

nebraska coach

2013-2014 SPECIAL EDITION

***Coaching Beyond
the Game***



***New On-line Registration
Details Inside***

**Nebraska Coaches Association
Clinic & Membership Information**

**John isn't a Husker.
But at Nebraska Orthopaedic and
Sports Medicine, he gets treated
like one.**

At Nebraska Orthopaedic and Sports Medicine everyone gets treated like a Nebraska Champion. Whether you're a scholarship athlete, fighting for a spot on the team, or a weekend athlete searching out the absolute best sports medicine care is essential to your success on the field following injury.

As Husker Team Physicians, we offer you the same care we extend to Husker athletes.

Our sports medicine physicians have advanced specialty training and have learned the most current management of athletic injuries, both clinically and surgically, allowing injured athletes to compete once again at their absolute best. Our advanced medical techniques give athletes the opportunity to have their injuries addressed in the least invasive manner possible, ensuring the safest and quickest means back to play.

Ask your doctor about us, or visit us in Lincoln or any one of the communities we conduct clinics in throughout Nebraska.

- | | |
|---|--------------|
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| Memorial Hospital | Aurora |
| Beatrice Community Hospital | Beatrice |
| Jefferson Community Health Center | Fairbury |
| Community Medical Center | Falls City |
| Family Medical Specialties | Holdrege |
| St. Mary's Hospital | Nebaska City |
| Annie Jeffrey Memorial County Health Center | Osceola |
| Pawnee City Memorial Hospital | Pawnee City |
| Community Memorial Hospital | Syracuse |



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Direct (402) 488-3322

www.nebraskaortho.com
www.nebsportsconcussion.org

N *Your Husker
Team Physicians*



*Message from Darin Boysen,
NCA Executive Director*

Welcome to a special edition of the Nebraska Coach magazine. This publication is loaded with information regarding membership to the Nebraska Coaches Association (NCA) for 2013-14 along with details of the 2013 NCA Multi-Sport Clinic.

The NCA is excited to launch an online registration for membership and/or the Multi-Sport Clinic and other benefits. Any time there are major changes there will be questions. The NCA staff is here to help you if you have any issues with this process. Registering online does not mean you have to pay by credit card. Detailed instructions are located on page 20 of this publication. If you prefer not to register online, simply mail in the completed form found on page 21 along with your payment to the NCA office. This process will allow the NCA to better serve coaches across the state.

The NCA Board of Directors made a difficult decision in January to increase the clinic registration fee by \$10. The clinic registration fee had remained the same for over 25 years. This decision was not taken lightly. First, the additional money is being invested into the clinic to elevate the experience for members. Secondly, the cost of providing high caliber clinicians along with the constantly rising travel and lodging expenses made this decision necessary. The NCA has provided a new Annual Report located on page 46 for your review.

The NCA membership benefits are again highlighted by the second year of the Gold Card program – an exclusive, annual NCA membership benefit that entitles the card holder admission to most 2013-14 NSAA State Championship events for merely \$20. There will be one change to the program: NO GOLD CARDS WILL BE SOLD AFTER OCTOBER 1. Schools are welcome to purchase this optional benefit for members of their coaching staff. Individual coaches can also purchase the Gold Card by checking the optional membership benefit box within the online process or printed form. Members can also purchase the card at the Multi-Sport Clinic. Thank you to the Nebraska School Activities Association for making this program possible. See page 29 for further details.

The 2013 Multi-Sport Clinic week promises to challenge coaches well beyond Xs and Os. Olympic legend Kerri Strug will kick off the clinic with the keynote address on Tuesday. Wednesday will bring a significant addition the clinic by the NCA and the Fellowship of Christian Athletes. Coaches are invited to stay at the clinic during the noon hour for a special FREE luncheon featuring coaching legends Bobby Bowden, Tom Osborne and Grant Teaff. This roundtable discussion will challenge you to “Coach Beyond the Game” in an ever changing society. This is the NCA’s and FCA’s way of honoring Coach Osborne for his impact on the profession of coaching.

I’m extremely proud and thankful for the clinicians and exhibitors that will be featured at this year’s clinic. From hall of famers to elite, successful coaches from across the country; the schedule is loaded. The NCA thanks all of the clinic exhibitors who continue to recognize the importance of Nebraska coaches. Make sure to visit their booths at the clinic.

From the Awards Banquet, Golf Scramble, All-Star games, clinic sessions, and Coaches’ Night-Out functions; there is sure to be many opportunities to elevate you as a coach.

CLINIC WEEK SCHEDULE OF EVENTS

| | | | |
|---------|--|--|--|
| July 20 | Boys’ & Girls’ Basketball All-Star check-in | 9:00 a.m. | UNL |
| July 21 | Volleyball All-Star check-in 46th Annual NCA Awards Banquet | 9:00 a.m. 5:30 p.m. | UNL Great Hall, Train Station, Lincoln Haymarket |
| July 22 | NCA Annual Golf Scramble Girls’ Basketball All-Star Game Boys’ Basketball All-Star Game | 7:00 a.m. 6:00 p.m. 8:00 p.m. | Highlands Golf Course Lincoln North Star HS Lincoln North Star HS |
| July 23 | NCA Multi-Sport Clinic Softball All-Star check-in Volleyball All-Star Match | 7:00 a.m. 10:00 a.m. 7:00 p.m. | Lincoln North Star HS UNL Lincoln North Star HS |
| July 24 | NCA Multi-Sport Clinic Softball All-Star Doubleheader NCA Night at the Saltdogs Coaches Night Out | 7:00 a.m. 4:00 p.m. 7:00 p.m. 8:30 p.m. | Lincoln North Star HS UNL’s Bowlin Field Haymarket Complex Barry’s Husker Bar |
| July 25 | NCA Multi-Sport Clinic | 7:00 a.m. | Lincoln North Star HS |

**nebraska
coach**

2013 Pre-Clinic/Membership Edition

ncacoach.org

NCA STAFF

EXECUTIVE DIRECTOR: **Darin Boysen**

darin@ncacoach.org

EXECUTIVE DIRECTOR EMERITUS: **Steve Johnsen**

ADMINISTRATIVE ASSISTANT: **Saundi Fugleberg**

saundi@ncacoach.org

**EXECUTIVE BOARD
MEMBERS:**

President

Nancy Kindig-Malone, Fillmore Central

President Elect

Jim LaMaster, Adams Central

Vice President

Randy Kliment, Creighton

Past President

Rocky Ruhl, Wayne

NCA BOARD

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**NCA
CONTACT INFORMATION**

Mailing address:

PO Box 80727
Lincoln, NE 68501

Physical address:

500 Charleston
Lincoln, NE 68501

Phone number:

402-434-5675

OFFICE HOURS

Monday - Friday

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

Fax number:

402-434-5689

NEBRASKA COACHES ASSOCIATION

FAMILY NIGHT OUTING

July 24, 2013 • 7:05 pm

Trois-Rivieres Aigles vs Lincoln Saltdogs



\$9
per ticket

- Admission to Home Run Terrace
- All you can eat Hot Dog Bar
- Unlimited Pepsi Fountain Sodas w/ Crete Carrier Souvenir Cup
- \$1 Busch Light Beers

Have your coaches id # ready when reserving tickets.

**Please reserve your tickets in advance by contacting
Toby Antonson at 402-441-4181 or email tobyantonson@saltdogs.com**



Lincoln Saltdogs - 402.474.2255 - www.Saltdogs.com

2013 Nebraska Coaches Association Summer Clinic -- Hotel Listings

July 22-25, 2013

For additional information hotel informatin please contact the Lincoln Convention and Visitor's Bureau. (1-800-423-8212)

| | Single Rate | Double Rate | Triple Rate | Quad Rate | Indoor Pool | Cont. Breakfast | Hot Breakfast | Shuttle |
|-----------------------------|-------------|-------------|-------------|-----------|-------------|-----------------|---------------|---------|
| Host Hotel | | | | | | | | |
| Country Inn and Suites | \$85.00 | \$89.00 | \$89.00 | \$102.99 | X | X | X | X |
| North | | | | | | | | |
| Comfort Suites | \$77.00 | \$77.00 | \$77.00 | \$77.00 | X | X | X | |
| Staybridge Suites I-80 | \$99.00 | \$130.00 | \$130.00 | \$130.00 | | X | | |
| South | | | | | | | | |
| Holiday Inn Southwest | \$119.00 | \$119.00 | \$119.00 | \$119.00 | X | | | |
| East | | | | | | | | |
| Chase Suites | \$74.00 | \$74.00 | \$74.00 | \$74.00 | | | | X |
| Comfort Suites East | \$79.00 | \$79.00 | \$79.00 | \$79.00 | X | X | X | |
| New Victorian | \$59.00 | \$69.00 | \$69.00 | \$69.00 | | | | |
| Staybridge Suites Northeast | \$119.00 | \$119.00 | \$129.00 | \$129.00 | X | X | X | |
| Downtown | | | | | | | | |
| Courtyard by Marriott | -- | \$109.00 | \$109.00 | \$109.00 | X | | | X |
| Embassy Suites | \$139.00 | \$139.00 | \$154.00 | \$169.00 | X | X | X | X |
| The Cornhusker | \$89.00 | \$89.00 | \$89.00 | \$89.00 | X | | | X |



Nebraska Coaches Association Multi-Sport Clinic Sponsors and Exhibitors

As of Publication Date

CLINIC SPONSORS/PARTNERS - MAIN EXHIBITOR'S FLOOR, ENTRANCE, OR WRESTLING ROOM:

PLAYNAIA & Great Plains Athletic Conference – #1-2
Hudl – #5-7
Lou's Sporting Goods – #10-11
Nebraska Orthopaedic & Sports Medicine, Lincoln – #15
Lincoln Convention & Visitors Bureau
Sid Dillon
National Wrestling Coaches Association
Gatorade

Baden Sports – #3-4
Cricket Sports – #8-9
Russell Athletic – #12-14
Fundraising University – #19-20
Nebraska National Guard
Scheels
daVinci's

VENDORS - MAIN EXHIBITOR'S FLOOR (LEVEL 1):

Lid's Team Sports – #16-17
GTM Sportswear – #21-24, 33
The Graphic Edge – #27-28
Custom Sports – #30
2nd Wind Exercise Equipment – #34
Bison, Inc. – #36-37
Coaches Choice – In front of Kitchen Area

PhotoBallGuy.com – #18
Body Basics Fitness Gear – #25-26
Power Lift – #29
Push Pedal Pull – #31-32
Mueller Sports Medicine – #35
Varsity Spirit Fashion – #38-40

VENDORS - NORTH EXHIBITOR'S AREA (LEVEL 2):

Nova Fitness Equipment – #41-42
Blazer Manufacturing – #45
EZ Flex – #47
Hauff Sporting Goods – #50
Max Preps – #52-53

Misko Sports – #43-44
Championship Productions – #46
Rixstine Trophy Co Inc – #48-49
Red Wheel Fundraising - #51
Wenger – #54

VENDORS - WEST EXHIBITOR'S AREA (Level 3):

Ultimate Team Sales – #55-56
Kutt Off, LLC – #58
Riddell – #60-61
Eclipse Inc – #63
Shoot-A-Way – #65
X-Grain – #67
Roger's Athletic – #69-70

Odey's Field Experts – #57
Nebraska HS Sports Hall of Fame – #59
NE State Education Association – #62
Fellowship of Christian Athletes – #64
Neff Motivation Inc – #66
Shock Doctor - #68

“Coaches Care” Program Encourages Coaches to: “Be the Type that Gives”



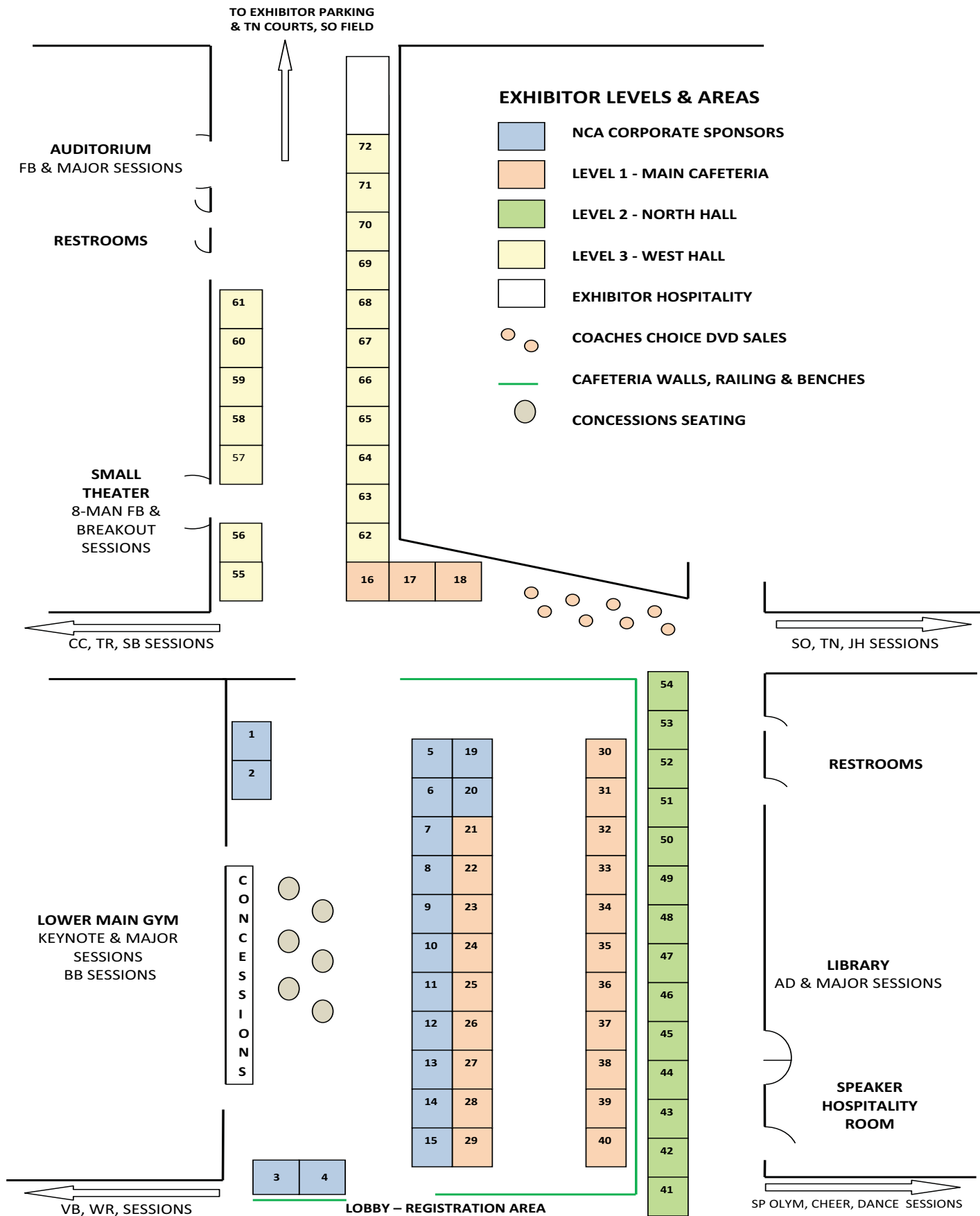
2013 marks the second year of the Nebraska Coaches Association's (NCA) "Coaches Care" program, underwritten by the Sid Dillon auto dealerships of Lincoln, Crete, Fremont, Blair and Wahoo, Scheels of Lincoln and diVinci's. The four organizations are partnering with the Nebraska Community Blood Bank for a blood drive during the NCA Multi-Sport Clinic on Wednesday, July 24 outside the main entrance of Lincoln North Star High School.

As leaders in the community, you are encouraged to give back and help those in need. Each coach that registers to give blood within the online site below will receive a \$25 Scheels gift card and a gift certificate for a diVinci's mini pizza. Those that register will be eligible exclusively for the grand prize drawing of a flat screen television. Space is limited; sign up before the time slots to donate blood are gone. Over flow times will be available at the Nebraska Community Blood Bank located at 27th and Fletcher. Only those that sign up within the online times at North Star will receive a Scheels gift card. All those that register will be eligible for the television.

Every coach may be capable of being a lifesaver for one or more people. To make an online appointment to donate blood, go to: <https://donor.ncbb.org/web/GroupLanding.aspx?g=2058>. Questions, call: call (877) 486-9414. Thank you in advance for "Being the Type that Gives."



2013 NEBRASKA COACHES ASSOCIATION MULTI-SPORT CLINIC EXHIBITOR LAYOUT



KERRI STRUG

| | |
|-------------------|----------------------------|
| Height | 4'10" |
| Weight | 100 lbs. |
| Born | November 19, 1977 |
| Birthplace | Tucson, AZ |
| Residence | Washington D.C./Tucson, AZ |
| College | Stanford |

Tuesday, July 23rd



KEYNOTE ADDRESS

□ In the Gym

Earned nationwide stardom for her heroic efforts at the 1996 Olympics in Atlanta. After injuring her ankle on her first vault attempt, Kerri needed to land her second and final vault in order to seal the victory over Russia for the team combined gymnastics gold medal. With millions of people watching, and two torn ligaments in her leg, Kerri got the job done with a solid landing before collapsing to her hands and knees. She was carried to the award ceremony where she received her first gold medal. It was the first time the U.S. Gymnastics Team won gold.

