

nebraska coach

2016 SPECIAL EDITION

"WHY DO I COACH?"

– JOE EHRMANN &

JODY REDMAN,

2016 NCA

MULTI-SPORTS

CLINIC KEYNOTE

Nebraska Coaches Association's 2016-2017 Clinic & Membership Information

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

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

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

As Husker Team Physicians, we offer you the same care we extend to Husker athletes. Our sports medicine physicians have advanced specialty training enabling injured athletes to once again compete at their absolute best. We do so by addressing injuries in the least invasive manner possible, and ensuring the safest and quickest means back to play and success on the field.

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

Nemaha County Hospital	Auburn
Memorial Hospital	Aurora
Jefferson Community Health Center	Fairbury
Community Medical Center	Falls City
Henderson Community Hospital	Henderson
St. Mary's Hospital	Nebraska City
Annie Jeffrey Memorial County Health Center	Osceola



575 S. 70th Street, Suite 200
Saint Elizabeth Medical Plaza
Lincoln, NE 68510
Toll-Free (888) 488-6667
Direct (402) 488-3322

www.nebraskaortho.com
www.nebsportsconcussion.org

N Your Husker
Team Physicians

nebraska coach

2016 Pre-Clinic/Membership Edition

EXECUTIVE BOARD MEMBERS



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Cody-Kilgore



District VI
Heidi Manion,
Alliance

NCA STAFF



Executive Director
Darin Boysen,
darin@ncacoach.org



Administrative Assistant
Saundi Fugleberg,
saundi@ncacoach.org

The Nebraska Coaches Association is a Proud Member of:



NCA CONTACT INFORMATION

Mailing & Physical Address:
500 Charleston St., Suite #2
Lincoln, NE 68508

Phone number:
402-434-5675

Fax number:
402-434-5689

OFFICE HOURS
Monday - Friday
8:30 a.m. - 4:00 p.m.

CLINIC WEEK SCHEDULE OF EVENTS

Sunday, July 24

49th Annual NCA Awards Banquet
5:00 pm
Great Hall, Train Station, Lincoln
Haymarket

Monday, July 25

NCA Annual Golf Tournament
8:00 am
Wilderness Ridge Golf Club

Girls' Basketball All-Star Game
6:00 pm

Lincoln North Star HS

Boys' Basketball All-Star Game

8:00 pm

Lincoln North Star HS

Tuesday, July 26

NCA Multi-Sport Clinic
7:30 am
Lincoln North Star HS

Volleyball All-Star Match

7:00 pm

Lincoln North Star HS

Wednesday, July 27

NCA Multi-Sport Clinic
7:30 am
Lincoln North Star HS

Softball All-Star Game

TBA

Haymarket Complex

Coaches Night Out

8:30 pm

Barry's

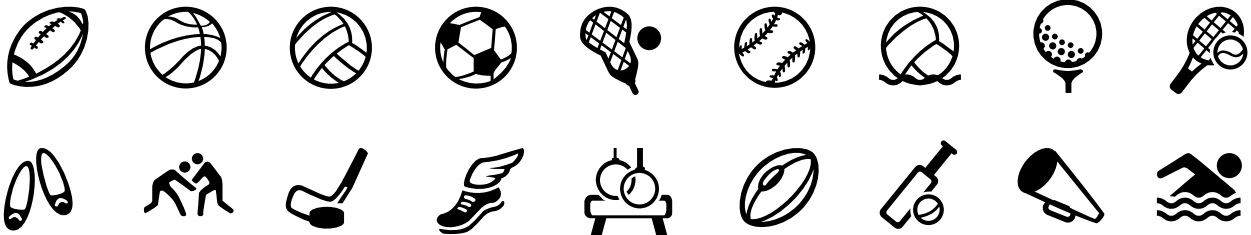
Thursday, July 28

NCA Multi-Sport Clinic
7:30 am
Lincoln North Star HS



WE HELP NEBRASKA COACHES WIN.

PROUD PARTNER OF THE NCA



GET EVERYONE ON BOARD AT [HUDL.COM/GETHUDL](https://hudl.com/gethudl).

2016 Nebraska Coaches Association Summer Clinic Hotel Listings

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

	Single	Double	Triple	Quad	Cont. B-Fast	Hot B-Fast	Shuttle
Host Hotel							
Country Inn and Suites	\$89	\$89	\$93	\$106	X	X	X
North							
Best Western Plus	\$129	\$129	\$139	\$139	X	X	
Comfort Suites North	\$109	\$109	\$119	\$119	X	X	
Hampton Inn & Suites	\$99	\$99	\$129	\$129	X	X	
Sleep Inn & Suites	\$79	\$79	\$79	\$79	X		
Town Place Suites by Marriott	\$116	\$116	\$136	\$136	X	X	
Staybridge Suites-I-80	\$119	\$135	\$135	\$189			
Downtown							
Courtyard by Marriott	\$124	\$124	\$124	\$124		X	X
Embassy Suites						X	X
Holiday Inn Downtown	\$119	\$119	\$119	\$119		X	X
Hyatt Place	\$119	\$119	\$124	\$124	X	X	Airport
The Lincoln Cornhusker Marriott	\$114	\$114	\$124	\$124		X	X
West							
Country Inn and Suites-Airport	\$79	\$79	\$79	\$79		X	X
Hampton Inn Airport	\$99	\$99	\$99	\$99		X	
East							
Chase Suites Hotel					X	X	X
Comfort Suites East	\$99	\$99	\$109	\$109	X	X	X
New Victorian Suites	\$69	\$69	\$89	\$89	X	X	
South							
Holiday Inn Southwest	\$95	\$95	\$105	\$105			



800.423.8212 | lincoln.org

Nebraska Coaches Association Multi-Sport Clinic Partners and Exhibitors

Nebraska Coaches Association Multi-Sport Clinic - Partners and Exhibitors

CLINIC PARTNERS - MAIN EXHIBITOR'S FLOOR, ENTRANCE, SOUTH GYM, AND WRESTLING ROOM:

Great Plains Athletic Conference - #1-2

Hudl - #5-6

Cricket School & Team - #8-9

American Volleyball Coaches Association (South Gym)

Nebraska Orthopaedic & Sports Medicine, Lincoln - #15

Nebraska National Guard - East Lobby

Lincoln Convention & Visitors Bureau

Nebraska Community Blood Bank

Sid Dillon

Fundraising University - #3-4

Sideline Power - #7

Russell Athletic - #12-14

USA Football - #58

Baden Sports - #19-20

National Wrestling Coaches Association (WR Room)

Gatorade

Coaches Choice - Coaches Resource Center

Side Out Foundation (South Gym)

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

Lou's Sporting Goods - #10-11

Max Preps - #18

UNL Army ROTC - #24

Bison Inc - #27

Hauff Sporting Goods - #30-31

Custom Sports - #33

Universal Cheerleaders Association - #35

Lids Team Sports - #38

Push Pedal Pull - #16-17

GTM - #21-23

Mueller Sports Medicine - #25-26

The Graphic Edge - #28-29

Mid-American Sports Construction - #32

National Cheerleaders Assoc. - #34

Rogers Athletic - #36-37

BSN Sports - #39-40

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

Nova Fitness Equipment - #41-42

rSchoolToday - #45

Deli International Fundraising - #47

Misko Sports - #43-44

Nfinity Athletics LLC - #46

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

Blazer Manufacturing LLC - #55

X-Grain Sportswear - #57

Shirt Shack - #60-61

Fellowship of Christian Athletes - #63

Dr. Dish - #65

Wegener Safety Latch - #67

Nebraska State Education Association - #56

Riddell - #59

Nebraska High School Sports Hall of Fame - #62

SectorNow LLC - #64

Body Basics - #66

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



2016 marks the fifth 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 three organizations will be partnering with the Nebraska Community Blood Bank for a blood drive during the NCA Multi-Sport Clinic on Wednesday, July 22 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. Only those that sign up within the online times at North Star will receive a Scheels gift card and 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.nccb.org and use the sponsor code NECA to register.

Questions, call (877) 486-9414. Thank you in advance for *Being the Type that Gives*.

