

# nebraska go ahead

SEPTEMBER 2018



## ***Most Valuable Teammate***

**Fall Season Articles**

**NCA Awards**

**2018-19  
Programs & Benefits**

2018-19 NCA President  
Donnie Miller Presents  
Alexa Blase, Grand Island  
the Volleyball MVT Award



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Chris Reynolds, Athletic Director, Bradley University, delivers the Keynote address at the 2018 NCA Multi-Sports Clinic. – Photo by Janice Beard



Laura Miller, North Platte, the 2018 NCA Blue All-Star Volleyball Head Coach celebrates a point during the all-star match. See pages 40-41 for All-Star summaries. – Callam Sports Photography

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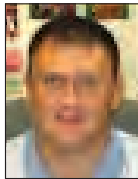


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## FEATURED 2018 – 2019 NCA UPCOMING EVENTS

**NCA Board Meeting**  
September 23, NSAA/NCA Building, Lincoln

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

**State Volleyball Sportsmanship Awards**  
November 8-10, 2018, Lincoln (need evaluators)

**NCA Sportsmanship Summit**  
November 13, 2018, Alliance HS

**NCA Sportsmanship Summit**  
November 14, 2018, Kearney HS

**NCA Sportsmanship Summit**  
November 15, 2018, Norfolk HS

**NCA Sportsmanship Summit**  
November 16, 2018, Lincoln North Star HS

**NCA Football Championships Football Clinic**  
November 18, 2018, Embassy Suites, Lincoln

**NCA Board Meeting**  
January 20, 2019, Adams Central HS

**NCA/Fundraising University Baseball Clinic**  
January 26, 2019, Creighton University

**NCA Track & Field Clinic**  
February 2, 2019, NSAA Building, Lincoln

**State Cheer & Dance Championships**  
February 15 & 16, 2019  
Heartland Events Center, Grand Island

**NCA Board Meeting**  
April TBA, NSAA/NCA Building, Lincoln

**NCA Multi-Sports Clinic**  
July 23-25, 2019, Lincoln North Star High School

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# NCA President's Message

Donnie Miller, Minden



Welcome to all and I hope that your school year and seasons are off to a great start.

**Coach** – I can't think of a better title to be referred to! I had the unique opportunity to be part of this fraternity at the age of 19, when I moved over from a player and took on the responsibility of taking over the summer Legion baseball program, and I was hooked. Now far removed from that first summer, my reflections are many, and often times former players still refer to me as **Coach**, not mister or by my name. Not that the reference is one I'm ashamed of! I look upon it as honorable and indicates respect, no matter how many years have passed, having touched the lives of those who are now fathers, mothers and teachers/coaches alike. Although I've not had the title of "Head" coach, I've treasured the opportunity to have worked with and learned from some outstanding mentors who have shared their knowledge of sports and life.

In our society today, I believe we take on more responsibility as we may be the primary parental figure in many of our student athlete's lives, as single parent

situations have become more the norm. Even though the challenges are many, each season brings new hope, new leaders and new memories. Best wishes and good luck to all of you in your upcoming seasons. I thank you for being a member of our association. The Board of Directors continue to strive to make our association one of the most successful with our multi-sport format. Your district board members are there to serve you and answer any concerns you may have. There are many ways to serve throughout the year, please consider serving your association and your peers. NCA Executive Director, Darin Boysen, is very committed to our organization and is highly respected nationally. Please don't hesitate to contact Darin or Saundi Fugleberg in our Lincoln office if you have any questions or suggestions of how to improve our organization.

The following was written as a tribute to Ed Colleran, a Nebraska High School Sports Hall of Fame and NHSACA Hall of Fame inductee from Spalding Academy. It was published in his hometown paper, entitled simply *A Tribute* and signed *A Former Player*. Each year the NHSACA Hall of Fame Induction Ceremony and the NCA Awards Banquet concludes with the reading of this tribute:

## A TRIBUTE

I am thousands of souls who have spanned 40 plus years of time.

I am the child who thought I couldn't make it, the one who wasn't big enough, tall enough or fast enough.

I am the one you encouraged, you disciplined, worked with, teaching me the important lessons of life.

I grew to be an All-American, All-State, All-Conference, and at your insistence, All-Academic.

I was there for the state tournament, conference championships, numerous victories –you were there for the tough defeats.

I learned your lessons, and now I am doctor, farmer, mother and father.

I am the parent of the next generation.

I teach your lessons so that on the field of life, my children may be touched by your hand, your life.

I am the one who grew with you, fought for you, prayed for you and loved you.

Now you live on in me.

I am your player.

You are my coach.

Signed,

All of us you touched

# Culture. . .Design or Default??

Glen Snodgrass - Head Football Coach - York



My father, Ron Snodgrass, used to tell me stories about a college professor of his who had his newspaper delivered daily with the sports section removed. He did this because he thought there was no place for sports in the academic world. He believed that sports were a crude intrusion on

students' academic pursuits at the high school and college level. I could not possibly disagree with this professor's opinion more. I fully believe, as do many, with the NSAA's philosophy and their motto, "*NSAA activities. . .the other half of education*". I truly believe that activities such as football, basketball and speech hold a very important place in our students' preparation for the real world and can help with their development as much as any academic credit hour class that they might take. This belief is only valid if the coach of the activity decides to use the incredible platform they have. These coaches help to not only prepare the students for the next game, meet, concert, etc., but also to prepare them for their life as a citizen, worker, spouse and parent. We have decided at York Football to reflect this belief in the culture that we set for our program every day, and we work relentlessly to remind our kids that the same things that make us successful on the field make us successful in life.

I did not know what the word culture meant eight years ago, but I knew at my previous school, Overton High School, we had built a specific way of thinking and acting. There were certain standards and expectations I wanted to replicate when I became the head coach at York. We started right away with emphasizing effort, toughness, character, belief, and unity. As coaches, we were specific and consistent in our expectations that we must play hard every play, we must play physical, we need to do it the right way, and we must do it together. These things started to show up quickly, in part, due to the previous staff teaching many of these same things. By the end of year one we saw some great improvements in these areas. The second year came along, and early on, we had some difficult times and tough losses. When these tough times hit, some of our kids began to doubt the expectations that we had set for them. However, our staff remained consistent in modeling and **DEMANDING** this way of thinking and acting. Year two ended on an incredible high with an amazing finish losing

to eventual state runner-up Elkhorn by three points in the quarterfinals. By the third year, our way of acting and thinking was set. We had built a culture even though we did not call it that yet. Our players, coaches, and administration were all aligned in the same direction, and we ended with one of the best seasons in school history and a state runner-up finish. At the end of the third year, we began thinking about the things that were happening in our program to drive these behaviors and outcomes and defining them. At this point, I knew that we had built a great way of thinking and acting, but we needed to be able to replicate it consistently. We needed to define our culture. We wanted to make sure that at York we were "*Here to Stay*".

As the next couple of years passed, we continued to be specific and consistent in our expectations and our success continued, despite several years of devastating injury issues. Around this time the word "*culture*" became a buzzword and I knew that we had developed a great culture all the way across the board at York; however, we needed to further define it. This is where we developed our cultural blueprint, copied from the Urban Meyer book *Above the Line*. I would very highly recommend this book to any coach or sponsor. In this blueprint we defined three things:

1. What we believe
2. How we behave
3. The outcomes that we hope to achieve based on these beliefs and behaviors.

In our cultural blueprint, we defined five core values that we believe fully across our program, from our coaches to our players and managers. These five core beliefs are the following:

1. Be a great person and student first
2. Play with fanatical effort **ALL THE TIME**
3. Always have a blue collar work ethic
4. Develop unity and play as a family
5. Play physical!

From there we continued to define the ways that we behaved to reinforce those beliefs, and finally what we hope to achieve based on those behaviors and beliefs. Defining this cultural blueprint was the best thing that I have done to promote our culture, and our blueprint is posted in our weight



room and locker room, and every player gets a copy of it every year. This blueprint helps us be even more consistent and specific with the way that we want everyone in our program to talk and behave.

I believe that consistency is one of the hallmarks of a great program. We hope that we can be consistently successful despite the ebbs and flows of talent, injuries, and attrition.

Our culture is what we hope

will smooth out the edges when things get tough and incredibly talented kids are not there. Our culture will not allow us to be state champions every year, but I do hope that it will allow us to be competitive every year. Building a **CULTURE** is very important and difficult. Equally important and difficult is protecting the culture that is already in place. You cannot become complacent and let your culture erode! It will not erode if you base all decisions on your core beliefs. We realized that a key part of our defensive culture was slipping early this past year. . . play with fanatical effort on every play! After week one of our state championship season, we realized that the coaches were becoming a bit complacent and not demanding 100% effort on every play in practice. Remember that if you permit it, you promote it. It showed in the film after we lost our first, and only, game of the season. It was then that we intensified our efforts to always demand the behaviors that stem from our beliefs and lead to the outcomes that we want.

Team/program goals are always changing, but a culture, if it is a strong one, should not. Our 2014 team theme was *"HERE TO STAY"* and we have now been rated in the top 10 by at least one publication for six consecutive years. I truly believe that along with very talented kids and hard-working coaches that our culture is the key to this success. Urban Meyer said, *"Everyone has a culture either by design or default."* I truly believe that the culture that you demand is FAR more important than any scheme or technique that you coach. I believe that a team with a great culture and an average scheme will beat a team with a great scheme and a poor culture 9 out of 10 times. It is now our job at York to continue to look at our cultural blueprint every offseason, continue to make our cultural standards clear, and hold our players accountable to those standards and success will follow. This success is measured on playing as hard as we can, playing the right way, and reaching our potential. . . never wins and losses.

The lifelong lessons that we teach to our student-athletes through our culture are more important than scheme, technique or win-loss record. It is our job as coaches and sponsors to help people understand the "other half of education" and prove to people, like my father's professor, that sports are an extremely valuable part of our students' education.

