

nebraska

coach

ncacoach.org

SEPTEMBER 2011

LB 260 -

Concussions...
What Coaches
Need to Know

SPORTSMANSHIP -

Summits Set

Sportsmanship Award
Adds
Volleyball

**ALL-STARS
SHINE**

Matley Jones, Lincoln Southeast

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Scott Frost, Assistant Football Coach at the University of Oregon, visits with NET's Larry Puntuney between the NCA Boys and Girls All-Star Basketball games. Frost returned to Nebraska to speak to the Football coaches at the NCA Multi-Sport Clinic. - Photo Courtesy of Tina Boysen

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Cover Photo Courtesy of Callam Sports Photography





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August 20 - October 22, 2011
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No Appointment Necessary

Nebraska Orthopaedic Physician's Outreach Clinics

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



Isaac Gustafson of Millard North drives the court during the NCA Boys All-Star Basketball game. Photo Courtesy of Callam Sports Photography

nebraska coach

SEPTEMBER 2011

ncacoach.org

NCA STAFF

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UPCOMING EVENTS

October 2 – Board Meeting – Kearney Holiday Inn

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

November 10-12 – Coaches Hospitality -

State Volleyball Championships – Grand Island

November 15 – NCA Sportsmanship Summit - Gering Civic Center

November 16 – NCA Sportsmanship Summit - Midland University, Fremont

November 20 – NCA Football Clinic - Lincoln Embassy Suites

January 8 – Board Meeting - Kearney Holiday Inn

February 16 & 17 – State Cheer & Dance Championships - Grand Island Event Center

April 29 – Board Meeting – NSAA Building

NCA CONTACT INFORMATION

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Lincoln, NE 68501

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Lincoln, NE 68501

Phone number:

402-434-5675

OFFICE HOURS

Monday - Friday
8:30 a.m. - 4:00 p.m.

Fax number:

402-434-5689

“The Game Plan”

Words from Darin Boysen, NCA Executive Director.



New NCA Executive Director Darin Boysen waits his turn during an interview with NET's Larry Puntaney and NCA Executive Director Ameritas Steve Johnsen. - Photo Courtesy of Tina Boysen

As I dropped off my daughters this morning for school I was reminded of the many changes students and educators face each fall with the start of the school year.

The word “change” can evoke different feelings for different people. Some may view change as embracing challenge, a reward, or a new experience for personal or professional growth. Others may view change with feelings of fear, worry, or being pushed out of one’s comfort zone. In many ways I experience some of these feelings each day as I begin to take the leadership role as your NCA Executive Director.

Just as in coaching we all have different leadership styles, philosophies, and ideas. Make no mistake, the Nebraska Coaches Association is on solid footing due to the leadership and experience of Steve Johnsen over the past 26 years. As we move forward and begin to establish new short and long term goals, there will be some changes. When interviewed for the position I made it very clear to the committee that I was not interested in just the status quo. On the other hand, I am also not interested in making change just to make change.

The first change that you will notice is the new look and distribution process of the **nebraska coach**. This is your publication. We are interested in what you as a coach want to see in this publication. The printing and distribution change is geared to save funds used in the past for mailings so that we can expand educational programs for coaches and student-athletes. Some members may still want a paper copy in their hands; we will do everything we can to accommodate those requests.

Another major area of change is expanding and updating the NCA web site. We want the web site to be a resource for you as a coach. Just like the **nebraska coach**, the web site will have a face lift. With this in mind we will begin to explore ways that you can register for NCA membership and events on-line. The goal is to make the process painless and less time consuming. This will not happen overnight, but we hope to begin rolling out the process during this school year.

With these changes we are not looking to put aside the personal service you deserve as an NCA member. We want to hear from you. We want to keep strong relationships across the state while building new partnerships at the same time. If you coach in the smallest or the largest of schools, no matter what the sport, we all still need to come together as one profession to support each other.

“When the music changes, so does the dance”
African Proverb





Complying with Nebraska's New Concussion Law

Dave Schultz, MEd, ATC
Nebraska Orthopaedic & Sports
Medicine, PC
Nebraska Sports Concussion Network

On April 14th, Governor Heineman signed into law LB260, the Nebraska Concussion Awareness Act. This bill was sponsored by Senator Lathrop of Omaha, and will take effect July 1, 2012. The bill can be viewed in its entirety at the Nebraska Sports Concussion Network website:

<http://www.nebsportsconcussion.org/component/content/article/54-in-the-news/144-nebraska-enacts-new-concussion-awareness-act-lb260.html>

The bill affects any schools having athletes 19 years old or younger, as well as any sports organization, including youth leagues, club sports, or any organization sponsoring a sporting activity where there is a cost to participants or where such costs are sponsored.

