

# 2015 Nebraska Coaches Association Multi-Sports Clinicians

## KEYNOTE ADDRESS



**Jon Gordon, International Best Selling Author & Speaker, Ponte Vedra Beach, FL:**

Jon Gordon is one of the most sought after speakers in the world today. His best-selling books and talks have inspired readers and audiences around the world and his principles have been put to the test by numerous NFL, NBA, and college coaches and teams,

Fortune 500 companies, school districts, hospitals, and non-profits. Jon is the author of numerous Wall Street Journal bestsellers including *The Energy Bus*, *The No Complaining Rule*, *Training Camp*, *Soup: A Recipe to Nourish Your Team* and *The Carpenter: A Story About the Greatest Success Strategies of All*. Jon and his tips have been featured on *The Today Show*, CNN, Fox and Friends and in numerous magazines and newspapers such as *The Wall Street Journal* and *The New York Times*. His clients have included the Atlanta Falcons, Oklahoma City Thunder, Campbell Soup, Wells Fargo, State Farm, Novartis, Bayer, Northwestern Mutual, GE and many more. Jon also impacts thousands of teachers and students each year through his work with schools, universities and non-profit organizations. When he's not running through airports or speaking to businesses, hospitals or school leaders, you can find him playing tennis or lacrosse with his wife and two "high energy" children.

## BEYOND THE X'S & O'S



**Rob Miller Miller, Proactive Coaching, Liberty, MO:**

Miller is a partner in Proactive Coaching, LLC. He joined Bruce Brown (founder) in 2008 after the two worked together at the NAIA for many years. He travels the country to help schools develop a positive culture through education based athletics. Rob has coached at the youth, high school

and college level as well as serving as an administrator in many roles at the local, regional and national level. Miller also serves as the athletic commissioner of the NAIA Wolverine Hoosier Athletic Conference. Rob has been a featured speaker at the Nebraska Sportsmanship & Leadership Summits. He is married to his wife, Susan. They have one daughter, Kendall.



**Jay Hammes, Safe Sport Zone, Racine, WI:**

Jay has been involved in athletics his entire life as a player, a coach, teacher and recently retired athletic administrator, both at the high school, district level and collegiate level. A 2013 Athletic Director of the Year for the State of Wisconsin, Jay's passion for high school athletics has him currently

speaking throughout the country on maintaining a safer environment for after-school events. Hammes is working with the National Interscholastic Athletic Administrators Association and is the chair and lead instructor of the leadership training course called "Contest Management," which covers athletic event security. He has been published numerous times and endorsed by both the NIAAA and NFHS. Safe Sport Zone has developed plans to assure safer environments for activities occurring at times other than during the regular school hours.



**Crystal Zabka Belsky, MS, RD, CSSD, LMNT, Gretna, NE:**

Crystal graduated from the University of Nebraska with dual Bachelor's Degrees in Dietetics and Exercise Science and a Master's Degree in Nutrition & Exercise. Crystal completed a sports nutrition research study with the Husker Athletic

Department where she developed a risk assessment instrument to identify athletes at risk for disordered patterns. Crystal serves nationally as a member of the Board Certified Specialists in Sports Dietetics Examination Committee and the NCAA-SCAN (Sports, Cardiovascular & Wellness Nutrition) initiative committee, and has established a partnership with the Nebraska Coaches Association to provide sports nutrition education and guidance. Crystal is also a member of the Board of Medical Nutrition Therapy in the state of Nebraska and has served as a member of the Council on Practice for the Omaha Academy of Nutrition & Dietetics. With extensive experience working with substance abuse, Crystal also specializes in treating complex combinations of eating disorders, substance abuse and athletics. Crystal was a member of the Husker Co-Ed Cheer Team from 2000 to 2005 and served as a volunteer coach until 2013.

## BREAKOUT SESSIONS



**David R. Schultz, MEd, ATC, Nebraska Orthopaedic**

**& Sports Medicine of Lincoln:** Dave is currently the Sports Medicine Outreach Program Manager at Nebraska Orthopaedic & Sports Medicine of Lincoln. Dave graduated from UNL in 1981 after working with the Husker athletic teams as a student. Starting his professional career as a

high school athletic trainer and teacher in San Antonio, TX, he acquired his Master's degree at Temple University in Philadelphia, PA, in 1987. Dave returned to Nebraska as Head Athletic Trainer at Nebraska Wesleyan Univ. from 1988-1996 and developed a program that introduced a team of athletic trainers to rural schools throughout southeast Nebraska that he has since managed for 26 years. More recently, Dave developed and is program coordinator for the Nebraska Sports Concussion Network that funds concussion testing at no cost to nearly 150 high schools statewide. Dave has received the George F. Sullivan Athletic Trainer of the Year Award in 2001 from the Nebraska State Athletic Trainers Assoc. and was inducted to that organization's Hall of Fame in 2011. Dave has also been recognized by the NCA with the "Friend of High Sports" award in 2008, the NSAA "Distinguished Service Award" in 2011, and was given a Service Award by the National Athletic Trainers Assoc. in 2013.



**Angela Crawford, Manager of Marketing and Communications, NAIA:**

As a manager of marketing and communications, Angela's primary responsibility is getting the word out about the NAIA Eligibility Center and educating the public on the student registration, eligibility and recruiting process for the NAIA. Angela also develops

and oversees the NAIA's social media efforts and a number of student-athlete experience initiatives. Before joining the NAIA, Angela attended graduate school in Communication Studies at the University of Kansas where she earned her Master's degree while also providing academic support services to student-athletes and teaching public speaking classes. Angela received her undergraduate degree in Public Communication and Public Administration from Truman State University, where she was actively involved in a variety of campus leadership roles. Angela joined the NAIA in May 2010.

## ATHLETIC DIRECTOR



**Rob Miller Miller, Proactive Coaching, Liberty, MO:**

Miller is a partner in Proactive Coaching, LLC. He joined Bruce Brown (founder) in 2008 after the two worked together at the NAIA for many years. He travels the country to help schools develop a positive culture through education based athletics. Rob has coached at the youth, high school

and college level as well as serving as an administrator in many roles at the local, regional and national level. Miller also serves as the athletic commissioner of the NAIA Wolverine Hoosier Athletic Conference. Rob has been a featured speaker at the Nebraska Sportsmanship & Leadership Summits. He is married to his wife, Susan. They have one daughter, Kendall.



