

**NEBRASKA COACHES ASSOCIATION
MULTI-SPORTS CLINIC
JULY 24-26, 2012
LINCOLN NORTH STAR HIGH SCHOOL**

UNDERWRITTEN BY:

Nebraska Orthopaedic & Sports Medicine
National Wrestling Coaches Association
Hudl

Lincoln Convention & Visitors Bureau
Russell Athletics
Country Inn & Suites – Lincoln
Scheels

Nebraska National Guard
Baden Sports
Sid Dillon

Registration: Prior to attending any session, all coaches, athletic directors, and vendors must secure a badge before they may enter the clinic area. Coaches and AD's are asked to use the main entrance on the east side of North Star High School and vendors are asked to utilize the west entrance.

Parking: Parking for coaches and AD's is the main parking area on the east/southeast side of North Star. Vendors are asked to park west of the building.

NOTE: Speakers, schedules, and topics are subject to change. For up-to-date changes, if any, please log on to the NCA web page at ncacoach.org.

SPECIAL SESSIONS

Tuesday, July 24

7:00 a.m.

10:45 a.m. – 12:00 p.m.

1:15 p.m. – 2:30 p.m.

2:45 p.m. – 4:15 p.m.

2:45 p.m. – 4:15 p.m.

2:45 p.m. – 3:45 p.m.

2:45 p.m. – 3:45 p.m.

REGISTRATION AND EXHIBIT AREA OPEN

Bob Knight Autograph Session– Presented by Baden Sports and the NSAA

KEYNOTE ADDRESS: CHRIS CREIGHTON, DRAKE UNIVERSITY- "COACHING ABOVE THE CLOUDS"

IMPACT-Baseline Testing & Training, NE Sports Concussion Network, Sign Up at NE Orthopaedic & Sports Medicine Booth
Care & Prevention of Athletic Injuries- Taping Sessions for Coaches

Steve Silvey, Plano, TX- "All Sports Speed Development"

Community Asthma Education Initiative Presentation

Wednesday, July 25

7:00 a.m.

9:00 a.m. – 10:30 a.m.

9:00 a.m. – 1:00 p.m.

1:15 p.m. – 2:30 p.m.

2:45 p.m. – 4:15 p.m.

2:45 p.m. – 4:15 p.m.

Blood Drive - Nebraska Community Blood Bank on Site – "Be the Type that Gives" - Presented by Sid Dillon & Scheels

REGISTRATION AND EXHIBIT AREA OPEN

Care & Prevention of Athletic Injuries- Taping Sessions for Coaches

FCA Wives Breakout Sessions/Lunch- NSAA Building

KEYNOTE ADDRESS: STEVE GILLILAND- "ENJOY THE RIDE"

IMPACT-Baseline Testing & Training, NE Sports Concussion Network, Sign Up at NE Orthopaedic & Sports Medicine Booth
Care & Prevention of Athletic Injuries- Taping Sessions for Coaches

Thursday, July 26

7:00 a.m.

7:30 a.m. – 8:30 a.m.

8:30 a.m. – 9:30 a.m.

9:45 a.m. – 10:45 a.m.

11:00 a.m. – 12:00 p.m.

REGISTRATION AND EXHIBIT AREA OPEN

Fellowship of Christian Athletes- "3-Dimensional Pyramid of Coaching Success"

Carl Pierson, Waconia HS, MN- "How Coaches Can Turn Parent Complaints Into Compliments" Part I

Carl Pierson, Waconia HS, MN- "How Coaches Can Turn Parent Complaints Into Compliments" Part II

Jay Terry, University of Nebraska- "Overview of Helmet & Shoulder Pad Fitting"

ATHLETIC DIRECTORS

Tuesday, July 24

7:00 a.m.

8:15 a.m. – 9:15 a.m.

9:30 a.m. – 10:30 a.m.

10:45 a.m. – 12:00 p.m.

12:00 p.m. – 1:15 p.m.

1:15 p.m. – 2:30 p.m.

2:45 p.m. – 3:45 p.m.

2:45 p.m. – 3:45 p.m.

REGISTRATION AND EXHIBIT AREA OPEN

Bob Knight, ESPN- "Basketball- Various Aspects of Offensive Play – Presented by Baden Sports and the NSAA

Bob Knight, ESPN- "Basketball- Various Aspects of Offensive Play – Presented by Baden Sports and the NSAA

Visit Exhibits & Bob Knight Autograph Session – Presented by Baden Sports and the NSAA

Lunch on your own

KEYNOTE ADDRESS: CHRIS CREIGHTON, DRAKE UNIVERSITY- "COACHING ABOVE THE CLOUDS"

NSAA- Required New AD Meeting Part I (Must attend Tuesday & Wednesday Sessions for NSAA credit)

Chris Creighton, Drake University- "Building Team Leaders"

Community Asthma Education Initiative Presentation

Wednesday, July 25

7:00 a.m.

8:15 a.m. – 9:15 a.m.

9:30 a.m. – 10:30 a.m.

10:45 a.m. – 12:00 p.m.

12:00 p.m. – 1:15 p.m.

1:15 p.m. – 2:30 p.m.

2:45 p.m. – 3:45 p.m.

Blood Drive - Nebraska Community Blood Bank on Site – "Be the Type that Gives" - Presented by Sid Dillon & Scheels

REGISTRATION AND EXHIBIT AREA OPEN

Dave Crowell, Nazareth HS, PA- "Much-Needed Leadership in Scholastic Athletics"

Dave Crowell, Nazareth HS, PA- "The Athletic Director: The 'Problem-Preventer'"

District & Sports Meetings

Lunch on Your Own

KEYNOTE ADDRESS: STEVE GILLILAND- "ENJOY THE RIDE"

NSAA- Required New AD Meeting Part II & "NSAA Web Site" (Must attend Tuesday & Wednesday Sessions for NSAA credit)

Thursday, July 26

7:00 a.m.

8:30 a.m. – 9:30 a.m.

9:45 a.m. – 10:45 a.m.

11:00 a.m. – 12:00 p.m.