There are 3 primary components to the Nebraska Concussion Awareness Act:

- 1) **Education** – (a) concussion educational training must be made available to all coaches on (i) how to recognize symptoms of a concussion, and (ii) how to seek proper medical treatment. (b) Athletes and parents must be provided concussion information prior to an athlete's participation on an annual basis that includes (i) signs & symptoms of a concussion, (ii) risks posed by sustaining a concussion, and (iii) actions an athlete should take in response to sustaining a concussion – including informing their coaches.
- 2) **Removal of Athlete** – an athlete presenting with signs or symptoms of a concussion thereby being "reasonably suspected" of having sustained a concussion (a) must be removed from participation, and (b) may not return to participation until evaluated by appropriate licensed health care professional, and,
- 3) **Written & Signed Clearance for Return to Play (RTP)** – an athlete having been

removed from participation for the purpose of presenting with signs or symptoms or "reasonably suspected" of having sustained a concussion must have, before RTP or participation is allowed by a team/coach, (a) written and signed clearance from an appropriate licensed health care professional, and (b) written and signed clearance from the athlete's parents.

At this time, such concussion training and educational information material have yet to be identified, but it is anticipated schools and coaches will be able to utilize several of the free, (~20-30 min.) online concussion training courses available by either of the NFHS, CDC, ACTIVE, or ConcussionWise. Links to these concussion training courses are listed below and accessible at the Nebraska Sports Concussion Network website (www.nebsportsconcussion.org/resources.html).

A Licensed Health Care Professional means a physician or licensed practitioner under the direct supervision of a physician, e.g. PA-C or APRN; a neuropsychologist, an athletic trainer, or a qualified individual able to (a) provide health care services where doing so falls within one's scope of practice in Nebraska, AND (b) is trained in the evaluation and management of traumatic brain injury among a pediatric population.

Several things to note about the new concussion law include, there is no concussion parental informed consent being required. Schools may want to consider requiring coaches to periodically register and complete a concussion training course – the law only mentions it being made available. Neurocognitive testing (IMPACT Test) is above and beyond what the law requires and is not being mandated largely due to costs associated with such testing. Schools/Teams are not required to determine or verify an individual's qualification that signs a written clearance – such onus will fall on who ever signs the clearance. Schools/Teams must notify a parent of a concussed athlete of the (i) date and time of the head injury, (ii) the observed signs & symptoms, and (iii) action taken. Nothing in the law will construe to create liability for or modify the liability or immunity of a school.

So what's it all mean to schools and teams, for coaches? Schools will need to have concussion educational information readily available, and they must demand written clearance for RTP from a licensed health care professional, and a parent for any concussed athlete. Schools/Teams can anticipate the number of concussions being "recognized" to increase due to the closer scrutiny - 10% of athletes on average, in a contact or collision sport, and 15%-20% of FB players. Some parents may not go willingly to a physician, and may present with a questionable written clearance. Coaches will not only have a duty, but will be required to know the "Signs and Symptoms" of a concussion, and will be responsible for "Recognizing" concussions and the potential for head injury. Coaches will have to remove any such athlete "reasonably suspected" of having sustained a concussion, and not allow an athlete to RTP without the athlete first being evaluated by an appropriate licensed health care professional, and without the athlete having written clearance from both a licensed health care professional and a parent. Although these have been sound, yet unwritten rules to live and coach by, they will now be mandated July 2012.

And the reality of it...? The most difficulty for coaches and parents in complying with this law will be the understanding of what is currently being considered a concussion. The most painful aspect for coaches dealing with concussions will be "getting dinged is a concussion". An athlete that had their "bell rung" is very likely to present with fairly recognizable signs and symptoms and is to be considered having sustained a concussion - regardless at what point the signs and symptoms may clear. Another point is, RTP of a concussed athlete will be essentially out of the hands of a coach, if at any point there were any signs or symptoms, or one was "reasonably suspected" of sustaining a concussion. No longer can there be any reasoning or judgment on the part of a coach as to how minor or severe a concussion might be as to when a coach might think it's OK for an athlete to RTP - RTP will be solely restricted to a licensed health care professional's decision. It will be prohibitive for an athlete presenting with signs or symptom in a game, even briefly, to RTP within the same game, and more of a rarity for an athlete

