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SEPTEMBER 2015



**All-Stars
Showcased**

Fall Season Articles

NCA Awards

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Red All-Star Softball Coach Dave Carpenter, Norris, gives instructions during the doubleheader played at the University of Nebraska’s Bowlin Stadium. The Blue All-Stars sweep the doubleheader.
– Callam Sports Photography

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FEATURED 2015 – 2016 NCA UPCOMING EVENTS

NCA Board Meeting
October 4, Lincoln East High School

NCA Fundraising University Baseball Clinic
October 17, NSAA Building, Lincoln

**Softball & Volleyball All-Star
Nominations & Selections –**
October & November

NCA Sportsmanship Summit
November 17, Heartland Events Center, GI

NCA Sportsmanship Summit
November 18, NE Wesleyan University, Lincoln

NCA Football Clinic
November 22, Embassy Suites, Lincoln

NCA Track & Field Clinic
TBD, NSAA Building, Lincoln

NCA Board Meeting
January 24, 2016, Adams Central High School

State Cheer & Dance Championships
February 19 & 20, 2016,
Heartland Events Center, Grand Island

NCA Board Meeting
April 24, 2016, NSAA Building, Lincoln

NCA Multi-Sport Clinic
July 26-28, 2016, Lincoln North Star High School

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NCA PRESIDENT'S MESSAGE

Tom Olson, Norfolk High School



Greetings from the NCA. I would like to wish all of you and your teams the best of luck for the upcoming school year. Each new season brings about the unbridled enthusiasm of a new beginning, the potential for development, and the uncertainty of the ultimate

conclusion. This anticipation is a large part of what draws many of us back to the grind, year in and year out. As an association we would like to extend our best wishes to you at this exciting time of year. Let us know if there is anything we can do to help make your year go well.

As president I would like to personally thank you for your membership and your attendance to this year's multi-sport clinic. This will be my 35th year in the profession and this association has been a large factor in my getting to know so many coaches from around the state, whether it be through the clinic, my experience on the board, or simply the camaraderie that comes with such a large body of like-minded associates.

The NCA will continue to move forward using conventional methods, as well as exploring and embracing technology development. Be sure to use our web-site, www.ncacoach.org and follow us on Facebook and Twitter as a means of networking with your fellow coaches. With the leadership and vision of our director Darin Boysen, plus Saundi Fugleberg's capable assistance, our association stands ready to assist and support in any way possible. We are here to serve you, our members.

Be sure to stay up to date on your career marks with the Jerry Stine Family Milestone Awards, and encourage fellow coaches to do the same.

Having had the opportunity to meet people from all over the country through my affiliation with this group, I am reminded again and again just how special our organization and the coaches of the state of Nebraska are. I am proud to call myself a member of this fine association. Good luck and have a great year.

nebraska coach

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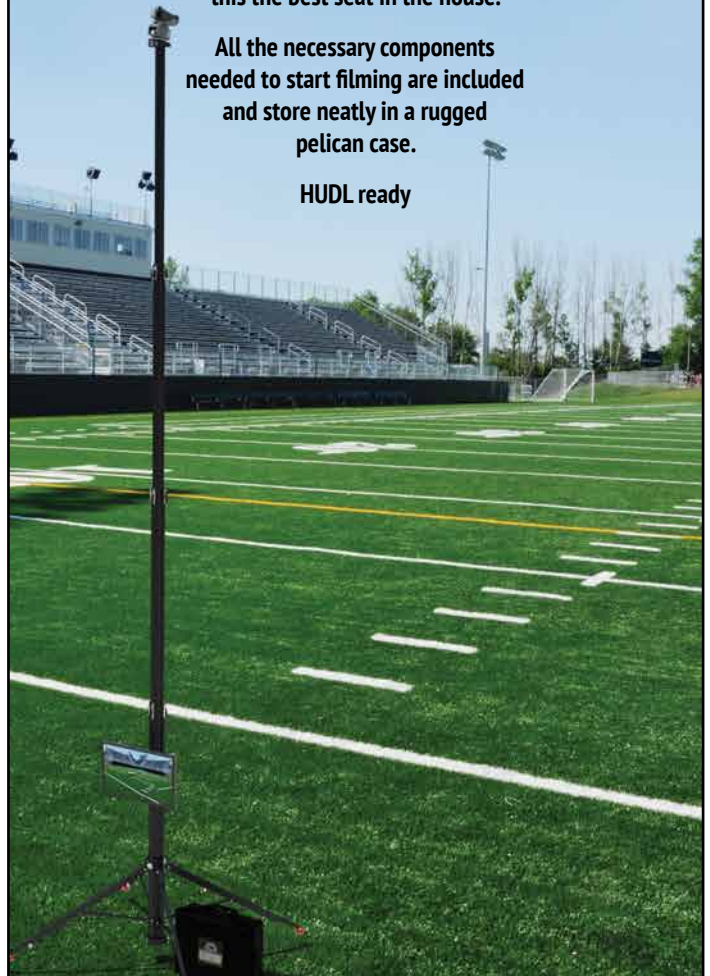
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The Game Plan

Darin Boysen, Executive Director



Welcome to the 2015-16 school year. We hope the start of this new school year brings a renewed sense of purpose and energy to you as a coach. If you attended the Nebraska Coaches Association's annual multi-sports clinic in July, you were treated to a keynote address by Jon Gordon that brought exactly that – a sense of purpose and energy!

Jon reminded and challenged us in many ways that as a coach, you are a person of great influence on a daily basis. Below are several resounding words of encouragement that we hope you took away from Jon's address:

- Great coaches communicate and connect with their teams
- Every coach needs to know every one of their players' stories
- Culture drives expectations and beliefs
- Great teams know what they stand for. . . they know what their purpose is
- Team beats talent when talent isn't a team
- Three words for team success: *Love, Serve, Care*
- If we focus on the fruit (Wins/Loses) and don't focus on the roots (Culture), the tree dies. . . Culture is the root of success
- Optimism is a competitive advantage
- Positive leaders transfer their positivity to their team

- Are our days presenting us *challenges* OR *opportunities*?
- Coaches don't get burned out because of what they do. . . They forget WHY they do it!

We challenge each of you to truly examine your purpose and energy. Your student-athletes are a true reflection of the culture you have developed and nurtured on a daily basis.

With a new year it is my pleasure to welcome two newly elected board members; Jason Ryan of Papillion-La Vista and Matt Swartzendruber of Sandy Creek. We also wish to thank Past President Jim LaMaster, of Adams Central, for his service and dedication to the NCA and coaches over the past decade. We also thank Tom Kerkman, of Omaha Westside, for his service during his two year term as a board of director.

We ask for your assistance in helping spread the word and vision of the NCA to other coaches in your school or area. The NCA's continual goal is to grow in the number of coaches we serve. It's our honor and privilege to serve you, the coach. If we can be of assistance in any way, please don't hesitate in contacting our office. Good luck to each of you in spreading your energy by developing a culture that will foster meaningful and positive relationships for generations to come.

"Leadership is not just about what you do, but what you can inspire, encourage and empower others to do. Lead with optimism, enthusiasm and positive energy, guard against pessimism and weed out negativity."
— Jon Gordon

A Message From

Dr. Jim Tenopir, NSAA Executive Director



It is with a great deal of pride that I return to the Nebraska School Activities Association! My previous tenure as the executive director of the NSAA was enlightening, professionally rewarding, sometimes stressful, but always enjoyable. Although my full intent was to retire at the end of this past July, it didn't take a lot of coaxing for me to step into the interim role to lead the NSAA over this next school year. I believe in high school sports

and performing arts, and I have seen first-hand the many benefits that accrue to the young people that we serve.

My five-year stint that I just finished as chief operating officer of the National Federation of State High School Associations (NFHS) in Indianapolis was a great professional opportunity for me, and it allowed me a bird's eye view of high school athletics and activities on a national basis. There are many excellent things we do in Nebraska, but there are things we can learn from our peers across the country, as well.

I think that we collectively have a great group of coaches who toil in our Nebraska schools to provide participation and learning opportunities for our students. Most of our coaches are men and women who want to be there, not just because they were administratively assigned. Most of our Nebraska coaches are committed to helping their athletes learn, train and succeed throughout the year, not just during the sports season. We have coaches who take every opportunity available to them to improve

their management and coaching skills in hopes that those efforts translate to success in the win-loss column, but more importantly, to success in helping young people become better people.

There is a requirement in Nebraska whereby coaches must be certificated by the Nebraska Department of Education. But does that certification necessarily translate to better coaching? I contend that coaches will become as proficient as their willingness to learn will allow.

In Nebraska, all coaches are required to take the NFHS *Concussion in Sports* course. That's good. But I would advocate that all coaches should also take the NFHS *Heat Illness Prevention* and *Sudden Cardiac Arrest* courses; they're free and available on NFHSLearn.com. There are other free NFHS courses as well, including *Engaging Effectively with Parents*, *Sportsmanship*, and more. The National Federation also offers courses that require registration fees, including *Fundamentals of Coaching*, *First Aid*, *Health and Safety for Coaches*, and many sport-specific courses.

Now that I am finished with this unintended commercial, let me offer our assistance if you have any questions about the learning opportunities through NFHSLearn.com. If there is anything that the staff of the Nebraska School Activities Association can do to be of assistance to you or your school, please call! Again, welcome back to another school year and another year of providing participation and competition opportunities for Nebraska's youth!