REGISTRATION AND EXHIBIT AREA OPEN

Carl Pierson, Waconia HS, MN- "How Coaches Can Turn Parent Complaints into Compliments" Part I

Carl Pierson, Waconia HS, MN- "How Coaches Can Turn Parent Complaints into Compliments" Part II

Hudl- "Using Video to Dominate as a School"

FOOTBALL

Tuesday, July 24

7:00 a.m.

8:15 a.m. – 9:15 a.m.

9:30 a.m. – 10:30 a.m.

10:45 a.m. – 12:00 p.m.

12:00 p.m. – 1:15 p.m.

1:15 p.m. – 2:30 p.m.

2:45 p.m. – 3:45 p.m.

2:45 p.m. – 3:45 p.m.

REGISTRATION AND EXHIBIT AREA OPEN

Tim Teykl, B.F. Terry HS, Rosenberg, TX- “Are you Frozen-In or Burned-Out”

Tim Teykl, B.F. Terry HS, Rosenberg, TX- “Having a Blast with the Split-Back Veer”

Visit Exhibits & Bob Knight Autograph Session – Presented by Baden Sports and the NSAA

Lunch on your own

KEYNOTE ADDRESS: CHRIS CREIGHTON, DRAKE UNIVERSITY- “COACHING ABOVE THE CLOUDS”

Chris Creighton, Drake University- “Building Team Leaders”

Steve Silvey, Plano, TX- “All Sports Speed Development”

Wednesday, July 25

7:00 a.m.

8:15 a.m. – 9:15 a.m.

9:30 a.m. – 10:30 a.m.

10:45 a.m. – 12:00 p.m.

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2:45 p.m. – 3:45 p.m.

Blood Drive - Nebraska Community Blood Bank on Site – “Be the Type that Gives” - Presented by Sid Dillon & Scheels

REGISTRATION AND EXHIBIT AREA OPEN

Josh Gehring, Midland University- “QB Development”

Josh Gehring, Midland University- “IMPACT Leadership – Player Development”

District Meetings, Sports Meetings, Visit Exhibits

Lunch on Your Own

KEYNOTE ADDRESS: STEVE GILLILAND- “ENJOY THE RIDE”

Rick Kaczinski, University of Nebraska- “Run Fundamentals & Pass Game Stunts”

Thursday, July 26

7:00 a.m.

8:30 a.m. – 9:30 a.m.

9:45 a.m. – 10:45 a.m.

11:00 a.m. – 12:00 p.m.

REGISTRATION AND EXHIBIT AREA OPEN

NSAA FOOTBALL RULES MEETING & Nebraska Shrine Bowl Player Nomination

Hudl – “Using Video to Dominate Football”

Jay Terry, University of Nebraska- “Overview of Helmet & Shoulder Pad Fitting”

FOOTBALL 8-MAN

Tuesday, July 24

7:00 a.m.

8:15 a.m. – 9:15 a.m.

9:30 a.m. – 10:30 a.m.

10:45 a.m. – 12:00 p.m.

12:00 p.m. – 1:15 p.m.

1:15 p.m. – 2:30 p.m.

2:45 p.m. – 3:45 p.m.

2:45 p.m. – 3:45 p.m.

REGISTRATION AND EXHIBIT AREA OPEN

Tim Teykl, B.F. Terry HS, Rosenberg, TX- “Are you Frozen-In or Burned-Out”

Hudl – “Using Video to Dominate in 8-Man Football”

Visit Exhibits & Bob Knight Autograph Session – Presented by Baden Sports and the NSAA

Lunch on your own

KEYNOTE ADDRESS: CHRIS CREIGHTON, DRAKE UNIVERSITY- “COACHING ABOVE THE CLOUDS”

Chris Creighton, Drake University- “Building Team Leaders”

Steve Silvey, Plano, TX- “All Sports Speed Development”

Wednesday, July 25

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Blood Drive - Nebraska Community Blood Bank on Site – “Be the Type that Gives” - Presented by Sid Dillon & Scheels

REGISTRATION AND EXHIBIT AREA OPEN

Josh Gehring, Midland University- “QB Development”

Jerry Voorhees & Brent Overmiller, Thunder Ridge HS, KS- “Longhorn 3-3 Cover 2 Defense”

District & Sports Meetings

Lunch on Your Own

KEYNOTE ADDRESS: STEVE GILLILAND- “ENJOY THE RIDE”

Rick Kaczinski, University of Nebraska- “Run Fundamentals & Pass Game Stunts”

Thursday, July 26

7:00 a.m.

8:30 a.m. – 9:30 a.m.

9:45 a.m. – 10:45 a.m.

11:00 a.m. – 12:00 p.m.

REGISTRATION AND EXHIBIT AREA OPEN

NSAA FOOTBALL RULES MEETING

Jerry Voorhees & Brent Overmiller, Thunder Ridge, HS, KS- “Longhorn Football Philosophy”

Jay Terry, University of Nebraska- “Overview of Helmet & Shoulder Pad Fitting”

VOLLEYBALL

Tuesday, July 24

7:00 a.m.

8:15 a.m. – 9:15 a.m.

9:30 a.m. – 10:30 a.m.

10:45 a.m. – 12:00 p.m.

12:00 p.m. – 1:15 p.m.

1:15 p.m. – 2:30 p.m.

2:45 p.m. – 3:45 p.m.

2:45 p.m. – 3:45 p.m.

REGISTRATION AND EXHIBIT AREA OPEN

Jean Kesterson, Cathedral HS, IN- “Designing Efficient and Effective Practices For All Levels of Play”

Jean Kesterson, Cathedral HS, IN- “The Keys to Success - Serve and Serve Receive”

Visit Exhibits & Bob Knight Autograph Session – Presented by Baden Sports and the NSAA

Lunch on your own

KEYNOTE ADDRESS: CHRIS CREIGHTON, DRAKE UNIVERSITY- “COACHING ABOVE THE CLOUDS”

Hudl- “Using Video to Dominate in Volleyball”

Steve Silvey, Plano, TX- “All Sports Speed Development”

Wednesday, July 25

7:00 a.m.

8:15 a.m. – 9:15 a.m.

9:30 a.m. – 10:30 a.m.

10:45 a.m. – 12:00 p.m.

12:00 p.m. – 1:15 p.m.