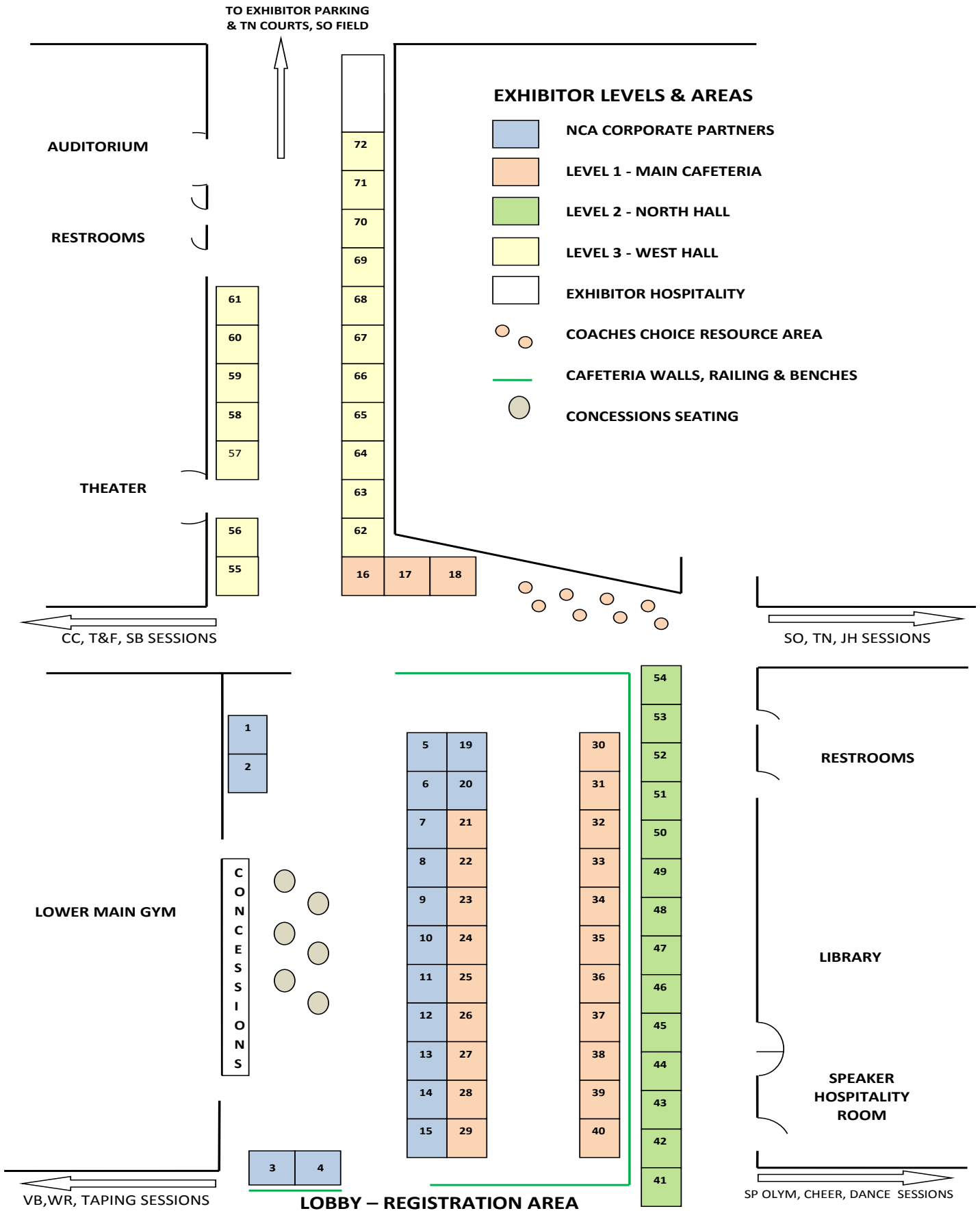
SID DILLON



SCHEELS

2016 Nebraska Coaches Association Multi-Sport Clinic

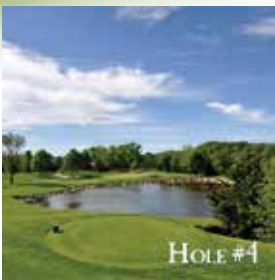
Exhibitor Layout





Nebraska Coaches Association's 2016 4-Person Coaches Golf Scramble

Monday, July 25 – Wilderness Ridge Golf Club



Tee-times will be available from 8:00 a.m. to 1:45 p.m.
\$55.00 for NCA members & \$65.00 for non-members
Includes green fees, cart, range balls, and hamburger, chips & fountain drink

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



Please plan to register a complete team of four.
Flight prizes – pro shop credit, can be picked up
at the NCA Clinic at the NCA Booth.

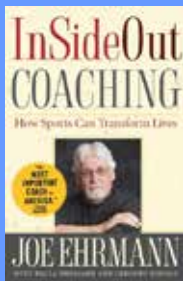
****PLEASE DO NOT CALL WILDERNESS RIDGE GOLF CLUB FOR TEE-TIMES****

Tuesday July 26

Main Gym



The InSideOut® Philosophy is based on the teaching in Joe's book:



*InSideOut Coaching:
How Sports Can Transform Lives*

Lead by a passion to recapture the purpose of sport as an integral component of education in American schools, Joe and Jody teamed together 3 years ago. With funding from the NFL Foundation, they have co-founded A National Initiative to Transform Sports Culture by providing a blueprint for systemic change that centers on Awareness, Alignment, Action and Accountability.

nebraska coach

Why Do I Coach?

Coach For America's

Joe Ehrmann

and

Jody Redman

will share

The InSideOut® System to Transformational Coaching

Why Do I Coach?

Why Do I Coach the Way That I Do?

What Does it Feel Like to Be Coached By Me?

How Do I Define Success?

"Too many coaches have no clear, concise purpose other than winning and chose a path uncertain of where they will end or how their direction will affect their players. You can't navigate a ship by studying the wind and the waves alone—you have to set your sights on a port, a lighthouse, some WHY—the purpose that keeps us centered and focused on honoring the high calling of being coaches."

Joe Ehrmann

Coach FOR **America**
Winning in Life is Everything

Coach
AND ATHLETIC DIRECTOR™

Coming in 2016-2017

*Coach and Athletic Director Magazine
Will Be Included in Your Membership*



ENJOY YOUR NEWEST MEMBER BENEFIT

- 8 issues of America's #1 interscholastic and collegiate coaching resource.
- **FREE** monthly Team Sports Strategies e-newsletter featuring exclusive content, videos & more.
- Year-round product sourcing through the Annual Buyers' Guide.
- Priority notification of the latest coaching reports, DVDs, books & downloads.
- Priority notification of new Team Sports Conference & Expo information.

Learn more about Coach and Athletic Director at www.coachad.com.



CLINIC SCHEDULE ON THE WEB

The 2016 NCA Clinic schedule will be available on the NCA website at 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 \$45.00 membership (clinic fee waived). When registering a first year coach, please indicate **'FIRST TIME COACH'** on the online registration form or the form on page 43. This will allow the new coach 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. Refunds will be issued **AFTER** August 1. Refund requests must be made in writing on school letterhead and can be mailed to NCA, 500 Charleston St, Ste 2 Lincoln NE, 68508 – or – emailed to darin@ncacoach.org.

CLINIC GOLF TOURNAMENT

The Nebraska Coaches Association 4-Person Coaches Golf Scramble will be on Monday, July 25, at Wilderness Ridge Golf Club. Cost for the tournament will be \$55.00 for NCA members and \$65.00 for non-members, which includes green fees, cart, range balls, and hamburger, chips & fountain drink. **Tee-times for the four-person scramble will be accepted beginning on Monday, May 9, 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 approximately every 8-10 minutes. Wilderness Ridge Golf Club is located in extreme southwest Lincoln south of Yankee Hill Road between 14th and 27th Streets. Feel free to contact the NCA office for directions. ****PLEASE DO NOT CALL WILDERNESS RIDGE GOLF CLUB FOR TEE-TIMES.****



NEW ACTIVITY/ATHLETIC DIRECTORS NSAA MEETING – SUNDAY, JULY 24 – NSAA BUILDING

1:30-1:45 p.m.	Introductions – NSAA Executive Director and Staff
1:45-2:45 p.m.	What to Expect in Your First 90 Days/Mentor Program – NSIAAA Panel
2:45-3:00 p.m.	Break
3:45-4:30 p.m.	NSAA Points of Emphasis – NSAA Staff

ALL ACTIVITY/ATHLETIC DIRECTORS – NSAA OUT OF THE BLOCKS MEETINGS – MONDAY, JULY 25 – LINCOLN NORTH STAR AUDITORIUM

7:15-8:00 a.m.	Continental Breakfast
8:00-8:15 a.m.	Introductions and Welcome – NSAA Staff
8:15-8:45 a.m.	Heat Acclimatization and Contact Limits
8:45-9:30 a.m.	Review of NSAA Bylaws and Approved Rulings – NSAA Staff
9:30-10:00 a.m.	Questions and Closing Comments – NSAA Staff

COACHES NIGHT OUT – WEDNESDAY, JULY 22 – PRESENTED BY HUDL & HD ENDZONE CAM

Coaches Night Out will return to Barry's 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 also 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 runs from 8:30–11:30 p.m., is co-sponsored by Hudl and HD Endzone Cam.



Follow the NCA and Clinic Updates on Twitter and Facebook @NebrasakaCoach

BEYOND the X's & O's

TUESDAY, JULY 26 1:00-1:50 p.m.