concussed in a Friday night FB game to return for the following week's game. Conversely, an athlete could essentially resume play, provided an appropriate assessment was made where no such findings were apparent to a coach. Removal, evaluation by a licensed health care professional, and written clearance is really only necessary in the event "signs and symptoms" were present, or a concussion is "reasonably suspected". Finally, asking an athlete "Are you OK, can you go?" will no longer be an appropriate means to assess their condition. Coaches will need to follow an appropriate method of sideline assessment for recognizing potential concussions, or secure someone that can.

Also noteworthy, a school and coach should also retain the responsibility to disqualify an athlete's RTP in the presence of a note from anyone that clears an athlete that remains symptomatic or still having symptoms. Coaches must understand this tenet and make the connection to real life situations on the playing field.

For more information on sports-related concussions, go to www.NebSportsConcussion.org, or contact Dave Schultz, NSCN Program Coordinator at dschultz@nebraskasports.com.

Free On-Line Concussion Training Courses for Coaches

- CDC – Center for Disease Control
 - Heads UP - Concussions in Youth Sports
 - <http://www.cdc.gov/concussion/HeadsUp/Training/HeadsUpConcussion.html>
- NFHS – National Federation of High Schools
 - Concussion in Sports - What You Need To Know
 - <http://www.nfhslearn.com/>
- ACTIVE™ Athletic Concussion Training for Coaches
 - <http://activecoach.org/asinc.com/>
- ConcussionWise
 - <http://www.concussionwise.com/>

SPORTSMANSHIP SUMMITS

The 2011 Sportsmanship Summits will return to the Gering Civic Center in Gering on Tuesday, November 15 and Midland University in Fremont on Wednesday, November 16. The Sportsmanship Summits, underwritten by the Nebraska Independent College Foundation, for the first time will use an NCA online registration process for schools to register for either site. More details about the online registration process will be e-mailed to school administrators by early October.

In August the Nebraska School Activities Association (NSAA) officially joined the Nebraska Coaches Association (NCA) and the Nebraska State Interscholastic Athletic Administrators Association (NSIAAA) in a partnership to help present the annual Sportsmanship Summits and Sportsmanship Awards.

“The Nebraska School Activities Association is pleased to join the continuing sportsmanship efforts of the Nebraska Coaches Association and the Nebraska State Interscholastic Athletic Administrators Association in the upcoming year,” explained Dr. Steve Shanahan, Executive Director of the NSAA. In recent discussions with the NSAA Board of Directors, Shanahan emphasized the importance of making sportsmanship an emphasis for the NSAA and enhancing the collaborative efforts between the statewide organizations that deal with high school students and their activities.

The Sportsmanship Summits will feature a blend of new and veteran speakers. Kevin Kush, Aaron Davis and Harvey Alston will return from 2010. Mark Brahmer – Pierce, a speaker from the past, returns. A new face is Lane Green, Athletic Director of Olathe, KS, Public Schools at the Midland University location. Other speakers for the summits were still pending at the time of this publication.

The 2011 Sportsmanship Summit theme will be **“What You Do, Is What We See...How You Do It, Is What We Remember”**. The theme and poster, judged best by a state-wide panel, was created at the 2010 Sportsmanship Summit in Gering by Richard Vath – Leyton, Shavin Barnhart – Garden County, Ashton Rose – Bayard, and Stephanie Cotey – Gering. For the 2011 summits, schools will be asked, if they wish to participate, to design a sportsmanship poster/banner prior to the arrival at the summit. Each school registered for the clinic will be allowed to submit only one theme and poster/banner upon arrival at the summit. The state wide winner’s theme poster/banner will be used as the 2012 sportsmanship theme. Further details regarding the poster competition and criteria will be included with the registration information. Encourage students to compete for your school’s sportsmanship theme and poster submission prior to the summits. Start brainstorming now!!



2011 Class A Girls Soccer Sportsmanship Award - Omaha Burke - Photo Courtesy of Callam Sports Photography

SPORTSMANSHIP AWARD ADDS VOLLEYBALL



2011 Class B Girls Soccer Sportsmanship Award - Elkhorn South - Photo Courtesy of Callam Sports Photography

The Nebraska Coaches Association (NCA), the Nebraska School Activities Association (NSAA) and the Nebraska State Interscholastic Athletic Administrators Association (NSIAAA)

are pleased to announce that Sportsmanship Awards will be awarded for the first time at the State Volleyball Championships in Grand Island this fall.