- 1996, Won the team combined gold medal
- 1996, Won a gold medal at the America's Cup
- 1992, youngest U.S. Athlete at the Olympic Games in Barcelona
- 1992, Won a bronze medal on the U.S. Gymnastics Team

□ Personal

- Coached by legendary gymnastics coach Bela Karolyi
- Received a Bachelors Degree in Communications and a Masters Degree in Social Psychology at Stanford University
- Currently works for the United States Juvenile Justice Department and formerly worked at the White House in community affairs
- Became a mother in March 2012 when she had her first child, Tyler



THE LEGACY AGENCY

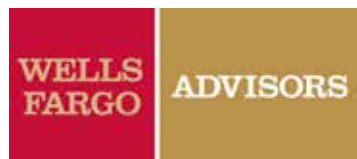
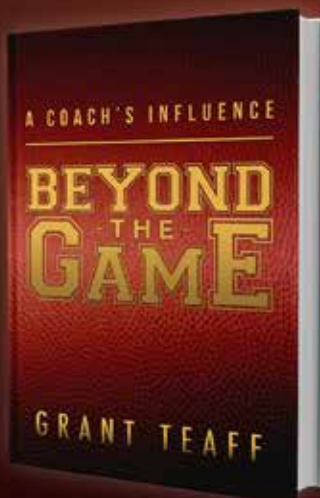


Free Clinic Luncheon “Coaching Beyond the Game” to Feature Coaching Legends

Bowden, Osborne and Teaff to Challenge Coaches to Embrace the Positive Influence of the Coaching Profession

The Nebraska Coaches Association and the Fellowship of Christian Athletes will present a special Round Table Luncheon “Coaching Beyond the Game.” The event will be in conjunction with the NCA’s annual Multi-Sport Clinic on Wednesday, July 24 at Lincoln North Star High School. Bobby Bowden, Tom Osborne, and Grant Teaff will be discussing the power of influence that coaches have in an ever changing society. All coaches registered for the clinic are invited to this once in a life time experience. This is the NCA & FCA’s way of “honoring” Coach Osborne’s service to Nebraska coaches beyond an award of recognition. Through sponsorship and clinic registration, coaches will be provided a box lunch and drink at **NO COST**.

In addition, Coaches Choice will be recording the event professionally as well as providing a live web cast. Each high school in Nebraska will receive a professional DVD copy of the event. The NCA and the FCA thank those organizations and companies that are helping make this possible. Additional title sponsors for this event are still available by contacting the NCA office at 402-434-5675.

A COACH'S INFLUENCE
BEYOND THE GAME
GRANT TEAFF

**A COACH'S INFLUENCE
BEYOND THE GAME**

“VALUES ARE THE FERTILE EARTH FROM WHICH CHARACTER GROWS”
—GRANT TEAFF, AFCA EXECUTIVE DIRECTOR

PRESENTED BY: *American Football Coaches Foundation*

www.afca.com/beyondthegame

CLINIC SCHEDULE ON THE WEB

The 2013 NCA Clinic schedule will be available on our website at www.ncacoach.org. If changes are made to session times or speakers we will be updating the website schedule. Please be sure to refer to this schedule when planning which sessions you will attend.



FIRST YEAR COACHES ATTEND CLINIC FOR FREE

The NCA invites first year coaches to the NCA clinic for the cost of their \$40.00 membership. When registering a first year coach, please indicate 'FIRST TIME COACH' on the online registration form or the form on page 21. This will allow the new coach to the profession to attend the clinic for free. To qualify for this benefit, the new coach must be entering his/her first year of coaching at any school.

CLINIC REFUNDS

We strongly encourage preregistration for the Multi-Sports Clinic to avoid long waiting lines on the first day. If a coach is preregistered but is unable to attend, refunds can be requested prior to July 1. All refund requests must be made in writing on school letterhead and can be mailed to: NCA, PO Box 80727, Lincoln NE, 68501 ~ or ~ faxed to 402-434-5689. Any refund requests received after July 1 will be assessed a \$10.00 fee and will be issued AFTER the clinic.

CLINIC GOLF TOURNAMENT--HIGHLANDS GOLF COURSE - LINCOLN

The Nebraska Coaches Association Annual Coaches Golf Scramble will be held on Monday, July 22 at the Highlands Golf Course. Cost for the tournament will be \$45.00 for NCA members and \$55.00 for non-members, which includes green fees, cart, pin prizes, range balls, and hamburger, chips & fountain drink. **Tee times for the four-person scramble will be accepted beginning on Monday, May 13 at 8:30 a.m. by calling the NCA office #402-434-5675.** If possible, please plan to register a complete team of four. Tee-times will be available from 7:00 a.m. to 1:40 p.m., scheduled every 7-8 minutes. The Highlands Golf Course is the closest 18 hole golf course to Lincoln North Star. Feel free to contact the NCA office for directions. ****PLEASE DO NOT CALL THE HIGHLANDS GOLF COURSE FOR TEE-TIMES.****



NIGHT AT THE SALTDogs & COACHES NIGHT OUT – WEDNESDAY, JULY 24

The NCA has partnered with the Lincoln Saltdogs for a great family and coach event on Wednesday July 24. For \$9 per person, coaches will be admitted to the Home Run Terrace for the Trois-Rivieres Aigles vs. the Lincoln Saltdogs game starting at 7:05p.m. Included in this price is an all you can eat hot dog bar, unlimited Pepsi fountain sodas, a souvenir cup and \$1 Busch Light Beers. Please see page 6 for further details on how you can reserve your tickets in advance.

Coaches Night Out will be at the new and improved Barry's Husker Bar at 235 N 9th St. NCA members, clinicians and clinic vendors are welcome to attend this social time. Double Eagle Distributing will be providing beverages. Food will be provided by Barry's. Clinic badges will be required for entry as the entire facility will be open only to those with a clinic badge. The event, which is underwritten by Hudl and the Nebraska National Guard, will run from 8:30–11:30 p.m.



Follow the NCA Clinic Updates @ NebraskaCoach

BEYOND THE X'S & O'S

TUESDAY, JULY 23 10:30-11:30 a.m.

Rob Miller, ProActive Coaching, "The Impact of Athletes Trusting Their Coach"

When athletes trust their coaches, and when teams trust each other, it has a tremendous impact on performance. What allows someone to be trusted? How can coaches improve the level of individual and team trust? What causes coaches to be distrusted and how does that impact performance? When trust is present, teams have a much better chance of reaching potential.

Greg Winkler, Fond du Lac HS, WI, "Parental Guidance: Communicating Effectively with Parents"

Are potential parent issues looming in your school or program? Winkler will help coaches to prepare and implement plans to have memorable and significant seasons each and every year without the potential parent derailment. Strategies will be laid out for the coach and/or athletic director on how to manage parents and "get them on your side." Greg is the author of a coaching book, "Coaching a Season of Significance."

Spencer Wood, Icebox Athlete, "Mental Skills & Mental Toughness Training for the 21st Century Athlete"

"Mental toughness, poise and confidence are critical for the success of my team at the University of Florida. Wood is one of the great trainers of these skills and attributes and someone I use to help create a mental edge for my team. Wood has worked with my team on multiple occasions, both in the pre-season and to prepare for big games, and he has done an outstanding job." - Billy Donovan, Head Men's Basketball Coach, University of Florida, 2 x NCAA National Champions



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33% THICKER LEATHER

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**NEBRASKA COACHES ASSOCIATION
MULTI-SPORTS CLINIC
JULY 23-25, 2013
LINCOLN NORTH STAR HIGH SCHOOL**

UNDERWRITTEN BY:

Nebraska Orthopaedic & Sports Medicine, Lincoln
National Wrestling Coaches Association
Hudl
PLAYNAIA & Great Plains Athletic Conference

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

Nebraska National Guard
Baden Sports
Sid Dillon
Cricket Sports

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 23

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

REGISTRATION AND EXHIBIT AREA OPEN
KEYNOTE ADDRESS: KERRI STRUG, OLYMPIC GOLD MEDALIST
BEYOND THE X's & O's: Rob Miller, ProActive Coaching, "The Impact of Athletes Trusting Their Coach"
BEYOND THE X's & O's: Greg Winkler, Fond du Lac HS, WI, "Parental Guidance: Communicating Effectively with Parents"
BEYOND THE X's & O's: Spencer Wood, Icebox Athlete, "Mental Skills & Mental Toughness Training for the 21st Century Athlete"
Rob Miller, ProActive Coaching, "Training Coaches for Excellence and Significance"
Spencer Wood, Icebox Athlete, "Explosive Speed, Agility and Quickness Training"
Care & Prevention of Athletic Injuries- Taping Sessions for Coaches

1:00 p.m. – 2:00 p.m.
1:00 p.m. – 2:00 p.m.
2:30 p.m. – 4:00 p.m.

Wednesday, July 24

7:00 a.m.
8:00 a.m. – 9:00 a.m.
9:00 a.m. – 10:00 a.m.
9:00 a.m. – 11:30 a.m.
9:45 a.m. – 10:45 a.m.
12:00 p.m. – 1:15 p.m.
1:30 p.m. – 3:00 p.m.
1:30 p.m. – 2:30 p.m.
1:30 p.m. – 2:30 p.m.
2:45 p.m. – 4:15 p.m.
3:00 p.m. – 4:00 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
Spencer Wood, Icebox Athlete, "Explosive Speed, Agility and Quickness Training"
Dave Schultz, Nebraska Orthopaedic & Sports Medicine, "Nutritional Considerations for the High School Athlete"
FCA Wives Breakout Sessions/Brunch at Country Inn & Suites
Hudl, "10 Ways You Wish You Used Hudl"
COACHING BEYOND THE GAME LUNCHEON, Coaching Legends: Bobby Bowden, Tom Osborne, Grant Teaff
IMPACT-Baseline Testing & Training, NE Sports Concussion Network, Sign Up at NE Orthopaedic & Sports Medicine Booth
Dan Eassa, Free Recruiting Webinar, "NCAA/NAIA Eligibility: Empowering the Parent to Take Control"
Hudl, "Insider Accounts"
Care & Prevention of Athletic Injuries- Taping Sessions for Coaches
Dan Eassa, Free Recruiting Webinar, "Don't Fear What You Don't Know- Learn About NCAA/NAIA Eligibility and Recruiting"

Thursday, July 25

8:00 a.m. – 9:00 a.m.
10:45 a.m. – 11:45 a.m.
10:45 a.m. – 11:15 p.m.

Hudl, "Playbook and Other New Features"
Hudl, "Hudl for Other Sports"
Gerry Valerio, MaxPreps, "Using MaxPreps for Your School"

ATHLETIC DIRECTORS

Tuesday, July 23

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

REGISTRATION AND EXHIBIT AREA OPEN
KEYNOTE ADDRESS: KERRI STRUG, OLYMPIC GOLD MEDALIST
BEYOND THE X's & O's: Rob Miller, ProActive Coaching, "The Impact of Athletes Trusting Their Coach"
BEYOND THE X's & O's: Greg Winkler, Fond du Lac HS, WI, "Parental Guidance: Communicating Effectively with Parents"
BEYOND THE X's & O's: Spencer Wood, Icebox Athlete, "Mental Skills & Mental Toughness Training for the 21st Century Athlete"
Lunch on Your Own
Rob Miller, ProActive Coaching, "Training Coaches for Excellence and Significance"
Spencer Wood, Icebox Athlete, "Explosive Speed, Agility and Quickness Training"
Care & Prevention of Athletic Injuries- Taping Sessions for Coaches

11:30 a.m. – 1:00 p.m.
1:00 p.m. – 2:00 p.m.
1:00 p.m. – 2:00 p.m.
2:30 p.m. – 4:00 p.m.

Wednesday, July 24

7:00 a.m.
8:00 a.m. – 9:00 a.m.
9:00 a.m. – 10:00 a.m.
9:45 a.m. – 10:45 a.m.
11:00 a.m. – 11:30 a.m.
12:00 p.m. – 1:15 p.m.
1:30 p.m. – 3:00 p.m.
1:30 p.m. – 2:30 p.m.
3:00 p.m. – 4:00 p.m.

Blood Drive - Nebraska Community Blood Bank on Site – "Be the Type that Gives" - Presented by Sid Dillon & Scheels
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Spencer Wood, Icebox Athlete, "Explosive Speed, Agility and Quickness Training"
Dave Schultz, Nebraska Orthopaedic & Sports Medicine, "Nutritional Considerations for the High School Athlete"
Robert Hartman, Whitehall HS, PA, "Your Logo - Infringement or New Identity"
NCA District Meetings
COACHING BEYOND THE GAME LUNCHEON, Coaching Legends: Bobby Bowden, Tom Osborne, Grant Teaff
IMPACT-Baseline Testing & Training, NE Sports Concussion Network, Sign Up at NE Orthopaedic & Sports Medicine Booth
Dan Eassa, Free Recruiting Webinar, "NCAA/NAIA Eligibility: Empowering the Parent to Take Control"
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9:30 a.m. – 10:30 a.m.
10:45 a.m. – 11:15 p.m.

REGISTRATION AND EXHIBIT AREA OPEN
Henry Johnson, Father McGivney Catholic HS, IL, "Mentoring Coaches"
Henry Johnson, Father McGivney Catholic HS, IL, "Effective Evaluation of Coaches"
Gerry Valerio, MaxPreps, "Using MaxPreps for Your School"

BASKETBALL

Tuesday, July 23

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

REGISTRATION AND EXHIBIT AREA OPEN

KEYNOTE ADDRESS: KERRI STRUG, OLYMPIC GOLD MEDALIST

BEYOND THE X's & O's: Rob Miller, ProActive Coaching, "The Impact of Athletes Trusting Their Coach"

BEYOND THE X's & O's: Greg Winkler, Fond du Lac HS, WI, "Parental Guidance: Communicating Effectively with Parents"

BEYOND THE X's & O's: Spencer Wood, Icebox Athlete, "Mental Skills & Mental Toughness Training for the 21st Century Athlete"

Lunch on Your Own

Don Meyer, Northern State University, "Total Package Coaching" *Presented by Baden Sports*

Rob Miller, ProActive Coaching, "Training Coaches for Excellence and Significance"

Spencer Wood, Icebox Athlete, "Explosive Speed, Agility and Quickness Training"

Don Meyer, Northern State University, "Building a Championship Program" *Presented by Baden Sports*

Care & Prevention of Athletic Injuries- Taping Sessions for Coaches

11:30 a.m. – 1:00 p.m.
1:00 p.m. – 2:00 p.m.
1:00 p.m. – 2:00 p.m.
1:00 p.m. – 2:00 p.m.
2:30 p.m. – 3:30 p.m.
2:30 p.m. – 4:00 p.m.

Wednesday, July 24

7:00 a.m.
8:00 a.m. – 9:00 a.m.
8:00 a.m. – 9:00 a.m.
9:00 a.m. – 9:30 a.m.
9:00 a.m. – 10:00 a.m.
9:45 a.m. – 10:45 a.m.
11:00 a.m. – 11:30 a.m.
12:00 p.m. – 1:15 p.m.
1:30 p.m. – 3:00 p.m.
1:30 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

NSAA BASKETBALL RULES MEETING

Spencer Wood, Icebox Athlete, "Explosive Speed, Agility and Quickness Training"

NCA Basketball Meeting

Dave Schultz, Nebraska Orthopaedic & Sports Medicine, "Nutritional Considerations for the High School Athlete"

Matt Fritsche, Midland University, "Player Development/Establishing Culture"

NCA District Meetings

COACHING BEYOND THE GAME LUNCHEON, Coaching Legends: Bobby Bowden, Tom Osborne, Grant Teaff

IMPACT-Baseline Testing & Training, NE Sports Concussion Network, Sign Up at NE Orthopaedic & Sports Medicine Booth

Mike Neighbors, University of Washington, "Competitive Team Drills"

Mike Neighbors, University of Washington, "Competitive Individual Drills"

Thursday, July 25

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

REGISTRATION AND EXHIBIT AREA OPEN

Hudl, "Playbook and Other New Features"

Shane Warwick, Warwick Workouts, "Skill Development"

Shane Warwick, Warwick Workouts, "Become a Scorer through a Shooting Program & Drills"

CROSS COUNTRY

Tuesday, July 23

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

REGISTRATION AND EXHIBIT AREA OPEN

KEYNOTE ADDRESS: KERRI STRUG, OLYMPIC GOLD MEDALIST

BEYOND THE X's & O's: Rob Miller, ProActive Coaching, "The Impact of Athletes Trusting Their Coach"

BEYOND THE X's & O's: Greg Winkler, Fond du Lac HS, WI, "Parental Guidance: Communicating Effectively with Parents"

BEYOND THE X's & O's: Spencer Wood, Icebox Athlete, "Mental Skills & Mental Toughness Training for the 21st Century Athlete"

Lunch on Your Own

Kregg Einspahr, Concordia University, "Endurance Training: Hormonal Aspects of Stress and Recovery"

Spencer Wood, Icebox Athlete, "Explosive Speed, Agility and Quickness Training"

Rob Miller, ProActive Coaching, "Training Coaches for Excellence and Significance"

Kregg Einspahr, Concordia University, "Endurance Training: Time Course of Physiological Changes"

Care & Prevention of Athletic Injuries- Taping Sessions for Coaches

11:30 a.m. – 1:00 p.m.
1:00 p.m. – 2:00 p.m.
1:00 p.m. – 2:00 p.m.
1:00 p.m. – 2:00 p.m.
2:30 p.m. – 3:30 p.m.
2:30 p.m. – 4:00 p.m.

