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Winter Season Articles

**Super-State &
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Sportsmanship Awards



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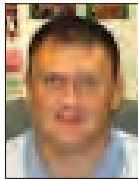


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NCA UPCOMING EVENTS 2018

NCA Board of Directors Meeting
January 21, 2018; Adams Central HS

NCA - Fundraising University Baseball Clinic
January 27, 2018; Creighton University

NCA Winter Track & Field Clinic
February 3, 2018; Lincoln

NCA, NSWCA & 3D Coaching State Wrestling Coaches Hospitality
February 15-17, 2018; Omaha

State Cheer & Dance Championships
February 16-17, 2018; Grand Island

NCA & Lincoln CVB State Swimming Coaches Hospitality
February 23-24, 2018; Lincoln

Girls' State Basketball Sportsmanship Awards
March 1-3, 2018; Lincoln

NCA, Lincoln CVB & 3D Coaching Girls' State Basketball Coaches Hospitality
March 1-3, 2018; Lincoln

Girls' Basketball All-Star Selection Meeting
March 4, 2018; Lincoln

Boys' State Basketball Sportsmanship Awards
March 8-10, 2018; Lincoln

NCA, Lincoln CVB & 3D Coaching Boys' State Basketball Coaches Hospitality
March 8-10, 2018; Lincoln

Boys' Basketball All-Star Selection Meeting
March 11, 2018; Lincoln

NCA Board of Directors Meeting
April 22, 2018; Lincoln

2018-19 Online Registration Opens
May 1, 2018

State Soccer Sportsmanship Awards
May 9-15, 2018; Omaha

NCA State Track & Field Coaches Hospitality
May 18-19, 2018; Omaha

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NCA Multi-Sports Clinic
July 24-26, 2018; Lincoln

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Coaching A Shooters Mentality

Zac Foster - Boys' Basketball Head Coach - Adams Central



I began my coaching career like many young coaches, searching for a scheme or quick fix to become successful. I was in love with the idea of being a respected part of this profession and would do anything to learn and grow, constantly attending clinics and watching videos in an effort

to find the missing piece to the puzzle. Then, a profound moment in my coaching career occurred when I heard legendary coach Bobby Knight say that if he could go back and change one thing about his career it would have been to “shoot more in practice.” This was the guru of toughness and man-to-man defense, and yet his answer had nothing to do with defense. Those of us who have coached for any length of time have more than likely coached teams that were not great shooting teams, and we have experienced how difficult the game can be when your players can’t put the ball in the basket consistently. Watching programs such as Ainsworth, Ravenna, and Bellevue West over the years gave me a vision of what I wanted our program to be like. Great offense begins with great spacing, and it is impossible to have great spacing when your opponent doesn’t have to guard you away from the basket. The ability to drive the ball, get to the foul line, and post up effectively are all greatly aided by forcing a defense to overextend itself in order to guard you on the perimeter. With all of this in mind, I began to change how I coached in order to maximize our shooting ability.

Basketball is a game of skill, and I have come to the conclusion that shooting the ball consistently from the perimeter is the most important skill in our game. When athleticism is equal, the ability to shoot and handle the ball at a high level is a separator in our game. There are so many great coaches and programs that I have watched employ a variety of techniques on how to play basketball at a championship level. You can play fast like the great

Ravenna teams or look to control tempo like some of the great Sutton and Beatrice teams. You can play tremendous man defense like Hastings St. Cecilia or the patented 1-3-1 utilized by Wahoo. A great shooting team that doesn’t play defense can win games, but ultimately will not win championships. Defense, screening, communication, and effort are critical to success and are areas a coach can dictate. Once those areas are coached and a standard established, the offensive ability to take and make great shots, as well as not turn the ball over, will ultimately dictate your level of success.

Many coaches focus only on the mechanics of shooting when they think about how to improve their players shooting percentages, but our coaches believe that the mental part of shooting is equally important in creating better shooters. Great shooters must feel the confidence of their coaches and teammates when they take their shots and can’t be “looking over their shoulder” towards the bench as they are taking the shot. All coaches must be willing to accept in defeat what they accept in victory, and this is especially true with shooting. Players are extremely perceptive and if they feel that you are only OK with them shooting if the ball goes in, then your players will not be nearly as consistent in their shooting.

How do we create a climate where our players are confident? This is a difficult question to answer when you consider the wide range of personalities and behaviors that our players possess. I believe the most important thing we can do as coaches is to authentically embrace a culture of shooting the basketball. In the 2016 State Championship game we told our team that we probably needed to make ten threes to have a chance to beat a tremendous opponent in Wahoo Neumann that day. We told our players that we averaged almost nine threes a game during the season and “making shots was who we were.” We made ten threes that day and were in the game until the final minute. In a game this past season on the road, we were facing a tremendous zone defense that caused us to go almost exclusively from the perimeter due to turnovers and missed inside opportunities early in the game. We adapted to the game and gave our players the freedom to do what they do well. We shot 18/43 from beyond the arc and only attempted ten two point baskets the whole game. If our coaching staff didn’t embrace our philosophy and trust our players completely I believe that examples such as this wouldn’t be possible. Analytics has become a buzzword recently in

sports and teams like the Houston Rockets have built their organization around them. I listened to the University of Illinois, and former Oklahoma State, Head Coach Brad Underwood perfectly illustrate this point at a Nike clinic in Kansas City last spring. Coach Underwood described his OSU team's loss to Michigan in the NCAA tournament despite shooting 55% from the field, getting twenty more rebounds, only committing ten turnovers, shooting 88% from the FT line, and scoring 91pts! *How did they lose?* Michigan scored 92 points and was aided by shooting 55% from the three-point line and outscoring Oklahoma State by 27 points from beyond the arc. Coach Underwood stated it simply by saying that the "game is changing, and if coaches want to be successful, we must be willing to adapt and change along with the game." Being a good shooting team doesn't guarantee wins, but it does allow you a chance to compete each night.

