

nebraska  
**coach**

2014-2015 SPECIAL EDITION

30

COACH

**CAPTURING THE HEART BEHIND THE JERSEY**

*"The best way to improve your team, is to improve yourself." – John Wooden*

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.

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- |   |              |
|---|--------------|
| Nemaha County Hospital                      | Auburn       |
| Memorial Hospital                           | Aurora       |
| Beatrice Community Hospital                 | Beatrice     |
| Jefferson Community Health Center           | Fairbury     |
| Community Medical Center                    | Falls City   |
| Henderson Community Hospital                | Henderson    |
| 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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**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 2014-2015 along with details of the 2014 NCA Multi-Sport Clinic.

For the second year the NCA will utilize an online registration system for membership and/or the Multi-Sport Clinic and other benefits. 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 the membership.

The NCA Board of Directors and staff are committed to providing you with the best possible service and experience as an NCA member. The cost of everyday business expenses along with providing high caliber clinicians continues to grow. The NCA has provided the 2014 Annual Report on page 46 for your review.

The NCA membership benefits are again highlighted with the third year of the Gold Card program – an exclusive, annual NCA membership benefit that entitles the card holder admission to most 2014-2015 NSAA State Championship events for merely \$20. ANNUAL GOLD CARDS MUST BE PURCHASED BY OCTOBER 1. Traditional and Silver Members are eligible for this benefit. Schools are encouraged 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 2014 Multi-Sport Clinic week promises to challenge coaches both technically in the sport(s) they coach along with examining the power of 3Dimensional Coaching – Coaching the Heart Behind the Jersey. Dr. Jeff Duke will give coaches powerful resources to help you become a “complete” coach by coaching your student-athletes in all phases of their life.

I’m extremely proud of 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. Please be sure to visit their booths at the clinic. Without their support, the clinic would not be possible.

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

*“The best way to improve your team, is to improve yourself” – John Wooden*

**CLINIC WEEK SCHEDULE OF EVENTS**

July 19	Boys’ & Girls’ Basketball All-Star check-in	9:00 a.m.	UNL
July 20	Volleyball All-Star check-in 47th Annual NCA Awards Banquet	9:00 a.m. 5:30 p.m.	UNL Great Hall, Train Station, Lincoln Haymarket
July 21	NCA Annual Golf Tournament Girls’ Basketball All-Star Game Boys’ Basketball All-Star Game	8:00 a.m. 6:00 p.m. 8:00 p.m.	Highlands Golf Course Lincoln North Star HS Lincoln North Star HS
July 22	NCA Multi-Sport Clinic Softball All-Star check-in Volleyball All-Star Match	7:30 a.m. 10:00 a.m. 7:00 p.m.	Lincoln North Star HS UNL Lincoln North Star HS
July 23	NCA Multi-Sport Clinic Softball All-Star Doubleheader NCA Night at the Saltdogs Coaches Night Out	7:30 a.m. 4:00 p.m. 7:00 p.m. 8:30 p.m.	Lincoln North Star HS Haymarket Complex Haymarket Complex Barry’s Husker Bar
July 24	NCA Multi-Sport Clinic	7:30 a.m.	Lincoln North Star HS

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2014 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**

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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

**Fax number:**  
 402-434-5689

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

# NEBRASKA COACHES ASSOCIATION

## FAMILY NIGHT OUTING

July 23, 2014 • 7:05 pm

Amarillo Sox vs Lincoln Saltdogs



**\$10**  
*per ticket*

- Admission to Home Run Terrace
- 2- Fairbury Brand Hot Dogs w/ Kettle Chips
- 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 [toby@saltdogs.com](mailto:toby@saltdogs.com)



LINCOLN SALTDogs - 402.474.2255 - [WWW.SALTDogs.COM](http://WWW.SALTDogs.COM)

# 2014 Nebraska Coaches Association Summer Clinic – Hotel Listings

For additional hotel information 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 North	\$85.00	\$89.00	\$89.00	\$102.99	X	X	X	X
Comfort Suites South	\$100.00	\$100.00	\$100.00	\$100.00	X	X	X	
Holiday Inn Southwest East	\$89.00	\$94.00	\$94.00	\$94.00	X			
Chase Suites	\$89.00	\$109.00	\$119.00	\$129.00				X
Boarders Inn & Suites	\$59.00	\$69.00	--	--	X			
New Victorian	\$65.00	\$75.00	--	--				
Staybridge Suites Northeast	\$99.00	\$109.00	\$119.00	\$129.00	X	X	X	
Courtyard by Marriott	--	\$119.00	\$119.00	\$119.00	X			X
The Cornhusker	\$103.00	\$103.00	\$103.00	\$103.00	X			X
WEST								
West O Super 8 Motel	\$61.99	\$64.00	--	--				
Country Inn & Suites Airport	\$79.00	\$79.00	--	--		X		
Travelodge Airport	\$55.00	\$55.00	--	--		X		

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# Nebraska Coaches Association Multi-Sport Clinic Sponsors and Exhibitors

As of Publication Date

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

NAIA & 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

National Wrestling Coaches Association

Advanced Exercise Equipment - #56

Gatorade

Baden Sports – #3-4

Cricket Sports by Abante Marketing – #8-9

Russell Athletic – #12-14

Fundraising University – #19-20

HUMANeX - #31

Nebraska National Guard - East Lobby

Sid Dillon

Coaches Choice - Coaches Resource Center

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

Lid's Team Sports – #16-17

Shock Doctor Sports - #21

The Graphic Edge - #25-26

Mueller Sports Medicine - #28-29

Hauff Sporting Goods - #32

National Cheerleaders Assoc./ National Dance Alliance - #34

Ultimate Team Sales - #37-38

rSchoolToday - #18

GTM Sportswear - #22-24

Bison Inc. - #27

Custom Sports - #30

Neff Company - #33

Universal Cheerleaders Association - #35-36

Push Pedal Pull - #39-40

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

Nova Fitness Equipment – #41-42

BoxCast - #45

Misko Sports - #47-48

Rixstine Recognition - #52-53

GTM Sportswear - #43-44

Blazer Manufacturing Inc - #46

Shoot-A-Way - #49

Brax Fundraising - #54

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

X-Grain Sportswear - #55

EZ Flex Sport Mats - #58

Riddell - #60-61

Max Preps - #63

Fellowship of Christian Athletes - #65

Eclipse, Inc. - #67

Wegener – Latch, LLC - #57

Nebraska HS Sports Hall of Fame - #59

Nebraska State Education Association - #62

Body Basics Inc - #64

Horace Mann Companies - #66

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



2014 marks the third year of the Nebraska Coaches Association's (NCA) *Coaches Care* program, underwritten by the Sid Dillon auto dealerships of Lincoln, Crete, Fremont, Blair & Wahoo and Scheels of Lincoln. The two organizations will be partnering with the Nebraska Community Blood Bank for a blood drive during the NCA Multi-Sport Clinic on Wednesday, July 23 outside the west vendor entrance of Lincoln North Star High School.

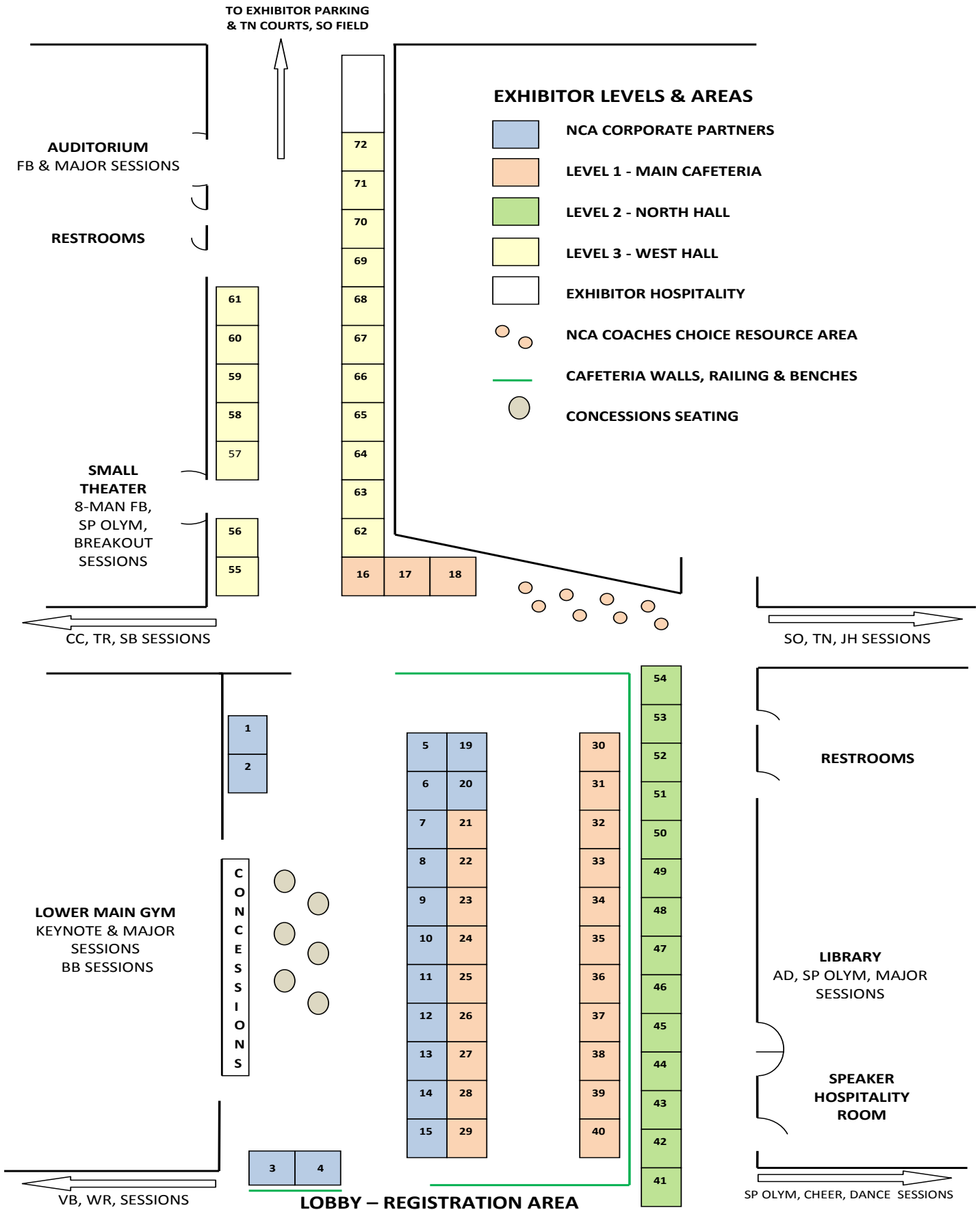
As leaders in the community, you are encouraged to give back and help those in need. Each coach that registers to give blood within the online site below will receive a \$25 Scheels gift card. Those that register will be eligible exclusively for the grand prize drawing of a flat screen television. Space 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 [www.ncbb.org](http://www.ncbb.org) and use the sponsor code NECA to register. Questions, call (877) 486-9414. Thank you in advance for *Being the Type that Gives*.

### SID DILLON



# SCHEELS.

# 2014 NEBRASKA COACHES ASSOCIATION MULTI-SPORT CLINIC EXHIBITOR LAYOUT



# Capturing the Heart Behind the Jersey

## Dr. Jeff Duke - Keynote Address - Tuesday, July 22

The role of the COACH has obtained idolized proportions in our society today. Sports, in the American culture, have become an icon of popularity from the very young to the elderly. Fifty million adolescents participate on an athletic team every year. In fact, we now spend more time watching, reading, or actively being involved in sport activities than any of other life's discretionary domains. Because of this cultural focus, the COACH has become the "point person" for this societal phenomenon. In fact, research reflects the COACH as one of the most influential persons in the American life. The COACH now takes on the role as an authority figure for many of the traditional American ethos; such as, commitment to goals, team first attitudes, excellence of cause, life attributions, etc. For many reasons, these value systems are being lost or deemphasized in the home environment. It is with this premise that we, as sport coaching educators, are making a concerted effort to come alongside the COACHES' fraternity to help encourage, educate & produce the "next" generation of coaches to meet the demand of our sport culture. This material has received rave reviews from coaches and administrators from all levels of sport including public/private schools/colleges/universities and major sport organizations.

The need for higher education to provide a quality program to provide direction for coaches, sport administrators, athletes and the public regarding the skills, knowledge & research is now of utmost importance. This needed educational expansion, from a sub-discipline to a discipline, will allow improved standards related to care, health, performance and safety of athletes. Because coaches are TEACHERS their influence with athletes in many ways has attribution affects into many facets of life. Coaches today must have resources to improve knowledge and skills that meet changing expectations on and off the field.

Over 100 sport organizations have agreed that a core body of knowledge to develop scientific and practical competencies is now identified. This body is now outlined and identified in the published National Standards for Athletic Coaches. A highly acclaimed accreditation agency, National Council for Accreditation of Coaching Education (NCACE), has been established to give direction and governance to the pursuit of key deliverables in coaching education institutions.

The first (& most important) domain in these national standards is developing and implementing an athlete-centered coaching philosophy in the midst of a performance based culture. This balance is very rarely achieved with only a small percentage of coaches able to maximize the positive life-long benefits of sport participation for EACH athlete and still produce a "winning" culture at their respective institution.

This material has received rave reviews from coaches and administrators from all levels of sport including public/private schools/colleges/universities and major sport organizations.

### What is 3Dimensional Coaching™?

The 3Dimensional Coaching™ curriculum is based on extensive research regarding different coaching philosophies and the cultural influence of coaches in the lives of the people they impact.

- 1st Dimension = Fundamentals (Physical)
- 2nd Dimension = Psychology (Mind)
- 3rd Dimension = Heart (Holism)

*\*Research shows only about 15% of coaches intentionally coach beyond the 1st Dimension*

### Why does it matter?

- The social structure of our culture has drastically changed over past 20 years
- Research validates the "coach" as the single-most influential authoritative figure in life of today's adolescent
- 70% of athletes will fail to reach their full potential on & off the field because of 2nd Dimension issues

### Research shows that coaches who coach in all 3Dimensions are more likely to produce athletes who:

- learn skills quicker (more attentive)
- achieve higher fitness compliance (work harder)
- experience shorter rehabilitation (recover from injury)
- are more adaptable to new conditions ("on the road")
- possess the freedom to be creative ("are gamers")
- develop deeper relationships with other players and with coaches (learn life's lessons)







## **Nebraska Coaches Association - Advanced Exercise Equipment 2014 Coaches Golf Scramble**

**Monday, July 21 -Highlands Golf Course**



Tee-times will be available from 8:00 a.m. to 1:45 p.m.

\$45.00 for NCA members & \$55.00 for non-members

*Includes green fees, cart, pin prizes, range balls, and hamburger, chips & fountain drink*

**Tee times accepted beginning on Monday, May 12 at 9:00 a.m.  
by calling the NCA office #402-434-5675**

Please plan to register a complete team of four  
Flight prizes can be picked up at the NCA Clinic – Advanced Exercise’s Booth (#56)

**\*\*PLEASE DO NOT CALL THE HIGHLANDS GOLF COURSE FOR TEE-TIMES\*\***



### CLINIC SCHEDULE ON THE WEB

The 2014 NCA Clinic schedule will be available on the NCA website at [www.ncacoach.org](http://www.ncacoach.org). If changes are required to sessions, times or speakers an updated schedule will be posted on the NCA website. Please be sure to refer to this schedule in advance of your arrival at clinic. A printed schedule will be provided at the clinic.



### 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 the coaching profession.

### 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 may be requested prior to July 1. Any refund requests received after July 1 will be refunded 50% of the registration fee. All refunds will be issued AFTER August 1. 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.

### CLINIC GOLF TOURNAMENT

The Nebraska Coaches Association is pleased to partner with Advanced Exercise Equipment for the 2014 Coaches Golf Scramble to be held on Monday, July 21, 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 12 at 9:00 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 8:00 a.m. to 1:45 p.m., scheduled every 8-10 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 23

The NCA has partnered with the Lincoln Saltdogs for a great family and coach event on Wednesday, July 23. For \$10 per person, coaches will be admitted to the Home Run Terrace for the Amarillo Sox vs. the Lincoln Saltdogs game starting at 7:05p.m. Included in this price will be two hot dogs, unlimited Pepsi fountain sodas, a souvenir cup and \$1 Busch Light Beers. Please see page 4 for further details on how you can reserve your tickets in advance.

Coaches Night Out will return to 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, spouses or significant others. The event, which is underwritten by Hudl and the NSAA, will run from 8:30 – 11:30 p.m.



Follow the NCA Clinic Updates @ NebraskaCoach

# BEYOND THE X'S & O'S

TUESDAY, JULY 22 1:00-1:50 p.m.

*Clinic Attendees May Pick One of the Four Sessions*

## **Nolan Beyer, Millard Public Schools – *Finding Balance in the Life of a Coach***

Whether you coach one sport or three the expectations on your time have never been greater. How can you give all of your obligations the time they deserve and remain motivated and healthy? Nolan will give real life techniques to help you gain a better understanding of the work/life balance to become even more productive in all areas of your life.

## **Sue Enquist, UCLA Softball (Retired) – *Life, Leadership, and Competition - Focus on Your Passion***

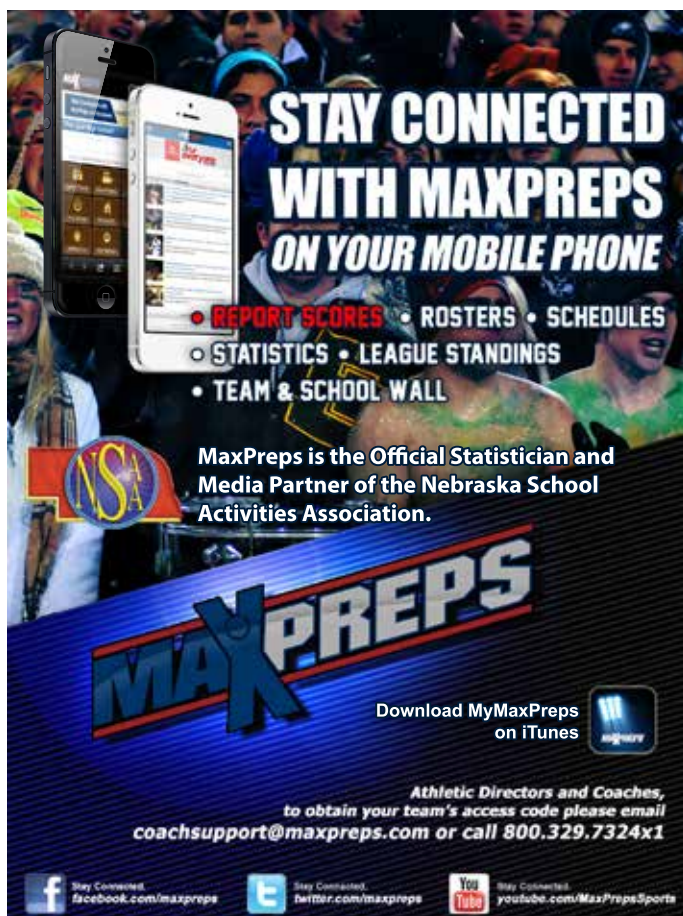
Responsible for building a legendary program over three decades at UCLA, producing 15 Olympians and 65 NCAA All-Americans, holding the highest win percentage among all Division 1 Coaches, and earning multiple National Coach of the Year Awards, this five-time Hall of Fame inductee provides insight into the deep beliefs and practices of her legendary principals related to top coaches and leaders.