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# Cook up a “Recipe for Success”

Kelsea Blevins - Head Volleyball Coach - Superior



If you are a volleyball coach and you are reading this, Congrats! We coach the best sport in the world and have an incredible opportunity to make a positive impact on our athletes' lives every day- how lucky are we?! The challenging part of coaching, however is managing all of the “*other things*” that come along with teaching the game to our kids. . .

Here are a few key “*ingredients*” that have helped us whip up our own “*Superior recipe*”

we just learned about our partner. As a team, we learn a lot about one another's lives that oftentimes would not come up during a typical practice.

Another thing we do is hold individual conferences with every player on the team one time per week- this helps issues come to our attention early before they might “blow-up” later. We also have a “group text” with all members of the team so the team can quickly communicate with everyone at any time. If we happen to miss someone, we are sure to send them an encouraging text message. These 1-on-1 moments build much stronger, meaningful relationships.

**Ingredient 1 – Blend in the Fundamentals:** If you live in Nebraska, you've heard Coach Cook talk about the need to win the “*Serve and Pass game.*” We have watched/called many successful coaches and have come to the conclusion that those 2 skills are truly the keys to success- SERVING and PASSING. Our serving helped us keep strong teams out-of-system this past year and made our lives a lot easier on defense!!! When you can pass well – offense becomes REALLY fun. ☺

If those 2 skills are the most important – more time needs to be spent training them. We start every day with repetitive serve receive movement patterns in order to develop strong muscle memory. Once the body knows HOW to move to the different locations (forward, left, right & deep), we then add the ball and continue training repetition and muscle memory while focusing on strong, open platforms. We also learned to start doing multiple serving drills throughout practice instead of doing 1-2 few serving drills and calling it good for the day, like we have done in years past. From the weakest to the greatest athletes, they NEED fundamental training at the high school level to have a strong foundation to advance from. While the majority of players are working on passing, this provides ample time for setters training. They could be doing individual wall work or small group work with a few hitters that need the extra reps.

**Ingredient 2 – Pour in meaningful Relationships:** In my early years of coaching, time was spent focused on passing, setting, hitting and serving. I didn't realize building relationships: player to player, coach to player and coach to coach could have a larger impact on the season than how well the girls could execute the basic skills. We try to start each practice with a short “de-briefing” from the day. We break into partners to share specific details about ourselves: a favorite snack, something that is really stressing us out (homework, boyfriends, family problems, etc) or something we are really excited about at that time in our life. We then get into small groups and share what

**Ingredient 3 - Weights:** We struggle to have successful morning weights and very few of our girls have weights class. To get ALL our players bigger, faster and stronger – we had to start breaking our team into 2-3 groups and doing our weight training and agilities during practice- leaving a smaller number of girls in the gym for more individualized training! If you aren't an expert at developing strength programs (like me), contact someone who is, or buy a long-term program so your athletes are getting the most out of their time. Some of our best strength and agilities concepts/ ideas have been “*borrowed*” from my football-coaching-husband that have helped build our verticals and make our team stronger.

**Ingredient 4 –Add knowledge and Allow the Coaches to rise over time:** My coaching staff and I have more recently started attending 3-4 amazing camps and clinics per year to help grow our knowledge of the game and improve our coaching skills. I highly suggest you watch a Husker Practice, attend the spring clinic, follow Art of Coaching Volleyball on Facebook, email some of the “*greats*” at both the high school and college level – you will be surprised at how willing people are to share great information with you!! There are SO many resources available to us as volleyball coaches- I learn something new and valuable every single time. Having multiple coaches from your staff attend as well allows you to bounce ideas off of one another & ensure your team is getting high-quality coaching from your freshmen team all the way to varsity!

**Ingredient 5 – Cook time is flexible :** Best advice for planning practices. . . Our time is PRECIOUS! Many of us are parents, spouses, teachers, class sponsors and more! Instead of taking more time, shorten practice time and use the extra 20-30 minutes to give your staff time to meet & thoroughly plan a very organized and focused practice. When everyone on our staff met and gave input, the next day went so much smoother! Match-ups were already planned and written out for important drills,



everyone was unified and involved. The practice plan gets written up on the large marker board in the gym so all coaches & players can see it at all times. The girls also LOVE having shorter, more efficient practices because that leaves them longer time to see their families and to do homework (and achieve the AVCA Academic Team Award!) \*\*I will also note – find a Bluetooth speaker that can connect to a phone so you can play music during practice – it thoroughly changes the atmosphere of the gym and makes things more fun and intense!

**Ingredient 6 – Give kids a taste of this great sport when they are young!** This may be easier in a small town, but our high school team helps coach 3<sup>rd</sup> – 6<sup>th</sup> grade volleyball every Sunday in September and October from 5:30-7pm. We match the 3<sup>rd</sup> graders up with freshmen, 4<sup>th</sup> graders with sophomores, 5<sup>th</sup>-juniors and 6<sup>th</sup> with seniors. They then move with their group of “big sisters” throughout the 4 years. We teach FUNDamentals, love of the game, how to be a kind teammate & how to always work hard and do your best. My current varsity players were nearly all little sisters that have come up through the Big Sis/ Little Sis program and have attended our preschool – junior high summer camps every year!

**Ingredient 7 – Add a Pinch of reality** – Some years our greatest success will be building character in young athletes or pulling off

a big upset – one year, it might be winning a state championship!! Either way – live in the moment and enjoy your time.

Your “recipe” will not be identical to ours. . . I was once told “coaching is like baking” – everyone has their own secret recipes. None are right or wrong, and most get a similar end result. . . some a little more appealing than others! In coaching, we each have our own styles and techniques, strengths and weaknesses. Don’t be afraid to learn more, mix up your ingredients and enjoy the ride.



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# Girls Golf Practice Drills & Games

Kim Mestl - Head Girls Golf Coach - Ogallala



With my 13<sup>th</sup> season as the Ogallala Girls' golf coach quickly approaching, I am filled with a range of emotions. I am entering my 1st season in 7 without one of my own daughters teeing it up for OHS. I have been blessed to share great moments with them as members of the team and watched their love of golf grow with each season. Coaching your own child does come with perks but also obstacles. I am thrilled that they both have chosen to play at the collegiate level. My oldest daughter is in her last year of college and my youngest is just beginning her adventure. Golf is a game that teaches so many life lessons and I try to teach all my players the benefits from playing. Golf teaches honesty, integrity, mental toughness, problem solving and many other lessons. I am excited to see the progress my returning players have made and to greet new ones that have chosen to give golf a try. I enjoy the excitement that is displayed on their faces when a goal is met, they make a great shot for the first time or the 100<sup>th</sup> time and when new personal bests are achieved.

## Drills / Games that I use in practice

### 1. Scramble

Sometimes we play a scramble format for practice and usually the group of two picks the ball that gives their team the best advantage. I have had years where two players were much more advanced than the rest of my players and they usually compete against each other and at times this has caused an unhealthy relationship. I have paired them together and their scramble rules are different than the rest. The two "better" players have to take the worst shot of the two while the other scramble teams get to take the best shot. They have to do this until they reach the green. This has built unity with the two top players as they have to work together using the worst shot to try to beat the others that get to use the best shot.

### 2. Hot Spots

These are spots that I have picked on our course that will

challenge the girls to try different shots and practice getting out of trouble as quickly and painlessly as possible. These spots on our course are similar to many tricky spots you encounter on many golf courses. I usually find 6-7 spots on our front and an equal amount on the back nine. Ideas I have used are in the trees, behind tall bushes or screens, teeing off on a hole that requires players to carry the ball several yards, hitting out of the tall rough and down in a drainage ditch to hit a blind shot. These are just a few I use but there are so many places you could use as your spots. Here are the rules to my hot spot drill: Each player will need five balls, two of which should have special markings so that each player can identify these two. The players will hit five balls from each hot spot. Each time you drop a ball make sure you hit your balls from different spots in the hot spot area. When you and your partner are finished hitting your five balls each, you will play out the two balls with the special markings and write down your score. Do not give yourself five easy lies in these spots. Challenge yourself! I make them play out the two balls with special markings that way they do not get to choose the balls that might be an easier 2<sup>nd</sup> shot.

### 3. Up / Down Game

The goal of this game is to see how many up & downs you can get. I have 11 players on the team so I pick 11 spots around a green. I mark these with head covers, range baskets or whatever I can find. Each player takes a ball and all the clubs they will need to make shots from each spot. Each player goes to one of the designated spots and chips the ball to the green. Nobody is at the same spot at the same time so you have to be careful that they are paying attention to the other golfers. After all players have hit their first shot to the green they attempt their putts. I have the closest go first or mark so that they are not in the way of the other balls. If they make their 1st putt they will get a point for the Up/Down. The players then rotate clockwise to the next spot and repeat. When they have rotated through all 11 spots we see who the up/down winner is. Usually we go through the 11 spot rotation two times.

We usually end each practice with a team competitive drill. We play around the world as teams, the string putting game, chipping into a target circle or anything that involves all the players.

I hope everyone has an enjoyable fall golf season. I truly believe that golf is a game that our student athletes will be able to play for a lifetime. I try to make each practice engaging and fun to encourage them to be lifelong players.

# Foundations of a Successful Cross Country Season

Chris Gannon - Former Head Cross Country Coach - Omaha Skutt Catholic

Contributed: Steve Carroll - Head Cross Country Coach - Omaha Skutt Catholic



**Note:** Chris Gannon is now the Head Cross Country at Creighton University

The root of our success at Skutt Catholic during the 2017 XC season began long before our historic year. There have been countless athletes and coaches who poured their heart into the foundation which cumulated in a season of accomplishment; I was privileged to be part of it and know that Steve Carroll will do a fantastic job to continue it on.