Blood Drive - Nebraska Community Blood Bank on Site – “Be the Type that Gives” - Presented by Sid Dillon & Scheels

REGISTRATION AND EXHIBIT AREA OPEN

Christi Posey, University of Missouri Kansas City- “Ball Control Drills”

Christi Posey, University of Missouri Kansas City- “Tips & Training to Make Your Team More Competitive”

District Meetings, Sports Meetings, Visit Exhibits

Lunch on Your Own

1:15 p.m. – 2:30 p.m.
2:45 p.m. – 3:45 p.m.

KEYNOTE ADDRESS: STEVE GILLILAND- “ENJOY THE RIDE”
Dan Connors, University of Nebraska- “Building Your Defense Around the Swing Block”

Thursday, July 26

7:00 a.m.
8:30 a.m. – 9:30 a.m.
9:45 a.m. – 10:45 a.m.
11:00 a.m. – 12:00 p.m.

REGISTRATION AND EXHIBIT AREA OPEN
Anne Kordes, University of Louisville- “Setter Training Part I”
Anne Kordes, University of Louisville- “Setter Training Part II”
NSAA VOLLEYBALL RULES MEETING

BASKETBALL

Tuesday, July 24

7:00 a.m.
8:15 a.m. – 9:15 a.m.
9:30 a.m. – 10:30 a.m.
10:45 a.m. – 12:00 p.m.
12:00 p.m. – 1:15 p.m.
1:15 p.m. – 2:30 p.m.
2:45 p.m. – 3:45 p.m.
2:45 p.m. – 3:45 p.m.

REGISTRATION AND EXHIBIT AREA OPEN
Bob Knight, ESPN- “Various Aspects of Offensive Play” Presented by Baden & NSAA
Bob Knight, ESPN- “Various Aspects of Offensive Play” Presented by Baden & NSAA
Visit Exhibits & Bob Knight Autograph Session – Presented by Baden Sports and the NSAA
Lunch on your own
KEYNOTE ADDRESS: CHRIS CREIGHTON, DRAKE UNIVERSITY- “COACHING ABOVE THE CLOUDS”
Steve Silvey, Plano, TX- “All Sports Speed Development”
Eric Behrens, Omaha Central HS, NE- “Central’s Defensive System”

Wednesday, July 25

7:00 a.m.
8:15 a.m. – 9:15 a.m.
9:30 a.m. – 10:30 a.m.
10:45 a.m. – 12:00 p.m.
12:00 p.m. – 1:15 p.m.
1:15 p.m. – 2:30 p.m.
2:45 p.m. – 3:45 p.m.

Blood Drive - Nebraska Community Blood Bank on Site – “Be the Type that Gives” - Presented by Sid Dillon & Scheels
REGISTRATION AND EXHIBIT AREA OPEN
Drew Olson, Concordia University, NE- “Set Plays”
Drew Olson, Concordia University, NE- “Full Court Press”
District & Sports Meetings
Lunch on Your Own
KEYNOTE ADDRESS: STEVE GILLILAND- “ENJOY THE RIDE”
Hudl- “Using Video to Dominate in Basketball”

Thursday, July 26

7:00 a.m.
8:30 a.m. – 9:30 a.m.
9:45 a.m. – 10:45 a.m.
11:00 a.m. – 12:00 p.m.

REGISTRATION AND EXHIBIT AREA OPEN
Chip Bahe, Millard North- “Drills for the Motion Offense”
NSAA BASKETBALL RULES MEETING
Ryun Williams, University of South Dakota- “Quick Hitters”

WRESTLING

Tuesday, July 24

7:00 a.m.
8:15 a.m. – 9:15 a.m.
9:30 a.m. – 10:30 a.m.
10:45 a.m. – 12:00 p.m.
12:00 p.m. – 1:15 p.m.
1:15 p.m. – 2:30 p.m.
2:45 p.m. – 3:45 p.m.

****All Sessions Presented by: The National Wrestling Coaches Association****
REGISTRATION AND EXHIBIT AREA OPEN
Dave Crowell, Nazareth HS, PA- "Developing A System for Your Team"
Dave Crowell, Nazareth HS, PA- "A Plan for 'Getting Out' from Bottom"
Visit Exhibits & Bob Knight Autograph Session – Presented by Baden Sports and the NSAA
Lunch on your own
KEYNOTE ADDRESS: CHRIS CREIGHTON, DRAKE UNIVERSITY- “COACHING ABOVE THE CLOUDS”
Dave Crowell, Nazareth HS, PA- "Good Coach, Great Program: Essentials for Success"

Wednesday, July 25

7:00 a.m.
8:15 a.m. – 9:15 a.m.
9:30 a.m. – 10:30 a.m.
10:45 a.m. – 12:00 p.m.
12:00 p.m. – 1:15 p.m.
1:15 p.m. – 2:30 p.m.
2:45 p.m. – 3:45 p.m.

Blood Drive - Nebraska Community Blood Bank on Site – “Be the Type that Gives” - Presented by Sid Dillon & Scheels
REGISTRATION AND EXHIBIT AREA OPEN
Mike Hagerty, Blue Springs HS, MO- “Tips on Building and Maintaining a High School Wrestling Program”
Mike Hagerty, Blue Springs HS, MO- “Building Core Skills/Technique/Tactics and Drills in Your Practice Room”
District & Sports Meetings
Lunch on Your Own
KEYNOTE ADDRESS: STEVE GILLILAND- “ENJOY THE RIDE”
Hudl & Ron Higdon, Formerly UNO- “Using Video to Dominate in Wrestling”

Thursday, July 26

7:00 a.m.
8:30 a.m. – 9:30 a.m.
9:45 a.m. – 10:45 a.m.
11:00 a.m. – 12:00 p.m.