Wednesday, July 24

7:00 a.m.
9:00 a.m. – 9:30 a.m.
9:00 a.m. – 10:00 a.m.
9:45 a.m. – 10:45 a.m.
11:00 a.m. – 11:30 a.m.
12:00 p.m. – 1:15 p.m.
1:30 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

NCA Cross Country Meeting

Dave Schultz, Nebraska Orthopaedic & Sports Medicine, "Nutritional Considerations for the High School Athlete"

Dave Harris, University of Nebraska, "Planning the Training of the HS Cross Country/Middle Distance/Distance Runner"

NCA District Meetings

COACHING BEYOND THE GAME LUNCHEON, Coaching Legends: Bobby Bowden, Tom Osborne, Grant Teaff

Greg VanDyke, Dordt College, "Progression of a Distance Runner"

Greg VanDyke, Dordt College, "Building a Successful Cross Country Program"

Thursday, July 25

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

REGISTRATION AND EXHIBIT AREA OPEN

NSAA CROSS COUNTRY MEETING

Jack Hazen, Malone University & 2012 USA Olympic Distance Coach, "Team Dynamics" (Distance)

Jack Hazen, Malone University & 2012 USA Olympic Distance Coach, "The State of Distance Running" (USA)

GOLF

Tuesday, July 23

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

(Morning at Lincoln North Star High School, Afternoon at Highlands Golf Course)

REGISTRATION AND EXHIBIT AREA OPEN

KEYNOTE ADDRESS: KERRI STRUG, OLYMPIC GOLD MEDALIST

BEYOND THE X's & O's: Rob Miller, ProActive Coaching, "The Impact of Athletes Trusting Their Coach"

BEYOND THE X's & O's: Greg Winkler, Fond du Lac HS, WI, "Parental Guidance: Communicating Effectively with Parents"

BEYOND THE X's & O's: Spencer Wood, Icebox Athlete, "Mental Skills & Mental Toughness Training for the 21st Century Athlete"

Lunch on Your Own

AT HIGHLANDS GOLF COURSE: Bob Saffer, Crooked Creek, "How I Teach & Physical Limitations"

AT HIGHLANDS GOLF COURSE: Bob Saffer, Crooked Creek, "Expectations of Amateurs & Exercises to Enhance Your Golf Swing"

11:30 a.m. – 1:00 p.m.
1:00 p.m. – 2:00 p.m.
2:15 p.m. – 3:15 p.m.

Wednesday, July 24

7:00 a.m.

8:00 a.m. – 9:00 a.m.
9:00 a.m. – 9:30 a.m.
9:00 a.m. – 10:00 a.m.
11:00 a.m. – 11:30 a.m.
12:00 p.m. – 1:15 p.m.
1:45 p.m. – 2:45 p.m.
3:00 p.m. – 4:00 p.m.

(Morning at Lincoln North Star High School, Afternoon at Highlands Golf Course)

REGISTRATION AND EXHIBIT AREA OPEN

NSAA GOLF MEETING
NCA Golf Meeting
Dave Schultz, Nebraska Orthopaedic & Sports Medicine, “Nutritional Considerations for the High School Athlete”
NCA District Meetings

COACHING BEYOND THE GAME LUNCHEON, Coaching Legends: Bobby Bowden, Tom Osborne, Grant Teaff

AT HIGHLANDS GOLF COURSE: Charlie Borner, Hillcrest Country Club, “Developing Accuracy with Iron Play”

AT HIGHLANDS GOLF COURSE: Charlie Borner, Hillcrest Country Club, “Chipping & Putting for the Winning Score”

Thursday, July 26

7:00 a.m.

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

9:30 a.m. – 10:15 a.m.
10:15 a.m. – 11:15 a.m.
11:15 a.m. – 11:30 a.m.

Golf Sessions at Highlands Golf Course

REGISTRATION AND EXHIBIT AREA OPEN AT LINCOLN NORTH STAR HS

AT HIGHLANDS GOLF COURSE: Scott Bruha & Dave James, Meadowlark Golf Course, Kearney, “The Role of the Golf Coach”

AT HIGHLANDS GOLF COURSE: Scott Bruha & Dave James, Meadowlark Golf Course, Kearney, “Three Levels of Priority in Understanding the Golf Swing”

AT HIGHLANDS GOLF COURSE: Scott Bruha & Dave James, Meadowlark Golf Course, Kearney, “Chipping & Pitching”

AT HIGHLANDS GOLF COURSE: Scott Bruha & Dave James, Meadowlark Golf Course, Kearney, “Putting & Driving”

AT HIGHLANDS GOLF COURSE: Scott Bruha & Dave James, Meadowlark Golf Course, Kearney, “Review and Q&A”

FOOTBALL 11-MAN

Tuesday, July 23

7:00 a.m.

8:30 a.m. – 9:45 a.m.
10:30 a.m. – 11:30 a.m.

11:30 a.m. – 1:00 p.m.
1:00 p.m. – 2:00 p.m.
1:00 p.m. – 2:00 p.m.
1:00 p.m. – 2:00 p.m.
2:30 p.m. – 3:30 p.m.
2:30 p.m. – 4:00 p.m.

REGISTRATION AND EXHIBIT AREA OPEN

KEYNOTE ADDRESS: KERRI STRUG, OLYMPIC GOLD MEDALIST

BEYOND THE X's & O's: Rob Miller, ProActive Coaching, “The Impact of Athletes Trusting Their Coach”

BEYOND THE X's & O's: Greg Winkler, Fond du Lac HS, WI, “Parental Guidance: Communicating Effectively with Parents”

BEYOND THE X's & O's: Spencer Wood, Icebox Athlete, “Mental Skills & Mental Toughness Training for the 21st Century Athlete”

Lunch on Your Own

John Reiners, Black Hills State University, “Managing your Team/Special Teams Drills”

Rob Miller, ProActive Coaching, “Training Coaches for Excellence and Significance”

Spencer Wood, Icebox Athlete, “Explosive Speed, Agility and Quickness Training”

Nick Fulton, Black Hills State University, “Offensive Goals/Offensive Line Play”

Care & Prevention of Athletic Injuries- Taping Sessions for Coaches

Wednesday, July 24

7:00 a.m.

8:00 a.m. – 9:00 a.m.
8:00 a.m. – 9:00 a.m.
9:00 a.m. – 9:30 a.m.
9:00 a.m. – 10:00 a.m.
9:45 a.m. – 10:45 a.m.
11:00 a.m. – 11:30 a.m.
12:00 p.m. – 1:15 p.m.
1:30 p.m. – 3:00 p.m.
1:30 p.m. – 2:30 p.m.
3:00 p.m. – 4:00 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

Terry Joseph, University of Nebraska, “Getting Your Players Prepared”

Spencer Wood, Icebox Athlete, “Explosive Speed, Agility and Quickness Training”

NCA Football Meeting

Dave Schultz, Nebraska Orthopaedic & Sports Medicine, “Nutritional Considerations for the High School Athlete”

Hudl– “Practice Scripts, Presentations, and Reports”

NCA District Meetings

COACHING BEYOND THE GAME LUNCHEON, Coaching Legends: Bobby Bowden, Tom Osborne, Grant Teaff

IMPACT-Baseline Testing & Training, NE Sports Concussion Network, Sign Up at NE Orthopaedic & Sports Medicine Booth

Scott Strohmeier, Iowa Western Community College, “High Tempo Offense & Practice Organization”

Mike Strohmeier, Iowa Western Community College, “IWCC Screen Game/Quick Game”

Thursday, July 25

7:00 a.m.

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

REGISTRATION AND EXHIBIT AREA OPEN

NSAA FOOTBALL RULES MEETING

Jim Svoboda, University of Central Missouri, “Quarterbacking Essentials”

Jim Svoboda, University of Central Missouri, “Coaching the Short Passing Game”

FOOTBALL 8-MAN

Tuesday, July 23

7:00 a.m.

8:30 a.m. – 9:45 a.m.
10:30 a.m. – 11:30 a.m.

11:30 a.m. – 1:00 p.m.
1:00 p.m. – 2:00 p.m.
1:00 p.m. – 2:00 p.m.
1:00 p.m. – 2:00 p.m.
2:30 p.m. – 3:30 p.m.
2:30 p.m. – 4:00 p.m.

REGISTRATION AND EXHIBIT AREA OPEN

KEYNOTE ADDRESS: KERRI STRUG, OLYMPIC GOLD MEDALIST

BEYOND THE X's & O's: Rob Miller, ProActive Coaching, “The Impact of Athletes Trusting Their Coach”

BEYOND THE X's & O's: Greg Winkler, Fond du Lac HS, WI, “Parental Guidance: Communicating Effectively with Parents”

BEYOND THE X's & O's: Spencer Wood, Icebox Athlete, “Mental Skills & Mental Toughness Training for the 21st Century Athlete”

Lunch on Your Own

Bill Brown, Deckerville High School, MI, “Winning with Power Football: Wing-T & Straight-T Concepts in 8-man Football”

Rob Miller, ProActive Coaching, “Training Coaches for Excellence and Significance”

Spencer Wood, Icebox Athlete, “Explosive Speed, Agility and Quickness Training”

Bill Brown, Deckerville High School, MI, “Deckerville Football Program: Road to a State Championship-20 Yrs. in the Making”

Care & Prevention of Athletic Injuries- Taping Sessions for Coaches

Wednesday, July 24

7:00 a.m.

8:00 a.m. – 9:00 a.m.
8:00 a.m. – 9:00 a.m.
9:00 a.m. – 9:30 a.m.
9:00 a.m. – 10:00 a.m.
9:45 a.m. – 10:45 a.m.
11:00 a.m. – 11:30 a.m.
12:00 p.m. – 1:15 p.m.
1:30 p.m. – 3:00 p.m.
1:30 p.m. – 2:30 p.m.
3:00 p.m. – 4:00 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

Terry Joseph, University of Nebraska, “Getting Your Players Prepared”

Spencer Wood, Icebox Athlete, “Explosive Speed, Agility and Quickness Training”

NCA Football Meeting

Dave Schultz, Nebraska Orthopaedic & Sports Medicine, “Nutritional Considerations for the High School Athlete”

Hudl– “Practice Scripts, Presentations, and Reports”

NCA District Meetings

COACHING BEYOND THE GAME LUNCHEON, Coaching Legends: Bobby Bowden, Tom Osborne, Grant Teaff

IMPACT-Baseline Testing & Training, NE Sports Concussion Network, Sign Up at NE Orthopaedic & Sports Medicine Booth

Justin Coup, Baileyville B&B High School, KS “No Huddle Offense”

Justin Coup, Baileyville B&B High School, KS “Short Passing Game with Drill Support”

Thursday, July 25

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

REGISTRATION AND EXHIBIT AREA OPEN
NSAA FOOTBALL RULES MEETING
Jim Svoboda, University of Central Missouri, “Quarterbacking Essentials”

SOCCKER

Tuesday, July 23

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

REGISTRATION AND EXHIBIT AREA OPEN
KEYNOTE ADDRESS: KERRI STRUG, OLYMPIC GOLD MEDALIST
BEYOND THE X's & O's: Rob Miller, ProActive Coaching, “The Impact of Athletes Trusting Their Coach”
BEYOND THE X's & O's: Greg Winkler, Fond du Lac HS, WI, “Parental Guidance: Communicating Effectively with Parents”
BEYOND THE X's & O's: Spencer Wood, Icebox Athlete, “Mental Skills & Mental Toughness Training for the 21st Century Athlete”
Lunch on Your Own
Greg Winkler, Fond du Lac HS, WI, “Soccer Marketing/Special Events/Booster Clubs”
Spencer Wood, Icebox Athlete, “Explosive Speed, Agility and Quickness Training”
Greg Winkler, Fond du Lac HS, WI, “Soccer Team Management - On and Off the Field”
Care & Prevention of Athletic Injuries- Taping Sessions for Coaches

11:30 a.m. – 1:00 p.m.
1:00 p.m. – 2:00 p.m.
1:00 p.m. – 2:00 p.m.
2:30 p.m. – 3:30 p.m.
2:30 p.m. – 4:00 p.m.

Wednesday, July 24

7:00 a.m.
8:00 a.m. – 9:00 a.m.
9:00 a.m. – 9:30 a.m.
9:45 a.m. – 10:45 a.m.
11:00 a.m. – 11:30 a.m.
12:00 p.m. – 1:15 p.m.
1:30 p.m. – 3:00 p.m.
1:30 p.m. – 2:30 p.m.
1:30 p.m. – 2:30 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
Randy Waldrum, University of Notre Dame, “Technical/Functional Training for Elite Players”
NCA Soccer Meeting
Randy Waldrum, University of Notre Dame, “Possession for Progression”
NCA District Meetings
COACHING BEYOND THE GAME LUNCHEON, Coaching Legends: Bobby Bowden, Tom Osborne, Grant Teaff
IMPACT-Baseline Testing & Training, NE Sports Concussion Network, Sign Up at NE Orthopaedic & Sports Medicine Booth
Dan Eassa, Free Recruiting Webinar, “NCAA/NAIA Eligibility: Empowering the Parent to Take Control”
Hudl, “Insider Accounts”

Thursday, July 25

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

REGISTRATION AND EXHIBIT AREA OPEN
NSAA SOCCER MEETING
Jason Mims, University of Nebraska Omaha, “Speed of Play”
Jason Mims, University of Nebraska Omaha, “Transition/Movement off the Ball”

SOFTBALL

Tuesday, July 23

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

REGISTRATION AND EXHIBIT AREA OPEN
KEYNOTE ADDRESS: KERRI STRUG, OLYMPIC GOLD MEDALIST
BEYOND THE X's & O's: Rob Miller, ProActive Coaching, “The Impact of Athletes Trusting Their Coach”
BEYOND THE X's & O's: Greg Winkler, Fond du Lac HS, WI, “Parental Guidance: Communicating Effectively with Parents”
BEYOND THE X's & O's: Spencer Wood, Icebox Athlete, “Mental Skills & Mental Toughness Training for the 21st Century Athlete”
Lunch on Your Own
AT UNL HAYMARKET INDOOR COMPLEX: Diane Miller, Univ. of Nebraska, “Hitting Drills: Maximize a Hitter’s Talent Level”
AT UNL HAYMARKET INDOOR COMPLEX: Diane Miller, Univ. of Nebraska, “Hitting Drills on a Non-Existent Budget”

11:30 a.m. – 1:00 p.m.
1:00 p.m. – 2:00 p.m.
2:30 p.m. – 3:30 p.m.

Wednesday, July 24

7:00 a.m.
8:00 a.m. – 9:00 a.m.
9:00 a.m. – 9:30 a.m.
9:45 a.m. – 10:45 a.m.
11:00 a.m. – 11:30 a.m.
12:00 p.m. – 1:15 p.m.
1:30 p.m. – 3:00 p.m.
1:30 p.m. – 2:30 p.m.
1:30 p.m. – 2:30 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
Mark Lumley, Baylor University, “Elevating Short Game Skills for High School Level”
NCA Softball Meeting
Mark Lumley, Baylor University, “Elevating Hitting Skills for the High School Player”
NCA District Meetings
COACHING BEYOND THE GAME LUNCHEON, Coaching Legends: Bobby Bowden, Tom Osborne, Grant Teaff
IMPACT-Baseline Testing & Training, NE Sports Concussion Network, Sign Up at NE Orthopaedic & Sports Medicine Booth
Dan Eassa, Free Recruiting Webinar, “NCAA/NAIA Eligibility: Empowering the Parent to Take Control”
Hudl, “Insider Accounts”

Thursday, July 25

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

REGISTRATION AND EXHIBIT AREA OPEN
NSAA SOFTBALL RULES MEETING
Marty Rubinoff, Martin’s Field Of Dreams, “Developing Effective Movement Patterns in Throwing”
Marty Rubinoff, Martin’s Field Of Dreams, “Infield Play, the Actions and Reactions of the Eyes, Feet and Hands”

TENNIS

Tuesday, July 23

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

REGISTRATION AND EXHIBIT AREA OPEN
KEYNOTE ADDRESS: KERRI STRUG, OLYMPIC GOLD MEDALIST
BEYOND THE X's & O's: Rob Miller, ProActive Coaching, “The Impact of Athletes Trusting Their Coach”
BEYOND THE X's & O's: Greg Winkler, Fond du Lac HS, WI, “Parental Guidance: Communicating Effectively with Parents”
BEYOND THE X's & O's: Spencer Wood, Icebox Athlete, “Mental Skills & Mental Toughness Training for the 21st Century Athlete”
Lunch on Your Own
AT WOODS TENNIS CENTER: Kevin Heim, Woods Tennis Center, “Point Scoring Games for the HS Coach”
AT WOODS TENNIS CENTER: Kevin Heim, Woods Tennis Center, “Growing Tennis in Your Community - Guide For The HS Coach”

11:30 a.m. – 1:00 p.m.
1:00 p.m. – 2:00 p.m.
2:30 p.m. – 3:30 p.m.

