

# nebraska coach



ncacoach.org

SEPTEMBER 2012

**RED BLOCKADE**  
*Red All-Stars Win in  
Five Sets*

**Fall Coaching  
Articles**

**NCA Honors  
Coaches**

**NICF Extends  
Sportsmanship  
Commitment**

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Sydney Hancock, Wahoo, records an out during the 2012 NCA Softball All-Star Game at Bowlin Stadium in Lincoln. The Red & Blue squads split a doubleheader. See page 22-23. Photo courtesy of Callam Sports Photography

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Pawnee City	Pawnee City Memorial Hospital
Syracuse	Community Memorial Hospital





Danny Malone, Activities Director at Fillmore Central, takes part in the NCA "Coaches Care" Blood Drive at the Multi-Sport Clinic. See page 27 for more details. – NCA Photo, Jerry Buck

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## **UPCOMING EVENTS**

October 14 - NCA Board Meeting,

Kearney Country Inn & Suites

October & November - Softball & Volleyball All-Star

Nominations & Selections

November 13 - NCA Sportsmanship Summit -

Gering Civic Center

November 14 - NCA Sportsmanship Summit -

Concordia University, Seward

November 18 - NCA Football Clinic - Lincoln Embassy Suites

TBD - NCA Track & Field Clinic - Lincoln, NSAA Building

January 27 - NCA Board Meeting -

Kearney Country Inn & Suites

February 15 & 16 - State Cheer & Dance Championships -

Grand Island Event Center

April 28 - NCA Board Meeting - Lincoln, NSAA Building

July 23-25 - NCA Multi-Sport Clinic -

Lincoln North Star High School

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## "The Game Plan"

Words from Darin Boysen, NCA Executive Director.

As we kick off the 2012-2013 school year I'm trying to work on a personal goal: Read more! I'm always harping on my two daughters, "Did you read today?" As a father, I fall short in providing the example. Why the goal to read more? Simple, I need to find more articles and books that make me think, and challenge me to new heights personally and professionally as your executive director.

A sub-goal is to read several articles in each edition of *ESPN Magazine*. Little did I think the *2012 College Football Preview - August 20*, would stop me in my tracks. The article "Urban Meyer Will Be Home For Dinner" by Wright Thompson, gives insights to what led to Meyer's unraveling as a coach, his short retirement from big time college football, and his journey to find *BALANCE* as he takes the controls at Ohio State.

Meyer was a coach that was climbing the ladder of success. Even National Championships could not help quench his unobtainable thirst of perfection. The money didn't matter – it was the chase of perfection. Coaching consumed his life and nearly took everything away including his "dream job", his health, and his family.

When his middle child, daughter Gigi, signed her letter of intent to play college volleyball at Florida Gulf Coast University, Meyer had to be forced to attend the ceremony because he "didn't have time". Even more gut wrenching, after publicly thanking her mother for her dedication season after season, Gigi, turned to the successful coach – her father, and said, "You weren't there."

We as coaches ask a great deal from our family and those that love us. The chase for the "W" can consume us, and destroy us if we allow it to happen. It's not just coaching, any profession can take a person away from the principles that helped shape them. I am an example – I am guilty. Once I crossed the line, allowing the profession to control nearly every aspect of my life, it's taken a much greater effort to find the needed *BALANCE*. I'm a firm believer in leading by an example of dedication and commitment. But, I've also discovered that finding balance is not a sign of weakness, nor a sign of being lazy.

During his time away from coaching, Meyer visited several campuses to talk to other coaches that find success and maintain the *BALANCE*. One question that Meyer was forced to examine and answer: "WHY DO YOU COACH?" – the same question Chris Creighton, the Drake University Head Football Coach, posed in his keynote address to those attending the Nebraska Coaches Association Multi-Sport Clinic this summer.

After reading the article, I wonder if Coach Meyer will find and maintain his *BALANCE*. A blue rock sits in his office with the word *BALANCE* etched into it. Also in his office is a framed contract, written on pink notebook paper, his family demanded that he sign before accepting the Ohio State coaching position. The contract demands that Meyer limit his time and energy coaching while finding the *presence* his family needs. Meyer admits that he is still a work in progress. His wife wonders what will happen after the first loss.

Each coach needs to define his or her own *BALANCE*. Yes, we want to set an example of dedication and commitment to the student-athletes we coach, but that example is more than the "W" or an undefeated season. Student-athletes can also learn from the example of *BALANCE* - and our families and friends will reap the rewards as well.

**"Next to love, balance is the most important thing." John Wooden**



# QUARTERBACK DEVELOPMENT AND DRILLS

By Ryan Gottula – Head Football Coach – Lincoln Southeast



As a football coach at both Omaha Westside High School and at Lincoln Southeast High School, I have had the opportunity to work with some outstanding players at the Quarterback position. When selecting Quarterbacks for our program at Lincoln Southeast, I believe that there are certain qualities that will contribute to a player's success at this unique position. When looking for a Quarterback, most coaches are trying to find a great athlete who has some natural ability to throw the ball and make plays with their feet. However, at Lincoln Southeast, we are also looking for the following three characteristics when selecting a player for the Quarterback position.

1) **GREAT DECISION MAKING** - I believe that successful Quarterbacks not only make good decisions in executing your offense, but that they have the ability to make those decisions very quickly. A good Quarterback should be able to read the Coverages that you will see and quickly learn the concepts that you use in your passing game. Once they have mastered reading coverage and understanding the concepts of your passing game, repetition both on the practice field and on the white board will help them become quick and effective decision makers.

2) **TOUGHNESS** - At Lincoln Southeast, we look for Quarterbacks who are both physically and mentally tough. Our Quarterbacks know that they need to be able to deliver the football from the pocket and be prepared to take a few hits from the opposing defense. In addition, we also want Quarterbacks who are prepared to deal with the ups and downs of a football game as well as the football season. It is important that our Quarterback be someone who has great composure and can bring the Offense together if things are not going well in a game. Finally, they better be prepared to deal with criticism and react positively to it. We all know they get a lot of credit when things go well but they must understand that they will be scrutinized if things do not go well.

3) **WORK ETHIC** - I expect our Quarterbacks to demonstrate a great work ethic during the off-season and on the practice field. I believe that no matter what year they are in school, the Quarterback is the leader of your Offense. This leader must earn the respect of the entire team by being a hard worker and a leader in your off-season lifting program as well as on the practice field.

As we work to develop Quarterbacks in our system, there are some basic drills that we use with the Quarterbacks at all levels of our program. These drills are introduced during our summer clinic each year and I use many of them throughout the entire season. In our program, we really believe that outstanding players are developed through drills emphasizing correct technique. The drills that I use have been things that I have picked up from the many Coaching Clinics that I have attended and from the outstanding coaches that I have had the opportunity to work for at both Westside and Southeast. I believe it is important for a Quarterback coach to find the drills that will help your player perform well in your offense. In addition, you must have an organized plan to help each player improve in areas where you may see some weakness.

When I work with a new Quarterback, I always attempt to develop the player from the ground - up. I think it is important to develop a solid base and good footwork in order for your Quarterback to be a successful thrower. The following are six drills that I use to facilitate Quarterback development. We obviously do not get all of these drills done in every practice, but I attempt to use each one of them on a regular basis. In addition, I also have a number of other drills that I use throughout the season if there is a specific area in which I feel that a player needs to improve. It is my opinion that through repetition a Quarterback can develop the muscle memory to perform well on Friday night.

**DRILL 1 - WARM-UP THROWS** (All of these drills should be completed in about 4 or 5 minutes.)

When warming up the Quarterbacks, I begin by having them simply play catch with a partner that is 5 and 10 yards away. We will execute about 6-8 throws each and then back up to 10 yds apart and execute another 6-8 throws. The goal here is to just warm up the arm. We are not concerned about the technical aspects of throwing at this point. I just want to get the Quarterbacks arm moving and get some range of motion.