REGISTRATION AND EXHIBIT AREA OPEN
Ron Higdon, NSAA- “Information for the 2012-13 Wrestling Season”
Marc Bauer, University of Nebraska Kearney- “Counter Leg Attacks - Floating Defense”
Marc Bauer, University of Nebraska Kearney- “Ingredients for a Successful Season”

GOLF

Tuesday, July 24

7:00 a.m.
8:15 a.m. – 9:15 a.m.
9:30 a.m. – 10:30 a.m.
10:45 a.m. – 12:00 p.m.
12:00 p.m. – 1:15 p.m.
1:15 p.m. – 2:30 p.m.

at Lincoln North Star High School
REGISTRATION AND EXHIBIT AREA OPEN
Craig Ames, Nebraska Golf Association- “Conducting a Competition Part I”
Craig Ames, Nebraska Golf Association- “Conducting a Competition Part II”
Visit Exhibits & Bob Knight Autograph Session – Presented by Baden Sports and the NSAA
Lunch on your own
KEYNOTE ADDRESS: CHRIS CREIGHTON, DRAKE UNIVERSITY- “COACHING ABOVE THE CLOUDS”

Wednesday, July 25

7:00 a.m.
8:15 a.m. – 9:15 a.m.
9:30 a.m. – 10:30 a.m.
10:45 a.m. – 12:00 p.m.
12:00 p.m. – 1:15 p.m.
1:15 p.m. – 2:30 p.m.

Morning Sessions at UNL East Campus – 203 Keim

(Blood Drive - Nebraska Community Blood Bank on Site at Lincoln North Star HS) "Be the Type that Gives"

REGISTRATION AND EXHIBIT AREA OPEN
Scott Holly, UNL PGA Golf Management- "The Use of Video Technology for Junior Golfers, Part I"
Brad Goetsch, UNL PGA Golf Management- "The Use of Video Technology for Junior Golfers, Part II"
District Meetings, Sports Meetings, Visit Exhibits
Lunch on Your Own
KEYNOTE ADDRESS: STEVE GILLILAND- "ENJOY THE RIDE"

Thursday, July 26

7:00 a.m.
8:30 a.m. – 9:30 a.m.
9:45 a.m. – 10:45 a.m.
11:00 a.m. – 12:00 p.m.

at West Nine Firethorn Golf Course

REGISTRATION AND EXHIBIT AREA OPEN AT LINCOLN NORTH STAR HS
Jim White & Greg Johannesen, West Nine Firethorn- "Player Performance and Their Equipment"
Jim White & Greg Johannesen, West Nine Firethorn- "Critical Fundamentals for Success"
Jim White & Greg Johannesen, West Nine Firethorn- "Playing the Game: "Short Game vs. Long Game"

CROSS COUNTRY

Tuesday, July 24

7:00 a.m.
8:15 a.m. – 9:15 a.m.
9:30 a.m. – 10:30 a.m.
10:45 a.m. – 12:00 p.m.
12:00 p.m. – 1:15 p.m.
1:15 p.m. – 2:30 p.m.
2:45 p.m. – 3:45 p.m.

REGISTRATION AND EXHIBIT AREA OPEN
Chris Suppes, Fort Collins HS, CO- "The Difference of Coaching Boys & Girls – Part I"
Chris Suppes, Fort Collins HS, CO- "The Difference of Coaching Boys & Girls – Part II"
Visit Exhibits & Bob Knight Autograph Session – Presented by Baden Sports and the NSAA
Lunch on your own
KEYNOTE ADDRESS: CHRIS CREIGHTON, DRAKE UNIVERSITY- "COACHING ABOVE THE CLOUDS"
Steve Silvey, Plano, TX- "All Sports Speed Development"

Wednesday, July 25

7:00 a.m.
8:15 a.m. – 9:15 a.m.
9:30 a.m. – 10:30 a.m.
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12:00 p.m. – 1:15 p.m.
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2:45 p.m. – 3:45 p.m.

Blood Drive - Nebraska Community Blood Bank on Site – "Be the Type that Gives" - Presented by Sid Dillon & Scheels

REGISTRATION AND EXHIBIT AREA OPEN
Rick Weinheimer, Columbus North HS, IN- "Coaching, Teaching, and Seeking Excellence"
Rick Weinheimer, Columbus North HS, IN- "Delivering Oxygen to Deliver Fast Racing"
District Meetings, Sports Meetings, Visit Exhibits
Lunch on Your Own
KEYNOTE ADDRESS: STEVE GILLILAND- "ENJOY THE RIDE"
Ted Bulling, Ph.D., Nebraska Wesleyan University- "Cross Country Training & Philosophy"

Thursday, July 26

7:00 a.m.
8:30 a.m. – 9:30 a.m.
9:45 a.m. – 10:45 a.m.
11:00 a.m. – 12:00 p.m.

REGISTRATION AND EXHIBIT AREA OPEN
Visit Exhibits
Ryan Salem, Lincoln Southwest HS, NE- "Aerobic Conditioning for a Season of Cross Country Success"
Ryan Salem, Lincoln Southwest HS, NE- "Cross Country Workouts that Work"

TRACK & FIELD

Tuesday, July 24

7:00 a.m.
8:15 a.m. – 9:15 a.m.
9:30 a.m. – 10:30 a.m.
10:45 a.m. – 12:00 p.m.
12:00 p.m. – 1:15 p.m.
1:15 p.m. – 2:30 p.m.
2:45 p.m. – 3:45 p.m.

REGISTRATION AND EXHIBIT AREA OPEN
Steve Silvey, Plano, TX- "Sprint Training for 100 & 200 meters"
Steve Silvey, Plano, TX- "Cutting Edge Hurdling (110 & 300 Hurdles)"
Visit Exhibits & Bob Knight Autograph Session – Presented by Baden Sports and the NSAA
Lunch on your own
KEYNOTE ADDRESS: CHRIS CREIGHTON, DRAKE UNIVERSITY- "COACHING ABOVE THE CLOUDS"
Sara Domeier, Lincoln North Star HS- "Using Core & Learning How to Run Fast When Tired (400 and 800m)"

Wednesday, July 25

7:00 a.m.
8:15 a.m. – 9:15 a.m.
9:30 a.m. – 10:30 a.m.
10:45 a.m. – 12:00 p.m.
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2:45 p.m. – 3:45 p.m.

Blood Drive - Nebraska Community Blood Bank on Site – "Be the Type that Gives" - Presented by Sid Dillon & Scheels

REGISTRATION AND EXHIBIT AREA OPEN
Rick Weinheimer, Columbus North HS, IN- "Coaching, Teaching, and Seeking Excellence"
Derek Frese, Assistant Coach, Nebraska Wesleyan University- "Shot Put Technique & Training"
District Meeting, Sports Meetings, Visit Exhibits
Lunch on Your Own
KEYNOTE ADDRESS: STEVE GILLILAND- "ENJOY THE RIDE"
Derek Frese, Assistant Coach, Nebraska Wesleyan University- "Discus Technique & Training"

Thursday, July 26

7:00 a.m.
8:30 a.m. – 9:30 a.m.
9:45 a.m. – 10:45 a.m.