Clinic Attendees May Pick One of the Three Sessions

Joe Ehrmann and Jody Redman, Coach for America: A National Initiative to Transform Sports Culture:

Joe and Jody will share their *Blueprint for Systemic Change*: Awareness of the purpose of sports in our children's lives, Alignment of School Communities around this purpose, Action and Accountability. Developing a plan of action for coaches to provide student-athletes with more than just skill development, strategies and conditioning. There must be a significant shift in culture to get to the true purpose of sports.

Dr. Chris Carr, Ph.D., HSPP, CC-AASP, Sport & Performance Psychologist, St. Vincent Sports Performance:

Chris will share his professional insight to *Mental Training for High School Student-Athletes: Using Sport Psychology Techniques to Enhance Performance*: Sport Psychology techniques and "tools" can enhance confidence, focus, and composure skills with high school student-athletes. However, there is no "magic" in the application of these tools. The purpose of this session is to introduce coaches to the "basics" of mental training, theory behind the techniques, and the application of these tools as a high school coach. Participants will learn how to develop a best practice "recipe" of mental skills application with their teams and student-athletes.

Dr. Coyte Cooper, Ph.D., High Performance Author, Executive Coach, and Speaker, The Earn the Right Academy:

All great sport programs are the result of strong leaders who have the ability to cast a unique vision for athletes and stakeholders. Simply put, they create the type of energy that people are drawn to on a consistent basis. In this *Peak Personal Branding: Leaving a Lasting Impression as a Leader* session, Coyte discusses how leaders can create an approach that allows them to impact their student-athletes in a unique manner. He will also explain how creating a differentiated personal brand is conducive to maximizing interest in sport programs.

CALLAM SPORTS PHOTOGRAPHY

ACTION PHOTOS

PHOTO BUTTONS

PROVIDING THE VERY BEST SPORTS PHOTOGRAPHY SERVICES FOR SCHOOLS, CLUBS, AND ORGANIZATIONS

TEAM & INDIVIDUAL PHOTOS

PHOTO COLLAGES

EMAIL: CALLAMSPORTS@GMAIL.COM PHONE: 402-419-6218 WEBSITE: CALLAMSPORTSPHOTO.COM

The advertisement is a collage of sports photography services. It features several examples of work: a water bottle with a photo button, a portrait of a softball player (Sara Holmgren), action shots of a soccer game, a football player (Jordan Powell), a softball team photo (Viking Softball), a large group photo of an Orangetown Football team, and a collage of football players. The text is overlaid on these images in various colors and fonts.



FUEL YOUR GAME FROM BEGINNING TO END. WIN FROM WITHIN.®

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ATHLETIC DIRECTORS

Location: Library Unless Otherwise Noted

Tuesday, July 26

- 7:30 am-4:30 pm Registration & Exhibit Areas Open
8:30-9:20 am Chris Carr, St. Vincent Sports Performance, IN: The Mental Game: Sport Psychology & Mental Training for the High School Student-Athlete
9:50-11:20 am **Welcome & Keynote by Joe Ehrmann & Jody Redman, Coach for America: Why Do I Coach?** Main Gym
11:20 am-1:00 pm Lunch Break
1:00-1:50 pm **Beyond the X's & O's**
Dr. Chris Carr, St. Vincent Sports Performance: Mental Training for High School Student-Athletes: Using Sport Psychology Techniques to Enhance Performance Main Gym
Dr. Coyte Cooper, High Performance Author & The Earn the Right Academy: Peak Personal Branding - Leaving a Lasting Impression as a Leader South Gym
Joe Ehrmann & Jody Redman, Coach for America: Blueprint for Systemic Change Auditorium
2:20-3:10 pm Dr. Coyte Cooper, High Performance Author & The Earn the Right Academy: Peak Personal Branding: Leaving a Lasting Impression as a Leader
2:20-3:50 pm NE Orthopaedic & Sports Medicine Lincoln: Care & Prevention of Athletic Injuries - Taping for Coaches Training Room
3:30-4:20 pm Dr. Coyte Cooper, High Performance Author & The Earn the Right Academy: The Fundamentals of High Performance: Five Steps to Lead at an Extraordinary Level

Wednesday, July 27 **Blood Drive – Nebraska Community Blood Bank – West Side of LNS – “Be the Type that Gives” – Presented by Scheels & Sid Dillon**

- 7:30 am-3:30 pm Registration & Exhibit Areas Open
8:30-9:45 am Scott Garvis, Newton HS, IA: Operating First Class Athletic Department
10:00-11:15 am Scott Garvis, Newton HS, IA:- Social Media & Technology
11:30 am -Noon NCA District Meetings
Noon-1:30 pm Lunch Break & NCA Sports Advisory Committee Luncheon
1:30-2:20 pm Rob Miller, Proactive Coaching: Building Core Covenants for Your Athletic Department
1:30-3:00 pm NE Orthopaedic & Sports Medicine Lincoln: Care & Prevention of Athletic Injuries -Taping for Coaches Training Room
1:30-2:20 pm Dave Schultz, NE Sports Concussion Network: Refresher: ImPact-Baseline Testing & Training, Sign Up at Booth #15 D023
2:40-3:30 pm Rob Miller, Proactive Coaching: Seven Ways to Lead - Developing Leaders

Thursday, July 28

- 7:30-11:00 am Registration & Exhibit Areas Open
8:00-9:30 am Nebraska State Activities Association: Head, Heart & Heat Certification Auditorium
9:50-10:40 am Dan Masters, Nebraska State Activities Association: The ADs Role in Administering Unified Bowling
Noon End of Clinic Drawings Main Gym

BASKETBALL

Location: Main Gym Unless Otherwise Noted

Tuesday, July 26

- 7:30 am-4:30 pm Registration & Exhibit Areas Open
8:30-9:20 am Chris Kielsmeier, Wayne State College, NE: Team Drills & Skill Development
9:50-11:20 am **Welcome & Keynote by Joe Ehrmann & Jody Redman, Coach for America: Why Do I Coach?** Main Gym
11:20 am-1:00 pm Lunch Break
1:00-1:50 pm **Beyond the X's & O's**
Dr. Chris Carr, St. Vincent Sports Performance: Mental Training for High School Student-Athletes: Using Sport Psychology Techniques to Enhance Performance Main Gym
Dr. Coyte Cooper, High Performance Author & The Earn the Right Academy: Peak Personal Branding - Leaving a Lasting Impression as a Leader South Gym
Joe Ehrmann & Jody Redman, Coach for America: Blueprint for Systemic Change Auditorium
2:20-3:10 pm Win With Hudl: 5 Ways to Get the Most from Your Video D023
2:20-3:10 pm Dr. Chris Carr, St. Vincent Sports Performance, IN: Introduction to Mental Skills Training for Enhancing Basketball Performance
2:20-3:50 pm NE Orthopaedic & Sports Medicine Lincoln: Care & Prevention of Athletic Injuries - Taping for Coaches Training Room
3:30-4:20 pm Dr. Chris Carr, St. Vincent Sports Performance, IN: Developing Positive Team Chemistry for Optimal Basketball Performance

Wednesday, July 27 **Blood Drive – Nebraska Community Blood Bank – West Side of LNS – “Be the Type that Gives” – Presented by Scheels & Sid Dillon**

- 7:30 am-3:30 pm Registration & Exhibit Areas Open
8:30-9:45 am Don Showalter, USA Developmental National Team, Iowa City HS, IA: Pressing Defenses
10:00-11:15 am NSAA Rules/Interp. & NCA Sport Meeting
11:30 am -Noon NCA District Meetings
Noon-1:30 pm Lunch Break & NCA Sports Advisory Committee Luncheon
1:30-2:20 pm Don Showalter, USA Developmental National Team, Iowa City HS, IA: Ball Screen Offense Continuity
1:30-3:00 pm NE Orthopaedic & Sports Medicine Lincoln: Care & Prevention of Athletic Injuries -Taping for Coaches Training Room
1:30-2:20 pm Dave Schultz, NE Sports Concussion Network: Refresher: ImPact-Baseline Testing & Training, Sign Up at Booth #15 D023
2:40-3:30 pm Don Showalter, USA Developmental National Team Iowa City HS, IA: Team Drills to Develop Individual Skills

Thursday, July 28

- 7:30-11:00 am Registration & Exhibit Areas Open

8:00-9:30 am Nebraska State Activities Association: Head, Heart & Heat Certification **Auditorium**
 8:30-9:20 am Jim Boone, Delta State University, MS: Pack Line Defense - Philosophy & Development
 9:50-10:40 am Jim Boone, Delta State University, MS: Pack Line Defense - Conversion & Post Defense
 11:00-11:50 am Jim Boone, Delta State University, MS: Pack Line Defense - Defeating Screens
 Noon End of Clinic Drawings