SETTING EXPECTATIONS FOR YOUR COACHING STAFF

Larry Martin – Football Head Coach – Omaha North



I was recently asked to provide a brief description on a program that I have worked on for my 25 years of coaching. This has been my ‘Coaches Expectations’ that I have provided to my coaching staff each and every year. This set of expectations is in constant flux as I add to it and subtract from it based

upon my growth each year as a coach and as a human being. Some of the most important aspects to being a teacher, coach and mentor of young men (or women) requires that we as the adult leaders communicate effectively with each other as a coaching staff and with the young men (women) with whom we are attempting to help mold into successful adults for the future.

1. Always be honest in communicating with a player or players.
2. You cannot invest too much time communicating with a player, as long as you are controlling the conversation. Don't gossip with players. Stop any player who starts telling you what is wrong with something or someone on our team. Good communication doesn't guarantee the influencing of positive attitude, but poor communication guarantees you won't. As a reminder the quality of your player's attitudes will be directly proportional to the quality of the atmosphere you create for them.
3. It is important that our players know we care and you care about them. A conversation can go beyond a technique! Players don't care how much you know until they know how much you care. If you care, they will care! When players work in a place with people who care about them, they contribute a lot more!! Holding yourself and those you coach accountable is different from finding fault and blame!
4. Always be aware of player's feelings. Be firm in correcting, but don't be degrading! Realize improvement is about 30% physical and 70% emotional, so try to remain positive. Good coaches make it a policy that mistakes made by players are coaching opportunities rather than causes for punishment. People have an unbelievable tolerance for recognition and praise. Very little value comes out of the belief that players will respond progressively better by treating them progressively worse. They must believe we believe in them.
5. Do not allow the negatives of a player performance blind you of the potential that exists within him if you and he continue to work together.
6. Make sure the players who start get more reps, but coach all of them. Teach them respect the value of every rep. Teach them to value the time you are investing in them to help them improve their skills so they can add value to the team as they continue to work to grow individually.
7. Try to make hard work fun-add humor whenever you can. Enthusiasm and the development of it are critical to our team environment and our team improvement.

8. Be loyal to other coaches when communicating with a player.
9. Be patient with a talented player. If he could already do what you are asking him to do, he wouldn't need you.
10. Always consider motivation as part of your responsibility. The head coach is not the only one responsible! Good coaches shape players opinions and attitudes while winning their respect by using every available opportunity to send their message. When as a coach, you can move their commitment from their heads to their hearts, you are moving into the upper echelon of your profession!
11. If a player has the talent to play well enough for us to win, but is not getting the job done for one reason or another, locate and define the problem. Once defined, aggressively attack it.
12. If it is mental, give him more individual meeting time.
13. If it is technique, give him more reps. Design drills that

continued on page 16

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BUILDING UNITED PROGRAMS WITH “NO REGRETS”

Danyl Seevers - Softball Head Coach – York



Our York Duke High School will begin our 8th year of high school softball in 2015. We were the last of the 10 schools in our conference to include softball in their athletic programs and one of the last in the state. As one would expect, there were definite struggles with our program getting such a late start as our focus in practice was on absolute basic

fundamentals while creating a base for our program. Other schools had moved on to a high level of play. However, we had kids and coaches that wanted to put in the work needed to fast forward the program and catch up with the best in the state at an elevated pace.

The main goal as I was named head coach was to create a philosophy that the athletes, school, and community bought into. We wanted a solid base to our program that didn't necessarily require athleticism but more of a mindset that would eventually create success.

Every school has their own dimensions to their program. Our program has 3 dimensions that have helped us move quickly to be a strong competitor in the state.

1. The three pillars to our high school program encompass:

- A positive attitude that carries the athlete and team
- Determination that pushes everyone to the next level
- Team pride that challenges everyone to believe in each other and help everyone achieve their independent goals as well as the team goals.

This has been our emphasis from day one and the kids know that Attitude, Determination, and Team Pride will earn them playing time. Athletic ability without these 3 key components will not be in their best interest.

2. Developing our York Fusion summer program in relationship with our high school program has been invaluable. Having our high school coaches continually work with our 8U-18U program is a unique situation. It has helped us to incorporate the York Duke philosophy as we manage all facets so all of our kids from age 8U to 18U is on the same page.

- Create Fusion teams to accommodate competitive and recreational needs.
- Provide coaching clinics for all Fusion coaches
- Instituted a board to assist with Fusion tasks
- Offer individual pitching instruction at basic levels
- Conduct 8U clinics with current York Duke players instructing
- Fundraise to keep cost affordable for families
- Continually evaluate program, coaches, and players

3. Creating a mindset that players will play each season, game, and pitch with No Regrets.

- Errors, strikeouts, losses, and disappointments will happen.
- You have approximately 1 minute to deal with that disappointment and get ready for the next play.
- Help each other past disappointing moments.
- Life is FULL of disappointments. Let the game teach you the best way to deal with it and that's to find a way to move on.
- DO NOT let your mind lead you to regret the moment after the game, season, or career.

We read a poem that the girls are very familiar with called “No Regrets, Cross the Line” before the season, during the season, before districts, and before state to remind them that they are in control of a lot of what happens. Don't regret how you handle the moment.

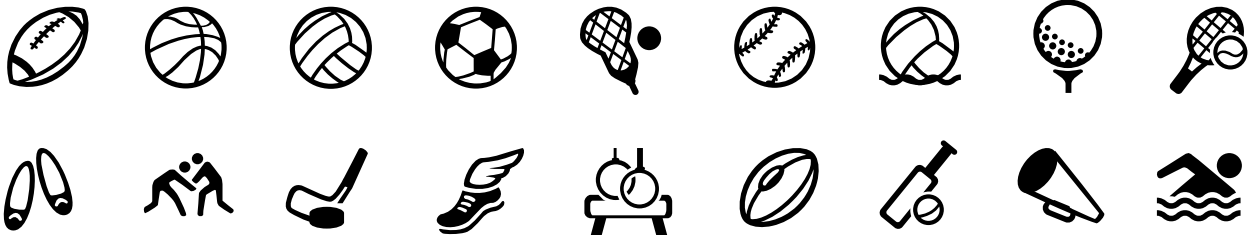
Now we fast forward 7 years. The school, community, and most of all the kids have taken great enthusiasm and pride and have embraced York Duke and Fusion Softball. We have been able to build an atmosphere that incorporates our philosophy with a lot of people who are invested in the program and continue to push for the success on and off the field.

These are the three components that we started with 8 years ago and will begin our season with every year. Our coaches have “No Regrets” as to the progress of this program and it has been a privilege to coach kids who have bought into this philosophy. It has been great to see these programs evolve and witness the support, enthusiasm, and respect that all of these kids ages 8-18 show each other as they proudly wear “York Duke” and “York Fusion” on the front of their jerseys.



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A PLAN TO REACH THE TOP

Danielle White - Volleyball Head Coach - Freeman



2014 was a year to remember. The Freeman volleyball team swept through the 2014 season with a 33-0 record and earned their first State Championship in years. But I can tell you one thing. It wouldn't have been that way had I not changed tactics to help them get better. We had earned Runner Up rights the year before but was left with an unsatisfied feeling. We had practiced the fundamentals

feeling prepared but were not mentally ready for what was in store for us. Here are three areas I worked to improve to make this past year more successful.

Mental Toughness

Young athletes need to be trained early to train their brains. Learning to train their brains will increase their production, help them play through adversity, and live a full life by following their dreams.

- **Positive Thoughts** - Teach your players to fill their heads with positive thoughts. Each player's brain should be so full of positive thoughts it doesn't have room for the negative ones. When the players need to reach inside themselves to get through a difficult match, they will be able to pull from their positive thoughts and put them to good use! Players need to train their minds like they train their bodies.
- **Visualization Time** - Players should visualize themselves playing their best as well as their worst. After their worst, they need to go back and correct what went wrong. It is important for players to visualize how they want to play - kill the ball, serve an ace, get in proper position to pass the ball, etc. A perfect time for them to do this is when they go to bed at night. See themselves playing on the court with their teammates in practice and games. Envisioning the sounds they hear - calling the ball (loudly!), teammates yelling in/out, the crowd cheering. Studies have shown the more work our athletes put on the inside, the more it will show on the outside.
- **Control What You Can Control** - Sometimes our athletes get wrapped up in what the other team is doing, what they hear from the crowd, or what the official called. Focus your athletes' energy and effort toward controlling what is in their power - their effort, behavior, and attitude. Teach them to shake off the negative and turn those positive thoughts into a bursts of energy and strings of points. It's not the situation but how they respond to it that makes the difference.

"The most important part of a player's body is above his/her shoulders." -Ty Cobb

Get Creative At Practice

As a new coach, I believe in the beg, borrow, and steal philosophy when it comes to designing practices. I will never say I know it all. Asking fellow coaches for advice, scouring the internet, reading books, bringing in guest coaches, and attending coaching seminars are examples of how you can be the best you can be for your team. Here are ideas I live by to create purposeful, demanding, and energetic practices.

- **Vary Drills** - Keep your players interesting in what they are doing! You can focus on defense for practice but find different drills to do this. Repetition is crucial in learning skills but small increments vs. long periods of time will keep your players going at maximum effort.
- **Move Along** - Spending too much time on any one drill will bore your players. Players want to have fun while playing. Keep practice moving to get the most out of your players.
- **Keep Score** - You can take any drill and spice it up by keeping score. Get their competitive juices flowing and see their play rise to win! Individual scoring where they keep points to best their previous points is better than player v. player. Adjust the drill so the whole team is working against a time or goal to improve teamwork and communication.
- **Game-Like** - Prepare your players for the toughest most tiring match they have ever played. Make your drills competitive and challenging, so your players can practice making good decisions while playing through pressure situations.

"When you have fun, it changes all the pressure into pleasure." -Ken Griffey Jr.