REGISTRATION AND EXHIBIT AREA OPEN
Bob Feurer, North Bend Central HS, NE- "Throws: The Butterfly Effect: It's a Whole Bunch of Little Things"
Bob Feurer, North Bend Central HS, NE- "Throws: Ninety Percent of it is Half Mental."

TENNIS

Tuesday, July 24

7:00 a.m.

8:15 a.m. – 9:15 a.m.

9:30 a.m. – 10:30 a.m.

10:45 a.m. – 12:00 p.m.

12:00 p.m. – 1:15 p.m.

1:15 p.m. – 2:30 p.m.

2:45 p.m. – 3:45 p.m.

REGISTRATION AND EXHIBIT AREA OPEN

Kerry McDermott, University of Nebraska- “Basic Fundamentals- Grips, Movement, Stroke Technique”

Kerry McDermott, University of Nebraska- “Singles and Doubles Drills”

Visit Exhibits & Bob Knight Autograph Session – Presented by Baden Sports and the NSAA

Lunch on your own

KEYNOTE ADDRESS: CHRIS CREIGHTON, DRAKE UNIVERSITY- “COACHING ABOVE THE CLOUDS”

Steve Silvey, Plano, TX- “All Sports Speed Development”

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Blood Drive - Nebraska Community Blood Bank on Site – “Be the Type that Gives” - Presented by Sid Dillon & Scheels

REGISTRATION AND EXHIBIT AREA OPEN

Troy Saulsbury, Kearney HS, NE- “You Have How Many Players Out for Tennis? - Drills to Manage More Kids - Fewer Courts”

Troy Saulsbury, Kearney HS, NE- “Start to Finish - Managing the Season - Organizing Practices to Preparing for Matches”

District Meetings, Sports Meetings, Visit Exhibits

Lunch on Your Own

KEYNOTE ADDRESS: STEVE GILLILAND- “ENJOY THE RIDE”

Visit Exhibits

Thursday, July 26

7:00 a.m.

9:30 a.m. – 10:30 a.m.

10:45 a.m. – 11:45 a.m.

REGISTRATION AND EXHIBIT AREA OPEN

Steve Lemon, Bellevue West HS, NE- “Getting the Most Out of Your Athletes”

Steve Lemon, Bellevue West HS, NE- “Make it Fun”

SOFTBALL

Tuesday, July 24

7:00 a.m.

8:15 a.m. – 9:15 a.m.

9:30 a.m. – 10:30 a.m.

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12:00 p.m. – 1:15 p.m.

1:15 p.m. – 2:30 p.m.

2:45 p.m. – 3:45 p.m.

REGISTRATION AND EXHIBIT AREA OPEN

Pat Murphy, University of Alabama- “Offensive Strategies”

Pat Murphy, University of Alabama- “Speeding Up the Game in Practice”

Visit Exhibits & Bob Knight Autograph Session – Presented by Baden Sports and the NSAA

Lunch on your own

KEYNOTE ADDRESS: CHRIS CREIGHTON, DRAKE UNIVERSITY- “COACHING ABOVE THE CLOUDS”

Hudl- “Using Video to Dominate in Softball”

Steve Silvey, Plano, TX- “All Sports Speed Development”

Wednesday, July 25

7:00 a.m.

8:15 a.m. – 9:15 a.m.

9:30 a.m. – 10:30 a.m.

10:45 a.m. – 12:00 p.m.

12:00 p.m. – 1:15 p.m.

1:15 p.m. – 2:30 p.m.

2:45 p.m. – 3:45 p.m.

Blood Drive - Nebraska Community Blood Bank on Site – “Be the Type that Gives” - Presented by Sid Dillon & Scheels

REGISTRATION AND EXHIBIT AREA OPEN

Amanda Lehotak, University Texas San Antonio, TX- “Drills, Drills, Drills”

Amanda Lehotak, University Texas San Antonio, TX- “Practice Organization & Team Drills”

District Meetings, Sports Meetings, Visit Exhibits

Lunch on Your Own

KEYNOTE ADDRESS: STEVE GILLILAND- “ENJOY THE RIDE”

Visit Exhibits

Thursday, July 26

7:00 a.m.

8:30 a.m. – 9:30 a.m.

9:45 a.m. – 10:45 a.m.

11:00 a.m. – 12:00 p.m.

REGISTRATION AND EXHIBIT AREA OPEN

George Wares, Central College, IA- “Mental Aspect of the Game”

George Wares, Central College, IA- “How to Use the Short Game for Offensive Production”

NSAA SOFTBALL RULES MEETING

SOCCER

Tuesday, July 24

7:00 a.m.

8:15 a.m. – 9:15 a.m.

9:30 a.m. – 10:30 a.m.

10:45 a.m. – 12:00 p.m.

12:00 p.m. – 1:15 p.m.

1:15 p.m. – 2:30 p.m.

2:45 p.m. – 3:45 p.m.

REGISTRATION AND EXHIBIT AREA OPEN

Rob Herring, Benedictine College, KS- “Creating a Culture of Excellence”

Rob Herring, Benedictine College, KS- “Modern Tactical Trends”

Visit Exhibits & Bob Knight Autograph Session – Presented by Baden Sports and the NSAA

Lunch on your own

KEYNOTE ADDRESS: CHRIS CREIGHTON, DRAKE UNIVERSITY- “COACHING ABOVE THE CLOUDS”

Steve Silvey, Plano, TX- “All Sports Speed Development”

Wednesday, July 25

7:00 a.m.

8:15 a.m. – 9:15 a.m.

9:30 a.m. – 10:30 a.m.

10:45 a.m. – 12:00 p.m.

12:00 p.m. – 1:15 p.m.

1:15 p.m. – 2:30 p.m.

2:45 p.m. – 3:45 p.m.