2011 Class B Boys Soccer Sportsmanship Award - Schuyler Photo Courtesy of Callam Sports Photography

The Nebraska Independent College Foundation and Awards Unlimited will sponsor one trophy per classification to the school that best displays sportsmanship during the course of the Volleyball State Championships. Volleyball joins Girls Basketball, Boys Basketball, Girls Soccer, and Boys Soccer as NSAA Championship events that will recognize a NCA/NSIAAA/NSAA Sportsmanship Award winner for each classification.

If you are looking for a way to give back to your professional organization, the NCA, NSIAAA, and the NSAA welcomes both administrators and coaches as sportsmanship evaluating volunteers during the championship events. Central Nebraska administrators and coaches will be needed with the addition of the volleyball state championship. Please contact Darin Boysen at the NCA office if you have an interest in volunteering.



2011 Class A Boys Soccer Sportsmanship Award - Grand Island -- Photo Courtesy of Callam Sports Photography



NCA AWARD WINNERS 2011

2010-2011 COACH-OF-THE-YEAR WINNERS

BOYS' BASKETBALL

Monte Jones, Lincoln Christian

GIRLS' BASKETBALL

Scott Jensen, Bellevue East

BOYS' CROSS COUNTRY

Jim Barker, Scottsbluff

GIRLS' CROSS COUNTRY

Jeremy Haselhorst, Papillion-LaVista South

FOOTBALL

Carl Tesmer, Hastings St. Cecilia

GOLF

Paul Nepodal, Franklin

SOCCER

John Walsh, Millard North

SOFTBALL

Todd Petersen, Papillion-LaVista

TENNIS

Steve Bischof, Elkhorn South

BOYS' TRACK

Roger Redmond, Boys Town

GIRLS' TRACK

Ron Blase, Shelton

VOLLEYBALL

Sharon Zavala, Grand Island

Central Catholic

WRESTLING

Darin Garfield, Central City



Scholarship Winners in attendance at the NCA Awards Banquet from left to right: Kayla Alberts – Johnson Brock, Stephanie Parks – Norfolk, Keriann Shaw – Sandy Creek, Montana Hayes – Superior, and Sarah Magill- Arnold. – Photo Courtesy of Vicky Johnson

Letter of Thanks

“Please pass on to all involved and responsible my utmost and sincere ‘thank you’ for all you do, and for all the planning that went in to the NCA awards night.

Several weeks ago my family and I attended the banquet. It was a chance for me to feel special and honored in front of the people I love most – my family. That opportunity will probably never come around again. Thanks to all of you it was very, very special!

The evening meant more to me than I can ever express on paper. I recognize planning, work, professionalism and organization when I see it. Our Coaches Association is more than just a group of people filling in job titles. It was a wonderful evening.

Thank you for all of the nice awards. To be honored in front of my children, wife, grandchildren and peers was made possible because of you. God bless you all!”

CARL TESMER, HASTINGS ST. CECILIA

MAJOR AWARD WINNERS 2011

NCA Volleyball Award

Bill Root, Grand Island

Binnie & Dutch Award (Track)

Fred Lambley, North Bend Central

Skip Palrang Award (Football)

Dan Keyser, Cambridge

Ed Johnson Award (Basketball)

Doug Woodard, Bellevue West

Guy Mytty Award (Wrestling)

Randy Kliment, Creighton

NCA Girls' Basketball Award

Russ Ninemire, Sandy Creek

SCHOLARSHIP WINNERS 2011

District I

Keriann Shaw, Sandy Creek

Montana Hayes, Superior

District II

Kayla Alberts, Johnson-Brock

Derek Petrich, Creighton Prep

District III

Stephanie Parks, Norfolk

District IV

Sarah Magill, Arnold

District V

Craig Driver, Minden

District VI

Gillian Harkins, Scottsbluff

ED JOHNSON MEMORIAL SCHOLARSHIP

Tyler Shields, Kearney

FRIENDS OF HS SPORTS 2011

Vicky Johnsen, Lincoln

Sharon Lanham, Oxford

Bev Struebing, East Butler

Sharon Moore, Fairbury

Veronica Schoenfish, Cambridge

MEDIA AWARD WINNER 2011

Mike Will, Hastings/KHAS/KICS

JIM FARRAND MEMORIAL AWARD WINNERS 2011

Dan Schneiss, Boys Town

Joe Shandera, Lincoln High



Friends of High School Sports Award winners from left to right: Bev Struebing – East Butler, Sharon Lanham – Oxford, Veronica Schoenfish – Cambridge, Vicky Johnsen – Lincoln, and Sharon Moore – Fairbury.