## **Dr. Jeff Duke, 3Dimensional Coaching – *PLAYmakers***

It is estimated that 70% of athletes will fail to reach their full potential when the lights go on due to 2nd dimension issues. Do you have athletes who shrink back when the pressure is high and the game is on the line? Do you have athletes whose emotions often hinder their athletic performance? In this session, Dr. Duke will share ideas and strategies about how to harness the powerful emotions of sport in such a way that helps athletes achieve peak performance.

## **Mike Tully, Total Game Plan – *Motivating People Without Driving Them Crazy***

Few things in coaching matter more than motivation does, because real growth involves discomfort and struggle for your athletes. Unfortunately, too many coaches nag their players, driving them further from the greatness you all want. Mike offers principles to help you develop your own motivational style, and gives practical, proven techniques you can use in your very next practice.



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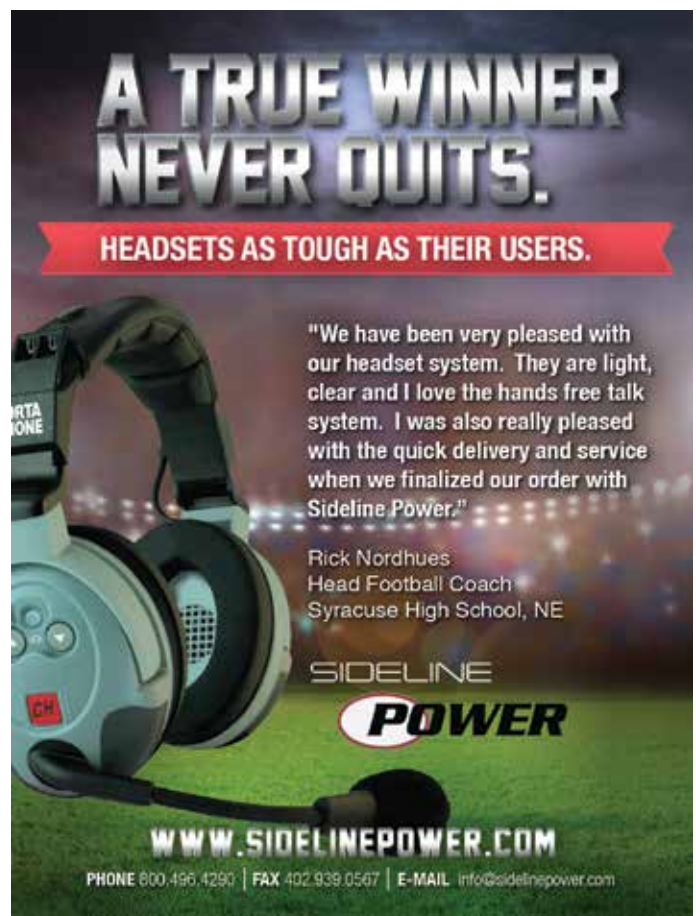
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Rick Nordhues  
Head Football Coach  
Syracuse High School, NE

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**NEBRASKA COACHES ASSOCIATION  
MULTI-SPORTS CLINIC  
JULY 22-24, 2014  
LINCOLN NORTH STAR HIGH SCHOOL**

**UNDERWRITTEN BY:**

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

Lincoln Convention & Visitors Bureau  
Russell Athletics  
Country Inn & Suites – Lincoln North  
Scheels  
Advanced Exercise Equipment  
Nebraska School Activities Association

Nebraska National Guard  
Baden Sports  
Sid Dillon  
Crickets Sports by Abante Marketing  
HUMANeX

**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 Lincoln 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 Lincoln 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 refer to the NCA web page at [www.ncacoach.org](http://www.ncacoach.org).

**ATHLETIC DIRECTORS**

**All Sessions in Library unless otherwise noted**

**Tuesday, July 22**

7:30 a.m.

REGISTRATION AND EXHIBIT AREA OPEN

8:30 a.m. – 9:20 a.m.

Wes Simmons, 3Dimensional Coaching- "The 'Y' Behind X's & O's"

9:00 a.m. – 10:00 a.m.

FCA Women's Brunch at Country Inn & Suites Lincoln- North

10:00 a.m. – 11:30 a.m.

**WELCOME, KEYNOTE ADDRESS: DR. JEFF DUKE, 3DIMENSIONAL COACHING- "CAPTURING THE HEART BEHIND THE JERSEY" Main Gym**

11:30 a.m. – 1:00 p.m.

**Lunch on Your Own**

1:00 p.m. – 1:50 p.m.

Beyond X's & O's: Mike Tully, Total Game Plan, "Motivating People Without Driving Them Crazy" **E117**

Beyond X's & O's: Nolan Beyer, Millard Public Schools, "Balancing Your Professional & Personal Life" **South Gym**

Beyond X's & O's: Dr. Jeff Duke, 3Dimensional Coaching, "PLAYmakers" Presented by Nebraska FCA **Main Gym**

Beyond X's & O's: Sue Enquist, Former UCLA Softball Coach "Life, Leadership and Competition-Focus on Your Passion" Presented by HUMANeX **Aud.**

Care & Prevention of Athletic Injuries- Taping Sessions for Coaches – NE Orthopaedic & Sports Medicine-Lincoln **Training Room**

2:20 p.m. – 3:50 p.m.

Community Asthma Education Initiative, Saint Elizabeth Regional Medical Center "Asthma Strikes 20% of Athletes – BE PREPARED" **D023**

2:20 p.m. – 3:10 p.m.

Lee Green, Baker University (KS)- "Sports Law Year-In Review"- Presented by the NSAA

2:20 p.m. – 3:10 p.m.

Dave Schultz, Nebraska Orthopaedic & Sports Medicine-Lincoln, "Supplements and the High School Athlete" **D023**

3:30 p.m. – 4:20 p.m.

Lee Green, Baker University (KS)- "Title IX & Gender Equity in Athletics" - Presented by the NSAA

3:30 p.m. – 4:20 p.m.

**Wednesday, July 23**

**Blood Drive - Nebraska Community Blood Bank- West Side of LNS – "Be the Type that Gives" - Presented by Sid Dillon & Scheels**

7:30 a.m.

REGISTRATION AND EXHIBIT AREA OPEN

11:30 a.m. – 12:00 p.m.

District Meetings

12:00 p.m. – 1:30 p.m.

**Lunch on Your Own – NCA Sport Advisory Meetings – Lunch Provided**

1:30 p.m. – 3:00 p.m.

IMPACT-Baseline Testing & Training, NE Sports Concussion Network, Sign Up at NE Orthopaedic & Sports Medicine-Lincoln Booth **D023**

1:30 p.m. – 3:00 p.m.

Care & Prevention of Athletic Injuries- Taping Sessions for Coaches – NE Orthopaedic & Sports Medicine-Lincoln **Training Room**

1:30 p.m. – 2:20 p.m.

rSchoolToday- "Activity Scheduler 101" (Training for ADs and Administrative Assistants)

2:50 p.m. – 3:40 p.m.

rSchoolToday- "Activity Scheduler-Dial Up the Power" (Training for ADs and Administrative Assistants)

*Stop by rSchoolToday (Booth #18) to ask questions specific to your program and/or to learn more about connecting Activity Scheduler to other rSchoolToday powerful programs*

**Thursday, July 24**

7:30 a.m.

REGISTRATION AND EXHIBIT AREA OPEN

8:30 a.m. – 9:20 a.m.

Hudl- "Using Hudl for Individual Based Sports" **E117**

9:50 a.m. – 10:40 a.m.

Mike Donlin, BoxCast- "Video Streaming 101- How to Use Your Current Setup to Broadcast"

11:00 a.m. – 11:50 a.m.

Mike Donlin, BoxCast- "Video Streaming Full Production- Taking Your Broadcast to the Next Level"

12:00 p.m.

Drawings **Main Gym**

**BASKETBALL**

**All Sessions in Main Gym unless otherwise noted**

**Tuesday, July 22**

7:30 a.m.

REGISTRATION AND EXHIBIT AREA OPEN

8:30 a.m. – 9:20 a.m.

Tim Miles, University of Nebraska (Men)- "Building a Team – Creating a Culture"

9:00 a.m. – 10:00 a.m.

FCA Women's Brunch at Country Inn & Suites Lincoln- North

10:00 a.m. – 11:30 a.m.

**WELCOME, KEYNOTE ADDRESS: DR. JEFF DUKE, 3DIMENSIONAL COACHING- "CAPTURING THE HEART BEHIND THE JERSEY" Main Gym**

11:30 a.m. – 1:00 p.m.

Lunch on Your Own

1:00 p.m. – 1:50 p.m.

Beyond X's & O's: Mike Tully, Total Game Plan, "Motivating People Without Driving Them Crazy" **E117**

Beyond X's & O's: Nolan Beyer, Millard Public Schools, "Balancing Your Professional & Personal Life" **South Gym**

Beyond X's & O's: Dr. Jeff Duke, 3Dimensional Coaching, "PLAYmakers" Presented by Nebraska FCA **Main Gym**

Beyond X's & O's: Sue Enquist, Former UCLA Softball Coach "Life, Leadership and Competition-Focus on Your Passion" Presented by HUMANeX **Aud.**

2:20 p.m. – 3:50 p.m.

Care & Prevention of Athletic Injuries- Taping Sessions for Coaches – NE Orthopaedic & Sports Medicine-Lincoln **Training Room**

2:20 p.m. – 3:10 p.m.

Community Asthma Education Initiative, Saint Elizabeth Regional Medical Center "Asthma Strikes 20% of Athletes – BE PREPARED" **D023**

2:20 p.m. – 3:10 p.m.

Amy Stephens, University of Memphis (Women)- "Memphis Defense"

3:30 p.m. – 4:20 p.m.

Dave Schultz, Nebraska Orthopaedic & Sports Medicine-Lincoln, "Supplements and the High School Athlete" **D023**

3:30 p.m. – 4:20 p.m.

Amy Stephens, University of Memphis (Women)- "Position Work: Post & Guard"

**Wednesday, July 23**

**Blood Drive - Nebraska Community Blood Bank- West Side of LNS – "Be the Type that Gives" - Presented by Sid Dillon & Scheels**

7:30 a.m.

REGISTRATION AND EXHIBIT AREA OPEN

8:30 a.m. – 9:45 a.m.

Ravenna HS (Boys) Staff - Teaching Basketball Fundamentals/Junior High Session – On Court Main Gym

10:00 a.m. – 11:15 a.m.

NSAA Rules Meeting & NCA Basketball Meeting

11:30 a.m. – 12:00 p.m.

District Meetings

12:00 p.m. – 1:30 p.m.

Lunch on Your Own – NCA Sport Advisory Meetings – Lunch Provided

1:30 p.m. – 3:00 p.m.

IMPACT-Baseline Testing & Training, NE Sports Concussion Network, Sign Up at NE Orthopaedic & Sports Medicine-Lincoln Booth **D023**

1:30 p.m. – 3:00 p.m.

Care & Prevention of Athletic Injuries- Taping Sessions for Coaches – NE Orthopaedic & Sports Medicine-Lincoln **Training Room**

## **BASKETBALL CONTINUED:**

1:30 p.m. – 2:20 p.m. Jim Page, Wamego HS, KS (Girls)- “Pre-Practice Drills & Skill Development” Part I  
1:30 p.m. – 2:20 p.m. Ravenna HS (Boys) Staff - Teaching Basketball Fundamentals/Junior High Session – Classroom Session **B118A**  
2:50 p.m. – 3:40 p.m. Jim Page, Wamego HS, KS (Girls)- “Pre-Practice Drills & Skill Development” Part II  
2:50 p.m. – 3:40 p.m. Ravenna HS (Boys) Staff - Teaching Basketball Fundamentals/Junior High Session – Classroom Session **B118A**

## **Thursday, July 24**

7:30 a.m. REGISTRATION AND EXHIBIT AREA OPEN  
8:30 a.m. – 9:20 a.m. Hudl- “Hudl Features to Help the Basketball Coach” **E117**  
9:50 a.m. – 10:40 a.m. Scott Kreiger, Canterbury HS, IN (Boys)- “Adding the Transition Game to your Offensive Attack”  
11:00 a.m. – 11:50 a.m. Scott Kreiger, Canterbury HS, IN (Boys)- “More Transition Game - Secondary Options and Offensive Sets”  
12:00 p.m. Drawings **Main Gym**

## **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 22. Please contact the NCA office if you wish to obtain AACCA certification through the clinic so that adequate materials can be ordered.

### **Tuesday, July 22**

7:30 a.m. REGISTRATION AND EXHIBIT AREA OPEN  
9:00 a.m. – 10:00 a.m. FCA Women’s Brunch at Country Inn & Suites Lincoln- North  
10:00 a.m. – 11:30 a.m. **WELCOME, KEYNOTE ADDRESS: DR. JEFF DUKE, 3DIMENSIONAL COACHING-“CAPTURING THE HEART BEHIND THE JERSEY” Main Gym**  
11:30 a.m. - 1:00 p.m. Lunch on Your Own  
1:00 p.m. – 1:50 p.m. Beyond X’s & O’s: Mike Tully, Total Game Plan, “Motivating People Without Driving Them Crazy” **E117**  
Beyond X’s & O’s: Nolan Beyer, Millard Public Schools, “Balancing Your Professional & Personal Life” **South Gym**  
Beyond X’s & O’s: Dr. Jeff Duke, 3Dimensional Coaching, “PLAYmakers” Presented by Nebraska FCA **Main Gym**  
Beyond X’s & O’s: Sue Enquist, Former UCLA Softball Coach “Life, Leadership and Competition-Focus on Your Passion” Presented by HUMANeX **Aud.**  
2:20 p.m. – 3:50 p.m. Care & Prevention of Athletic Injuries- Taping Sessions for Coaches – NE Orthopaedic & Sports Medicine-Lincoln **Training Room**  
2:20 p.m. – 3:10 p.m. Community Asthma Education Initiative, Saint Elizabeth Regional Medical Center “Asthma Strikes 20% of Athletes – BE PREPARED” **D023**  
2:20 p.m. – 3:20 p.m. AACCA Certification Seminar  
3:30 p.m. – 4:20 p.m. Dave Schultz, Nebraska Orthopaedic & Sports Medicine-Lincoln, “Supplements and the High School Athlete” **D023**  
3:30 p.m. – 4:30 p.m. AACCA Certification Test  
3:30 p.m. – 4:00 p.m. Universal Cheerleaders Association- “There’s An App for That” (please bring your tablet or smart phone)

**\*\* All Sessions Presented by: Varsity Spirit Corporation \*\* All Sessions in A118A unless otherwise noted**

### **Wednesday, July 23**

7:30 a.m. REGISTRATION AND EXHIBIT AREA OPEN  
8:30 a.m. – 9:20 a.m. National Cheerleaders Association- “Jumps from Basic to Advanced”  
9:30 a.m. – 10:20 a.m. National Cheerleaders Association- “Choreography Tips and Tricks”  
10:30 a.m. – 11:15 a.m. Suggestions & Proposals to Improve State Championships (NE Coaches Assoc. District Representatives Lead Meeting)  
11:30 a.m. – 12:00 p.m. District Meetings  
12:00 p.m. – 1:30 p.m. Lunch on Your Own  
1:30 p.m. – 3:00 p.m. IMPACT-Baseline Testing & Training, NE Sports Concussion Network, Sign Up at NE Orthopaedic & Sports Medicine-Lincoln Booth **D023**  
1:30 p.m. – 3:00 p.m. Care & Prevention of Athletic Injuries- Taping Sessions for Coaches – NE Orthopaedic & Sports Medicine-Lincoln **Training Room**  
1:30 p.m. – 2:20 p.m. Universal Cheerleaders Association- “Tumbling 101- Drills and Technique for Your Team”  
2:50 p.m. – 3:40 p.m. Universal Cheerleaders Association- “Spotting Tumbling- Hands on Seminar”

**Blood Drive - Nebraska Community Blood Bank- West Side of LNS – “Be the Type that Gives” - Presented by Sid Dillon & Scheels**

### **Thursday, July 24**

7:30 a.m. REGISTRATION AND EXHIBIT AREA OPEN  
8:30 a.m. – 9:20 a.m. National Cheerleaders Association- “Sideline Team Drama”  
9:50 a.m. – 10:40 a.m. National Cheerleaders Association- “Nutrition for Cheerleaders”  
11:00 a.m. – 11:50 a.m. Universal Cheerleaders Association - “You Be the Judge - What the Judges Are Looking For-Maximizing & Choreographing to the Score Sheet”  
12:00 p.m. Drawings **Main Gym**

## **CROSS COUNTRY**

### **Tuesday, July 22**

7:30 a.m. REGISTRATION AND EXHIBIT AREA OPEN  
8:30 a.m. – 9:20 a.m. Tony Bozarth, Olathe East HS, (KS)- “Fun, Success & Spaghetti: Building Your Cross Country Program From Scratch”  
9:00 a.m. – 10:00 a.m. FCA Women’s Brunch at Country Inn & Suites Lincoln- North  
10:00 a.m. – 11:30 a.m. **WELCOME, KEYNOTE ADDRESS: DR. JEFF DUKE, 3DIMENSIONAL COACHING-“CAPTURING THE HEART BEHIND THE JERSEY” Main Gym**  
11:30 a.m. - 1:00 p.m. Lunch on Your Own  
1:00 p.m. – 1:50 p.m. Beyond X’s & O’s: Mike Tully, Total Game Plan, “Motivating People Without Driving Them Crazy” **E117**  
Beyond X’s & O’s: Nolan Beyer, Millard Public Schools, “Balancing Your Professional & Personal Life” **South Gym**  
Beyond X’s & O’s: Dr. Jeff Duke, 3Dimensional Coaching, “PLAYmakers” Presented by Nebraska FCA **Main Gym**  
Beyond X’s & O’s: Sue Enquist, Former UCLA Softball Coach “Life, Leadership and Competition-Focus on Your Passion” Presented by HUMANeX **Aud.**  
2:20 p.m. – 3:50 p.m. Care & Prevention of Athletic Injuries- Taping Sessions for Coaches – NE Orthopaedic & Sports Medicine-Lincoln **Training Room**  
2:20 p.m. – 3:10 p.m. Community Asthma Education Initiative, Saint Elizabeth Regional Medical Center “Asthma Strikes 20% of Athletes – BE PREPARED” **D023**  
2:20 p.m. – 3:10 p.m. Tony Bozarth, Olathe East HS, (KS)- “Cross Country Training, Philosophy and Workouts: Olathe East Method”  
3:30 p.m. – 4:20 p.m. Dave Schultz, Nebraska Orthopaedic & Sports Medicine-Lincoln, “Supplements and the High School Athlete” **D023**  
3:30 p.m. – 4:20 p.m. Tony Bozarth, Olathe East HS, (KS)- “Track Distance Training, Philosophy & Workouts: Olathe East Method”

**All sessions in E119 unless otherwise noted**

### **Wednesday, July 23**

7:30 a.m. REGISTRATION AND EXHIBIT AREA OPEN  
8:30 a.m. – 9:45 a.m. NSAA Meeting & NCA Cross Country Meeting  
10:00 a.m. – 11:15 a.m. Conor Holt, Oklahoma City University- “Aerobic Endurance Running”

**Blood Drive - Nebraska Community Blood Bank- West Side of LNS – “Be the Type that Gives” - Presented by Sid Dillon & Scheels**

**CROSS COUNTRY CONTINUED:**

11:30 a.m. – 12:00 p.m.  
12:00 p.m. – 1:30 p.m.  
1:30 p.m. – 3:00 p.m.  
1:30 p.m. – 3:00 p.m.  
1:30 p.m. – 2:20 p.m.  
2:50 p.m. – 3:40 p.m.