Competitive Drills

Every player wants to succeed. But do we prepare them often enough to learn from their failures? Put your players in tough gamelike situations during practices where failing is more likely than winning. Failure can sometimes be a better teacher than winning. Allow the players to analyze what they could do better to achieve a different outcome. When players fail in practice, they can rise to the situation during a game because they have learned what they need to do differently. *Note: It's ok to end practice with your top 6 losing the final drill. Gives them something to think about! From my experience, they don't like it and work to change the outcome.)*

- **Race to 5** - 6 v 6 where winner is the team to 5 first. Teach the players to push each point and finish strong.
- **Over the Hump** - Scrimmage 6 x 6. First team to 22 must push through to point 25 without opposing team scoring or they go back to point 13. (Can shorten the game by starting at point 15 or whatever point you want to begin.)
- **Family Feud** - 6 v 6 competition which begins with a joust at the net by the outside hitters. Coach tosses ball up and the winner of the joust can choose to receive or serve. If the team chooses to receive, the points they can earn will depend on their pass. If they pass the ball perfectly - 3 pts, 2 options for setter - 2 pts, only 1 option - 1 pt, and if the server aces them - 0 pts. The server on the other hand can earn 4 pts by aching the opposing team. (Ex: Team A chooses to receive and passes a 2 pt ball. By playing out the ball and winning, they can only earn 2 pts. The serving team would also earn 2 pts. Next up Team B wins the joust. They choose to serve. Team A passes the ball for 1 pt and end up losing the play. Team B would earn 3 pts.) Coaches decide the total point total with the team rotating each joust. Make it interesting and double or nothing the points!
- **5 Setter** - If you find yourself winning in 3 sets most of the time - you had better take a practice or two to play game-like 5 setters. You don't want to find yourself in Districts or State without the experience! Change it up each set! Here are some ideas: Change players, trade setters, start scores at different points especially if you are playing JV v Varsity, JV earns 2 points for every 1 pt earned by Varsity, and my favorite.....wait until one team has a commanding lead like 18-4 and then flip scores. (This will give you a true reflection of what your players are made of!)

“Competitive toughness is an acquired skill, not an inherited gift.” –Chris Evert



Find what works for your team and push them to do their best. Try new things and do it positively! Demand their best while celebrating the successes and learning from the failures. Give your players ownership of their team by giving input, offering ideas for drills, and leading by example. Motivate them through love and respect. Best of luck to you and your teams for the 2015 season! –Dani White



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PACK RUNNING: A LADY TITAN TRADITION

Jeremy Haselhorst - Girls' Cross Country Head Coach - Papillion-La Vista South High School



The 2014 Lady Titan Cross Country team was fortunate enough to win our second state title. Fans watching the first fifteen runners stream across the finish line probably didn't pick the Lady Titans as team champs. Three teams at the state meet placed at least two runners in front of our #1. Our #1 runner crossed the line in 14th place, but she was closely followed by our scoring pack as our 5th runner finished 26th. Our scoring places were 12-14-17-21-22, our top

5 was separated by 33 seconds, and our #6 runner pushed at least one scoring runner from every other team. Those teams that placed at least two runners in front of our #1 had top 5 spreads of 93, 125, and 233 seconds. While these teams were much stronger at the top (1-2 runners) our team was stronger through the pack (3-4-5-6 runners) and that was our key to success. In 2010, when we won our first state title, our team finished with scoring places of 7-8-9-10-11, our top 5 spread was 11 seconds, and our #6 and #7 runners both pushed at least one scoring runner from every other team. Our ability to pack run doesn't just happen in the years that we win. Here are our top 5 spreads (in seconds, followed by team finish) at the state meet since 2009: 59 (3rd), 11 (1st), 50 (6th), 45 (6th), 57 (3rd), and 33 (1st) seconds. Pack running has been a constant in our program for the last 6 years. In the years we have won the pack is just closer to the front! I share these numbers to help illustrate that pack running isn't something that we hope for but have been able to develop in the Lady Titan Cross Country program. We call it the BLACK PACK ATTACK!

So, how do we do it? Over the course of this article I will focus on intentional pack training within workouts. However, a second key component is that pack running must be engrained in the culture of your program and this takes time. I won't have the space to address this component because I want to give you something that you could utilize today. Please don't hesitate to contact me if you would like to discuss the culture component in more detail.

Let's talk workouts. I used the word intentional above because I believe training a pack is something you must plan with a purpose and vision as you layout your training plans for the summer and season. We use the month of June to identify runners who show the desire and ability to potentially run with our varsity pack. Our goal is to identify at least 12 girls because this will give us a strong varsity and JV team in the fall, but the more the better. In July we begin our pack development workouts. Basically we want to provide developmentally appropriate opportunities for these girls to train side by side for a good portion of a workout. There are three types of workouts that we utilize with this potential pack:

1. Long Runs: The athletes that comprise our potential pack may have long run mileage of 4 to 9 miles and each a

different pace. These two factors can make running a long run together a challenge. So, be creative. Drive your lower mileage athletes to a point 2-4 miles into the run where they can join the rest of the group. The objective is that the entire pack finishes this run together. Will a girl occasionally fall off the pace, you bet, but the opportunity to run as a pack is there. This starts to develop the belief in each member of our potential pack that they can run with our top runners.

2. Group-Up Tempo Runs: Again mileage and pace is a challenge to work around. The idea is to layout the workout so that your potential pack ends up running the last 1 to 1.5 miles of the tempo run together. Slower athletes are given a head start and a specific pace to run that is just a touch slow for their current level of fitness. Faster athletes start later with a specific pace to run that, if things work out according to plan, should have the entire potential pack together with about 1 to 1.5 miles to go. The goal is to finish together as a group at the pace of the faster athletes. Again, it is okay and normal for some of the girls to fall off pace. Hopefully, as you work this into your training, they make it a little further each time. This develops the belief in each member of the potential pack that they can run fast with our top girls. This is tough for our athletes to execute properly because it requires good pacing skills by all involved. If necessary, I will pace the slower girls on my bike.

3. Repetition / Interval / Hill Work: Be creative and write these types of workouts so that your potential pack runs with your top runners for portions of the workout. If we are doing hill reps our top runners will most likely have more reps on the hill and probably run them at a fast pace. It wouldn't be wise to have our potential pack run the whole workout together, but they could run their last couple of reps with them. If we are doing mile intervals with our fastest girls, other members of our potential pack might do 1000 or 1200 with the goal of running with the top girls for as long as they can each rep. They might fall off the pace towards the end of each rep and you might have to cut the last rep of their workout, but the idea is to give them a safe opportunity to take a risk and run with the top group.

Here are some final thoughts on pack training. Be watchful for signs of fatigue and over-training in the slower runners of your potential pack. We aren't looking for a "survival of the fittest" mentality in our program; again it is about providing developmentally appropriate opportunities to train as a group. Be flexible in your pack training with each individual athlete. Be patient. The objective should be to develop your strongest pack in October, not August. Here were our varsity's top 5 pack spreads (in seconds) from the start of the season to the state meet last year: 132, 166, 111, 56, 35, and 33. As you can see, it took the whole season for us to get there. Work for it, but don't force it!

I BELONG ^{x2}

Kevin Pettigrew, Valentine Public Schools

- Middle School math teacher
- Middle School football, basketball coach
- Valentine Education Association president and lead negotiator
- Member, Board of Directors of the NSEA Sandhills District

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YOU WATCH THEM AT PRACTICE AND DRIVE THEM TO MEETS – THAT’S ALL THERE IS TO IT!

Tanya Niedbalski – Girls Golf Head Coach – Columbus Scotus

If that’s what you think coaching is all about then you shouldn’t take the job! When I was approached by our Athletic Director over 20 years ago to take over as Girls Golf Coach I had a lot of reservations. I played golf, grew up taking lessons and playing at the Elks Country Club in Columbus, but was I coach material? To this day I still ask myself that question. If I didn’t I wouldn’t be a very good coach and role model for my players. Golf continues to grow as a sport and as I coach I need to do the same.

Coaching Pet Peeves:

1. Coaches who play the course instead of doing their job – coaching – which is making yourself available to your players at all times.
2. Parents who want their daughters to play, but can’t or won’t provide the basic equipment for them.
3. Girls who tell me they practiced all summer (they didn’t) and then ask why they aren’t on Varsity.

The Method to my Madness:

1. As a coach keep your eye out for talent. Scout the local junior leagues and tournaments in your area over the summer months. Hang out on the driving range – I’ve seen a lot of potential talent there. I’ve spoken with some junior high players who tell me they are going out for volleyball in high school. I tell them that if they change their minds, we would love to have them on the golf team. I have picked up some great players their sophomore and junior years after they have given volleyball a try.
2. I meet with my senior-to-be players. Just a little pow-wow asking questions about their expectations and goals, and potential team goals. Be a good listener – they are your team’s leaders.
3. Give all players a small pocket size notebook to write down practice and play information. Example: hit 7 iron well onto green on hole 2 from 100 yards out; 3 putted hole 8
4. After each practice huddle up and ask each girl what was something that was positive today and also something that they need to work on.
5. Every Spring I meet with those girls who have

expressed an interest in playing golf in the fall as well as with my returning players. We discuss summer play and expectations. I encourage the girls to get a lesson from a pro before they start regular summer play to ensure basic skills are correct.