Next, we will go to a drill we call "Push-Pull." In this drill, I have the Quarterbacks facing their partner 10 yds away and they will have their feet shoulder width apart. Their feet will remain stationary in this drill and the throws will be made with the upper body. As they throw, they should rotate the non-throwing shoulder to the target (this is the "Push") as they throw the ball, the release should be over the top and they should finish with the throwing hand at the opposite pocket (this is the "Pull"). I also stress that the non-throwing hand should look as if they are wiping or cleaning a glass window after it comes off the football. Finally, we want to stress accuracy in this drill; so I tell them to pick a target on their partner and attempt to hit that spot with each throw.

We will then proceed to a drill we call "Wrong Foot Forward." When a right handed Quarterback throws the football, they will step with their left foot to make the throw. However, in this drill, I will have them keep their shoulders square to their partner and put the right foot forward (left foot forward for a lefty). We will then continue with our push-pull throws, but we over emphasize following through on the throw. I have found that most of the poor throws that a Quarterback makes are due to the player not finishing the

throw. I believe that this drill helps them to finish the throw and improves their accuracy.

Finally, I will have the Quarterbacks go back to playing catch with their partner, but we are now stepping at the target with the correct foot and emphasizing our high release and accuracy. I think it is important to make sure they are not taking long strides as they throw the ball. I constantly remind them to take a short, six inch step at the target as they make the throw.

#### **DRILL 2 - THROWS ON THE RUN**

In this drill, we are working on the Quarterbacks ability to throw the ball on the move. This is a great drill if you use boot or sprint action in your offense. I will have the Quarterbacks on the sideline and I will stand at mid-field. On my command they will run directly towards me (straight down a line). As they begin to run, I will say “push” and they will rotate the non-throwing shoulder towards me as they run. When I say “throw”, they will throw the ball to me on the run (right handed QB should throw off the right foot) and they will chase the throw. It is important that they chase or follow the throw to avoid having the ball sail on them. We usually do 3 or 4 throws in this drill.

#### **DRILL 3 - LINE DROPS**

This drill is used to work on the mechanics of our drops. I will have the Quarterbacks stand on the sideline with their back to the field. They will then execute a drop from the sideline all the way to the hash or even to mid-field. It is important that the drop be straight down a line (I use the lines on the field) and they should be under control. We will typically drop to the hash and then turn around and come back. I like to do two or three reps early in the year and then just one during the season. Key points in this drill include making sure their weight is on the inside of their feet, the back foot should remain parallel to the line of scrimmage (don't point the toes back!) and the ball should be at the sternum with the eyes on the coach. Finally, they should reach for depth with the back foot and cross over in front with the front foot. Younger Quarterbacks may want to “carioca” when doing this drill. This is a drill that allows you to get lots of reps on the footwork of drops and you can eliminate the “carioca” step right away.

#### **DRILL 4 - MOVEMENT DRILL**

I always tell my Quarterbacks that it is very rare if they get to take a five step drop, read the coverage and make the throw. Because of blitzing LB's and great pass rushers, a good Quarterback must be able to move within the pocket and still have the ability to make an accurate throw. In this drill, I have the Quarterback take a five step drop and then I begin giving them commands to move in the pocket. I may say “Back!”, “Forward!”, or point in a certain direction and they need to shuffle their feet and move in that direction. When I clap my hands, they will come to balance and make an accurate throw to me. It is important that they come to balance to make an accurate throw. We also alter this drill to include another Quarterback who has a broom. As I move them in them in the pocket, the other Quarterback will swipe at the ball with the broom to make sure that they have great ball security as they move in the pocket.

#### **DRILL 4 - BAG DRILL**

This drill is similar to the movement drill, but the Quarterback is now moving over bags. I will have the Quarterback execute a five step drop and at the top of the drop will be four hand shields that are placed 1-2 feet apart. As they hit the top of the drop, I will give commands. If I say “over” they will step forward over

a bag and continue to move their feet. If I say “back”, they will step back over a bag and continue to move their feet. I also may say “slide”. In this case they will weave in and out of the bags until they get another command. When I clap my hands, they will come to balance and make an accurate throw to me.

#### **DRILL 5 - AVOIDANCE DRILL**

In this drill, I will place one Quarterback between me and another Quarterback that is 10-15 yards from me. The Quarterback in the middle will begin by facing me and chopping their feet. I will then roll or throw a large exercise ball at them and they need to avoid it and maintain ball security. After they avoid the ball, they should turn to face the other Quarterback who then catches the ball and rolls or throws it back towards me. They enjoy this drill and have a lot of fun whether they are in the middle or throwing the ball. I like this drill because it simulates moving in the pocket, ball security and coming back to balance.

#### **DRILL 6 - PITCH DRILL**

If your offense involves any Option, I think it is extremely important to work on the Option Pitch. The drill that I like to use for this involves three Quarterbacks and two footballs. I will have the three Quarterbacks get in a circle (each about 3-4 yds apart). I will then give them commands on where to pitch the ball. For example, we may begin by pitching the two balls to the right around the circle, I will then say “reverse it” and they should begin to pitch the balls to the left around the circle (with their left hand). We will then reverse it again and I may say “jog in place.”

They should now be pitching the ball to the right and jogging in place. I usually end by having them shuffle right or left (whatever direction we are pitching). In this case they may be pitching the ball to the right and all of them will be shuffling to the right as they move around the circle. I like this drill because we get lots of reps pitching the ball and they need to focus on catching a ball and pitching a ball as they perform the drill. This seems to make pitching the ball on an option that much easier. Finally, at the end of this drill, they should be fatigued. I also like to use this drill for some extra conditioning if my Quarterbacks need it or I will use it to finish out an individual period during practice.



# TEAM BUILDING WITH YOUR PLAYERS LASTS A LIFETIME

By Roni Wobken - Head Softball Coach - Logan View/Scribner-Snyder

No matter what sport you coach, team building with your players is an important part of your job. To me, it's one of the most vital components to being successful, and that is why I chose to write about it. I have long admired the coach who is held in high regard by their players, not only because of their actions on the playing field, but because of how they are perceived as a person separate from the sport. The coaches I have respected the most are the ones who do that "little bit extra," the "little things," the things some may not even really consider to be necessary – things like attending graduation parties, congratulating a player on an Honor Society tapping, sending a short note when they have their name in the paper, or attending a funeral of a player's grandparent whom you've never met. Growing relationships with your players while inserting a few life lessons along the way is the best way I know to have a season I'm proud of. Let me explain what I mean.

Each summer before my softball season starts, I hold a senior meeting. Some years it has been a breakfast at my house, where other years we have grilled out on my family's deck, or met at Dairy Queen and enjoyed ice-cream together. We talk about all the qualities there are in great senior leaders and how they can help to bring the squad together as one unit. Being a part of a two-school coop, it's important to have both sides feel like they are an integral and equal part of the team. The seniors are often key to making sure this happens. We spend time during the meeting picking our t-shirt design we will be using and set yearly goals for ourselves and our teammates. If I have a player or unusual situation that I know may be a factor that year, we discuss it and brainstorm ways they can provide the support that best meets our team needs. I encourage them to organize team outings on the weekend, ride to football games together, set up team suppers during the week, facilitate secret-sister gift exchanges on game days, and often host an overnight slumber party where the entire team is invited. Building a foundation with your seniors helps to make my task as head coach a bit more trouble-free.