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**David J. Hulings, Author & Motivational Transition Coach, MI:** Author and speaker, *David J. Hulings*, has been providing inspirational and instructive services for over 30 years to those in transition. Trained in the *U.S. Army* as an advanced instructor at Ft. Sill, Oklahoma, David has spent most of his life providing insightful training and inspirational material to thousands of eager learners. David's time in the military wet his appetite for the training and motivation of others setting him on a long and profitable course as a transition coach. Much of David's background in education has been to hone his skills as a communicator and sharpen his understanding of human behavior. Certified in several assessments and schools of thought on motivation and human development, David has developed unique presentations that not only charm his audience but challenge their minds and actions, as well. Over the past twenty-five years David has honed management and leadership skills that have equipped him to provide positive and entertaining training sessions for his clients and their employees as they transition from point "A" to point "B."



**rSchoolToday, MN:** rSchoolToday is an award-winning, 21-year old Minnesota-based software company that specializes in Web Apps for K-12 schools, including

Activity Scheduler, Facilities, Team Sites, Streaming Video, School & District Web sites, Transportation Requests, Maintenance Work Orders, Officials Assigning, and League Sites, rSchoolToday has produced the most comprehensive, integrated k-12 scheduling-publishing suite. We call it 360 degree scheduling. . .all focused around making operations more paperless and efficient for the Activity Office and all other departments within the school and district.

## BASKETBALL



**Dale Wellman, Nebraska Wesleyan University, NE (Men):** Coach Wellman completed his first season as head men's basketball coach at Nebraska Wesleyan University this past year where they quickly established an offensive squad to be reckoned with. Wellman came to NWU after spending the six seasons as the head coach at Alfred University, a NCAA III Institution located in Alfred, N.Y. He was named the Empire 8 Conference Coach-of-the-Year in 2013-14 leading his team to an 18-9 overall record. In 2013-14, Alfred ranked third among all NCAA III teams in points per game at 97.6 points per contest, reaching the 100-point mark in 13 of 27 games. While at Alfred, Wellman inherited a program that had just completed a 2-23 season before his arrival. Before his stint at Alfred, Wellman spent two seasons as an assistant coach at Williams College in Massachusetts under current Bucknell head coach and two-time NABC Division III Coach-of-the-Year winner, Dave Paulsen. His collegiate coaching career began in 2002 when he was an assistant coach at Kenyon (Ohio) College. A year later he was appointed assistant coach at Union College in New York. He then spent two seasons as an assistant coach at NCAA Division I Eastern Kentucky University where he helped EKU set a school record for wins and earn a spot in the NCAA Tournament. Wellman is a 1999 graduate of The University of The South in Sewanee, Tennessee where he earned a bachelor's degree in history.



**Pat Rady, Cloverdale HS, IN:** Coach Rady has coached boys' basketball in nearly every size of high school during his 51 year career. He is the 2015 NFHS National Coach Boys' Basketball Coach of the Year. The second winningest boys' basketball coach in Indiana history, Pat has won nine regional championships in five different decades. He has coached two NBA players and has served as the Indiana Basketball Coaches Association President. In 2002 he was elected to the Indiana Basketball Hall of Fame. He has served as a featured clinician at numerous state clinics and coached the 1989 Indiana All-Star team. The basketball court at Terre Haute South Vigo High School is named "Pat Rady Court." Travel on US Highway 36 through Bainbridge, Indiana and you will also be on "Pat Rady Way."



**Mike Lee, Mike Lee Basketball Services Milwaukee, WI:** Mike Lee uses the game of basketball as a platform to positively influence the lives of middle school to NBA coaches and players through their skill development training, camps and coaches academies. Mike is a former Nike Girls Skills Academy instructor and former Assistant Director for the Stephen Curry Skills Academy. Recently the company has authored seven skill development DVDs, created miSkillz Online Basketball training, directed camps in 15 states and worked with players from five different countries. Mike has also founded DRIVE, a non-profit organization that provides inner-city, at-risk youth the access and opportunity professional basketball training, mentoring and personal development programs. He splits time between Los Angeles, CA and Milwaukee, WI.



**Zach Klaassen, Harlan HS, IA (Girls):** Zach just completed his third year as the girls head coach at Harlan Community High School. In his three years as head coach, he has taken his teams to three state tournament finals, with a runner-up finish in 2013 and back to back state championship titles. In 2014, his team won the Class 4A State Title for the first time in school history, finishing the season (26-0). This year his team successful defended their state championship title and again finished the season at 26-0. Over the last three years his team was (75-3) with a current 52 game winning streak. Zach is an Industrial Technology teacher at Harlan Community High School where he is also the assistant cross country coach.

## CHEERLEADING



**Crystal Zabka Belsky, MS, RD, CSSD, LMNT, Omaha, NE:** Crystal graduated from the University of Nebraska with dual Bachelor's Degrees in Dietetics and Exercise Science and a Master's Degree in Nutrition & Exercise. Crystal completed a sports nutrition research study with the Husker Athletic Department where she developed a risk assessment

instrument to identify athletes at risk for disordered patterns. Crystal serves nationally as a member of the Board Certified Specialists in Sports Dietetics Examination Committee and the NCAA-SCAN (Sports, Cardiovascular & Wellness Nutrition) initiative committee, and has established a partnership with the Nebraska Coaches Association to provide sports nutrition education and guidance. Crystal is also a member of the Board of Medical Nutrition Therapy in the state of Nebraska and has served as a member of the Council on Practice for the Omaha Academy of Nutrition & Dietetics. With extensive experience working with substance abuse, Crystal also specializes in treating complex combinations of eating disorders, substance abuse and athletics. Crystal was a member of the Husker Co-Ed Cheer Team from 2000 to 2005 and served as a volunteer coach until 2013.