Wednesday, July 24

7:00 a.m.
8:00 a.m. – 9:00 a.m.
9:00 a.m. – 9:30 a.m.
9:45 a.m. – 10:45 a.m.
11:00 a.m. – 11:30 a.m.
12:00 p.m. – 1:15 p.m.
1:30 p.m. – 2:30 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

AT LNS Tennis Courts: Jason Olson, Stevens HS, Rapid City, SD, “Running an Efficient Practice”
NCA Tennis Meeting

AT LNS Tennis Courts: Jason Olson, Stevens HS, Rapid City, SD, “Running a No-Cut Program- What I do with the beginners?”
NCA District Meetings

COACHING BEYOND THE GAME LUNCHEON, Coaching Legends: Bobby Bowden, Tom Osborne, Grant Teaff

AT LNS CLASSROOM: Jason Olson, Stevens HS, Rapid City, SD, “Building a Program”

Thursday, July 25

7:00 a.m.
8:00 a.m. – 9:00 a.m.
9:15 a.m. – 10:15 a.m.

10:30 a.m. – 11:30 a.m.

REGISTRATION AND EXHIBIT AREA OPEN

AT WOODS TENNIS CENTER: NSAA TENNIS MEETING

AT WOODS TENNIS CENTER: Talor Wain, Woods Tennis Center, “Fundamentals of Point Construction - What Can HS Players Learn From the Pros”

AT WOODS TENNIS CENTER: Talor Wain, Woods Tennis Center, “Tennis Games With No Lines”

TRACK & FIELD

Tuesday, July 23

7:00 a.m.
8:30 a.m. – 9:45 a.m.

10:30 a.m. – 11:30 a.m.

REGISTRATION AND EXHIBIT AREA OPEN

KEYNOTE ADDRESS: KERRI STRUG, OLYMPIC GOLD MEDALIST

BEYOND THE X's & O's: Rob Miller, ProActive Coaching, “The Impact of Athletes Trusting Their Coach”

BEYOND THE X's & O's: Greg Winkler, Fond du Lac HS, WI, “Parental Guidance: Communicating Effectively with Parents”

BEYOND THE X's & O's: Spencer Wood, Icebox Athlete, “Mental Skills & Mental Toughness Training for the 21st Century Athlete”

Lunch on Your Own

Casey Thom, Rice University, “Training Hurdlers: From Beginner to Advanced”

Spencer Wood, Icebox Athlete, “Explosive Speed, Agility and Quickness Training”

Rob Miller, ProActive Coaching, “Training Coaches for Excellence and Significance”

Casey Thom, Rice University, “Planning & Organizing Training for Speed Power Athletes”

Care & Prevention of Athletic Injuries- Taping Sessions for Coaches

11:30 a.m. – 1:00 p.m.
1:00 p.m. – 2:00 p.m.
1:00 p.m. – 2:00 p.m.
1:00 p.m. – 2:00 p.m.
2:30 p.m. – 3:30 p.m.
2:30 p.m. – 4:00 p.m.

Wednesday, July 24

7:00 a.m.
8:00 a.m. – 9:00 a.m.
8:00 a.m. – 9:00 a.m.
9:00 a.m. – 9:30 a.m.
9:00 a.m. – 10:00 a.m.
9:45 a.m. – 10:45 a.m.
11:00 a.m. – 11:30 a.m.
12:00 p.m. – 1:15 p.m.
1:30 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

NSAA TRACK & FIELD MEETING

Spencer Wood, Icebox Athlete, “Explosive Speed, Agility and Quickness Training”

NCA Track & Field Meeting

Dave Schultz, Nebraska Orthopaedic & Sports Medicine, “Nutritional Considerations for the High School Athlete”

Dave Harris, University of Nebraska, “Planning the Training of the HS Cross Country/Middle Distance/Distance Runner”

NCA District Meetings

COACHING BEYOND THE GAME LUNCHEON, Coaching Legends: Bobby Bowden, Tom Osborne, Grant Teaff

Sara Domeier, Lincoln North Star HS- “Benefits of a Strong Core in Our Athletes”

Sara Domeier, Lincoln North Star HS- “Training the HS Multi-Sport Athlete in the Off Season”

Thursday, July 25

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

REGISTRATION AND EXHIBIT AREA OPEN

Carrie Lane, University of Nebraska, “Fundamentals-Build a Solid Base of Skills in Your Young Thrower First”

Carrie Lane, University of Nebraska, “Teaching the Spin-Step by Step Guidelines for the Spin Shot & Discus”

Hudl, “Hudl for Other Sports”

VOLLEYBALL

Tuesday, July 23

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

REGISTRATION AND EXHIBIT AREA OPEN

KEYNOTE ADDRESS: KERRI STRUG, OLYMPIC GOLD MEDALIST

BEYOND THE X's & O's: Rob Miller, ProActive Coaching, “The Impact of Athletes Trusting Their Coach”

BEYOND THE X's & O's: Greg Winkler, Fond du Lac HS, WI, “Parental Guidance: Communicating Effectively with Parents”

BEYOND THE X's & O's: Spencer Wood, Icebox Athlete, “Mental Skills & Mental Toughness Training for the 21st Century Athlete”

Lunch on Your Own

Jim Moore, University of Oregon, “Creating Practice – How Tempo and Technology Can Help You”

Rob Miller, ProActive Coaching, “Training Coaches for Excellence and Significance”

Spencer Wood, Icebox Athlete, “Explosive Speed, Agility and Quickness Training”

Jim Moore, University of Oregon, “Creating an Up-Tempo Offense”

Care & Prevention of Athletic Injuries- Taping Sessions for Coaches

11:30 a.m. – 1:00 p.m.
1:00 p.m. – 2:00 p.m.
1:00 p.m. – 2:00 p.m.
1:00 p.m. – 2:00 p.m.
2:30 p.m. – 3:30 p.m.
2:30 p.m. – 4:00 p.m.

Wednesday, July 24

7:00 a.m.
8:00 a.m. – 9:00 a.m.
8:00 a.m. – 9:00 a.m.
9:00 a.m. – 9:30 a.m.
9:00 a.m. – 10:00 a.m.
9:45 a.m. – 10:45 a.m.
11:00 a.m. – 11:30 a.m.
12:00 p.m. – 1:15 p.m.
1:30 p.m. – 3:00 p.m.
1:30 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

Kirsten Bernthal-Booth, Creighton University, “Making Your Defense Great—Both in the Front, and Back Row”

Spencer Wood, Icebox Athlete, “Explosive Speed, Agility and Quickness Training”

NCA Volleyball Meeting

Dave Schultz, Nebraska Orthopaedic & Sports Medicine, “Nutritional Considerations for the High School Athlete”

Kirsten Bernthal-Booth, Creighton University, “Compete, Compete, Compete”

NCA District Meetings

COACHING BEYOND THE GAME LUNCHEON, Coaching Legends: Bobby Bowden, Tom Osborne, Grant Teaff

IMPACT-Baseline Testing & Training, NE Sports Concussion Network, Sign Up at NE Orthopaedic & Sports Medicine Booth

Hugh McCutcheon, University of Minnesota, “Practice Design and Implementation”

Hugh McCutcheon, University of Minnesota, “Passing and Serve Receive”

Thursday, July 25

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

REGISTRATION AND EXHIBIT AREA OPEN
NSAA VOLLEYBALL RULES MEETING
Rochelle Rohlf, Omaha Marian HS, NE, “Competitive Drills”
Hudl, “Hudl for Other Sports”

WRESTLING

Tuesday, July 23

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

****All Sessions Presented by: The National Wrestling Coaches Association****

REGISTRATION AND EXHIBIT AREA OPEN
KEYNOTE ADDRESS: KERRI STRUG, OLYMPIC GOLD MEDALIST
BEYOND THE X's & O's: Rob Miller, ProActive Coaching, “The Impact of Athletes Trusting Their Coach”
BEYOND THE X's & O's: Greg Winkler, Fond du Lac HS, WI, “Parental Guidance: Communicating Effectively with Parents”
BEYOND THE X's & O's: Spencer Wood, Icebox Athlete, “Mental Skills & Mental Toughness Training for the 21st Century Athlete”
Lunch on Your Own
Bryan Snyder, University of Nebraska, “Scoring from Your Feet”
Rob Miller, ProActive Coaching, “Training Coaches for Excellence and Significance”
Bryan Snyder, University of Nebraska, “Tilts/Turns on Top”
Care & Prevention of Athletic Injuries- Taping Sessions for Coaches

11:30 a.m. – 1:00 p.m.
1:00 p.m. – 2:00 p.m.
1:00 p.m. – 2:00 p.m.
2:30 p.m. – 3:30 p.m.
2:30 p.m. – 4:00 p.m.

Wednesday, July 24

7:00 a.m.
8:00 a.m. – 9:00 a.m.
9:00 a.m. – 9:30 a.m.
9:00 a.m. – 10:00 a.m.
9:45 a.m. – 10:45 a.m.
11:00 a.m. – 11:30 a.m.
12:00 p.m. – 1:15 p.m.
1:30 p.m. – 3:00 p.m.
1:30 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
NSAA WRESTLING MEETING
NCA Wrestling Meeting
Dave Schultz, Nebraska Orthopaedic & Sports Medicine, “Nutritional Considerations for the High School Athlete”
Tyler Herman, Amherst High School, NE, “Takedowns, Scrambling, and Drills”
NCA District Meetings
COACHING BEYOND THE GAME LUNCHEON, Coaching Legends: Bobby Bowden, Tom Osborne, Grant Teaff
IMPACT-Baseline Testing & Training, NE Sports Concussion Network, Sign Up at NE Orthopaedic & Sports Medicine Booth
Robert Hartman, Whitehall High School, PA, “Keys to Having a Productive Relationship with Your Football Coach”
Robert Hartman, Whitehall High School, PA, “Working With Your Administrator”

Thursday, July 25

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

REGISTRATION AND EXHIBIT AREA OPEN
Hudl, “Playbook and Other New Features”
Mark Cody, University of Oklahoma, “Chain Wrestling in Top Position – Riding & Pinning”
Mark Cody, University of Oklahoma, “Chain Wrestling in Bottom Position – Movement to Score”

CHEERLEADING

Tuesday, July 23

NOTE: 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 23rd. 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.
8:30 a.m. – 9:45 a.m.
10:30 a.m. – 11:30 a.m.

REGISTRATION AND EXHIBIT AREA OPEN
KEYNOTE ADDRESS: KERRI STRUG, OLYMPIC GOLD MEDALIST
BEYOND THE X's & O's: Rob Miller, ProActive Coaching, “The Impact of Athletes Trusting Their Coach”
BEYOND THE X's & O's: Greg Winkler, Fond du Lac HS, WI, “Parental Guidance: Communicating Effectively with Parents”
BEYOND THE X's & O's: Spencer Wood, Icebox Athlete, “Mental Skills & Mental Toughness Training for the 21st Century Athlete”
Lunch on Your Own
Terri Freeman, UCA, “AACCA – SEMINAR”
Terri Freeman, UCA “AACCA – TEST”

11:30 a.m. – 1:30 p.m.
1:30 p.m. – 2:30 p.m.
2:30 p.m. – 3:30 p.m.

Wednesday, July 24

7:00 a.m.
8:00 a.m. – 9:00 a.m.
9:15 a.m. – 10:15 a.m.
10:30 a.m. – 11:00 a.m.
11:00 a.m. – 11:30 a.m.
12:00 p.m. – 1:15 p.m.
1:30 p.m. – 2:30 p.m.
3:00 p.m. – 4:00 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
Jason Sack, NW Missouri State and Jeff Snow, Iowa Western CC, “Running an Effective Program” (Try-Outs to the End of the Season)
Holly Schaffner, NCA, “Cheer Bootcamp: Conditioning for Your Team with NO Equipment in Roughly 20 Minutes Per Practice”
NCA Cheer/Dance Meeting
NCA District Meetings
COACHING BEYOND THE GAME LUNCHEON, Coaching Legends: Bobby Bowden, Tom Osborne, Grant Teaff
Jeff Snow, Iowa Western CC and Ashley Parnell, UCA State Director, “Tumbling 101”
Jeff Snow, Iowa Western CC and Ashley Parnell, UCA State Director, “Learn to Spot Tumbling Safely”

Thursday, July 25

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

REGISTRATION AND EXHIBIT AREA OPEN
Jason Sack, NW Missouri State, Jeff Snow, Iowa Western CC, Terri Freeman, UCA, “What the Judges Are Looking For”
Holly Schaffner, NCA, “Organizing Choreography for Pep Rallies and Routines”
Ashley Parnell, UCA State Director & Jason Sack, NW Missouri State, “How to Effectively Lead the Crowd Using Signs” Hands On

DANCE

Tuesday, July 23

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

****All Sessions Presented by: Varsity Spirit Corporation****

REGISTRATION AND EXHIBIT AREA OPEN
KEYNOTE ADDRESS: KERRI STRUG, OLYMPIC GOLD MEDALIST
BEYOND THE X's & O's: Rob Miller, ProActive Coaching, “The Impact of Athletes Trusting Their Coach”
BEYOND THE X's & O's: Greg Winkler, Fond du Lac HS, WI, “Parental Guidance: Communicating Effectively with Parents”
BEYOND THE X's & O's: Spencer Wood, Icebox Athlete, “Mental Skills & Mental Toughness Training for the 21st Century Athlete”
Lunch on Your Own
Mandy Pruet, Universal Dance Association, “Dance Technique: Leaps and Jumps”
Mandy Pruet, Universal Dance Association, “Dance Technique: Turns”

11:30 a.m. – 1:30 p.m.
1:30 p.m. – 2:30 p.m.
2:30 p.m. – 3:30 p.m.

Wednesday, July 24

7:00 a.m.
 10:30 a.m. – 11:00 a.m.
 11:00 a.m. – 11:30 a.m.
 12:00 p.m. – 1:15 p.m.
 1:30 p.m. – 2:30 p.m.
 3:00 p.m. – 4:00 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
 NCA Cheer/Dance Meeting
 NCA District Meetings
COACHING BEYOND THE GAME LUNCHEON, Coaching Legends: Bobby Bowden, Tom Osborne, Grant Teaff
 Mandy Pruett, Universal Dance Association, “How to Run an Effective Program”
 Mandy Pruett, Universal Dance Association, “Choreography: What Makes a Successful Routine”

Thursday, July 25

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

REGISTRATION AND EXHIBIT AREA OPEN
 Mandy Pruett, Universal Dance Association, “Conditioning and Strength Training”
 Mandy Pruett, Universal Dance Association, “Using Today’s Technology”
 Mandy Pruett, Universal Dance Association, “Inspiring Leadership”

JUNIOR HIGH BASKETBALL (Junior High Sessions in Bold Wednesday Morning)**Tuesday, July 23**

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

REGISTRATION AND EXHIBIT AREA OPEN
KEYNOTE ADDRESS: KERRI STRUG, OLYMPIC GOLD MEDALIST
BEYOND THE X’s & O’s: Rob Miller, ProActive Coaching, “The Impact of Athletes Trusting Their Coach”
BEYOND THE X’s & O’s: Greg Winkler, Fond du Lac HS, WI, “Parental Guidance: Communicating Effectively with Parents”
BEYOND THE X’s & O’s: Spencer Wood, Icebox Athlete, “Mental Skills & Mental Toughness Training for the 21st Century Athlete”
 Lunch on Your Own
 Don Meyer, Northern State University, “Total Package Coaching” *Presented by Baden Sports*
 Rob Miller, ProActive Coaching, “Training Coaches for Excellence and Significance”
 Spencer Wood, Icebox Athlete, “Explosive Speed, Agility and Quickness Training”
 Don Meyer, Northern State University, “Building a Championship Program” *Presented by Baden Sports*
 Care & Prevention of Athletic Injuries- Taping Sessions for Coaches

11:30 a.m. – 1:00 p.m.
 1:00 p.m. – 2:00 p.m.
 1:00 p.m. – 2:00 p.m.
 1:00 p.m. – 2:00 p.m.
 2:30 p.m. – 3:30 p.m.
 2:30 p.m. – 4:00 p.m.