Before each practice I have a meeting in the bleachers to go over the practice agenda and other information that is important for the next few days; departure times, which uniform will be worn next, overview of an opponent, etc. The next part of my short time with them each day is when I focus on building a connection with the team. Several years I have chosen to read a chapter or two each week from Coach K's book, Beyond Basketball: Coach K's Keywords For Success. We've also read select chapters from Michael Jordan's Driven From Within. If we aren't reading a book, we embark on an activity or discussion that has a lesson that relates back to our team. It's amazing how many times those little life lessons I've tried to portray to my players have come back to me in one way or another. Just a few years ago one of my former players who went on to play at Midland wrote a paper about one of my team talks and how it helped shape her perspective on things. Her college professor was so impressed with her writing that he felt compelled to mail a copy to me along with a personal note of his own. It was a great feeling to know that years later one of my girls still remembered something we talked about on the bleachers that fall. I'll never forget the title of her paper, "Softball Players in Prom Dresses." Graduation tables are another time when I get to see what our team relationships mean to the girls. I make it a practice each and every year to send two notes minimum to every

player. At least one is sent during the season – just a short personal note that congratulates them for an extraordinary play or hit they were a part of, a leadership moment I witnessed them partake in, or a pick me up word or two if they are in a slump or going through a difficult time. Seeing those very notes sitting on their graduation tables is a great reminder that it's important to make that extra effort to be a part of their lives in more ways than hitting them grounders or pop flies.

Last but not least, something I've found to be really beneficial to my team and the coaching staff is off-campus softball camps in the summer – especially one in which you spend the night together as a unit. What an opportunity to provide your players. Freshman through seniors, team bonding opportunities are everywhere. As recently as last week I was reminded of why we sign up year after year. We were attending a team camp hosted by Head Softball Coach Krista Wood at Wayne State College, when I stopped at one of my senior's rooms to drop off their newly washed shirts for the next day. What I found when I walked into her room made me smile, especially since I had already started writing this very article. I discovered my entire team and one of the Wildcat softball players sitting together on the floor in her room having a light-hearted discussion. It was obvious they were having a great time. I couldn't help but smile when I walked down those stairs. A little bit of sacrifice on our part (staying in an unfurnished, echoing dorm room, with a bunch of giddy girls) can go a long way in starting your season off on the right foot.

After all the years of coaching, I can honestly reflect back on things and say with 100% certainty that the softball family I have met on this journey has shaped the person who I am today. Satisfaction has very little to do with how many players go off to play in college, or the number of wins you have in a season, the tally of no-hitters thrown in a week, but instead the phone calls or personal visits you get from players asking for a reference, or the wedding invitations that come every summer, or better yet, the life-long relationships you start when you are standing in front of your team while they sit and listen on the bleachers. Enjoy the time you have with these young adults. You truly can build relationships that last a lifetime.





# “EVERY DAY IS A GIFT”

By Mimi Ramsbottom - Head Girls Golf Coach - Elkhorn South



The note on the wall beside my bed reads; “Every Day is a Gift”. I see that each morning as I rise. I paused for a moment on the morning before the first day of practice this week and allowed those words sink in a little. “Everyday”, not just one day, but every day...each and every one. A “gift”; a present, something to open and enjoy. It is being offered at no cost to me, something given. I just need to receive it on a daily basis.

The quote reminds me to be grateful for each moment that I am allowed to spend doing something that brings me such joy; coaching girls golf at Elkhorn South High School. Along with the feelings of gratitude, come the thoughts of responsibility; the responsibilities that I have to prepare these girls for competition and life. As I truly believe that athletics teach you so many life lessons.

As a coach, I have made a pledge to myself to make every practice valuable and productive for each girl whom I have been given the privilege to coach. Everyday should be a “gift” for each girl on the team. What can I do to make each day at practice or competition a “gift” for each member of the golf team?

- 1) Have a Purpose.** I have committed to be purposeful in our daily golf practice. Communication each day as to the focus or goal is always shared. We don’t just hit range balls or play 9 holes without a goal or purpose. The goal may be to make 10 three-foot putts in a row working on consistency and tempo, or hitting 7 fairways with a tee shot in preparation for playing a golf course lined with trees. An athlete always responds to daily challenges and goals that require focus and purpose.
- 2) Find Value in Others.** I want each member of the golf team to feel valued and appreciated on a daily basis. I feel that each girl has dedicated her time and energy to our team and I should be dedicated to each girl. I respect the demands of being both a student and an athlete. I have made a promise to provide positive feedback to each girl each day at practice. Those positive comments may come in my words or in a pat on the back or a thumbs-up for a job well done.
- 3) Optimism.** I know that golf is an incredibly mental game and that negative thoughts or memories can have adverse affects on a golfer. We leave each practice and competition with a “Best-Shot-of-the-Day” report. Each girl has the opportunity to share with teammates her best putt, chip, pitch, drive or rescue shot. Sometimes we can hardly wait to share the information. No one is allowed to whine or complain about any “bad” shots, only “best” shots are reported. We leave each tournament feeling good and eager to compete again. I know that this has been a highlight for former athletes as I still receive emails and text messages sharing their “best-shot” report.

I know that this fall golf season will quickly be a memory but I am going to enjoy the journey along the way. I am excited to open the “gift” that is presented to me each day. Good luck to all of you on your journeys this season. Enjoy the “gifts” that are right in front of you each and every day.



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# "THE LITTLE THINGS THAT MAKE A DIFFERENCE" JUGGLING?

BY JOHN PETERSEN - HEAD VOLLEYBALL COACH - COLUMBUS SCOTUS

Several years ago I did a presentation at the UNL Volleyball Coaches Clinic and opened the presentation by juggling three balls. My inspiration to do that came from my brother who mentioned a book I should read *More Balls Than Hands: Juggling Your Way To Success By Learning To Love Your Mistakes* by Michael J. Gelb. Needless to say, I was completely stressed as I had absolutely no juggling skills four weeks prior to the date of the clinic.

The point in doing this was several fold:

- 1) Even an old dog can learn new tricks. As coaches we are continually striving to find new ways to motivate our athletes and new techniques that we can use to teach skills. Most of us attend clinic after clinic to enhance our knowledge and understanding of the games we coach. Quoting from John Cook at his latest clinic, "The longer I coach, the less I know". After 40 years of coaching, sometimes I wonder if I know anything, but the key is to keep learning.
- 2) We learn from our failures. I dropped those juggling balls so many times that my back still aches from picking them up. Our athletes are no different as they will fail time after time until they can begin to learn new skills. As coaches we have to give them that chance to fail and encourage their efforts to try again and again.
- 3) Athletes must be able to perform under pressure. Fortunately, I did not drop the ball during my 15 second juggling presentation, but it was still frightening to juggle in front of several hundred coaches. I needed to overcome my fear just like our players have to be overcome their fear. It is important to put them in difficult situations every day whether it is in a drill that requires a certain number of perfect passes in a row, serves to targets, attacks in a row down the line, or simply intense competitive drills versus their teammates. They have to be in those situations time and again so when they play in a match they are ready for whatever may happen.
- 4) As coaches, we are juggling so many things at once, our teams, our teaching load, families, etc. How we handle that juggling often determines our state of mind as well as our success. Athletes are the same as they try to balance school work, volleyball practice, multiple school activities, social functions, and so on.

My juggling is still a work in progress but as yet I have not tried to juggle any flaming batons! It is difficult to know what to focus on when there are so many balls in the air, so I put together a short list of what I feel is important to continual success.

When I first started coaching I was primarily concerned about winning. Don't get me wrong, I still love to win but some of our most successful teams did not win state championships. What they did was maximize their potential and overachieved. That is always my message at the beginning of every season, let us do



everything possible to become the best we can be. The following are some of the key factors that have allowed our teams to have success.

## LITTLE THINGS (OR BIG) KEYS TO SUCCESS:

### 1) DEVELOP YOUR COACHING STAFF

At the high school level we do not get to choose who our athletes are, some years tall, some years short, some years fast, some years slow, some years they can jump, and some years not. But if you can develop a staff with people who are dedicated, knowledgeable, great teachers, can teach discipline, know how to practice with intensity, understand athleticism, and are organized, then as a head coach you have it made. I have been so fortunate to have a group of assistant coaches that have been with me for a total of 115 years of experience. They are incredible; when we go to weekend tournaments, usually five or six are with us in various capacities, from sitting on the bench during matches, keeping book, and helping to scout upcoming opponents. As coaches we need to teach them what we want to establish in our program, involve them in the decision making process, take an interest in the teams they are coaching no matter the level, and go to as many of their matches as possible. It is so important to praise them both publicly and privately. It is not an easy task to keep a staff together for an extended period of time but it certainly has been critical to our success.