Omaha Skutt's new Cross Country coach for 2018, Steve Carroll, couldn't agree more. "The foundation of a successful Cross Country season begins with effective summer conditioning. Coach Mike Mingo and my message this summer was 'Champions are made in the offseason.' We implemented some new practices to improve longevity, strength, and flexibility. We increased our weekly mileage with different tempo, hill, and long mileage day variations each week until we hit the number we want to be at to start our season. Besides running we hit hard the importance of strength with weight room training and a series of hurdle drills helping with our hip, abdominal, and core flexibility. The variety and meaningful movements really engaged and motivated our athletes to the very end. Not only did we see record numbers of attendees but their commitment and buy in to what we were doing further helped them push each other to new heights. As a result we saw our athlete abilities improve in all areas," said Carroll.

The biggest pillar for success at Skutt is the culture of the entire school. It is a culture that breathes positivity, encouragement and care; the result of this is excellence across the board, from academics to arts to athletics. Specifically, within the cross country program, Steve Schumacher, built a program that athletes desired to be part of. When the varsity team steps up to the starting line, there are only a handful of students representing the efforts and collaboration of many. We had 84 athletes out for cross country at Skutt last year, over 10% of our school

enrollment; as a Class B school, only 6 guys and 6 girls will be racing varsity, yet those other 72 athletes and an entire school were integral for our success.

I believe the first step in building a successful program, is striving to make sure our athletes feel welcomed and valued as people - beyond their running. A coach who truly cares will make the biggest impact. Take the time to get to know your athletes beyond their 5k PR. What do you know about their family? Their classwork? Other activities they may be involved with? Their college and professional aspirations? With a team as large as ours, there are clearly athletes running who will never run varsity - Why are these kids out? What motivates and encourages them to come run each day? When a coach can answer these questions, you will be on the path to knowing your athletes and be deeply invested in them, which will most often result in them being invested in your program.

I believe the second most important step is making running fun. Unfortunately, running is used as a punishment in other sports and PE, this creates a very negative label for our sport. Use of games, varying run locations, activities or food help create a little bit of fun and excitement. We kicked off our season last year with a cook-out and finished all of our long runs with chocolate milk. Easy runs were filled with sing-alongs, stories and jokes. Ultimate frisbee, relay races and even modified rugby, found a way into our practice schedule.

I believe those are the two most important pieces to creating a successful program. There is no "Top Secret" workout that won us a State Championship and State Runner-Up but here are a few coaching philosophies that I believe are key:

- **Minutes over Miles.** Using minutes to program the majority of your workouts is a far better way to train athletes, especially when the ability level of your team can be wide ranging. Using minutes allows you to better control the physiological load of the workout for each athlete. It also naturally differentiates the workload of your faster athletes from those who are further down the list. Additionally, minutes account for how an athlete is feeling; if they are feeling good they will go a little further or if it is a rough day, it will be a little shorter.
- **Strength and Mobility Warm-up.** A proper warm-up should be focused on strength and mobility through movement. Our warm-up was based upon biomechanic principles to work on range of motion and build strength throughout the entire body. We include upper body, lower body, abs and back through this series - with a significant amount of focus on hip strength and mobility.

- **Running Fast.** Athletes can't race fast if they don't train fast. I believe in running fast at least once a week, depending on the time of the season it could be twice.

- **Specificity of Training.** Pause for a moment and think about your programming, how is it going to help your athlete run 3.1 miles fast? Our best kids had their longest run of the year top out at about 10 miles, remember it was based on minutes. Running a bunch of miles slowly, won't help your athletes run fast. A 5k XC race isn't very far. We focused the majority of our true work on high quality tempo, threshold and speed. We also ran quite a few easy days throughout the season to keep kids fresh and healthy.

- **Competition and Goals.** We ran in mixed gender pods based upon ability/recent race performance. Each of these groups were assigned specific pacing for their workout every day. The athletes pushed and encouraged each other through workouts and races. It became the goal of every athlete to move up to the next group or within their group each week and we acknowledged athletes when they moved up to new groups.

I was thrilled to have one of my assistants, Steve Carroll, take over the program at Skutt and honored that he asked me to submit this article. Please feel free to contact me with any questions or comments.

**Chris Gannon**  
**Head Cross Country Coach Creighton University**  
[chrisgannon@creighton.edu](mailto:chrisgannon@creighton.edu)



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# Fundys and Commitment

Shawn Carr - Head Softball Coach - Crete



Each fall when we start our softball season, we have two major points of emphasis that we put into our practices and into the brains of our kids. Fundamentals (fundys) and Commitment. Without solid fundamentals and committing to doing your very best in every drill, practice and game, you will not accomplish all the goals you set out for your team during your season.

When my staff and I started coaching and working with our

athletes in Crete, we saw a need to develop the basic fundamental skill level of our softball players. So we started working on fundamentals daily and created the following routines “Fundys”. I am sure many teams incorporate something similar into their practices (I have heard them called many names). We do Fundys daily for the first two weeks of practice leading up to our first game, and then they are done in every pregame and 2 – 3 times a week at practice throughout the season.

## Infield Fundys

We partner up our infielders and each group has a ball, their regular glove, a small training glove and their face mask. No drill can start without each player showing their teammates they are committed to the drill, their partner and themselves. They show their commitment by communicating with their partner (talking during the drill), having all the equipment they need for the drill (face mask on, small infield glove, regular glove etc.), and then they have to tap in. Tapping in shows, you are committed to the drill and ready to go, it is very simple process but a very effective way to show everyone you are ready to go. Tapping in is simply being in an athletic position and taking your glove and “tapping” it in the dirt. This shows us you are ready to compete and committed to the drill, your teammates and yourself.

## No Glove Fundy

We start our fundys with no glove on and both infielders on their knees in between the chalk line and our dugout. Both girls will take turns rolling the ball to their partner (before a ball can be rolled, the girl receiving the ground ball must tap in). We will do ten ground balls per group (five grounders per partner).

1. We start by rolling the ball to the partner straight on. The point of emphasis for this drill is that our kids need to work on their glove positioning and their transitions to throwing. We stress that our glove is like a camera and the lens is in the palm of your hand or glove. The goal is to take as many pictures of the ball as it's rolling to you as possible. In order to do this after

tapping in you have to keep your fingers down and extend your arms out in front of you to receive the ball (take pictures of it). We do not want any selfies or pictures of your belly, face or the sky (your fingers need to stay down in the dirt or at least towards the dirt not back up at you). One of the reasons we start with no glove on is, so we can work on scooping the ball (we demonstrate and work on using your bare hand as a scoop shovel and you shovel the ball up towards your throwing hand so you can quickly transition to throwing the ball).

2. After receiving the ball (scooping) we want to focus on the throwing hand getting to the ball as quickly as possible (We call it the alligator chop), then transitioning the ball up to your armpit or ear level depending on your release point, and where you throw.
3. Once, the fielder has transitioned the ball to where she would throw it she rolls the ball back to her partner who repeats the process (she cannot roll a grounder to her partner until her partner taps in). We do this ten times total or five a piece.
4. After we have done straight on grounders, we then go glove side ten times and then do ten backhands (with backhands we have them take a knee and the grounders should be rolled to outside of their body (throwing knee down, glove knee up).

## Glove on Fundy's

We will repeat the steps we just did with our gloves on (many times we use small training gloves). After we have done our ground balls from our knees, our players will stand up, and we move on to one hops.

## One Hop Fundy's

One hops are done from the same distance as the fundy's we do on our knees, the only difference is only one girl will be taking ground balls. The girl fielding the ground ball will always be the girl with her back to the fence (if she misses the ground ball, the fence will stop it). The drill will start with our fielder showing her partner she is committed to her and the drill. She will do this by doing her pre pitch routine (we step into every pitch right foot then left) and tapping in. Each fielder will get five one hops thrown to her (straight on, glove side and backhand). Each ground ball should be game speed and the fielder should transition from fielding to her throwing arm slot as quickly as possible. The throw back to their partner is not game speed; it should be a nice and easy over hand throw. The girl who is receiving the throw shows her partner she is committed by being in an athletic stance with her hands up ready to catch the ball. The girl catching the ball should always move game speed and work on centering up her throw and catching the ball like she would in a game.

A point of emphasis for us is with one hops is to field the one hop and quickly get transitioned to your throwing position. We want that transition to be game speed, and we really want them to work on fielding the ball clean and training their bodies to make a quick transition to throwing the ball. After the fielder has done all her one hops, the two partners switch sides (do a handshake, high five or some type of dance as they switch sides) and repeat one hops for the new fielder.

## Ground Balls

After one hops we reposition our infielders for their last fundy. The fielder is again with her back to the fence and the ground ball roller is now inside the field of play (usually five feet or so inside the foul line). The drill starts exactly like one hops, the fielder steps into the drill and taps in to shows she is ready and committed, and then she gets a ground ball rolled to her.

1. Each fielder will get 10 ground balls rolled to her and the point of emphasis on this drill is to be game speed. Once the ball is rolled to the fielder, she needs to step to the ball and quickly field and throw the ball back to her partner at game speed. Each girl has to tap in before she can take another ground ball; we also are watching to make sure that our fielder is not “floating” on their throws. We want them to pop their hips and feet quickly and stay online with their throw. We also want to make sure they are not stepping to the left or right of their partner, or throwing across their body; we pay close attention to their footwork.

2. The last ground ball they take is a high under hand throw that the fielder will come up and take as a short hop. The goal is to scoop the ball off the dirt as soon as it lands. After fundys, we are ready to proceed to infield or outfield or whatever drill we have planned next. During the time, we are doing infield fundys our outfielders are doing their fundys and working on drop steps, quick transitions, do or dies, etc. Working fundys into our practices has greatly improved the fundamentals of our players and have allowed us to be a better defensive team.