Wednesday, July 24

7:00 a.m.
8:00 a.m. – 9:00 a.m.
 9:00 a.m. – 9:30 a.m.
9:45 a.m. – 10:45 a.m.
 11:00 a.m. – 11:30 a.m.
 12:00 p.m. – 1:15 p.m.
 1:30 p.m. – 3:00 p.m.
 1:30 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 Herzberg, Northwest, “Fundamental Offensive Skills/Organizational Ideas”
 NCA Basketball Meeting
Mike Herzberg, Northwest, “Building a Solid Man to Man Defense”
 NCA District Meetings
COACHING BEYOND THE GAME LUNCHEON, Coaching Legends: Bobby Bowden, Tom Osborne, Grant Teaff
 IMPACT-Baseline Testing & Training, NE Sports Concussion Network, Sign Up at NE Orthopaedic & Sports Medicine Booth
 Mike Neighbors, University of Washington, “Competitive Team Drills”
 Mike Neighbors, University of Washington, “Competitive Individual Drills”

Thursday, July 25

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

REGISTRATION AND EXHIBIT AREA OPEN
 Hudl, “Playbook and Other New Features”
 Shane Warwick, Warwick Workouts, “Skill Development”
 Shane Warwick, Warwick Workouts, “Become a Scorer through a Shooting Program & Drills”

JUNIOR HIGH FOOTBALL**Tuesday, July 23**

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

(Junior High Sessions in Bold Wednesday Afternoon)

REGISTRATION AND EXHIBIT AREA OPEN
KEYNOTE ADDRESS: KERRI STRUG, OLYMPIC GOLD MEDALIST
BEYOND THE X’s & O’s: Rob Miller, ProActive Coaching, “The Impact of Athletes Trusting Their Coach”
BEYOND THE X’s & O’s: Greg Winkler, Fond du Lac HS, WI, “Parental Guidance: Communicating Effectively with Parents”
BEYOND THE X’s & O’s: Spencer Wood, Icebox Athlete, “Mental Skills & Mental Toughness Training for the 21st Century Athlete”
 Lunch on Your Own
 John Reiners, Black Hills State University, “Managing your Team/Special Teams Drills”
 Rob Miller, ProActive Coaching, “Training Coaches for Excellence and Significance”
 Spencer Wood, Icebox Athlete, “Explosive Speed, Agility and Quickness Training”
 Nick Fulton, Black Hills State University, “Offensive Goals/Offensive Line Play”
 Care & Prevention of Athletic Injuries- Taping Sessions for Coaches

11:30 a.m. – 1:00 p.m.
 1:00 p.m. – 2:00 p.m.
 1:00 p.m. – 2:00 p.m.
 1:00 p.m. – 2:00 p.m.
 2:30 p.m. – 3:30 p.m.
 2:30 p.m. – 4:00 p.m.

Wednesday, July 24

7:00 a.m.
 8:00 a.m. – 9:00 a.m.
 8:00 a.m. – 9:00 a.m.
 9:45 a.m. – 10:45 a.m.
 11:00 a.m. – 11:30 a.m.
 12:00 p.m. – 1:15 p.m.
1:30 p.m. – 2:30 p.m.
3:00 p.m. – 4:00 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
 Terry Joseph, University of Nebraska, “Getting Your Players Prepared”
 Spencer Wood, Icebox Athlete, “Explosive Speed, Agility and Quickness Training”
 Hudl– “Practice Scripts, Presentations, and Reports”
 NCA District Meetings
COACHING BEYOND THE GAME LUNCHEON, Coaching Legends: Bobby Bowden, Tom Osborne, Grant Teaff
 Kurt Frenzer, Columbus Lakeview, “Install the No Huddle Spread Offense at Any Level with Ease”
 Ryan Specht, Columbus Lakeview, “Important Defensive Fundamentals for Any Level”

Thursday, July 25

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

REGISTRATION AND EXHIBIT AREA OPEN
 NSAA FOOTBALL RULES MEETING
 Jim Svoboda, University of Central Missouri, “Quarterbacking Essentials”
 Jim Svoboda, University of Central Missouri, “Coaching the Short Passing Game”

JUNIOR HIGH VOLLEYBALL (Junior High Sessions in Bold Thursday Morning)

Tuesday, July 23

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

REGISTRATION AND EXHIBIT AREA OPEN
KEYNOTE ADDRESS: KERRI STRUG, OLYMPIC GOLD MEDALIST
BEYOND THE X's & O's: Rob Miller, ProActive Coaching, "The Impact of Athletes Trusting Their Coach"
BEYOND THE X's & O's: Greg Winkler, Fond du Lac HS, WI, "Parental Guidance: Communicating Effectively with Parents"
BEYOND THE X's & O's: Spencer Wood, Icebox Athlete, "Mental Skills & Mental Toughness Training for the 21st Century Athlete"
 Lunch on Your Own
 Jim Moore, University of Oregon, "Creating Practice – How Tempo and Technology Can Help You"
 Rob Miller, ProActive Coaching, "Training Coaches for Excellence and Significance"
 Spencer Wood, Icebox Athlete, "Explosive Speed, Agility and Quickness Training"
 Jim Moore, University of Oregon, "Creating an Up-Tempo Offense"
 Care & Prevention of Athletic Injuries- Taping Sessions for Coaches

11:30 a.m. – 1:00 p.m.
1:00 p.m. – 2:00 p.m.
1:00 p.m. – 2:00 p.m.
1:00 p.m. – 2:00 p.m.
2:30 p.m. – 3:30 p.m.
2:30 p.m. – 4:00 p.m.

Wednesday, July 24

7:00 a.m.
8:00 a.m. – 9:00 a.m.
8:00 a.m. – 9:00 a.m.
9:00 a.m. – 9:30 a.m.
9:45 a.m. – 10:45 a.m.
11:00 a.m. – 11:30 a.m.
12:00 p.m. – 1:15 p.m.
1:30 p.m. – 3:00 p.m.
1:30 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
 Kirsten Bernthal-Booth, Creighton University, "Making Your Defense Great—Both in the Front, and Back Row"
 Spencer Wood, Icebox Athlete, "Explosive Speed, Agility and Quickness Training"
 NCA Volleyball Meeting
 Kirsten Bernthal-Booth, Creighton University, "Compete, Compete, Compete"
 NCA District Meetings
COACHING BEYOND THE GAME LUNCHEON, Coaching Legends: Bobby Bowden, Tom Osborne, Grant Teaff
 IMPACT-Baseline Testing & Training, NE Sports Concussion Network, Sign Up at NE Orthopaedic & Sports Medicine Booth
 Hugh McCutcheon, University of Minnesota, "Practice Design and Implementation"
 Hugh McCutcheon, University of Minnesota, "Passing and Serve Receive"

Thursday, July 25

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

REGISTRATION AND EXHIBIT AREA OPEN
 NSAA VOLLEYBALL RULES MEETING
Jake Moore & Ryan Gray, Lincoln Pius X, "Building a Program—How to Practice as a Program Rather than as Separate Teams"
Jake Moore & Ryan Gray, Lincoln Pius X, "Communication Drills-Getting Athletes to Talk on the Floor in a Positive and Pro-Active Manner"

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

| | | | |
|-------------------|------------|-------------------|---------|
| District 1 | Auditorium | District 4 | Theater |
| District 2 | South Gym | District 5 | B118A |
| District 3 | Library | District 6 | E117 |

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

| | | | |
|------------------|----------------|-----------------------|-------------------|
| Football | Auditorium | Volleyball | South Gym |
| Golf | B118A | Basketball | Main Gym |
| Wrestling | Wrestling Room | Track & CC | E117 |
| Tennis | B105/TN Court | Soccer | B111/Soccer Field |
| Softball | E121 | Cheer/Dance | A118A |

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MAXPREPS

2013-2014 NCA Membership/Clinic Registration INSTRUCTIONS

*The Nebraska Coaches Association is offering for the first time an
ON-LINE REGISTRATION OPTION for membership renewal and clinic registration.
OPENS MAY 1, 2013*

ON-LINE OPTION INSTRUCTIONS:

1. Go to www.ncacoach.org.
2. Locate the link for on-line registration in the upper right-hand column on the home page.
3. Click on the link, this will take you to the registration page.
4. Complete the on-line registration form in its ENTIRETY.
5. You will be directed to either continue to a CREDIT CARD payment screen, or to PRINT the form and MAIL WITH PAYMENT.
6. You will receive an email confirming your registration. If you choose to pay with a credit card, your registration will be complete. If you choose to mail in your printed form, your registration will be complete when the NCA receives payment.
7. **If your school pays for all or part of your membership or clinic registration**, you may complete the form, print, and give to your Athletic Director to complete the registration process.

SPECIAL INSTRUCTIONS:

- If paying by credit card, DO NOT CLICK "SUBMIT PAYMENT" MORE THAN ONCE.
- If you register for membership only, then later wish to sign up for the clinic, you will not be able to do this on-line. Call the NCA office (402-434-5675) or mail in a registration form indicating you are already a 2013-2014 member and registering for clinic only.

MAIL-IN OPTION INSTRUCTIONS:

Please complete the registration form found on page 21 (or download from the NCA homepage) and mail with payment to:



NCA
PO Box 80727
Lincoln, NE 68501

If you wish to purchase the NCA Gold Card or the Texas Coach subscription with your membership renewal, please mark the appropriate boxes (located under FEES near the bottom of the registration form) and include this amount with your payment.

GENERAL REMINDERS:

If you are a FIRST-YEAR coach, you may attend clinic for free with a paid membership.

If you are a COLLEGE STUDENT you may join the association for free (no insurance offered) but you must pay to attend clinic.

As a reminder, the 2013-2014 membership year will begin July 23, 2013 and run up to the first day of the 2014 Multi-Sport Clinic (July 21, 2014).



Nebraska's Independent Colleges

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

Consider private college choices:

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

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



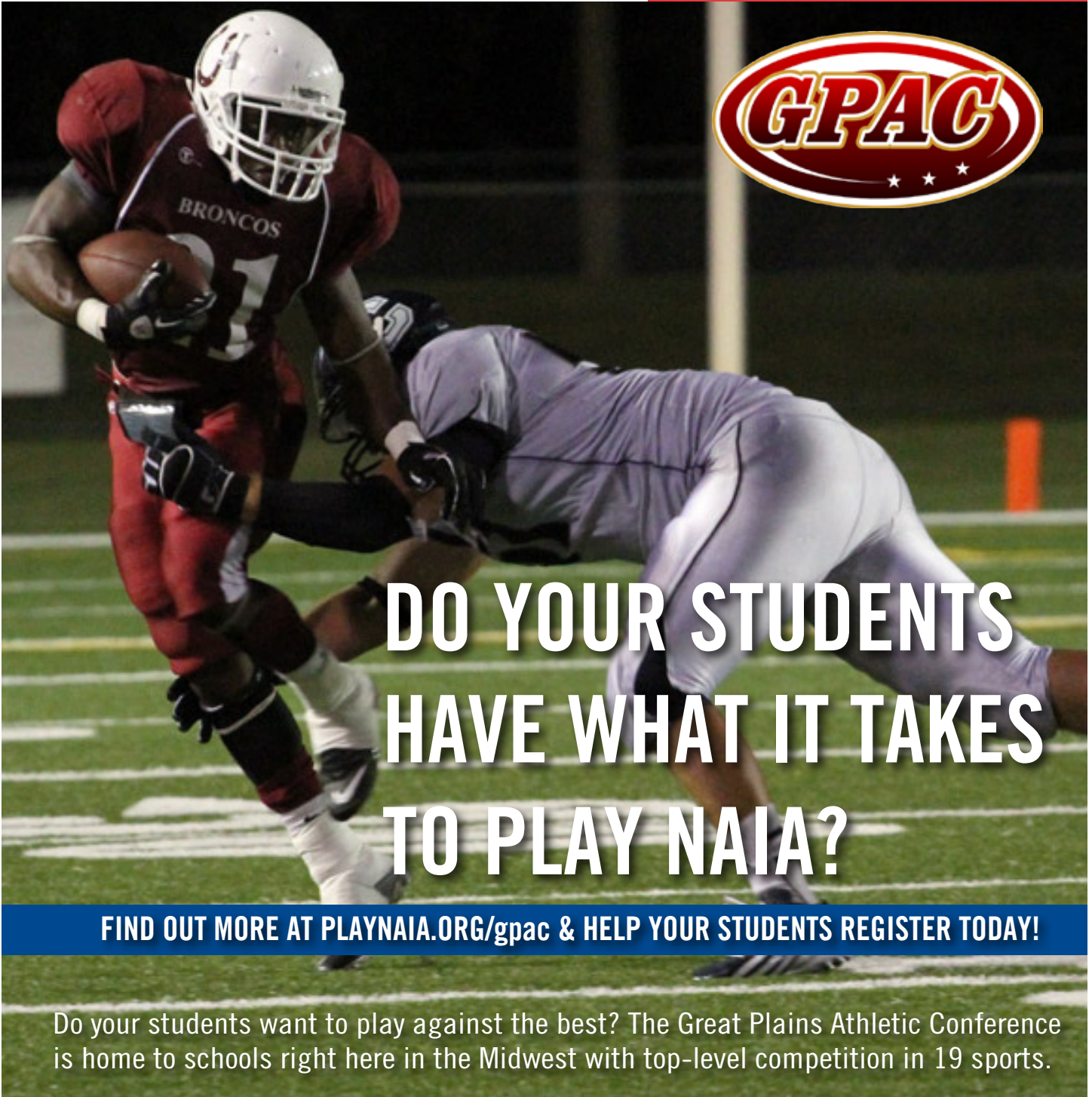
Nebraska's independent colleges include the private colleges and universities that are members of the Nebraska Independent College Foundation.



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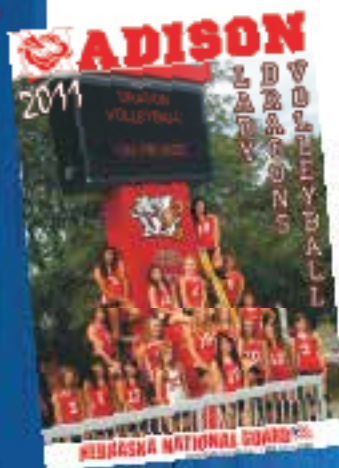


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- Army Physical Fitness Program
- Customized Banner Program

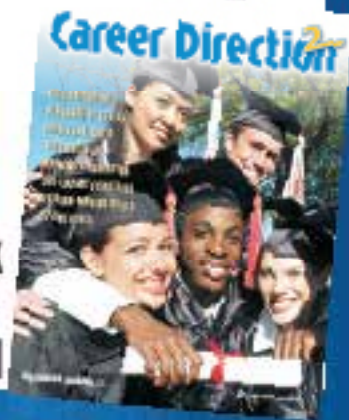


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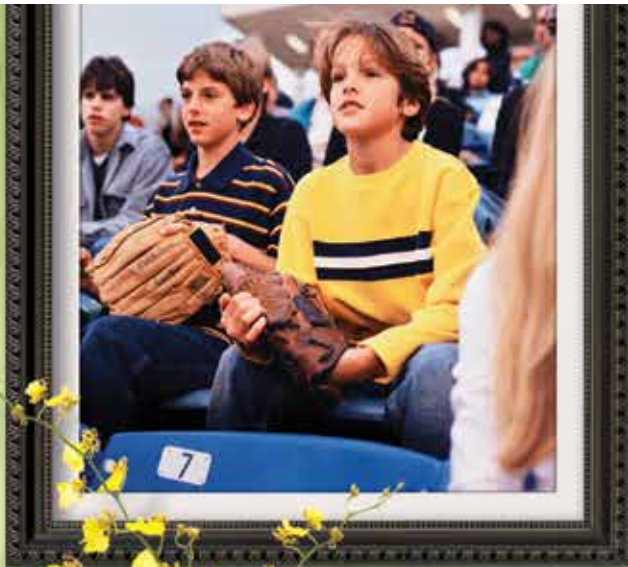
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The Nebraska Coaches Association (NCA) is pleased to announce the exclusive NCA membership benefit “Gold Card” will continue for the 2013-14 school year.

On April 13th, the Nebraska School Activities Association (NSAA) Board of Directors, approved the continuation of the program. The Gold Card, along with a valid state issued photo ID, will grant admission to most NSAA State Championships for the entire school year. ***Some Restrictions apply – see below.**

Any 2013-14 NCA member or NCA Silver Member, may purchase the exclusive Gold Card for only \$20 annually by October 1.

“We are excited to continue this benefit for NCA members. We believe this program, allowed by the NSAA, shows good will between the two organizations and the respect the NSAA has for those that are in the coaching trenches every day. We are very appreciative of the NSAA’s support of coaches across the state,” said Darin Boysen, Executive Director of the NCA.

Rhonda Blanford-Green, Executive Director of the NSAA and Boysen meet over the course of March to work through details of the mutual agreement.

“The NSAA is committed to the educational out-reach of coaches and the Gold Card is a collaborative program that promotes participation in the Nebraska Coaches Association,” commented Blanford-Green

One change that will go into effect for the 2013-14 school year; NCA members must purchase their Gold Card by October 1, 2013. No exceptions. Coaches will continue to be required to have a photo I.D. and sign-in at the championship sites.

The Gold Card is offered as an optional membership fee within the online membership registration. The Gold Card will also be available for purchase at the NCA Multi-Sport Clinic. The NCA assumes the cost of the cards and administration of the program. All funds will go directly to the NSAA.

The Gold Card will allow admission to a NSAA State Championship event only. Events such as sub-districts, districts, and football playoffs will not be applicable. The Gold Card may be used at Football Finals for general admission seating, but will not gain access to the 300 level. The card will gain admission for the card holder only, and will be non-transferable. A \$5 fee will be required for any card misplaced during the school year.