- they play another one of their teammates once a week in head-to-head competition
- spend 30 minutes a week on putting and 30 minutes a week on chipping
- record practice and playing time in golf diary
- play in at least one competitive tournament (local city junior tournament or NJGT)

Drills We Use:

1. Bucket Drill - Provide a 2 to 5 gallon bucket. Set it up on the driving range anywhere from 20 to 40 feet from the girls. Mark off the distance. Short game chipping practice. Let them experiment with different wedges. I get more productive short game practice out of them and they love the challenge. Shot in the bucket means practice ends 15 minutes early with no putting game that day.
2. 100 Game – play the Par 3’s as usual, play all other holes from 100 yards in, Must shoot a 3 on every hole or they owe me 15 minutes of practice on the putting green after play.
3. 2 Person Putting Game – pick a partner and play 9 holes on the putting green.
4. Team Putting Game – at the end of practice choose a player to pick a putt – that person goes first – the number of strokes it takes to sink putt must be matched by everyone else – anyone misses they go to the end of the line and redo – no one leaves until everyone makes the putt. They will even help each other line up putts – TEAM UNITY!

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TENNIS DRILLS

Michael J. Higgins – Boys' Tennis Head Coach – Creighton Preparatory School



Tennis Drills make practice better. They give players more hits. They simultaneously allow players to work on agility, accuracy and conditioning. They provide robust competition: every point counts and the opponent keeps changing. Most importantly, they are the best way to maximize the intensity of a practice. When

you hit that sweet spot with the right combination of challenge, competition and fun, players take it up a notch and develop skills at a faster pace. These are three drills that Prep routinely uses. I learned them from other generous coaches and pros. All of these came from Coaches Clinics sponsored by the Metro Tennis Coaches Association.

Bluejays

This set of drills focuses on groundstrokes and emphasize the value of crosscourt shots (more court, lower net) and the obstacle to changing the direction of the ball (more errors). Place a returner on one side of the court and three challengers on the other. A challenger feeds a forehand and they play out the point using all forehands. If the first challenger loses, the next challenger is up. If the first challenger wins, he feeds a backhand on the other side of the court. All shots are cross-court, so you are only using half of the court. If the challenger wins two points, he becomes the returner. Keep track of all points. After about five minutes, the two high scores move up a court and the two low scores move down a court. Do several rotations.

Once the players are solid on the groundstrokes, introduce changing the direction of the ball. Since, this is a lower probability shot, you want players to look for balls that are short, high and/or slow before going down the line. To emphasize the direction change let the feeder be the one who gets to change first or only allow the change after 4 hits, or some other designated number. If the players need work on shot execution, the X drill can help. Feeder feeds cross-court, returner hits down the line. After 4 or 8 hits, the court is open.

There are endless tweaks to these drills. In my experience, you want a foundation of drills that you do not change. Nothing grinds a practice to a halt like confusion over what to do. Then vary some drills to work on weaknesses or increase interest.

Alternating Hits

Two players line up single file on each side of the court. Except for the first feed, players take turns hitting the ball. This is a good drill to develop doubles teamwork and to get players moving on the court. The next variation is alternating quadrants. Except for the first feed, players alternate quadrants. So if a player hits a ball on the deuce side, he moves to the ad side, and his partner moves to the deuce side. The same player may hit the ball 2 or more times in a row, but partners must exchange quadrants every hit. This places even more emphasis on court mobility and brings conditioning into play.

My favorite variation of this drill is Alternating Hits Crash. You start with alternating hits. On the fifth hit (this will always be the feeder's partner) it becomes a doubles point: either player can hit the ball and the doubles alleys are in. This encourages players to keep track of points and to get to the net.

Defenders

I am always on the lookout for drills the players love to play. I usually end practice with one of these. Defenders is a good one. Divide into two teams, say five on each. This is coach-fed and played on two courts. One player on each team is the defender; he faces off, one at a time, against the four players from the other team, who are in single file on the other side of the court. The coach feeds to the defender's first opponent, both courts are going at once. Once a defender loses three points, he's done as a defender and the next player on his team runs to take over his spot. The team which still has players left when the other team is all out, wins. This is a high-octane drill. It's a great way to end drills and begin conditioning.

Drills such as these make for a very productive practice. The goal is to tweak them to the point where they bring out the best in your team. Attending coaching clinics, talking with other coaches and with tennis pros and simple trial and error are what I use to figure out what drills work best at Prep. See you on the courts.

Setting Expectations for Your Coaching Staff continued from page 7

- will help him overcome his deficiency. Again be specific!
14. The moral of a football team is a direct reflection of its coaching staff, so it is imperative that the players see us as a group who really care about each other.
 15. Do not allow any difference of opinion carry over into a personal ego battle. It is not a matter of who is right or wrong. It is critical that players read us as being a unified group.
 16. Be loyal!
 17. We are not always going to agree, but when a meeting is over and a decision is reached, the decision is everyone's! Don't waste a lot of time trying to prove you're right. It is all right and healthy to disagree, but don't be disagreeable just to be disagreeable because it wasn't your idea
 18. Don't be so narrow in your thinking that you can't accept or allow input. You don't always have to have the final word!
 19. Be visible in the locker room and weight room. Utilize these areas additional opportunities to build relationships with your players!

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WHAT TO DO DURING AN ASTHMA ATTACK

Common Symptoms of an Asthma Attack

**Coughing – Chest Pain or Tightness – Shortness of or Gasping for Breath
Wheezing – Unable to Walk or Talk**



STOP activity.
DO NOT leave athlete alone.
SEND someone for assistance.



FOLLOW athlete's Asthma Action Plan – if you have one.
ADMINISTER quick-relief inhaler – refer to Asthma Action Plan.

- INHALE medication, hold breath for count to ten (if possible), exhale.
- REPEAT, if necessary.

WAIT for symptoms to completely disappear before going back to activity.

**NO PLAN & NO MEDICATION
CALL 911 & NOTIFY Parent/Guardian ASAP.**



During school hours follow Rule 59 protocol.



SYMPTOMS REOCCUR – repeat medication administration.
DO NOT allow athlete to resume activity.
NOTIFY parent/guardian.

CALL 911:

- YOU are not sure what to do
- Quick-relief medication not relieving symptoms
- Quick-relief medication not available
- Lips or fingernails turning blue
- Nostrils flaring out
- Neck, throat or chest retractions (sucking in)
- Athlete in distress – change in level of consciousness or mental status – confusion, lethargy, anxiety
- Condition is deteriorating



S.C.O.R.E.

Emergency Asthma Directives

Symptoms of asthma

- Coughing
- Wheezing
- Difficulty breathing, breathlessness
- Chest pain/"tight" chest
- Hunched over position

Conditions or Triggers that may cause symptoms

- Are individual to each athlete but may include: viruses, cold or humid air, exercise, high pollen, mold, mildew, smoke, extreme emotion (stress, laughter).

Obtain athlete's asthma plan

- Athlete provides Asthma Action Plan (AAP)
- Brings quick-relief (Albuterol) medication to practice and games
- Pre-medicates before exercise (see AAP)

Relieve asthma symptoms

- STOP all activity
- Never leave the athlete alone
- Send someone for assistance
- Administer quick-relief (Albuterol) medication
- Follow Asthma Action Plan
- Notify parent/guardian

Emergency!

- Call 911 if ANY of the following occur:
- You are not sure what to do
- Blueness of lips or nails
- Athlete unable to walk, talk or drink
- Athletes nostrils flaring out
- Athlete's neck, throat or chest retracting (sucking in)
- Athlete disoriented, lethargic or agitated
- Quick Relief (Albuterol) not available
- Condition is deteriorating



During school hours follow Rule 59 Protocol



NCA RECOGNIZES COACHES WITH CAREER MILESTONE PROGRAM FOR THE 24th YEAR

By Jerry Stine

Fourty eight coaches applied for the NCA Career Jerry Stine Family Milestone Award, with 58 applications submitted in all. During the 2015 NCA Multi-Sports Clinic Sport's Meetings 18 coaches were recognized for obtaining level I certificates, 22 coaches level II, and 12 coaches level III. Six coaches received the level IV plaque (the ultimate award in this program) at the NCA Awards Banquet. The level I (bronze), II (silver), and III (gold) certificates were picked up at the NCA Multi-Sport Clinic or mailed to the coach.

If you are not familiar with this program, it takes 100 wins in team sports (50 in football) to achieve level I and 200 points in individual sports. To achieve level II, it takes 200 wins in team sports (100 in football) and 400 points in individual sports. Accumulating 300 wins in team sports (150 in football) and 600 points in individual sports will get you level III recognition. The level IV plaque is presented to coaches that have coached 400 wins in team sports (200 in football) and have accumulated 800 points in individual sports. Team sports include football, volleyball, basketball, baseball, soccer, and softball. Individual sports include cross country, golf, gymnastics, wrestling, swimming, tennis, and track. You must apply for this award to be recognized, you must be an NCA member, and the sport must be officially sanctioned by the NSAA.

In the exhibitor area and at each sport's session areas were posted the 1992 – 2015 Career Milestone winners. They were broken down into

each sport and listed alphabetically under each level achieved. The criteria and application for this award is available on the NCA website www.ncacoach.org.

The NCA has further invested in the Milestone Award program by enhancing and upgrading the Milestone Award page on the NCA web site. Please go to the website, click on awards, click on NCA – Baden Sports Jerry Stine Family Milestone Awards, and you can easily filter the 1,329 honored coaches by sport, level, year, etc. Take time to look the names over and if your name should be on the list, and is not, print off an application and start the process of applying for next year. Several coaches successfully applied years ago but have not updated since. If that is the case, please send Jerry Stine an updated application. Baden Sports is the corporate sponsor for the Milestone Award program.

If you have changed schools since you received your award or have questions concerning the milestone awards program, please e-mail Stine at jlstine@cox.net. A milestone application may also be submitted to Stine by e-mail.