## Commitment

We use the word commitment often during practice and when we are around our softball team. We ask our kids to commit to our program and commit to each other. During practices, we are constantly giving examples and talking about what being committed is. Body language for us shows a lot about how committed our kids are to the drill, their teammates and whatever it is, we are doing. We will often stop drills and demonstrate what being committed is and should look like.

Our program is at its best when we feel our kids are committed to having a good attitude and effort and are committed to each other. Without commitment and fundamentals as a cornerstone of what we work on each year, there would be no way a season like the one we had last year would ever happen. Hope this helps and if you ever need anything please feel free to contact me at [shawnc@creteschools.org](mailto:shawnc@creteschools.org). Good luck this fall and Be Awesome!

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SWING FOR THE FENCES

# Doubles Play Movement

Nolan DeWispelare - Girls' Tennis Head Coach - Pius X High School



One of the biggest difference-makers in the high school doubles game is movement. The sooner a player/doubles team moves, the better chance they have to win the point. But so many high school players at all ability levels are afraid to move once the ball is in play. They may be afraid to lose the point, afraid to make a mistake and make their partner angry, or

simply afraid to get hit by the ball. We work to get all of our players moving through doubles drills and live points.

The easiest time for a player to move is on the return of serve (poach). To do this, the server's partner needs to be set in a stance where he can take an explosive first step. We tell our players to keep their eyes focused on the service box and as soon as the serve bounces in the appropriate box, the poach is on. We classify poaches as "*instinct poaches*" and "*planned poaches*". Sometimes poaching comes as a natural reaction to consistent cross-court returns that float over the middle of the net. In practice, anytime a player looks like he wants to go across for a ball, we reaffirm that instinct. Even if he misses, it still puts the idea in the returner's head that any poorly-struck ball will be picked off. For a planned poach, the server and his partner will decide on the poach between points or the partner will give the server a hand signal indicating he is moving. This allows the server to cover the open court when his partner crosses the center line. The key to a planned poach is to go no matter what. If the partner doesn't move across the courts but the server does to cover the open court, both players end up on the same side and leave a wide section of court open to the opponents. Planned poaches don't always result in a picked off ball, but again that movement can create confusion or send a message to the opponents that can be beneficial when the match becomes more of a mental battle. Often when a player misses or shanks a poach in practice or a match, he wants to give up and go back to stationary tennis. But that's the perfect time to praise the decision to move – they won't all be successful, but with more practice will come better results.

Some coaches I've talked to say their players can't handle poaching because they don't have the skills

necessary, but I think all players can do it. Of course it's not going to come without a lot of work in practice, but once players start to have even minor success with it, they'll be hooked and their confidence and ability will grow from there. To develop this confidence in practice, we'll have players work on it in a doubles match. After each player has served one game, the rule goes into effect that every point must have a cross-court return and the server's partner must poach/cross on every ball. If the return isn't cross-court or if the server's partner doesn't poach on the first ball, the point is immediately over. Even the most reluctant players don't like to lose points that easily, so their movement becomes more frequent as the games continue. We sometimes tell our players that the server's partner is allowed to fake or stay once during the game, but once it's used, it can't be used again in that game. This encourages the communication between the server and his partner between every point and keeps the returning team on their toes. Regardless of the level of player, they will make mistakes when the point is live. We watch for teachable moments and will walk back through a point to show players what happened and what other options they had. But for me the most important thing is to reinforce the decision to move in the first place, whether it worked or not.

Another valuable form of movement in high school tennis is serve and volley and/or return and volley. This tactic often catches the opponents off-guard and can result in an easy point during a match. But didn't serve and volley retire with John McEnroe? No! John Isner had a deep run at Wimbledon this summer and he employed serve and volley quite a bit, especially on must-win points. While our players may not have 150 mph serves to follow to the net, they can still employ this tactic with success if they practice it and grow in confidence.

To get some reps with serve/return and volley, we simply make that a rule during a doubles match at practice. If a server doesn't get to the service line before he or his partner make contact with the return, the point is over. Same thing goes for the returner when we work on return and volley. Sometimes we only require serve and volley, sometimes we only require return and volley, sometimes we require both. Just like poaching, if a player isn't used to moving to the net after a ball, he may not be very successful at first and a lot of players will give up on the tactic if we let them. But if this is practiced frequently, players start to have more success and confidence in practice and once it works in a match, they'll be pumped and ready to try it again.



For both poaching and serve/return and volley to have the best chance of working, it is important that they are done on the first serve. We tell our players all the time that in doubles, their first serve doesn't have to be their biggest serve, it has to be their most consistent and reliable serve. When a player or his partner is trying to move in a point, that opportunity doesn't exist if the serve isn't in. We often practice poaching and serve/return and volley while allowing the server only one serve. While the players usually hate one serve tennis, it forces them to focus on the serve they can get in consistently, rather than pounding a first serve that is only in 10% of the time. An added effect of one serve tennis is that it puts pressure on a player's serve, which can be very valuable in tight matches and pressure situations.

There are tons of other formations and other movement patterns that can be used in doubles, but poaching and serve/return and volley are techniques our team works on quite a bit. I've seen players of all ability levels have success with movement in doubles if they're willing to give it a try and battle through the failures to find the successes. Movement may not be the most comfortable thing for a player to do, but when coaches set up drills and rules to force players to practice these tactics and then reinforce the decision to move, whether it was successful or not, players can gain confidence in their abilities and add another tool to their arsenal



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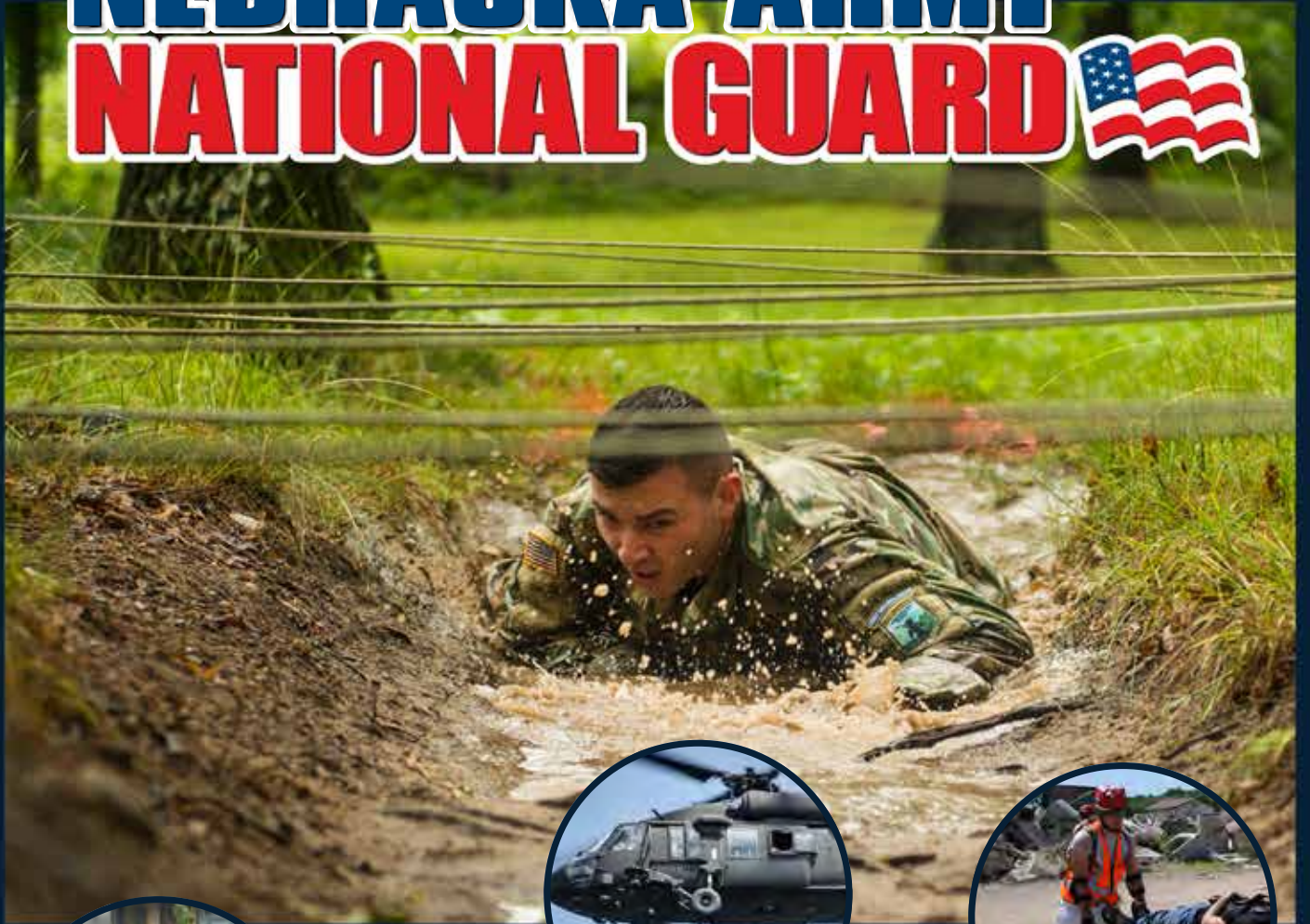
 A collection of promotional items is displayed against a light background. From left to right: a green tank top with 'AHS Cheerleading' in white; a grey t-shirt with 'RAM' and a baseball logo; a grey drawstring bag with 'PROPERTY OF Nebraska CROSS COUNTRY 2018 MIDWOOD'; a red baseball cap with 'CATS FOOTBALL'; a white water bottle with 'PROSPECT VOLLEYBALL'; a blue hoodie with 'ANTHERS IS COUNTRY'; and a red t-shirt with 'Nebraska State Volleyball'.
 