**Jason Sack, Universal Cheerleaders Association:** Jason has been the Spirit Squads Coordinator at Northwest Missouri State University for the past nine years.. 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.



**Ashley Parnell, Universal Cheerleaders Association:** Ashley is currently the State Director of Missouri & Nebraska for Universal Cheerleaders Association. Ashley has experience in judging, coaching, and working with youth, junior high and high school, college, and all-star teams. Ashley has over 10 years of choreography experience

in cheer and dance. She currently serves as the head coach of the Drury University Cheerleading Squad in Springfield, MO where they have had top 10 finishes the past 3 years at UCA College Nationals in All- Girl Division I and placed 3rd in The World University Competition in 2014. Ashley was a college cheerleader at Drury University where she received her bachelor's degree in public relations and marketing and has been on UCA instructional staff since 2003.



**Jeff Snow, Iowa Western Community College :** A native of Neosho, MO, Jeff is in his fifth 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.

## CROSS COUNTRY



**Clint May, Bozeman HS, MT:** May has been coaching at Bozeman High School for the past 21 years; 12 years as an assistant coach and the past 9 years as head coach. Leading up to this passion for coaching high school distance runners was discovering running in Salmon Idaho as a prep, and continued competition through Montana State University.

During the past 9 years Bozeman has enjoyed much success at the State level. Both the boys' and the girls' teams have each won 8 State titles. Bozeman's girls have advanced to Nike's National meet twice; 2010 and 2013. With teams of 90-100 athletes each fall, striking a balance between serving the goals and aspirations of the extremely dedicated and supporting and encouraging participation for all, has been a challenge always under review.



**Brady Bonsall, University of Nebraska-Kearney:** Coach Bonsall is entering his ninth year at Nebraska-Kearney having served as the head men's and women's cross country coach since arriving on campus and as head men's and women's track & field coach for the last seven years.

Since moving to the MIAA three years ago, the Lopers have finished as conference runners-up in women's cross country, men's cross country, and men's track & field. While in the RMAC, Bonsall was named conference track & field coach-of-the-year six times and received the same award for the NCAA Division II Central Region. Academically, his women's cross country teams have five times finished in the top ten nationally in Division II in team grade point average. Previous to his time in Kearney, Bonsall served as a high school coach in Ogallala, Nebraska and Broomfield, Colorado. A 1995 graduate of Nebraska-Lincoln, Bonsall was the Huskers' first two-time academic All-American in track & field. Originally from Burwell, he qualified for the 1996 and 2000 Olympic Trials in the steeplechase and narrowly missed making the U.S. squad for the World Cross Country Championships in 2000.



**Dan Fitzsimmons, University of South Dakota:** Dan Fitzsimmons completed his seventh season as the head coach of the South Dakota cross country teams in the fall of 2014. Under the guidance of Fitzsimmons, the Coyotes have seen success in transitioning to the Division I level.

Since the move to the Summit League in 2011, there has been three runner-up team finishes (women's team in 2012; men's team in 2012 and 2013), while the women claimed the championship in 2014. Prior to coming to South Dakota, Fitzsimmons built the Yankton cross country and track and field programs into state and regional powers. In his time with the cross country team, Fitzsimmons led five teams that were ranked in the top 20 in the nation. He guided four teams to the South Dakota AA combined boys and girls state championship. He also coached eight South Dakota AA championship teams, three-straight boys championships (2005-07) and five-straight girls titles (2003-07). Fitzsimmons was named South Dakota Cross Country Coach of the Year in 2003 (girls), 2004 (girls), 2005 (boys) and 2006 (boys and girls). The South Dakota NHSACA Gatorade Circle of Champions named him coach of the year for four-straight years (2004-07). He was also the South Dakota Sportswriters Prep Girls Coach of the Year in 2003, 2004 and 2005.

## FOOTBALL 11-MAN

**University of Nebraska Staff Member:** TBA



**Andrew Shanle, Cypress Ranch High School, TX:**

A graduate of St. Edward High School, Andrew played Defensive Back for the University of Nebraska. As an unsigned free agent and spending the duration of fall camp with the Chicago Bears, he finished the 2007-08 season as a member of the Super Bowl XLII Champion, New York Giants.

Andrew began his coaching career in 2008 with Brenham High School, TX.

In 2012, Andrew returned to Nebraska to serve as Director of Track and Field at Midland University; a position he held for one year before returning to Texas High School Football. Andrew returned to Cypress Ranch High School and Head Coach Gene Johnson to resume duties as the program's defensive coordinator. A two-time Texas High School State Finalist (2009, 2014), Andrew and his wife Sarah have been married for 10 years and have three children (Brode 7, Bryson 5, Emery 5 months).



**P.J. Fleck, Western Michigan University:** Fleck was announced as the 15th Head Coach in the 108 year history of the Western Michigan football program in 2012 to rebuild the program. Coach Fleck has received the reputation of being a program “turn around” coach by being under the tutelage of proven program builders including; Joe Novak (retired- Northern Illinois), Jerry Kill (Minnesota, Southern Illinois, Northern Illinois, Emporia State, Saginaw Valley State), Greg Schiano (Rutgers), and Jim Tressel (Youngstown State, Ohio St.). He is distinguished as one of three Head Coaches (along with Steve Spurrier and John Harbaugh) currently in college football (FBS) that has played and coached in the NFL. Fleck is currently the youngest Head Coach in college football at the FBS level. In two short years Coach Fleck engineered the single greatest turnaround in WMU football history and the second-best turnaround in MAC history by leading the team to an 8-5 record overall, a 6-2 record in the MAC and a berth in the Famous Idaho Potato Bowl. Fleck was named Mid-American Conference Coach of the Year and was also a semifinalist for the Maxwell National Coach of the Year award. His recruiting expertise produced the MAC Offensive Player of the Year, MAC Freshman of the Year and USA Today Freshman All-American running back. Fleck’s teams spend countless hours of charity in the community while also performing in the classroom with nine Academic All-MAC selections and three MAC Distinguished Scholar-Athlete selections. The team boasted a GPA of 2.91, the second-highest recorded GPA in program history.