Blood Drive - Nebraska Community Blood Bank on Site – “Be the Type that Gives” - Presented by Sid Dillon & Scheels

REGISTRATION AND EXHIBIT AREA OPEN

Anthony DiCicco, SoccerPlus, CT- “Understanding, Managing and Training Your Goalkeeper”

Anthony DiCicco, SoccerPlus, CT- “Incorporating Technical Skills Development Into Your Training Sessions”

District Meetings, Sports Meetings, Visit Exhibits

Lunch on Your Own

KEYNOTE ADDRESS: STEVE GILLILAND- “ENJOY THE RIDE”

Andrew Ferguson, Olympia Soccer Academy, Lincoln, NE- “Possession Play and the Killer Pass”

Thursday, July 26

7:00 a.m. REGISTRATION AND EXHIBIT AREA OPEN
9:30 a.m. – 10:30 a.m. Lang Wedemeyer, South Dakota State University- “Running a 1-4-3-3 System of Play”
10:45 a.m. – 11:45 a.m. Lang Wedemeyer, South Dakota State University- “Developing the Leaders Within Your Team”

JUNIOR HIGH FOOTBALL (Junior High Sessions in Bold)

Tuesday, July 24

7:00 a.m. REGISTRATION AND EXHIBIT AREA OPEN
8:15 a.m. – 9:15 a.m. Tim Teykl, B.F. Terry HS, Rosenberg, TX- “Are you Frozen-In or Burned-Out”
9:30 a.m. – 10:30 a.m. Tim Teykl, B.F. Terry HS, Rosenberg, TX- “Having a Blast with the Split-Back Veer”
10:45 a.m. – 12:00 p.m. Visit Exhibits & Bob Knight Autograph Session – Presented by Baden Sports and the NSAA
12:00 p.m. – 1:15 p.m. Lunch on your own
1:15 p.m. – 2:30 p.m. KEYNOTE ADDRESS: CHRIS CREIGHTON, DRAKE UNIVERSITY- “COACHING ABOVE THE CLOUDS”
2:45 p.m. – 3:45 p.m. Chris Creighton, Drake University- “Building Team Leaders”
2:45 p.m. – 3:45 p.m. Steve Silvey, Plano, TX- “All Sports Speed Development”

Wednesday, July 25

7:00 a.m. REGISTRATION AND EXHIBIT AREA OPEN
8:15 a.m. – 9:15 a.m. Blood Drive - Nebraska Community Blood Bank on Site – “Be the Type that Gives” - Presented by Sid Dillon & Scheels
9:30 a.m. – 10:30 a.m. **John McGary, Tri County, NE- “Trojan Drills-Always with Passion”**
9:30 a.m. – 10:30 a.m. Josh Gehring, Midland University- “IMPACT Leadership – Player Development” (11-Man FB)
9:30 a.m. – 10:30 a.m. Jerry Voorhees, Thunder Ridge HS, KS- “Longhorn 3-3 Cover 2 Defense” (8-Man FB)
10:45 a.m. – 12:00 p.m. District Meetings, Sports Meetings, Visit Exhibits
12:00 p.m. – 1:15 p.m. Lunch on Your Own
1:15 p.m. – 2:30 p.m. KEYNOTE ADDRESS: STEVE GILLILAND- “ENJOY THE RIDE”
2:45 p.m. – 3:45 p.m. Rick Kaczynski, University of Nebraska- “Run Fundamentals & Pass Game Stunts”

Thursday, July 26

7:00 a.m. REGISTRATION AND EXHIBIT AREA OPEN
9:45 a.m. – 10:45 a.m. John McGary, Tri County, NE- “Defensive Philosophy-Pressure-Coverage-Assignments”
9:45 a.m. – 10:45 a.m. Jerry Voorhees, Thunder Ridge, HS, KS- “Longhorn Football Philosophy” 8-man
11:00 a.m. – 12:00 p.m. John McGary, Tri County, NE- “Offensive Philosophy-From the Veer, Power to Counter, Play Action”
11:00 a.m. – 12:00 p.m. Jay Terry, University of Nebraska- “Overview of Helmet & Shoulder Pad Fitting”

JUNIOR HIGH VOLLEYBALL (Junior High Sessions in Bold)

Tuesday, July 24

7:00 a.m. REGISTRATION AND EXHIBIT AREA OPEN
8:15 a.m. – 9:15 a.m. Renee Saunders, Omaha Skutt Catholic, NE- "Volleyball Outside the Lines - Going Beyond X's and O's" (Classroom Session)
9:30 a.m. – 10:30 a.m. Jean Kesterson, Cathedral HS, IN- “The Keys to Success - Serve and Serve Receive”
10:45 a.m. – 12:00 p.m. Visit Exhibits & Bob Knight Autograph Session – Presented by Baden Sports and the NSAA
12:00 p.m. – 1:15 p.m. Lunch on your own
1:15 p.m. – 2:30 p.m. KEYNOTE ADDRESS: CHRIS CREIGHTON, DRAKE UNIVERSITY- “COACHING ABOVE THE CLOUDS”
2:45 p.m. – 4:30 p.m. Renee Saunders, Omaha Skutt Catholic, NE- “Middle School VB Practice, Drills, Suggestions Get the Most Out of Your Resources (Gym Session)”

Wednesday, July 25

7:00 a.m. REGISTRATION AND EXHIBIT AREA OPEN
8:15 a.m. – 9:15 a.m. Blood Drive - Nebraska Community Blood Bank on Site – “Be the Type that Gives” - Presented by Sid Dillon & Scheels
9:30 a.m. – 10:30 a.m. Christi Posey, University of Missouri Kansas City- “Ball Control Drills”
12:00 p.m. – 1:15 p.m. Christi Posey, University of Missouri Kansas City- “Tips & Training to Make Your Team More Competitive”
1:15 p.m. – 2:30 p.m. Lunch on Your Own
2:45 p.m. – 3:45 p.m. KEYNOTE ADDRESS: STEVE GILLILAND- “ENJOY THE RIDE”
Dan Connors, University of Nebraska- “Building Your Defense Around the Swing Block”

Thursday, July 26

7:00 a.m. REGISTRATION AND EXHIBIT AREA OPEN
8:30 a.m. – 9:30 a.m. Anne Kordes, University of Louisville- “Setter Training Part I”
9:45 a.m. – 10:45 a.m. Anne Kordes, University of Louisville- “Setter Training Part II”