BOWLING - UNIFIED

Location - A101 Unless Otherwise Noted

Tuesday, July 26

7:30 am-4:30 pm Registration & Exhibit Areas Open
 9:50-11:20 am **Welcome & Keynote by Joe Ehrmann & Jody Redman, Coach for America: Why Do I Coach?** **Main Gym**
 11:20 am-1:00 pm Lunch Break
 1:00-1:50 pm **Beyond the X's & O's**
 Dr. Chris Carr, St. Vincent Sports Performance: Mental Training for High School Student-Athletes: Using Sport Psychology Techniques to Enhance Performance **Main Gym**
 Dr. Coyte Cooper, High Performance Author & The Earn the Right Academy: Peak Personal Branding - Leaving a Lasting Impression as a Leader **South Gym**
 Joe Ehrmann & Jody Redman, Coach for America: Blueprint for Systemic Change **Auditorium**
 2:20-3:10 pm Dan Masters, Nebraska School Activities Association: The Unified Sports, Bowling Program - Part 1
 3:30-4:20 pm Dan Masters, Nebraska School Activities Association: The Unified Sports, Bowling Program - Part 2

Wednesday, July 27 **Blood Drive – Nebraska Community Blood Bank – West Side of LNS – “Be the Type that Gives” – Presented by Scheels & Sid Dillon**

7:30 am-3:30 pm Registration & Exhibit Areas Open
 8:30-9:45 am Larry Puntney, Lincoln Pius X Club Bowling: Fundamentals of Coaching Unified Sports, Bowling - Part 1
 10:00-11:15 am Larry Puntney, Lincoln Pius X Club Bowling: Fundamentals of Coaching Unified Sports, Bowling - Part 2
 11:30 am -Noon NCA District Meetings
 Noon-1:30 pm Lunch Break
 1:30-2:20 pm Larry Puntney, Lincoln Pius X Club Bowling: Unified Sports, Bowling Skills/Techniques - Part 1 **Parkway Lanes, 2555 S 48th St.**
 2:40-3:30 pm Larry Puntney, Lincoln Pius X Club Bowling: Unified Sports, Bowling Skills/Techniques - Part 2 **Parkway Lanes, 2555 S 48th St.**

Thursday, July 28

7:30 am-11:00 am Registration & Exhibit Areas Open
 8:00-9:30 am Nebraska State Activities Association: Head, Heart & Heat Certification **Auditorium**
 Noon End of Clinic Drawings **Main Gym**

CHEERLEADING Presented by Universal Cheerleading Association

Location: A102 Unless Otherwise Noted Coaches May Attend Tuesday OR Wednesday to Receive

AACCA Safety Certification (Required for Game Day Stunting)

Tuesday, July 26

7:30 am-4:30 pm Registration & Exhibit Areas Open
 8:30-9:20 am UCA Staff: Competitive Balance With or Without Stunts
 9:50-11:20 am **Welcome & Keynote by Joe Ehrmann & Jody Redman, Coach for America: Why Do I Coach?** **Main Gym**
 11:20 am-1:00 pm Lunch Break
 1:00-1:50 pm **Beyond the X's & O's**
 Dr. Chris Carr, St. Vincent Sports Performance: Mental Training for High School Student-Athletes: Using Sport Psychology Techniques to Enhance Performance **Main Gym**
 Dr. Coyte Cooper, High Performance Author & The Earn the Right Academy: Peak Personal Branding - Leaving a Lasting Impression as a Leader **South Gym**
 Joe Ehrmann & Jody Redman, Coach for America: Blueprint for Systemic Change **Auditorium**
 2:30-3:10 pm UCA Staff: Roundtable Discussion: Skill Development with Intro to Stunting for Nebraska HS Cheerleading
 3:20-4:20 pm UCA Staff: Classroom Instruction- Safety Credential Training/NFHS Spirit Rules (Skill Development & Stunts)
 4:30-6:30 pm UCA Staff: Hands on Safety Training **Wrestling Room**



Wednesday, July 27 **Blood Drive – Nebraska Community Blood Bank – West Side of LNS – “Be the Type that Gives” – Presented by Scheels & Sid Dillon**

7:30 am-3:30 pm Registration & Exhibit Areas Open
 10:00-10:50 am UCA Staff: Competitive Balance With or Without Stunts
 11:30 am-Noon NCA District Meetings
 Noon-1:30 Lunch Break
 1:30-2:10 pm UCA Staff: Roundtable Discussion: Skill Development with Intro to Stunting for Nebraska HS Cheerleading
 2:20-3:20 pm UCA Staff: Classroom Instruction- Safety Credential Training/NFHS Spirit Rules (Skill Development & Stunts)
 3:30-5:30 pm UCA Staff: Hands on Safety Training **Wrestling Room**

CROSS COUNTRY

Location: E119 Unless Otherwise Noted

Tuesday, July 26

7:30 am-4:30 pm Registration & Exhibit Areas Open

nebraska coach

- 8:30-9:20 am Arnie Mieke, Darlington HS, WI: Development of a Coaching and Team Philosophy
 9:50-11:20 am **Welcome & Keynote by Joe Ehrmann & Jody Redman, Coach for America: Why Do I Coach?** Main Gym
 11:20 am-1:00 pm Lunch Break
 1:00-1:50 pm **Beyond the X's & O's**
 Dr. Chris Carr, St. Vincent Sports Performance: Mental Training for High School Student-Athletes: Using Sport Psychology Techniques to Enhance Performance **Main Gym**
 Dr. Coyte Cooper, High Performance Author & The Earn the Right Academy: Peak Personal Branding - Leaving a Lasting Impression as a Leader **South Gym**
 Joe Ehrmann & Jody Redman, Coach for America: Blueprint for Systemic Change **Auditorium**
- 2:20-3:10 pm Arnie Mieke, Darlington HS, WI: Our Chicken Salad Recipe
 2:20-3:50 pm NE Orthopaedic & Sports Medicine Lincoln: Care & Prevention of Athletic Injuries -Taping for Coaches Training Room
 3:30-4:20 pm Arnie Mieke, Darlington HS, WI: Alternative Workouts
- Wednesday, July 27** **Blood Drive – Nebraska Community Blood Bank – West Side of LNS – “Be the Type that Gives” – Presented by Scheels & Sid Dillon**
- 7:30 am-3:30 pm Registration & Exhibit Areas Open
 8:30-9:45 am NSAA Rules/Interp. & NCA Sport Meeting
 10:00-11:15 am Rick Baker, Hopi HS, AZ: Hopi XC System; Coaching Native American Runners
 11:30 am -Noon NCA District Meetings
 Noon-1:30 pm Lunch Break & NCA Sports Advisory Committee Luncheon
 1:30-2:20 pm Rick Baker, Hopi HS, AZ: Hopi XC Championship Workouts
 1:30-3:00 pm NE Orthopaedic & Sports Medicine Lincoln: Care & Prevention of Athletic Injuries -Taping for Coaches **Training Room**
 1:30-2:20 pm Dave Schultz, NE Sports Concussion Network: Refresher: ImPact-Baseline Testing & Training, Sign Up at Booth #15 **D023**
 2:40-3:30 pm Rick Baker, Hopi HS, AZ: Championship Race Preparation & Strategies
- Thursday, July 28**
- 7:30-11:00 am Registration & Exhibit Areas Open
 8:00-9:30 am Nebraska School Activities Association: Head, Heart & Heat Certification **Auditorium**
 9:50-10:40 am Todd Thorson, Ipswich HS, SD: Training the Distance Athlete
 11:00-11:50 am Todd Thorson, Ipswich HS, SD: The Best Workouts to Run in High School
 Noon End of Clinic Drawings **Main Gym**

DANCE Presented by Universal Dance Association

Location: A103 Unless Otherwise Noted - Coaches May Attend Tuesday OR Wednesday to Receive AACCA Safety Certification (Required for Lifts in Hip Hop)



Tuesday, July 26

- 7:30 am-4:30 pm Registration & Exhibit Areas Open
 8:30-9:20 am UDA Staff: Competitive Balance With or Without Lifts
 9:50-11:20 am **Welcome & Keynote by Joe Ehrmann & Jody Redman, Coach for America: Why Do I Coach?** Main Gym
 11:20 am-1:00 pm Lunch Break
 1:00-1:50 pm **Beyond the X's & O's**
 Dr. Chris Carr, St. Vincent Sports Performance: Mental Training for High School Student-Athletes: Using Sport Psychology Techniques to Enhance Performance **Main Gym**
 Dr. Coyte Cooper, High Performance Author & The Earn the Right Academy: Peak Personal Branding - Leaving a Lasting Impression as a Leader **South Gym**
 Joe Ehrmann & Jody Redman, Coach for America: Blueprint for Systemic Change **Auditorium**
- 2:30-3:10 pm UDA Staff: Roundtable Discussion: Skill Development with Intro to Lifts for Nebraska HS Dance
 3:20-4:20 pm UDA Staff: Classroom Instruction- Safety Credential Training/NFHS Spirit Rules (Skill Development & Lifts)
 4:30-6:30 pm UDA Staff: Hands on Safety Training **Practice Gym**

Wednesday, July 27 **Blood Drive – Nebraska Community Blood Bank – West Side of LNS – “Be the Type that Gives” – Presented by Scheels & Sid Dillon**