### 2) DEVELOP YOUR ATHLETES

Over the past forty years that I have coached, I am amazed how much more is required of coaches and of our athletes. Coaches are constantly asking our athletes to do more and more in hopes of outworking our future opponents. Most of the coaching staff at Columbus Scotus is made up of multi-sport coaches who encourage all of our athletes to be two or three sport athletes. What we lose in skill development by being more than one sport athletes, we gain in cross-training, toughness, and competitiveness. Though this may not be feasible at all schools, our athletes participate in weight training/plyometrics/agilities year round. Like most schools our players are busy in the summer with the typical schedule of open gyms, team camps, and Y-leagues, as well as athletic training.

### 3) FUNDAMENTALS

This may be the most important part of having continual success. Essential to our volleyball team is the desire to be fundamentally sound in all aspects of the game. Fortunately, with a veteran staff, all of our volleyball coaches are teaching the fundamental techniques the same from 7<sup>th</sup> grade through the 12<sup>th</sup> grade. We primarily stress that our players need to be excellent servers and passers, as well as our team being great defensively. Rarely have we had exceptional size, nor that one great athlete, so we must rely on solid fundamentals. Our players would say that their coaches are constantly striving for perfection. We coach that way every day. Do we achieve it? Of course not, but we try. One of our goals is to minimize unforced errors, and make the other team earn their points. We have a base of core drills which allows our team to immediately be engaged in their skill development. Some drills are tedious, some challenging, some they dislike, some they love, and most are competitive. We do not stand around!

#### 4) PRACTICE PLANNING

Our practices are usually from 2 hours to 2 hours and 15 minutes in length. Rarely do we have shortened practices preceding a match as we are trying to maximize our ball contacts daily. Planning practices is essential so I spend an hour every night preparing the next day's practice. You would think that after so many years I could wing it, but I need to have all aspects of a practice well planned and in detail. Do all practices go as planned? No. Possibly the plan was poor, maybe the players were not as focused as necessary, or we just did not execute very well that day. Previous year's practice plans often serve as a guide and then are revised to fit the team's needs. Details range from drills used, technique reminders, key ideas stressed that day, who is in what drill, and the organization of the drill. Most of our drills are timed so the practice plan is executed down to the minute, even though at times we do get off schedule. Vince Lombardi, legendary football coach of the Green Bay Packers, once wrote, "Practice does not make perfect, but perfect practice makes perfect."

#### 5) EFFORT – ATTITUDE – DISCIPLINE

Throughout the season I tell my team that I judge our team by either being overachievers or underachievers. The number of wins is not the key to success, but how hard we practice, how hard we prepare, how hard we compete, and doing our best each and every day. At camp, one of our prizes is a key chain that says "ATTITUDE IS EVERYTHING". A positive attitude is the only acceptable attitude on our team. When our players walk into practice each day, they need to be ready to go with no baggage attached. The approach to practice is no nonsense with focus at a high level. Is it a goal to have "fun"? Absolutely, but most of the fun is learning to compete, seeing improvement, and being a great teammate. Our players have to be able to take some heat as I am their biggest critic,

but also their biggest fan. They need to know that you love them and only want the best for them. When they know how much you care then they can and will accept the coaching, the encouragement, and the criticism they receive.

In conclusion, Michael Gelb, author of the above mentioned book writes, "What do the best teachers, managers, and leaders all have in common? They are great coaches." Obviously every team is different, but with determined and purposeful preparation, each team has a better chance of being the best they can be. Good luck juggling; hopefully they are just balls and not flaming batons!



#### National Coaches of the Year

John Petersen, Columbus Scotus, Volleyball  
Kelly Flynn, South Sioux City, Girls Basketball  
John Walsh, Millard North, Soccer

#### Region VI Finalists

James Barker, Scottsbluff, Cross Country  
Dave Sellon, Fremont, Boys' Track & Field  
Timothy Cannon, Omaha Bryan, Boys' Basketball  
Jon Small, Blair, Softball

#### 2012 Hall of Fame Inductees

Chuck Mizerski, Lincoln Southeast  
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# THE CUT-DOWN: A WORKOUT THAT WORKS FOR HIGH SCHOOL CROSS COUNTRY

By Ryan Salem - Head Cross Country Coach - Lincoln Southwest

Over the past decade as a high school cross country coach, I have focused on trying to improve my runners' fitness. For short distances, they are fast enough to run well beyond race pace. The challenge though, is maintaining a fast pace over longer distances. Most high school girls out for cross country, for example, can run 400 meters in 75 seconds, but very few can run a mile in five minutes or less. It is not the pace that is too fast, but the lack of conditioning that has been holding the runners on my teams back.

My goal as head coach is to focus on improving my runners' fitness throughout each season and their time in our program using a strength-based approach. Specifically, I pinpoint the energy systems that produce the most improvement in overall time for a 4K or 5K cross country race for as many runners on my roster as possible. Of course, there are several areas of training that need to be addressed in any successful season. Base training, form work, nutrition, Vo2 Max sessions, flexibility, strides, strength training, and other areas are all part of any solid cross country program.

Our program at Lincoln Southwest has found success by emphasizing the improvement of our runners' long-term development in cardiovascular strength. Although a large part of this work is accomplished by a program of year-round base training and common sense increases in weekly mileage, the type of workouts I like for high school runners involve lactic-threshold (LT) training. The following few workout ideas will provide a window into our strength-based approach and may help you with your team's training.

## Lactic Threshold Training

Lactic-threshold (LT) training is not a new idea. Researchers such as Arthur Lydiard and Jack Daniels, Ph.D. have demonstrated the benefits to both overall fitness and improved times for runners. The goal with this training is to train in and around the exercise intensity at which lactic acid starts to accumulate in the bloodstream. As lactic acid builds up in the legs, runners feel that sluggish burn in their muscles and inevitably slow down. However, building in some training sessions just slightly slower than a runner's LT pace can result in a new level of fitness and your athletes running faster while producing less lactic acid.

LT workouts require attention to your runners' pace and effort. If they run too fast, their muscles will produce an excess of

lactic acid, a state associated with anaerobic training. However, setting a target pace that is too slow risks achieving fewer gains in fitness.

The best way for your high school runners to find their LT training pace is to use the calculations developed by Daniels. His pace charts use fitness levels, gathered from recent race performances and estimate a pace near but not faster than a runners' LT. We use 5K times in our program. (We estimate the girls' 5K fitness at the Millard South Invite where both girls and boys race 5K rather than the typical 4K girls' distance in NE). Next, simply add 35-40 sec per mile from 5K current fitness-pace and that time will be the training LT pace. For example, a runner with a time of 17:30 for a 5K averages around 5:35 per mile. By adding 35-40 sec per mile, their ideal LT training pace would be between 6:10-6:15 per mile. Now for the workout:

## Cut-Downs

One workout we use early in the season is a twist on the classic tempo run. I call it a cut-down, a workout inspired by the Hanson's Distance Project, a Brooks professional training enclave in Michigan. Have your runners warm up and then report to the start of a three mile measured course. It will be important for the runners to know their pace, so either assist them by measuring the course ahead of time or use the assistance of a GPS watch on the run. The design of the workout calls for runners to run three miles starting 10 sec per mile slower than their LT pace. After the first mile they should drop or "cut-down" 10 sec per mile for each remaining mile. The result is a long effort, with no recovery breaks, where the runners are working at a pace in and around their LT.