**Josh Lamberson, University of Nebraska-Kearney:** Lamberson was named the head football coach at the University of Nebraska-Kearney in December 14. Lamberson, is a native of Wilber and has a career record of 80-30 in nine years as an assistant coach at Central Missouri (39-19), Division II Southeastern Oklahoma State (13-9) and Northwest Missouri State (28-2). He spent the past five seasons at UCM, including four as offensive coordinator. He also coached wide receivers and was the recruiting coordinator. Lamberson worked two seasons at SEOSU as quarterbacks coach and recruiting coordinator from 2008-10. He also was a graduate assistant at Northwest during the 2006-07 seasons, helping lead the Bearcats to a 28-2 record and spot in two national championship games as the quarterbacks coach.



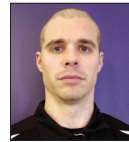
**Irving “Boo” Schexnayder, Schexnayder Athletic Consulting, LA:** Boo is a veteran of 34 Years of coaching at the High School, Collegiate, and Professional levels. He is regarded internationally as one of the leading authorities in the areas of Track and Field coaching, training design, speed and power development, biomechanics, and rehabilitation. Most noted for the 12 years he spent at LSU, he is regarded as one of the world’s premier field event coaches, having coached 19 NCAA Champions during his collegiate coaching career. He was a part of 12 NCAA Championship teams and a pair of JUCO National titles, as well as developing a host of conference champions and All-Americans. Schexnayder has coached Walter Davis to multiple World Championships, John Moffitt to a silver medal at the 2004 Olympics, and has coached 10 Olympians. He has served on coaching staffs for Team USA to the 2003 Pan Am Games, the 2006 World Junior Championships, and the 2008 Olympics in Beijing. He has also been active as a speed specialist, having working in NFL player development for nearly 20 years. He currently operates Schexnayder Athletic Consulting, and serves as the Director of the Track and Field Academy, the educational branch of the US Track and Field and Cross Country Coaches Association.

## FOOTBALL 8-MAN



**Aaron Amthor-Lawrence HS, MI:** Coach Amthor has been coaching football for 14 years, seven years as a head coach and seven as an assistant. Coach Amthor is a 2001 graduate of Adrian College, where he earned a Bachelor’s Degree in History and English. While attending

Adrian College, he was three year starter on the football team, playing both defensive tackle and defensive end. Coach Amthor also earned a Master’s Degree in Sports Studies from Western Michigan University in 2007. For the past 3 years, he has been serving as the defensive coordinator guiding the Tiger defense, in 2014, to five shutouts, 43 turnovers, allowing 10 points per game and a state championship. Coach Amthor has been married for 13 years and has two young boys.



**Cody Caswell, Lawrence HS, MI:** Coach Caswell has been teaching and coaching at Lawrence High School for past 5 years. He has coached football for a total of 11 years and track and field for 12 years. As the Head Football Coach/ Offensive Coordinator Lawrence set new school records for scoring in consecutive seasons. 2013 was Lawrence’s first year in 8-Man football, going 9-3 losing to the eventual state champions twice while the offense averaged 50.8 points a game. In 2014 Lawrence recorded completely an undefeated season at 13-0 and winning the school’s first 8-Man State Championship while offense averaged 57.7 points a game. Over the past two years Lawrence owned a 22-3 combined record with two Semi-Final appearances and one State Championship. A husband and father of four children all under 6 and a half years old Caswell enjoys playing with his kids and loves to coach them as well.



**David Grohs, Tekonsha HS, MI:** Coach Grohs is beginning his 36th year of coaching high school football. He has also coached track, hockey, soccer and tennis. He was the Michigan High School Assistant Coach of the Year in Football in 2005 following his football team winning the Michigan 8-Man State Football Championship at the Silverdome in Detroit. In track, Dave coached at least two dozen State Finals participants, including his son Peter, a 4-time All-State Medalist. As an athlete, he was an All-State defensive back, as well as a State Champion tennis player. He still plays competitive hockey and tennis. Dave teaches vocational education, and “coaches” in the classroom as well. His program has produced 48 Michigan State Champions in SkillUSA, including 4 National SkillsUSA Medalists. His newest challenge is coaching 8-Man football at Tekonsha High School in Michigan, where he is now.



**Irving “Boo” Schexnayder, Schexnayder Athletic Consulting, LA:** Boo is a veteran of 34 Years of coaching at the High School, Collegiate, and Professional levels. He is regarded internationally as one of the leading authorities in the areas of Track and Field coaching, training design, speed and power development, biomechanics, and rehabilitation. Most noted for the 12 years he spent at LSU, he is regarded as one of the world’s premier field event coaches, having coached 19 NCAA Champions during his collegiate coaching career. He was a part of 12 NCAA Championship teams and a pair of JUCO National titles, as well as developing a host of conference champions and All-Americans. Schexnayder has coached Walter Davis to multiple World Championships, John Moffitt to a silver medal at the 2004 Olympics, and has coached 10 Olympians. He has served on coaching staffs for Team USA to the 2003 Pan Am Games, the 2006 World Junior Championships, and the 2008 Olympics in Beijing. He has also been active as a speed specialist, having working in NFL player development for nearly 20 years. He currently operates Schexnayder Athletic Consulting, and serves as the Director of the Track and Field Academy, the educational branch of the US Track and Field and Cross Country Coaches Association.

## GOLF



**Shelly Liddick, Bellevue University (Women):** Liddick was named the women’s golf coach at Bellevue University in 2010 and has been named the MCAC Coach of the Year in her first three seasons at BU. Liddick was named the LPGA National Coach of the Year in 2012-13 and again in 2013-14 becoming the only LPGA member coach to be

awarded the honor two years in a row. She has also been awarded the LPGA Central Section Coach of the Year twice. The Bruins advanced to the NAIA National Tournament for the second-straight season and finished in third place in 2013-14. BU won the MCAC-NSAA Conference Tournament, its 10th team tournament championship of the season. A native of Lincoln, Neb. and Ottumwa, Iowa, Liddick played collegiately at the University of Alabama-Birmingham. She also coached at her alma mater and was the head women's golf coach at Wichita State University from 2003-04. Liddick, a member of the LPGA since 1993, is a certified professional golf club fitter and has taught golf schools in Alabama, Arizona, New Zealand, Sweden, Germany, Hawaii and California. In addition to coaching collegiately at UAB and Wichita State, Liddick also coached Summit High School girls' golf in Bend, Ore. She is married to Jeff and they have two daughters, Taylor and Mia.