- 7:30 am-3:30 pm Registration & Exhibit Areas Open
 10:00-10:50 am UDA Staff: Competitive Balance With or Without Lifts
 11:30 am -Noon NCA District Meetings
 Noon-1:30 pm Lunch Break
 1:30-2:10 pm UDA Staff: Roundtable Discussion: Skill Development with Intro to Lifts for Nebraska HS Dance
 2:20-3:20 pm UDA Staff: Classroom Instruction- Safety Credential Training/NFHS Spirit Rules (Skill Development & Lifts)
 3:30-5:30 pm UDA Staff: Hands on Safety Training **Practice Gym**

FOOTBALL 11-MAN Presented by USA Football

Location: Auditorium Unless Otherwise Noted



Tuesday, July 26

- 7:30 am-4:30 pm Registration & Exhibit Areas Open
 8:30-9:20 am Rob Younger, Oregon Athletic Coaches Association/South Albany HS, OR: Creating A Culture For Winning Special Teams With An Emphasis On Punt Team
 9:50-11:20 am **Welcome & Keynote by Joe Ehrmann & Jody Redman, Coach for America: Why Do I Coach?** Main Gym
 11:20 am-1:00 pm Lunch Break

1:00-1:50 pm **Beyond the X's & O's**
 Dr. Chris Carr, St. Vincent Sports Performance: Mental Training for High School Student-Athletes: Using Sport Psychology Techniques to Enhance Performance **Main Gym**
 Dr. Coyte Cooper, High Performance Author & The Earn the Right Academy: Peak Personal Branding - Leaving a Lasting Impression as a Leader **South Gym**
 Joe Ehrmann & Jody Redman, Coach for America: Blueprint for Systemic Change **Auditorium**

2:20-3:10 pm David Younger, South Albany HS, OR: South Albany 3-4 Defense
 2:20-3:50 pm NE Orthopaedic & Sports Medicine Lincoln: Care & Prevention of Athletic Injuries -Taping for Coaches **Training Room**
 3:30-4:20 pm David Younger, South Albany HS, OR: South Albany Power Spread Offense

Wednesday, July 27 **Blood Drive – Nebraska Community Blood Bank – West Side of LNS – “Be the Type that Gives” – Presented by Scheels & Sid Dillon**

7:30 am-3:30 pm Registration & Exhibit Areas Open
 8:30-9:45 am NSAA Rules/Interp. & NCA Sport Meeting
 10:00-11:15 am Bob Gaddis, Columbus East HS, IN: Inside & Outside Zone
 11:30 am -Noon NCA District Meetings
 Noon-1:30 pm Lunch Break & NCA Sports Advisory Committee Luncheon
 1:30-2:20 pm Bob Gaddis, Columbus East HS, IN: Gun Session Play Action Pass
 1:30-3:00 pm NE Orthopaedic & Sports Medicine Lincoln- Care & Prevention of Athletic Injuries-Taping for Coaches **Training Room**
 1:30-2:20 pm Dave Schultz, NE Sports Concussion Network- Refresher: ImPact-Baseline Testing & Training, Sign Up at Booth #15 **D023**
 2:40-3:30 pm Bob Gaddis, Columbus East HS, IN: In-Season Weekly & Daily Organization
 3:45-5:00 pm USA Football: Heads Up Football in High Schools Introduction & Panel Discussion: Brett Froendt, Omaha Westside HS, NE, Tom Olson, Norfolk HS, NE, Rob Younger, Executive Director Oregon Athletic Coaches Association, Bob Gaddis, Executive Director, Indiana Football Coaches Association

Thursday, July 28

7:30-11:00 am Registration & Exhibit Areas Open
 8:00-9:30 am Nebraska School Activities Association: Head, Heart & Heat Certification
 8:30-9:20 am Hudl: How to Win with Instant Replay on the Sideline **Theater**
 9:50-10:30 am Kenny Wilhite, Director High School Relations, University of Nebraska: Husker Football -Working with the HS Coach
 11:00-11:50 am University of Nebraska Staff: TBA
 Noon End of Clinic Drawings **Main Gym**

FOOTBALL 8-MAN Presented by USA Football

Location: Theater Unless Otherwise Noted



Tuesday, July 26

7:30 am-4:30 pm Registration & Exhibit Areas Open
 8:30-9:20 am Mark Long, Waldron HS, MI: I-Formation Power Running Game
 9:50-11:20 am **Welcome & Keynote by Joe Ehrmann & Jody Redman, Coach for America: Why Do I Coach?** **Main Gym**
 11:20 am-1:00 pm Lunch Break
 1:00-1:50 pm **Beyond the X's & O's**
 Dr. Chris Carr, St. Vincent Sports Performance: Mental Training for High School Student-Athletes: Using Sport Psychology Techniques to Enhance Performance **Main Gym**
 Dr. Coyte Cooper, High Performance Author & The Earn the Right Academy: Peak Personal Branding - Leaving a Lasting Impression as a Leader **South Gym**
 Joe Ehrmann & Jody Redman, Coach for America: Blueprint for Systemic Change **Auditorium**

2:20-3:10 pm Mark Long, Waldron HS, MI: Building a Winning Tradition at Small School
 2:20-3:50 pm NE Orthopaedic & Sports Medicine Lincoln: Care & Prevention of Athletic Injuries -Taping for Coaches **Training Room**
 3:30-4:20 pm Mark Long, Waldron HS, MI: Play-Action Passing Game

Wednesday, July 27 **Blood Drive – Nebraska Community Blood Bank – West Side of LNS – “Be the Type that Gives” – Presented by Scheels & Sid Dillon**

7:30 am-3:30 pm Registration & Exhibit Areas Open
 8:30-9:45 am NSAA Rules/Interp. & NCA Sport Meeting **Auditorium**
 10:00-11:15 am Tyson Bullard & Staff, Shattuck HS, OK: Productive Program Qualities WE BELIEVE IN
 11:30 am -Noon NCA District Meetings
 Noon-1:30 pm Lunch Break & NCA Sports Advisory Committee Luncheon
 1:30-2:20 pm Tyson Bullard & Staff, Shattuck HS, OK: 3-2 Base Defense & Defending the Spread Offense
 1:30-3:00 pm NE Orthopaedic & Sports Medicine Lincoln: Care & Prevention of Athletic Injuries -Taping for Coaches **Training Room**
 1:30-2:20 pm Dave Schultz, NE Sports Concussion Network: Refresher: ImPact-Baseline Testing & Training, Sign Up at Booth #15 **D023**
 2:40-3:30 pm Blake Lamie & Staff, Shattuck HS, OK: Offensive Philosophy & Blocking Defensive Fronts
 3:45-5:00 pm USA Football: Heads Up Football in High Schools Introduction & Panel Discussion: Brett Froendt, Omaha Westside HS, NE, Tom Olson, Norfolk HS, NE, Rob Younger, Executive Director Oregon Athletic Coaches Association, Bob Gaddis, Executive Director, Indiana Football Coaches Association

Thursday, July 28

7:30-11:00 am Registration & Exhibit Areas Open
 8:00-9:30 am Nebraska School Activities Association: Head, Heart & Heat Certification
 8:30-9:20 am Hudl: How to Win with Instant Replay on the Sideline **Theater**
 9:50-10:30 am Kenny Wilhite, Director High School Relations, University of Nebraska: Husker Football -Working with the HS Coach

11:00-11:50 am University of Nebraska Staff: TBA **Aud**
Noon End of Clinic Drawings **Main Gym**

GOLF

Location: Highlands Golf Course Unless Otherwise Noted

Tuesday, July 26

7:30 am-4:30 pm Registration & Exhibit Areas Open

9:50-11:20 am **Welcome & Keynote by Joe Ehrmann & Jody Redman, Coach for America: Why Do I Coach?** **Main Gym**

11:20 am-1:00 pm Lunch Break

1:00-1:50 pm **Beyond the X's & O's**

Dr. Chris Carr, St. Vincent Sports Performance: Mental Training for High School Student-Athletes: Using Sport Psychology Techniques to Enhance Performance **Main Gym**

Dr. Coyte Cooper, High Performance Author & The Earn the Right Academy: Peak Personal Branding - Leaving a Lasting Impression as a Leader **South Gym**

Joe Ehrmann & Jody Redman, Coach for America: Blueprint for Systemic Change **Auditorium**

2:20-3:10 pm Mimi Ramsbottom, Elkhorn South HS, NE: Drills, Drills and More Drills

3:20-4:10 pm Mimi Ramsbottom, Elkhorn South HS, NE: Summer Points, Season Points and Stats

Wednesday, July 27 **Blood Drive – Nebraska Community Blood Bank – West Side of LNS – “Be the Type that Gives” – Presented by Scheels & Sid Dillon**

7:30 am-3:30 pm Registration & Exhibit Areas Open

8:30-9:30 am Brennan Torgerson, Buhler HS, KS: A Blueprint for Success – What Do You Hang Your Hat On? **Lincoln North Star HS B103**