Restrictions:

- **This benefit does not apply to the NSAA State Play Production and Swimming Championships.**
- **Level 300 Seating at the NSAA Football Championships does not apply.**

NCAA/NAIA Eligibility: Empowering the Parent to Take Control

Budgets are being cut, but the issue of NCAA (Clearinghouse) and NAIA eligibility remains. Learn about the NSIAAAA Recruiting Webinar and how it empowers the parent and the student-athlete to manage their NCAA core course and NAIA academic requirements starting in the freshman year. New NCAA rules concerning higher academic standards and online credit recovery make early education on this subject matter for our student-athletes very important.

**July 24 in the Library:
1:30-2:30 PM
3:00-4:00 PM**



Seminar and webinars provided by the nonprofit 501(c)(3) Recruiting Education Foundation Inc., a proud partner of the NSIAAAA

Webinar Agenda

- Three rules of being a parent
- Scholarship myths and facts
- NCAA and JUCO education
- Scholarships, do they differ?
- The Name Game
- Negotiate/Cooperative Education/Saving for College
- Protect your Amateursim
- Dangers of social networking/cell phones
- National Letter of Intent
- NCAA/NAIA Eligibility Centers
- Recruiting Services
- NCAA core course requirements

“His message -- delivered in live presentations and through online webinars – hits home with students, parents, counselors and coaches.”



2013 AWARDS AND RECOGNITION BANQUET

The 46th annual Awards & Recognition Banquet will be held in the evening of Sunday, July 21, at the Great Hall in the Train Station in Lincoln's Historic Haymarket. Several awards will be presented that evening, including the Coach-of-the-Year awards, sponsored by Hudl; Service awards, sponsored by the Nebraska National Guard; and the Jerry Stine Family Milestone Level IV awards, sponsored by Baden Sports. Recognition will also be given to state champion coaches as well as the recipients of several special achievement and career awards. For a complete listing and description of awards given by the Nebraska Coaches Association please visit our website www.ncacoach.org and click on the awards tab.

MILESTONE AWARDS – PRESENTED BY BADEN SPORTS

The NCA – Baden Sports Milestone Award recognizes different levels of coaching achievement in both individual and team sports. The Level I, II, and III certificates will be presented at the NCA Multi-Sport Clinic in July. The Level IV winners receive a plaque presented at the NCA Award Banquet on Sunday, July 21 in Lincoln.

More information regarding the NCA Milestone Award program, including the application form can be found at: <http://www.ncacoach.org/milestone.php>. This web page also includes a newly formatted search for coaches that have achieved any level within the program. Applications are accepted until June 1.

CONGRATULATIONS 2013 NCA CAREER MILESTONE AWARD WINNERS

As of Publication Date

BASKETBALL

Jeff Hart, Lynch, Level I
Wally Johnson, Louisville, Level I
Ken Swanson, Emerson-Hubbard, Level I
Barry Swisher, Sioux County, Level I
Duane Baack, Lincoln Southwest, Level II
Terry Graver, Elkhorn South, Level II
Bill Heard, Ralston, Level II
Kip Ramsey, Grand Island, Level II
Kevin Asher, Hastings St. Cecilia, Level III
Randy Bauer, Pleasanton, Level III
Gary Bender, Humphrey, Level III
Bill Carlin, Adams Central, Level III
Dan Gilson, Heartland, Level III
Jerry Rempe, Southern, Level III
Chuck Ross, Wisner-Pilger, Level III
Ed McPherran, Lincoln East, Level IV

CROSS COUNTRY – BOYS

Gary Shada, Pierce, Level I
Sean McMahon, Fremont, Level IV

CROSS COUNTRY – GIRLS

Dale Mundil, West Point-Beemer, Level II
Gary Shada, Pierce, Level II

FOOTBALL

Matt Farup, Lincoln Christian, Level I
Ken Swanson, Emerson-Hubbard, Level I
Kevin Dodson, North Platte St. Pat's, Level II
John Farrand, Lincoln High, Level II
Tony Hoffman, Crofton, Level II
Jeff Jensen, Creighton, Level II
Ed Lowe, Shelton, Level II
Mark Skillstad, North Platte St. Pat's, Level III
Bill Mimick, Lindsay Holy Family, Level IV

GOLF – BOYS

Ken VerMaas, Jr., Lexington, Level I

GOLF – GIRLS

Mimi Ramsbottom, Elkhorn South, Level II
Steve Exstrom, Minden, Level IV

SOFTBALL

Janelle Lorsch, Arlington, Level I
Dennis Dodge, Beatrice, Level II

TRACK & FIELD – BOYS

Randy Bauer, Pleasanton, Level I

TRACK & FIELD – GIRLS

Neil VanLengen, Dodge, Level I

VOLLEYBALL

Scott Romans, Bennington, Level I
Neil VanLengen, Howells-Dodge, Level II

WRESTLING

Mike Schadwinkel, Grand Island, Level III



SERVICE AWARDS – PRESENTED BY THE NEBRASKA GUARD

The NCA – Nebraska National Guard Service Award is designed to recognize and honor coaches who have achieved 25, 35, 40, 45, and 50 years of coaching service. This is a self-nominating award. If you have achieved any of these levels of service and would like to be honored at the Awards & Recognition Banquet, please visit our website and follow the guidelines presented for 'Service Awards', located at: <http://www.ncacoach.org/service.php>. Applications are accepted until June 1.

CONGRATULATIONS 2013 NCA SERVICE AWARD HONOREES

As of Publication Date

25 YEAR

Kevin Asher, Hastings St. Cecilia
Randy Bauer, Pleasanton
Gary Bender, Humphrey
Vince Burgett, Gretna
Michael Fisher, Fairbury
John Gingery, Lincoln East
Steven Gleisberg, Medicine Valley
Terry Graver, Elkhorn South
Stacey Keller, St. Paul
Kevin Kush, Boys Town
Dave Mroczek, Wilcox-Hildreth
Alan Pokorny, Bennington
Rod Ruybalid, Aurora
Jeff Tomlin, Grand Island
Steve Wendell, Gibbon
Thomas Widler, Seward

35 YEAR

Jon Dahl, Mead
Dennis Dodge, Beatrice
Dr. Doug Dolezal, Crete
Bill Fitzgerald, Fremont
Charles Gorman, Plattsmouth
Val Jansante, Alliance
Jeff Ritz, Omaha Skutt Catholic
Bill Scarborough, Omaha Burke
Gary Schuurmans, Norfolk
Randy Shada, Wahoo
Jack Tarr, Malcolm
Doug Zoucha, Norfolk Catholic

40 YEAR

Dave Irwin, SEM
Edward Johnson, Ewing
Mike Rasmussen, Lincoln Southeast
Chuck Ross, Wisner-Pilger
Gary Sather, Bennington
Al Shirley, Lexington
Roger Wright, Omaha Marian

50 YEAR

Ron Peck, Bancroft-Rosalie



GIRLS' BASKETBALL

BLUE TEAM

Dani Andersen, Lincoln Christian
Bridget Arens, Crofton
Michaela Barry, Norfolk Catholic
Darcy Barry, Wahoo
Bridget Bucher, Norris
Mikaela Shaw, Sandy Creek
Taylor Silva, Bellevue East
Mackenzie Skupa, Silver Lake
Hannah Tvrdy, Seward
Kelsey Wiemers, Kearney
Annie Wolfe, Omaha Marian
Lauren Works, Lincoln Southwest

Blue Team Coaches:

Head Coach – Linda Walker, Wahoo
Assistant Coach – Jason Boyd, Kearney

RED TEAM

Taylor Bahensky, Millard North
Hanah Barnard, Beatrice
Therin Baum, Kearney Catholic
Marisa Blanke, Emerson-Hubbard
Mary Dineen, Millard North
Jill Faxon, Beatrice
Alexa Kastanek, Lincoln Southeast
Allie Millard, Valentine
Daynee Miller, Hershey
Alex Nelson, Papillion-La Vista
Cierra Tjaden, Waverly
Kourtney Zadina, Seward

Red Team Coaches:

Head Coach – Trent Benjamin, Holdrege
Assistant Coach – Mark Madison, Fillmore Central

BOYS' BASKETBALL

BLUE TEAM

Marcus Claussen, Wausa
Chandler Folkerts, Milford
Jake Goltl, Ralston
Josiah Gustafson, Millard North
Tra'deon Hollins, Omaha Central
Noah Housh, Lincoln North Star
Alex Larsen, Northwest
Gunnar Peterson, Lincoln Southwest
Deon Pettigrew, Bellevue West
Austan Rath, Sutton
Nate Rogers, South Sioux City
Clayton Shepard, Lincoln East

Blue Team Coaches:

Head Coach – Chip Bahe, Millard North
Assistant Coach – Tim Barada, Wilber-Clatonia

RED TEAM

Dylan Bohlke, Norris
Brett Dougherty, Papillion-La Vista
Mitch Drey, Gretna
Lucas Gleisberg, Medicine Valley
Michael Hadden, Scottsbluff
Nate Kuhl, Johnson County Central
Connor Lusso, Millard West
Jake Nannen, Lincoln Southeast
Brian Schwetschenau, Omaha Skutt Catholic
Kevin (K.J.) Scott, Jr., Omaha Central
Reid Williams, Lincoln Southwest
Cody Wudtke, McCook

Red Team Coaches:

Head Coach – Jim Carlson, Boyd County
Assistant Coach – Tony Siske, Scottsbluff



VOLLEYBALL

BLUE TEAM

Lizzy Bales, Lincoln North Star
Jessica Bird, Bennington
Chandelle Davidson, Gretna
Skyler Erickson, Cedar Valley
Alyssa Frauendorfer, Humphrey
Jaelynn Griess, Lincoln North Star
Kelly Hunter, Papillion-La Vista South
Katie Kurtz, Papillion-La Vista South
Kara Moore, Columbus Scotus
Bailey Sokolowski, Kearney Catholic
Kassidy Sullivan, Lincoln Northeast
Kinslie TeKolste, Lincoln Southeast
Morgan Westphal, Northwest
Leanna Willer, Elkhorn

Blue Team Coaches:

Head Coach – Diane Rouzee, Northwest
Assistant Coach – Lisa Mason, Bertrand

RED TEAM

Nicki Carson, Ord
Brittany Cech, Elkhorn South
Lexi Elman, Omaha Marian
Sami Hansen, Bennington
Maggie Heim, Omaha Marian
KC Heimann, Howells-Dodge
Lauran Hellbusch, Columbus Scotus
Katie Higgins, Kearney
Jackie Luzum, Exeter-Milligan
Michaela Mestl, Kearney Catholic
Alexis Steffen, Hartington Cedar Catholic
Michelle Thommi, Omaha Skutt Catholic
Kristy Wieser, Lincoln Pius X
Cassidy Yong, Millard West

Red Team Coaches:

Head Coach – Brad Nelson, Axtell
Assistant Coach – Darcy White, Exeter-Milligan

SOFTBALL

BLUE TEAM

McKenzie Anderson, Lincoln Southeast
Rachel Arthur, Lincoln Pius x
Chloe Boeka, Millard South
Brittany Broomfield, McCook
Jensen Cromer, Fairbury
Michelle Dixon, Lincoln Southwest
Marisa Graslewicz, Millard West
Desirae Hakel, Lincoln Pius X
Linzy Heim, Bellevue West
Katie Klosterman, Millard West
Lizzie Noble, Bennington
Anna O’Gorman, Millard West
Paige Orwig, Norfolk
Megan Ruppert, McCook
Nicole Warren, Papillion-LaVista South

Blue Team Coaches:

Head Coach – Don Brummer, Millard West
Assistant Coach – Jason Cochran, McCook

RED TEAM

Chantel Adams, Beatrice
Jen Daro, Omaha Skutt Catholic
Amanda Dunn, Lincoln Southwest
Madi Francis, Lincoln Northeast
Emilee Jonas, Omaha Skutt Catholic
Megan Korgie, Ralston
Allie Ladd, Omaha Westside
Kristin Lange, Elkhorn
Kaitlyn Malone, Crete
Sydney Miller, Arlington
Kallie Rother, Grand Island
Courtney Schendt, Papillion-LaVista South
Lotte Sjulín, DC West/Concordia
Makenna Tracy, Norris
Kat Woolman, Lincoln Pius X

Red Team Coaches:

Head Coach – Janelle Lorsch, Arlington
Assistant Coach – Brad Beard, Elkhorn





NSAA MEETINGS & RULES MEETINGS AT 2013 CLINIC

NSAA will conduct sport meetings and sport rules meetings for all sanctioned sports that are included in the NCA Clinic (see schedule below). The meetings are being offered as a courtesy for those coaches planning to attend the clinic. The NCA would like to thank the NSAA for providing this service to coaches.

***Basketball** – Wednesday, 8:00-9:00 a.m.

***Football** – Thursday, 8:00-9:00 a.m.

Soccer – Thursday, 8:00 a.m-9:00 a.m.

Track & Field - Wednesday, 8:00-9:00 a.m.

***Volleyball** – Thursday, 8:00 a.m-9:00 a.m.

Cross Country – Thursday, 8:00-9:00 a.m.

Golf – Wednesday, 8:00-9:00 a.m.

***Softball** – Thursday, 8:00 a.m-9:00 a.m.

Tennis – Thursday, 8:00-9:00 a.m. at Woods Tennis Center

Wrestling - Wednesday, 8:00-9:00 a.m.

*Attendance satisfies the NSAA rules meeting requirement.



IMPACT BASELINE TESTING & TRAINING & CARE & PREVENTION OF INJURIES – ATHLETIC TAPING SESSIONS PROVIDED

Dave Schultz, Program Coordinator for the Nebraska Sports Concussion Network will provide one important session on IMPACT Baseline Testing Training on Wednesday, July 24 from 1:30-3:00 p.m. Please plan to sign up at the Nebraska Orthopaedic and Sports Medicine exhibitor booth prior to the session.

A new session to be provided by Nebraska Orthopaedic & Sports Medicine, Lincoln will be “Nutritional Considerations for the High School Athlete.” This session will be on Wednesday, July 24, 9:00 – 10:00 a.m. and will cover Dietary Guidelines, Body Composition Assessment, Hydration & Performance, Pre & Post Game Meals & Recovery, and Supplements.

Nebraska Orthopaedic and Sports Medicine athletic trainers will conduct two Care & Prevention of Injuries - Athletic Taping sessions, which are provided on a walk-in basis. Sessions will be held in the training room at Lincoln North Star on Tuesday, July 23, 2:30– 4:00 p.m. and Wednesday July 24, 2:45 – 4:15p.m. Come learn from the experts!



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- Committees to make recommendations regarding sports rules changes.
- Recognition for coaching accomplishments and achievements through the Milestone Awards
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- Eligibility to coach in the Annual All-Star Games
- Service Awards (25, 35, 40, 45 & 50 year) recognition
- Sports Clinics

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2013 Nebraska Coaches Association Multi-Sport Clinicians

Special Sessions:

Rob Miller, Proactive Coaching – A former 4-sport athlete and team captain of his basketball team at Spring Arbor College in Michigan, Rob Miller has served as Director of Athletic Facilities at his alma mater, as well as Commissioner of the Sun Conference in the NAIA. He helped implement the Champions of Character program at the United States Military Academy and served as the program's director. A highly respected motivational speaker and presenter for Proactive Coaching, Rob's topics include creating character-based team cultures, providing a blueprint for team leadership, developing confident, tough-minded & fearless competitors, and training coaches for excellence and significance.

Greg Winkler, Fond Du Lac HS, Wisconsin – Coach Winkler's career at Fond Du Lac began in 1990 at the elementary school. He spent 9 years at Woodworth Jr. High before moving to the High School when it opened in 2000. Winkler has been the Assistant AD since 1999, Head Boys Soccer Coach since 1998, and Head Girls Soccer Coach since 2006. Recently recognized by the National Soccer Coaches Association of America as the 212 National Youth Coach of the Year, Greg has also been recognized as a conference coach of the year, the State Division 1 Boys Coach of the Year, a sectional winner of the National Federation of High School Coach of the Year, and numerous other State Youth Soccer Awards. Greg is the author of a coaching book, 'Coaching a Season of Significance'.

Spencer Wood, Icebox Athlete, Virginia – For the past 10 years Spencer has traveled the globe as an author, teacher & speaker on Mental Skills & Toughness Training, as well as Explosive Speed, Quickness & Agility Training. He has spoken at 3 Nike Football Coach of the Year Award Clinics, 5 NCAA Basketball Final Fours, 3 National Soccer Coaches Conventions, the American Baseball Coaches Association Convention, and the National Fastpitch Softball Coaches Association Convention, among other national marquee conferences. He has earned two undergrad degrees, a Masters in Exercise Science from California University, and a PhD in Psychology with an emphasis in Sport Psychology. His workshops with championship teams at the US Olympic Training Center, in professional

nebraska coach

leagues such as the NBA, and with teams from most of the major NCAA conferences have garnered international media coverage on networks such as NBC & ESPN.