2015 Jerry Stine Family Milestone Level IV Award winners present at the NCA Banquet from left to right: Tim Aylward, Lincoln Pius X, Football; Bill Carlin, Adams Central, Boys' Track & Field; Ed Rowse, Minden, Volleyball and Tyler Herman, Amherst, Wrestling. – Callam Sports Photography

2015 MILESTONE AWARD RECIPIENTS



NAME	SCHOOL	SPORT	NAME	SCHOOL	SPORT
Level IV:					
Tim Aylward	Lincoln Pius X	Football	Charles Morgan	Lincoln East	Girls' Soccer
Bill Carlin	Adams Central	Boys' Track	Jeff Morris	Twin River	Basketball
Tyler Herman	Amherst	Wrestling	Joe Ortmeier	Osmond	Boys' Track
Rick Petri	Kearney Catholic	Basketball	Jeff Pierce	Lincoln High	Basketball
Edwin Rowse	Minden	Volleyball	Bryan Reichmuth	Humphrey	Basketball
Frank Ryan	Millard West	Baseball	Ben Ries	Norfolk	Basketball
Level III:					
Steve Bischof	Elkhorn South	Girls' Tennis	Tom Schumacher	Bennington	Basketball
Don Clark	Kearney	Girls' Track	Randy Simpson	Fairbury	Basketball
Ron Haden	Aurora Girls'	Cross Country	Rob Simpson	Overton	Boys' Track
Ron Haden	Aurora Boys'	Cross Country	Terry Spence	Lutheran High Northeast	Boys' Track
Larry Hrbek	Lincoln Southwest	Football	Dennis Walters	Boone Central	Girls' Golf
Scott Polacek	Howells-Dodge	Basketball	Cody Wintz	Battle Creek	Wrestling
Mimi Ramsbottom	Elkhorn South	Girls' Golf	Level I:		
Roger Redmond	Boys Town	Boys' Track	Mike Arnold	Papillion-LaVista South	Football
Denis Reese	Loomis	Football	Chuck Burney	Millard South	Boys' Golf
Frank Ryan	Millard West	Basketball	Randy Eisenhauer	Elgin / Elgin Pope John	Basketball
Gary Sather	Bennington	Boys' Track	Amy Engle-Evans	Fairbury	Basketball
Jack Tarr	Malcolm	Girls' Track	Dennis Fornander	North Platte	Girls' Track
Level II:					
Steve Bischof	Elkhorn South	Boys' Tennis	Doug Glasshoff	East Butler	Boys' Track
Rich Britten	Brady	Girls' Track	Doug Glasshoff	East Butler	Girls' Track
Mike Brandon	Gretna	Volleyball	Doug Glasshoff	East Butler	Wrestling
Jodi Brown	Omaha Central	Volleyball	Clinton Hosick	Medicine Valley	Football
Dennis Fornander	North Platte	Boys' Track	Keith Muller	Wilber-Clatonia	Softball
Michelle Harrington	Lawrence-Nelson	Volleyball	Rick Petri	Kearney Catholic	Boys' Golf
Don Hogue	Falls City	Basketball	Dick Ross	GI Central Catholic	Basketball
Scott Johnson	Medicine Valley	Football	Dick Ross	GI Central Catholic	Football
Don Liess	Kearney Catholic	Basketball	Dick Ross	GI Central Catholic	Boys' Track
Chad Mattox	York	Wrestling	Edwin Rowse	Minden	Wrestling
			Hayley Ryan	Overton	Volleyball
			Scott Steinbrook	Kearney	Basketball
			Kimberly Stengel	Maywood	Basketball

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2015 NCA Service Award Winners



2015 NCA-Nebraska National Guard 25 Year Service Award Winners present at the NCA Banquet from left to right: Matt Musiel, Lincoln North Star; Gary Schaeffer, Schuyler; Jeff Gross, McCook and Ed Rowse, Minden.
– Callam Sports Photography



2015 NCA-Nebraska National Guard 35 Year Service Award Winners present at the NCA Banquet from left to right: Steve Exstrom, Minden; Steve Bischof, Elkhorn South; Dennis Fornander, North Platte; Leigh Schmale, Elmwood-Murdock; Al Blankenship, Waverly; Tom Dickey, Boone Central and Arnie Johnson, Boone Central. Bill Carlin, Adams Central and Randy Kliment, Creighton (not in photo).
– Callam Sports Photography



2015 NCA-Nebraska National Guard 40 Year Service Award Winners present at the NCA Banquet from left to right: Jim Barker, Scottsbluff; Gaylen Kamrath, Columbus Scotus; Alan VanCura, Hastings St. Cecilia; Sharon Zavala, Grand Island Central Catholic; Dennis Walters, Boone Central; David Gee, Nebraska Christian and Joe Wojtkiewicz, Archbishop Bergan.
– Callam Sports Photography



2015 NCA-Nebraska National Guard 45 Year Service Award Winners present at the NCA Banquet from left to right: Gary Sather, Bennington and Vince Zavala, Northwest.
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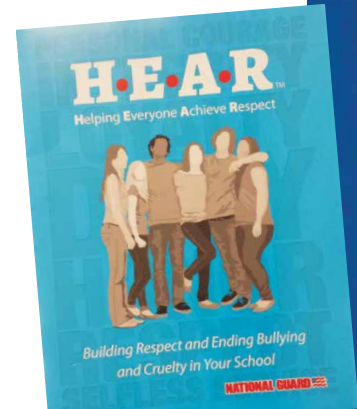


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- Budgeting
- Leadership
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- Problem Solving
- Study Techniques



**Contact CSM Brad Beiber
at (308) 440-4176 or
william.b.beiber.mil@mail.mil**

2015 NCA Coaches of the Year Awards



2015 NCA-Hudl Coach of the Year winners present at the NCA Awards Banquet from left to right: Steve Kerkman, Millard South, Softball; Jim Barker, Scottsbluff, Boys' Cross Country; Randy Ehrens, Hastings St. Cecilia, Golf; Bryan Corkle, O'Neill, Wrestling; Steve Moore, Omaha Bryan, Soccer; Laura Noecker, Hartington/Newcastle, Girls' Track & Field; Tom Dickey, Boone Central/Newman Grove, Girls' Cross Country; Mariana Hurst, Papillion-La Vista, Tennis; Rochelle Rohlfs, Omaha Marian, Volleyball; Nancy Lockmon, Giltner, Boys' Track & Field; Darren Sindelar, Pierce, Girls' Basketball; Arnie Johnson, Boone Central/Newman Grove, Football and Pat DiBiase, Omaha Marian, Swimming.
 – Callam Sports Photography

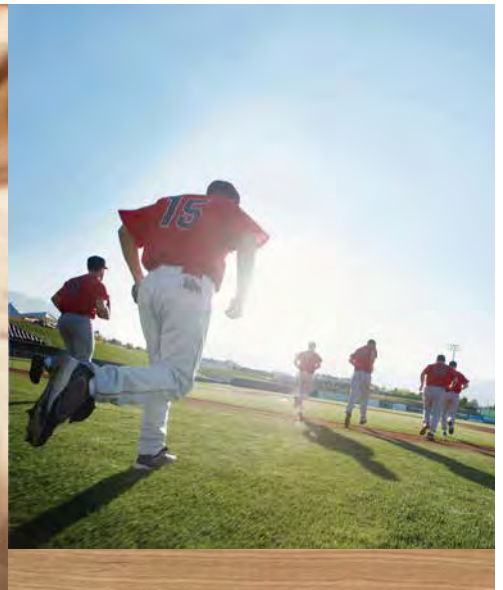


2015 NCA-Varsity Cheerleading and Dance Coach of the Year winners at the NCA Awards Banquet from left to right: Erika Kirkland, Lincoln High, Cheerleading and Alyson Dickinson, Friend, Dance.
 – Callam Sports Photography



2015 NCA-Country Inn & Suites Lincoln North Scholarship winners present at the NCA Awards Banquet from left to right: Alison Rowse, Minden; Sawyer Kean, Falls City Sacred Heart; Alexis Altmaier, Lincoln East and Blair Hofstetter, Meridian. – Callam Sports Photography