Becoming a good shooter doesn't happen overnight and takes successful technique and repetition. As a result, we believe that shooting the ball at a high level in high school begins with a sound youth program. A consistent message

our young players hear is that you need to be able to "shoot it and handle it" if you want to be a high level player. We believe that young players are more motivated to get in the gym and really work on their skills when they are around a fun and exciting style of basketball where players are given the freedom to take shots from the perimeter. Coach Jim Boone of Delta State says, "toughness is the ability to fight through daily repetition in practice." This is one of many reasons why truly great shooters are some of the toughest people I know. The amount of repetition needed to truly become an elite shooter cannot just happen from November to March during a player's high school career, and many players become "bored" with the process. If a player reaches our high school program with a solid foundation of skills, we feel our practices are designed to give them the best chance at becoming a successful shooter.

The specific drills any coach utilizes are largely overrated in my opinion. It's not what we teach, but HOW we teach it that matters to our players' development! Our program emphasizes running on offense and excelling in transition. As a result, we practice shooting transition threes every day in practice so that we are comfortable with shooting on the move. We feel that the best teams we play typically have multiple players who are a threat to score the ball from the perimeter. Therefore, we continually push our "bigs" to work on their perimeter game as well. Every coach knows shot selection is critical in your team's success. Although we look to shoot the ball from the outside, that doesn't mean we are undisciplined with our shot selection. If you want your players to be able to make shots such as floaters and transition threes which some see as "unconventional," then you need to embrace allowing your players to practice those skills everyday. We try to incorporate warm up drills, conditioning drills, and position specific drills that simulate these shots.

While I feel I have learned a great deal during my time in coaching, I am reminded everyday of how much more there is to learn. It is my hope that our students and athletes can see that pursuit of knowledge in our coaches and are influenced to keep going forward in their lives as well. Every team and every season is its own journey, and we all must be flexible to adapt to the differing talents and personalities of our squad. I am proud to be a member of this profession and hope that this article can help you in preparation for the upcoming season. Good Luck!



Team Selection And Playing Time

Molly Hornbeck - Girls' Basketball Head Coach - South Sioux City



Today's basketball coaches are tasked with much more than simply knowing the X's and O's of the game. Running a successful program involves thoughtful planning in numerous areas. How do you establish and maintain your feeder program? What's the best way to build positive team culture and player investment? How do you keep practices competitive? How do you use social media to recognize players? When do you start planning for the off-season? Good coaches are constantly cycling through these and many other questions throughout the year, but one question that deserves attention isn't always a popular one- how do you determine playing time on your team?

There are very few things that have the potential to cause more issues on a basketball team than playing time. Deciding which players make the team, which players are in the rotation, and which players start are decisions that often cause problems no matter how well intentioned those decisions may be. Although it may be obvious to you as a coach that certain players are clearly the most skilled or most deserving in your program, chances are at least one other person will disagree (I know that's hard to believe).

I was a coach who sat down with my staff after the season began to figure out which girls would make our freshmen, JV, and varsity roster based on our opinion as coaches. Of course, each season we left a few spots open to see which players would accept the challenge and earn a spot on a higher team or earn more time on the court. I didn't engage in playing time conversations with parents, but I had an open-door policy with the players. As a program, I thought we were doing everything correctly. It wasn't until I had to sit down with high school kids and explain why they weren't chosen for the team or role they had worked so hard to obtain that I realized maybe there

was a better, less subjective way to go about this.

Now anyone in the education field knows that today's schools rely heavily on data to inform decisions, so why not use data to inform our decisions as coaches too? I know the simple thought of a coach having to justify his or her decisions about playing time is bound to cause some eye rolling (maybe you are even rolling yours right now), but I'm hoping you'll find that what I'm suggesting can ease these tough decisions you're faced with each season.

So how does it work? Coaches have an abundance of game data to analyze as the season progresses, but that does little to help during those first few crucial weeks. I'm going to start with a disclaimer that this is the strategy my coaching staff uses to collect data and help make team selection and playing time decisions for our program, and it works for us, but it can be modified in many ways to better suit other programs. We begin on the first day of practice by collecting data for each player, freshmen-senior, in the following categories: height, vertical jump, line drill time, rebounding, mikan drill, shooting, 1-on-1 offense, and 1-on-1 defense. Some are quick and easy to administer, and others require more planning to ensure each player has ample time and opportunity to demonstrate her true abilities.

One of my biggest fears when doing this for the first time was, "What if one of our top players is just having an off day?" Although it's unlikely that your top players will underperform in each category, it is a possibility. I also know there are certain intangible factors that must be considered when selecting teams and determining playing time. For those reasons, we also evaluate each player in the following areas: ball handling, endurance, decision making, attitude/coachability, effort, strength, and leadership. You could obviously select other categories based on what you deem most important for your team. Since these categories tend to be more subjective, each coach assigns a score for each area based on a 4-point scale. We then average the scores together to reach a final number for each player in each category and then take time to provide specific feedback for each girl. I would suggest bringing food for your staff and choosing a comfortable location because this is a time-consuming process, but it sparks meaningful conversations about each girl on your team!