District Meetings  
Lunch on Your Own – NCA Sport Advisory Meetings – Lunch Provided  
IMPACT-Baseline Testing & Training, NE Sports Concussion Network, Sign Up at NE Orthopaedic & Sports Medicine-Lincoln Booth **D023**  
Care & Prevention of Athletic Injuries- Taping Sessions for Coaches – NE Orthopaedic & Sports Medicine-Lincoln **Training Room**  
Conor Holt, Oklahoma City University- “Doing the Little Things”  
Conor Holt, Oklahoma City University- “The Anatomy of a Championship Season”

**Thursday, July 24**

7:30 a.m.  
8:30 a.m. – 9:20 a.m.  
9:50 a.m. – 10:40 a.m.  
11:00 a.m. – 11:50 a.m.  
12:00p.m.

REGISTRATION AND EXHIBIT AREA OPEN  
Neal Blackburn, Rock Bridge HS, MO- “Relaxation/Visualization for the Distance Runner”  
Neal Blackburn, Rock Bridge HS, MO- “Building a Cross Country Program”  
Neal Blackburn, Rock Bridge HS, MO- “Cross Country/Distance Training”  
Drawings **Main Gym**

**DANCE**

**Tuesday, July 22**

7:30 a.m.  
9:00 a.m. – 10:00 a.m.  
10:00 a.m. – 11:30 a.m.  
**11:30 a.m. - 1:00 p.m.**  
1:00 p.m. – 1:50 p.m.  
  
2:20 p.m. – 3:50 p.m.  
2:20 p.m. – 3:10 p.m.  
2:20 p.m. – 3:10 p.m.  
3:30 p.m. – 4:20 p.m.  
3:30 p.m. – 4:20 p.m.

**\*\*All Sessions Presented by: Varsity Spirit Corporation\*\* All Sessions in A118B unless otherwise noted**  
REGISTRATION AND EXHIBIT AREA OPEN  
FCA Women’s Brunch at Country Inn & Suites Lincoln- North  
*WELCOME, KEYNOTE ADDRESS: DR. JEFF DUKE, 3DIMENSIONAL COACHING-“CAPTURING THE HEART BEHIND THE JERSEY”* **Main Gym**  
**Lunch on Your Own**  
Beyond X’s & O’s: Mike Tully, Total Game Plan, “Motivating People Without Driving Them Crazy” **E117**  
Beyond X’s & O’s: Nolan Beyer, Millard Public Schools, “Balancing Your Professional & Personal Life” **South Gym**  
Beyond X’s & O’s: Dr. Jeff Duke, 3Dimensional Coaching, “PLAYmakers” Presented by Nebraska FCA **Main Gym**  
Beyond X’s & O’s: Sue Enquist, Former UCLA Softball Coach “Life, Leadership and Competition-Focus on Your Passion” Presented by HUMANeX **Aud.**  
Care & Prevention of Athletic Injuries- Taping Sessions for Coaches – NE Orthopaedic & Sports Medicine-Lincoln **Training Room**  
Community Asthma Education Initiative, Saint Elizabeth Regional Medical Center “Asthma Strikes 20% of Athletes – BE PREPARED” **D023**  
Universal Dance Association- “How to Refine your Dancers’ Technique”  
Dave Schultz, Nebraska Orthopaedic & Sports Medicine-Lincoln, “Supplements and the High School Athlete” **D023**  
Universal Dance Association- “Perfecting a Routine”

**Wednesday, July 23**

7:30 a.m.  
10:30 a.m. – 11:15 a.m.  
11:30 a.m. – 12:00 p.m.  
**12:00 p.m. – 1:30 p.m.**  
1:30 p.m. – 3:00 p.m.  
1:30 p.m. – 3:00 p.m.  
1:30 p.m. – 2:20 p.m.  
2:50 p.m. – 3:40 p.m.

**Blood Drive - Nebraska Community Blood Bank- West Side of LNS – “Be the Type that Gives” - Presented by Sid Dillon & Scheels**  
REGISTRATION AND EXHIBIT AREA OPEN  
Suggestions & Proposals to Improve State Championships (NE Coaches Assoc. District Representatives Lead Meeting)  
District Meetings  
**Lunch on Your Own – NCA Sport Advisory Meetings – Lunch Provided**  
IMPACT-Baseline Testing & Training, NE Sports Concussion Network, Sign Up at NE Orthopaedic & Sports Medicine-Lincoln Booth **D023**  
Care & Prevention of Athletic Injuries- Taping Sessions for Coaches – NE Orthopaedic & Sports Medicine-Lincoln **Training Room**  
Universal Dance Association- “T.E.A.M. Together Everyone Achieves More”  
Universal Dance Association: “Public Relations; Working with Admin, Parents, and Social Media

**Thursday, July 24**

7:30 a.m.  
8:30 a.m. – 9:20 a.m.  
9:50 a.m. – 10:40 a.m.  
12:00 p.m.

REGISTRATION AND EXHIBIT AREA OPEN  
Universal Dance Association- “Strengthening your Dancers”  
Universal Dance Association- “Inspiring Leadership”  
Drawings **Main Gym**

**FOOTBALL 11-MAN**

**Tuesday, July 22**

7:30 a.m.  
8:30 a.m. – 9:20 a.m.  
9:00 a.m. – 10:00 a.m.  
10:00 a.m. – 11:30 a.m.  
11:30 a.m. - 1:00 p.m.  
1:00 p.m. – 1:50 p.m.  
  
2:20 p.m. – 3:50 p.m.  
2:20 p.m. – 3:10 p.m.  
2:20 p.m. – 3:10 p.m.  
3:30 p.m. – 4:20 p.m.  
3:30 p.m. – 4:20 p.m.

**All sessions in Auditorium unless otherwise noted**  
REGISTRATION AND EXHIBIT AREA OPEN  
Steve Buecker, Rochester HS, IL- “Indy DB Drills for Any Defense”  
FCA Women’s Brunch at Country Inn & Suites Lincoln- North  
*WELCOME, KEYNOTE ADDRESS: DR. JEFF DUKE, 3DIMENSIONAL COACHING-“CAPTURING THE HEART BEHIND THE JERSEY”* **Main Gym**  
**Lunch on Your Own**  
Beyond X’s & O’s: Mike Tully, Total Game Plan, “Motivating People Without Driving Them Crazy” **E117**  
Beyond X’s & O’s: Nolan Beyer, Millard Public Schools, “Balancing Your Professional & Personal Life” **South Gym**  
Beyond X’s & O’s: Dr. Jeff Duke, 3Dimensional Coaching, “PLAYmakers” Presented by Nebraska FCA **Main Gym**  
Beyond X’s & O’s: Sue Enquist, Former UCLA Softball Coach “Life, Leadership and Competition-Focus on Your Passion” Presented by HUMANeX **Aud.**  
Care & Prevention of Athletic Injuries- Taping Sessions for Coaches – NE Orthopaedic & Sports Medicine-Lincoln **Training Room**  
Community Asthma Education Initiative, Saint Elizabeth Regional Medical Center “Asthma Strikes 20% of Athletes – BE PREPARED” **D023**  
Dave Jacobs, Jersey HS, IL- “Choice Run Screen Game in Spread Offense” Presented by Coaches Choice  
Dave Schultz, Nebraska Orthopaedic & Sports Medicine-Lincoln, “Supplements and the High School Athlete” **D023**  
Dave Jacobs, Jersey HS, IL- “Chunk Plays and Blitz Beaters in Spread Offense” Presented by Coaches Choice

**Wednesday, July 23**

7:30 a.m.  
8:30 a.m. – 9:45 a.m.  
10:00 a.m. – 11:15 a.m.  
11:30 a.m. – 12:00 p.m.  
12:00 p.m. – 1:30 p.m.  
1:30 p.m. – 3:00 p.m.  
1:30 p.m. – 3:00 p.m.  
1:30 p.m. – 2:20 p.m.

**Blood Drive - Nebraska Community Blood Bank- West Side of LNS – “Be the Type that Gives” - Presented by Sid Dillon & Scheels**  
REGISTRATION AND EXHIBIT AREA OPEN  
NSAA Rules Meeting & NCA Football Meeting  
Steve Buecker, Rochester HS, IL- “Run Fitting the Same From 3-3/4-2 Fronts”  
District Meetings  
Lunch on Your Own – NCA Sport Advisory Meetings – Lunch Provided  
IMPACT-Baseline Testing & Training, NE Sports Concussion Network, Sign Up at NE Orthopaedic & Sports Medicine-Lincoln Booth **D023**  
Care & Prevention of Athletic Injuries- Taping Sessions for Coaches – NE Orthopaedic & Sports Medicine-Lincoln **Training Room**  
Leon Douglas, North Kansas City HS, MO- “Defensive Philosophy: Using Multiple Defensive Fronts & Coverages”

## **FOOTBALL 11-MAN CONTINUED**

1:30 p.m. – 2:20 p.m. Norfolk Catholic HS Staff- Teaching Football Fundamentals/Junior High Session – Classroom Session **B103**  
2:50 p.m. – 3:40 p.m. Leon Douglas, North Kansas City HS, MO- “Defensive Drills: Fundamental Drill Concepts That Support Your Defensive Philosophy”  
2:50 p.m. – 3:40 p.m. Norfolk Catholic HS Staff- Teaching Football Fundamentals/Junior High Session – Classroom Session **B103**

### **Thursday, July 24**

7:30 a.m. REGISTRATION AND EXHIBIT AREA OPEN  
8:30 a.m. – 9:20 a.m. Hudl- “Hudl Helping Football Coaches Win”  
8:30 a.m. – 9:20 a.m. Norfolk Catholic HS Staff- Teaching Football Fundamentals/Junior High Session – Classroom Session  
9:50 a.m. – 10:40 a.m. John Garrison, University of Nebraska- “The Outside Zone & Fundamentals”  
11:00 a.m. – 11:50 a.m. John Garrison, University of Nebraska- “Gap Schemes & Variations”  
12:00 p.m. Drawings **Main Gym**

## **FOOTBALL 8-MAN**

### **Tuesday, July 22**

7:30 a.m. REGISTRATION AND EXHIBIT AREA OPEN  
8:30 a.m. – 9:20 a.m. Kyle Oswald, Marns-Meriden-Cleghorn HS (IA)- “Starting from Scratch-One Coach’s Guide to Building a Successful Program”  
9:00 a.m. – 10:00 a.m. FCA Women’s Brunch at Country Inn & Suites Lincoln- North  
10:00 a.m. – 11:30 a.m. **WELCOME, KEYNOTE ADDRESS: DR. JEFF DUKE, 3DIMENSIONAL COACHING-“CAPTURING THE HEART BEHIND THE JERSEY” Main Gym**  
11:30 a.m. – 1:00 p.m. Lunch on Your Own  
1:00 p.m. – 1:50 p.m. Beyond X’s & O’s: Mike Tully, Total Game Plan, “Motivating People Without Driving Them Crazy” **E117**  
Beyond X’s & O’s: Nolan Beyer, Millard Public Schools, “Balancing Your Professional & Personal Life” **South Gym**  
Beyond X’s & O’s: Dr. Jeff Duke, 3Dimensional Coaching, “PLAYmakers” Presented by Nebraska FCA **Main Gym**  
Beyond X’s & O’s: Sue Enquist, Former UCLA Softball Coach “Life, Leadership and Competition-Focus on Your Passion” Presented by HUMANeX **Aud.**  
2:20 p.m. – 3:50 p.m. Care & Prevention of Athletic Injuries- Taping Sessions for Coaches – NE Orthopaedic & Sports Medicine-Lincoln **Training Room**  
2:20 p.m. – 3:10 p.m. Community Asthma Education Initiative, Saint Elizabeth Regional Medical Center “Asthma Strikes 20% of Athletes – BE PREPARED” **D023**  
2:20 p.m. – 3:10 p.m. Kyle Oswald, Marns-Meriden-Cleghorn HS (IA)- “3-3-2 Defense”  
3:30 p.m. – 4:20 p.m. Dave Schultz, Nebraska Orthopaedic & Sports Medicine-Lincoln, “Supplements and the High School Athlete” **D023**  
3:30 p.m. – 4:20 p.m. Kyle Oswald, Marns-Meriden-Cleghorn HS (IA)- “Selling Your Program: Financially, Socially & to the Team”

### **Wednesday, July 23**

7:30 a.m. **Blood Drive - Nebraska Community Blood Bank- West Side of LNS – “Be the Type that Gives” - Presented by Sid Dillon & Scheels**  
REGISTRATION AND EXHIBIT AREA OPEN  
8:30 a.m. – 9:45 a.m. NSAA Rules Meeting & NCA Football Meeting – Auditorium  
10:00 a.m. – 11:15 a.m. Kurtis Koenig, Ennis HS, MT- “Defending the Spread Offense”  
11:30 a.m. – 12:00 p.m. District Meetings  
12:00 p.m. – 1:30 p.m. Lunch on Your Own – NCA Sport Advisory Meetings – Lunch Provided  
1:30 p.m. – 3:00 p.m. IMPACT-Baseline Testing & Training, NE Sports Concussion Network, Sign Up at NE Orthopaedic & Sports Medicine-Lincoln Booth **D023**  
1:30 p.m. – 3:00 p.m. Care & Prevention of Athletic Injuries- Taping Sessions for Coaches – NE Orthopaedic & Sports Medicine-Lincoln **Training Room**  
1:30 p.m. – 2:20 p.m. Jay Fredrickson, Ennis HS, MT- “Diversifying Your Offense”  
2:50 p.m. – 3:40 p.m. Kurtis Koenig & Jay Fredrickson, Ennis HS, MT- “The Progression of a Program”

### **Thursday, July 24**

7:30 a.m. REGISTRATION AND EXHIBIT AREA OPEN  
8:30 a.m. – 9:20 a.m. Hudl- “Hudl Helping Football Coaches Win”  
9:50 a.m. – 10:40 a.m. John Garrison, University of Nebraska- “The Outside Zone & Fundamentals”  
11:00 a.m. – 11:50 a.m. John Garrison, University of Nebraska- “Gap Schemes & Variations”  
12:00 p.m. Drawings **Main Gym**

## **GOLF**

### **Tuesday, July 22**

7:30 a.m. REGISTRATION AND EXHIBIT AREA OPEN  
9:00 a.m. – 10:00 a.m. FCA Women’s Brunch at Country Inn & Suites Lincoln- North  
10:00 a.m. – 11:30 a.m. **WELCOME, KEYNOTE ADDRESS: DR. JEFF DUKE, 3DIMENSIONAL COACHING-“CAPTURING THE HEART BEHIND THE JERSEY” Main Gym**  
11:30 a.m. – 1:00 p.m. Lunch on Your Own  
1:00 p.m. – 1:50 p.m. Beyond X’s & O’s: Mike Tully, Total Game Plan, “Motivating People Without Driving Them Crazy” **E117**  
Beyond X’s & O’s: Nolan Beyer, Millard Public Schools, “Balancing Your Professional & Personal Life” **South Gym**  
Beyond X’s & O’s: Dr. Jeff Duke, 3Dimensional Coaching, “PLAYmakers” Presented by Nebraska FCA **Main Gym**  
Beyond X’s & O’s: Sue Enquist, Former UCLA Softball Coach “Life, Leadership and Competition-Focus on Your Passion” Presented by HUMANeX **Aud.**  
2:20 p.m. – 3:50 p.m. Care & Prevention of Athletic Injuries- Taping Sessions for Coaches – NE Orthopaedic & Sports Medicine-Lincoln **Training Room**  
2:20 p.m. – 3:10 p.m. Community Asthma Education Initiative, Saint Elizabeth Regional Medical Center “Asthma Strikes 20% of Athletes – BE PREPARED” **D023**  
2:20 p.m. – 3:10 p.m. **AT HIGHLANDS GOLF COURSE CLUBHOUSE:** Chris Wiemers, Creighton University (Men)- “Helping Your Players to a Higher Level”  
3:30 p.m. – 4:20 p.m. Dave Schultz, Nebraska Orthopaedic & Sports Medicine-Lincoln, “Supplements and the High School Athlete” **D023**  
3:20 p.m. – 4:10 p.m. **AT HIGHLANDS GOLF COURSE:** Chris Wiemers, Creighton University (Men)- “Short Game Drills & Improvement”

### **Wednesday, July 23**

7:30 a.m. **Blood Drive - Nebraska Community Blood Bank- West Side of LNS – “Be the Type that Gives” - Presented by Sid Dillon & Scheels**  
REGISTRATION AND EXHIBIT AREA OPEN  
8:30 a.m. – 9:30 a.m. **AT HIGHLANDS GOLF COURSE:** Shane Zywiec, PGA Director of Instruction, Highlands- “Irons/Woods: Pre-Swing and In-Swing Fundamentals”  
9:45 a.m. – 11:00 a.m. **AT HIGHLANDS GOLF COURSE CLUBHOUSE:** NSAA Meeting & NCA Golf Meeting  
11:30 a.m. – 12:00 p.m. District Meetings  
12:00 p.m. – 1:30 p.m. Lunch on Your Own – NCA Sport Advisory Meetings – Lunch Provided  
1:30 p.m. – 3:00 p.m. Care & Prevention of Athletic Injuries- Taping Sessions for Coaches – NE Orthopaedic & Sports Medicine-Lincoln **Training Room**  
1:30 p.m. – 2:20 p.m. **AT HIGHLANDS GOLF COURSE:** Shane Zywiec, PGA Director of Instruction, Highlands- “Short Game- Chipping, Pitching, Bunker Play & Putting” Part I  
2:50 p.m. – 3:40 p.m. **AT HIGHLANDS GOLF COURSE:** Shane Zywiec, PGA Director of Instruction, Highlands- “Short Game- Chipping, Pitching, Bunker Play & Putting” Part II

## **GOLF CONTINUED**

**Thursday, July 24**

8:30 a.m. – 9:20 a.m.

**AT HIGHLANDS GOLF COURSE:** Alan Baquet, PGA Golf Management Program UNL- “Overview of UNL PGA Golf Management Program & Golf Industry Careers  
\*Demonstrations with High Speed/High Definition Camera for Coaches

9:30 a.m. – 10:20 a.m.

**AT HIGHLANDS GOLF COURSE:** Sarah Sasse-Kildow, Former UNL & Professional Player- “Coaching the Female Golfer-Different Game” (Beginner/Intermediate Players)

10:30 a.m. – 11:20 a.m.

**AT HIGHLANDS GOLF COURSE:** Sarah Sasse-Kildow, Former UNL & Professional Player- “Tips for Practice/Scoring-Stats, Drills & More”

12:00 p.m.

Drawings at LNS **Main Gym**

## **SOCCER**

**Tuesday, July 22**

7:30 a.m.

REGISTRATION AND EXHIBIT AREA OPEN

8:30 a.m. – 9:20 a.m.

Casey Mann, Nebraska State Soccer Association- “Goalkeeper’s Warm Up-When You Don’t Have a Goalkeeper Coach”

9:00 a.m. – 10:00 a.m.

FCA Women’s Brunch at Country Inn & Suites Lincoln- North

10:00 a.m. – 11:30 a.m.

**WELCOME, KEYNOTE ADDRESS: DR. JEFF DUKE, 3DIMENSIONAL COACHING-“CAPTURING THE HEART BEHIND THE JERSEY” Main Gym**

11:30 a.m. - 1:00 p.m.