**David Ogrin, Retired PGA Player, TX:** David Ogrin is a retired PGA tour professional embarking on a mission to share the love of golf with anyone who will listen, and even some who won't. A believer in Jesus Christ, a Texas A&M Aggie (c/o 1980) and a proud grandfather, Ogrin is now working at TopGolf San Antonio and nation-wide, teaching and building the game of golf through instruction, radio broadcasts, ministry and other speaking events. David has just completed three years as the Director of Instruction at Three Crowns Golf Club in Casper, Wyoming and one year as the assistant golf coach at Texas Lutheran University in Seguin, Texas. In 206 he served as the assistant Vice-Captain of the USA Ryder Cup Team with Tom Lehman. David is a Life Member of the PGA Tour and PGA of America. Ogrin, a native of Illinois, was a High School Champion, Illinois Open, Illinois Amateur, Illinois State Match Play, and Chicago District Champion. He later went on to win multiple events at the PGA level.

## SOCCKER



**Casey Mann, Nebraska State Soccer Association:** Casey has been involved at the state level for the Nebraska State Soccer Association since 2010. In his duties as Technical Director, Mann conducts coaching courses throughout Nebraska, as well as operates the Olympic Development Program and runs the Nebraska State

Cup. Prior to working for Nebraska State Soccer, Mann coached at the club, high school, collegiate, and PDL levels. Mann was the 2009 United Soccer Leagues, Premier Developmental League Coach of the Year with the Des Moines Menace, and guided his team to the 2005 PDL National Championship. Mann, who holds a United States Soccer Federation 'A' coaching license, was the coach of the Des Moines Menace for five seasons and was named as the 2008 recipient of the Iowa Soccer Association Coach of the Year award for his work with the Menace Academy Club. He has worked at the collegiate level as well, mentoring the goalkeepers at Grand View College in Des Moines, Iowa, while previously serving as a volunteer assistant coach at Arizona State and Drake University, and at the University of Arizona from 2001-03 as a full time women's assistant. Mann also spent time as the Dowling Catholic Girls Varsity Head Coach.



**Mark Sheldon, Kansas Youth Soccer Association:** Coach Mark Sheldon has been actively involved in the development of players and coaches since 1994 as a High School educator and soccer coach. Since 2008, Coach Sheldon currently serves as the Director of Coaching Education and Player Development for the Kansas State

Youth Soccer Association. In his role with Kansas Youth Soccer, Coach Sheldon has instructed numerous State Coaching Education courses as well as the US Soccer's National "C" License course. He also runs and coaches in the Olympic Development Program (ODP) for the State as well as serving as a Senior Staff member of US Youth Soccer's Region II ODP program. Prior to his current role, Coach Sheldon was a High School Social Studies educator and soccer coach for over 12 years in the Shawnee Mission (West HS) and Olathe (NW HS) school districts. He also started his own soccer club, KC

*nebraska coach*

Strikers, in 2000 while also serving as an assistant volunteer coach for the University of Kansas Division I Women's soccer program. He currently holds his USSF "A" License (since 1995) and the National Youth License.



**Anthony DiCicco, Director of Soccer, AstroTurf, CA:** Anthony's soccer coaching experience includes boys and girls high school levels, he formerly coached with and oversaw operations for SoccerPlus CT, a youth club that competed in the Elite Clubs National League (ECNL). He has been a SoccerPlus Goalkeeping School Director since 2004 and has served as an Assistant Coach at the collegiate level, most recently with the University of Vermont Women. Anthony is the son of Tony DiCicco, founder of SoccerPlus Camps and former US Women's National & Olympic Team Coach.

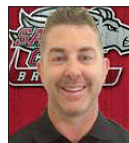


**Lee Mitchell, Alta HS, UT (Boys & Girls):** Coach Mitchell is the 2014 NFHS National Boys Soccer Coach of the Year. He has coached the boys' squad since 1983 leading Alta to five state championships. His tenure as the girls head coach began in 1989, leading Alta to eight state titles. He was named the National Girls Coach of the Year by the NSCAA in 2006. He is the only girls' soccer coach in Alta High School history. Lee has been named Utah Coach of the year by the NSCAA seven times while winning a combined 21 region titles. His overall record W/L records are 366-147-39 for the boys and 378-76-8 for the girls.



**David Hulings, Western Christian HS, MI:** David has been coaching high school varsity boys and girls soccer for 25 years in the Western Michigan area. In those years he has been to the state finals four times with his boys' teams, having won two division four state titles. He has taken his girls' team to the state semi-final games in division four the past two years. He has been a past NSCAA Regional Coach of the Year, Michigan State Coach of the Year, and been honored with several Area, District, and Regional Coach of the Year awards. He served as the Executive Director of the Michigan High School Coaches Association for 15 years and continues to advise and work to promote Michigan High School Soccer. He is and has been a motivational executive leadership coach to educational administrators for the past 20 years. His leadership coaching is conducted nationally and includes superintendents, principals, teachers, and coaches in the educational market.

## SOFTBALL



**Matt Lisle, Santa Clara University, CA:** Lisle completed his first year as an assistant coach at Santa Clara in 2014. Lisle came to Santa Clara after serving as the lead assistant coach at Cal State University - East Bay during the 2013-2014 season. He will continue to serve as an Associate Scout for the Detroit Tigers where he helps to identify and evaluate amateur & professional prospects in the Northern California area for the organization. In his lone season at CSUEB, Lisle was the hitting and catching coach helping lead an offensive turnaround that saw the Pioneer bats go from seven home runs in 2013 to leading the California Collegiate Athletic Conference with 48 in 2014. Prior to his stop at CSUEB, Lisle worked with hitters and catchers at the University of Oregon as a member of the coaching staff that helped lead the Ducks to their first ever Pac-12 Conference title. Lisle came to the University of Oregon after spending 14 years coaching collegiate and high school baseball. He was named the 2007 Bay Shore Athletic League (BSAL) Coach of the Year as the head coach at Saint Mary's High School located in Berkeley, Calif. That squad posted the best record (23-1) and highest state ranking (second) in the school's 100-plus year history.