We have also had success with the mental challenge this workout brings: the hardest running comes during the last mile of the workout, much like the race plan for many of our important meets. **Tip:** watch the pace on the first mile, as ultra-competitive runners will cheat the pace in the first mile as 10 sec slower than LT pace feels easy for most highly trained high school runners. In nearly all of the cut-downs we run, keeping the third mile honest and on-pace is the priority. After your team runs a few of these workouts, they will learn the importance of saving their legs for the final mile of the cut-down.

## LT workouts improve overall fitness

Over the course of the season you may utilize many different types of workouts. Take time

to look into LT training and you may see a more significant improvement across your roster this season. LT has helped me increase my runners' fitness and improve the quality of our program, I hope it will help your teams this season in the future.

Other LT workouts to try:

- 15-20 min tempo run at LT pace
- Repeat 2000-3000m: run the 2-3k repeats at LT pace with 1K jogging rest, up to 6-8000 meters
- Repeat miles: LT pace with 2 min recovery break, 3-4 miles total

*Coach Salem is in his fourth year as the head coach at LSW. Prior to the 2009 season, he served as the Varsity Assistant to Dr. Ted Larson at Lincoln Southwest for six seasons. While a high school runner under Dr. Larson in Lincoln, Coach Salem was part of two state championships. His 1992 team still holds the NE state record for lowest total points scoring 5 runners at the Class A State meet with 21. While in college Coach Salem earned NCAA Div. III All-American status in Cross Country (Nebraska Wesleyan Univ, 1997) and has experience coaching at the college (Bethel College, Mishawaka, IN) and high school levels. He has been married for fourteen years to his wife, Lindsay, and is the proud father of three children, Keira (7), Grayson (5), and Gemma (16 mo).*





# BUILDING A TEAM IN AN INDIVIDUAL SPORT

By Nolan DeWispelare - Head Boys Tennis Coach - Lincoln Pius X

Tennis is known as an individual sport, but that doesn't mean tennis players have to muddle through the season on their own. By placing an emphasis on the team dynamic, tennis players can grow in confidence and hopefully find even more enjoyment in the sport.

The first key component to establishing a strong team environment is having solid leaders. This role often falls to the seniors, but it doesn't have to. Whomever the other players look up to and respect can serve as a team leader. Sometimes these leaders just fall into place on their own, but I prefer to pull them aside and have a discussion about what I am looking for from them.

Strong team leaders have a knack for getting everyone on the same page. On our tennis team, the leaders are in charge of things ranging from leading stretches at the beginning and end of practice, encouraging each member of the team to keep working to improve, and communicating with me if they see any potential issues cropping up on the team.

While establishing strong team leaders can get any team on the right track, the role of the coach can be just as important when creating a community, especially in an "individual" sport.

In a sport like tennis, it can be very tempting for a coach to spend the bulk of his time working with the varsity players, but this can cause more division amongst the team members rather than unifying them as one united team.

To truly create a strong sense of team, a coach needs to recognize that each player on the team is absolutely vital to that team's success. This means the players at the bottom of the ladder are just as important as the players who compete at State. If that's the case, coaches need to spend adequate time working with all players.

One way to eliminate divisions within a team is to mix the players up at practice. Too often, players fall into the rut of warming up with the same partner and playing the same opponent, which means they are not mingling with any other members of the team. This can be countered by running drills with groups that include players from all over the ladder. The coach can still control the intensity of the drill so that each player is being challenged at the appropriate level, but the players branch out and work with other members of the team.

I've found that as I spend more time with players who are lower on the totem pole, they have a deeper investment in the team and they are willing to work harder at practice and in the offseason. As they develop their skills and get better, they force the players above them to improve or risk being passed. This sort of trickle-down effect can greatly benefit any team.

It should be noted that players must understand the difference between intra-squad competition and inter-squad competition. While players are jockeying for a spot in the lineup, they need to remember that at the end of the day, they are still teammates and must support each other on and off the court.

Ultimately, the most important thing to remember when trying to forge a team from the individuals on the tennis court is that the team, not the individual, comes first. No single player can win a dual or tournament without help from the team. If coaches treat each player as an important member of the team, that group dynamic will take root and the players on the team will enjoy the sport even more while continuing to improve throughout the season.





COACHES OF THE YEAR -- 2011-2012



SCHOLARSHIP AWARD WINNERS -- 2011-2012

Coaches and student-athletes in attendance at NCA Awards Banquet. - NCA Photos



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# 21<sup>st</sup> YEAR THE NCA CAREER MILESTONE PROGRAM HAS RECOGNIZED COACHES

by  
Jerry Stine

## 34 Coaches Receive Recognition in 2012

This year 34 coaches applied for the NCA Career Milestone award, with 39 applications submitted in all. During the 2012 NCA Multi-Sports Clinic Sport's Meetings 14 coaches were recognized for obtaining level I certificates, ten coaches level II, and seven coaches level III. Eight coaches received the level IV plaque (the ultimate award in this program) at the NCA Awards Banquet. The level I (bronze), II (silver), and III (gold) certificates were picked up at the NCA Multi-Sport Clinic or mailed to the coach.

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

Near the NCA booth and at each sport's session areas were posted the 1992 – 2012 Career Milestone winners. They were broken down into each sport and listed alphabetically under each level achieved. Also on display at the booth was the

wall plaque that has the 188 level IV milestone winners engraved on it. The criteria and application for this award is available on the NCA website [www.ncacoach.org](http://www.ncacoach.org).

The has NCA has further invested in the Milestone Award program by enhancing and upgrading the Milestone Award page of the NCA web site. Please go to the website, click on awards, click on NCA – Baden Sports Milestone Awards, and you can easily filter 1,239 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 new 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.

### Special note from the NCA office:

At the April 2012 NCA board meeting, the Milestone Award program was officially renamed: NCA – Jerry Stine Family Milestone Awards. On behalf of the NCA Board and staff - Congratulations and thank you Jerry for your time and service to the profession of coaching in Nebraska.

## Level IV Milestone Award Winners:

Steve Clapp	McCook	Girls' Track
Kelly Flynn	South Sioux City	Basketball
Fred Kluck	Bruning/Davenport/Shickley	Basketball
Arnold Johnson	Boone Central	Football
Mike Johnson	Waverly	Football
Rochelle Rohlfis	Omaha Marian	Volleyball
Jerome Skrdla	Gretna	Basketball
Dallas Watkins	Dundy County/Stratton	Boys' Track

## Level I, Level II, and Level III Milestone Award Winners

<u>NAME</u>	<u>SCHOOL</u>	<u>SPORT</u>	<u>LEVEL</u>
Tod Heier	Twin River	Basketball	III
Wes Kramer	Wahoo	Basketball	III
Rick Petri	Kearney Catholic	Basketball	III
Dale Rasmussen	Raymond Central	Basketball	III
Kurt Finkey	Ashland-Greenwood	Basketball	II
Shelly Mlnarik	Clearwater-Orchard	Basketball	II
Brock Eichelberger	O'Neill	Basketball	I
Zac Foster	Adams Central	Basketball	I
Bill Morrison	Millard West	Basketball	I
Matt Swartzendruber	Sandy Creek	Basketball	I
Jennifer Wragge	Elkhorn	Basketball	I
Dale Rasmussen	Raymond Central	Boys' Cross Country	I
Doug Zoucha	Norfolk Catholic	Girls' Cross Country	II
Dale Rasmussen	Raymond Central	Girls' Cross Country	I
Ken VerMass, Jr.	Lexington	Football	II
Chad Cattau	Hartington Cedar Catholic	Football	I
Lance Howitt	Stuart	Football	I
Bo Krivohlavek	Logan View	Boys' Golf	I
Tim Roberson	Lincoln Southeast	Softball	II
Steve Adkisson	Fillmore Central	Softball	I
Tom McCall	Millard	Softball	I
John Swoboda	Millard North	Softball	I
Jim Barker	Scottsbluff	Boys' Track	III
Todd Nott	Plattsmouth	Boys' Track	II
Dale Rasmussen	Raymond Central	Boys' Track	II
Joe Ortmeier	Osmond	Girls' Track	II
Joyce Hoskins	Wayne	Volleyball	III
Peter Vavak	Elmwood-Murdock	Volleyball	III
Tyler Herman	Amherst	Wrestling	II
Mike Schadwinkel	Grand Island	Wrestling	II
Ken VerMaas, Jr.	Lexington	Wrestling	I