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# 2018 NCA-Nebraska Army National Guard Service Awards



NCA – Nebraska Army National Guard 25 Year Service Award recipients in attendance at the 2018 NCA Awards Banquet: From Left to Right – Greg Golka, Omaha Marian; Lisa Mason, Bertrand; Karla & Kyle Ruybalid, wife and son of the late Ray Ruybalid, Holdrege and Chris Mueller, Norfolk – Callam Sports Photography.



NCA – Nebraska Army National Guard 40 Year Service Award recipients in attendance at the 2018 NCA Awards Banquet: From Left to Right – John Ganser, Sidney; Dr. Doug Dolezal, Crete; Jack Tarr, Malcolm; Tom Schoenfelder, Southern Valley; John Walsh, Ralston and Jeff Ritz, Omaha Skutt Catholic – Callam Sports Photography.



NCA – Nebraska Army National Guard 35 Year Service Award recipients in attendance at the 2018 NCA Awards Banquet: From Left to Right – Tim Fichtner, Milford and John Kershaw, Hitchcock County – Callam Sports Photography.



NCA – Nebraska Army National Guard 45 Year Service Award recipient in attendance at the 2018 NCA Awards Banquet: Roger Wright, Omaha Marian – Callam Sports Photography.



NCA – Nebraska Army National Guard 50 Year Service Award recipient in attendance at the 2017 NCA Awards Banquet: Doug Nielsen, Lincoln High – Callam Sports Photography.

# 27<sup>th</sup> YEAR NCA CAREER MILESTONE PROGRAM RECOGNIZES COACHES

43 Coaches Receive Recognition in 2018

**Jerry Stine**

This year 43 coaches applied for the NCA Jerry Stine Family Career Milestone award, with 54 applications submitted in all. During the 2018 NCA Multi-Sports Clinic Sport's Meetings 16 coaches were recognized for obtaining level I certificates, 15 coaches level II, and nine coaches level III. Fourteen coaches received the level IV plaque (the ultimate award in this program) at the NCA Awards Banquet, one coach receiving Level IV recognition in two sports. 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.

Nanonation has created a user-friendly program for the NCA that all the 1992 – 2018 Career Milestone winners can be searched for using a kiosk. The kiosk replaced the posters that were previously displayed near the NCA booth and at each sport's session areas. The criteria and application for this award is available on the NCA website [www.ncacoach.org](http://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 Milestone Awards, and you can easily filter the 1,405 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](mailto:jlstine@cox.net). A milestone application may also be submitted to Stine by e-mail.

## 2018 NCA Jerry Stine Family Milestone Award – Level IV



NCA Jerry Stine Family Milestone Level IV Award recipients in attendance at the 2018 NCA Awards Banquet:  
From Left to Right – Tom Olson, Norfolk, Football; John Ganser, Sidney, Wrestling; Jerry Cover, Norfolk, Boys' Golf; Doug Goltz, Falls City Sacred Heart, Boys' Track & Field; Lisa Mason, Bertrand, Volleyball; Jerry Stine; Dan Moore, Papillion-La Vista, Basketball; John Walsh, Ralston, Soccer; George O'Boyle, Lincoln Pius X, Boys' Track & Field & Girls' Track & Field; Mark Rotter, Bruning-Davenport-Shickley, Football; Greg Classen, Paillion-La Vista, Boys' Tennis and Terry Graver, Elkhorn South, Softball – Callam Sports Photography.

# 2018 MILESTONE AWARD RECIPIENTS

NAME	SCHOOL	SPORT	NAME	SCHOOL	SPORT
<b>Level IV:</b>			<b>Level II:</b>		
Greg Classen	Papillion-LaVista	Boys' Tennis	Brett Davis	Ashland-Greenwood	Football
Jerry Cover	Norfolk	Boys' Golf	John Erwin	Norfolk	Girls' Soccer
Doug Goltz	Falls City Sacred Heart	Boys' Track	John Ganser	Sidney	Girls' Track
John Ganser	Sidney	Wrestling	Greg Golka	Omaha Marian	Girls' Track
Terry Graver	Elkhorn South	Softball	Jim Hansen	Lincoln Pius X	Football
Dan Lonowski	Adams Central	Wrestling	Rick Nordhues	Syracuse	Football & Boys' Track
Lisa Mason	Bertrand	Volleyball	Harlan Oestmann	Nemaha Valley	Basketball
Dan Moore	Papillion-LaVista	Basketball	Renee Saunders	Skutt Catholic	Volleyball
George O'Boyle	Lincoln Pius X	Boys' Track & Girls' Track	Dwaine Schmitt	Kearney Catholic	Boys' Track
Tom Olson	Norfolk	Football	Dave Shrader	Gretna	Boys' Track
Mark Rotter	Bruning-Davenport-Shickley	Football	Darren Sindelar	Pierce	Basketball
Dwaine Schmitt	Kearney Catholic	Girls' Track	Brina Sybrandts	Grand Island Northwest	Wrestling
John Walsh	Ralston	Girls' Soccer	Erich Warner	Blair	Wrestling
Doug Zoucha	Norfolk Catholic	Boys' Track	Jennifer Wragge	Elkhorn	Basketball
<b>Level III:</b>			<b>Level I:</b>		
Kris Freese	Norfolk Catholic	Girls' Track & Volleyball	Don Clark	Kearney	Basketball
John Ganser	Sidney	Boys' Track	Shawn Cole	Perkins County	Basketball
Dan Hogan	Papillion-LaVista South	Softball	Kelly Cooksley	Broken Bow	Basketball
Steve Kerkman	Millard South	Softball	Allen Duerksen	Central City	Girls' Track
Tom Schoenfelder	Southern Valley	Girls' Track	Tyler Ferebee	Pawnee City	Boys' Track
Bryan Solomon	Thayer Central	Boys' Track	Jordan Haas	Hemingford	Football
Dave Shrader	Gretna	Football	Jim Hansen	Lincoln Pius X	Baseball
Neil VanLengen	Howells-Dodge	Volleyball	Jeff Meyer	Elkhorn Valley	Girls' Track
			Chris Mueller	Norfolk	Boys' Track
			Harlan Oestmann	Nemaha Valley	Football & Girls' Track
			Dave Shrader	Gretna	Wrestling
			Anthony Sigler	Aurora	Boys' & Girls' Cross Country
			Nathan Wall	David City	Basketball
			Nick Weber	Johnson County Central	Girls' Track



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## 2018 NCA - Hudl Coaches of the Year



NCA–Hudl Coaches of the Year recipients in attendance at the 2018 NCA Awards Banquet: From Left to Right – Kyle Weyers, Wahoo/Lincoln Lutheran/Bishop Neumann, Baseball; Stephanie Fuehrer, Holdrege, Boys’ Cross Country; Jeff Bellar, Norfolk Catholic, Football; Jennifer Wragge, Girls’ Basketball; Scott Steinbrook, Kearney, Soccer; Nancy Lockmon, Giltner, Girls’ Track & Field; Chris Stock, Lincoln East, Tennis; Blair Kalin, Hartington/Newcastle, Boys’ Track & Field; Diane Rouzee, Northwest, Volleyball; Shawn Carr, Crete, Softball; Anthony Sigler, Aurora, Girls’ Cross Country; Todd Hale, West Holt, Golf; Scott Lamberty, York, Boys’ Basketball; and Luke Gideon & Mike Max, Burwell, Wrestling – Callam Sports Photography.

## 2018 NCA - Varsity Cheerleading & Dance Coaches of the Year



NCA–Varsity Cheerleading and Dance Coaches of the Year recipients at the 2018 NCA Awards Banquet: From Left to Right – Maggie Zeckser, Hastings St. Cecilia, Cheerleading and Meagan Stoner, Hastings, Dance – Callam Sports Photography.



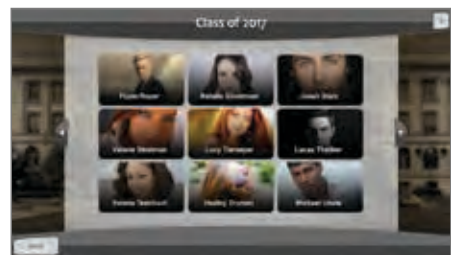
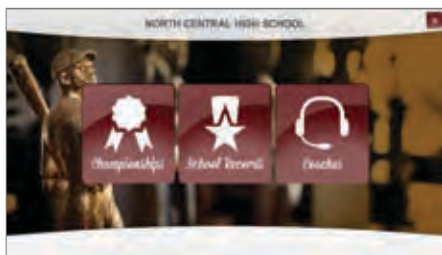
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# 2018 NCA-Jim Farrand Memorial Award - Assistant Coach or Junior High Coaches of the Year



NCA Jim Farrand Memorial Award - Assistant Coach or Junior High Coaches of the Year at the 2018 NCA Awards Banquet: From Left to Right –Kevin Hubbel, Lincoln East; James Spanel, Norfolk and Brendan Dorcey, Wayne – Callam Sports Photography.



## 2018 NCA Friend of High School Sports

## 2018 NCA Nanonation Media Award

## 2018 NCA FCA Doyle Denney Heart of Coach Legacy Award



NCA Friend of High School Sports recipient in attendance at the 2018 NCA Awards Banquet: – Bob Polzin, Lincoln, Awards Unlimited – Callam Sports Photography.



NCA–Nanonation Media Award recipient in attendance at the 2018 NCA Awards Banquet: Ross Jernstrom, Omaha, WOWT NBC – Callam Sports Photography.



NCA-FCA Doyle Denney Heart of a Coach Award recipient Bill Carlin, Adams Central, speaking prior to the 2018 NCA Multi-Sport Clinic Keynote Address – Photo by Janice Beard.