Once each player has been evaluated in each category, we start the process of "ranking" them. Let's say there are 30 girls who try out for your team. The girl who has

the top score in a category receives a “1” for that specific category, and the last receives a “30”. We do this for every area of the evaluation form and then combine all scores to determine an overall ranking for each player. Much like golf, players with the lowest scores should be the top players in your program. We’ve found this to be true, but sometimes there are players who surprise us that we may have otherwise overlooked. It has made our task of selecting teams and determining playing time much more informed, but there are always exceptions to the rule. Ultimately, coaches understand the dynamics of their team better than anyone else and must make the best final decisions for their program.

Perhaps the biggest benefit of going through this process is being able to hold meaningful individual player conferences where specific input can be provided from each coach backed by data. It allows you to have open and honest conversations with your players about areas of strength and those in need of improvement based on more than just your own opinion. We meet with each girl in our program during the season to discuss their goals, plans for improvement, and roles on the team. Having this data during the meetings helps to clear any confusion and helps guide the conversation in a constructive way. I have found that players are less likely to develop a bad attitude about their playing time when they have been

thoroughly evaluated and when that information has been communicated with them. Collecting the data is important, but discussing it with each player so you’re on the same page about her role on the team is crucial. It’s not a fool-proof system, but we’ve found it helpful. Should you ever find yourself in a position where you need to justify team selection or playing time, you’ll be glad you have this information as well.

When it comes to team selection and playing time in high school basketball, I don’t know that we have perfected the process, but I do think we’re moving in the right direction. In no way am I trying to downplay the expertise of coaches because there are terrific coaches across the state of Nebraska. At the end of the day, you need to use your best judgment as a coach to do what’s best for your program. What I’m suggesting here is simply food for thought- is there a better way to inform and communicate our decisions about team selection and playing time?

If you’d like more information, I’m more than happy to share the documents we use or chat about the process with anyone who is interested: molly.hornbeck@ssccards.org

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Developing a Winning Culture

Shane Allison - Wrestling Head Coach - Valentine



Purpose, Philosophy (technically and relationships), And Goals

When developing a winning culture, some ground work must be established. Defining your program's purpose, goals, and philosophy has greatly aided me in developing a culture that continually works toward success. Our purpose here in Valentine is to turn boys into successful young men who are confident, trustworthy, and full of integrity. Our goal remains constant,

which is to win state titles. Our philosophy as it pertains to technique is to teach sound fundamentals, and to show and drill the techniques that fit within our system. With the evolution of technology, and the accessibility of technique presented by the best in the world via flowrestling or other websites, it is easy for a coach to get caught up in teaching too much technique, or techniques that may contradict other techniques you are pushing. Teaching too much technique can also be confusing to the student-athlete if they don't have a firm grasp of fundamentals. We are also relentlessly positive. I am not saying we don't correct mistakes, and find creative ways to get our point across, but it can always be done in a way that is positive and encouraging.

Getting On The Same Page

When I took the job here in Valentine 14 years ago, I walked into a great yet challenging situation. There was a resurgence as far as energy in the wrestling program. Tim Neumann (former UNL head coach) and Jason Kelber (former Husker national champ) had moved to town the previous year. There were also three high school assistant coaches, middle school coaches, and an abundance of youth coaches. Before the season started that year we had a meeting that included all the coaches. In this meeting I outlined my plan, and discussed philosophy. I obviously adjusted some of the technique I taught after working with Tim and Jason, but our philosophies aligned. Tim moved away that year, but Jason Kelber has been with me for the duration of my time in Valentine. I feel it is very important for youth coaches, middle school coaches, club coaches, and the high school coaches to all be on the same page, use the same terminology, teach sound fundamentals, and follow a progression that allows kids to understand and grow as a wrestler.

Building And Developing Relationships

The single most important factor in the development of a winning culture is relationship building. While I am not super involved with our youth program (I don't need to be because I have great people involved at that level), nor do I have kids of my own coming through, I do coach middle school football. This not only gives me the chance to coach football, but it also helps me build relationships with students that I would not get the opportunity with otherwise. I am also able to get some kids back that quit youth wrestling at a younger age. Many of these kids will give wrestling a "try" just because of the relationship that was built. Many go on to play basketball in high school, but many of them decide that this wrestling deal is pretty fun, and stick it out through high school. We would not have won state in 2012 if I had not built a great relationship with a young man that decided to wrestle purely because of the relationship that was established. These relationships remain strong throughout a lifetime, and I immensely enjoy spending time with the young men that have wrestled for me in the past. Relationships are the key to success, and the key to happiness.

It is not only important for the head coach to build strong relationships,

but it is important that everyone involved with the program is doing the same. One man's ego can derail an entire program. Kids are impressionable, and at the right stage in their development, one person can turn a kid away from our sport forever. It is vital that you have great people with the right intentions involved from the youth program through your high school program. Also, not all kids are going to like the head coach, but if you have other coaches that the wrestler can relate to, they will continue to wrestle, and learn the invaluable lessons that are being taught through our sport.

Make Your Sport A "Big Deal"

It is important that you make your sport a "big deal". If you don't who is going to? Accomplishments need public praise through a variety of outlets. Radio shows, coach's comments in the paper, wrestler of the week awards, a power move of the week, and conduct a year-end banquet, these are all things you can do to promote your student-athletes achievements.

Get your brand in the halls and the community. We buy T-shirts and shorts with fund-raiser money each year. We also get conference wrestling shirts, district wrestling shirts, state wrestling shirts, and once in a while state championship shirts. If someone were to walk through Valentine High School on any given school day they would see at least 10-15 wrestling shirts being worn. Many of those are being worn by students who are not involved with the program at all. I always compliment them on the shirt when I pass them in the hall.

Make your home duals a show. Get the spotlight out and recruit a great PA to announce the match. Doing too much can come off as cheesy, but those students in the stands should want to be part of your program by the end of the dual.