20TH YEAR

THE NCA CAREER MILESTONE PROGRAM HAS RECOGNIZED COACHES

by Jerry Stine

This year, 39 coaches received the NCA Career Milestone award. During the 2011 NCA Multi-Sports Clinic Sport's Meetings 18 coaches were recognized for reaching Level I, 9 coaches were recognized for reaching Level II, 7 coaches were recognized for reaching Level III. There were five Level IV recipients this year, all of whom were honored at the NCA awards banquet on Sunday, July 24th.

If you are not familiar with the Milestone 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 reached 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 the Milestone award to be recognized, you must be an NCA member, and the competition must be NSAA sponsored. The criteria and application process for this award is available on the NCA website (www.ncacoach.org).

All Level IV winners' names are engraved on a large plaque that hangs in the hallway at the NCA Office building. This plaque is also on display each year in the NCA booth at the Multi-Sport Clinic.

If you have changed schools since you received your award, would like a copy of the 1,223 milestone winners, or have any questions concerning the milestone awards program please contact Jerry Stine at jlstine@cox.net or 1004 Lake Vista Drive, Papillion, NE 68046

2011 LEVEL IV WINNERS

<i>John Barthule</i>	<i>Fillmore Central</i>	<i>Girls' Cross Country</i>
<i>James Carlson</i>	<i>West Boyd</i>	<i>Basketball</i>
<i>Janet Tooley</i>	<i>Columbus Scotus</i>	<i>Girls' Track</i>
<i>Kurk Wiedel</i>	<i>Thayer Central</i>	<i>Volleyball</i>
<i>Brad Williams</i>	<i>Greeley-Wolbach</i>	<i>Basketball</i>

2011 Level I, II, III - Milestone Award Winners

LEVEL I

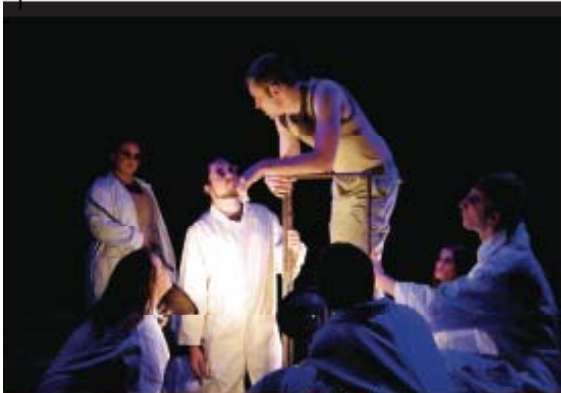
Andy Gerlec	Sutton	Basketball
Shane Anderson	Norfolk Catholic	Basketball & Boys Golf
Kelly Krueger	Norfolk	Boys & Girls Tennis
Rod Ruybalid	Aurora	Boys & Girls Track
Rick Eickholt	Neligh-Oakdale	Boys Cross Country
Steve Bischof	Elkhorn	Boys Tennis
Dennis Walters	Boone Central	Girls Golf
Scott Driscoll	Papillion-LV South	Girls Tennis
Ron Blase	Shelton	Girls Track
George Briggs	McCook	Girls Track
Brad Nelson	Axtell	Girls Track
Dennis Dodge	Beatrice	Softball
Joe Dunn	Falls City	Softball
Todd Petersen	Papillion-La Vista	Softball

LEVEL II

Tod Heier	Twin River	Basketball
Dennis Johnson	Thayer Central	Basketball
Tom Leininger	Ogallala	Basketball
Joe Ortmeier	Osmond	Basketball
Jeff Thober	Ravenna	Basketball
Rich Rethwisch	Wayne	Football
Steve Bischof	Elkhorn	Girls Tennis
Don Clark	Kearney	Girls Track
George Briggs	McCook	Volleyball

LEVEL III

Mike Sjuts	Bancroft-Rosalie	Basketball
Doug Zoucha	Norfolk Catholic	Boys Track
Diane Balcom	Holdrege	Girls Track
Don Richmond	Elm Creek	Girls Track
John Walsh	Millard North	Girls Soccer
Brad Nelson	Axtell	Volleyball
Janet Tooley	Columbus Scotus	Volleyball



Nebraska's Independent Colleges

Nebraska's independent colleges and universities are proud to sponsor the NCA/NSIAAA/NSAA Sportsmanship Summit and the Sportsmanship Awards presented at the Volleyball, Girls' and Boys' Basketball and Girls' and Boys' Soccer Championships.