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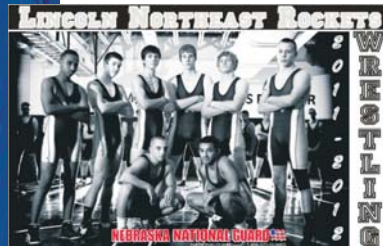
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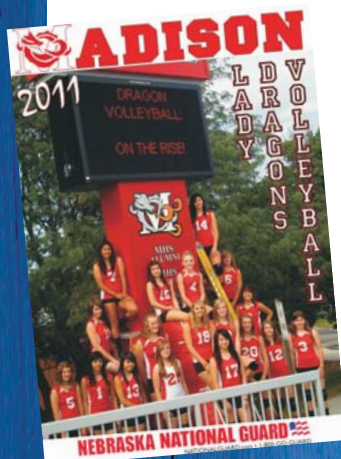


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- Army Physical Fitness Program
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- Conflict Resolution
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- Paying for College
- Heritage Outreach
- Homeland Security
- Budgeting
- Leadership
- Shaping History
- Problem Solving
- Study Techniques



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# NCA AWARDS BANQUET



Pictured clockwise from top left: John Kershaw, Hitchcock County, and Gary Pence, Norris, winners of the Jim Farrand / Assistant Coach of the Year Award; Joanne Bracker, Midland University, Friends of High School Sports Award winner; Jerome Skrdla, Gretna, NCA Girls Basketball Award winner; Dick Tinglehoff & family, Wahoo, accepting the Skip Palrang Award; Dave Griek, NTV Sports, and Dave Bradley, Aurora News, winners of the NCA Media Award. - NCA Photos



Pictured clockwise, top: Jim Weeks, Beatrice, winner of the Ed Johnson Award; Rochelle Rohlfs, Omaha Marian, NCA Volleyball Award winner; Dave Ciccone of York accepts the Guy Mytty Award from NCA President Rocky Ruhl. - NCA Photos



Pictured left to right, bottom: Ken Ver Maas, Jr., Lexington, accepting his 25-year Service Award from Lt. Colonel Dan Lenowski of the Nebraska National Guard; Elroy Pierce of York received the Binnie & Dutch Award for track, as well as a 50-year Service Award.



2012 Class A Boys Soccer Sportsmanship - Kearney



2012 Class A Girls Soccer Sportsmanship - Omaha Marian

The 2012 Sportsmanship Summits will return to the Gering Civic Center in Gering on Tuesday, November 13 and Concordia University in Seward on Wednesday, November 14. The Sportsmanship Summits, underwritten by the Nebraska Independent College Foundation, 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 Independent College Foundation extended their financial commitment as the title sponsor of the Sportsmanship Summits and Sportsmanship Awards through the 2014-2015 school year. Blue Cross Blue Shield of Nebraska is also a contributor of the educational program of the 2012 Sportsmanship Summits.

The Nebraska Coaches Association, the Nebraska State Interscholastic Athletic Administrators Association and the Nebraska School Activities Association will continue their collaborative efforts to promote sportsmanship throughout the school year.



The Sportsmanship Summits will feature a blend of new and veteran speakers. Kevin Kush, Aaron Davis and Harvey Alston will return as past speakers. Diane Shuck, Director of Athletics at Air Academy High School in Colorado and Jamie Williams, Assistant Athletic Director at the University of Nebraska will be new featured speakers.

The 2012-2013 Sportsmanship theme will be “**You Must Stand For More Than Winning**”. The theme and poster, judged best by a state-wide panel, was created by students from North Bend Central High School last year.

For the 2012 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 one theme and poster/banner upon arrival at the summit. The state wide winner’s theme poster/banner will be used as the 2013 sportsmanship theme. Further details regarding the poster competition and criteria will be included with the registration information. Students are encouraged to compete for your school’s sportsmanship theme and poster submission prior to the summits.



2012 Class B Girls Soccer Sportsmanship – Gretna



2012 Class B Boys Soccer Sportsmanship – Hastings



# 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.*

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| Doane College         | York College                 |

For more information, go to: [www.nebraska-colleges.net](http://www.nebraska-colleges.net)



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



## ALL-STAR SOFTBALL GAME RESULTS - 2012

Final Score, Game One – Blue Team 4, Red Team 3;  
Game Two – Red Team 5, Blue Team 3

Winning pitchers:

Game One – Kylie Harpst, Lincoln North Star (blue team)

Game Two – Shelby Wobken, Logan View/Scribner-Snyder (red team)

Highlights

- Bailey Schulenberg, Lincoln Southwest, broke the series record for most hits in a series (5).
- The Red All-Stars broke the series record for most Red Team hits in a series (18).
- Michelle Trulin, Blair, and Bailey Schulenberg each had 3 hits in a game, tying the series record.



### BLUE TEAM COACHES:

Todd Petersen, Papillion-La Vista  
K.C. Hehnke, Grand Island

### RED TEAM COACHES:

Steve Kerkman, Millard South  
Roni Wobken, Logan View/Scribner-Snyder

## ALL-STAR VOLLEYBALL GAME RESULTS - 2012

Final Score – Red Team wins 3-2 (25-22, 24-26,  
21-25, 25-16, 15-9)

Totals – **BLUE TEAM**

- 61 digs, 46 assists, 58 kills, 17 ace blocks, 4 ace serves

Totals – **RED TEAM**

- 22 digs, 47 assists, 56 kills, 15 ace blocks, 9 ace serves

Leader in kills

- **BLUE TEAM** – Elaine Kramer (Gretna), Cassie Effken (Pius X) , & Katie Hughes (Seward) all had 7 kills each
- **RED TEAM** – Kelsey Stratman (Omaha Skutt), 9

Leaders in assists

- **BLUE TEAM** – Jordan Chohon (Columbus Scotus), 22
- **RED TEAM** – Katie Brand (Grand Island CC), 21

### RED TEAM COACHES:

Craig Songster, Lincoln Northeast  
Neil Van Lengen, Dodge

### BLUE TEAM COACHES:

Jason Owens, Kearney  
Joyce Hoskins, Wayne



All-Star Photos courtesy of Callam Sports Photography



## ALL-STAR BOYS BASKETBALL GAME RESULTS - 2012

Final Score – Blue Team 89, Red Team 103

### Leading scorers – **Blue Team**

- Trey Moore, Papillion-La Vista, 15
- Coleman Dahle, Milford, 13
- Merrill Holden, Lincoln High, 13
- DeShun Roberts, Omaha Central, 12

### Leading scorers – **Red Team**

- Dylan Travis, Omaha Gross, 22
- Jalen Bradley, Norfolk, 20
- Connor Beranek, Ravenna, 15

### **RED TEAM COACHES:**

Ben Ries, Norfolk  
Don Hogue, Falls City

### **BLUE TEAM COACHES:**

Tony Muller, Milford  
Monte Jones, Lincoln Christian

## ALL-STAR GIRLS BASKETBALL GAME RESULTS - 2012

Final Score – Blue Team 88, Red Team 71

### Leading scorers – **Blue Team**

- Brianna Craig, Lincoln Northeast, 16
- Alicia Armstrong, Beatrice, 15
- Beth Bohuslavsky, Seward, 10

### Leading scorers – **Red Team**

- Sadie Murren, Wahoo, 16
- Shelby Hemmann, Amherst, 11

### **RED TEAM COACHES:**

Roger Lauhead, Wauneta-Palisade  
Tony Weinandt, Fremont

### **BLUE TEAM COACHES:**

Jeff Thober, Ravenna  
Mike Kennedy, Boone Central



## Nebraska Coaches Association All-Star Russell Most Valuable Teammate Award



### Girls Basketball

Red Team - Jessica Tietz, Bancroft-Rosalie  
Blue Team - Jaime Kennedy, Boone Central