10:00-11:15 am NSAA Rules/Interp. & NCA Sport Meeting **Lincoln North Star HS B103**

11:30 am -Noon NCA District Meetings **Lincoln North Star HS**

Noon-1:30 pm Lunch Break & NCA Sports Advisory Committee Luncheon

1:30-2:20 pm Brennan Torgerson, Buhler HS, KS: Tournament Preparation – Are Your Players Ready? **Session Begins at Highlands Clubhouse Conference Room**

2:40-3:30 pm Brennan Torgerson, Buhler HS, KS: Practice or Play – Drills for On & Off the Course

Thursday, July 28

7:30-11:00 am Registration & Exhibit Areas Open

8:00-9:30 am Nebraska Schools Activities Association: Head, Heart & Heat Certification **Auditorium**

9:50-10:40 am Brennan Torgerson, Buhler HS, KS: Putting Pressure – Drills to Make the ‘Must Haves’

10:50-11:40 am Brennan Torgerson, Buhler HS, KS: Wedge Play – Decision Making on What Type of Shot to Hit

Noon

End of Clinic Drawings **Main Gym**

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SOCCER

Location: B111 Unless Otherwise Noted

Tuesday, July 26

- 7:30 am-4:30 pm Registration & Exhibit Areas Open
8:30-9:20 am David Copeland-Smith, Beast Mode Soccer, CA: Creating the Self-Reliant Soccer Player
9:50-11:20 am **Welcome & Keynote by Joe Ehrmann & Jody Redman, Coach for America: Why Do I Coach?** **Main Gym**
11:20 am-1:00 pm Lunch Break
1:00-1:50 pm **Beyond the X's & O's**
Dr. Chris Carr, St. Vincent Sports Performance: Mental Training for High School Student-Athletes: Using Sport Psychology Techniques to Enhance Performance **Main Gym**
Dr. Coyte Cooper, High Performance Author & The Earn the Right Academy: Peak Personal Branding - Leaving a Lasting Impression as a Leader **South Gym**
Joe Ehrmann & Jody Redman, Coach for America: Blueprint for Systemic Change **Auditorium**
2:20-3:10 pm David Copeland-Smith, Beast Mode Soccer, CA: Mind Armor: Mastering the Inner Game
2:20-3:50 pm NE Orthopaedic & Sports Medicine Lincoln: Care & Prevention of Athletic Injuries -Taping for Coaches **Training Room**
3:30-4:20 pm David Copeland-Smith, Beast Mode Soccer, CA: 1v1 Demolition

Wednesday, July 27 **Blood Drive – Nebraska Community Blood Bank – West Side of LNS – “Be the Type that Gives” – Presented by Scheels & Sid Dillon**

- 7:30 am-3:30 pm Registration & Exhibit Areas Open
8:30-9:45 am NSAA Rules/Interp. & NCA Sport Meeting
10:00-11:15 am Rob Herringer, Elkhorn Soccer Club: Training Individuals & Small Groups Using the Coerver® Coaching Method **Outside**
11:30 am -Noon NCA District Meetings
Noon-1:30 pm Lunch Break & NCA Sports Advisory Committee Luncheon
1:30-2:20 pm Rob Herringer, Elkhorn Soccer Club: Developing Your Program's DNA
1:30-3:00 pm NE Orthopaedic & Sports Medicine Lincoln: Care & Prevention of Athletic Injuries-Taping for Coaches **Training Room**
1:30-2:20 pm Dave Schultz, NE Sports Concussion Network: Refresher: ImPact-Baseline Testing & Training, Sign Up at Booth #15 **D023**
2:40-3:30 pm Rob Herringer, Elkhorn Soccer Club: Lessons Learned from the United Kingdom's Top Professional Youth Academies

Thursday, July 28

- 7:30-11:00 am Registration & Exhibit Areas Open
8:30-9:20 am Hudl's New Game Changing Soccer Tools
9:50-10:40 am Craig Scriven, Creighton University, NE: Strengths & Weaknesses of 3-5-2 System
11:00-11:50 am Craig Scriven, Creighton University, NE: Transition of Possession Mindset of Players & Team
Noon End of Clinic Drawings **Main Gym**

SOFTBALL

Location: E121 Unless Otherwise Noted

Tuesday, July 26

- 7:30 am-4:30 pm Registration & Exhibit Areas Open
8:30-9:20 am John Tschida, University of St. Thomas, MN: Pitching Velocity: It is All in the Angles – Presented by Baden Sports
9:50-11:20 am **Welcome & Keynote by Joe Ehrmann & Jody Redman, Coach for America: Why Do I Coach?** **Main Gym**
11:20 am-1:00 pm Lunch Break
1:00-1:50 pm **Beyond the X's & O's**
Dr. Chris Carr, St. Vincent Sports Performance: Mental Training for High School Student-Athletes: Using Sport Psychology Techniques to Enhance Performance **Main Gym**
Dr. Coyte Cooper, High Performance Author & The Earn the Right Academy: Peak Personal Branding - Leaving a Lasting Impression as a Leader **South Gym**
Joe Ehrmann & Jody Redman, Coach for America: Blueprint for Systemic Change **Auditorium**
2:20-3:10 pm John Tschida, University of St. Thomas, MN: Hitting Video Analysis – Presented by Baden Sports
2:20-3:50 pm NE Orthopaedic & Sports Medicine Lincoln: Care & Prevention of Athletic Injuries -Taping for Coaches **Training Room**
3:30-4:20 pm John Tschida, University of St. Thomas, MN: Drills, Drills and More Drills for Every Position – Presented by Baden Sports

Wednesday, July 27 **Blood Drive – Nebraska Community Blood Bank – West Side of LNS – “Be the Type that Gives” – Presented by Scheels & Sid Dillon**

- 7:30 am-3:30 pm Registration & Exhibit Areas Open
8:30-9:45 am NSAA Rules/Interp. & NCA Sport Meeting
10:00-11:15 am Cheri Ritz, Waylan Union HS, MI: Winning Through Adversity
11:30 am -Noon NCA District Meetings
Noon-1:30 pm Lunch Break & NCA Sports Advisory Committee Luncheon
1:30-2:20 pm Cheri Ritz, Waylan Union HS, MI: How Wayland Union HS Won 818 Games
1:30-3:00 pm NE Orthopaedic & Sports Medicine Lincoln: Care & Prevention of Athletic Injuries - Taping for Coaches **Training Room**
1:30-2:20 pm Dave Schultz, NE Sports Concussion Network: Refresher: ImPact-Baseline Testing & Training, Sign Up at Booth #15 **D023**
2:40-3:30 pm Cheri Ritz, Waylan Union HS, MI: Winning With Proper Fundamentals & Softball Specific Warm Ups

Thursday, July 28

- 7:30-11:00 am Registration & Exhibit Areas Open
8:00-9:30 am Nebraska School Activities Association: Head, Heart & Heat Certification **Auditorium**
9:50-10:40 am Todd Lavelle, Concordia University: How to Get Your Players to Believe
11:00-11:50 am Todd Lavelle, Concordia University: Putting Pressure on the Defense
Noon End of Clinic Drawings **Main Gym**

SPECIAL OLYMPICS

Recommended Sessions - Special Olympics Coaches are Welcome at Any Clinic Session

Tuesday, July 26

- 7:30 am-4:30 pm Registration & Exhibit Areas Open
8:00-9:30 am Dave Demyan & Terry Clift, Special Olympics Nebraska: Special Olympics Bocce **A101**
9:50-11:20 am **Welcome & Keynote by Joe Ehrmann & Jody Redman, Coach for America: Why Do I Coach?** **Main Gym**
11:20 am-1:00 pm Lunch Break
1:00-1:50 pm **Beyond the X's & O's**
Dr. Chris Carr, St. Vincent Sports Performance: Mental Training for High School Student-Athletes: Using Sport Psychology Techniques to Enhance Performance **Main Gym**
Dr. Coyte Cooper, High Performance Author & The Earn the Right Academy: Peak Personal Branding - Leaving a Lasting Impression as a Leader **South Gym**
Joe Ehrmann & Jody Redman, Coach for America: Blueprint for Systemic Change **Auditorium**
2:00-2:50 pm Richard Hood, Omaha Burke HS, NE & Scott Sorensen, Midwest Swimming: Classroom Instruction: Special Olympics Swimming: **D023**
2:20-3:50 pm NE Orthopaedic & Sports Medicine Lincoln: Care & Prevention of Athletic Injuries -Taping for Coaches **Training Room**
3:00-5:00 pm Richard Hood, Omaha Burke HS, NE & Scott Sorensen, Midwest Swimming: Special Olympics Swimming Hands On Instruction **LNS Swimming Pool**

Wednesday, July 27 **Blood Drive – Nebraska Community Blood Bank – West Side of LNS – “Be the Type that Gives” – Presented by Scheels & Sid Dillon**

