
- Older siblings are responsible sometime during the day for younger siblings.
- Parent unable to attend important meetings and activities of children.



Coaching can only be effective after the staff has a plan for each player dealing with his or her circumstances. Until the distractions of everyday life are removed, it is very difficult for a child to focus, flourish, and learn.

One of the most effective ways to deal with individuals who lacked sufficient parental help was to let them know you were there for them off the field. Once you proved to players that you cared about them as individuals, and then great strides could be made in giving them the personal skills to handle their circumstances. In summary, developing the total child should be the ultimate goal of any top notch program.



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2012 STATE CHEER & DANCE CHAMPIONS

CLASS A

Sideline	Omaha/Burke
Nontumbling	Millard South
Tumbling	Millard West
Jazz	Millard North
Pom	Millard North
Hip Hop	Millard West
High Kick	Lincoln Northeast

CLASS C - LARGE GROUP

Sideline	Falls City
Nontumbling	Auburn
Jazz	Grand Island Central Catholic
Pom	Lincoln Lutheran
Hip Hop	Grand Island Central Catholic
High Kick	Lincoln Lutheran

CLASS B

Sideline	Norris
Nontumbling	Omaha Gross Catholic
Tumbling	Norris
Jazz	Elkhorn South
Pom	Omaha Skutt Catholic
Hip Hop	Elkhorn South
High Kick	Scottsbluff

CLASS C - SMALL GROUP

Sideline	Broken Bow
Nontumbling	Broken Bow
Jazz	Lutheran High NE
Pom	Wayne
Hip Hop	Louisville
High Kick	Ravenna

CLASS D

Sideline	Meridian
Nontumbling	Parkview Christian
Jazz	Emerson-Hubbard
Pom	Loup City
Hip Hop	Emerson-Hubbard

SPIRIT AWARD WINNERS

Class A - Lincoln East
Class B - Sidney
Class C - Johnson County Central
Class D - Osceola



T.E.A.M.

The manufacturers of team shirts have a “hey day” at this time of year, looking up inspirational quotes to place on the back of team and spectator state championship t-shirts. You know the kind of quotes I mean. “The harder you work, the harder it is to surrender,” Vince Lombardi, or for the vertically challenged basketball team, “It’s not the size of the dog in the fight, but the size of the fight in the dog,” Archie Griffen, or how about, “Pain is temporary. Quitting lasts forever,” Lance Armstrong. One only has to do a quick “Google Search” to find many more.

As I prepared to write this, my last article for the Nebraska Coaches Association, it struck me that the age old adage about T.E.A.M. or Together Everyone Achieves More, although cliché, is exactly what the NCA and the NSAA have tried to do the last year. Let me give you some examples.

Sportsmanship Summits - The NSAA has supported and been part of the NCA Sportsmanship Summits the last several years, helping to plan and present at each of the summits at both locations in the state. The belief that sportsmanship at all levels, players, coaches and fans, is a guiding principle of both the NCA and the NSAA and both groups continue to look for avenues and opportunities to promote the lifelong value of good sportsmanship.

Sportsmanship Awards - The NSAA and the NCA have teamed up to present Sportsmanship Awards to schools that exhibit outstanding sportsmanship at State Championship events in basketball and soccer and are continuing to expand this program to involve other team sports. Presentations are made at televised State Championship events as a way of showcasing these outstanding schools and their programs.

Speakers at Clinics - This year, the NSAA and the NCA are teaming up to bring championship basketball coaching legend, Bobby Knight, to speak at the Summer NCA Coaches Clinic. This cooperation, provided free of charge by the Baden Company, highlights the cooperation and shared interests of both organizations to provide quality coaching insights for our members.

Preferred Seating at State Championships - The NSAA has continued to provide preferred “300 level” seating at Memorial Stadium for members of the NCA as a way of honoring those coaches who are members of the NCA.

Jamborees and State Cheer and Dance Competition - The NCA and the NSAA have teamed up to allow schools to put on basketball jamborees prior to the start of official basketball games and have sponsored the State Cheer and Dance Competition. Both events are conducted in support of the Nebraska High School Sports Hall of Fame Foundation. These events have raised funds and supported the mission of the Hall of Fame in its ongoing efforts to recognize outstanding Nebraska High School athletes, teams, coaches and supporters.

Gold Cards - The latest effort to support high school coaches by a cooperative effort between the NCA and the NSAA is a proposal to allow NCA members to purchase admission to all NSAA State Championship events at a reduced, one time price, in conjunction with a membership to the NCA. Watch for details in communications from the NCA.

Together **E**veryone **A**chieves **M**ore is not just a slogan for the back of a shirt at state championship time, but something that is being put into practice by the Nebraska Coaches Association and the Nebraska School Activities Association throughout the year.

“Talent wins games, but teamwork and intelligence wins championships,” Michael Jordan.



NEW

Camp Insurance For Members

General Liability Coverage - \$1,000,000 Limit per Member

As a membership benefit of your state coaches association you are covered for all coaching activities. General Liability provides coverage to members from claims made by negligent acts accidentally committed resulting in bodily injury, personal and advertising injury or property damage to others.

Participant /Accident Coverage - \$25,000 Excess Medical Limit

Members have the option of providing participant/accident coverage for participants attending camps. Should an accident occur during a camp this coverage could help off-set the loss suffered by families affected by such accidents.

Certificates of Insurance

Today, most schools and athletic venues require coaches to provide proof of insurance or need to be named as an additional insured prior to utilizing their facilities. Upon request, certificates of insurance are issued by Loomis & LaParr Inc.

Enrollment Procedures & Questions

For additional information on coverage's, Participant/Accident enrollment procedures and Certificates of Insurance please contact Loomis & LaParr Inc. at 800-566-6479 or visit us online at: www.loomislaparr.com

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Total Amount Paid

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**Know someone who is not a member?
Encourage them to join the Association today!**