Lunch on Your Own

1:00 p.m. – 1:50 p.m.

Beyond X’s & O’s: Mike Tully, Total Game Plan, “Motivating People Without Driving Them Crazy” **E117**

Beyond X’s & O’s: Nolan Beyer, Millard Public Schools, “Balancing Your Professional & Personal Life” **South Gym**

Beyond X’s & O’s: Dr. Jeff Duke, 3Dimensional Coaching, “PLAYmakers” Presented by Nebraska FCA **Main Gym**

Beyond X’s & O’s: Sue Enquist, Former UCLA Softball Coach “Life, Leadership and Competition-Focus on Your Passion” Presented by HUMANeX **Aud.**

2:20 p.m. – 3:50 p.m.

Care & Prevention of Athletic Injuries- Taping Sessions for Coaches – NE Orthopaedic & Sports Medicine-Lincoln **Training Room**

2:20 p.m. – 3:10 p.m.

Community Asthma Education Initiative, Saint Elizabeth Regional Medical Center “Asthma Strikes 20% of Athletes – BE PREPARED” **D023**

2:20 p.m. – 3:10 p.m.

Blair Reid, Grand View University, IA (Men)- “A Favorite Passing Drill”

3:30 p.m. – 4:20 p.m.

Dave Schultz, Nebraska Orthopaedic & Sports Medicine-Lincoln, “Supplements and the High School Athlete” **D023**

3:30 p.m. – 4:20 p.m.

Blair Reid, Grand View University, IA (Men)- “Attacking & Defending in the Box-An Intense SSG”

**Wednesday, July 23**

**Blood Drive - Nebraska Community Blood Bank- West Side of LNS – “Be the Type that Gives” - Presented by Sid Dillon & Scheels**

7:30 a.m.

REGISTRATION AND EXHIBIT AREA OPEN

8:30 a.m. – 9:45 a.m.

NSAA Meeting & NCA Soccer Meeting

10:00 a.m. – 11:15 a.m.

Casey Mann, Nebraska State Soccer Association- “NSSA & NCA: Working Together to Create Professional Opportunities at State & National Levels” **B111**

11:30 a.m. – 12:00 p.m.

District Meetings

12:00 p.m. – 1:30 p.m.

Lunch on Your Own – NCA Sport Advisory Meetings – Lunch Provided

1:30 p.m. – 3:00 p.m.

IMPACT-Baseline Testing & Training, NE Sports Concussion Network, Sign Up at NE Orthopaedic & Sports Medicine-Lincoln Booth **D023**

1:30 p.m. – 3:00 p.m.

Care & Prevention of Athletic Injuries- Taping Sessions for Coaches – NE Orthopaedic & Sports Medicine-Lincoln **Training Room**

1:30 p.m. – 2:20 p.m.

Chris Clements, Hastings College (Women)- “Passing Patterns to Increase Mobility Off the Ball”

2:50 p.m. – 3:40 p.m.

Chris Clements, Hastings College (Women)- “Possession to Improve Vision Going to Goal”

**Thursday, July 24**

9:50 a.m. – 10:40 a.m.

Brad Stiles, Iowa City West HS, IA (Boys)- “Do You Have a Team? Or, Do You Have a Program?” **B111**

11:00 a.m. – 11:50 a.m.

Brad Stiles, Iowa City West HS, IA (Boys)- “Find a Tactical Winner” **B111**

12:00 p.m.

Drawings **Main Gym**

## **SOFTBALL**

**Tuesday, July 22**

7:30 a.m.

REGISTRATION AND EXHIBIT AREA OPEN

8:30 a.m. – 9:20 a.m.

Steve Kerkman, Millard South HS- “Champions On and Off the Field - Building a Culture of Success”

9:00 a.m. – 10:00 a.m.

FCA Women’s Brunch at Country Inn & Suites Lincoln- North

10:00 a.m. – 11:30 a.m.

**WELCOME, KEYNOTE ADDRESS: DR. JEFF DUKE, 3DIMENSIONAL COACHING-“CAPTURING THE HEART BEHIND THE JERSEY” Main Gym**

11:30 a.m. - 1:00 p.m.

Lunch on Your Own

1:00 p.m. – 1:50 p.m.

Beyond X’s & O’s: Mike Tully, Total Game Plan, “Motivating People Without Driving Them Crazy” **E117**

Beyond X’s & O’s: Nolan Beyer, Millard Public Schools, “Balancing Your Professional & Personal Life” **South Gym**

Beyond X’s & O’s: Dr. Jeff Duke, 3Dimensional Coaching, “PLAYmakers” Presented by Nebraska FCA **Main Gym**

Beyond X’s & O’s: Sue Enquist, Former UCLA Softball Coach “Life, Leadership and Competition-Focus on Your Passion” Presented by HUMANeX **Aud.**

2:20 p.m. – 3:50 p.m.

Care & Prevention of Athletic Injuries- Taping Sessions for Coaches – NE Orthopaedic & Sports Medicine-Lincoln **Training Room**

2:20 p.m. – 3:10 p.m.

Community Asthma Education Initiative, Saint Elizabeth Regional Medical Center “Asthma Strikes 20% of Athletes – BE PREPARED” **D023**

2:20 p.m. – 3:10 p.m.

Sue Enquist, UCLA (Retired)- “Competitive Greatness” Presented by HUMANeX

3:30 p.m. – 4:20 p.m.

Dave Schultz, Nebraska Orthopaedic & Sports Medicine-Lincoln, “Supplements and the High School Athlete” **D023**

3:30 p.m. – 4:20 p.m.

Sue Enquist, UCLA (Retired)- “Athletic Leadership” Presented by HUMANeX

**Wednesday, July 23**

**Blood Drive - Nebraska Community Blood Bank- West Side of LNS – “Be the Type that Gives” - Presented by Sid Dillon & Scheels**

7:30 a.m.

REGISTRATION AND EXHIBIT AREA OPEN

8:30 a.m. – 9:45 a.m.

NSAA Rules Meeting & NCA Softball Meeting

10:00 a.m. – 11:15 a.m.

Tim Roberson, Lincoln Southeast HS- “Offensive & Defensive Drills the LSE Way”

11:30 a.m. – 12:00 p.m.

District Meetings

12:00 p.m. – 1:30 p.m.

Lunch on Your Own – NCA Sport Advisory Meetings – Lunch Provided

1:30 p.m. – 3:00 p.m.

IMPACT-Baseline Testing & Training, NE Sports Concussion Network, Sign Up at NE Orthopaedic & Sports Medicine-Lincoln Booth **D023**

1:30 p.m. – 3:00 p.m.

Care & Prevention of Athletic Injuries- Taping Sessions for Coaches – NE Orthopaedic & Sports Medicine-Lincoln **Training Room**

1:30 p.m. – 2:20 p.m.

**AT UNL INDOOR FACILITY:** Diane Miller, University of Nebraska- “Hitting and Catching Drills”

2:50 p.m. – 3:40 p.m.

**AT UNL INDOOR FACILITY:** Diane Miller, University of Nebraska- “Help Your Team Get a Little Better Every Day: Team Drills & Mental Tips



## **SOFTBALL CONTINUED**

### **Thursday, July 24**

7:30 a.m. REGISTRATION AND EXHIBIT AREA OPEN  
8:30 a.m. – 9:20 a.m. Lou Yacinich, Grand View University, IA- “Infield Drills & Throwing”  
9:50 a.m. – 10:40 a.m. Lou Yacinich, Grand View University, IA- “Catchers-Teach Them”  
11:00 a.m. – 11:50 a.m. Lou Yacinich, Grand View University, IA- “How to Develop Your Philosophies in All Aspects of the Game”  
12:00 p.m. Drawings **Main Gym**

## **SPECIAL OLYMPICS**

### **Tuesday, July 22**

7:30 a.m. REGISTRATION AND EXHIBIT AREA OPEN  
8:30 a.m. – 9:20 a.m. Special Olympics Aquatics Entry Information **NSAA Building – 500 Charleston St.**  
9:00 a.m. – 10:00 a.m. FCA Women’s Brunch at Country Inn & Suites Lincoln- North  
10:00 a.m. – 11:30 a.m. **WELCOME, KEYNOTE ADDRESS: DR. JEFF DUKE, 3DIMENSIONAL COACHING-“CAPTURING THE HEART BEHIND THE JERSEY” Main Gym**  
11:30 a.m. - 1:00 p.m. Lunch on Your Own  
1:00 p.m. – 1:50 p.m. Beyond X’s & O’s: Mike Tully, Total Game Plan, “Motivating People Without Driving Them Crazy” **E117**  
Beyond X’s & O’s: Nolan Beyer, Millard Public Schools, “Balancing Your Professional & Personal Life” **South Gym**  
Beyond X’s & O’s: Dr. Jeff Duke, 3Dimensional Coaching, “PLAYmakers” Presented by Nebraska FCA **Main Gym**  
Beyond X’s & O’s: Sue Enquist, Former UCLA Softball Coach “Life, Leadership and Competition-Focus on Your Passion” Presented by HUMANeX **Aud.**  
2:20 p.m. – 3:10 p.m. Care & Prevention of Athletic Injuries- Taping Sessions for Coaches – NE Orthopaedic & Sports Medicine-Lincoln **Training Room**  
2:20 p.m. – 3:10 p.m. Community Asthma Education Initiative, Saint Elizabeth Regional Medical Center “Asthma Strikes 20% of Athletes – BE PREPARED” **D023**

*Recommended Sessions – Special Olympics Coaches are Welcome at Any Clinic Session*

### **Wednesday, July 23**

7:30 a.m. **Blood Drive - Nebraska Community Blood Bank- West Side of LNS – “Be the Type that Gives” - Presented by Sid Dillon & Scheels**  
REGISTRATION AND EXHIBIT AREA OPEN  
8:30 a.m. – 9:45 a.m. Norfolk HS Boys’ Staff- Teaching Basketball Fundamentals/Junior High Session – On Court Main Gym  
8:30 a.m. – 9:45 a.m. Minden HS Staff- Teaching Volleyball Fundamentals/Junior High Session – On Court South Gym  
10:00 a.m. – 10:50 a.m. Special Olympics Basketball Player Assessment Training **Library**  
12:00 p.m. – 1:30 p.m. Lunch on Your Own  
1:30 p.m. – 3:00 p.m. IMPACT-Baseline Testing & Training, NE Sports Concussion Network, Sign Up at NE Orthopaedic & Sports Medicine-Lincoln Booth **D023**  
1:30 p.m. – 3:00 p.m. Care & Prevention of Athletic Injuries- Taping Sessions for Coaches – NE Orthopaedic & Sports Medicine-Lincoln **Training Room**

### **Thursday, July 24**

7:30 a.m. REGISTRATION AND EXHIBIT AREA OPEN  
8:30 a.m. – 9:20 a.m. Special Olympics Bowling Rules **Library**  
10:00 a.m. – 11:45 a.m. **AT SUN VALLEY LANES:** Teaching Bowling Skills  
12:00 p.m. Drawings at LNS **Main Gym**

## **TENNIS**

### **Tuesday, July 22**

7:30 a.m. REGISTRATION AND EXHIBIT AREA OPEN  
9:00 a.m. – 10:00 a.m. FCA Women’s Brunch at Country Inn & Suites Lincoln- North  
10:00 a.m. – 11:30 a.m. **WELCOME, KEYNOTE ADDRESS: DR. JEFF DUKE, 3DIMENSIONAL COACHING-“CAPTURING THE HEART BEHIND THE JERSEY” Main Gym**  
11:30 a.m. - 1:00 p.m. Lunch on Your Own  
1:00 p.m. – 1:50 p.m. Beyond X’s & O’s: Mike Tully, Total Game Plan, “Motivating People Without Driving Them Crazy” **E117**  
Beyond X’s & O’s: Nolan Beyer, Millard Public Schools, “Balancing Your Professional & Personal Life” **South Gym**  
Beyond X’s & O’s: Dr. Jeff Duke, 3Dimensional Coaching, “PLAYmakers” Presented by Nebraska FCA **Main Gym**  
Beyond X’s & O’s: Sue Enquist, Former UCLA Softball Coach “Life, Leadership and Competition-Focus on Your Passion” Presented by HUMANeX **Aud.**  
2:20 p.m. – 3:50 p.m. Care & Prevention of Athletic Injuries- Taping Sessions for Coaches – NE Orthopaedic & Sports Medicine-Lincoln **Training Room**  
2:20 p.m. – 3:10 p.m. Community Asthma Education Initiative, Saint Elizabeth Regional Medical Center “Asthma Strikes 20% of Athletes – BE PREPARED” **D023**  
2:20 p.m. – 3:10 p.m. Sheryl Vaughn, Omaha Skutt Catholic HS- “High School Drills for Singles & Doubles Strategy”  
3:30 p.m. – 4:20 p.m. Dave Schultz, Nebraska Orthopaedic & Sports Medicine-Lincoln, “Supplements and the High School Athlete” **D023**  
3:30 p.m. – 4:20 p.m. Sheryl Vaughn, Omaha Skutt Catholic HS- “Mental Toughness-Avoiding ‘I Should Have Won’ to Help You Win”

**All sessions held on LNS tennis courts unless otherwise noted**

### **Wednesday, July 23**

7:30 a.m. **Blood Drive - Nebraska Community Blood Bank- West Side of LNS – “Be the Type that Gives” - Presented by Sid Dillon & Scheels**  
REGISTRATION AND EXHIBIT AREA OPEN  
10:00 a.m. – 11:15 a.m. NSAA Meeting & NCA Tennis Meeting  
11:30 a.m. – 12:00 p.m. District Meetings  
12:00 p.m. – 1:30 p.m. Lunch on Your Own – NCA Sport Advisory Meetings – Lunch Provided  
1:30 p.m. – 3:00 p.m. IMPACT-Baseline Testing & Training, NE Sports Concussion Network, Sign Up at NE Orthopaedic & Sports Medicine-Lincoln Booth **D023**  
1:30 p.m. – 3:00 p.m. Care & Prevention of Athletic Injuries- Taping Sessions for Coaches – NE Orthopaedic & Sports Medicine-Lincoln **Training Room**  
1:30 p.m. – 2:20 p.m. Jake Saulsbury, University of Nebraska-Kearney- “Developing Winning Doubles Strategies & Finding the Right Doubles Combinations” **B105**  
2:50 p.m. – 3:40 p.m. Jake Saulsbury, University of Nebraska-Kearney- “Goal Setting & Playing to Your Personality Type” **B105**

### **Thursday, July 24**

7:30 a.m. REGISTRATION AND EXHIBIT AREA OPEN  
8:30 a.m. – 9:20 a.m. Ben Loeb, Rock Bridge HS, MO- “Tennis Player Basics for Any Level & Drills for Different Styles of Play”  
9:50 a.m. – 10:40 a.m. Ben Loeb, Rock Bridge HS, MO- “Doubles Drills & Thrills”  
11:00 a.m. – 11:50 a.m. Ben Loeb, Rock Bridge HS, MO- “Sport Psychology Basics for the Tennis Player”  
12:00 p.m. Drawings **Main Gym**

## **TRACK & FIELD**

### **Tuesday, July 22**

7:30 a.m.  
8:30 a.m. – 9:20 a.m.  
9:00 a.m. – 10:00 a.m.  
10:00 a.m. – 11:30 a.m.  
11:30 a.m. - 1:00 p.m.  
1:00 p.m. – 1:50 p.m.

2:20 p.m. – 3:50 p.m.  
2:20 p.m. – 3:10 p.m.  
2:20 p.m. – 3:10 p.m.  
3:30 p.m. – 4:20 p.m.  
3:30 p.m. – 4:20 p.m.

### **Wednesday, July 23**

7:30 a.m.  
8:30 a.m. – 9:45 a.m.  
10:00 a.m. – 11:15 a.m.  
11:30 a.m. – 12:00 p.m.  
12:00 p.m. – 1:30 p.m.  
1:30 p.m. – 3:00 p.m.  
1:30 p.m. – 3:00 p.m.  
1:30 p.m. – 2:20 p.m.  
2:50 p.m. – 3:40 p.m.

### **Thursday, July 24**

7:30 a.m.  
8:30 a.m. – 9:20 a.m.  
9:50 a.m. – 10:40 a.m.  
11:00 a.m. – 11:50 a.m.  
12:00 p.m.

## **VOLLEYBALL**

### **Tuesday, July 22**

7:30 a.m.  
8:30 a.m. – 9:20 a.m.  
9:00 a.m. – 10:00 a.m.  
10:00 a.m. – 11:30 a.m.  
11:30 a.m. - 1:00 p.m.  
1:00 p.m. – 1:50 p.m.

2:20 p.m. – 3:50 p.m.  
2:20 p.m. – 3:10 p.m.  
2:20 p.m. – 3:10 p.m.  
3:30 p.m. – 4:20 p.m.  
3:30 p.m. – 4:20 p.m.

### **Wednesday, July 23**

7:30 a.m.  
8:30 a.m. – 9:45 a.m.  
10:00 a.m. – 11:15 a.m.  
11:30 a.m. – 12:00 p.m.  
12:00 p.m. – 1:30 p.m.  
1:30 p.m. – 3:00 p.m.  
1:30 p.m. – 3:00 p.m.  
1:30 p.m. – 2:20 p.m.  
1:30 p.m. – 2:20 p.m.  
2:50 p.m. – 3:40 p.m.  
2:50 p.m. – 3:40 p.m.

### **Thursday, July 24**

7:30 a.m.  
8:30 a.m. – 9:20 a.m.  
9:50 a.m. – 10:40 a.m.  
11:00 a.m. – 11:50 a.m.  
12:00 p.m.