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Bob Greco, Omaha Westside	A	
Troy Charf, Lincoln Pius X	B	
	Basketball	
Josh Luedtke, Creighton Prep	A	Steve Clark, Omaha Westside
Alex Bahe, Elkhorn South	B	Bill Rice, Lincoln Pius X
Jeff Berridge, Winnebago	C1	Darren Sindelar, Pierce
Kevin Asher, Hastings St. Cecilia	C2	Aaron Losing, Crofton
Cameron Hudson, High Plains	D1	Traci Berg, St. Mary's
Dean Filipi, Exeter-Milligan	D2	Luke Santo, Falls City Sacred Heart
	Cross Country	
Bob Tillman, Creighton Prep	A	Jeremy Haselhorst, Papillion-La Vista South
Jim Barker, Scottsbluff	B	George O'Boyle, Lincoln Pius X
Michele Kontor, Milford	C	Tom Dickey, Boone Central/Newman Grove
Janet Landrigan, Nebraska Christian	D	Jayne Arens, Crofton
	Football	
Larry Martin, Omaha North	A	
Matt Turman, Omaha Skutt Catholic	B	
Arnold Johnson, Boone Central/Newman Grove	C1	
Ron Mimick, Aquinas Catholic	C2	
Jordan Haas, Hemingford	D1	
Dean Filipi, Exeter-Milligan	D2	
	Golf	
Morgan Helton, Creighton Prep	A	Mimi Ramsbottom, Elkhorn South
Mike Klein, Scottsbluff	B	Mike Klein, Scottsbluff
Craig Rupp, Grand Island Central Catholic	C	Steve Exstrom, Minden
Rob Engel, Randolph	D	
	Soccer	
Ron Beernink, Millard West	A	Jacque Tevis-Butler, Millard West
Jon Brezenski, Columbus Scotus	B	Lindsay Aliano, Elkhorn South
	Softball	
	A	Steve Kerkman, Millard South
	B	Brad Beard, Elkhorn
	C	Allan Kreikemeier, Guardian Angels Central Catholic
	Swimming	
Tom Beck, Creighton Prep	A	Patrick DiBiase, Omaha Marian
	Tennis	
Michael Higgins, Creighton Prep	A	Mariana Hurst, Papillion-La Vista
Steve Bischof, Elkhorn South	B	Steve Bischof, Elkhorn South
	Track & Field	
Dan Tietjen, Creighton Prep	A	Brett Schuster, Lincoln Southwest
John Ganser, Sidney	B	Jason Hale, Holdrege
Tim Rezac, Bishop Neumann	C	Rod Hegge, Crofton
Nancy Lockmon, Giltner	D	Nancy Lockmon, Giltner
	Volleyball	
	A	Rochelle Rohlfs, Omaha Marian
	B	Christina Boesiger, Norris
	C1	Kris Conner, Kearney Catholic
	C2	Dani White, Freeman
	D1	McKenzie Connot, St. Mary's
	D2	Kurt Polt, Giltner
	Tournament - Wrestling - Duals	
Doug Denson, Millard South	A	Doug Denson, Millard South
Brad Hildebrandt, Omaha Skutt Catholic	B	Brad Hildebrandt, Omaha Skutt Catholic
Bryan Corkle, O'Neill	C	Tahner Theim, David City
Tyler Herman, Amherst	D	Tyler Herman, Amherst

2015 NCA Awards Continued



2015 Jim Farrand Memorial Assistant Coach of the Year winners from left to right: Steve Lundeen, Platteview; Carol Liekhus, Stanton and Norm Svoboda, Blair.
– Callam Sports Photography



2015 Friends of High School Sports winners from left to right: Larry Munksgaard, Lincoln and Bob Danenhauer, Omaha.
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2015 NCA Media Award winner: Ron Powell, Lincoln Journal-Star.
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2015 Nebraska Coaches Association Career Award Winners



Dennis Fornander, North Platte
Binnie & Dutch Award (Track & Field)



Jim Barker, Scottsbluff
NCA Cross Country Award



Gary Chvala, St. Mary's
Ed Johnson Award (Boys' Basketball)



Kathy Mettenbrink, Centura
NCA Girls' Basketball Award

Photos provided by: Callam Sports Photography



***Ron 'R.C.' Coleman, McCook
NCA Golf Award***



***Douglas Denson, Millard South
Guy Mytty Award (Wrestling)***



***Tim Alyward, Lincoln Pius X
Skip Palrang Award (Football)***



***Kris Conner, Kearney Catholic
NCA Volleyball Award***

STATE COLLEGES RECOGNIZE NCA/NSIAAA MEMBERSHIP CARDS FOR ADMISSION

You are reminded that the following schools will recognize the membership cards of the Nebraska Coaches Association and the Nebraska State Interscholastic Athletic Administrators Association for admission to college-sponsored sporting events. This program was originally proposed in the fall of 1992, and ALL college Athletic

Directors responded quickly and to the affirmative. Our proposal gave them a number of options, to include a pass gate, an advance call-in, etc., but each institution was slightly different in their acceptance. Below is a list of how each school would like to handle the program.

Bellevue University

Any gate
Membership card required
Admit member + one
Good for all sports

Central Community College—Columbus Campus

Any gate
Membership card required
Admit member + one
Good for all sports

Chadron State College

Any gate
Membership card required
Admit member + one
Good for all sports

College of St. Mary

Advance call-in (402) 399-2358
Admit member + 1
Good for all sports
Tickets are free

Concordia University

Use any gate
Membership card and photo ID
Admit member + 1
Good for all sports
Tickets are free

Creighton University

Advance call-in (402) 280-5297
Please contact in advance
Admit member + 1 no charge
Membership Card Required
Good for most sports – regular season
Tickets subject to availability
Excludes some games

Doane College

Pass gate
Membership card required
Admit member + 1
Good for all sports, tickets are free
Advanced call-in is appreciated 402-826-8583

Hastings College

Membership card and photo ID
Good for all sports
Admit member

Kaplan University

Any gate
Member + 1 guest

Midland University

Any gate
Membership card and photo ID
Admit member + one
Good for all sports

Nebraska Wesleyan University

Any gate
Membership card and photo ID
Admit member + 1
Good for all sports, tickets are free

Northeast Community College

Main gate
Membership card required
Admit member + 1
Good for all sports
Tickets are free

North Platte Community College

Advance call-in
800-658-4308.3701
Ask for Jackie Briley
Use main door
Membership card required
Admit member + 1
Good for all sports

Peru State College

Pass gate - main gate
Advance call-in is appreciated
(402) 872-2350
Call 2 days prior to game
Membership card and photo ID
Admit member + 1
Good for all sports
Tickets are free

Southeast Community College-Beatrice

Main gate
Advance call-in appreciated
1-800- 233-5027 ext 1232 membership card and picture ID
Good for all sports
Admit member + 1
Tickets are free
Membership card required

University of Nebraska-Kearney

Will Call Gate-advance call or e-mail appreciated 308-865-1563 or smidtm@unk.edu
Admit member + 1
Must present membership card when picking up ticket
Good for all sports-reg. season
Ticket is free

University of Nebraska-Omaha

Pass gate
Membership card and photo ID
Admit member + 1
Tickets are free
Excludes Hockey

Wayne State College

Pass gate
Membership card and photo ID
Admit member only
Ticket is free
Good for all sports (excluding NSIC/NCAA Championships)

Western Nebraska Community College

Membership Card Required
Advance call in - 308-635-6151

York College

Pass gate - front door
Membership card and photo ID
Admit member + 1
Good for all sports
Ticket is free

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- Sports Clinics
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- Eligibility to coach in the Annual All-Star Games
- Jerry Stine Family Milestone Award Program
- Coaching Service Award Program (25, 35, 40, 45 & 50 year) recognition
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Please fill out the registration page and return with your check to:

Nebraska Coaches Association
500 Charleston Street, Suite #2
Lincoln, NE 68508
-OR-

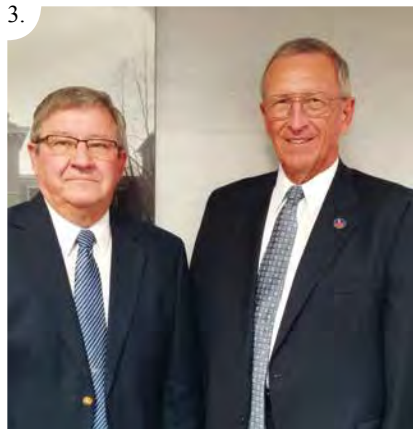
Go to ncacoach.org – Online Membership Registration is Now Available



National High School Athletic Coaches Association (NHSACA) National Coach of the Year finalists in attendance in Rochester, MN for the ceremonies: Front row from left to right: Terry Graver, Elkhorn South, Softball; Todd Nott, Plattsmouth, Girls' Cross Country; Chad Lyons, McCook, Boys' Assistant Coach; Ann Purdy, Northwest, Girls' Assistant Coach; Darrel Hoffman, Beatrice, Golf; Mark Wortman, Elkhorn, Football. Back row from left to right: Bill Fitzgerald, Fremont, Athletic Director; Alan VanCura; Hasting St. Cecilia, Volleyball; Russ Ninemire, Sandy Creek, Girls' Basketball; Jim Barker, Scottsbluff, Boys' Cross Country; Douglas Denson, Millard South, Wrestling and Steve Bischof, Elkhorn South, Tennis.

NHSACA Honorees

2. National High School Athletic Coaches Association (NHSACA) National Coach of the Year Douglas Denson, Millard South, Wrestling.
3. National High School Athletic Coaches Association (NHSACA) Hall of Fame Inductees Del Schoenfish, Cambridge and Randy Cordes, York.



ABOUT US

<p>EDUCATE: Our educational focus is dedicated to more than X's and O's. We see coaches as leaders who are role models to America's youth. We offer graduate college credit programs in Coaching Leadership, Specific Sports Clinic, Drug Abuse Prevention Seminars, as well as others help coaches to stay current with today's important issues.</p>	<p>RECOGNIZE: We recognize coaches for not only a season, but for their "lifetime achievements." The NHSACA Coach of the Year awards are the most prestigious awards given to high school coaches in America. Some 160 coaches earn the national spotlight each June at our National Convention.</p>	<p>SUPPORT: Due to the national scope, we are able to provide many areas of support for our members. There is an open line of communication with other members of the NHSACA. We strive to have a National voice regarding important issues facing America's High School Coaches and their athletes.</p>
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THE PRIMARY GOALS AND PURPOSES

- To raise the quality and competence of high school athletic coaching and administration to the highest level possible through leadership development, educational programs, training sessions, and informative publications.
- To promote and publicize high school sports and its seven million student/athletes through national, state and local awards programs.
- To foster amateur sports programs for boys and girls with national-class skill in a variety of sports, which provide social, educational, and competitive opportunities for the students.
- To promote drug and alcohol abuse prevention among high school students, teachers/coaches and parents in cooperation with the government, law enforcement agencies and educational groups.