Have A Plan

Preseason: Start of Practice – Christmas

Practices are longer with more emphasis on techniques and strength training and less on conditioning

The Grind: Christmas – The week before Conference

Practices get shorter (60-100 minutes) and more intense with emphasis on hard drilling, conditioning, and live wrestling

Postseason: Districts-State Duals

We have developed a peaking phase that maps out the intensity of each of the last 10 practices before the state tournament. Some are extremely tough, while some are 20-30 minutes of light drilling.

Off-season:

I encourage wrestlers to go to team camp and hit at least two off-season tournaments. Kids need time just to be a kid, and I feel with all our sports requiring camps and off-season training that we require too much out of them. I encourage wrestlers to take a break from wrestling, but not from training. They all should be on some type of weight training program.

Developing a winning culture takes a lot of work from a wide range of people. Coaches, administration, parents, and community members all play a role in the development of children. Getting everyone on the same page is the job of the head coach. Problems need to be addressed immediately, and one has to remain positive even through the rough times. There are a lot of moving parts to a successful, but once the machine is rolling it gets much easier.



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About Coaches vs. Cancer

The Coaches vs. Cancer program is a nationwide collaboration between the American Cancer Society and the National Association of Basketball Coaches (NABC). This initiative leverages the personal experiences, community leadership, and professional excellence of coaches nationwide to increase cancer awareness and promote healthy living through year-round awareness efforts, fundraising activities, and advocacy programs. Through the Coaches vs. Cancer program, coaches of any sport can help increase cancer awareness and promote healthy living among students, faculty and staff, fans, and the community at large through year-round awareness efforts, fundraising activities, and advocacy programs. Since 1993, high school and college coaches have raised more than \$100 million to support the American Cancer Society's fight against cancer.

The coach is the key player!

As a coach, you serve as a community leader and as a role model in your school. The Coaches vs. Cancer program presents an excellent opportunity to enhance your school's community relations and create a positive image for your coaching staff, athletic program, and the school. Participating in the Coaches vs. Cancer program is fun, and it teaches valuable charitable and character-building lessons as well. Coaches and players of any sport can participate, and getting involved is easy!

How can coaches and athletic directors help spread the word about the Coaches vs. Cancer program?

As leaders on their campuses and in their communities, coaches and athletic directors have a valuable voice and presence. Harness it by speaking at section meetings and sport head meetings, talking with other coaches and administrators, and challenging people to participate. The American Cancer Society can provide you with necessary materials to help you talk about the Coaches vs. Cancer program in meetings and presentations.

How does the American Cancer Society save lives?

With support from participating coaches and athletes alike, the American Cancer Society saves lives every day by helping people stay well by taking steps to prevent cancer or detect it early, helping people get well with hands-on support and services for patients and loved ones, finding cures through groundbreaking research, and fighting back by rallying communities worldwide and working with legislators to pass laws that defeat cancer. Visit cancer.org to learn more.

The American Cancer Society has teamed up with the Nebraska Coaches Association to fight cancer through the Nebraska High School Winter Sports Coaches vs. Cancer program. This program is endorsed by the Nebraska School Activities Association and the Nebraska State Athletic Administrators Association. Coaches of any winter sport will have the chance to fight cancer through the Coaches vs. Cancer program. While January is the suggested timeline for your activity, feel free to consider the entire winter season an option to participate.



Contact: Amanda Wilson | Social Media/Community Development
Phone: 402.360.3343 or amanda.wilson@nca.org

A Balanced Program

Leigh Ann Fetter-Witt - Swimming & Diving Head Coach - Lincoln Southwest

Photo courtesy of Lincoln-Journal-Star



In swimming there is an abundance of over training and unnecessary yardage being inflicted on our high school swimmers. Unfortunately, this is driving many of our athletes out of the sport. With high school and college swimming emphasizing the sprint events, most athletes are trying to gravitate towards those events in order to be marketable if they want to continue their swimming career into

college. The problem with that is we are now swinging to the other end of the spectrum with only doing high intensity repeats in our practices.

I believe there needs to be a balance with both. This is where your seasonal plan comes into play. At the beginning of the season there needs to be a gradual increase in aerobic yardage to get the athlete prepared to swim their events. As the season goes on, more sprints need to be incorporated throughout the workout. There becomes a balance between the two. I tell my swimmers when getting up to sprint there needs to be a “maximum intensity” involved. Anyone can swim day in and day out at the same tempo. If you train at the same tempo all the time, that will carry into your meets. I want their maximum effort when it comes

to racing. We practice that high intensity in their sprinting sets. I ask them to “turn it on” and “turn it off” when it comes to their maximum speed. They need to be aware of the tempo they are trying to hold in particular events. In a sense, they need to know how to change gears when called upon.

One of my favorite sprint sets to change the tempo is what many call variable 25’s. We will go sets of 4 x 25’s. 1) moderate 2) 12 ½ fast, easy 3) 12 ½ easy, fast 4) all fast. Usually we will go 4 rounds so the IMer’s can go 1 round each stroke. This makes the athlete think about gearing the speed up and down as called upon. The further we get in the season, the more we incorporate these into the practice.

As for our aerobic base, we do a lot of pace swimming. We will start with repeat 50’s trying to hold our fastest, most consistent pace. As the season progresses we move into repeat 100’s, then back to 50’s as the season is finishing up. We try to mix our practices up on a daily basis. Some days are longer and more aerobic, some days are shorter and more intense. Some days may be more freestyle, stroke specific, or IM based. I try to change things up as much as I can. By mixing things up on a daily basis, I feel the swimmers tend to be more focused and sharper in their training. There is a purpose for each and every practice. This in turns keeps the swimmers in the sport longer and hopefully continuing to love the sport.