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- Teacher, 7-12 Industrial Tech
- Volleyball Coach, 29 years
- Track coach, 32 years
- WHS Athletic Director
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# 2018 NCA Career Coaching Awards



Binnie & Dutch Award – Track & Field  
Don Perry, York



Ed Johnson Award – Boys’ Basketball  
Tim Cannon, Millard North



Guy Mytty Award –Wrestling  
Alan Pokorny, Bennington



George O’Boyle Award – Cross Country  
Roger Wright, Omaha Marian



Ken Cook Award – Girls’ Basketball  
Tim Wilbeck, Centennial &  
Exeter-Milligan



Swede Hawkins & Del Schoenfish Award  
– Golf  
Darrel Hoffman, Beatrice



Phyllis Rice Honnor Award – Volleyball  
Sue Wewel, Archbishop Bergan



Skip Palrang Award – Football  
Carl Tesmer, Hastings St. Cecilia

# 2018 NCA-Country Inn & Suites Scholarship Recipients



## **Reagan Janzen, Giltner High School (District I)**

A four-year letter winner in volleyball, basketball and track & field, Reagan Janzen's high school athletic career has garnered much individual and team success. She was a member of the class D girls' state champion 3200M relay team the past three years, and helped Giltner earn the state team championship for four years in a row.

Reagan earned all-conference honors in both volleyball and basketball, and was an academic all-state selection in both sports as well. She excelled in the classroom, earning a 31 ACT and finishing first in her class while also participating one-act, speech and FCA. Reagan plans to continue her education at Nebraska Wesleyan University, where she will study Nursing and participate in track & field.



## **Megan Grote, Shickley High School (District I)**

Megan participated at the varsity level in three sports during all four years of her high school athletic career. She started at libero as a freshman on the BDS volleyball team and went on to become co-captain during her senior season, earning a 3<sup>rd</sup> place finish at the state tournament.

Also a four-year starter in basketball, Megan helped her team earn a district championship and a state runner-up trophy this past season. She earned four varsity letters in track & field and was a state qualifier in high jump as a freshman. Recognized as a High Ability Learner, Megan was awarded for Outstanding Performance in Art, English, Math and Business and was selected to receive LJS academic all-state honors in volleyball, basketball and track & field. Megan graduated at the top of her class and was selected as a UNL Regents Scholar. She will study Actuarial Science at UNL this fall.



## **Kole Prosocki, Fullerton High School (District II)**

Kole Prosocki's list of academic, extra-curricular, and athletic accomplishments at Fullerton is long and diverse. A two-year academic all-state selection and team captain in football, Kole also served as team captain and was a state qualifier in wrestling, and was a varsity performer in track & field. The US Bank Believers & Achievers

honoree graduated at the top of his class and excelled in several other school activities. He served in officer roles in the FFA and qualified in FFA state events four years in a row; participated in Quiz Bowl, F-Club & Student Council; and graduated first in his class while receiving his school's Roll of Excellence award each semester of his high school career. Kole will attend the University of Nebraska at Kearney and study Agribusiness.



## **Sydney Nickerson, Gross Catholic High School (District II)**

A role model to her peers, Sydney Nickerson is an active member of the Gross Catholic High School community. She participated each of her four years in softball, basketball and soccer, overcoming adversity and serving as team captain. She represented her school as a student

ambassador, was a National Honor Society member, and was part of the weight lifting program and sports medicine program. Sydney demonstrated strong leadership skills through her involvement in S.A.L.T. (Student Advocate Leadership Team), while also excelling in the classroom – earning a 4.23 GPA, academic all-state honors, and Dean's List High Honor Roll status. She will continue her education studying Health & Human Performance / Athletic Training at Nebraska Wesleyan University.



## **Alexis Heller, Wisner-Pilger High School (District III)**

Alexis Heller had a tremendous impact as a student-athlete at Wisner-Pilger High School. She was a four-year starter and team captain in softball, basketball and track & field and received several honors for her participation, including academic all-state in all three sports. After

experiencing season-ending knee injuries during her senior basketball season, Alexis focused on using her 'eye for the game' and leadership skills to help build other leaders on her team. In the classroom she challenged herself by taking several college credit classes, maintaining a near-perfect GPA while also staying extremely active in several extra-curricular activities – including FFA (President), One-Act, 4H (President), National Honor Society (Treasurer), and coaching youth sports in her community. Alexis will head to Chadron State College this fall, and will major in Human Biology.



## **Brady Glause, Northwest High School (District IV)**

As a student-athlete at Grand Island Northwest High school, Brady has been an integral member and representative of the programs at his school and in his community. A three-sport athlete, Brady was leader and captain of the football team, earning all-district, all-conference, and academic all-state honors. He also served as team captain

on the basketball team and was a 3-year letter-winner in track & field. An FBLA participant and member of the crew on the school musical, Brady also served his community through numerous volunteer opportunities, including Heartland United Way Adopt a Family, Project Hunger, Nebraska State Fair First Aid, Hall County Leadership Limited, and Youth Academy Basketball & Football volunteer. His dedication to academics was exemplified by his ability to maintain a 4.0 GPA and earn academic letters while balancing his extra-curricular activities and community involvement. Brady will attend UNL and major in Civil Engineering.



## **Sheldon Johnsen, Medicine Valley (District V)**

Sheldon Johnsen is an active and integral member of the Medicine Valley Community, having been involved in a variety of activities, including football, basketball, golf, FCCLA, FFA, 4-H and Student Council. A 4-year letter-winner in football, Sheldon earned academic all-state honors, served as team captain, and was a first-team all-

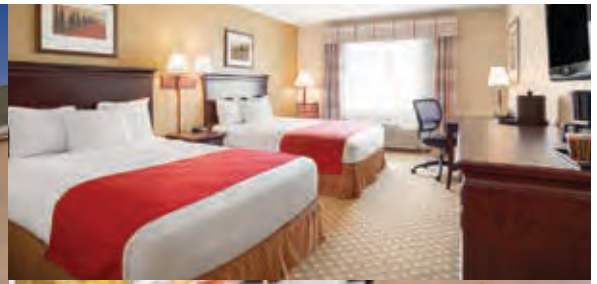
state selection. He also was an academic all-state selection and team captain in basketball and golf, and was a 3-time state golf medalist. Sheldon was able to balance his athletic commitments with his leadership involvement in the other school organizations, with success in the classroom, and with a wide variety of community volunteer service. He will continue his education at Nebraska Wesleyan University, where he plans to study Athletic Training & Communications while participating on the Prairie Wolf football team.



## **Braydon Cortney, Sidney High School (District VI)**

An impressive resume of high school accomplishments will accompany Braydon Cortney as he moves into the next phase of his education. Athletically driven, Braydon earned academic all-state honors in both football and basketball, and also participated in track & field and golf.

Academically driven as well, he maintained a 4.0 GPA, was a National Honor Society member, and earned Straight 'A' Honor Roll status all four years of high school. Braydon's contributions to his community include serving as a teacher assistant in math, volunteering at youth football and basketball camps and tournaments, coaching youth soccer & baseball, and working as a guide assistant for chairbound hunters. This fall Braydon will head to the University of Wyoming and major in Biology.



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# 2017-2018 STATE CHAMPION COACHES



## Boys

## Girls

	<b>Baseball</b>	
Pat Mooney, Creighton Prep	A	
Jake Hoover, Roncalli Catholic	B	
	<b>Basketball</b>	
Josh Luedke, Creighton Prep	A	Steve Clark, Omaha Westside
Scott Lamberty, York	B	Jennifer Wragge, Elkhorn
Kevin Scheef, Wahoo	C1	Jarrod Ridder, Columbus Scotus
Adam Poulosky, Ponca	C2	Jim Sullivan, Superior
Joe Tynon, Lourdes Central Catholic	D1	Alex McCleary, North Central
Doug Goltz, Falls City Sacred Heart	D2	Luke Santo, Falls City Sacred Heart
	<b>Cross Country</b>	
Shannon Stenger, Papillion-La Vista South	A	Colin Johnston, Millard West
Chris Gannon, Omaha Skutt Catholic	B	Anthony Sigler, Aurora
Stephanie Fuehrer, Holdrege	C	Stephanie Fuehrer, Holdrege
Brie Pulec, Malcolm	D	Jared Hansmeyer, Ainsworth
	<b>Football</b>	
Larry Martin, Omaha North	A	
Glen Snodgrass, York	B	
Jeff Bellar, Norfolk Catholic	C1	
Dan Krajicek, Yutan	C2	
Shawn Biltoft, East Butler	D1	
Chris Ardissono & Mark Rotter, BDS	D2	
	<b>Golf</b>	
Jerry Cover, Norfolk	A	Mimi Ramsbottom, Elkhorn South
Dan Malleck, York	B	Jeff Nielsen, Omaha Duchesne Academy
Craig Rupp, Grand Island Central Catholic	C	Kim Mestl, Ogallala
Todd Hale, West Holt	D	
	<b>Soccer</b>	
Scott Steinbrook, Kearney	A	James Abueg, Millard North
Jose Gonzalez, South Sioux City	B	Troy Stoller, Elkhorn
	<b>Softball</b>	
	A	Todd Petersen, Papillion-La Vista
	B	Shawn Carr, Crete
	C	Dave Brabec, Bishop Neumann
	<b>Swimming</b>	
Tom Beck, Creighton Prep	A	Leigh Ann Fetter-Witt, Lincoln Southwest
	<b>Tennis</b>	
Dennis Hershberger, Lincoln Southwest	A	Chris Stock, Lincoln East
Lance Kush, Elkhorn South	B	Randy Davis, Brownell Talbot / Concordia
	<b>Track &amp; Field</b>	
Bob White, Lincoln High	A	Brett Schuster, Lincoln Southwest
Karen Schluter, Beatrice	B	Rick Nordhues, Syracuse
Blair Kalin, Hartington-Newcastle	C	Tony Smith, Aquinas Catholic
Eric Havranek, Axtell	D	Nancy Lockmon, Giltner
	<b>Volleyball</b>	
	A	Amy McLeay, Omaha Marian
	B	Renee Saunders, Omaha Skutt Catholic
	C1	Trisha Larson, Wahoo
	C2	Kelsea Blevins, Superior
	D1	Tera Stutheit, Johnson-Brock
	D2	Darcy White, Exeter-Milligan
	<b>Tournament - Wrestling - Duals</b>	
Keenan McCurdy & Jeff Rutledge, Lincoln East	A	Ty Swarm, Kearney
Chas DeVetter, Skutt Catholic	B	Chas DeVetter, Skutt Catholic
Shane Allison, Valentine	C	Ed Schaaf, Broken Bow
Luke Gideon & Mike Max, Burwell	D	Luke Gideon & Mike Max, Burwell