BENEFITS TO NHSACA MEMBERSHIP

- | | | |
|--|--|---|
| <ul style="list-style-type: none"> + Seminars at National Meetings + College Credit at Annual Meeting + Website Educational Programs + Special Motivational and Educational Speakers | <ul style="list-style-type: none"> + National COTY Awards + Two National Hall of Fame Awards + Additional Points towards COTY + Opportunities to represent your state on the National Board + Opportunities to chair a sport specific committee | <ul style="list-style-type: none"> + Online Monthly Newsletters + Support for member coaches + Voice on improving benefits + Open Ended Communication with coaches from around the country + Establish contacts with nationally recognized coaches |
|--|--|---|



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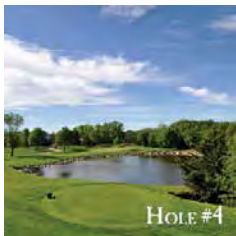
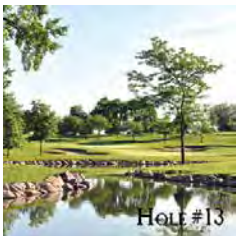
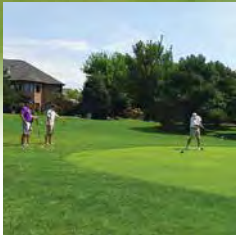
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2015 NCA Golf Scramble Results

Monday, July 20 – Wilderness Ridge Golf Club



FIRST FLIGHT

First Place (58)

John Miller
Mike Lanham
Tony Lanham
Wayne Hesse

Second Place (59)

Jeff Schwartz
Sebastain Edwards
Chris Wright
Brandon Fullerton

Third Place (60)

Chris Rainforth
Wyatt Morse
Jeremy Murman
Josh Murman

SECOND FLIGHT

First Place (64)

Rob Sweetland
Adam Hoffman
Dave Hix
Brendan Dorcey

Second Place (64)

Jim Eberly
Tim Streff
Abie Ott
Marcus Donner

Third Place (64)

Matt Koehler
Karma Yantzie
Kris Johansen
Dustin Horthy

THIRD FLIGHT

First Place (66)

Adam Stotz
Blake Beebout
Cody Roes
Levi Loose

Second Place (66)

Rich Brodersen
Dick Beechner
Justin Coleman
Randy York

Third Place (66)

Steve Sherman
Chris Long
Mitch Lockhart

FOURTH FLIGHT

First Place (69)

Christian Kroos
Chuck Roe
Brandon Jacobitz
Jace Morgan

Second Place (69)

Ryan Komenda
Alex Moses
Aaron Veleba
Mark Norvell

Third Place (69)

Shannon Messersmith
Ralph Swedberg
Rich Lee
Jason Gunderson

FIFTH FLIGHT

First Place (71)

Jeff Stauss
Nate Neuhaus
Megan Huber
Ashton Honnor

Second Place (74)

Shad Eberhardt
Aaron Lauby
Adam Verhage
John Wheeler

Third Place (74)

Ed Boehle
Les Livingston
Greg Classen
Gene Starmer



Spring 2015 NCA All-State Teams

All-State Boys' Golf, Super State

Jack Minnick, Lincoln Southwest
Alex Schaake, Creighton Prep
Nolan Zikas, Papillion-La Vista
Max Kiely, Lincoln Southeast
Aaron Ficek, Lincoln East
Joshua Wilson, Papillion-La Vista
Tyler Schafer, Omaha Burke
Nolan Maschka, Creighton Prep
Austin Murray, Kearney
Thomas Pieper, Creighton Prep
Sean Song, Omaha Burke
Collin Brown, Fremont
Jeffrey Paschal, Papillion-La Vista
Noah Hofman, McCook
Vance Janssen, Blair
Jay Cottam, Thayer Central
Colin Wright, Plainview
Dana Van Ostrand, Lincoln Christian
Haley Thiele, Bishop Neumann
Kyon Neal, McPherson County

All-State Boys' Golf, Class B

Caleb Badura, Aurora
Koy Potthoff, Scottsbluff
Tyler Wagner, Beatrice
Jacob Hudson, Mt. Michael

All-State Boys' Golf, Class C

Colton Zulkoski, Ord
Grant Johnson, Lincoln Lutheran

All-State Boys' Golf, Class D

Andrew Schnoor, Randolph
Creighton Ryan, Overton
Mason Stubbs, Randolph
Zachary Kumm, Osmond

First Team All-State Girls' Tennis, Class A

Maria Arevalo, Senior, Papillion-La Vista – Captain
Madison Kiani, Freshman, Lincoln East
Fidan Ibrahimova, Freshman, Lincoln Southeast
Christina Ternent, Senior, Millard North
Claire Neil, Sophomore, Papillion-La Vista
Elizabeth Koukol, Senior, Millard North

Second Team All-State Girls' Tennis, Class A

Katie Horan, Senior, Lincoln North Star
Faith Kowalski, Sophomore, Kearney
Spencer Roach, Sophomore, Papillion-La Vista
Caroline Lahey, Freshman, Omaha Marian
Emma Dargy, Junior, Papillion-La Vista
Tessa Hurst, Freshman, Papillion-La Vista

First Team All-State Girls' Tennis, Class B

Samantha Mannix, Elkhorn South – Captain
Teresa Kaiser, Skutt Catholic
Michelle Messbarger, Kearney Catholic
Morgan Stute, Kearney Catholic
Sadie Goering, GICC
Johnna Lowe, Skutt Catholic
Captain: Samantha Mannix

Second Team All-State Girls' Tennis, Class B

Leah Cates, Elkhorn South
Chloe Dwarak, Lincoln Christian
Katie Golka, GICC
Marin LaFerla, Skutt Catholic
Elia Healy, Skutt Catholic
Tatem Miller, Elkhorn South



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2015 Soccer Sportsmanship Awards



Omaha Bryan – Class A Boys



Norris – Class B Boys



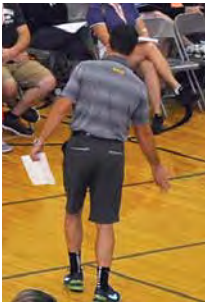
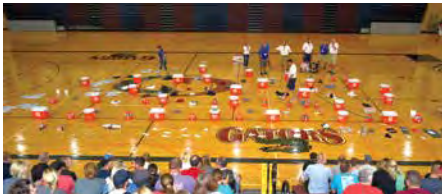
Omaha Marian – Class A Girls



Omaha Mercy – Class B Girls



2015 Multi-Sports Clinic





ALL-STAR BOYS BASKETBALL GAME RESULTS - 2015



Final Score – Blue Team 88, Red Team 95

Leading scorers – Red Team

- Grant Lahm, Columbus Scotus - 21
- Wills Wallrapp, Omaha Skutt Catholic - 19
- Tyler Dougherty, Papillion-La Vista - 10

Leading scorers – Blue Team

- Johnny Trueblood, Elkhorn South - 15
- Adam Dykman, Archbishop Bergan - 13
- Tyson Smiley, Creighton Prep - 12
- Tommy Pritchard, Creighton Prep - 11

Coaches – Red Team

- Jeff Ohnoutka, Columbus Scotus
- Jim McLaughlin, Freeman

Coaches – Blue Team

- Josh Luedtke, Creighton Prep
- Shane Anderson, Norfolk Catholic

ALL-STAR SOFTBALL GAME RESULTS - 2015



Final Scores: Game One – Blue 7, Red 4; Game Two – Blue 12, Red 1

Highlights

- The Blue All-Stars got on the board in the bottom of the 1st inning with 2 runs – Kristen Van Hoosen, led off with a double and Erin Lockhart followed up with an RBI triple. Erin scored on a sacrifice fly by Zierra Flodman. The Blue squad tacked on 2 more runs in the bottom of the 4th, then the Red All-Stars tied the game in the 5th. Jordan Johnson reached on an error. Back-to-back singles by Emily Hove and Jamie Holscher accounted for the remainder of the 4 run inning. The Blue All-Stars put the game out of reach by scoring 3 runs in the bottom of the 5th inning. Julia Andersen was the winning pitcher with Jamie Fisher getting the save.
- Game 2 started off with the visiting Red team scoring in the top of the first when Hove led off with a double. But the Blue team scored eight runs in the 2nd & 3rd innings and added four runs in the final three innings, finishing with a Blue team record 15 hits. But the Blue team scored eight runs in the second and third innings and added four runs in the final three innings, finishing with a Blue team-record 15 hits.
- Records broken included fewest earned runs allowed by a team in a series (Blue Team): 1, -and- total bases by a player in a game (Blue Team): 6 – Megan May, Lincoln Southwest.