### Softball

Red Team - Erin McGonigal, Omaha Skutt Catholic  
Blue Team - Sam Petersen, Omaha Burke

### Boys Basketball

Red Team - Trey Bardsley, Beatrice  
Blue Team - Erich Nickman, Lincoln Pius X



### Volleyball

Red Team - Lea Sack, Lincoln Pius X  
Blue Team - Cassie Effken, Lincoln Pius X

# NANCY KINDIG-MALONE

NCA Board President



Every 4 years, the Summer Olympic Games captivates me as I marvel at the great athletic feats, sportsmanship, and personal stories of the athletes. The 2012 London Olympic Games didn't disappoint me as I watched South African Oscar Pistorius, a disabled, double amputee run the 400M and Missy Franklin, a 17 year old swimmer from Aurora, Colorado set American and World Records. Whether it's the Modern Day Olympics, Special Olympics or Para Olympics, the talent, character and perseverance displayed by these athletes is mind-boggling. And then I realized, their journeys all started with "Us."

We are the teachers, volunteers and coaches that are passionate about our sport or activity. So passionate that we study films, read books, go to clinics, open the gym doors early in the morning and late at night, even miss family functions... so that the kids in our programs can get better and reach their goals. We may not have over 55 different athletic disciplines competing for our school, or have student-athletes from over 300 countries in our buildings, but it doesn't matter. We have kids with athletic goals and a passion to learn. We are here for them and will do our best to help them achieve those goals. While we may not be their "Olympic" coaches, they wouldn't be on an international sporting platform without grassroots development and encouragement.

*We teach, we motivate, we inspire.*

As President of the Nebraska Coaches Association, I want to thank all of the members of the Association for your relentless work and passion in your specific disciplines. The young athletes in Nebraska are in great, capable hands. The Association is here to help you in any way we can. Just give us a call.

Remember, it really does start with each of us.



# RHONDA BLANFORD-GREEN

NSAA Executive Director



Some of the most rewarding, feel good moments of my athletic career occurred when I was coaching. I was fortunate to have had the opportunity to coach for three years at the University of Wyoming and then three years at Aurora Central and Eaglecrest High School in Aurora, Colorado.

Coaching and working with student-athletes on a daily basis was always for me a rewarding and humbling experience. The profession itself always had a way of revealing some of my weaknesses as well as clarifying what I wanted to convey to my student-athletes, the parents, and the administration that had expectations of me. I always felt in order to have success then, as well as now in my new role as the Executive Director of the NSAA, I had to be very clear on my objectives:

- *What do I believe?*
- *What's important and what are my priorities?*
- *Am I willing to walk the walk?*
- *Do my core values reflect those I serve and if not, how do I work to make them align?*

In the educational arena our vision and mission has to be the driving force for all that we hope to accomplish. If you are staying relevant, these questions will always be part of your self-examination of "Why Do You Coach?"

I wish you much success this year as you make a difference for the student-athletes and communities of Nebraska. I look forward to watching many of you in "Action" this year.







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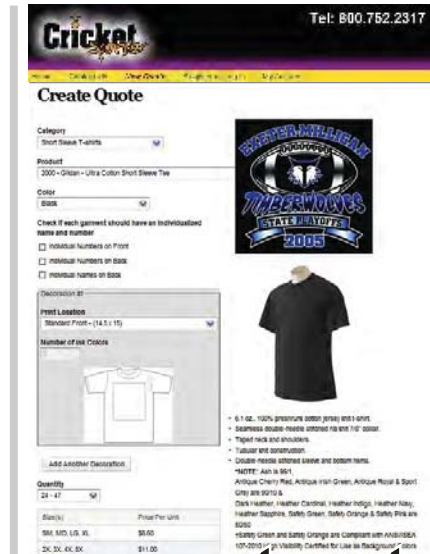
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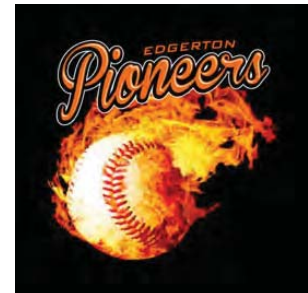
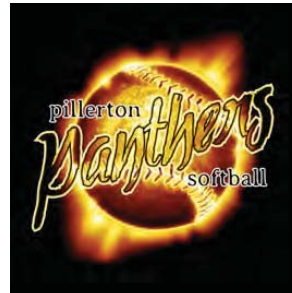


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# 2012 NCA Multi-Sport Clinic



NCA Photos

## 2012 "COACHES CARE" BLOOD DRIVE

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.

Familiar with giving their time and energy to the communities they serve, many coaches in attendance rolled up their sleeves to give life to patients in need. Wednesday's blood drive was a great opportunity to boost summer blood collections, a time notorious for shortages, and launch a new NCA program titled "Coaches Care".

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

Overall, the highly anticipated "Coaches Care" program demonstrated that the coaches of Nebraska do care. Over 101 coaches registered to donate, with 78 new donors.

To learn more about hosting a blood drive with the NCBB, please contact Kelly Gillaspie at [kgillaspie@ncbb.org](mailto:kgillaspie@ncbb.org) or 402.486.9409.

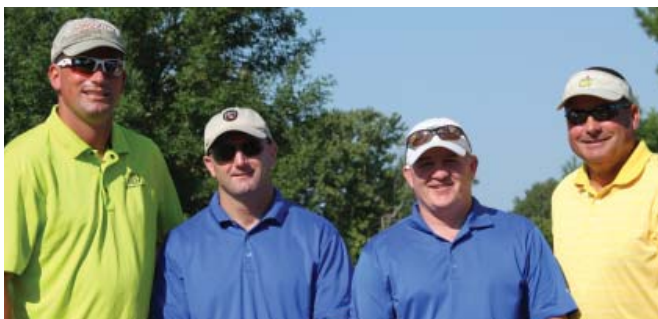


## NCA GOLF TOURNAMENT - ASHLAND GOLF CLUB

Golf photos courtesy of Ronda Dostal.



**1st Flight Champions:** Left to Right: Jackson Ramsbottom, Tom Ramsbottom, Jeff Smith, and Randy Markus.



**2nd Flight Champions:** Left to Right: Jon Dolliver, Nate Neuhaus, Ron Higdon, and Dennis Dolliver.



**3rd Flight Champions:** Left to Right: Jason Heldt, Tammi Mans, Casey Fangmeyer, and Barry Fangmeyer.

# Hall of Fame set for 19th induction class

Heisman Trophy winner Eric Crouch highlights the Nebraska High School Hall of Fame Foundation's 2012 induction class. The induction ceremony will be Oct. 7 at the Lied Center in Lincoln. Tickets are \$25 for adults and \$10 for elementary and high school students and are available by contacting Tami McLaughlin, at Nebraska Sports Council, P.O. Box 29366, Lincoln, NE 68529, or by calling 402-471-2544 or by e-mail to tami@nebraskasportscouncil.com.

## ATHLETES:

**Paul Amen, Lincoln High (1934):** A starter on the Links' 1932 mythical state-champion football team and an all-stater on the 1934 champion basketball team. He played on the U.S. baseball team in the 1936 Olympics and coached baseball at Army and football at Wake Forest.

**Eric Crouch, Millard North (1997):** The 2001 Heisman Trophy winner was a four-year starter at quarterback for Nebraska. At Millard North he rewrote the Class A record book as one of the top quarterbacks in state history. The 1996 Parade All-American's 50 touchdowns and 308 points over three seasons were records, as was his 5,134 yards of total offense.