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The Core Work All Athletes Should Be Performing

We are writing this as a follow-up to our original article in the winter 2016 edition of this magazine. As a short recap, we discussed functional strength versus weight room strength and the importance of ensuring athletes are being trained for functional strength not just weight room strength. We described functional strength as, “functional strength training is not performing every exercise on a stability ball, simultaneously performing bicep curls and barbell squats, or any other nonsense along these lines that has unfortunately gained media attention. Instead, we view functional strength training as training that mimics, or positively reinforces movement patterns that athletes will encounter during practice and competition.” The purpose of this article is to provide a short list of exercises that can be practically applied to strength training programs.

Core exercises are largely viewed as some of the most important for athletes. Here are a few core exercises that are very beneficial for athletes.

1. Shoulder Taps – This exercise starts from a generic push-up position. Ideally, the athlete will have their back feet together and their arms about shoulder-width apart. Upon achieving this position, the athlete will lift one hand from the ground and touch the opposing shoulder in a slow and controlled manner. When an athlete is performing this exercise ensure they are not swaying side to side when touching the opposing shoulder. Often times the starting position described above will be too difficult for an inexperienced lifter/athlete. If this is the case allow the athlete to widen their feet and bring their hands closer together.



2. Plank Series – There are endless variations of a ‘plank series’, but this simple combination is extremely effective. Both exercises will start from a generic plank position. We label the first exercise as ‘reverse flutter kicks’. Basically, the athlete will lift one leg in a slow and controlled manner ~8-10 inches off the ground. The second exercise in this series is ‘arm extensions’. The athlete will simply extend one arm directly out with as little sway as possible. For both of these exercises the athlete should rotate arms and feet (not do one side consecutively).




3. Pallof Press Iso Holds – This exercise is an extremely effective anti-rotational core and oblique exercise. In this case, I will let the picture do most of the talking. From a coaching side- be sure the athlete is in an athletic stance and most importantly make sure the athlete does not have ANY hip shift when performing this exercise. If the athlete’s hips shift and become uneven that means the weight needs to be lowered so the athlete can properly perform the lift. Try starting with 2-3 sets of 10 second holds in each direction and have the athlete do 30 seconds facing each direction to finish one full set (so 10 seconds holds on each side rotating back and forth three times on each side to perform one set).




These are just three examples of several anti-rotational core exercises that can be implemented into your program. Anti-rotational core exercises are crucial for athletes because they help to train the core in a functional way. Don’t waste your time with crunches and leg raises, all these end up doing is creating low back stress (and possible pain) and tight hip flexors (which are usually already tight). Six-packs aka rectus abdominis do not matter in athletics. What do matter are the transverse abdominis and the oblique muscles. Both of which will be trained with these exercises. If you would like to personally contact us with further questions on exercises or programming please feel free to do so.

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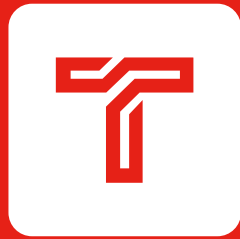
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2017 Nebraska State Leadership & Sportsmanship Summits

The Twitter Vibe #2017NESUMMIT

PIT Crew @PITCreator Truly inspiring to see the active leadership by our Millard South students yesterday at the @NebraskaCoach Leadership Summit at Midland U. Continuing our quest to enhance our front porch! #LeadersDevelopManagersMaintain #TPW @jsutfin @MSHSactivities.

Kloe Sander @KloeSander Be a leader: Develop Inspire Trust Originate Communicate personally Challenge the status Commit fully Set standards.

Jacob Grafelman @GrafelmanJacob Leaders challenge the status quo, managers don't.

klem @jklem4040 Leaders originate, managers imitate.

jp @jordan_peitz Leaders commit and develop personal relationships with their followers. They challenge the status quo and pave the path for others to follow.

liv @olivia_satt Commitment is not conditional.

Cody Wintz @CodyWintz 4 levels of commitment
 1- "I don't care"
 2- "I don't know"
 3- conditional commitment "I'm committed when it's good for me"
 4- "All in!"

NE Coaches Assoc. @NebraskaCoach Big Shout out to @taylor siebert & @StrivTV for enhancing the #2017NESUMMIT.

Ainsworth Bulldogs @go_ahsbulldogs You will never find a great team that's all fun & no work and you will never find one that's all work & no fun.

Sam Heapy @sam_heapy WE > me.

Trevor Fisher @trevfishhh Be committed and challenge the status quo.

CV Football @CVStormFootball Mrs Koenen and I had fun watching these young men and women grow their leadership today. Lots to think about, and great discussions!