## **All sessions in E117 unless otherwise noted**

### REGISTRATION AND EXHIBIT AREA OPEN

John Dagata, University of Oklahoma-“Building A Bigger Engine: A Step by Step Guide to Developing Speed, Power & Injury Free Development”  
FCA Women’s Brunch at Country Inn & Suites Lincoln- North  
**WELCOME, KEYNOTE ADDRESS: DR. JEFF DUKE, 3DIMENSIONAL COACHING-“CAPTURING THE HEART BEHIND THE JERSEY” Main Gym**  
Lunch on Your Own  
Beyond X’s & O’s: Mike Tully, Total Game Plan, “Motivating People Without Driving Them Crazy” **E117**  
Beyond X’s & O’s: Nolan Beyer, Millard Public Schools, “Balancing Your Professional & Personal Life” **South Gym**  
Beyond X’s & O’s: Dr. Jeff Duke, 3Dimensional Coaching, “PLAYmakers” Presented by Nebraska FCA **Main Gym**  
Beyond X’s & O’s: Sue Enquist, Former UCLA Softball Coach “Life, Leadership and Competition-Focus on Your Passion” Presented by HUMANeX **Aud.**  
Care & Prevention of Athletic Injuries- Taping Sessions for Coaches – NE Orthopaedic & Sports Medicine-Lincoln **Training Room**  
Community Asthma Education Initiative, Saint Elizabeth Regional Medical Center “Asthma Strikes 20% of Athletes – BE PREPARED” **D023**  
John Dagata, University of Oklahoma-“Development of the Throws: Technical Progressions for High School Throwers”  
Dave Schultz, Nebraska Orthopaedic & Sports Medicine-Lincoln, “Supplements and the High School Athlete” **D023**  
John Dagata, University of Oklahoma-“Proper Sprinting & How it Relates to Proper Approaches in the Jumps”

## **Blood Drive - Nebraska Community Blood Bank- West Side of LNS – “Be the Type that Gives” - Presented by Sid Dillon & Scheels**

### REGISTRATION AND EXHIBIT AREA OPEN

Scott Roberts, Lindenwood University (MO)- “All You Need to Know About the Hurdles: 100H/110H and 300H”  
NSAA Meeting & NCA Track & Field Meeting  
District Meetings  
Lunch on Your Own – NCA Sport Advisory Meetings – Lunch Provided  
IMPACT-Baseline Testing & Training, NE Sports Concussion Network, Sign Up at NE Orthopaedic & Sports Medicine-Lincoln Booth **D023**  
Care & Prevention of Athletic Injuries- Taping Sessions for Coaches – NE Orthopaedic & Sports Medicine-Lincoln **Training Room**  
Ed Fye, Doane College- “The Take-Off in the High Jump”  
Brad Jenny, Doane College- “Can’t Spell Middle Distance Without Speed”

### REGISTRATION AND EXHIBIT AREA OPEN

Hudl- “Using Hudl for Individual Based Sports” **E117**  
Jennifer Jenny & Paulvince Obuon, Doane College- “4 Point & 3 Point Starts and Relays” Part I  
Jennifer Jenny & Paulvince Obuon, Doane College- “4 Point & 3 Point Starts and Relays” Part II  
Drawings **Main Gym**

## **All Sessions in South Gym unless otherwise noted**

### REGISTRATION AND EXHIBIT AREA OPEN

Trish Siedlik, Bellevue University- ““Drills, Drills, and More Drills”  
FCA Women’s Brunch at Country Inn & Suites Lincoln- North  
**WELCOME, KEYNOTE ADDRESS: DR. JEFF DUKE, 3DIMENSIONAL COACHING-“CAPTURING THE HEART BEHIND THE JERSEY” Main Gym**  
Lunch on Your Own  
Beyond X’s & O’s: Mike Tully, Total Game Plan, “Motivating People Without Driving Them Crazy” **E117**  
Beyond X’s & O’s: Nolan Beyer, Millard Public Schools, “Balancing Your Professional & Personal Life” **South Gym**  
Beyond X’s & O’s: Dr. Jeff Duke, 3Dimensional Coaching, “PLAYmakers” Presented by Nebraska FCA **Main Gym**  
Beyond X’s & O’s: Sue Enquist, Former UCLA Softball Coach “Life, Leadership and Competition-Focus on Your Passion” Presented by HUMANeX **Aud.**  
Care & Prevention of Athletic Injuries- Taping Sessions for Coaches – NE Orthopaedic & Sports Medicine-Lincoln  
Community Asthma Education Initiative, Saint Elizabeth Regional Medical Center “Asthma Strikes 20% of Athletes – BE PREPARED” **D023**  
Mary Young, Central Community College- Columbus- “Drills to Build a Solid Foundation”  
Dave Schultz, Nebraska Orthopaedic & Sports Medicine-Lincoln, “Supplements and the High School Athlete” **D023**  
Mary Young, Central Community College- Columbus- “Drills & Activities That Promote Team Chemistry”

## **Blood Drive - Nebraska Community Blood Bank- West Side of LNS – “Be the Type that Gives” - Presented by Sid Dillon & Scheels**

### REGISTRATION AND EXHIBIT AREA OPEN

Minden HS Staff- Teaching Volleyball Fundamentals/Junior High Session – On Court South Gym  
NSAA Rules Meeting & NCA Volleyball Meeting  
District Meetings  
Lunch on Your Own – NCA Sport Advisory Meetings – Lunch Provided  
IMPACT-Baseline Testing & Training, NE Sports Concussion Network, Sign Up at NE Orthopaedic & Sports Medicine-Lincoln Booth **D023**  
Care & Prevention of Athletic Injuries- Taping Sessions for Coaches – NE Orthopaedic & Sports Medicine-Lincoln **Training Room**  
Ray Bechard, University of Kansas- “Drills Which Create Game Like Pressure”  
Minden HS Staff- Teaching Volleyball Fundamentals/Junior High Session – Classroom Session **E121**  
Ray Bechard, University of Kansas- “Competitive Pass & Serve Drills”  
Minden HS Staff- Teaching Volleyball Fundamentals/Junior High Session – Classroom Session **E121**

### REGISTRATION AND EXHIBIT AREA OPEN

Tom Hilbert, Colorado State Univ.- “Beyond Technique-Drills & Methods that Help Your Setter Make Your Team Better” Presented by Baden Sports  
Tom Hilbert, Colorado State University- Using Mini Games as a Teaching Tool” Presented by Baden Sports  
Hudl- “Hudl- Helping Volleyball Coaches Win”  
Drawings **Main Gym**

**WRESTLING****\*\*All Sessions Presented by: The National Wrestling Coaches Association\*\* All sessions in Wrestling Room unless otherwise noted****Tuesday, July 22**

7:30 a.m.  
 8:30 a.m. – 9:20 a.m.  
 9:00 a.m. – 10:00 a.m.  
 10:00 a.m. – 11:30 a.m.  
 11:30 a.m. - 1:00 p.m.  
 1:00 p.m. – 1:50 p.m.

REGISTRATION AND EXHIBIT AREA OPEN  
 Mike Powell, Oak Park & River Forest HS, IL- "Hand Fighting - The Great Equalizer"  
 FCA Women's Brunch at Country Inn & Suites Lincoln- North  
**WELCOME, KEYNOTE ADDRESS: DR. JEFF DUKE, 3DIMENSIONAL COACHING-"CAPTURING THE HEART BEHIND THE JERSEY" Main Gym**  
 Lunch on Your Own  
 Beyond X's & O's: Mike Tully, Total Game Plan, "Motivating People Without Driving Them Crazy" **E117**  
 Beyond X's & O's: Nolan Beyer, Millard Public Schools, "Balancing Your Professional & Personal Life" **South Gym**  
 Beyond X's & O's: Dr. Jeff Duke, 3Dimensional Coaching, "PLAYmakers" Presented by Nebraska FCA **Main Gym**  
 Beyond X's & O's: Sue Enquist, Former UCLA Softball Coach "Life, Leadership and Competition-Focus on Your Passion" Presented by HUMANeX **Aud.**  
 Care & Prevention of Athletic Injuries- Taping Sessions for Coaches – NE Orthopaedic & Sports Medicine-Lincoln **Training Room**  
 Community Asthma Education Initiative, Saint Elizabeth Regional Medical Center "Asthma Strikes 20% of Athletes – BE PREPARED" **D023**  
 Mike Powell, Oak Park & River Forest HS, IL- "Running a Great Room"  
 Dave Schultz, Nebraska Orthopaedic & Sports Medicine-Lincoln, "Supplements and the High School Athlete" **D023**  
 Mike Powell, Oak Park & River Forest HS, IL- "Short Offense: The Most Undeveloped Part of HS Wrestling"

2:20 p.m. – 3:50 p.m.  
 2:20 p.m. – 3:10 p.m.  
 2:20 p.m. – 3:10 p.m.  
 3:30 p.m. – 4:20 p.m.  
 3:30 p.m. – 4:20 p.m.

**Wednesday, July 23**

7:30 a.m.  
 8:30 a.m. – 9:45 a.m.  
 10:00 a.m. – 11:15 a.m.  
 11:30 a.m. – 12:00 p.m.  
 12:00 p.m. – 1:30 p.m.  
 1:30 p.m. – 3:00 p.m.  
 1:30 p.m. – 3:00 p.m.  
 1:30 p.m. – 2:20 p.m.  
 2:50 p.m. – 3:40 p.m.

**Blood Drive - Nebraska Community Blood Bank- West Side of LNS – "Be the Type that Gives" - Presented by Sid Dillon & Scheels**  
 REGISTRATION AND EXHIBIT AREA OPEN  
 Mark Manning, University of Nebraska- "How International Wrestling Skills Can Help You"  
 NSAA Meeting & NCA Wrestling Meeting  
 District Meetings  
 Lunch on Your Own – NCA Sport Advisory Meetings – Lunch Provided  
 IMPACT-Baseline Testing & Training, NE Sports Concussion Network, Sign Up at NE Orthopaedic & Sports Medicine-Lincoln Booth **D023**  
 Care & Prevention of Athletic Injuries- Taping Sessions for Coaches – NE Orthopaedic & Sports Medicine-Lincoln **Training Room**  
 Nick Mitchell, Grand View University, IA- "Shot Finishes Short Offense, Scoring from Bottom Part I  
 Nick Mitchell, Grand View University, IA- "Shot Finishes Short Offense, Scoring from Bottom Part II"

**Thursday, July 24**

7:30 a.m.  
 8:30 a.m. – 9:20 a.m.  
 9:50 a.m. – 10:40 a.m.  
 11:00 a.m. – 11:50 a.m.  
 12:00 p.m.

REGISTRATION AND EXHIBIT AREA OPEN  
 Steve Costanzo, St. Cloud State University, MN- "SCSU Wrestling Training System"  
 Steve Costanzo, St. Cloud State University, MN- "Skills & Drills" (Neutral, Top & Bottom)  
 Steve Costanzo, St. Cloud State University, MN- "All Access SCSU Wrestling Practice"  
 Drawings

**BASKETBALL: TEACHING FUNDAMENTALS/JUNIOR HIGH****Wednesday, July 23**

8:30 a.m. – 9:45 a.m.  
 1:30 p.m. – 2:20 p.m.  
 2:50 p.m. – 3:40 p.m.

Ravenna HS (Boys) Staff- Teaching Basketball Fundamentals/Junior High Session – On Court Main Gym  
 Ravenna HS (Boys) Staff- Teaching Basketball Fundamentals/Junior High Session – Classroom Session **B118A**  
 Ravenna HS (Boys) Staff- Teaching Basketball Fundamentals/Junior High Session – Classroom Session **B118A**

**FOOTBALL: TEACHING FUNDAMENTALS/JUNIOR HIGH****Wednesday, July 23**

1:30 p.m. – 2:20 p.m.  
 2:50 p.m. – 3:40 p.m.

Norfolk Catholic HS Staff- Teaching Football Fundamentals/Junior High Session – Classroom Session **B103**  
 Norfolk Catholic HS Staff- Teaching Football Fundamentals/Junior High Session – Classroom Session **B103**

**Thursday, July 24**

8:30 a.m. – 9:20 a.m.

Norfolk Catholic HS Staff- Teaching Football Fundamentals/Junior High Session – Classroom Session **B103**

**VOLLEYBALL: TEACHING FUNDAMENTALS/JUNIOR HIGH****Wednesday, July 23**

8:30 a.m. – 9:45 a.m.  
 1:30 p.m. – 2:20 p.m.  
 2:50 p.m. – 3:40 p.m.

Minden HS Staff- Teaching Volleyball Fundamentals/Junior High Session – On Court South Gym  
 Minden HS Staff- Teaching Volleyball Fundamentals/Junior High Session – Classroom Session **E121**  
 Minden HS Staff- Teaching Volleyball Fundamentals/Junior High Session – Classroom Session **E121**

**District Meetings – Wednesday - 11:00-11:30:**

<b>District 1</b>	Auditorium	<b>District 4</b>	Library
<b>District 2</b>	Main Gym	<b>District 5</b>	Theater
<b>District 3</b>	South Gym	<b>District 6</b>	E121

# 2014-2015 NCA Membership/Clinic Registration INSTRUCTIONS

*Nebraska Coaches Association  
ON-LINE REGISTRATION OPTION for membership renewal and clinic registration.  
OPENS MAY 1, 2014*

## ON-LINE OPTION INSTRUCTIONS:

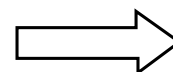
1. Go to [www.ncacoach.org](http://www.ncacoach.org).
2. Locate the link for on-line registration in the upper right-hand column on the home page.
3. Click on the link, this will take you to the registration page.
4. Complete the on-line registration form in its ENTIRETY – PLEASE UPDATE ANY CHANGED INFORMATION.
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 (402-434-5675) office or mail in a registration form indicating you are already a 2014-2015 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 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 2014-2015 membership year will begin July 22, 2014 and run up to the day before the 2015 Multi-Sport Clinic (July 21, 2015).





# Nebraska's Independent Colleges

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

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Concordia University

Union College

Doane College

York College

Hastings College

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



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

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**WARRIOR  
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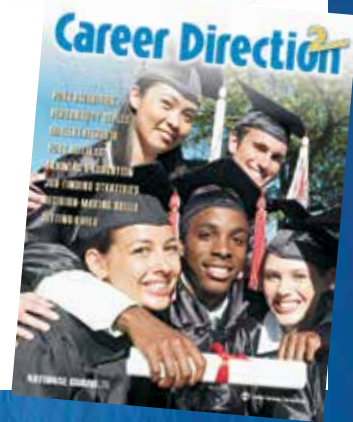
### TEAM OR SCHOOL PROGRAMS

- Warrior Challenge
- Football Toss
- Basketball Boot-N-Shoot
- Boot Camp Challenge
- Fitness Challenge
- Army Physical Fitness Program
- School Banner Program



### CLASS PRESENTATIONS

- Career Exploration
- Health & Nutrition
- Conflict Resolution
- Diversity
- Drugs & Alcohol
- Communication
- Paying for College
- Heritage Outreach
- Homeland Security
- Budgeting
- Leadership
- Shaping History
- Problem Solving
- Study Techniques



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[john.a.valasek.mil@mail.mil](mailto:john.a.valasek.mil@mail.mil)**

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- Garnet
- Gold
- Heliconia
- Irish Green
- Kelly Green

- Lt. Blue
- Lt. Pink
- Lime
- Maroon
- Navy
- Orange
- Purple
- Red
- Royal
- Sand
- Sky
- Sport Grey
- White

**Gildan 50/50 Wicking Tee**

**\$6.35**



- Orange
- Black
- Forest
- Gold
- Graphite
- Lt. Blue
- Maroon
- Navy
- Purple
- Royal
- Scarlet Red
- Silver
- Sand
- White

**A4 Marathon Performance Tee**

**\$7.15**



- Orange
- Black
- Forest
- Gold
- Graphite
- Lt. Blue
- Maroon
- Navy
- Purple
- Royal
- Scarlet Red
- Silver
- Sand
- White

**A4 Poly Mesh Short**

**\$7.15**



- Orange
- Black
- Forest
- Gold
- Graphite
- Lt. Blue
- Maroon
- Navy
- Purple
- Royal
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*Adams Central Education Association*
- **Lead Negotiator**  
*Adams Central Education Association*

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## Gold Card - NCA Member Benefit

The Nebraska Coaches Association (NCA) is pleased to offer the exclusive NCA "Gold Card" membership benefit for the 2014-15 school year.

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 2014-15 NCA member or NCA Silver (Retired) Member, may purchase the exclusive Gold Card for only \$20 annually by October 1.**

"We are excited to continue this tremendous benefit for NCA members. We believe this program shows the appreciation of coaches in the trenches by the NSAA. We are very thankful of the NSAA's support of coaches across the state," praised Darin Boyesen, Executive Director of the NCA.

NCA members must purchase their Gold Card by October 1, 2014. 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 do not apply. 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 is non-transferable. A \$5 fee will be required for any card misplaced during the school year.

### Restrictions:

- Due to limited seating, this benefit does not apply to the NSAA State Play Production & Swimming Championships.
- Level 300 Seating at the NSAA Football Championships does not apply.

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## 2014 AWARDS AND RECOGNITION BANQUET

The 47th annual Awards & Recognition Banquet will be held in the evening of Sunday, July 20, 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](http://www.ncacoach.org) and click on the awards tab.

### JERRY STINE FAMILY MILESTONE AWARDS – PRESENTED BY BADEN SPORTS

The NCA Jerry Stine Milestone Awards recognize 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 20 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.

### 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.

## 2014 NCA JERRY STINE FAMILY MILESTONE AWARD WINNERS

As of Publication Date - Applications Accepted Until June 1

Congratulations to the following individuals for reaching Career Milestones

#### BASKETBALL

John Cockerill, Sterling, Level I  
Brian Komenda, Holdrege, Level I  
Keith Crowe, Silver Lake, Level II  
Steven Shannon, Wahoo, Level II  
Kim Vrtiska, Falls City, Level II  
Greg Appleby, Ewing, Level III  
Bob Braithwait, Arapahoe, Level IV  
Kip Colony, Millard West, Level IV  
Chris Hutt, Johnson County, Level IV  
Jack Sobotka, Meridan, Level IV

#### CROSS COUNTRY – BOYS

Fr. Bob Tillman, Creighton Prep, Level II

#### FOOTBALL

Steven Shannon, Wahoo, Level I  
Mike Garner, Broken Bow, Level II  
Jeff Gross, McCook, Level III  
Doug Konepasek, Verdigre, Level III  
Tom Olson, Norfolk, Level III  
Leigh Schmale, Elmwood-Murdock, Level IV

#### SOFTBALL

Dave Carpenter, Norris, Level I  
K. C. Hehnke, Grand Island, Level I  
Steve Kerkman, Millard South, II  
Terry Graver, Elkhorn South, Level III

#### TRACK & FIELD – BOYS

Tom Olson, Norfolk, Level III

#### TRACK & FIELD – GIRLS

Jeff Tomlin, Grand Island, Level II  
Steven Shannon, Wahoo, Level I

#### VOLLEYBALL

K. C. Belitz, Columbus Lakeview, Level II  
Jenny Gragert, Elkhorn, Level II  
Kurt Polt, Giltner, Level II  
Lisa Mason, Bertrand, Level III  
Lois Hixson, Aurora, Level III  
Kris Conner, Kearney Catholic, Level IV  
Stan Karr, Sterling, Level IV

#### WRESTLING

Chad Mattox, York, Level I  
Cody Wintz, Battle Creek, Level I  
Dean Boyer, Plainview, Level III



## 2014 NCA SERVICE AWARD HONOREES

As of Publication Date—Applications Accepted Until June 1

Congratulations to the following individuals for receiving 2014 NCA Service Awards

### 25 YEAR

Greg Appleby, Ewing  
Myles Ehlers, Norfolk  
Mike Garner, Broken Bow  
Brad Nelson, Axtell  
Rochelle Rohlf, Omaha Marian  
Craig Schadwinkel, Gering  
Norm Svoboda, Blair

### 35 YEAR

Dennis Dodge, Beatrice  
Jeff Mollring, McCook  
Jeff Stern, Grand Island  
Ron Wergin, Palmyra  
Sue Ziegler, Lincoln Lutheran

### 40 YEAR

Terry Shelsta, Bellevue West

### 45 YEAR

Dave Oman, Centura  
Larry Vancura, Heartland



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## GIRLS' BASKETBALL

### Players:

(teams to be determined at a later date)

Paige Ballinger, Pender  
Madi Braun, Bellevue West  
McKenzie Brown, Northwest  
McKenna Dodd, Lincoln Southwest  
Cameron Eddie, Laurel-Concord/Coleridge  
Morgan Ewing, Lincoln Northeast  
Peyton Hagen, Bellevue East  
Jenscena Hansen, Deshler  
Maegan Hiatt, Hershey  
Holly Hild, Millard North  
Mary Janovich, Gretna  
Rachel Jelden, Holdrege  
Kaylee Jensen, Lindsay Holy Family  
Ashlea Kerr, Chadron  
Megan Kucks, Elkhorn South  
Lauren Lehmkuhl, Wakefield  
Kate Liveringhouse, Bellevue West  
Taylor Menke, Friend  
Hannah Riley, York  
Jamie Schuetz, Gretna  
Maggie Schulte, Wynot  
Bailey Smith, Columbus  
Brandan Tighe, Homer  
Montrese Weller, Omaha Benson