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# 2018 National High School Athletic Coaches Association Convention

Sioux Falls, SD



## 2018 NHSACA National Coaches of the Year



Russ Ninemire, Sandy Creek  
Girls' Basketball



Diane Rouzee, Northwest  
Volleyball

## 2018 NHSACA National Coaches of the Year Finalists



Greg Warneke, Pierce  
Boys' Assistant



Jim Barker, Scottsbluff  
Boys' Cross Country



Mindy Reed, Millard North  
Girls' Track & Field



Russ Ninemire, Sandy Creek  
Girls' Basketball



Don Perry, York  
Boys' Track & Field



Bob Greco, Omaha Westside  
Baseball



Steve Kerkman, Millard South  
Softball



Bill Fitzgerald, Fremont  
Athletic Director



Jeff Hoham, Lincoln East  
Soccer



Margo LaBrie, Hampton  
Girls' Assistant



Mimi Ramsbottom, Elkhorn South  
Golf



Diane Rouzee, Northwest  
Volleyball

## 2018 NHSACA National Hall of Fame Inductees



Swede Hawkins, Oakland-Craig  
Accepting: Mary Ann Hawkins



Dan Moore, Ansley

## 2018 Coach & Athletic Director Magazine 40 Under 40 Recipients



Ann Gaffigan,  
Gazelle Incorporated



March Sheil,  
Sideline Power

### NHSACA Awards – Not Pictured (Unable to attend ceremonies):

National Coach of the Year Finalist – Steve Bischof, Elkhorn South – Tennis  
Coach & Athletic Director 40 Under 40 Award – David Graff, Hudl

Coach & Athletic Director 40 Under 40 Award – Brian Kaizer, Hudl  
Coach & Athletic Director 40 Under 40 Award – John Wirtz, Hudl





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# 2018-19 Digital Membership Cards & Gold Cards

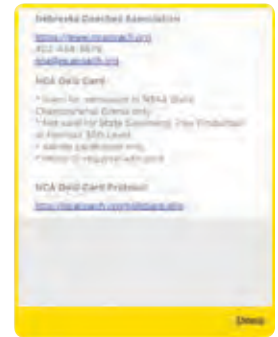
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## Member & Gold Card Holder

## Silver (Retired) Member Only

## Silver (Retired & Gold Card Holder

## Gold Card Protocol



## STATE COLLEGES RECOGNIZE NCA 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.

<p><b>Bellevue University</b> Any gate Membership card required Admit member + one Good for all sports</p>	<p><b>Creighton University</b> 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</p>	<p><b>Northeast Community College</b> Main gate Membership card required Admit member + 1 Good for all sports Tickets are free</p>	<p><b>University of Nebraska-Kearney</b> Will Call Gate-advance call or e-mail appreciated 308-865-1563 or lopertickets@unk.edu Admit member only Must present membership card when picking up ticket Good for all sports-reg. season Ticket is free</p>
<p><b>Central Community College- Columbus Campus</b> Any gate Membership card required Admit member + one Good for all sports</p>	<p><b>Doane College</b> Pass gate Membership card required Admit member + 1 Good for all sports, tickets are free Advanced call-in is appreciated 402-826-8583</p>	<p><b>North Platte Community College</b> Advance call-in 800-658-4308.3701 Ask for Jackie Briley Use main door Membership card required Admit member + 1 Good for all sports</p>	<p><b>University of Nebraska-Omaha</b> Pass gate Membership card and photo ID Admit member + 1 Tickets are free Excludes Hockey</p>
<p><b>Chadron State College</b> Any gate Membership card required Admit member + one Good for all sports</p>	<p><b>Hastings College</b> Membership card and photo ID Good for all sports Admit member</p>	<p><b>Peru State College</b> 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</p>	<p><b>Wayne State College</b> Pass gate Membership card and photo ID Admit member only Ticket is free Good for all sports (excluding NSIC/NCAA Championships)</p>
<p><b>College of St. Mary</b> Advance call-in (402) 399-2358 Admit member + 1 Good for all sports Tickets are free</p>	<p><b>Midland University</b> Any gate Membership card and photo ID Admit member + one Good for all sports</p>	<p><b>Southeast Community College-Beatrice</b> Main gate Advance call-in appreciated 1-800- 233-5027 ext 1232 Good for all sports Admit member + 1 Tickets are free Membership card required</p>	<p><b>Western Nebraska Community College</b> Membership Card Required Advance call in - 308-635-6151</p>
<p><b>Concordia University</b> Use any gate Membership card and photo ID Admit member + 1 Good for all sports Tickets are free</p>	<p><b>Nebraska Wesleyan University</b> Any gate Membership card and photo ID Admit member + 1 Good for all sports, tickets are free</p>	<p><b>York College</b> Pass gate - front door Membership card and photo ID Admit member + 1 Good for all sports Ticket is free</p>	

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Go to [ncacoach.org](http://ncacoach.org) – Online Membership Registration is Now Available





# 2018 NCA Golf Scramble Results

Monday, July 23 – Wilderness Ridge Golf Club



## FIRST FLIGHT

### First Place (56)

Chris Rainforth  
Jeremy Murman  
Jeff Murman  
Wyatt Morse

### Second Place (58)

Jim Danson  
Larry Elwood  
Chad Geiger  
Alex Svahla

### Third Place (59)

Ryan Hogue  
Kurt Altig  
Ed Schaaf  
Luke Coufal

## SECOND FLIGHT

### First Place (62)

Dustin Jorgenson  
Cale Streeter  
Shannon Messersmith  
Jared Thompson

### Second Place (62)

Richard Plumbtree  
Shawn Ostransky  
Trent Ostransky  
Skyler Herman

### Third Place (62)

Cody Cahill  
Gary Gabel  
Jeremy Houghtelling  
Jared Blackwell

## THIRD FLIGHT

### First Place (64)

Jeff Cole  
Derek Bantam  
Scott Johnsen  
Brendan Johnsen

### Second Place (64)

Scott Schoneman  
Alex Schoneman  
Jarod Schoneman  
Mark Armstrong

### Third Place (64)

Ryan Komenda  
Bob Taylor  
Mark Norvell  
Aaron Veleba

## FOURTH FLIGHT

### First Place (65)

John Miller  
Mike Lanham  
Tony Lanham  
Wayne Hesse

### Second Place (66)

Adam Wright  
John Kershaw  
David Wright  
Shawn Sandman

### Third Place (66)

Andy Seamann  
Aub Boucher  
Rich Britten  
Chris Blecha

## FIFTH FLIGHT

### First Place (68)

Ryan Wetovick  
Mark Shaw  
Jason Daffer  
Jeff Ellis

### Second Place (69)

Jeff Wusk  
John Wheeler  
Stan Meyer  
John Barthule

### Third Place (69)

Steve Brennan  
Pat Brennan  
Gene Ferrell  
Keth Childress

# 2018 NCA Super-State/All-State Teams

*Presented by:*



## **Boys' Golf Super State**

Caleb Badura, Aurora  
Joshua Bartels, Lincoln Southwest  
Ty Crandon, Lincoln Southeast  
Mason Hale, West Holt  
Jordan Hart, Platteview  
Grant Jabenis, Omaha Westside  
Jayden Jones, North Platte  
Jake Kluver, Norfolk  
Luke Kluver, Norfolk  
Jason Kolbas, Lincoln Pius X  
Jace Kratzenstein, Kearney  
Chase Largen, Creighton  
Joshua Peters, Millard North  
Matthew Schaefer, Hartington Cedar Catholic  
Rex Soulliere, Creighton Prep  
Steve Strasheim, Lincoln East  
Ryan Weiss, Franklin  
Alex Zillig, Papillion-La Vista

## **Boys' Golf Class A All-State**

Graham Southwick, Beatrice  
Bryce VunCannon, Columbus Scotus  
Charles Zielinski, Skutt Catholic

## **Boys' Golf Class C All-State**

Preston Carbaugh, Cambridge  
Gavin Fox, Grand Island CC  
Eric Stevens, Bridgeport  
Ryan Van Ostrand, Lincoln Christian

## **Boys' Golf Class D All-State**

Trenton Colby, Franklin  
Andrew Lauby, Loomis  
Jeremy McMillan-Peters, Paxton

## **Girls' Tennis Class A First Team All-State**

Samantha Mannix, Elkhorn South – Captain  
Madison Kiani, Lincoln East  
Bianca Rademacher, Lincoln East  
Justine Linscott, Lincoln East  
Josie Friedman, Millard North  
Julia Kin, Omaha Marian

## **Girls' Tennis Class A Second Team All-State**

Caroline Miller, Lincoln Southeast  
Tessa Hurst, Papillion-La Vista  
Mary Faulk, Millard North  
Morgan Owens, Elkhorn South  
Olivia Baudreau, Papillion-La Vista  
Anna Clark, Elkhorn South  
Fidan Ibrahimova, Lincoln Southeast

## **Girls' Tennis Class B First Team All-State**

Brianna Liu, Brownell-Talbot/Concordia, Captain  
Chloe Dworak, Lincoln Christian  
Kiersten Capelle, Omaha Duchesne  
Meena Satpathy, Omaha Duchesne  
Ameya Kutty, Brownell-Talbot/Concordia  
Jane Krueger, Omaha Duchesne

## **Girls' Tennis Class B Second Team All-State**

Kassidy Michaelis, McCook  
Jenna Mu, Brownell-Talbot/Concordia  
Sydney Thompson, McCook  
Annie Trettel, Kearney Catholic  
Cassiddy Beeby, McCook  
Haley Potthoff, McCook



# 2018 State Soccer Sportsmanship Awards



Kearney – Class A Boys



Omaha Gross Catholic – Class B Boys



Omaha Marian – Class A Girls



Omaha Mercy – Class B Girls

*Photographs Courtesy of NCA*



# 2018 NCA-Proactive Coaching All-Star Most Valuable Teammate Awards



NCA-Proactive Coaching Girls' Basketball All-Star Most Valuable Teammate Award Recipients: Blue Team – Jori Peters, Mitchell and Red Team – Aspen Jansa, Bishop Neumann – NCA Photo.