Consider private college choices:

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

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



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





BLUE TEAMS DOMINATE 2011 ALL-STAR CONTESTS



ALL-STAR BOYS BASKETBALL GAME RESULTS

ALL-STAR GIRLS BASKETBALL GAME RESULTS

Final Score – Blue Team 98, Red Team 80

Leading scorers – Blue Team

- Connor Zumpfe, York, 18
- Derrius Vick, Lincoln Southeast, 13
- Ben Uhing, Norfolk Catholic, 13
- Tyler Shields, Kearney, 11

Leading Scorers – Red Team

- DK Augustine, Omaha Bryan, 18
- Tyler Erickson, Millard South, 11
- Galen Gullie, Omaha Bryan, 9

Leading Rebounders – Blue Team

- Dylan Heath, Lincoln Southwest, 11
- Jalen Hueser, Papillion-LaVista South, 10

Leading Rebounders – Red Team

- Connor Niehaus, Fremont, 9
- DK Augustine, 7

Coaches –

RED TEAM -- Bob Braithwait, Arapahoe; Mark Williams, Fremont

BLUE TEAM -- Chris Hutt, Johnson County Central; Chris Paulson, Archbishop Bergan

Final Score – Blue Team 78, Red Team 61

Leading scorers – Blue Team

- Hailey Mandelko, Lexington, 13
- Ashleigh Nelson, Millard West, 13
- Emily Cady, Seward, 10
- Sarah Wood, Superior, 10

Leading scorers – Red Team

- Jaylan Spencer, Millard West, 11
- Brittany Lynch, Elkhorn, 10
- Keri Shaw, Sandy Creek, 8

Leading rebounders – Blue Team

- Emily Cady, 10
- Molly Snoozy, Lincoln Northeast, 8

Leading rebounders – Red Team

- Annie Mathews, Bellevue East, 10
- Jaylan Spencer, 5

Coaches –

RED TEAM -- Matt Fritsche, Bellevue West; Andy Gerlec, Sutton

BLUE TEAM -- Jerome Skrdla, Gretna; Tim Streff, Blue Hill



ALL-STAR SOFTBALL GAME RESULTS



Final Score, Game One – Blue 8, Red 5; Game Two – Blue 8, Red 2

Winning pitchers, both games – Krista Menke, Friend (Blue Team)

Coaches –

RED TEAM -- Katrina Christen, Wahoo; Dave Carpenter, Norris

BLUE TEAM -- Al Leaders, Omaha Marian; Renae Van Driel, Twin River

ALL-STAR VOLLEYBALL GAME RESULTS

Final Score – Blue Team wins 3-2 (25-19, 24-26, 25-20, 20-25, 15-12)

Totals – Blue Team

- 93 digs, 50 assists, 57 kills, 10 ace blocks, 4 ace serves

Totals – Red Team

- 57 digs, 48 assists, 56 kills, 8 ace blocks, 7 ace serves

Leader in kills

- **Blue Team** – Emily Wilson, Omaha Gross, 17

- **Red Team** – Sara McClinton, Millard North, 12

Leaders in assists

- **Blue Team** – Michelle Sicner, Millard North, 29

- **Red Team** – Maggie Baumert, Elkhorn, 29

Coaches –

RED TEAM -- Jenny Gragert, Elkhorn; Todd Beck, Greeley-Wolbach

BLUE TEAM -- Ed Rowse, Minden; Mike Brandon, Gretna



2011 ALL-STAR ACTION



All-Star photos courtesy of Callam Sports Photography

Sportsmanship: Lifelong-Lessons

by Steve Shanahan, Executive Director
Nebraska School Activities Association



A new season has begun for high school activities in the state of Nebraska. The Nebraska School Activities Association is proud to be able to partner with groups like the Nebraska Coaches Association to allow the over 90,000 students who participate in activities, statewide, to be involved and connected to their school and community.