**Jason Glock, Wahoo (1991):** The cornerstone of the Wahoo basketball dynasty that won four state championships during his career, he was a two-time All-Nebraska selection who scored 2,167 points.

**Clester Johnson, Bellevue West (1991):** A two-time All-Nebraska quarterback who went on to play wide receiver at Nebraska, Johnson won the all-class gold medals in the 110 and 300 hurdles at the 1991 state meet and reached the state championship match in wrestling.

**Ginger (Keller) Marx, Gibbon (1990):** A pillar of Gibbon's back-to-back state championship teams of 1988-89, she scored 1,413 points in high school. At the UNK, set career records for points (1,758) and rebounds (847).

**Kelly Lindsey, Millard North (1997):** She was a four-year starter and two-year captain on the Notre Dame women's soccer team. At Millard North, she led the Mustangs to state soccer titles her freshman and senior years and won three state cross country gold medals.

**Dennis Loewe, Clearwater (1966):** He was a four-year starter in football, scored 1,673 points in basketball, went to state every year in track. He pitched at Pershing



College and in the minor leagues.

**Kevin Penner, Aurora (1980):** Was a three-sport standout whose fourth – and best sport – baseball, took him to the 1982 College World Series and the 1983 Pan American Games.

**Joe Salerno, Omaha Central (1988):** Was Nebraska's second four-time state tennis champion at No. 1 singles. In national junior competition, he defeated future Grand Slam winners Michael Chang and Jim Courier.

**Debbie (Spickelmier) Noble, Hayes Center (1985):** Winner of 15 medals at the state track meet, including two all-class golds in the 800 meters, and made the all-time top 10 in the 800.

**Donna (Spickelmier) Vallin, Hayes Center (1985):** Winner of 16 Class D and one all-class gold medals at the state track meet, she was all-time top 10 in the 800, 1,600 and 3,200. She won NAIA national titles in the mile, the 1,500 and the 3,000.

**LaVerne Torczon, Platte Center (1953):** All-state in six-man football and also a basketball standout, "Tarzan" Torczon was a two-time All-Big Seven lineman at Nebraska and played in the American Football League from 1960 to 1966.

## COACHES:

**Steve Morgan, Ogallala:** His 38-year volleyball coaching career at Ogallala has included three state titles and four runner-up finishes in 25 state tournament appear-

ances. He has a 788-156 record.

**Rich Olson, Millard South/Lincoln Northeast:** In 21 years at Millard South, his girls basketball teams won four Class A championship games in 15 state tournament appearances. At Lincoln Northeast he took the Rockets to three state tournament appearances.

**Edward "Scotty" Orcutt, Omaha Benson:** A champion coach in three sports, he was the dean of Omaha baseball coaches before a fall led to his death in 1972. His baseball teams won three league tournament titles and won or shared five regular-season crowns

**Del Schoenfish, Cambridge:** A career basketball coaching record of 522-231 included one state title and one state runner-up finish in nine state tournament appearances. His golf teams qualified for state for 22 straight years, winning three championships.

**Dale Snook, University High:** A coach for the last 19 years of the Lincoln school's existence, Snook's basketball teams won state titles in 1954 and 1965 and the track team won a championship in 1953.

## CONTRIBUTORS:

**Fred Egley Jr., Norfolk:** A coach and innovator, he became athletic director at Norfolk High Schools and Norfolk Junior College.

**Dave Van Metre, Omaha:** He has provided new weight training and cardio equipment to many Omaha schools and to the city's Boys & Girls Clubs. He also has spearheaded fundraising efforts for three high school stadiums and several baseball and softball fields.

## Official

**Joe Silverman, Lincoln:** An established football and basketball referee in West Virginia before being stationed at the Lincoln Air Base during World War II, he worked the state basketball tournament in the 1940s and 1950s.

In addition to the inductees, the Hall of Fame will honor the following teams and individuals for their accomplishments:

**GREAT MOMENT IN HIGH SCHOOL SPORTS** – 1936 Grand Island football team that was unbeaten, untied and unscored upon.

**GREAT MOMENT IN HIGH SCHOOL SPORTS** – Doniphan-Trumbull's Danielle Lemek winning her fourth straight state golf championship.

**DOMINANT DYNASTY** – David City St.

Mary's 1953-1961: Four undefeated football teams and two state track championships.

## RON GUSTAFSON INSPIRATION

**AWARD** – Keefe Ludwig, Elkhorn, still setting Masters swimming records at age 67.

**FISCHER FAMILY AWARD** – John and Connie Makovicka family of Ulysses.

**GOLDEN ANNIVERSARY TEAMS** – Undefeated North Platte football team of 1962 and Class A state basketball champion Omaha Tech of 1963.

**SILVER ANNIVERSARY TEAMS** – Unbeaten Atkinson West Holt basketball Class C-1 state champions of 1988 and unbeaten Cambridge Class C-2 football champions of 1987.

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# STATE COLLEGES RECOGNIZE NCA/NSIAAA MEMBERSHIP CARDS FOR ADMISSION

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

<b>Bellevue University</b> Any gate Membership card required Admit member + one Good for all sports	Tickets subject to availability Excludes some games	<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	when picking up ticket Good for all sports-reg. season Ticket is free
<b>Central Community College-</b> <b>Columbus Campus</b> Any gate Membership card required Admit member + one Good for all sports	<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- 826-8684	<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	<b>University of Nebraska-Omaha</b> Pass gate Membership card and photo ID Admit member + 1 Tickets are free Excludes Hockey
<b>Chadron State College</b> Any gate Membership card required Admit member + one Good for all sports	<b>Hastings College</b> Membership card and photo ID Good for all sports Admit member	<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)	<b>Western Nebraska Community College</b> Membership Card Required Advance call in - 308-635-6151
<b>College of St. Mary</b> Advance call-in (402) 399-2358 Admit member + 1 Good for all sports Tickets are free	<b>Kaplan University</b> Any gate Member + 1 guest	<b>York College</b> Pass gate - front door Membership card and photo ID Admit member + 1 Good for all sports Ticket is free	
<b>Concordia University</b> Use any gate Membership card and photo ID Admit member + 1 Good for all sports Tickets are free	<b>Midland University</b> Any gate Membership card and photo ID Admit member + one Good for all sports		
<b>Creighton University</b> Advance call-in (402) 280-5297 Please contact in advance Admit member + 1 no charge Membership Card Required Good for all sports – regular season	<b>Nebraska Wesleyan University</b> Any gate Membership card and photo ID Admit member + 1 Good for all sports, tickets are free	<b>Southeast Community College-Beatrice</b> 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	
	<b>Northeast Community College</b> Main gate Membership card required Admit member +1 Good for all sports Tickets are free	<b>University of Nebraska-Kearney</b> Will Call Gate-advance call or e-mail appreciated 308-865-1563 or <a href="mailto:smidtm@unk.edu">smidtm@unk.edu</a> Admit member +1 Must present membership card	

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- \* Year-Round Discounted Room Rates at Country Inn& Suites in Lincoln & Kearney
- \* Free admission for two to the NCA All-Star Volleyball Match, Boys' and Girls' Basketball and Softball Games
- \* Sports Clinics
- \* Free admission, with membership card, to the annual Shrine Bowl Football Game
- \* Free admission, with membership card, to select college-sponsored games
- \* *Nebraska Coach* Magazine online (Fall, Winter, Spring Editions)
- \* *Nebraska Coach* Magazine Pre-Clinic Printed Edition
- \* Committees to make recommendations regarding sports rules changes
- \* Recognition for coaching accomplishments and achievements through the Milestone Awards
- \* Eligibility for State and National Coaching award programs
- \* Coach-of-the-Year recognition
- \* Eligibility to coach in the Annual All-Star Games
- \* Service Award (25, 35, 40, 45 & 50 year) recognition

Please fill out a registration card and return with your check to:

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PO Box 80727  
Lincoln, NE 68501-0727

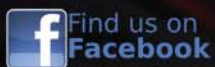
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