### Blue Team Coaches:

Head Coach – Steve Wieseler, Wynot  
Assistant Coach – Jennifer Wragge, Elkhorn

### Red Team Coaches:

Head Coach – Heath Birkel, Deshler  
Assistant Coach – Jon Perone, Omaha Benson

## BOYS' BASKETBALL

### Players:

(teams to be determined at a later date)

Damien Austen, Kearney  
Ronney Barnes, Omaha Northwest  
Jalen Barry, Wayne  
Jarek Coles, Omaha Central  
Ty Danielson, York  
BJ Day, Lincoln Southeast  
Spencer Eliason, Chadron  
Zach Flott, Ralston  
Mitchell Hahn, Fremont  
Christian Hatterle, Bellevue West  
Luke Hegemann, Howells-Dodge  
Connor Heier, Twin River  
Payton Helmstadter, Lincoln Northeast  
Adam Moon, St. Mary's  
Connor Musiel, Lincoln North Star  
Logan Power, Lincoln Christian  
Rylee Reinertson, Gibbon  
Lane Rohrich, Pierce  
Ben Scheef, Wahoo  
Troy Sedlacek, Millard South  
Matt Thomas, Elkhorn South  
Nolan White, Exeter-Milligan  
Austin Woita, Bishop Neumann  
Rylee Zimmerman, Beatrice

### Blue Team Coaches:

Head Coach – Paul Reinertson, Gibbon  
Assistant Coach – Mike Emory, Pierce

### Red Team Coaches:

Head Coach – Tod Heier, Twin River  
Assistant Coach – Tony Quattrocchi, Lincoln North Star





## VOLLEYBALL

### Players:

(teams to be determined at a later date)

Alexis Anderson, Millard West  
Alex Banker, Skutt Catholic  
Carlie Bauer, Minden  
Olivia Boender, Waverly  
Payton Chohon, Columbus Scotus  
Maci Coffey, Blue Hill  
Shayla Conner, Kearney Catholic  
Ellie Geyer, Humphrey/LHF  
Aspen Green, Lincoln North Star  
Emily Gregan, Elkhorn South  
Erin Gross, Tekamah-Herman  
Kasey Hohlen, Norris  
Mercedes Lassen, St. Paul  
Brittany Lawrence, North Platte St. Pat's  
Liz Loseke, Columbus Lakeview  
Allison Mason, Bertrand  
Kenzie May, Southwest  
Natalie Mickelson, Gretna  
Dani Most, Giltner  
Morgan Nikkila, Hastings St. Cecilia  
Sydney O'Shaughnessy, Omaha Marian  
Katie Placke, Northwest  
Erin Sorahan, Northwest  
Taylor Thiele, Aurora  
Sydney Townsend, Lincoln Pius X  
Toni Tupper, Lincoln Northeast  
Marysa Wilkinson, Lincoln Southwest  
Tara Ziegelbein, Lincoln Lutheran

### Blue Team Coaches:

Head Coach – Matt Koehn-Fairbanks, St. Paul

Assistant Coach – Terri Neujahr, Waverly

### Red Team Coaches:

Head Coach – Gary Bender, Humphrey/LHF

Assistant Coach – Kurt Polt, Giltner

## SOFTBALL

### Players:

(teams to be determined at a later date)

Faith Cain, Millard West  
Karlye Cygan, Lincoln Southwest  
Maddy Ethen, Elkhorn South  
Emily Franzen, Gothenburg  
Brittany Gill, Lincoln Southwest  
Kasey Heath, Seward  
Jaylee Hinrichs, Lincoln Southeast  
Kaylan Jablonski, Skutt Catholic  
Bailee Jensen, Papillion-La Vista South  
Taylor Kadavy, York  
Jessica Kleine, Grand Island  
Emma Kwapnioski, Norfolk  
Nicki Larsen, Waverly  
Megan May, Lincoln Southeast  
Gina Metzler, Papillion-La Vista  
Paige Nekola, Papillion-La Vista South  
Libby Norvell, Grand Island  
Taylor Otte, Wahoo  
Kira Ramirez, Milford  
Kylie Rome, Blair  
Shelby Schacher, Northwest  
Kylie Schwarting, Papillion-La Vista  
Albany Starman, Beatrice  
Madison Unzicker, Millard South  
Christy Warnock, Millard North  
Lauren Wegner, Omaha Central  
Katelyn Wobken, Logan View/Scribner-Snyder  
Michaela Woodward, Norris  
Jalyn Zeiss, Wayne  
Corrin Ziepke, Elkhorn South

### Blue Team Coaches:

Head Coach – Keith Engelkamp, Skutt Catholic

Assistant Coach – Chuck Hughes, Norfolk

### Red Team Coaches:

Head Coach – Dave Prokesh, Northwest

Assistant Coach – Danyel SeEVERS, York



## NSAA RULES MTGS. FOLLOWED BY NCA SPORT MTGS. AT 2014 CLINIC

NSAA will conduct sport meetings and sport rules meetings for all sanctioned sports that are included in the NCA Clinic. The meetings are being offered as a courtesy for those coaches planning to attend the clinic. Each meeting will be followed immediately by the NCA Sport Meeting. The NCA would like to thank the NSAA for providing this service to coaches.

**Basketball – Wednesday, 10:00 a.m.-11:15 a.m.**  
**Football – Wednesday, 8:30 a.m.-9:45 a.m.**  
**Soccer – Wednesday, 8:30 a.m.-9:45 a.m.**  
**Track & Field - Wednesday, 10:00 a.m.-11:15 a.m.**  
**Volleyball – Wednesday, 10:00 a.m.-11:15 a.m.**

**Cross Country – Wednesday, 8:30-9:45 a.m.**  
**Golf – Wednesday, 9:45 a.m.-11:00 a.m. at Highlands**  
**Softball – Wednesday, 8:30 a.m.-9:45 a.m.**  
**Tennis – Wednesday, 10:00 a.m.-11:15 a.m.**  
**Wrestling - Wednesday, 10:00 a.m.-11:15 a.m.**

### SPORTS MEDICINE SESSIONS:

#### IMPACT BASELINE TESTING & TRAINING, SUPPLEMENTS, ASTHMA AWARENESS, CARE & PREVENTION OF INJURIES – ATHLETIC TAPING

- Dave Schultz, Program Coordinator for the Nebraska Sports Concussion Network will provide one important session on IMPACT Baseline Testing Training on Wednesday, July 23 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 session will be provided by Nebraska Orthopaedic & Sports Medicine, Lincoln on “Supplements and the High School Athlete.” This session will be on Tuesday, July 22, 3:30-4:20 p.m.
- The Community Asthma Education Initiative of Saint Elizabeth Regional Medical Center will provide a session titled “Asthma Strikes 20% of Athletes – BE PREPARED.” The session will be led by Nan Mathenson on Tuesday, July 22 from 2:20-3:10 p.m.
- 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 22, 2:20-3:50 p.m. and Wednesday July 23, 1:30-3:00 p.m.

### rSchoolToday TO OFFER AD & ADMINISTRATIVE ASSISTANTS TRAINING

**July 23**

The Nebraska Coaches Association Multi-Sport Clinic will offer two rSchoolToday training sessions for athletic directors and administrative assistants on the afternoon of Wednesday, July 23. Athletic Directors must register for the clinic but administrative assistants may attend the sessions FREE. Administrative assistants will need to check in at registration to receive a name badge on July 23.

- 1:30-2:20 p.m.: Activity Scheduler 101  
Whether you're new to Activity Scheduler or a long time user, you'll benefit from a review of set-ups and schedule management tips. Topics will include frequently over-looked setups, clarification and ideas for “C” vs “NC” scheduling, School Only (SO) scheduling, managing schedule changes, and game contracts - including multi-year contracts!
- 2:50-3:40 p.m.: Activity Scheduler - Dial Up The Power  
We'll build on Activity Scheduler 101, broadening the discussion of conference data sharing, student eligibility/rosters, scores/standings & free team sites, and official scheduling. We'll also highlight features of the mobile responsive Activity Scheduler and corresponding apps. Some time will be allocated for Q and A, focusing on topics that apply to all.

rSchoolToday will be available in Booth #18 near the Coaches Resource Center for questions specific to your program and/or to learn more about connecting Activity Scheduler to other rSchoolToday powerful programs.



# JOIN THE NEBRASKA COACHES ASSOCIATION TODAY

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- Year-round \$1,000,000 coaching and classroom liability coverage
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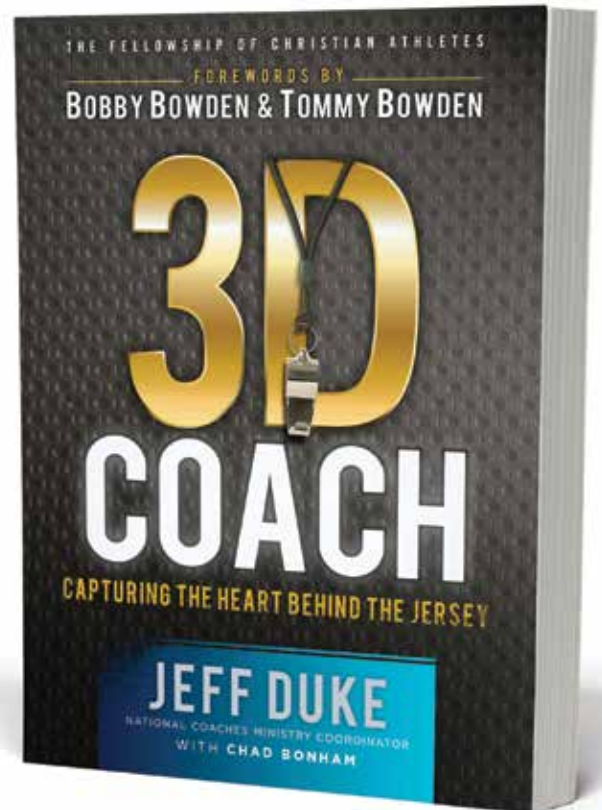
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A collage of various sports photography services. It includes a photo button for "SARA HOLMGREN", action photos of a football game, a photo collage of a football team, a team photo for "VIKING SOFTBALL 2012 VARIETY", a team photo for "ORANGEMEN FOOTBALL", and a photo collage of a basketball player. The text "PROVIDING THE VERY BEST SPORTS PHOTOGRAPHY SERVICES FOR SCHOOLS, CLUBS, AND ORGANIZATIONS" is overlaid in a blue banner.

# 2014 Nebraska Coaches Association Multi-Sport Clinicians

## Keynote Address & Beyond X's & O's:

**Dr. Jeff Duke, 3Dimensional Coaching, Clermont, FL** – Dr. Duke is the foremost expert regarding the cultural influence on the coaching profession in our society. He has developed and authored the “3Dimensional Coaching” concept that has revolutionized the sport coaching landscape. Dr. Duke has coached five sports including football, basketball, track and



field, cross-country, and tennis; and has directly supervised over 200 coaches in 17 different sports. His coaching experience encompasses youth level through the professional ranks, coupled with a multi-year stint as an assistant football coach at Florida State University under legendary coach, Bobby Bowden. Dr. Duke is highly sought after to lead workshops, seminars, and training on the “cultural influence of the sport coach” throughout Europe and the Americas. He spent eight years as an international expert on coaching education development pre/post the Atlanta Olympic Games. His doctoral research (Florida State University) created baseline data on how to analyze proficient elite level coaching methods. Today, you will find Dr. Duke traveling weekly across the United States, leading and facilitating workshops with the adolescent sport coaching culture on becoming “3Dimensional Coaches.”

## Beyond X's & O's:

**Nolan Beyer, Millard Public Schools Athletics, NE** – Nolan competed his 16<sup>th</sup> year of serving students and staff through his role as an activity administrator in 2014. His career began as a teacher and coach in the Papillion-La Vista School District in 1992. Nolan served as the activities director at Boys Town High School for six years. Following Boys Town Nolan moved to Millard South High School in the same position for eight years. He currently is the District Director of Activities and Athletics for Millard Public Schools. Nolan has been on many Metro Conference Committees throughout his career including overseeing the Metro Conference Basketball Tournament. He was awarded the NIAAA State Award of Merit in 2013. Nolan has recently been elected by the District II schools as one of eight NSAA Board of Directors beginning in August.



**Sue Enquist, UCLA (Retired)** – Sue Enquist, hailed a “Coaching Legend” by ESPN as one of the top five on the NCAA’s all-time winningest coaches list, while leading the UCLA women’s softball team over almost three decades. Her philosophy of life, leadership, and competition is a core message that she highlights, including a focus on passion. Her softball record of accomplishments includes a record 887 wins while being involved in 11 NCAA National Championships - a record at UCLA and in the sport of softball. Coach Enquist has received multiple conference and national Coach of Year honors while also earning an Olympic gold medal.



**Mike Tully, Total Game Plan, Clifton NJ** – Coach Tully has been studying peak performance for four decades, first as an international sports writer, then as a high school and NCAA coach, and now as an author, speaker and blogger. He covered the 1980 Miracle on Ice and more than 100 consecutive World Series games. He has earned multi coach-of-the-year awards, one state title and several conference championships. Tully's books include "Think Better, Win More!: How Sport Psychology Can Make You a Champion," "The Improvement Factor," and "Ten Things Great Coaches Know." His area of focus is practice, and how to use mental skills to speed the improvement process.



## Sports Medicine:

**Nancy Nathenson, RRT, RYT, Respiratory Therapy Education Coordinator at Madonna Rehabilitation Hospital** – Nancy has been a respiratory therapist and educator for 30 years. She is Vice President of the Nebraska Society for Respiratory Care and the Respiratory Therapy Consultant for Lincoln Public Schools. She has presented locally, regionally and nationally on respiratory care. A representative of the Community Asthma Education Initiative in Lincoln for over 10 years, Nan has presented on asthma management in a variety of settings including schools, childcares, assisted living facilities and physician offices. Her passion for asthma education arose from her mother that suffered with severe allergic asthma and her daughter with exercise induced asthma. Nan believes the key to caring for individuals with any chronic disease in our changing healthcare system is to empower them and the individuals around them with the training, tools and strategies to manage their condition and to recognize and prevent complications. In Nan’s words, “When it comes to asthma management, everyone is a player.”



**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.

## Athletic Directors:

**Mike Donlin, Vice President of Sports Development, BoxCast** – Mike Donlin has over 15 years of experience in athletics. Donlin joined BoxCast in May 2013 after six years at PrestoSports where he helped the company grow from just over 40 official athletics website clients to over 600. He served as the Sports Information Director at Le Moyne College for eight years and started



his professional career at his alma mater, Colgate University, as Assistant Director of Athletic Communications. BoxCast allows anyone with a video camera to conveniently stream standard and high definition live video. Headquartered in Cleveland, Ohio, BoxCast has worked with sports teams across the country to provide live streams for fans to watch on any computer, tablet or smartphone. Features include plug-and-play automation, fantastic HD quality, optimal delivery to any audience, setup on any website and scoreboard integration to display scores and stats on the video stream.

**Lee Green, Baker University, KS** – Lee is an attorney and a professor at Baker University where for the last 28 years he has taught courses in sports law, business law, and constitutional law. He is the author of three sports law books and over 100 sports law articles and in addition to doing sports law legal work and consulting for universities, athletic conferences, and school districts across the country, he regularly presents sports law seminars and workshops for the NCAA, the NAIA, the NFHS, the NIAAA, and state athletic associations and coaches associations.



**rSchoolToday** – rSchoolToday is an award-winning, 20-year-old Minnesota-based software company that specializes in Web Apps for K-12 schools. With 15 apps 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. Termed “360 degree Scheduling”, the program focuses on making operations more paperless and efficient for the Activity Office and all other departments within the school and district.



**Wes Simmons, 3 Dimensional Coaching, St. Joseph, MO** – Wes is a certified 3Dimensional Coaching trainer/presenter for the Midwest region. After a successful high school athletic career, Wes went on to play college football at Northwest Missouri State University where he started on back-to-back NCAA DII National Championship teams. Upon graduation, he began his coaching career at Northwest as a defensive assistant for 3 years while completing his Master’s degree in Athletic Administration. Since that time, his career has shifted from coaching athletes on the field to coaching both athletes and coaches in other areas of life. In addition to presenting 3Dimensional Coaching professional development workshops/clinics, Wes regularly conducts “Guiding the College-Bound Athlete” seminars for parents, athletes, coaches and counselors throughout the Midwest region. Wes also serves as the NW Missouri FCA area director in St. Joseph, MO, where he lives with his wife Amy and their 3 children.



## Basketball:

**Scott Kreiger, Canterbury (Fort Wayne) HS, (Boys & Girls)** – Coach Kreiger began his coaching career in 1988 under the tutelage of his father, Indiana Basketball Hall of Fame coach Wayne Kreiger. After 12 seasons as an assistant at Columbia City High School, Scott Kreiger accepted the position of head girls’ basketball coach at Canterbury High School in Fort Wayne, Indiana. Kreiger led the Lady Cavaliers to their first sectional championship in 2000, and amassed an overall record of 251-88 in 14 seasons. Kreiger’s teams won Indiana Class A State Championships in 2008, 2009, 2010, and 2012. Over that five year stretch, his teams won 32 of 33 games in the postseason. He was named Indiana Class A Coach of the Year each of those years. Kreiger was honored as the Indiana Coach of the Year in 2010 by the National Federation of



High Schools. He capped off his career with the girls’ program by being selected as the head coach of the 2012 Indiana All-Stars in the annual series with Kentucky. Currently, Kreiger is building the boys’ basketball program at Canterbury. He has a record of 26-21 in two seasons, including a sectional championship in 2013. He is a featured speaker, and has authored or co-authored three books on basketball, including *Four Sunny Saturdays*, a collection of stories from his first state championship season in 2008.

**Tim Miles, University of Nebraska (Men)** – Exceeding expectations - that’s what Tim Miles has done throughout his collegiate coaching career. A proven program builder who has enjoyed success at the Division I, Division II and NAIA levels, Tim Miles was named head coach at the UNL in 2012. In two short seasons the Huskers were back dancing in the NCAA Tournament and Miles was named Big Ten Coach of the Year. Miles, from Doland, SD, is the only active coach who has taken teams to the postseason at the Division I, Division II and NAIA ranks. Before taking the Nebraska job, Miles spent the previous five seasons building the Colorado State program into a contender. He increased his victory total in each of his five years at CSU, culminating in a 20-12 record and the school’s first NCAA appearance in nine seasons. He spent six seasons at North Dakota State, guiding the Bison through the transition to the Division I ranks. Miles showed his ability to turn around programs during his tenure at Southwest Minnesota State University. He took a program that had only one winning season in the previous decade and went 78-39 in his four seasons at the school. Miles began his head coaching career at Mayville (N.D.) State University, guiding the program to a 35-22 record from 1995 to 1997 and a pair of conference titles.



**Jim Page, Wamego HS, KS (Girls)** – Jim is in his second stint as the girls head coach at Wamego High School. In his seven years as head coach he has coached the team to four regional final games, with two runner-up finishes and two regional championships. In 2013 his team won the class 4A State Title for the first time in school history, finishing the season (25-1). This year his team returned to the State Championship game, taking 2<sup>nd</sup> place with a (24-1) record. Over the last two years his team was (49-2) with a 39 game winning streak, and 67-7 in the last three years. Jim has taught Special Education at Wamego High School for 22 years. His son James is a freshman at Grinnell College in Grinnell, Iowa and plays on the basketball team. His daughter Kaylee has signed her letter of intent and will play basketball at the University of Nebraska next year. His junior daughter Lanie is currently being recruited by Nebraska, Texas Tech, Duke, Washington, Indiana and Wisconsin. Before teaching high school Jim was the Strength and Conditioning Coordinator for Emporia State University, and was a graduate assistant strength coach for the University of Kansas in 1988 for their National Championship team.