The life lessons school activities teach are some of the most important and most influential we can give to our young people. The teamwork and camaraderie that accompanies any sort of activity provides the starting ground for these lessons. A wise man by the name of Henry Ford once said, "Coming together is beginning; keeping together is progress; working together is success." In order to successfully work together we, the NSAA and the NCA, believe a key factor is the sportsmanship exercised both by players on the field and fans off the field. Here are some tips that we believe in and might be of help to you as you start this season.

To the team: It is up to you to take the lead and to determine the character that you will possess not only as a group of people, but also as an image for the entire school and community. As players both on and off the field, make sure that only constructive comments may be heard coming from you and that destructive comments be kept quiet. Taunting gets you nowhere, let your game do the talking. Most of all, make this a fun and successful season, which will result from playing hard while maintaining a positive attitude.

To the parents: You are the people that influence players the most. They look up to you as role models, which is why we expect so much from you. As parents your children look to you for guidance, and as athletes, they look to you for support. Please remember that the best way to support your child on and off the the field of play is to be positive. We want you to cheer loudly for the team and for your son or daughter, but we also want you to remember to refrain from using profanity and degrading behavior. In a recent study, it was found that 0% of all calls made by referees in any games were ever changed due to parental comments from the stands. Above all, we ask that you show respect to not only your team and opponent, but the other parents, the officials, and the opposing team.

To the coaches: As we approach a new season, please do your part to ask both the players and parents to implement good sportsmanship in all aspects of the game. With the benefit of positive playing and cheering, the NSAA and the NCA know your season will go well. Coaches, you will be off to a great start on developing well rounded and successful young people who will pass on the virtues you have taught them to their children.



NCA: New Faces New Visions

by Rocky Ruhl, Athletic Director Wayne High School
Nebraska Coaches Association President



With school starting and the fall sports season getting into full swing, I would like to wish all coaches and teams good luck this coming year. Every year coaches begin with retooling their teams to replace the departed seniors. New faces step in and develop into leaders to

help teams challenge their opponents. This is one of the fun opportunities coaches have when developing young women and men to face the future.

This year the Nebraska Coaches Association will see some changes with Darin Boysen taking over for Steve Johnsen as the executive director. Steve brought the association from a struggling team to the best in the nation. He used his leadership and determination to make the association a model for others. As we say "so long" to Steve, we thank him for all he has done. With Darin's leadership the association will continue changing to meet the needs of coaches. His background in technology will help assist the association's move in that direction. If you have questions or ideas that will help build a stronger association, please email or call the office and talk to Darin.

As the president of the association I would like to thank all of you for being members. If I can help you in any way, please let me know. Twenty-five years ago when I joined the association for the first time as a first year high school coach, I knew very few people. Involvement at twenty-five years of coaching clinics has allowed me to become acquainted with hundreds of great people. The experience has been awesome for me. I hope the 2011-2012 year is a great one.



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- * Year-round \$1,000,000 coaching and classroom liability coverage.
- * Free admission for two to the NCA All-Star Volleyball Match, Boys' and Girls' Basketball and Softball Games.
- * Free admission to the annual Shrine Bowl Football Game.
- * Free admission, with membership card, to most college-sponsored games.
- * Newsletters with updates on NCA business.
- * Reduced-price tickets to some UNL-sponsored activities.
- * Committees to make recommendations regarding sports rules changes.
- * Recognition for coaching accomplishments and achievements through the Milestone Awards, State and National Coach-of-the-Year recognition, eligibility to coach in the Annual All-Star Games, and Service Award (25, 35, 40, 45 & 50 year) recognition.
- * Sports Clinics

(Membership form available on last page of this publication.)

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 Inter-scholastic Athletic Administrators Association for admission to college-sponsored sporting events. This program was originally proposed in the fall of '92, 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 all 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- 826-8684

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

CHEER & DANCE

CHAMPIONSHIPS

The 2012 State Cheer & Dance Championships will once again be held in Grand Island at the Heartland Event Center. Dates for this year's event will be February 17 & 18. Registration information will be forwarded to cheer & dance coaches by the end of September, and will also be available at ncacoach.org.

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Hall of Fame induction ceremony set for Sept. 25

The Nebraska High School Sports Hall of Fame Foundation will induct 13 athletes, five coaches, two contributors and two officials at its Sept. 25 induction ceremony at the Lied Center in Lincoln.