Coaches – Red Team

- Dave Carpenter, Norris
- Kari Amen, Lincoln Northeast

Coaches – Blue Team

- Tim Roberson, Lincoln Southeast
- Allan Kreikemeier, Guardian Angels Central Catholic



ALL-STAR GIRLS BASKETBALL GAME RESULTS - 2015



Final Score – Red Team 82, Blue Team 71

Leading scorers – Red Team

- Allison Arens, Crofton - 21
- Maddie Egr, Yutan - 12
- Jaycee Bradley, Norfolk - 11
- Quinn Wragge, Crofton - 10

Leading scorers – Blue Team

- Rachelle Tucker, Pierce - 16
- Maddie Simon, Lincoln Pius X & Mackenzie Willicott, Blue Hill - 9
- Marisa Lowe, Millard West & Shaneequah Watkins, Lincoln Northeast - 8

Coaches – Red Team

- Aaron Losing, Crofton
- Ryan Luke, Beatrice

Coaches – Blue Team

- Darren Sindelar, Pierce
- Matt Kern, York

ALL-STAR VOLLEYBALL GAME RESULTS - 2015



Final Score – Red Team wins 3-2 (21-25, 23-25, 25-21, 25-23, 15-9)

Totals – Red Team

- 82 digs, 58 assists, 62 kills, 12 blocks, 12 ace serves

Totals – Blue Team

- 63 digs, 43 assists, 53 kills, 16 blocks, 8 ace serves

Leader in Kills

- Blue team – Priscilla O’Dowd (Papillion-La Vista) had 11 kills, Jenna Habegger (Pawnee City) had 10 kills, & Gessica Gdowski (Fremont) added 8
- Red team – Kelsey O’Connell (Omaha Marian) had 16 kills, Kylie Hohlen (Norris) had 14 kills, & Emma Benton (Grand Island Central Catholic) added 12

Leaders in Assists

- Blue team – Jessica Peters (Papillion-La Vista), 16; Clare Hamburger (Hastings St. Cecilia), 14; Allison Penner (Aurora), 9
- Red team – Kylee Wurster (Lincoln Southeast), 42; Ali Rowse (Minden), 11

Coaches – Red Team

- Mike Brandon, Gretna
- Wendy Alexander, Ord

Coaches – Blue Team

- Renee Saunders, Omaha Skutt Catholic
- Don Matt, Chadron

2015 NCA–Russell Athletic All-Star Most Valuable Teammate Awards



NCA-Russell Athletic Boys' Basketball All-Star Most Valuable Teammate Award Winners:
Red Team – Tyler Dougherty, Papillion-La Vista and Blue Team – Keshawn Wilson, Lincoln High.



NCA-Russell Athletic Girls' Basketball All-Star Most Valuable Teammate Award Winners:
Red Team – Haley Thiele, Bishop Neumann and Blue Team – Alicia Mountain, Elkhorn.



NCA-Russell Athletic Volleyball All-Star Most Valuable Teammate Award Winners:
Red Team – Morgan Stute, Norfolk Catholic and Blue Team – Clare Hamburger, Hastings St. Cecilia.



NCA-Russell Athletic Softball All-Star Most Valuable Teammate Award Winners:
Red Team – Randi Henry, Ralston and Blue Team – Zierra Flodman, Lincoln Southwest.



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High School Hall of Fame to add 18 in October

Induction ceremony moves to Lincoln East

■ INDUCTION CEREMONY:

Sunday, Oct. 4, 2015
Lincoln East High School
Social hour: Noon-1:30 p.m.
Ceremony at 1:30 p.m.

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Free - Preschool children

■ TICKET CONTACT:

Nebraska Sports Council
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■ SPECIAL HONOREES

— Fischer Family Award:
Arnold and MaryAnn Thiele, Clearwater: Their sons played key roles in creating the Clearwater boys basketball dynasty in the 1980s. Their grandchildren are making their mark in volleyball, basketball and golf.

— Gustafson Inspiration Award: Kenzie May, Southwest, despite being born without a right hand and forearm, she was the most valuable teammate in the NCA All-Star Volleyball Game.

— Golden Anniversary Team: 1965 Bertrand football team (9-0) that allowed only one touchdown in the last five games.

— Golden Anniversary Team: 1966 Omaha Central track team led by Bobby Allen, Jim Hunter and Joe Orduna.

— Silver Anniversary Team: 1990 Papillion-LaVista football team (12-0) that set Class A scoring records in the regular season and playoffs.

— Silver Anniversary Team: Sutton girls basketball team that was the only undefeated (26-0) girls basketball team in 1990-91.

— Silver Anniversary Team: 1990-91 Mullen Broncos who went undefeated in football and won their third straight Class D wrestling championship.

— Dominant Dynasty: Howells football and wrestling teams that won nine state eight-man football and four Class D wrestling championships from 2000 to 2012.

— Great Moment in High School Sports: Jacob Molacek, Creighton Prep, set six state records and one national record at the 2014 state swimming and diving championships.

■ ATHLETES

BOB GREEN, Creighton Prep, 1978: A three-time state tennis champion at No. 1 singles, he never lost a match his last three years, going 67-0. Was a three-time team MVP at Boston University who went on to pro tennis, reaching No. 39 in the world in 1984.

RUSS HOCHSTEIN, Hartington Cedar Catholic, 1996: A first-team All-American by The Sporting News and a two-time first-team All-Big 12 selection at Nebraska, he was the second NFL player to win a Super Bowl ring in three consecutive years. In high school, he earned 12 varsity letters and made the Blue Chip Illustrated All-America football team as a senior.

CALVIN JONES, Omaha Central, 1990: A prep All-America football player, he was third-team All-America as a Nebraska junior before turning pro. He ran for 3,153 yards for the Huskers and won a Super Bowl ring with Green Bay. At Central, he set Class A single-game, single-season and career rushing records and was a state champion sprinter in track.

TONYA KNEIFL GORDON, Newcastle, 1997: She set records at the state track and field meet in the high jump, long jump and triple jump while winning 12 Class D gold medals and two all-class gold medals. She never lost in the high jump or triple jump during her high school career. Was a nine-time Division II All-America jumper at South Dakota. At Newcastle, she scored 1,987 points in basketball, starring on the 1994 Class D-2 state championship team.

JENNY KROPP-GOESS, Grand Island Central Catholic, 1998: A four-year letter winner in volleyball and basketball, she helped the Crusaders win one state volleyball championship in three finals appearances. She was All-America at Nebraska.

Lionel McPhaul, Omaha North, 1993: The three-sport letterman's signature sport was track, in which he was a seven-time gold medalist and set the state record in the 400. At South Dakota, he was a 10-time Division II All-American.

Danny Noonan, Lincoln Northeast, 1983: All-Nebraska on the Rockets' 1982 state runner-up football team, he earned All-America honors while playing for the Huskers and had a six-year NFL career.

Alice Schmidt, Elkhorn, 2000: An Olympian in 2008 and a three-time NCAA champion, she dominated middle distances in high school track, setting the state record in the 800. She collected five all-class gold medals and 12 Class B gold medals at the state track meet.

DEAN THOMPSON, Omaha Westside, 1980: Led the Warriors to the Class A boys basketball title as a senior while gaining all-state honors.

He is still the all-time leading scorer at UNO.

JAN WALL, Lincoln Northeast, 1958: A standout in basketball and baseball at Nebraska, he struck out 121 batters in 103 innings while at Northeast and had an ERA of 0.98. The Lincoln Journal-Star's athlete of the year in 1958 was a two-time all-state basketball player (19.8 ppg.) and an All-American as a senior.

P.J. WISEMAN, Ralston, 1992: A five-time individual gold medalist at the state swim meet, he was listed in the state's all-time top-10 performance in six of the eight individual events and all three relays. He was a five-time All-American at Tennessee.

■ COACHES

DAN BROST, Mullen: Led the Broncos to five Class D state wrestling championships and three runner-up finishes in 31 years while coaching 29 individual state champions.

DAN KEYSER, Cambridge: Coached the Trojans to six state football championships and two other finals appearances while posting a 198-51 career record. The Trojans' 48-game winning streak, which ended in 1999, is the state record.

DOUG KRECKLOW, Omaha Westside: His Westside boys have won 11 state swimming championships and been runners-up five times during his 34-year tenure, and the girls have nine state championships and seven runner-up finishes.

SHARON ZAVALA, Grand Island Central Catholic: She has 921 victories in her 40-year career as the Crusaders' volleyball coach, leading them to nine state championships, eight state runner-ups and 28 state tournament appearances.

■ CONTRIBUTORS

PHIL CAHOY SR., Omaha: For more than 50 years, his gymnastics training center has provided the foundation for countless prep gymnasts including Olympians Jim Hartung and Phil Cahoy Jr. He has coached junior national teams that have competed in Japan, South Africa, Australia, Hungary and German.

BOB JENSEN, Central City: Longtime newspaper man is the founder and publisher of Huskerland Prep Report, which has evolved from a weekly statistics report into a multi-media publication featuring athletes statewide.

■ OFFICIAL

DOUG MARTIN, Farnam: A long-time track coach at North Platte, he officiated basketball for 42 years, football for 38 years and track for 19 years, including nine state championship games in both football and basketball.

Coaches Care Blood Drive Repeats as Lincoln's Largest Summer Single Day Donation Drive in 2015



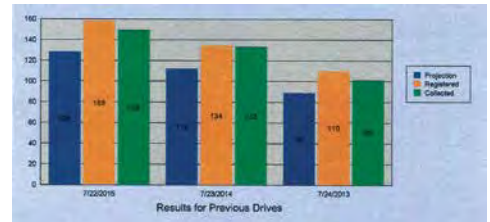
Tracy Dodson, Columbus Scotus, winner of the 2015 Coaches Care Blood Drive flat screen television drawing.

The Nebraska Community Blood Bank (NCBB) and the Nebraska Coaches Association (NCA) joined together to encourage coaches to give back by donating blood at the NCA's Multi-Sports Clinic blood drive on July 22 at North Star High School.

Familiar with giving their time and energy to the communities they serve, many coaches in attendance rolled up their sleeves to give life to patients in need. The clinic blood drive was an opportunity to boost summer blood collections, a time notorious for shortages. The NCA blood drive proved to be the largest Lincoln Nebraska Community Blood Bank drive of the summer for the third straight year.

The *Coaches Care* program was created by the NCA to encourage coaches as leaders in the community to **Be the TYPE that Gives** and donate blood. This year's program was underwritten by Sid Dillon auto dealership while Scheels of Lincoln provided *thank you* gifts to registered blood donors in the form of gift cards.

Overall, the *Coaches Care* program demonstrated that the coaches of Nebraska do care. A record 149 total units of blood were donated on the day.



SCHEELS

Nebraska
Community Blood Bank

SID DILLON



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2015-2016 Sportsmanship Design & Theme: Cedar Bluffs High School