**Amy Stephens, University of Memphis** – Amy Stephens had 17 years of coaching experience at the collegiate level before joining the University of Memphis women’s basketball program as Associate Head Coach prior to the 2013-14 season. During her first season at Memphis, Coach Stephens’ abilities were highlighted in the defensive system, post player development, and recruiting. An Alliance, NE, native and 1999 inductee into the NE High School Sports Hall of Fame, Amy began her coaching career as a student assistant at Nebraska. During her coaching career she has also served as assistant coach at Omaha North and Iowa State, and head coach at both University of Nebraska-Kearney & Drake University.



## Cheerleading:

**Terri Freeman, Universal Cheerleaders Association** – Terri has been coaching, judging and doing choreography for over 25 years. She is a NFHS Rule interpreter for the State of Missouri (MSHSAA) and the AACCA Safety Certifier for MO, NE, and KS. She has coached and judged at all levels from Recreational to Collegiate and is a regional and national judge for Varsity Brands, Inc. Terri is a USASF Credential provider and owner of Spa Marketing and Consultation, Inc. in the Kansas City area.



**Kristin Lyning, National Cheerleaders Association** – Kristin joined the National Cheerleaders Association (NCA) from the Kansas City, Missouri area. She is finishing her 4th year as the Head Cheer and Dance Coach at Missouri Valley College, and entering her 9th year as an Instructor and Head Instructor for the NCA. Kristin coached All-Star cheerleading for 4 years, was the head coach at a high school for 3 years and cheered all four years of college, where she was the captain of her team. Her most honorable moment as a coach was being recognized by the Missouri Sports Hall of Fame for her team's NCA College National Championship in the NAIA Small Coed Division.



**Ashley Parnell, Universal Cheerleaders Association** – Currently the State Director of Missouri & Nebraska for Universal Cheerleaders Association, Ashley has years of experience in judging, coaching, and working with youth, junior high & high school, college, and all-star teams. She has over 10 years of choreography experience in cheer and dance, and currently serves as the head coach of the Drury University Cheerleading Squad in Springfield, MO where they have had top 10 finishes the past 2 years at UCA College Nationals in All-Girl Division I, and placed 3<sup>rd</sup> in The World University Competition in 2014. Ashley was a college cheerleader at Drury, where she received her bachelor's degree in public relations and marketing, and has been on UCA instructional staff since 2003.



**Jason Sack, Universal Cheerleaders Association** – Jason has been the Spirit Squads Coordinator at Northwest Missouri State University for the past eight 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, 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, Universal Cheerleaders Association** – A native of Neosho, MO, Jeff is in his 4<sup>th</sup> 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

nebraska coach

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:

**Neal Blackburn- Rock Bridge HS, Columbia, MO** – Coach Blackburn has been head coach at Rock Bridge High School since 2001, and before that started a Cross Country program at Osceola High School in Missouri, leading them to a top four team finish at the Missouri State Championships in their second year of existence. During Coach Blackburn's tenure at Rock Bridge High School, his boys' and girls' teams qualified for the Missouri State Championships for just the second time in the 40 year history of the school. Since the inaugural campaign, Coach Blackburn's teams have qualified for Missouri's State Championships in the largest classification of schools for six consecutive years, placing third once, second three times, and winning the State Championship in 2011, ranking as high as 13<sup>th</sup> in the country that year. His girls have won four consecutive district championships, and his boys 6 of the last 7 district titles. Since 2004, Coach Blackburn has had 24 athletes earn All-State honors in Cross Country. On the track he has had five different girls in the last two years break 11:15 for two miles, along with three different boys breaking 9:20 for 3200 meters. He has been named Missouri Cross Country Coach of the Year by MTCCCA in 2011 and MSHSAA Coach of the Year in 2012, along with Southwest Missouri Coach of the Year in 1999.



**Tony Bozarth, Olathe East HS (KS)** – Coach Bozarth has been the head Boys and Girls cross country coach and assistant coach in charge of distance runners at Olathe East High School in Olathe KS since the school opened in 1992. In his twenty-one years there, the Hawks have qualified as a team to the state championships sixteen years. In addition, his teams have won nine regional titles, and won the 6A girls state cross country team title in 2006, 2009, 2011 and 2012. East's 2013 girl's team won the regional title for the fifth year in a row, won their third Sunflower League title and placed third at the 6A state meet, and the boy's team placed 10<sup>th</sup>. The 2013 team had over 110 runners, and the Hawks currently have over a dozen runners competing on college track and cross country teams this year. The Hawks Track and Field teams have won eight state titles. Before coming to Olathe East, Coach Bozarth was the head cross country coach at Raytown High School in Missouri and Thomas More Prep High School in Hays, Kansas. He graduated from Kansas Wesleyan where he ran track and cross country, earning a degree in history in 1983. He earned a Master's in Educational Administration from Ft. Hays State in 1989.



**Conor Holt, Oklahoma City University** – Coach Holt will enter his fourth year as Oklahoma City University head men's and women's cross country and track coach this fall. In 2013 he guided OCU to the NAIA Men's National Cross Country Championship. In just three years at Oklahoma City University, Holt has recruited some of the best middle and long distance talent in the NAIA to a newly formed program that focuses on cross country in the fall and middle and long distance events in the indoor and outdoor track seasons. The goal remains to win national championships. Holt took over the OCU helm after four years at Purdue University, where he was the distance coach for the men's and women's cross country and track programs. An accomplished distance runner at the University of Oklahoma, Holt was a six-time NCAA Division I all-American in



cross country and track. Originally from Ireland, Holt became a U.S. citizen in 2002. In 2003, he was named Oklahoma Runner of the Year, and ran 2:18.17 at the 2004 US Olympic Marathon Trials. He is a two-time winner and course record holder of the Oklahoma City Memorial Marathon. Holt holds Level 1 and 2 USATF Coaching Certifications. Married to volunteer assistant coach Camille Herron, Holt has coached his wife to 10 marathon wins, qualifying for the '08 and '12 US Olympic Marathon Trials, and holding a best marathon time of 2:37:14.

## Dance:

**Rachel Allsbury** – Rachel resides in Kansas City, Missouri, where she is a 4<sup>th</sup> Grad Teacher and coaches a high school dance team. She is the former coach for the nationally ranked Northwest Missouri State University Bearcat Steppers. Rachel has been training in all areas of dance since the age of three, and currently teaches and choreographs for local studios around the Kansas City area. She is a former member of the Avila University Dance Team. Rachel started working with the Universal Dance Association in 2006 and has been a head instructor for the company for six years.



## Golf:

**Alan Baquet, Ph.D., Director of the PGA Golf Management Program, UNL** – Alan obtained advanced degrees in Agricultural Economics at Oregon State University and Michigan State University. He has been involved in University teaching and administration for over 30 years at Oklahoma State University, Montana State University and for the past 16 years at the University of Nebraska Lincoln. Students in the PGA Golf Management program benefit from his vast experience in higher education and his passion for the game of golf.



**Sarah Sasse-Kildow, NSAA Assistant Director** – Sarah was a two-time High School Girls Golf State Champion from Lincoln High. She played on the UNL Women's Golf team earning Big XII Player of the Year and First Team All-American honors as the most decorated female golfer in UNL history. Sarah then toured as a professional golfer on the Women's Futures tour over a three year period. She returned to Lincoln as a golf instructor and coach, primarily focusing on junior and women's golf instruction. Sarah accepted a position as assistant director with the Nebraska School Activities Association in July 2013.



**Chris Wiemers, Creighton University** – Chris Wiemers joined the Creighton coaching staff in 2009 as Head Coach of Men's Golf. The McCook, NE, native is also the head teaching professional at Happy Hollow Golf Club in Omaha, where he is responsible for all golf-related instruction for membership. He has an array of experience in teaching any level of golfer, and has built and maintained over the years at Happy Hollow a junior program of over 700 participants. One of the top players from Nebraska, Chris has competed in two of golf's majors, the 2005 PGA Championship at Baltusrol and the 2006 PGA Championship at Medinah. He has also played in many Nationwide Tour events, including the 2005 Cox Classic in Omaha.



**Shane Zywiec, PGA Director of Instruction, Highlands GC** – Shane has been a PGA Golf Professional for 11 years. He received his Bachelor of Arts degree at the University of Missouri (K.C.) while playing collegiate golf. Director of Instruction at the Highlands for 8 years, Shane has won over 25



professional events, and was the "Player of the Year" for the Nebraska PGA in 2011 & 2013. He was named one of Gold Digest – Best Teachers in America in 2013. Zywiec teaches some of the best local professional golfers in the Midwest as well as amateurs and juniors.

## Football 11-Man:

**Steve Buecker, Rochester High School, IL** – Steve began his coaching career at the age of 20 at Charleston High School while attending Eastern Illinois University. While at Charleston he helped rebuild a struggling program that was previously 3-33 the past 4 seasons to a 16-6 record with 2 Apollo Conference Championships as well as appearances in the 2<sup>nd</sup> round of the IHSA playoffs. After graduating college, Steve then became the DB/RB Coach for Springfield Sacred Heart Griffin under Hall of Fame Head Coach Ken Leonard for 1 year, helping the team to a 10-1 record with a 2<sup>nd</sup> round IHSA playoff appearance. Steve then took a promotion as the Defensive Coordinator at his high school Alma mater, Lanphier High School for 3 years before later being promoted again to Head Coach at the young age of 26 for another 3 years. Steve then moved to Rochester with his wife Meaghan and 4 children (Henry 8, Claire 6, Jack 5, Magdaly 3) as the Defensive Coordinator for 4-time defending Class 4A Illinois State Champion Rochester Rockets under Head Coach Derek Leonard.



**Leon Douglas, North Kansas City High School, MO** – Coach Douglas is in his fourth year as head football coach of North Kansas City High School. During his tenure Douglas has led the hornets to two straight Missouri state playoff appearances. Before coaching at the high school level, he spent two years as an assistant coach at South Dakota State University. Leon played collegiately at Missouri Western State University under Jerry Partridge.



**John Garrison, University of Nebraska** – Former Husker standout John Garrison is in his fourth season as a Nebraska assistant coach, serving as the offensive line coach. Garrison has been a member of the Husker coaching staff since Bo Pelini took over as head coach, working as an intern with the Nebraska offense from 2008-2010. Nebraska's rushing game ended the 2013 season ranked 19<sup>th</sup> nationally with an average of 215.7 yards per game behind Garrison's offensive line. His 2012 offensive line finished the season ranked 8<sup>th</sup> nationally, with 253.4 rushing yards per game. Also an exceptional recruiter, John was recently honored by Rivals.com for his work on the recruiting trail, ranking in the top 25 for 2014.



**Dave Jacobs, Jersey Community HS, IL** – Before Coach Jacobs served as the Jersey Community High School head coach, he was a volunteer assistant coach at the University of Illinois. The previous five years he was the head football coach at Champaign Central HS (IL). In over 27 years as a coach in Illinois, Jacobs has rebuilt four high school gridiron programs and has developed one football program (Rochester) from the ground up. In 2006, he served as the president of the Illinois High School Football Coaches Association. One of the most respected interscholastic coaches in the game, Jacobs is a much sought-after speaker at instructional football clinics across the country.





## Football 8-Man:

**Jay Fredrickson, Ennis HS, MT** – Coach Fredrickson has been involved in football as a player and coach for the past 38 years. After his high school playing career ended, coach Fredrickson opted to join the United States Marine Corps as a reserve. Once he returned from his initial training he enrolled at Western Montana College and played college football for the Bulldogs. Jay earned his degree in education, held a starting role as a defensive back, and was selected as a team captain. In 1990, Coach Fredrickson was deployed with the Marine Corps in support of Operation Desert Shield/Desert Storm. After returning home he married what he calls his “super wife,” Dannette. They have four children. Coach Fredrickson started two football programs in new schools during his coaching career, one of which played for the Idaho State Championship the year after he returned home to Montana. In Ennis, Coach ‘Fred’ helped the Mustangs to several play-off berths as assistant coach before taking the reins as the Mustangs Head Coach. His record in the past three years is 20-5, with two Semi-Final appearances and a Montana State Championship.



**Kurtis Koenig, Ennis HS, MT** – Coach Koenig has been teaching and coaching at Ennis High School for the past ten years. He has coached JH basketball, varsity track, junior high track, and for the past six years, varsity football, and for the past four seasons, Koenig has functioned as the defensive coordinator for the Ennis Mustangs. Under Koenig’s guidance, the Mustangs defense has allowed fewer than 16 (15.9) points per game the last two years, over 24 games. In the four years since Koenig became the coordinator, the Mustang Defense has allowed fewer than 20 (19.4) points per game. A husband and father of two, Kurtis enjoys the pristine, mountainous environment in southwest Montana, and he is an avid outdoorsman.



**Kyle Oswald, Marns-Meriden-Cleghorn HS, IA** – Coach Oswald grew up playing D2, 8-Player football in Allen, Nebraska. After graduation in 2002 he attended Wayne State College, majoring in secondary social sciences education. After graduation from college, coach Oswald took his first teaching and assistant football coaching job at Rockwell-City/Lytton from 2007-2009 under the direction of head coach Dennis Siefken. In 2010 Rockwell-City/Lytton and neighboring district Southern Cal merged to form the South Central Calhoun Titans where coach Oswald was again an assistant, this time under head coach Bryan Case. In 2011 Coach Oswald and his family moved to the Marcus-Meriden-Cleghorn School District where he once again became an assistant under coach Brad Cave. The 2012 season was one of many firsts: first year head coach, first year of 8-Player football, first homecoming victory and district title for the team’s senior class, first playoff victory of the football program, and first state championship in an unblemished 14-0 season. In his albeit, short head coaching career, Kyle has achieved a 24-2 record and was awarded the 8-Player, District 1 Coach of the Year in 2012 and 2013 and the Iowa Football Coaches’ Association 8-Player Coach of the Year in 2012.



## Soccer:

**Chris Clements, Hastings College (Women)** – Coach Clements is starting his first season as the head coach for the Hastings College women’s soccer program. Prior to joining Hastings College Chris was the head coach of both the men's and women's soccer teams at Avila University for the past seven years. Prior to coming to Avila, Clements coached at the University of Central Missouri for three seasons (2005-2007). In addition to his experience at the University of Central Missouri, Chris has spent 7 years with the Missouri Olympic Development Program from 2006-2013 as well as working for the NSCAA. Chris holds a National Soccer Coaches Association of America Premier Diploma and a Goalkeeping diploma, as well as multiple U.S. Soccer Federation coaching licenses.



**Casey Mann, Nebraska State Soccer Technical Director** – 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. He 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. He recently earned his Master’s Degree in Leadership from Bellevue University in 2012.



**Blair Reid, Grand View University, IA** – Coach Reid, entering his 30<sup>th</sup> season as men’s head soccer coach, has amassed a record of 360-202-30 while at Grand View. He is currently the fifth winningest active coach in the NAIA, and Grand View is among the top 25 winningest NAIA programs. Reid has coached the Vikings to 15 Midwest Collegiate Conference Championships, 13 MCC Tournament Championships, seven NAIA District 15 Championships, one NAIA Region VII Championship, and nine National Tournament appearances. He has been named NAIA Region Coach of the Year four times, MCC Coach of the Year eight times, and District Coach of the Year seven times. He has coached 38 All-Americans and 19 Academic All-American Scholars during his tenure. Reid coached USL member the Des Moines Menace from 1994-1997, qualifying for the PDL’s prestigious National Tournament in 1995 and being selected PDL National Coach of the Year. He was also head boys’ coach for Dowling High School in West Des Moines 1985-1993, amassing a 125-25-12 record. A native of Edinburgh, Scotland, Reid graduated from New York State University at Brockport in 1975. Instrumental in establishing soccer as a state-sanctioned high school sport in Iowa, Coach Reid was inducted into the Iowa High School Soccer Coaches Hall of Fame in 2001. He resides in Des Moines with his wife, Dot.



**Brad Stiles, Iowa City West HS, IA (Boys)** – At 24, Stiles started coaching the boys' varsity soccer team at Iowa City West after being the freshmen/sophomore coach for one year. Learning on the fly early and often, Brad completed his 14<sup>th</sup> season in 2013-14. The Iowa City program has had unparalleled success due in large part to players understanding the value of hard work. With 20 of 22 conference titles, 14 consecutive appearances at the state tournament, Stiles' teams are 9-time finalists with 6 Iowa State Championships. Coach Stiles' has helped build a winning soccer culture at Iowa City West HS, with 11 former players returning to coach on the staff or volunteer. His programs have produced 16 NCAA Division I players and an overall record of 247-41.

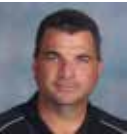


## Softball:

**Sue Enquist, UCLA (Retired)** – Sue Enquist, hailed a “Coaching Legend” by ESPN as one of the top five on the NCAA's all-time winningest coaches list, while leading the UCLA women's softball team over almost three decades. Her philosophy of life, leadership, and competition is a core message that she highlights, including a focus on passion. Her softball record of accomplishments includes a record 887 wins while being involved in 11 NCAA National Championships - a record at UCLA and in the sport of softball. Coach Enquist has received multiple conference and national Coach of Year honors while also earning an Olympic gold medal.



**Steve Kerkman, Millard South High School, NE** – Coach Kerkman will start his 13th season as head softball coach at Millard South in 2014, having seen his teams reach the state tournament eight times and finishing as state champions four times including the last three in a row (2005, 2011, 2012, 2013). A strong believer in being champions on the field and in the classroom, Kerkman has seen 42 of his players go on to play college softball. The assistant activities director at Millard South has also coached girls' basketball, baseball, and football during his career, and is also currently the Director of Athletic Development for the Millard Athletic Association.



**Diane Miller, University of Nebraska** – Assistant UNL Softball coach Diane Miller joined the Husker squad in 2009. Entering her 6<sup>th</sup> season in 2014, Miller's offenses have posted some of the best totals in school history, setting records in slugging percentage, on-base percentage, and walks. Over the past three seasons, Nebraska has posted 3 of the top 5 marks in school history in batting average, RBIs, slugging percentage and on-base percentage. The Husker's power numbers have risen dramatically under Miller's guidance, averaging 45 home runs per season over her first five years. 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.



**Tim Roberson, Lincoln Southeast HS, NE** – A graduate of Servite Catholic High School in Anaheim, CA, and the University of Nebraska-Lincoln, Coach Roberson has been coaching softball at Lincoln Southeast for 15 years. Tim's career as a softball coach began at Lincoln Southeast in 1999. He was named head coach at Lincoln Southeast in 2003 after four years of coaching at the JV and Reserve levels. His teams have compiled an overall record of 389-180 for all levels he has coached at Lincoln Southeast High School. 294 of those victories have come at the



varsity level. His teams have won seven District Championships and five Conference titles. Coach Roberson was selected to coach in the first year of the Nebraska Coaches Association's Girls' Softball All Star Game in 2005. In 2012 he was selected as a finalist for the NHSACA Softball Coach of the Year Award.