NCA-Proactive Coaching Boys' Basketball All-Star Most Valuable Teammate Award Recipients: Blue Team – Sammy Richardson, Lincoln High (moved to the Red Team to balance player vacancies) and Red Team – Nate Thayer, Platteview – NCA Photo.



NCA-Proactive Coaching Volleyball All-Star Most Valuable Teammate Award Recipients: Blue Team – Alexa Blase, Grand Island and Red Team – Rachel Walker, Lincoln Southwest – NCA Photo.



NCA-Proactive Coaching Softball All-Star Most Valuable Teammate Award Recipients: Blue Team – Haleigh Hoefs, Lincoln Pius X and Red Team – Taylor Imhoff, Bellevue West – NCA Photo.



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## ALL-STAR BOYS BASKETBALL GAME RESULTS - 2018



All-Star Photos by Callam Sports Photography

**Final Score – Blue Team 121, Red Team 107**

### Leading scorers – Red Team

- Tyrell Carroll, Millard South – 23
- Kanon Koster, Kearney – 19
- Sammy Richardson, Lincoln High – 18
- Peyton Priest, Papillion-La Vista – 15

### Leading scorers – Blue Team

- Mike Wardy, Norris – 18
- Nick Ferrarini, Millard North – 17
- Brendan Lacey, Wahoo – 15
- Jordan Janssen, Lincoln East; Henry Penner, Aurora – 14

### Coaches – Red Team

- Tony Siske, Norfolk
- Todd Hale, West Holt

### Coaches – Blue Team

- Seth Kallhoff, O’Neill
- Jeff Campbell, Lincoln East

## ALL-STAR SOFTBALL GAME RESULTS - 2018



All-Star Photos by Callam Sports Photography

**Final Score – Red Team 9, Blue Team 8**

### Highlights

- The 14<sup>th</sup> annual NCA all-star softball game was once again held on the UNL Bowlin Field. Attendance at the game was 773.
- The red team opened the top of the 1st inning by scoring 5 runs with the help of 4 walks and 2 hits, including a 2-run double by Molly Sindelar (Elkhorn South). The blue team chipped away by scoring 2 runs in the 1st inning on a first-time-in-all-star-history 2-run inside-the-park homerun by Avery Wood (Kearney).
- Hailee Fliam (Millard South) pitched 5 innings for the red team, allowing 2 runs while striking out a record 9 batters to claim the win in relief. Another key stats for the red team included Kylee Nixon, Molly Sindelar and Hannah Saroka all collecting 2 hits each.
- Key stats for the blue team were: Avery Wood going 3 for 3 with 2 RBI’s and an inside-the-park homerun; Hayleigh Hoefs (Lincoln Pius X) and Ady Watts (Gretna) each collecting 2 hits; and Lauren Jurek & Camry Moore holding the red team to 4 runs over the final 7 innings.

### Coaches – Red Team

- Mark Watt, Lincoln Southwest
- Danyel SeEVERS, York

### Coaches – Blue Team

- Tom McCall, Milford
- John Swoboda, Millard North





## ALL-STAR GIRLS BASKETBALL GAME RESULTS - 2018



All-Star Photos by Callam Sports Photography

**Final Score – Red Team 84, Blue Team 72**

**Leading scorers – Red Team**

- Alli Roh, Lincoln East - 15
- Chloe Dworak, Lincoln Christian - 12
- Kylie Hammer, Wayne; Quinn Weidemann, Westside; Samantha Shepard, Fremont – 9

**Leading scorers – Blue Team**

- Payton Brotzki, Platteview - 19
- Jori Peters, Mitchell - 10
- Regan Sankey, Lincoln East - 8

**Coaches – Red Team**

- Brendan Dittmer, Elkhorn Valley
- Jason Simons, Bishop Neumann

**Coaches – Blue Team**

- Bryan Reichmuth, Humphrey St. Francis
- Nathan Behlke, Dundy County-Stratton

## ALL-STAR VOLLEYBALL GAME RESULTS - 2018



All-Star Photos by Callam Sports Photography

**Final Score – Blue Team wins 4-0 (25-22, 28-26, 25-23, 28-26)**

**Totals – Red Team**

- 108 digs, 49 assists, 49 kills, 14 blocks, 8 ace serves

**Totals – Blue Team**

- 75 digs, 40 assists, 45 kills, 18 blocks, 5 ace serves

**Leaders in Kills**

- Blue team – Julianna Kalil (Duchesne Academy) had 10 kills, Sydney Fitzgibbons (Papillion-La Vista) added 8, Alexa Blase (Grand Island) had 7 kills & Taryn Mayfield (Northwest) had 6.
- Red team – Jaela Zimmerman (Malcolm) had 17 kills, Brooke Fredrickson (North Bend Central) had 10, and Sarah Wing (Omaha Marian) added 9.

**Leaders in Assists**

- Blue team – Kinsley Tingelhoff (Wahoo), 24; Delaney Saucier (Skutt Catholic), 12.
- Red team – Rachel Walker (Lincoln Southwest), 24; Ally Glaser (Papillion-La Vista), 21.

**Coaches – Red Team**

- Briana Janda, Elkhorn South
- Diane Torson, Hampton

**Coaches – Blue Team**

- Laura Miller, North Platte
- Tracy Kuester-Burtwistle, Stanton

## Coaches Care Blood Drive Continues as Lincoln's Largest Single Summer Day Donation Drive in 2018



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 25 at North Star High School.

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 Nebraska Community Blood Bank Lincoln drive for the sixth 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 included Scheels of Lincoln, providing *thank you* gifts to registered blood donors in the form of \$25 gift cards. NCBB also provided a 50" Television to be raffled off among the donors. This year's winner was Tony Hoelsing from Garden County.

Overall, the *Coaches Care* program demonstrated that the coaches of Nebraska do care. 160 total units of blood were donated on the day – the second highest total for the drive.



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## GENERAL LIABILITY INSURANCE PROGRAM

As a membership benefit, coverage is provided by the Commercial General Liability Policy issued to the National Organization of Coaches Association Directors. This policy will provide general liability coverage to the Nebraska Coaches Association and its members.

## CARRIER

Houston Casualty Company

## POLICY PERIOD

August 1, 2018 – August 1, 2019

## LIMITS OF INSURANCE

\$1,000,000	Each Occurrence
\$1,000,000	General Aggregate (per Member)
\$1,000,000	Products/Completed Operations
\$1,000,000	Personal & Advertising Injury
\$ 300,000	Fire Damage
\$ 50,000	Sexual Abuse (per Member)
Excluded	Medical Payments

## COVERAGES

- ❖ Educator Professional Liability
- ❖ Participant Legal Liability for insured members
- ❖ Liability assumed under insured written contract
- ❖ Defense Cost outside limits

## EXCLUSIONS

- ❖ The use of automobiles, buses, watercraft and aircraft
- ❖ Property of others in the care, custody, and control of the insured.
- ❖ This insurance does not apply to members that coach at an All-Star game that is not approved by your state coaches association.

## CAMP INSURANCE

Today, most Coaches are involved in some type of sports camp. Please note that our General Liability Program follows insured members while working at camps and/or conducting their own personal camp.

In addition, Participant/Accident Coverage is required for coaches and/or participants. Should an accident occur during a camp, clinic or event, this secondary coverage helps offset the loss suffered by families affected by such accidents.

## NEW PROCEDURE FOR CAMP INSURANCE

- ❖ Participant Waivers - Signed waivers must be in place for all participants attending camps. The waiver must have indemnification language and acknowledgement that primary medical insurance is in place for the participant.
- ❖ Participant/Accident (Medical) - If you cannot secure such a waiver, **you must purchase** coverage for all participants attending your camp.
- ❖ Additional Insured/Certificate of Insurance - If you require a certificate of insurance naming an additional insured, **you must purchase** the Participant/Accident (Medical) coverage for all participants attending your camp.
- ❖ Proof of Insurance - If you require a certificate of insurance showing proof of insurance and you have the required waiver in place, **you DO NOT have to purchase** the Participant/Accident (Medical) coverage.

## PURCHASE INSURANCE

- ❖ Camp Insurance Request form is available on our website: [www.loomislapann.com](http://www.loomislapann.com)

## INSURANCE ADMINISTRATOR



[www.loomislapann.com](http://www.loomislapann.com)  
(P) 800-566-6479 | (F) 518-792-3426

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*Disclaimer: This is an insurance overview for summary purposes only; for complete policy terms and conditions please refer to the NOCAD Master Policy.*



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[Championship@balfour.com](mailto:Championship@balfour.com)

For your Balfour representative , please go to:  
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