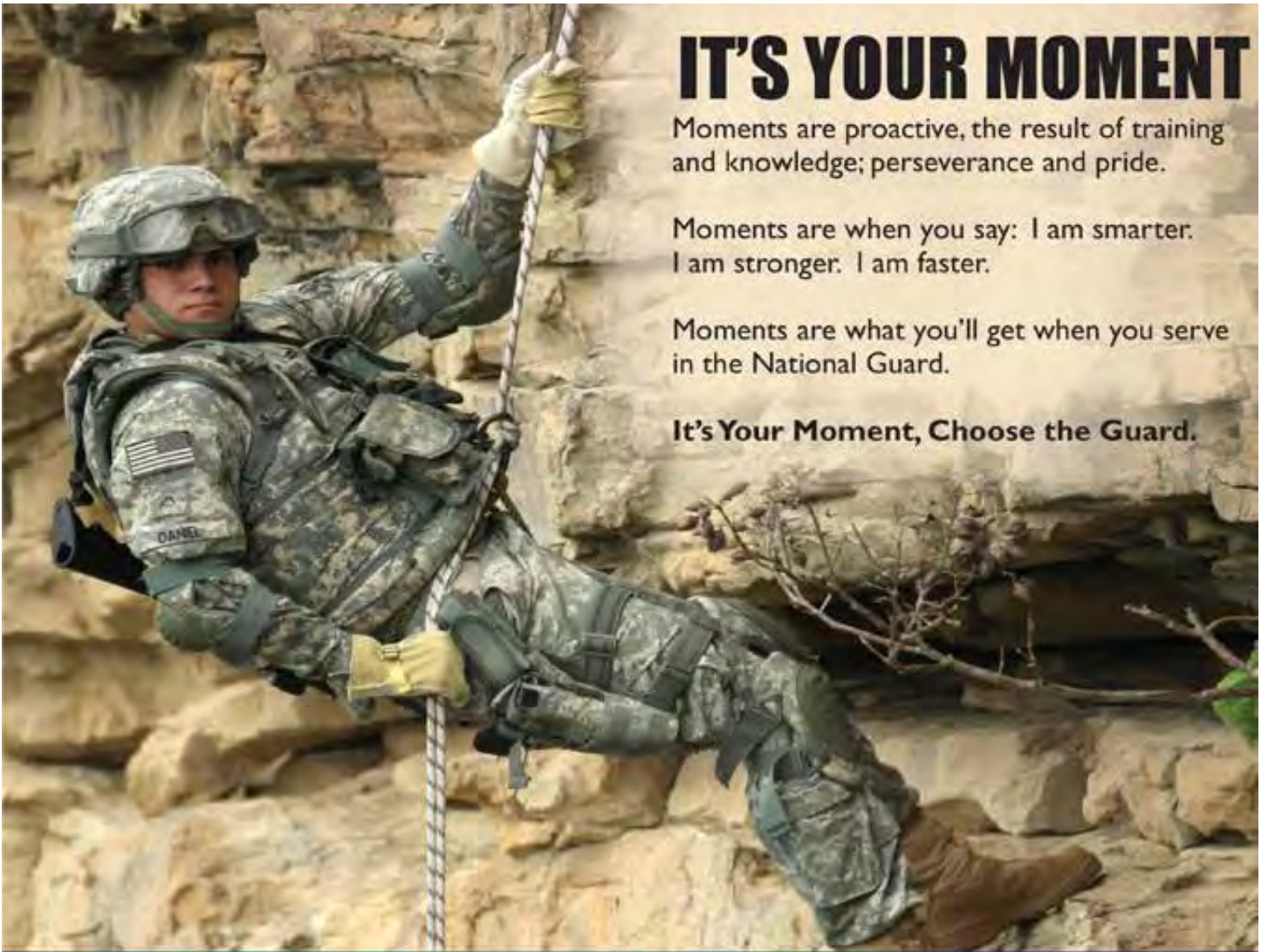
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2017 Boys' Cross Country Super-State & All-State Teams



Photo by Callam Sports Photography

Super-State

Class A

Jacob Ralston, Papillion-La Vista South
Ryan Eastman, Creighton Prep
John Slagle, Creighton Prep
Ethan Goldner, Omaha Westside
Logan Clark, Papillion-La Vista South
Jose Gonzalez, Fremont
Luke Nolley, Lincoln Southwest
John Quigley, Millard West
Jacob Norris, Papillion-La Vista
Mason McDonald, Millard West
CJ Martinez, Fremont
Trevor Ramsdell, Omaha South
Gavin Skorupa, Lincoln Pius X
Masen Louviere, Lincoln Southwest

Class B

Luke Stuckey, York
Jackson Larsen, Omaha Gross Catholic
Zekariya Abdela, South Sioux City
Alexis Hernandez, Lexington

Class C (Medalist)

Aidan Wheelock, Minden

Class D (Medallist)

Elijah Frasher, Aquinas Catholic

All-State

Class A

Top 14 Super-State

Class B

Top 4 Super-State
Xavier Arellano, Gering
Ryan Zavadil, Omaha Skutt Catholic
Noah Hennessey, Omaha Skutt Catholic

Class C

Top 1 Super-State
Brian Santiago, Hartington-Newcastle
Gavin Klein, Holdrege
Tyler Peterson, Holdrege
Jonathan Lindgren,
Boone Central / Newman Grove
Mason Sindelar, Pierce
Lucas Wilkinson, Syracuse

Class D

Top 1 Super-State
Benjamin Arens, Ainsworth
Justin Vrooman, Hastings St. Cecilia
Nathan Holcomb, Gibbon
Devyn Beekman, Malcolm
Ty Shaw, Malcolm
Jacob Sinsel, Ainsworth

2017 Girls' Cross Country Super-State & All-State Teams



Photo by Callam Sports Photography

Super-State

Class A

Gabrielle McGinn, Millard West
Abigail Schmidt, Lincoln East
Jenna Muma, Lincoln East
Elizabeth Kramer, Lincoln Pius X
Abby Heffner, Millard West
Megan Means, Norfolk
Kaylie Crews, Papillion-La Vista South
Lindsey Blehm, Lincoln Southwest
Allison Louthan, Millard North
Lauren Wilwerding, Millard West
Taryn Robinson, Papillion-La Vista South
Hannah Godwin, Kearney

Class B

Mazie Larsen, Gretna
Kaylee Bentley, Scottsbluff
Ally Schilmoeller, Elkhorn South