**Lou Yacinich, Grand View University, IA** – Coach Yacinich completed his twelfth season as the softball coach at Grand View University in 2014. Yacinich has led the Vikings to two NAIA National Tournament appearances in 2006 and 2013. He is an alumnus of Grand View and played baseball from 1981-1985. Yacinich's coaching experiences include serving as head softball coach at Urbandale High School in 2001 and 2002 and assistant coach at Valley High School in 1997-1998. He was also the co-head softball coach at Waukee High School and led the team a second place finish in the 2009 state tournament. Other accomplishments include his induction into the Iowa Amateur Softball Association Men's Fastpitch Softball Hall of Fame his service as past president of the NAIA Softball Coaches Association.



## Tennis:

**Ben Loeb, Rock Bridge High School, Columbia, MO** – Coach Loeb initially started coaching while in grad school at the University of Missouri-Columbia where he coached the women's tennis team at UMC for two years. Since then he has been coaching both the boys and girls high school tennis teams and teaching high school. He initially started coaching high school tennis at Hickman (Columbia) before moving to Rock Bridge HS in August of 1994, where he was teaching. Along with his coaching duties, Coach Loeb also teaches a sport psychology course at RBHS. His teams have compiled an overall dual meet coaching record (end of 2013) of 855-133 for an 87% winning percentage. His teams have earned the Missouri state team title 10 times, and have had 10 runner-up finishes. Coach Loeb has presented twice previously at the Nebraska Coaches Association Summer Clinic, and twice at the IL Coaches Winter Workshop.



**Jake Saulsbury, University of Nebraska-Kearney** – Jake entered his fifth year as head men's & women's tennis coach at Nebraska-Kearney in 2013-14. Over his first four years he continued the program's long string of success, compiling a 69-37 men's record and 71-29 on the women's side. He has guided both teams to multiple NCAA Tournament appearances, reaching the sweet 16 in each at least twice. A former tennis athlete at Lexington High School, Jake went on to play collegiate tennis at NW Missouri State, where he was a two-time first-team All-MIAA singles player. He served as a graduate assistant at his alma-mater, helping both the men's & women's teams advance to the NCAA and working extensively with the Bearcat Tennis Camp.



**Sheryl Vaughn Omaha Skutt Catholic HS, NE** – Sheryl began her obsession with tennis over 20 years ago as a player, setting & achieving the goal to become a 4.5 player. She began her high school coaching career at Omaha Duchesne Academy in 2001 while becoming a USPTA certified instructor in 2002. In 2004, Vaughn began coaching at Omaha Skutt Catholic while her son Chase was a senior. Vaughn guided the 2004 SkyHawk squad to the class B State Championship, winning by .5 of a point. Since the first championship season, the SkyHawks have captured seven more state championships in 2006, 2007, 2008, 2009, 2010, 2012, and 2013.



## Track & Field:

**John Dagata, University of Oklahoma** – John Dagata joined the Sooners in 2013 as the Director of Operations and Assistant Coach in charge of vertical jumps and combined events. Prior to his move to Oklahoma, John spent two seasons at Cal, serving as director of operations and throws coach, and helping to land a top five recruiting class nationally in 2012. Dagata has also coached teams in Great Britain, at Iowa State University, and at UC Santa Barbara, where he began his career in 2001. A 2000 graduate of Cal State Northridge, John was a two-sport standout participating in both football and track & field. Coach Dagata is a USATF Level II coach and is on track to become Level III certified in August. He is also a UK Athletics Level 4 coach and is in the process of becoming an IAAF Level 5 Throws coach.



**Ed Fye, Doane College** – Coach Fye took the reins of the Tiger Track & Field program in 2002. Previous to 2002 Fye was an assistant for 18 years. A 1982 graduate of Doane College, Fye excelled in football and track & field. He was an All-American and has been inducted into the Doane Athletic Hall-of-Fame. Since being named head coach, Fye has received several honors for both indoors and outdoors. He has been named Region and GPAC Coach-of-the-Year numerous times while Doane athletes have earned 308 All-American honors and 116 NAIA Scholar-Athlete honors. On 24 occasions, an individual or relay team has won an NAIA National Championship for events won at the national meet. Ed is seen most often with the high jump, pole vault, javelin, and multi-eventers. Coach Fye has served as an NAIA national officer for track & field in recent years as well.



**Brad Jenny, Doane College** – Coach Jenny joined the Doane track and field staff in 1999. A 1994 graduate of Doane, Jenny coaches the middle distance/distance athletes. He helps develop the training programs for each athlete and draws from his athletic training background to help develop each individual. Brad became the Head Coach for the Doane Cross Country teams in 2002. Brad, a 1994 Doane graduate, serves as the long distance coach for the track and field team in addition to his cross country duties. He is married to Jennifer (Einspahr) Jenny, a 1999 Doane graduate, and they reside in Crete with their son, Miles.



**Jennifer Jenny, Doane College** – Jennifer joined the Doane College Track & Field staff in 2006. She coaches the sprints and relay teams. A Doane graduate and All-American for the track and field program, she also helps with the Tiger conditioning program and running the pilates program that the Tiger team participates in. She is married to Brad Jenny who serves as the Doane Cross Country coach and assistant track & field coach. They reside in Crete with their son, Miles.



**Paulvince Obuon, Doane College** – Coach Obuon rejoined the Doane College Track & Field staff in 2013 after assisting with the Crete Public Schools teams. Obuon is a 2008 Doane graduate and ran track for the Tigers. He was a four-time All-American and a two-time NAIA National Champion in the 60m Indoor and 4x100m Outdoor.



**Scott Roberts, Lindenwood University, MO** – Coach Roberts competed his second year as the head coach of Lindenwood's track and field program. Prior to coming to Lindenwood, Roberts had been an assistant coach for the 17 years at the NCAA Division I level. Roberts' first season at Lindenwood coincided with the program's first season as a member of the MIAA. Lindenwood athletes won three MIAA individual championships and captured six all-conference honors. In just one season, the men's and women's programs set two school records and had 55 marks that finished in the program's top-10 lists. Roberts has had coaching stints at Texas at El Paso, Alabama, Iowa State and Drake. While at Alabama, Roberts also worked as a speed training consultant for the Alabama football team. In 1994-95 he worked at Ohio State as the strength and conditioning coach in the football program. Roberts, who is originally from Muscatine, IA, attended Midland Lutheran College. He qualified for three NAIA Track and Field Championships and earned All-American honors for the Warriors. Roberts is the author of two books titled *Progressions for Coaching the Sprints and Relays*, and *Progressions from Coaching the Hurdles*.



## Volleyball:

**Ray Bechard, University of Kansas** – Coach Bechard will enter his 17th year as the head coach of the Kansas volleyball team in 2014, riding a monumental transition of guiding his program from successful to significant. His most recent year at the helm was also the best in program history – ending with his second-consecutive Big 12 and AVCA Region Coach of the Year honors and Kansas' first trip to the NCAA Sweet 16. The winningest coach in Kansas volleyball history, Bechard will begin the 2014 season just 11 wins away from his 1000th career victory. Since his arrival on the coaching scene 29 years ago, Bechard spent 13 seasons on the sidelines of Barton County Community College in Great Bend, KS, before taking over the reins at KU. Bechard has compiled a remarkable all-time coaching record of 989-277 (.781 winning percentage). In 16 seasons at Kansas, Bechard has led the Jayhawks to a 273-217 mark (.557) and 12 seasons at .500 or better. He has guided the Jayhawks to all five of their NCAA Tournament appearances and seven AVCA Team Academic awards. Individually, the veteran head coach has coached 23 All-Big 12 honorees, 100 Academic All-Big 12 selections, 13 Academic All-Region recipients and seven AVCA All-Region players.



**Tom Hilbert, Colorado State University** – Coach Hilbert completed his 17th year at CSU in 2013, where he has led the Rams to 17 consecutive NCAA tournaments and has received eight Mountain West Coach-of-the-Year honors. Hilbert has been a Division I head coach for 25 years and has been named an AVCA Regional Coach-of-the-Year four times, including in 2013. Hilbert is Colorado States winningest coach with 431 victories, and is one of 10 coaches in Division I women's volleyball history to win at least 600 matches and hold a winning percentage above .770. Coach Hilbert is 605-178 in 25 seasons as a head coach (.773). He has led CSU to 11 regular-season and five Mountain West tournament titles, including five straight regular-season championships. He has coached 11 AVCA All-Americans, including four in the past three seasons. The Rams began the 2013 season unranked, but finished with a 28-2 record and were ranked as high as ninth in the country.



**Trish Siedlik, Bellevue University** – Coach Siedlik will enter her 9th season as head coach of Bellevue University volleyball in 2014. She has taken the Bruins to the NAIA National Tournament each of the past seven seasons. Siedlik has a .759 record in eight seasons at BU and a .789 career record in 12 seasons as a



collegiate head coach. Her career winning percentage ranks fourth among active coaches in the NAIA. She has been named MCAC Coach of the Year nine times, Region IV Coach of the Year five times, and was selected as the 2008 Omaha World-Herald Midlands College Coach of the Year. Along with her duties at BU, she was named Great Plains Tornados' head coach for their inaugural season in 2013. The league, sanctioned by USA Volleyball, is comprised of former collegiate athletes. Prior to BU, Siedlik was the head coach at College of Saint Mary, compiling a 124-21 record, winning 2 Region IV titles and 3 NAIA National Tournament appearances and making it to the Elite Eight in 2004. In her 12 seasons of coaching in the MCAC, Siedlik has guided her teams to 10 regular season titles and 11 conference tournament championships. She has coached 11 NAIA All-Americans, 57 first team all-MCAC players, nine conference Players of the Year, 27 all-region athletes and 23 NAIA Scholar-Athletes. Siedlik played collegiate volleyball at CSM from 1995-98, and was named the MCAC Player of the Year in 1997.

**Mary Young- Central Community College-Columbus (NE)** – Coach Young enters her 20<sup>th</sup> season as Head Coach for Central Community College's Volleyball program in 2014. Young's success has been built with Nebraska student-athletes who are athletic, hardworking, and committed to winning. In her tenure at CCC-



Columbus, her teams have been crowned champions of the Nebraska Community College Athletic Conference 13 times and NJCAA Region IX 6 times. In the past three seasons, Young's teams have finished #6, #5, and #7 in the NJCAA National Tournament and earned the NJCAA Academic Team of the Year in 2012. She has been named NCCAC Coach of the Year 11 times and Region IX Coach of the Year 9 times, and was selected as the American Volleyball Coaches Association West Region Coach of the Year in 2002, 2008, and 2011. Coach Young is currently the President of the NJCAA Volleyball Coaches Association and is the NJCAA Assistant Region IX Director for women's sports.

## Wrestling:

**Steve Costanzo, St. Cloud State University** – Costanzo completed his eighth year as head wrestling coach at St. Cloud State University. His teams have respectfully finished in the top ten in the nation in NCAA DII (2009 – 8<sup>th</sup>, 2010 – 7<sup>th</sup>, 2011 – 2<sup>nd</sup>, 2012 – 2<sup>nd</sup>, 2013 – 2<sup>nd</sup>, 2014 – 6<sup>th</sup>). His Huskies have also found success in the classroom. In all of his eight years at SCSU, Costanzo's wrestlers have finished in the top twenty academically in each of those years, including as high as second in 2010. He has had the privilege to coach 68 NCAA DII/NWCA All-Academic recipients while at the school. Prior to his arrival at SCSU, Costanzo spent 7 years at Dana College. He led the Vikings to the 2006 NAIA National Championship and was named NAIA Coach of the Year. Coach Costanzo has coached 64 All-Americans, 5 National Champions and has an overall record of 180-54-2.



**Mark Manning, University of Nebraska** – Coach Manning began his career at Nebraska in 2000, and since that time has established himself as one of the top wrestling coaches in the nation. In his 14 seasons at the helm of the Husker wrestling program, Mark has coached and mentored over 35 All-Americans and has earned numerous coaching accolades, including 2011 FILA



Freestyle Coach of the Year. Known for his fiery nature on the edge of the mat, Manning instills in his wrestlers a sense of determination and pride through his actions and demeanor. He has coached 36 of Nebraska's 95 All-Americans while leading the Huskers to five top-eight finishes at the NCAA Championships. He won back-to-back Big 12 Coach-of-the-Year awards (2008 and 2009) after guiding Nebraska to a share of the conference crown in 2009 and a runner-up finish in 2008. Manning earned one of the top coaching honors in the entire sport when he was named the 2011 FILA Freestyle Coach of the Year after helping Burroughs capture the gold medal at the World Championships in Istanbul, Turkey. Burroughs also captured gold at the 2012 London Olympics, where Manning served as a volunteer coach for the U.S. Freestyle Team. In addition to their success on the mat, Husker wrestlers under Manning have earned 57 academic all-conference selections, including 16 academic All-Big Ten awards during the Huskers' first two seasons in the conference. Five Huskers were named to the 2012 NWCA All-Academic Team, as Nebraska turned in the nation's best team grade-point average (3.46) for the first time in school history.

**Nick Mitchell, Grand View University, IA** – Coach Mitchell has built a collegiate wrestling dynasty from the ground up. He started the first ever wrestling team at Grand View University in 2008. In just six short years, the Vikings have become a perennial power. The Vikings dominated the NAIA level in winning their third straight National Championship in 2014. Mitchell also guided his squad to a third straight Cliff Keen National Dual Championship during the 2014 campaign. The Vikings have produced 13 individual national champions in just six years. Mitchell has been named national and regional coach of the year multiple times. The Vikings have enjoyed a 60-9 dual record during the programs existence.



**Mike Powell, Oak Park & River Forest HS (IL)** – After becoming an NCAA All-American at Indiana University, Coach Powell returned to Oak Park & River Forest S to teach and coach in 1999. In 2010 Mike was presented an Outstanding Educator Award by the Northwestern Chapter Phi Delta Kappa, one of the nation's largest education associations, which includes teachers, principals, superintendents, and higher education faculty and administrators. In March of 2009 just after coaching his wrestling team to win the IHSA AAA State Dual Team Wrestling Championship and just before being honored as the IHSA AAA Coach of the year, Mike was diagnosed with a rare disease called polymyositis, an autoimmune disease that results in the destruction of muscle cells. Polymyositis is often a crippling or fatal condition. Mike has faced his physical challenge with the same courage and ferocity that he uses on the mat, in the classroom or in the coach's chair. His battle with this rare disease and his commitment to education and coaching was a feature story in Sports Illustrated and to be chronicled in documentaries on NBC as well as ESPN. Mike has amassed an impressive listing of coaching accomplishments, including conference, state and national championships. So far in 10 years as head coach his dual record of 207 wins and 30 losses speaks of his commitment, and how he inspires his athletes. He has won 6 USA National Dual Championships and coached scores of national place winners and champions. In 2012 Mike was named USA Wrestling's Cadet Development Coach of the Year. The 2013-14 season was another great one; the Huskies won the Dual State championship and place a record setting 10 wrestlers at the AAA state individual tournament (4 Champions). The Huskies finished the season ranked 2nd in the nation. Mike serves as a role model for hundreds of athletes who look to him for advice, inspiration and help. He lives in River Forest, IL with his hero and wife, Elizabeth.





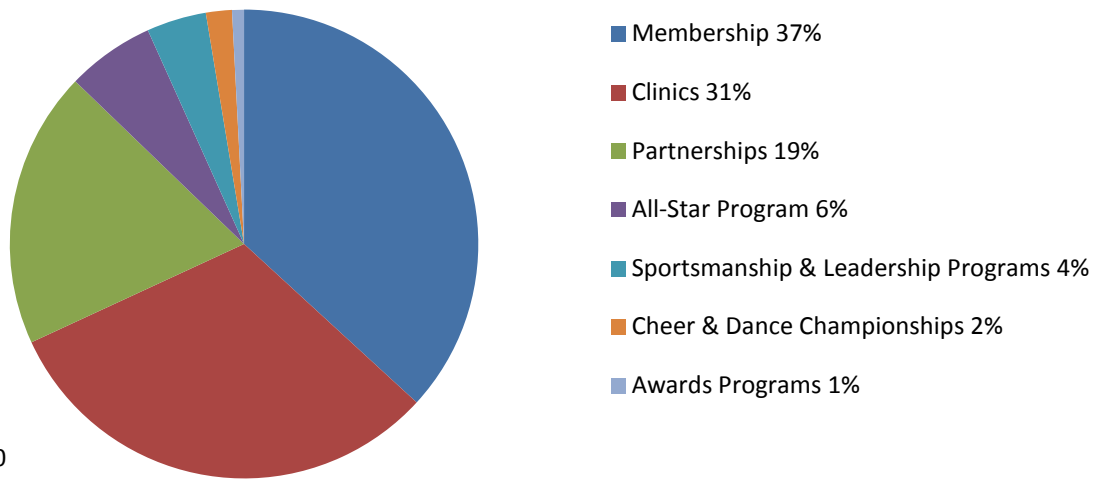
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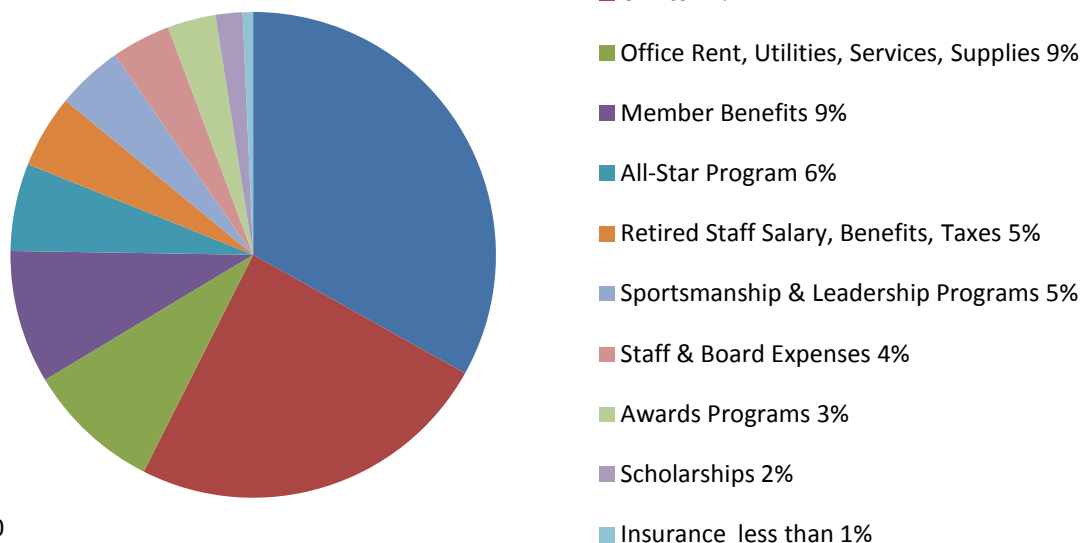
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## 2013-2014 NCA Revenues



Total: \$446,700

## 2013-2014 NCA Expenses



Total: \$445,000

### **2013-2014 NCA Membership as of April 8:**

Members: 3,714  
 Silver Members: 264  
 Gold Cards Issued: 1,047

### **2013-14 NCA Clinic Registrations:**

Multi-Sport Clinic \$50/\$60: 1,982  
 Football Clinic \$25/\$35: 266  
 Track & Field Clinic \$25/\$35: 135

### **New or Special Programs:**

Established Member & Clinic Online Registrations  
 2013 Clinic Luncheon: *Coaching Beyond the Game*

### **2013-2014 NCA Corporate Partners:**

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 Lincoln Convention & Visitors Bureau  
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