- 7:30 am-3:30 pm Registration & Exhibit Areas Open
9:45 am-Noon Special Olympics Hands on Golf Instruction **Highlands Golf Course**
8:30-9:45 am Larry Puntaney, Lincoln Pius X HS Club, NE: Classroom Instruction: Fundamentals of Coaching Unified Sports, Bowling - Part 1 **A101**
10:00-11:15 am Larry Puntaney, Lincoln Pius X HS Club, NE: Classroom Instruction: Fundamentals of Coaching Unified Sports, Bowling - Part 2 **A101**
Noon-1:30 pm Lunch Break
1:30-2:20 pm Dave Demyan, Special Olympics Nebraska: Special Olympics Basketball Player Assessment Training **A101**
1:30-3:00 pm NE Orthopaedic & Sports Medicine Lincoln: Care & Prevention of Athletic Injuries -Taping for Coaches **Training Room**
1:30-2:20 pm Larry Puntaney, Lincoln Pius X HS Club, NE: Unified Sports, Bowling Skills/Techniques: Part 1 **Parkway Lanes, 2555 S 48th St.**
2:30-3:20 pm Dave Schultz, Special Olympics Concussion Training: Meets Annual Nebraska Concussion Awareness Act (LB260) Requirement **D023**
2:40-3:30 pm Larry Puntaney, Lincoln Pius X HS Club, NE: Unified Sports, Bowling Skills/Techniques: Part 2 **Parkway Lanes, 2555 S 48th St.**
3:40-5:30 pm Russ Virus, Lincoln Southeast HS, NE: Special Olympics Basketball Basic Hands on Skills Training **Main Gym**

Thursday, July 28

- 7:30 am-11:00 am Registration & Exhibit Areas Open
8:30-9:20 am Nate Renter, Lincoln North Star HS, NE: Classroom Instruction: Special Olympics Tennis **B105**
8:30-9:20 am Mike Sissel, Special Olympics Nebraska: Classroom Instruction: Special Olympics Power Lifting **A101**
9:45-11:45 am Nate Renter, Lincoln North Star HS, NE: Hands On Instruction: Special Olympics Tennis **LNS Tennis Courts**
9:45-11:45 am Mike Sissel, Special Olympics Nebraska: Hands On Instruction: Special Olympics Power Lifting **LNS Weight Room**
Noon End of Clinic Drawings **Main Gym**

TENNIS

Location: B105 or Outdoor Tennis Courts Unless Otherwise Noted

Tuesday, July 26

- 7:30 am-4:30 pm Registration & Exhibit Areas Open
8:30-9:20 am Mark Miessler, Campbell Co. HS, WY: Player Development **B105**
9:50-11:20 am **Welcome & Keynote by Joe Ehrmann & Jody Redman, Coach for America: Why Do I Coach?** **Main Gym**
11:20 am-1:00 pm Lunch Break
1:00-1:50 pm **Beyond the X's & O's**
Dr. Chris Carr, St. Vincent Sports Performance: Mental Training for High School Student-Athletes: Using Sport Psychology Techniques to Enhance Performance **Main Gym**
Dr. Coyte Cooper, High Performance Author & The Earn the Right Academy: Peak Personal Branding - Leaving a Lasting Impression as a Leader **South Gym**
Joe Ehrmann & Jody Redman, Coach for America: Blueprint for Systemic Change **Auditorium**

2:20-3:10 pm Mark Miessler, Campbell Co. HS, WY: Play in Drills - Part 1
 2:20-3:50 pm NE Orthopaedic & Sports Medicine Lincoln: Care & Prevention of Athletic Injuries - Taping for Coaches Training Room
 3:30-4:20 pm Mark Miessler, Campbell Co. HS, WY: Play in Drills - Part 2
Wednesday, July 27 **Blood Drive – Nebraska Community Blood Bank – West Side of LNS – “Be the Type that Gives” – Presented by Scheels & Sid Dillon**
 7:30 am-3:30 pm Registration & Exhibit Areas Open
 8:30-9:45 am NCA Coaches Roundtable: Moderated by Nolan Dewispelare, Lincoln Pius X
 10:00-11:15 am NSAA Rules/Interp. & NCA Sport Meeting
 11:30 am -Noon NCA District Meetings
 Noon-1:30 pm Lunch Break & NCA Sports Advisory Committee Luncheon
 1:30-2:20 pm Mark Miessler, Campbell Co. HS, WY: Singles Strategy & Drills
 1:30-2:20 pm NE Orthopaedic & Sports Medicine Lincoln: Care & Prevention of Athletic Injuries - Taping for Coaches **Training Room**
 1:30-2:20 pm Dave Schultz, NE Sports Concussion Network: Refresher: ImPact-Baseline Testing & Training, Sign Up at Booth #15 **D023**
 2:40-3:30 pm Mark Miessler, Campbell Co. HS, WY: Doubles Strategy & Drills
Thursday, July 28
 7:30 am-11:00 am Registration & Exhibit Areas Open
 8:00-9:30 am Nebraska School Activities: Head, Heart & Heat Certification **Auditorium**
 Noon End of Clinic Drawings **Main Gym**

TRACK & FIELD

Location: E117 Unless Otherwise Noted

Tuesday, July 26

7:30 am-4:30 pm Registration & Exhibit Areas Open
 8:30-9:20 am Ty Sevin, University of Texas: Integrated Weight Training for Track & Field
 9:50-11:20 am **Welcome & Keynote by Joe Ehrmann & Jody Redman, Coach for America: Why Do I Coach? Main Gym**
 11:20 am-1:00 pm Lunch Break
 1:00-1:50 pm **Beyond the X's & O's**
 Dr. Chris Carr, St. Vincent Sports Performance: Mental Training for High School Student-Athletes: Using Sport Psychology Techniques to Enhance Performance **Main Gym**
 Dr. Coyte Cooper, High Performance Author & The Earn the Right Academy: Peak Personal Branding - Leaving a Lasting Impression as a Leader **South Gym**
 Joe Ehrmann & Jody Redman, Coach for America: Blueprint for Systemic Change **Auditorium**
 2:20-3:10 pm Ty Sevin, University of Texas: Practical Programming for Throwers & Jumpers
 2:20-3:50 pm NE Orthopaedic & Sports Medicine Lincoln: Care & Prevention of Athletic Injuries -Taping for Coaches Training Room
 3:30-4:20 pm Ty Sevin, University of Texas: Transfer of Sport Performance – Key Performance Indicators

Wednesday, July 27

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

7:30 am-3:30 pm Registration & Exhibit Areas Open
 8:30-9:45 am Tommy Badon, Lafayette Christian Academy HS, LA: Mechanics of Speed
 10:00-11:15 am NSAA Rules/Interp. & NCA Sport Meeting
 11:30 am -Noon NCA District Meetings
 Noon-1:30 pm Lunch Break & NCA Sports Advisory Committee Luncheon
 1:30-2:20 pm Tommy Badon, Lafayette Christian Academy HS, LA: Relays
 1:30-3:00 pm NE Orthopaedic & Sports Medicine Lincoln: Care & Prevention of Athletic Injuries - Taping for Coaches **Training Room**
 1:30-2:20 pm Dave Schultz, NE Sports Concussion Network: Refresher: ImPact-Baseline Testing & Training, Sign Up at Booth #15 **D023**
 2:40-3:30 pm Tommy Badon, Lafayette Christian Academy HS, LA: Workout Considerations - Writing Championship Workouts

Thursday, July 28

7:30-11:00 am Registration & Exhibit Areas Open
 8:30-9:20 am Scott King, Birmingham HS, CA: Coaching the Hurdles
 9:50-10:40 am Scott King, Birmingham HS, CA: Principles of Training & Periodization
 11:00-11:50 am Scott King, Birmingham HS, CA: How to Train Athletes in Several Events
 Noon End of Clinic Drawings **Main Gym**

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- Warrior Challenge
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- Fitness Challenge
- Army Physical Fitness Program
- School Banner Program

CLASS PRESENTATIONS

- Career Exploration
- H.E.A.R. (Anti-bullying)
- Health & Nutrition
- Conflict Resolution
- Diversity
- Drugs & Alcohol
- Communication
- Paying for College
- Heritage Outreach
- Homeland Security
- Budgeting
- Leadership
- Iraq/Afghanistan Speaker
- Problem Solving
- Study Techniques