AD Sessions:

Dan Eassa, Recruiting Education Foundation, FL – Dan has been involved in virtually every aspect and every level of athletes. A four year collegiate student-athlete, Dan was fortunate enough to have 11 NFL tryouts and has signed several professional football contracts. A 17-year sportscaster, Dan has covered such major events as the Super Bowl, World Series, Daytona 500, the Masters, as well as multiple collegiate and high school championships. Dan has also made time to coach athletes from the recreational level, to working with and training professional athletes. He has now dedicated his life to educating high school athletes and their families about the importance of academics and how it can help them achieve their athletic dreams, and not the other way around.

Bob Hartman, Whitehall HS, PA – Bob Hartman has been the Athletic Director in the Whitehall-Coplay School District for the past 11 years. Prior to becoming Athletic Director he was the Head Wrestling Coach and an Assistant Football Coach. As Head Wrestling Coach, he led the Zephyrs to their highest finish, as well as helping crown the 1st State Champion, in the school's wrestling history. He was the Morning Call Coach of the Year in 2002 and was inducted in to the District XI Wrestling Hall of Fame in 2012. As Athletic Director, Coach Hartman was the conference AD of the Year in 2006 and the PSADA Region 2 AD of the Year in 2012. He has presented at the NWCA Convention in Ft. Lauderdale, as well as the New York and Pennsylvania Athletic Director Conventions.

Henry Johnson, Father McGivney Catholic HS, Illinois – Henry Johnson has 24 years of athletic administrator experience, and also has been a head coach in both football and baseball. Johnson's service to the Illinois High School Association has included serving on the Athletic Advisory Committee, Sportsmanship Advisory Committee, the Strategic Planning Committee, and as a Liaison to the Board of Directors. He was a president of Illinois Athletic Directors Association and served in numerous other board positions. Johnson is presently serving on the credentials committee of the National Interscholastic Athletic Administrators Association. Henry was named the Illinois Athletic Directors Association Class 3A-4A Athletic Director of the Year in 2011, and was awarded the State Award of Merit by the NIAAA.

Basketball:

Matt Fritsche, Midland University – Coach Fritsche spent a decade building the girls' basketball program at Bellevue West High School before accepting the Head Women's Basketball Coach position at Midland University last year. He won three Class A state championships while at Bellevue West, compiling a career record of 199-56 and earning several coaching honors, including Omaha World Herald Coach of the Year in 2010. In addition to his coaching role, Fritsche has served on the WBA Nike All-American Committee, scouting top players from Nebraska, Iowa, South Dakota, North Dakota, Missouri, Kansas & Oklahoma.

Don Meyer, Northern State University – Born and raised on a small farm in Wayne, NE, Don Meyer's career as a head basketball coach began at Hamline University in St. Paul, MN. After three years Coach Meyer was named head coach at Lipscomb University in Nashville, TN, where he spent 24 years and earned 13 National Tournament appearances, winning the title in 1986. In 1999 Meyer was hired as head coach at Northern State University, and when he retired in 2010 he had a record-setting 923 total wins. Coach Meyer has taught at basketball clinics in almost every state in the USA and has done several clinics overseas. He was the 2009 ESPY recipient of the Jimmy V Award for Perseverance, and was inducted into the South Dakota Hall of Fame in 2012.

Mike Neighbors, University of Washington – Regarded as one of the country's best defensive & player-development specialists, Neighbors has been an assistant coach at Washington for 2 years. In his first and second years at UW the Huskies finished 20-14 and 21-12 respectively, the first back-to-back 20-win seasons since '93-'94 and '94-'95. Coach Neighbors previously coached at Xavier, the University of Arkansas, Colorado, and the University of Tulsa. Everywhere he has coached, he's overseen the development of either the No. 1 or No.2 all-time leading scorer in program history. Mike is a regular speaker at coaching conventions and clinics around the nation. Neighbor's weekly newsletter is popular with coaches at all levels.

Shane Warwick, Warwick Workouts – Shane Warwick is a native of Castlewood, South Dakota and was a 2-time all-conference performer at Northern State University. He has coached 9 years at the collegiate level and 6 years at the high school level, winning 4 Conference Championships with 3 different programs and has twice been named South Dakota's Collegiate Coach of the Year.

Shane has spent the past 10 years focusing on player development, with an emphasis on advanced offensive skills through camps and clinics. Warwick Workouts works with elementary, middle and high school athletes throughout the United States and over-seas. He has also worked with college programs and individual collegiate and professional athletes. Shane coaches at the NBA Free Agent Camp and works with the NBA Rookies in the summer in preparation for the NBA draft and is regarded as the best personal workout instructor in the nation by Reggie Brown of Priority Sports in Chicago, Illinois.

Football 11-Man:

Terry Joseph, UNL – Coach Joseph begins his third season on the Husker coaching staff in 2013, and is in charge of the Husker secondary. He has helped maintain and enhance Nebraska's reputation of annually producing one of the nation's best secondaries, finishing the 2011 season with a 4th place ranking in pass defense. In 2012 the pass defense ranking marked the third straight year NU had ranked in the top 20 nationally in pass efficiency defense. Prior to coming to Nebraska, Joseph spent two seasons at Tennessee, three seasons at Louisiana Tech, and worked alongside Bo Pelini as a defensive grad assistant at LSU in 2006.

Nick Fulton, Black Hills State University – Coach Fulton enters his second year as the Yellow Jacket's Offensive Coordinator. Prior to heading to Black Hills State, Nick spent two year as offensive graduate assistant at the University of Wyoming. He previously coached the offensive line and tight ends at Doane College, where he also held positions as video coordinator, interim director of football operations, and head junior varsity coach. A graduate of the University of Sioux Falls, Fulton played on three conference championship teams and was on the 2001 NAIA runner-up team as an offensive lineman.

John Reiners, Black Hills State University – Reiners will begin his second season at Black Hills State after previously spending three years as the offensive coordinator and recruiting coordinator. Prior to BHSU, Reiners spent 15 seasons as running back, wide receiver, and tight end coach for Chadron State College, where he helped the Eagles to 3 straight NSAA Division II playoff appearances. John coached many outstanding running backs while at CSC, including Danny Woodhead, the all-division career record holder with 7,962 yards. A graduate of Republican Valley High School in Indianola, NE, Coach Reiners was a football standout and won the State Class C 800

meter run as a senior. He was a four-year letter-winner in football at Chadron State, graduating in 1995.

Scott Strohmeier, Iowa Western Community College – A Minnesota native, Scott's first coaching position was with Concordia University of St. Paul, where he served as Assistant Head Coach, QB Coach and Offensive Coordinator from 1998-2003. After a couple of years as Head Coach at North Iowa Area Community College, Coach Strohmeier took over the Head Coach position at Iowa Western in 2008. His 2012 NJCAA National Championship helped him to also earn ACCFCA Coach of the Year honors for 2012. With an overall record of 35-8, Strohmeier has had 77 former athletes move onto the next level, 41 of them joining D-1 programs.

Mike Strohmeier, Iowa Western Community College – Mike works as Offensive Coordinator, WR Coach, and Recruiting Coordinator with his brother Scott at Iowa Western. He joined the coaching staff in 2008, following coaching stints at Fergus Falls CC, Eden Valley HS, and North Iowa Area CC. Fourteen former Reiver Wide Receivers under Coach Strohmeier have moved on to the next level of play, including six from 2012.

Jim Svoboda, University of Central Missouri – Coach Svoboda became the head football coach at Central Missouri in January of 2010, and in his first year at the helm led the team to a school record 11-3 mark and its second ever NCAA Playoff appearance. He landed at UCM after three years as assistant head coach and quarterbacks coach at Montana State, where he helped the Bobcats to winning seasons each year there. Svoboda's other coaching experiences included 3 years at UCLA as quarterbacks coach, 10 years at Northwest Missouri State as offensive coordinator and quarterbacks coach, and 7 years as head coach at Nebraska Wesleyan.

Football 8-Man:

Bill Brown, Deckerville HS, MI – Coach Brown, a Deckerville, MI, native, has led the Deckerville Eagles to 10 league and 6 district championships, while compiling a 155-41 record. In 2012 Brown's squad captured the Michigan 8-man State Championship and finished the season 12-1. Deckerville has made the Michigan State Playoffs in 17 of the 20 years with Brown at the helm. In 2010 Bill coached in the MHSFCA All-Star football game.

Justin Coup, Baileyville B&B HS, KS – Coach Coup's coaching career began at Goessel High School in Kansas, where he was head boys basketball, football & golf coach, as well as athletic director and business teacher

over the course of his 13 years. He brought the Goessel football team to 5 straight playoff appearances and led them to their first ever regular season undefeated season. Now heading into his third year at Baileyville B&B, Justin guided his team last year to another undefeated regular season, along with a State Championship finish in Division II. Coach Coup is also principal and athletic director at B&B, and has served as an assistant coach for the 8-man all-star east team in 2005, 2009, 2010 & 2012.

Golf:

Charlie Borner, PGA Professional, Hillcrest Country Club – Charlie was a 4-year letterman on the UNL Men's Golf Team, graduating in 1968. He was a teacher and golf coach at North Platte Public Schools from 1968-1974, and is in his 30th year at Hillcrest Country Club. A two-time Nebraska State High School Golf Champion and 3-time Nebraska State Amateur Champion, Borner was inducted into the Nebraska Golf Hall of Fame in 2000.

Scott Bruha, PGA Professional, Meadowlark Hills Golf Course – Scott has been a teacher of the game of golf for over 15 years. He has served on the committee for the NSAA Boys State Golf Championships for the past 8 seasons as a rules official, lead scorer, and awards presenter for multiple state classes at Meadowlark Hills. An accomplished player, Bruha won the Nebraska Section PGA Assistant Championship in both 2006 & 2009.

David James, PGA Professional, Meadowlark Hills Golf Course – Dave has been a teacher of the game of golf for just under 20 years. He has served on the committee for the NSAA Boys State Golf Championships since 2006 as a host professional and a rules official.

Bob Saffer, PGA Professional, Crooked Creek Golf Course – Bob's specialty in the golf business is instruction, teaching all lessons at Crooked Creek. He received his PGA Pro Status in 1997, and was awarded the 2009 PGA Teaching Professional of the Year for Nebraska. A graduate of Omaha Westside High School where his father was the coach, Saffer won the Class A Nebraska State High School Championship in 1959 as a sophomore, and placed second the following year. He received golf scholarships to both the University of Arizona and UNL, graduating from UNL in 1965.

Soccer:

Jason Mims, UNO – Jason Mims was hired in April 2011 to lead the UNO men’s soccer program in its inaugural season. He came to UNO from Penn State, where he was the first assistant for the Nittany Lions. Prior to that, Jason spent 10 years as an assistant coach at Creighton, helping to create the Bluejay’s program from the ground up. Coach Mims helped lead Creighton to 8 straight NCAA tournament appearances and 6 Missouri Valley Conference Championships. Recognized as one of the best identifiers and developers of college soccer players in the nation, Mims recruited 10 All-Americans while at Creighton. He was also a club soccer coach in Omaha for six years, winning the state championship each season.

Randy Waldrum, Notre Dame – Coach Waldrum has been leading the women’s soccer program for 15 seasons. He is a two-time national coach of the year selection and has earned Big East Coach of the Year honors on multiple occasions. The Fighting Irish teams during the Waldrum era have earned NCAA Championship appearances in each of his 14 years, including two championship titles. A native of Irving, TX, Waldrum and his wife Dianna now live in Granger, Indiana and have one son, Ben, who competed professionally and also served as assistant coach on his father’s staff at Notre Dame from 2003-2007.

Greg Winkler, Fond Du Lac HS, Wisconsin – Coach Winkler’s career at Fond Du Lac began in 1990 at the elementary school. He spent 9 years at Woodworth Jr High before moving to the High School when it opened in 2000. Winkler has been the Assistant AD since 1999, Head Boys Soccer Coach since 1998, and Head Girls Soccer Coach since 2006. Recently recognized by the National Soccer Coaches Association of America as the 212 National Youth Coach of the Year, Greg has also been recognized as a conference coach of the year, the State Division 1 Boys Coach of the Year, a sectional winner of the National Federation of High School Coach of the Year, and numerous other State Youth Soccer Awards. Greg is the author of a coaching book, ‘Coaching a Season of Significance’.

Softball:

Mark Lumley, Baylor – Coach Lumley has been assistant coach at Baylor for 13 years, serving as the team’s hitting instructor and outfield coach. Promoted to Associate Head Coach in 2006, Lumley’s influence has been felt in the program’s history of continually establishing new and individual single-season hitting records under his guidance. Baylor has also enjoyed one of the Big 12’s stron-

gest outfields over the past 11 years, setting a school record in 2007 with a .969 fielding percentage.

Diane Miller, UNL – Assistant UNL Softball coach Diane Miller joined the Husker squad in 2009. In her first four seasons as hitting coach she guided 12 players to all-conference hitting selections and set 13 offensive school records. The Husker’s power numbers have risen dramatically under Miller’s guidance, averaging 42 home runs per season from 2009-2012. In addition to being the hitting coach, Diane also tutors Husker catchers. She was a 3-time All-American catcher at Missouri Southern State College, and led her team to an NCAA Division II national championship in 1992.

Martin Rubinoff, Martins Field of Dreams, Waco TX – Owner and Operator of Martins Field of Dreams, Rubinoff is a teacher of all skills in baseball and softball. He began his career in 1982, playing international softball in New Zealand and coaching players from both men’s & women’s softball teams. Through the years he has spent time as assistant softball coach at Cal State Fullerton, hitting instructor for the Japan Women’s National Team, head coach for the NTC Programs in Victoria and Queensland, Australia, and lead hitting instructor for the Texas Baseball Ranch, and various other positions. Rubinoff has earned a Masters Degree in Applied Sports Sciences in Coaching from the University of Queensland.

Tennis:

Kevin Heim, Woods Tennis Center – Kevin Heim has been at Woods Tennis Center since 2008 serving as both the Head Pro & General Manager. Under his direction the club has increased junior lesson and tournament participation significantly, growing from 36 participants in 2008 to over 1100 juniors in 2012. Kevin has received numerous awards, including Missouri Valley and Nebraska Contributor to Youth Tennis and Nebraska Community awards. Prior to coming to Woods, Kevin coached high school tennis for 14 years, producing 9 team championships and 12 individual state champions in Wisconsin. He also served as Head Pro at Koppa-Heim Tennis Academy in Wisconsin. Kevin is President-Elect of the Nebraska Tennis Association and chairs the Youth Pathway committee for the Missouri Valley Tennis Association.

Jason Olson, Stevens High School, Rapid City SD – A graduate of Stevens High School and the University of Nebraska, Coach Olson has been coaching basketball and tennis at his alma mater for 18 years. He has been the head boys’ and girls’ tennis coach for the last 16 years.

His teams have compiled an overall record of 647-74 in duals and have collected seven state championships and been runners-up fifteen times. His girls' team won 105 straight matches which is a South Dakota record. Coach Olson has been a finalist for the NHSACA Coach of the Year twice and has been named Greater Dakota Conference Coach of the Year six times. He has been named the South Dakota Coach of the Year twice. Currently Coach Olson serves on the SDHSCA Board of Directors, is the Tennis Secretary, and is the Girls' Tennis Representative on the SDHSAA Advisory Committee.

Talor Wain, Woods Tennis Center – A native Australian, Talor began working at Woods Tennis Center in 2010. Currently Head Pro at the Center, Talor has helped improve the game of many junior & adult players, making an impact especially in the junior rankings at the Nebraska district and Missouri Valley sectional levels. Talor played at a high level in the Australian junior ranks, traveling around the country and overseas. At age 14 he began his coaching career, working at the *Margaret Court Tennis Academy* in Albury, Australia. He continued to coach while studying Exercise Science at Wollongong, focusing on strength & conditioning, anatomy, biomechanics & physiology. Prior to working at Woods, Talor worked at the International Tennis Federation in Fiji, one of only 3 ITF regional training centers across the world.

Track & Field/Cross Country:

Sara Domeier, Lincoln North Star HS, NE & High Performance Training – Sara hails from Geneva, NE, where she enjoyed a successful athletic career learning how to run anything from 100m to a 5k. This origin, along with her college experience under Coach Steve Rainbolt at UNL, helped her create a philosophy for training athletes in the sprints and specifically the 400m and 800m. Her unique way of approaching long sprints and middle distances includes using one's own body weight to strengthen the core, interval training, and tempo running, Sara has been coaching at Lincoln North Star the last ten years and also coaches post-collegiate athletes which include national qualifiers and medalists at the USA Championships.

Dr. Kregg Einspahr, Concordia University – Coach Einspahr enters his 22nd season as Head Coach for Concordia's Men's & Women's Track & Field and Cross Country programs in 2013-14. During his career his teams have consistently been at the top of the Great Plains Athletic Conference and NAIA national standings. He has been named conference or regional Coach of the Year for track and cross country more than 30 times, and in 1999

nebraska coach

earned NAIA National Women's Cross Country Coach of the Year honors. A graduate of Concordia, Kregg was a 6-time NAIA national champion, competing in the one-mile, the two-mile, and the steeplechase. He also ran professionally and was ranked in the US and the world while competing in three Olympic trials.