Tickets for the 18th annual induction ceremony are \$25 for adults and \$10 for elementary and high school students. Tickets are available by contacting Tami McLaughlin, at Nebraska Sports Council, P.O. Box 29386, Lincoln, NE 68529, or by calling 402-471-2544 or by e-mail to tami@nebraskasportscouncil.com.

The 2011 Hall of Fame Induction Class:

— Dennis Albers, Hastings High School (1960): Won 13 of a possible 16 gold medals in leading Hastings to state gymnastics titles in 1959 and 1960.

— Joe Blahak, Columbus Scotus (1969): A football and track standout, he won five gold medals at the state track meet and was a two-time All-Big Eight defensive back at Nebraska.

— Scott Bream, Millard South (1989): He earned all-state honors in football and baseball and was the point guard on Nebraska's last undefeated Class A boys basketball team.

— Dean Brittenham, Brady (1949): A two-time state pentathlon champion, he was all-state in football and basketball and led Brady to six-man football and state track titles and a runner-up finish in basketball.

— Randy Butts, Grand Island (1969): Winner of seven all-class gold medals in hurdles and relays, he led Grand Island to back-to-back state track titles and was all-state in football.

— Mike Dugan, Creighton Prep (1955): A two-time all-state quarterback, "Magic Mike" was 20-0 as a starter for the Junior Jays.

— Rex Ekwall, Holmesville (1953): An all-class all-state basketball player as a senior and a Class D all-state player as a junior, he scored 1,984 points in his career.

— Jessica Haynes, Omaha Central (1985): A two-time all-state basketball player and a Parade All-American second-team pick as a senior, she helped Central to back-to-back state championships.

— Jami (Kubik) Hagedorn, Cambridge (1994): She earned all-state honors while leading the Trojans to two state volleyball and two state basketball championships.

— John Parrella, GICC (1988): He played in three Super Bowls during a 12-year NFL career and earned all-state honors as a junior and senior while playing for the Crusaders.

— Amy Paulsen-Speiring, Oakland-Craig (1990): A six-time all-class gold medalist in the shot put and discus while

competing for Norfolk, Ralston and Oakland-Craig.

— Darcy Stracke, Chambers (1996): The state's career scoring leader in girls basketball with 2,752 points, she played on four state championship teams – at Stuart as a freshman then three years at Chambers.

— Brad Vering, Howells (1996): A two-time Olympic wrestler, he was the 2000 NCAA champion while at Nebraska and was 148-2 in high school, winning 116 straight matches.

— Tom Jaworski (Coach): Retired in 2010 after 39 years and a Nebraska record 343 victories at Creighton Prep. His teams won nine state playoff championships.

— Joanne Kappas (Coach): Has posted 785 volleyball victories and won 11 state championships at Bellevue West.

— Jim Miller (Coach): In 34 years as Omaha Marian's girls basketball coach, he led the Crusaders to 619 victories and three state titles.

— Charles Moore (Coach): His 45-year career included stints at Snyder, Butte and Fairbury. He coached the Jeffs to three Class B titles and 311 wins in boys basketball.

— Mark Russell (Coach): Led Broken Bow to three consecutive state track titles and had 11 football teams ranked in Class B from 1947 to 1972.

— Bill Conner (Contributor): At Scottsbluff, he coached for 17 years and was athletic director for the next 17 years before retiring in 1981.

— Bob Murray (Contributor): A 1947 Omaha North graduate and the school's resident historian, had a 303-275 career record coaching boys basketball and was the long-time Metro Conference golf tournament director.

— Max Roper, Lincoln (Official): A long-time official who worked Big Seven and high school games football and basketball games.

— Mathias "Mutt" Volz (Official): An all-conference basketball player at Nebraska in 1925, he often worked with Roper.

Special awards:

In conjunction with the inductees, the Hall honors individuals and teams for their influence and accomplishments in high school athletics. This year's honorees are:

— Fischer Family Award: Clarence and Helen Swanson family of Wakefield and Lincoln.

— Ron Gustafson Inspiration Award: Dr. Tom Heiser, Lincoln.

— Great Moments in Nebraska High School Sports: Omaha Central/Creighton Prep football games at Rosenblatt Stadium, 1960 and 2010; Shannon Guy, Millard West setting state records every year at the state swimming meet.

— Dominant Dynasty: Clearwater boys basketball, 1975-95.

— Silver Anniversary Teams (1986-87): Battle Creek football and girls basketball; Lincoln East girls basketball.

— Golden Anniversary Teams (1961-62): Omaha North football; Polk football and basketball.

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