**Justin Dehmer, 1-Pitch Warrior, IA:** Justin Dehmer's playing career started in Arizona at Shadow Mountain High School and continued into college at three different stops, including Central Arizona, where he was able to play in a JUCO World Series and become an Academic All-American.

From there, Dehmer played at Kansas State University and Grand Canyon University. Once in Iowa, Dehmer jumped right into the coaching ranks as the Assistant Varsity Coach at Earlham High School for two years and then as the Head Coach for two more years before landing the job at Martensdale-St. Mary's for five more years. He boasts an impressive 203-48 (.809) winning record and was selected as the Coach of the Year in 2010, 2011, and 2012. His team was nationally recognized for their 88-game winning streak, which is the 2nd best ever in high school baseball. After winning back-to-back-to-back State Championships in 2010 (43-0), 2011 (44-0), 2012 (40-5), Coach Dehmer left coaching high school baseball to invest in what means more to him than any championship, his kids. He continues to teach high school math at Southeast Polk High School and reside in Norwalk, Iowa where his two children, Grace, 8 and son Gavin, 7 go to school. He continues to stay close to the game as a clinic speaker, writing books/articles for baseball publications, and consulting for both high school and college programs about the mental game and planning for excellence with the 1-Pitch Warrior System. He has helped countless programs reach new heights and many others win regional and state championships.



**Kevin Werth, Piedra Vista HS, NM:** Coach Werth's first season coaching softball at Piedra Vista High School was in 2005. After finishing the first season with a 14-12 record, his squads have run off nine consecutive seasons with a New Mexico Class AAAA State Championships going 235-41 during the nine year span. Werth was named the

NHSACA National Coach of the Year in 2013 while being named a New Mexico district Coach of the Year eight times. Coach Werth also serves as an assistant football coach for Piedra Vista HS. Werth is a 1995 graduate of New Mexico Highland University where he earned his degree in Political Science and History. Several of Werth's squads have been national ranked by publications. Kevin is married to Rebecca and they have one child, Reagan.

## TENNIS



**Kim Gradoville, College of St. Mary, NE:** Kim Gradoville was named as the head tennis coach at College of Saint Mary in January 2014. Gradoville comes to CSM after an outstanding high school coaching career at Omaha Westside. Gradoville comes to CSM from Westside High School where she spent 13 years as a teacher, and also a

tennis coach for both the boys (108-23-1 record) and girls (109-4 career dual record) teams. Her teams have won 36 tournaments, including four state titles and five runner-up state finishes with the Westside girls' team. Her boys' programs have won 10 tournaments, plus five state runner-up trophies. She has received several coaching honors, the largest coming in 2007, when she was named the United States Professional Tennis Association (USPTA) High School and Missouri Valley District High School Tennis Coach of the Year. She was also a 2013 nominee for the Nebraska High School Tennis Coach of the Year, and was named as a finalist for the 2014 National High School Tennis Coach of the Year. Gradoville is an active tennis player within the state. She currently is a top-rated singles and doubles player in the Missouri Valley Section of the United States Tennis Association (USTA). Gradoville is certified as a professional by the United States Professional Tennis Association (USPTA).



**Tyson Thomas, University of Nebraska-Omaha:** Thomas was named the UNO head men's tennis coach in June 2014. While playing collegiate tennis at the University of Nebraska Kearney Thomas gained both singles and doubles all-conference honors in his junior and senior seasons. Thomas was a member of UNK's first conference championship

team and helped the Lopers earn their first ever berth in the NCAA Sweet

16. After graduating from UNK in 2005, Thomas coached at the Stanford Nike Summer Camp. He then began working for Peter Burwash International Tennis Management Company, where he earned the coveted "Rookie of the Year" award. While a member of PBI, Thomas coached at and managed programs in Palm Springs and Carmel, Calif.; St. John, USVI; Seoul, South Korea; Beijing, China; Peninsula Papagayo, Costa Rica and Abu Dhabi and Dubai, UAE. In 2008 Thomas coached a student to win the Girls U18 Abu Dhabi ITF Junior Championship. As a member of the Peace Corps, Thomas then moved to Mali, West Africa from 2009 to 2011, where he co-directed the creation of the Malian National Junior Tennis Center. While there he trained Mali's top male and female junior athletes and accompanied them to international tournaments in Accra, Ghana and in Dakar and Winneba, Senegal. In his second year Thomas coached Malian Seydou Diallo to win the boys U18 category at the ITF West African Junior Championships.



**Kalindi Dinoffer, Oncourt Offcourt, Dallas, TX:** Dinoffer graduated as outstanding senior marketing major from Southern Methodist University's Cox School of Business in Dallas. She also played the #1 position on SMU's Tennis on Campus team that finished strong in nationals in 2014.

Currently, she is the marketing coordinator for Oncourt Offcourt and also consults for several other organizations including the Maureen Connolly Brinker Tennis Foundation and the U.S. Tennis Congress. Kalindi is a certified group fitness instructor and a member of both the PTR and USPTA and has been published in Tennis Industry Magazine. She is also on the Texas U30 committee and is active in the Dallas tennis community, currently working with the Dallas Tennis Association to build a young adult tennis social league. Her passions and areas of expertise are marketing and social media, brain typing, and sports fitness.

## TRACK & FIELD



**Joe Pilakowski, Papillion-La Vista HS, NE: Joe**

**Pilakowski, Papillion-La Vista HS:** Pilakowski took the helm as head coach at Papillion-La Vista in 2010. Since that time the Monarchs have accumulated two Class A Runner-Up finishes and an All-Class Championship in 2014. During Pilakowski's tenure, Monarch athletes have won 13 All-

Class Gold Medals in eight different events and set All-Class state records in the 100m, 200m, and 400m Relay. Pilakowski has been named the Metro Conference Track and Field Coach of the Year three times and is USATF Level II Certified in the Sprints, Jumps, and Endurance events.