David Harris, UNL – David Harris took over as head distance coach at UNL after Jay Dirksen retired in 2012. He had previous ties to Nebraska, having coached NU's middle distance runners and the men's sprinters & hurdlers for seven years before becoming the head cross country and track & field coach at Emporia State in 1992. As the Hornet's head coach for 19 years, Harris was named MIAA Coach of the Year 11 times and brought Emporia State to the top of the Division II ranks, with the men's squad finishing 4th at the NCAA Outdoor Championships on 2011. Emporia State won 10 MIAA team championships under Harris and had 20 runner-up finishes. Coach Harris has also served in numerous leadership roles with the USTFCCCA, including president in 2005-06.

Jack Hazen, Malone University, OH – Jack Hazen has served as head coach of men's cross country at Malone University for 45 years and women's cross country for 21 years. The Pioneers have captured a total of four men's cross country titles and one women's title during Hazen's tenure, including three men's championships in a row from 2007-2009. Jack has also coached men's track & field for 28 years, and has coached over 325 NAIA All-Americans in cross country and track & field. He recently served as an assistant coach for the USA Track & Field Team during the 2012 Olympic Games. A member of the USA Track & Field Board of Directors, Jack has written textbooks on coaching and has been published many times.

Casey Thom, Rice University – Coach Thom has been an assistant track & field coach with the Rice Owls for eight seasons, working with the horizontal jumpers, hurdlers, throwers and multi-event athletes, in addition to coordinating recruiting and handling meet operations. In 2012, Thom's athletes dominated the combined events at the C-USA championships, sweeping the indoor medals. His decathlete Clayton Chaney won his event at the 2012 outdoor, making it the fourth consecutive decathlon title for the Owls. A former stand-out decathlete at Nebraska, Thom earned All-America honors in his event in 2003.

Greg Van Dyke, Dordt College, IA – Greg Van Dyke took the reins of the Dordt College cross country program in 2006 after serving as an assistant in 2005. He coached an NAIA all-American in 2007, 2008, and 2010 and coached the Defender men to the NAIA National Cross Country Championship Meet in 2011. He was named the 2011 Hauff Mid-America Sports/Great Plains Athletic Conference Men’s Cross Country Coach of the Year. Greg also guided the Defender women to a GPAC title in 2012 and a berth in the NAIA National Championships where they finished 9th in the team race. The 2002 Dordt grad and former cross country and track athlete also serves as an assistant coach on the track & field team and as an admissions counselor.

Volleyball:

Kirsten Bernthal Booth, Creighton University – Two-time National Coach of the Year Kirsten Bernthal Booth will enter her 11th season as women’s volleyball coach at Creighton in 2013. Her team finished with a 29-4 record and a No. 24 spot in the national rankings in 2012, taking a program-record 17-match win streak that carried into the second round of the NCAA tournament. Booth’s .611 win percentage and 187 total wins at Creighton are best in the school’s modern history. Under her direction, the program has attracted two crowds of more than 12,000 while ranking in the top-50 nationally in attendance the past 7 years.

Hugh McCutcheon, University of Minnesota – In his first year at the helm of Golden Gopher Volleyball, McCutcheon led his team to a 27-8 record and just two sets shy of a Final Four appearance. He was hired at Minnesota after an illustrious career with USA Volleyball, earning two medals with the United States Men’s and Women’s Olympic teams. McCutcheon mentored the US Women’s National Volleyball Team to a 106-39 record and a silver medal in the 2012 Olympic Games. As head coach of the US Men’s National Volleyball team from 2005-2008 he compiled a 107-33 record and a 2008 Olympic gold medal. McCutcheon’s love for volleyball developed in New Zealand where he played on the junior and senior national teams from 1986-1990 before coming to the United States.

Jim Moore, University of Oregon – In 2012 Coach Moore and his Oregon Ducks celebrated their greatest season to date, capped by a trip to the NCAA Championship final against Texas. They ended the season with a 30-5 record, their first 30-win campaign since the start of the NCAA volleyball era in 1981. Coach Moore is highly regarded

as master program builder, a technician, a motivator, a recruiter, and a developer of national-class talent. Prior to his arrival at Eugene, he served as head coach at Northern Michigan (1989-94, 2003-04), Kansas State (1994-97), Texas (1997-00), and Chico State (2001-02). His last stop before arriving in Eugene was an incredible two-year return to Northern Michigan that produced 50 wins in 58 matches.

Rochelle Rohlfs, Omaha Marian HS – Rochelle has been coaching volleyball at Omaha Marian for 24 years and has won 8 district championships and two state championships, in 1999 and 2009. Coach Rohlfs’ teams have been recognized as AVCA Academic American status for several years. Team-building is an integral part of her program, and mentoring students is her personal passion. A math teacher for 23 years, Rohlfs transitioned to administration in 2012, currently serving as Athletic Director and Assistant Principal at Marian.

Wrestling:

Mark Cody, University of Oklahoma – Cody completed his second year as head wrestling coach at the University of Oklahoma in 2012-13. In his first year at the helm, Cody led the Sooners to a 13th place finish at the 2012 NCAA Championships. Not only did Cody’s wrestlers find success on the mat, they excelled in the classroom with 3 Academic All-America selections, all of them NCAA qualifiers. Prior to moving to Norman, Coach Cody spent 9 years at American University, where in 2011 he led the Eagles to a program-best 5th-place finish at the NCAA Championships and was named NWCA National Wrestling Coach of the Year. Mark has also served as assistant coach at Oklahoma State, Nebraska, Bloomsburg, and his alma mater Missouri.

Bob Hartman, Whitehall HS, PA – Bob Hartman has been the Athletic Director in the Whitehall-Coplay School District for the past 11 years. Prior to becoming Athletic Director he was the Head Wrestling Coach and an Assistant Football Coach. As Head Wrestling Coach, he led the Zephyrs to their highest finish, as well as helping crown the 1st State Champion, in the school’s wrestling history. He was the Morning Call Coach of the Year in 2002 and was inducted into the District XI Wrestling Hall of Fame in 2012. As Athletic Director, Coach Hartman was the conference AD of the Year in 2006 and the PSADA Region 2 AD of the Year in 2012. He has presented at the NWCA Convention in Ft. Lauderdale, as well as the New York and Pennsylvania Athletic Director Conventions.

Tyler Herman, Amherst – Tyler has been head wrestling coach at Amherst for 9 years. He has earned five Nebraska Class D State Championships (2006, and 2010-2013) and 3 Nebraska Class D State Runner-Up finishes (2007-2009). He has received numerous coaching awards, including 2012 NCA Coach of the Year in Wrestling. He served as head and assistant coach of the NSWCA All-Star Classic (2008 & 2007 respectively), Disney Dual Coach in 2005 & 2013, and has been an NSWCA Class D Rater for the last 7 years.

Bryan Snyder, UNL – Coach Snyder joined the Husker wrestling program as assistant coach in 2010, when he helped guide seven wrestlers to the NCAA Championships. He played a key role in guiding Jordan Burroughs to his 2nd national championship and a perfect 36-0 record. A native of Easton, PA, Snyder wrestled at Nebraska and is the only four-time All-American and four-time conference champion in school history. He ranks No. 1 on Nebraska's all-time winning percentage chart, compiling a 136-11 record from 1999-2002.

Cheerleading:

Ashley Parnell, UCA – Ashley Parnell is a 2004 graduate from Drury University where she majored in Public Relations and Marketing. She was a member and captain of the DU small coed Division II Nationals team, which was a finalist all 4 years she competed. Ashley brings over 20 years of cheerleading experience including youth, high school, college, and all-star. She coached a finalist team in 2007 at The World's, and has coached nationally recognized college & high school teams. Ashley has over 8 years of choreography experience in cheer and dance and has been employed with UCA for over 10 years. For the past 3 years, Ashley has served as the UCA State Director for Nebraska & Missouri and serves as the head coach of the DU All-Girl cheer squad.

Jason Sack, Northwest Missouri State University – For the past seven years Jason has been the Spirit Squads Coordinator at Northwest Missouri State University. His Bearcat Cheerleaders have been named UCA's DII National Champions in 2010, 2012 & 2013. Before Northwest, he was the head cheerleading coach for Avila University, where his teams were top 10 finishers at UCA. Sack was a college cheerleader at Pittsburg State University, receiving a bachelor's degree in education. He has been on the UCA staff since 1997 and is the current UCA State Director for Kansas, Iowa & Minnesota.

Holly Schaffner, National Cheerleaders Association – Currently a State Director for the NCA overseeing camps in 9 states, Holly has been involved in cheerleading since she was 7 years old. She began competing in dance & gymnastics, and was a cheerleader from middle school through college, becoming an NCA Collegiate All-American. Holly has coached high school and college teams, recreational tumbling and cheer, and served 12 years on the NCA staff as Head Instructor, judge & uniforms sales rep. A graduate of Eastern New Mexico University with a degree in education, Holly is pleased to be involved in the training and education of cheerleaders and coaches across the country.

Jeff Snow, Iowa Western Community College – A native of Neosho, MO, Jeff is in his 3rd year as Spirit Coordinator at Iowa Western. Previously he served 2 years as head coach at Coffeyville Community College and 3 years as a student coach at Pittsburg State University. Also a head instructor for the UCA, Jeff instructs thousands of cheerleaders from coast to coast. In his spare time he has choreographed multiple state & national championship routines in several states throughout the Midwest. As a judge, Jeff works at both the regional & national level, judging competitions across the nation, including the UCA High School Championships and the UCA All-Star Nationals. As an athlete, Snow was a member & captain at Pittsburg State from 2000-2005.

Terri Freeman, UCA - has been coaching, judging and doing choreography for over 25 years. She is the head penalty and rules judge for the Missouri Cheerleading Coaches Association and is the AACCA Safety Certifier for MO, NE, and KS. She has coached and judged at all levels from Recreational to Collegiate. Terri is a USASF Credential Provider and the Varsity Spirit Fashions Representative for the Kansas City area.

Dance:

Mandy Pruett, UDA – Mandy is a 15-year veteran staff member with the UDA and has served as a Territory Manager, curriculum choreographer, Head Instructor, and National Dance Team Championships Judge. She has coached college dance programs, including the University of Kansas Rock Chalk Dancers and the 4-time National Champion Hawaii Pacific University Dance Team in Honolulu, and has choreographed 12 main stage shows in the musical theater industry. A graduate of Lindenwood University in St. Louis with a degree in Dance, Mandy danced on LU's nationally ranked Lion Line Dance Team for 3 years, and has also danced professionally with the Modern American Dance Company in St. Louis.

Junior High Basketball:

Mike Herzberg, Grand Island Northwest HS – Coach Herzberg made his 7th state tournament appearance in 20 seasons of Nebraska High School Basketball in 2013. Last year's Northwest girls team finished with a 25-3 record and won the Class B Girls State Title. Mike has been a head coach for 14 of 20 seasons. 2013 marked his first season coaching at Northwest. His summer teams have travelled the US and have played in most Nebraska's Summer All-Star basketball games. Coach Herzberg's players have earned a variety of all-conference, all-state, super-state, all-Nebraska, and Gatorade Player of the Year honors.

Junior High Football:

Kurt Frenzen, Columbus Lakeview HS – Coach Frenzen will be starting his 17th year of teaching and coaching. A graduate of Fullerton High School, Kurt went on to play football at Midland University. After graduating from Midland University in 1997, Coach Frenzen started his teaching and coaching career at Hastings High School as an assistant for Head Football Coach Walt Olsen. After four years at Hastings High, he was hired at Columbus Lakeview, where he has spent the last 12 years as the Head Football Coach and Weight Training instructor. Coach Frenzen coaches the offensive line and coordinates a Viking offense that averaged over 420 yards per game this past season.

Ryan Specht, Columbus Lakeview HS – Coach Ryan Specht will be starting his 19th year of teaching and coaching. He spent ten years at Kimball High School in Kimball, NE, where he served seven years as an assistant coach and defensive coordinator and three years as head coach. He has been at Columbus Lakeview for nine years, coaching outside linebackers and quarterbacks for the first five years, and working as defensive coordinator and outside linebackers coach for the last four years. Coach Specht is originally from Columbus, NE and played football at Doane College in Crete, NE.

Junior High Volleyball:

Jake Moore, Lincoln Pius X HS – Jake's coaching career began in 1985 at Fairmont High School where he amassed a 48-27 record over 4 years. In 1990 he took over at Lincoln Pius X, where he has been teaching and coaching ever since. He has compiled a 603-178 record while at Pius X, and has earned 20 state tournament appearances throughout his career, including 18 consecutive from 1995-2012. Coach Moore's teams at Lincoln Pius X have brought home the state championship trophy seven times.

Ryan Gray, Lincoln Pius X HS – Ryan has been an assistant volleyball coach at Lincoln Pius X since 2009 and has also served as the 9th grade head coach from 2009 to 2011 and Junior Varsity Coach in 2012. His JV team in 2012 finished the season with a perfect 24-0 record.

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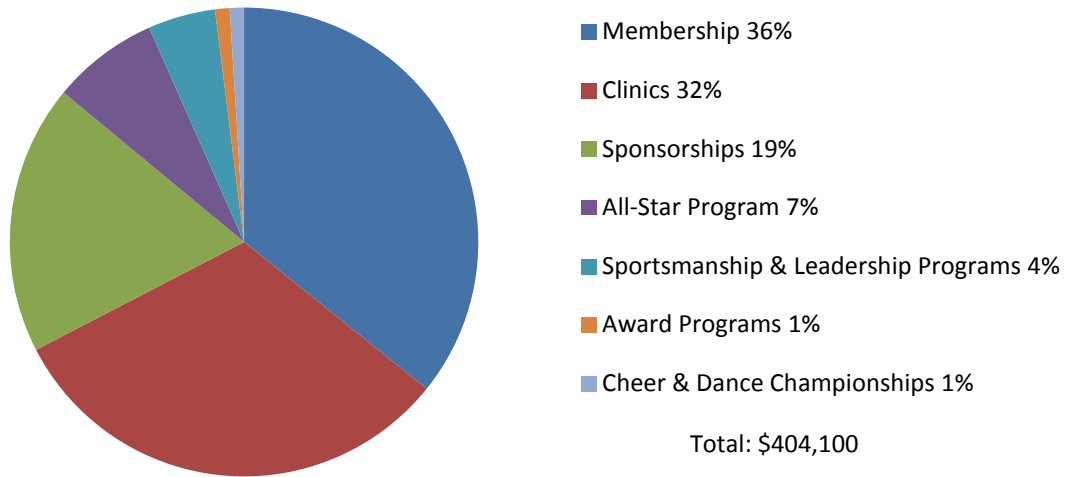
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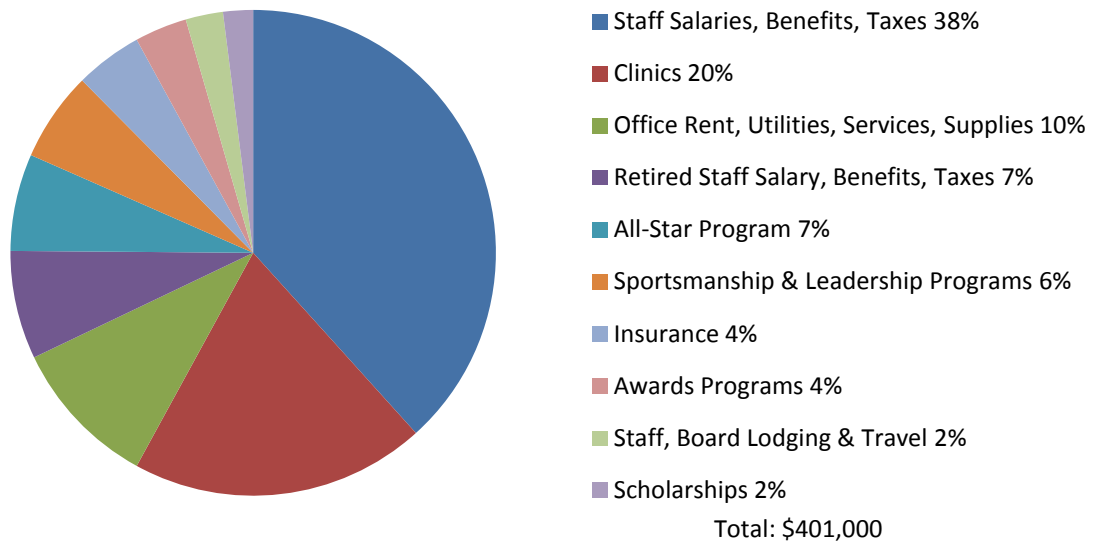
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2012-13 NCA Revenues



2012-13 NCA Expenses



2012-13 NCA Membership as of April 1:

Members: 3,689
 Silver Members: 240
 Gold Cards Issued: 874

2012-13 NCA Clinic Registrations:

Multi-Sport Clinic \$40: 2,219
 Football Clinic \$20: 305
 Track & Field Clinic \$20: 200

New or Changed Programs:

Coaches Care Blood Drive at Clinic
 Gold Card Member Benefit - \$20 State Championships Admission
 Scholarship Amounts Increased (Eight \$1,000 each-Previous \$500 each)

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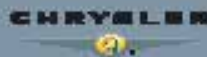
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