JUNIOR HIGH BASKETBALL (Junior High Sessions in Bold)

Tuesday, July 24

7:00 a.m. REGISTRATION AND EXHIBIT AREA OPEN
8:15 a.m. – 9:15 a.m. Bob Knight, ESPN- “Various Aspects of Offensive Play” Presented by Baden and the NSAA
9:30 a.m. – 10:30 a.m. Bob Knight, ESPN- “Various Aspects of Offensive Play” Presented by Baden and the NSAA
10:45 a.m. – 12:00 p.m. Visit Exhibits & Bob Knight Autograph Session – Presented by Baden Sports and the NSAA
12:00 p.m. – 1:15 p.m. Lunch on your own
1:15 p.m. – 2:30 p.m. KEYNOTE ADDRESS: CHRIS CREIGHTON, DRAKE UNIVERSITY- “COACHING ABOVE THE CLOUDS”
2:45 p.m. – 3:45 p.m. Eric Behrens, Omaha Central HS, NE- “Central’s Defensive System”

Wednesday, July 25

7:00 a.m.

8:15 a.m. – 9:15 a.m.

9:30 a.m. – 10:30 a.m.

10:45 a.m. – 12:00 p.m.

12:00 p.m. – 1:15 p.m.

1:15 p.m. – 2:30 p.m.

2:45 p.m. – 3:45 p.m.

Blood Drive - Nebraska Community Blood Bank on Site – “Be the Type that Gives” - Presented by Sid Dillon & Scheels

REGISTRATION AND EXHIBIT AREA OPEN

Drew Olson, Concordia University, NE- “Set Plays”

Drew Olson, Concordia University, NE- “Full Court Press”

District & Sports Meetings

Lunch on Your Own

KEYNOTE ADDRESS: STEVE GILLILAND- “ENJOY THE RIDE”

Hudl- “Using Video to Dominate in Basketball”

Thursday, July 26

7:00 a.m.

8:30 a.m. – 9:30 a.m.

9:45 a.m. – 10:30 a.m.**10:45 a.m. – 11:30 a.m.**

REGISTRATION AND EXHIBIT AREA OPEN

Chip Bahe, Millard North- “Drills for the Motion Offense”

Tim Barada, Wilber-Clatonia- “Man to Man Defensive Shell Drill Principles”**Tim Barada, Wilber-Clatonia- “Flex Offense Basics”****JUNIOR HIGH TRACK & FIELD (Same Schedule as High School Sessions)****Tuesday, July 24**

7:00 a.m.

8:15 a.m. – 9:15 a.m.

9:30 a.m. – 10:30 a.m.

10:45 a.m. – 12:00 p.m.

12:00 p.m. – 1:15 p.m.

1:15 p.m. – 2:30 p.m.

2:45 p.m. – 3:45 p.m.

REGISTRATION AND EXHIBIT AREA OPEN

Steve Silvey, Plano, TX- “Sprint Training for 100 & 200 meters”

Steve Silvey, Plano, TX- “Cutting Edge Hurdling (110 & 300 Hurdles)”

Visit Exhibits & Bob Knight Autograph Session – Presented by Baden Sports and the NSAA

Lunch on your own

KEYNOTE ADDRESS: CHRIS CREIGHTON, DRAKE UNIVERSITY- “COACHING ABOVE THE CLOUDS”

Sara Domeier, Lincoln North Star HS- “Using Core & Learning How to Run Fast When Tired (400 and 800m)”

Wednesday, July 25

7:00 a.m.

8:15 a.m. – 9:15 a.m.

9:30 a.m. – 10:30 a.m.

10:45 a.m. – 12:00 p.m.

12:00 p.m. – 1:15 p.m.

1:15 p.m. – 2:30 p.m.

2:45 p.m. – 3:45 p.m.

Blood Drive - Nebraska Community Blood Bank on Site – “Be the Type that Gives” - Presented by Sid Dillon & Scheels

REGISTRATION AND EXHIBIT AREA OPEN

Rick Weinheimer, Columbus North HS, IN- “Coaching, Teaching, and Seeking Excellence”

Derek Frese, Assistant Coach, Nebraska Wesleyan University- “Shot Put Technique & Training”

District Meeting, Sports Meetings, Visit Exhibits

Lunch on Your Own

KEYNOTE ADDRESS: STEVE GILLILAND- “ENJOY THE RIDE”

Derek Frese, Assistant Coach, Nebraska Wesleyan University- “Discus Technique & Training”

Thursday, July 26

7:00 a.m.

8:30 a.m. – 9:30 a.m.

9:45 a.m. – 10:45 a.m.

REGISTRATION AND EXHIBIT AREA OPEN

Bob Feurer, North Bend Central HS, NE- “Throws: The Butterfly Effect: It’s a Whole Bunch of Little Things”

Bob Feurer, North Bend Central HS, NE- “Throws: Ninety Percent of it is Half Mental”

CHEERLEADING**Tuesday, July 24**

7:00 a.m.

8:15 a.m. – 9:15 a.m.

9:30 a.m. – 10:30 a.m.

10:45 a.m. – 12:00 p.m.

12:00 p.m. – 1:15 p.m.

1:15 p.m. – 2:30 p.m.

2:45 p.m. – 3:45 p.m.

REGISTRATION AND EXHIBIT AREA OPEN

Jason Sack, Northwest Missouri State University, UCA- “What the Judges are Looking For”

Jason Sack, Northwest Missouri State University, UCA- “How to Run an Effective Practice”

Visit Exhibits & Bob Knight Autograph Session – Presented by Baden Sports and the NSAA

Lunch on your own

KEYNOTE ADDRESS: CHRIS CREIGHTON, DRAKE UNIVERSITY- “COACHING ABOVE THE CLOUDS”

Jason Sack, Northwest Missouri State University, UCA- “Effective Choreography”

Wednesday, July 25NOTE: Those wishing to complete the AACCA certification, must attend the AACCA classes and exam. An additional fee of \$75 is required for certification - Payable to AACCA on July 25th. Please contact the NCA office if you wish to obtain AACCA certification through the clinic so that adequate materials can be ordered.

7:00 a.m.

8:15 a.m. – 10:15 a.m.

8:15 a.m. – 9:30 a.m.

9:30 a.m. – 10:30 a.m.