**Scott Cappos, University of Nebraska:** Scott Cappos

joined the Husker staff as the team's throws coach in August of 2014. Before coming to Nebraska, Cappos spent 19 seasons as an assistant coach at the University of Iowa. A USATF Level II Certified Coach in the throws and jumps,

Cappos spent his final six seasons at Iowa coaching the men and women throwers. Cappos coached a Big Ten champion or runner up in each of his final 18 seasons. During his time in Iowa City, Cappos coached 20 All-Americans and 24 Big Ten champions in the field events, breaking school records numerous times. He was also named USTFCCCA Men's Midwest Region Throws Coach of the Year in 2007 and was an assistant coach for the United States at the Pan American Junior Athletics Championships in 2011. Cappos joined the Hawkeyes staff after serving as an assistant coach at Western Michigan University from 1995 to 1996. Cappos started his coaching career at West Salem High School in Wisconsin. Several of Cappos' former athletes have represented their countries in various international competitions, including the Olympic Games and World Championships. A track and field athlete himself, Cappos was a five-time Canadian national champion and has competed in several international competitions.



**Irving “Boo” Schexnayder, Schexnayder Athletic Consulting, LA:** Boo is a veteran of 34 Years of coaching at the High School, Collegiate, and Professional levels. He is regarded internationally as one of the leading authorities in the areas of Track and Field coaching, training design, speed and power development, biomechanics, and rehabilitation. Most noted for the 12 years he spent at LSU, he is regarded as one of the world’s premier field event coaches, having coached 19 NCAA Champions during his collegiate coaching career. He was a part of 12 NCAA Championship teams and a pair of JUCO National titles, as well as developing a host of conference champions and All-Americans. Schexnayder has coached Walter Davis to multiple World Championships, John Moffitt to a silver medal at the 2004 Olympics, and has coached 10 Olympians. He has served on coaching staffs for Team USA to the 2003 Pan Am Games, the 2006 World Junior Championships, and the 2008 Olympics in Beijing. He has also been active as a speed specialist, having working in NFL player development for nearly 20 years. He currently operates Schexnayder Athletic Consulting, and serves as the Director of the Track and Field Academy, the educational branch of the US Track and Field and Cross Country Coaches Association.



**T.J. Pierce, University of Nebraska:** Pierce completed his second year this spring as a combined events/pole vault coach for the Huskers after being promoted to an assistant position in 2013-14. Prior to that he was the program’s director of operations for eight years from 2005-13 and previously served as an assistant recruiting coordinator from 1998-2000. Pierce made an immediate impact as an assistant in 2014. Christian Sanderfer was a second-team All-Big Ten pole vaulter at both the indoor and outdoor championships. Sanderfer cleared 17-1 (5.21m) at the Indoor Championships to take third, and blew that number away at the Outdoor Championships with a 17-4 1/2 (5.30m) jump to place second. Under Pierce’s guidance, Anne Martin finished third at the Big Ten indoor pentathlon with a personal-best 3,998 points and third in the outdoor heptathlon with 5,430 points. Pierce competed for four years as a pole vaulter at Nebraska, and he was a three-time academic all-conference selection. After completing his career as a Husker pole vaulter in 1997, he spent three seasons as an assistant recruiting coordinator at NU. Pierce returned to his alma mater in 2005 after serving as the multi-events, horizontal jumps and pole vault coach at Kent State for four years. Prior to joining Kent State, Pierce served one season as the sprint, hurdles, vertical jumps and multi-event coach at Central Florida.

## VOLLEYBALL



**Laurie Glass, Leland HS, MI:** A 27 year veteran coach, Glass has accumulated nearly 900 prep victories in the state of Michigan. Coach Glass’ teams have captured two state championships and one runner up finish while playing in a classification of 157 schools. Her teams have captured 11 regional championships since 1998. The University of Nebraska lost the recruiting battle to Penn State for her daughter, Alisha Glass, collegiate setting services. Alisha is now the starting setter on the USA Women’s National Team. Glass has produced numerous collegiate volleyball players at various levels even though her school’s enrollment numbers are extremely small and located in northern Michigan. Glass has been named Region 4 Coach of the Year eight times and the Michigan Interscholastic Volleyball Coaches Association Coach of the Year twice.



**Bond Shymansky, University of Iowa:** Shymansky, a University of Iowa graduate and Iowa City native, renewed excitement surrounding the Hawkeye volleyball program with success in his first year as head coach in 2014. In his 13th season overall as a head coach, Shymansky guided the Hawkeyes to a 14-17 overall record and a 6-14 mark in

Big Ten Conference action. He has amassed a 304-126 record and .707 win percentage over 13 seasons, earning his 300th win milestone. Shymansky

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arrived at Iowa after spending five seasons (2009-13) at the helm of the Marquette volleyball program, where he had developed a winning culture. On his watch, the Golden Eagles earned their first NCAA berth and NCAA victory in school history in 2011, and returned to the postseason in 2012 and 2013. Marquette also won its first Big East regular season title and Big East Tournament championship in 2013. Before his tenure at Marquette, Shymansky spent seven seasons as the head coach at Georgia Tech (2002-09), where he guided the Yellow Jackets to three NCAA Tournament appearances, including Elite Eight and Sweet Sixteen finishes, and three Atlantic Coast Conference championships



**Briana Bahr, A5 Volleyball Club, Atlanta, GA:** Bahr, originally from Florida, is the coach of the nationally ranked A5 Volleyball Club in Georgia. Briana was an honor student that graduated from Tate High School in Pensacola, FL where she helped her squad to a 2007 Pensacola Gulf Coast Regional Championship. Volleyball named her to “The Who Dozen” as she went on to play at the University of Georgia where she was a four year starter. Her senior season she was named to the All-SEC Academic Team for the Bulldogs. She currently also coaches for the Georgia Juniors out of Athens, GA and has assisted with VolleyPerformance also in Athens.