Class C

Taya Skelton, Fort Calhoun
Ellie Wilkinson, Syracuse
Samantha Weeder,
Boone Central / Newman Grove

Class D

Rylee Rice, Ainsworth
Haley Arens, Crofton

All-State

Class A

Top 12 Super-State

Class B

Top 3 Super-State
Allison Pachunka, Omaha Skutt Catholic
Tukker Romey, Gering
Madison Smith, Lexington
Samantha Palermo, Norris

Class C

Top 3 Super-State
Lucia McKeag, Ogallala
Avery McKennan, Fort Calhoun
Jordan Soto-Stopak,
Boone Central / Newman Grove
Allie Binder, Auburn

Class D

Top 2 Super-State
Sable Lambley, Dundy County-Stratton
Kaitlyn Roach, Doniphan-Trumbull
Micheala Kelley, Burwell
Aleisha McDonald, Johnson County Central
Grace Jacobson, Fillmore Central



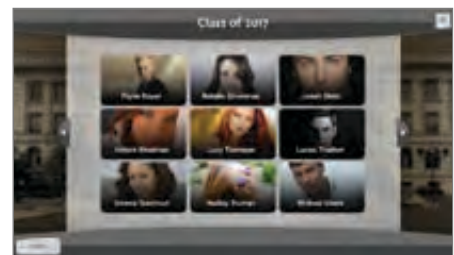
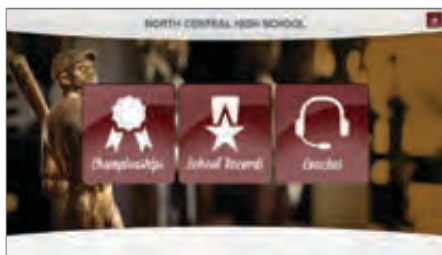
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2017 Boys' Tennis All-State Teams



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Class A

First Team

William Gleason, Lincoln Southwest (Captain)
Brett Slezak, Omaha Creighton Prep
Ethan Neil, Papillion-La Vista
Duncan Works, Lincoln Southwest
Connor Vandewege, Lincoln East
Joseph Harris, Lincoln Southwest

Second Team

Nicholas O'Shea, Lincoln Southwest
Jackson Bergmeyer, Lincoln Southeast
Garrett Starman, Millard North
William Everett, Lincoln Southeast
Caleb Bowman, Lincoln Southwest
Grady Works, Lincoln Southwest
Samuel Faulk, Millard North

Honorable Mention

Tyler Conant, Caleb Lemon; Bellevue West
Alex Uhlig, Grant Stadler; Columbus
Alexander Bigsby, Austin Callahan,
Brennan Callahan; Fremont
Braeden Anderson, Kaleb Strawhecker,
Max Rademacher, Phillip Tran, Kollin Goff, Chase Liesinger; Kearney
Jordan Stoehr, Nathan Grof,
Richard Batelaan; Lincoln East
Matthew Jockers, William Brandt, Ethan Bruha, Alexander Harmann;
Lincoln High
Graham Peterson, Grant Roscoe, Milo Ciotti, Spencer Allgood;
Lincoln Southeast
Benjamin Starman, Nicholas St. Onge,
Isaac Sivinski, Tristan Proulx-Morin; Millard North
Cameron Crump, Ian Haakinson; Millard South
Parker Hansen; Norfolk
Francisco Jose Gonzalez Banos; Omaha Central
Brian O'Flanagan, Michael McClellan, Ryan McNamara, Daniel
Kowal, Andrew Doehner, Jacob Samuelson,
Mac Nelson; Omaha Cr. Prep
Jordan Rhyner, Jake Bonnett; Omaha Westside
Caleb Feekin, Nicholas Ripa, Syed Sadiq, Cole Wilson, John Tencer;
Papillion-LaVista
Joe Bindl, Michael Feldmann; Papillion-LaVista South

Class B

First Team

Mason Meier, Elkhorn South (Captain)
Jacob Weber, Gretna
Spencer Anderson, Holdrege
Zachary Weber, Gretna
Mason Warner, Lincoln Pius X
Isaac Gart, Mount Michael Benedictine

Second Team

Jonathan Fink, Elkhorn South
Jett Petit, Holdrege
Samuel Coy, Lincoln Pius X
Benjamin Fink, Elkhorn South
Will Ulrich, Lincoln Pius X
Joseph Plachy, Lincoln Pius X

Honorable Mention

Thomas Hunt, Nolan Sughroue; Adams Central
Dillon Damme, Sam Steffen; Beatrice
Wyatt Behlen, Zach Byar; Elkhorn
Seth Fink, Jack Kitson, Smaran Marupudi; Elkhorn South
Thomas Childers, Gavin Fox, Carson Hamik; GICC
Evan Behran, Gage Gibson; Gretna
Brett Schrock, Charles Weed; Holdrege
Connor Conrad, Brandt Groskreutz, Joel Poland;
Kearney Catholic
Bryan Nguyen, Tanner Rowe; Lexington
Joseph Burt, Jake Wilkinson; Lincoln Pius X
Sam Knoll, Spencer Krysl, Zion Moyer; McCook
Joe Hitzamamm, Douglas Jamal, Adam Orr, Nicholas Orr;
Mt. Michael Benedictine
Conner Crosby; Omaha Brownell Talbot/Concordia
Alexander Hughes; Omaha Gross Catholic
Dalton Mogul, Ty Schneider, Mason Wright; York

2017 Girls' Golf Super-State & All-State Teams



Photo by Callam Sports Photography

Super-State:

Danica Badura, Aurora
Abigail Cornelius, Cozad
Jalea Culliver, Omaha Marian
Kristin Goertz, Omaha Duchesne Academy
Ricki Hickstein, Chadron
Aspen Luebbe, Columbus
Kira Mestl, Ogallala
Paige Peters, TC
Kendra Placke, Seward
Shelby Poynter, Scottsbluff
Peyton Savington, Papillion-La Vista
Baylee Steele, North Platte
Alyssa Troutd, Kearney
Cassidy Ulrich, Hartington Cedar Catholic
Megan Whittaker, Elkhorn South



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A	Shannon Stenger	Papillion-La Vista South
B	Chris Gannon	Omaha Skutt Catholic
C	Steph Fuehrer	Holdrege
D	Brie Pulec	Malcolm

Girls' Cross Country

A	Colin Johnston	Millard West
B	Ron Haden/Tony Sigler	Aurora
C	Steph Fuehrer	Holdrege
D	Jared Hansmeyer	Ainsworth

Boy' Tennis

A	Dennis Hershberger	Lincoln Southwest
B	Lance Kush	Elkhorn South

Girls' Golf

A	Mimi Ramsbottom	Elkhorn South
B	Jeff Nielsen	Omaha Duchesne Academy
C	Kim Mestl	Ogallala

Softball

A	Todd Petersen	Papillion-La Vista
B	Shawn Carr	Crete
C	Dave Brabec	Bishop Neumann

Volleyball

A	Amy McLeay	Omaha Marian
B	Renee Saunders	Omaha Skutt Catholic
C1	Trisha Larson	Wahoo
C2	Kelsea Blevins	Superior
D1	Tera Stutheit	Johnson-Brock
D2	Darcy White	Exeter-Milligan

Football

A	Larry Martin	Omaha North
B	Glen Snodgrass	York
C1	Jeff Bellar	Norfolk Catholic
C2	Dan Krajicek	Yutan
D1	Shawn Biltoft	East Butler
D2	Mark Rotter/Chris Ardissono	Bruning-Davenport-Shickley



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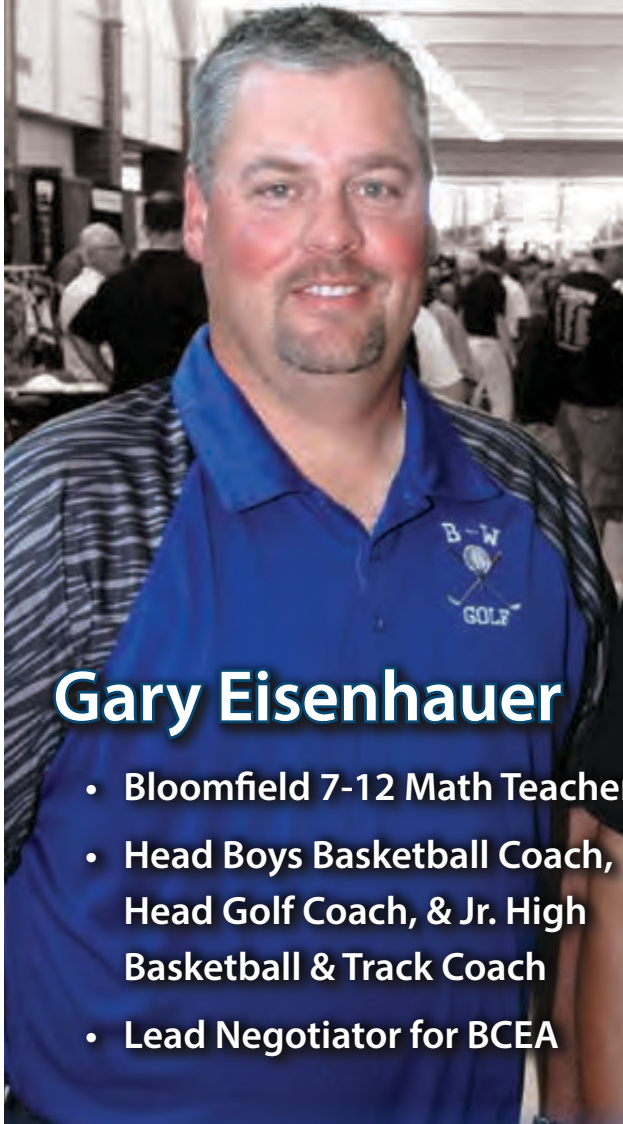
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- Head Boys Basketball Coach, Head Golf Coach, & Jr. High Basketball & Track Coach
- Lead Negotiator for BCEA

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- Football Coach, Basketball Assistant Coach
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Volleyball Sportsmanship Awards



Class A – Omaha Marian



Class B – Omaha Duchesne



Class C1 – Grand Island Central Catholic



Class C2 – Hartington Cedar Catholic



Class D1 – Bruning-Davenport-Shickley



Class D2 – Ewing



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- Beans
- Fruits & Vegetables

Protein

Delivers amino acids for proper muscle recovery with foods like:

- Meat
- Fish
- Eggs
- Soy
- Cheese
- Greek yogurt
- Milk

Hydration

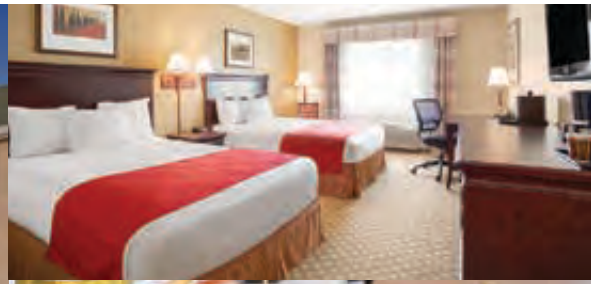
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