10:30 a.m. – 11:30 a.m.

11:30 a.m. – 12:00 p.m.

12:00 p.m. – 1:15 p.m.

1:15 p.m. – 2:30 p.m.

2:45 p.m. – 3:45 p.m.

Blood Drive - Nebraska Community Blood Bank on Site – “Be the Type that Gives” - Presented by Sid Dillon & Scheels

REGISTRATION AND EXHIBIT AREA OPEN

Terri Freeman, UCA- AACCA Certification **Classroom Work**

Visit Exhibits

Jason Sack, Northwest Missouri State University & Jeff Snow Iowa Western Community College, UCA- “Pep Rallies”

Jason Sack, Northwest Missouri State University & Jeff Snow Iowa Western Community College, UCA- “Parents 101”

Sports Meetings

Lunch on Your Own

KEYNOTE ADDRESS: STEVE GILLILAND- “ENJOY THE RIDE”

Jason Sack, Northwest Missouri State University & Jeff Snow Iowa Western CC, UCA- “Preparing Your Cheerleaders for

College Cheer Programs”

Terri Freeman, UCA- AACCA Certification **TEST**

2:45 p.m. – 4:45 p.m.

Thursday, July 26

7:00 a.m.

8:30 a.m. – 9:30 a.m.

9:45 a.m. – 10:45 a.m.

REGISTRATION AND EXHIBIT AREA OPEN

Jason Sack, Northwest Missouri State University & Jeff Snow Iowa Western Community College, UCA- “Ask the Experts”

Jason Sack, Northwest Missouri State University & Jeff Snow Iowa Western Community College, UCA- “New Coaches”

DANCE

Tuesday, July 24

7:00 a.m.

8:15 a.m. – 9:15 a.m.

9:30 a.m. – 10:30 a.m.

10:45 a.m. – 12:00 p.m.

12:00 p.m. – 1:15 p.m.

1:15 p.m. – 2:30 p.m.

2:45 p.m. – 3:45 p.m.

REGISTRATION AND EXHIBIT AREA OPEN

Katie Balfanz, UDA- “What the Judges are Looking For”

Katie Balfanz, UDA- “How to Run an Effective Practice”

Visit Exhibits & Bob Knight Autograph Session – Presented by Baden Sports and the NSAA

Lunch on your own

KEYNOTE ADDRESS: CHRIS CREIGHTON, DRAKE UNIVERSITY- “COACHING ABOVE THE CLOUDS”

Katie Balfanz, UDA- “Dance Technique”

Wednesday, July 25

7:00 a.m.

8:15 a.m. – 9:15 a.m.

9:30 a.m. – 10:30 a.m.

10:45 a.m. – 12:00 p.m.

12:00 p.m. – 1:15 p.m.

1:15 p.m. – 2:30 p.m.

2:45 p.m. – 3:45 p.m.

Blood Drive - Nebraska Community Blood Bank on Site – “Be the Type that Gives” - Presented by Sid Dillon & Scheels

REGISTRATION AND EXHIBIT AREA OPEN

Katie Balfanz, UDA- “Choreography”

Katie Balfanz, UDA- “Advanced Dance Technique”

District Meetings, Sports Meetings, Visit Exhibits

Lunch on Your Own

KEYNOTE ADDRESS: STEVE GILLILAND- “ENJOY THE RIDE”

Katie Balfanz, UDA- “Preparing Your Dancers for College Dance Programs”

Thursday, July 26

7:00 a.m.

8:30 a.m. – 9:30 a.m.

9:45 a.m. – 10:45 a.m.

REGISTRATION AND EXHIBIT AREA OPEN

Katie Balfanz, UDA- “Ask the Experts”

Katie Balfanz, UDA- “New Coaches”

SPECIAL OLYMPICS

Tuesday, July 24

7:00 a.m.

8:15 a.m. – 9:15 a.m.

9:30 a.m. – 10:30 a.m.

10:45 a.m. – 11:30 p.m.

11:30 p.m. – 12:30 p.m.

12:30 p.m. – 2:30 p.m.

1:15 p.m. – 2:30 p.m.

2:45 p.m. – 3:45 p.m.

REGISTRATION AND EXHIBIT AREA OPEN

Bob Knight, ESPN- “Various Aspects of Offensive Play” - Presented by Baden & NSAA

Bob Knight, ESPN- “Various Aspects of Offensive Play” - Presented by Baden & NSAA

Visit Exhibits & Bob Knight Autograph Session – Presented by Baden Sports and the NSAA

Lunch on your own

Bocce (Special Olympics Rules & Entry Forms)

KEYNOTE ADDRESS: CHRIS CREIGHTON, DRAKE UNIVERSITY- “COACHING ABOVE THE CLOUDS”

Community Asthma Education Initiative Presentation

Wednesday, July 25

7:00 a.m.

8:30 a.m. – 9:30 a.m.

9:45 a.m. – 12:00 p.m.

12:00 p.m. – 1:15 p.m.

1:15 p.m. – 2:30 p.m.

2:45 p.m. – 3:45 p.m.

Blood Drive - Nebraska Community Blood Bank on Site – “Be the Type that Gives” - Presented by Sid Dillon & Scheels

REGISTRATION AND EXHIBIT AREA OPEN

Aquatics (Special Olympics Rules & Entry Forms)

Aquatics – Lincoln North Star Pool Area

Lunch on Your Own

KEYNOTE ADDRESS: STEVE GILLILAND- “ENJOY THE RIDE”

Visit Exhibits

Thursday, July 26

7:00 a.m.

9:00 a.m. – 10:00 a.m.

10:30 a.m. – 12:30 p.m.

REGISTRATION AND EXHIBIT AREA OPEN

Bowling (Special Olympics Rules & Entry Forms)

Bowling at Sun Valley Lanes

District Meetings – Wednesday - 10:45-11:15:

District 1 Auditorium

District 2 Main Gym

District 3 South Gym

District 4 E117

District 5 Theater

District 6 B118A

Sports Meetings - Wednesday - 11:30-12:00:

Football Auditorium

Golf B118A

Wrestling Wrestling Room

Tennis B105

Softball E121

Volleyball South Gym

Basketball Main Gym

Track & CC E117

Soccer B111

Cheer/Dance A118A