**Paul Giesselmann, Midland University, NE:** Giesselmann completed his fifth season as Head Coach of the Warrior Volleyball program finish as the GPAC Conference runner up and a berth in the NAIA national tournament for the second year in a row. In 2013 the Warriors set a school record with 37 wins, including a 22-game winning streak to begin the year. Midland was ranked as high as No. 5 during that season, which was another school record. In Giesselmann’s previous three years as head coach, the Warriors nearly tripled their GPAC wins total and went from having an eight-win season in 2009 to finishing with 21 wins in 2011 and 2012. Additionally, Giesselmann has helped to cultivate success off the court, with his teams winning the American Volleyball Coaches Association Team Academic Award in consecutive seasons. Giesselmann joined the Warriors in 2010 after coaching at Creighton University since 2003. Prior to his service at Creighton, Giesselmann was Head Coach at College of St. Mary from 1994-2001. There he earned NAIA National Coach of the Year honors in 2000 and Region Coach of the Year accolades in 1996, 1999, 2000 and 2001.

## WRESTLING



**Dana Vote, Concordia University, NE:** Dana Vote took the reigns of the Concordia University, Nebraska, wrestling team in April 2012. In three seasons at the helm of the program, the native of Gilmore City, Iowa, has orchestrated an impressive turnaround. Vote led Concordia to new heights in 2015 as the Bulldogs won GPAC and NAIA North

Group Qualifying titles and sent 10 wrestlers to the national championships where Concordia recorded its highest-ever national finish (12th) and most-ever All-Americans (four). Vote, who has helped develop the GPAC’s last two conference wrestlers of the year, was named the GPAC and NAIA North Group Coach of the Year following the 2014-15 campaign. During which, Concordia went undefeated in conference duals, winning all seven by 10 points or more. Between his first and second seasons at the helm of the Bulldogs. The program went from a sixth-place GPAC finish, last-place North Qualifier finish and no national qualifiers in 2012-13 to a second-place GPAC finish, second-place North Qualifier finish and six national qualifiers in 2013-14. Having now coached five All-Americans at Concordia, Vote stresses a championship lifestyle both on and off the mat. His program supported the Step Up For Down Syndrome cause and for the 2013-14 academic year, the Bulldogs ranked in the top 10 among all NAIA wrestling squads in GPA. Vote came to Concordia after spending the previous five seasons as an assistant coach at Buena Vista University in Storm Lake, Iowa.



**Cody Garcia, Bethany College, KS:** Garcia completed his first season as head wrestling coach at Bethany College in 2015 with 4 NAIA national qualifiers and one All-American. Garcia had served as an assistant wrestling coach for the Swedes for the past three years. In 2014, the Swedes finished 20th at the NAIA National Championships with seven individuals qualifying for the National Championships, the highest number in program history. Garcia came to Bethany from the University of Nebraska at Omaha, where he served as a student assistant wrestling coach. While at UNO, Garcia help coach the 2011 squad to a NCAA Division II National Championship. Prior to coaching, Garcia was a member of the UNO wrestling team, winning individual national championships in 2006 and 2008, runner-up in 2010, and finishing third in 2009. His team won National Championships in 2005, 2006, 2009, and 2010. He was a four-time All-American and Academic All-American, graduating in 2010 with a 147-18 record, the fourth-highest number of all-time career wins at UNO since 1966. His 48 wins as a senior ranked as the second-highest number in school history, and Garcia set new UNO records of 84 career pins and 31 single-season pins. Garcia was a three-time high school state champion and four-time state place finisher at Hutchinson High School, where he wrestled for his father, Mike. From 2012-2014, Garcia participated in the Kansas Premiere Wrestling Club as a head coach and instructor the supplementary club program and international coaching



**Doug Schwab, University of Northern Iowa:** Schwab, a native of Osage, Iowa, took over as the University of Northern Iowa head coach in 2010. The Panthers qualified four wrestlers for the NCAA National tournament in March 2015. Schwab's best season at UNI was in 2014 when the Panthers went 13-0 in duals and climbed as high as #5 in the national rankings. UNI finished 15th in the NCAA national tournament in 2014 – the school's highest finish since 2005. Prior to coming to UNI he spent four seasons as an assistant coach with the University of Iowa wrestling team after serving as the team's volunteer assistant coach in 2006-07. Schwab helped the Hawkeyes to three NCAA and Big Ten team titles. During that time, Iowa crowned six NCAA champions, six Big Ten champions, 23 all-Americans and 24 academic all-Big Ten honorees. The Hawkeyes posted an 82-6 dual record while he was on staff.

## FOOTBALL: TEACHING FUNDAMENTALS/ JUNIOR HIGH



**Ryan Thompson, Ashland-Greenwood HS, NE:** Ryan is entering his 8th season as the head coach of the Bluejays and his 13th season overall with the team. The Bluejays' are 51-22 under the direction of Coach Thompson with a record of 30-6 over the last three seasons. During his time as head coach, his teams have been to the playoffs six times, including playing for the State Championship in 2014 and 2013, earning Runner-Up both years. Ryan currently teaches Elementary Physical Education at Ashland-Greenwood and also serves as an assistant track coach.



**Nate Tonjes, Ashland-Greenwood HS, NE:** Nate is entering his 15th season as an assistant coach for the Bluejays where he has been the Offensive Coordinator for the past 8 years. Under the direction of Coach Tonjes, the Bluejay Offense is always developing and using their strengths to their advantage to be a balanced team. Over the past three seasons, Tonjes' offenses have averaged 348 yards and 33 points per game. Nate currently teaches Geometry at Ashland-Greenwood High School and serves as part of the district's Network Operations.



**Dan Beranek, Ashland-Greenwood HS, NE:** Dan is entering his 4th season as an assistant coach for the Bluejays where he works with the wide receivers and defensive backs and also serves as the head junior varsity coach. Under the direction of Coach Beranek, the defensive backs have accounted for 46 interceptions and 15 forced fumbles in the last 3 seasons. Dan currently teaches Mathematics at Ashland-Greenwood High School and serves as the head wrestling coach.

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