**Contact CSM Brad Beiber
at (308) 440-4176 or
william.b.beiber.mil@mail.mil**

VOLLEYBALL Presented by the American Volleyball Coaches Association

Location: South Gym Unless Otherwise Noted



Tuesday, July 26

- 7:30 am-4:30 pm Registration & Exhibit Areas Open
8:30-9:20 am Mike Brandon, Gretna HS, NE: Through the Looking Glass - An Insider View of the NCA All-Star Practice
9:50-11:20 am **Welcome & Keynote by Joe Ehrmann & Jody Redman, Coach for America: Why Do I Coach?** Main Gym
11:20 am-1:00 pm Lunch Break
1:00-1:50 pm **Beyond the X's & O's**
Dr. Chris Carr, St. Vincent Sports Performance: Mental Training for High School Student-Athletes: Using Sport Psychology Techniques to Enhance Performance Main Gym
Dr. Coyte Cooper, High Performance Author & The Earn the Right Academy: Peak Personal Branding - Leaving a Lasting Impression as a Leader South Gym
Joe Ehrmann & Jody Redman, Coach for America: Blueprint for Systemic Change Auditorium
2:20-3:10 pm John Cook, University of Nebraska: Team & Program Building
2:20-3:50 pm NE Orthopaedic & Sports Medicine Lincoln: Care & Prevention of Athletic Injuries - Taping for Coaches Training Room
3:30-4:20 pm Scott Mattern, Concordia University NE: Your Drill Bank – Making Deposits

Wednesday, July 27 **Blood Drive – Nebraska Community Blood Bank – West Side of LNS – “Be the Type that Gives” – Presented by Scheels & Sid Dillon**

- 7:30 am-3:30 pm Registration & Exhibit Areas Open
8:30-9:45 am NSAA Rules/Interp. & NCA Sport Meeting
10:00-11:15 am Lyndsey Oates, University of Northern Colorado: Training Individual & Team Defense
11:30 am -Noon NCA District Meetings
Noon-1:30 pm Lunch Break & NCA Sports Advisory Committee Luncheon
1:30-2:20 pm Lyndsey Oates, University of Northern Colorado: Making Adjustments Within a Match
1:30-3:00 pm NE Orthopaedic & Sports Medicine Lincoln: Care & Prevention of Athletic Injuries -Taping for Coaches Training Room
1:30-2:20 pm Dave Schultz, NE Sports Concussion Network: Refresher: ImPact-Baseline Testing & Training, Sign Up at Booth #15 D023
2:40-3:30 pm Lyndsey Oates, University of Northern Colorado: Favorite Team Drills

Thursday, July 28

- 7:30-11:00 am Registration & Exhibit Areas Open
8:00-9:30 am Nebraska School Activities Association: Head, Heart & Heat Certification Auditorium
8:30-9:20 am AVCA/NCA Panel Discussion: The Power of Mentoring & Networking: Quality vs Quantity – Moderated by Mary Young, Central Community College-Columbus, NE, AVCA
9:50-10:40 am Nancy Dorsey, St. James Academy HS, KS: How to Train a Hitter
11:00-11:50 am Nancy Dorsey, St. James Academy HS, KS: Fast Paced Practice
Noon End of Clinic Drawings Main Gym

WRESTLING Presented by the National Wrestling Coaches Association

Location: Wrestling Room Unless Otherwise Noted



Tuesday, July 26

- 7:30 am-4:30 pm Registration & Exhibit Areas Open
8:30-9:20 am Brian Smith, University of Missouri: Program Development – Tiger Style
9:50-11:20 am **Welcome & Keynote by Joe Ehrmann & Jody Redman, Coach for America: Why Do I Coach?** Main Gym
11:20 am-1:00 pm Lunch Break
1:00-1:50 pm **Beyond the X's & O's**
Dr. Chris Carr, St. Vincent Sports Performance: Mental Training for High School Student-Athletes: Using Sport Psychology Techniques to Enhance Performance Main Gym
Dr. Coyte Cooper, High Performance Author & The Earn the Right Academy: Peak Personal Branding - Leaving a Lasting Impression as a Leader South Gym
Joe Ehrmann & Jody Redman, Coach for America: Blueprint for Systemic Change Auditorium
2:20-3:10 pm Brian Smith, University of Missouri: Top Series – Breakdowns & Tilts
2:20-3:50 pm NE Orthopaedic & Sports Medicine Lincoln: Care & Prevention of Athletic Injuries -Taping for Coaches Training Room
3:30-4:20 pm Brian Smith, University of Missouri: How to Counter the Legs & Crab Rides

Wednesday, July 27 **Blood Drive – Nebraska Community Blood Bank – West Side of LNS – “Be the Type that Gives” – Presented by Scheels & Sid Dillon**

- 7:30 am-3:30 pm Registration & Exhibit Areas Open
8:30-9:45 am Coyte Cooper, High Performance Author & The Earn the Right Academy & Brian Smith, University of Missouri: It's All About Perception: Give People a Reason to Care About Your Program
9:55-10:25 am NSAA Rules/Interp. & NCA Sport Meeting
10:30-11:20 am NWCA CEO Leadership Academy Session: Brian Smith, University of Missouri & Andy Driska, Michigan State University
11:30 am-Noon NCA District Meetings
Noon-1:30 pm NWCA CEO Leadership Academy Session: (Working Lunch Provided) Brian Smith, University of Missouri & Andy Driska, Michigan State University
1:40-2:30 pm NWCA CEO Leadership Academy Session: Brian Smith, University of Missouri & Andy Driska, Michigan State University
2:40-3:30 pm NWCA CEO Leadership Academy Session: Brian Smith, University of Missouri & Andy Driska, Michigan State University

Thursday, July 28

7:30-11:00 am Registration & Exhibit Areas Open
8:00-9:30 am Chris Ortner, Wartburg College, IA: Wartburg Championship Wrestling – From Your Feet
9:50-10:30 am Chris Ortner, Wartburg College, IA: Wartburg Championship Wrestling – From the Top
11:00-11:50 am Chris Ortner, Wartburg College, IA: Wartburg Championship Wrestling – From the Bottom
Noon End of Clinic Drawings **Main Gym**

BASKETBALL: TEACHING FUNDAMENTALS/JUNIOR HIGH

Location: B103

Tuesday, July 26

2:20-3:10 pm Jason Glines, Lincoln Lutheran HS, NE: Preparing Middle School Players for High School Basketball
3:30-4:20 pm Jason Glines, Lincoln Lutheran HS, NE: Middle School Practices – Don't Forget the Fundamentals!

FOOTBALL: TEACHING FUNDAMENTALS/JUNIOR HIGH

Location: B103

Thursday, July 28

8:30-9:20 am Tracy Lichty, Norfolk HS, NE: The Offensive Line: A Beginners Guide to Coaching
9:50-10:40 am Matt Skiff, Norfolk HS, NE: Tackling & Take-A-Ways; The Core of the 3-5-3 Defense

DISTRICT MEETINGS – WEDNESDAY, JULY 27 – 11:30 AM-NOON

District 1 Auditorium District 4 E117
District 2 Main Gym District 5 Theater
District 3 South Gym District 6 E119



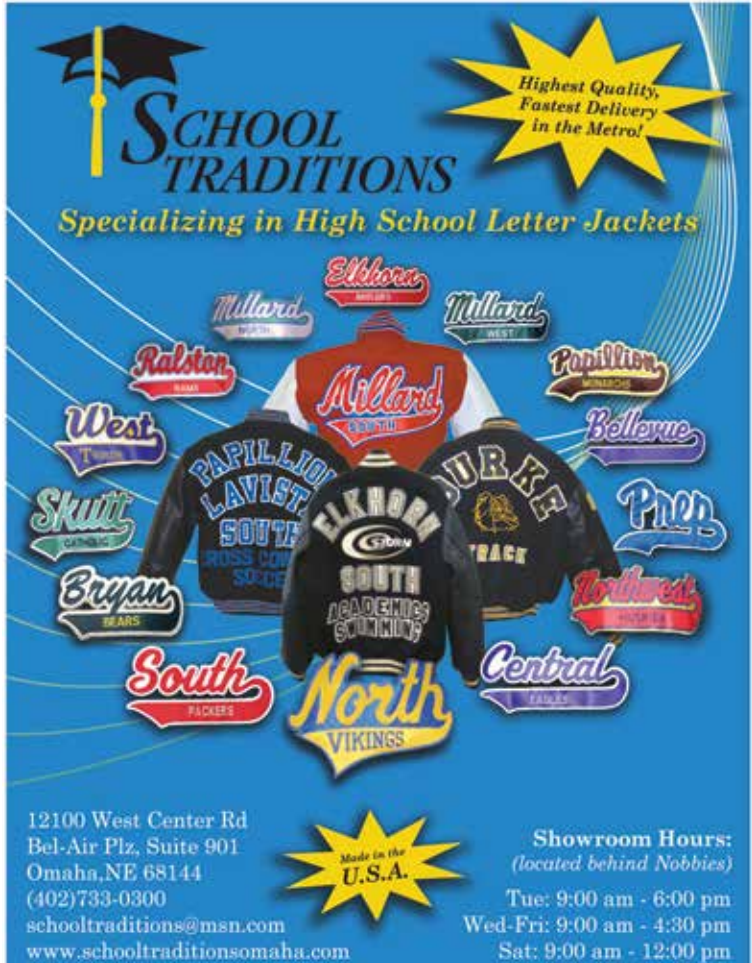
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GIRLS' BASKETBALL

Red Team Coaches:

Head Coach – Scott Polacek, Howells-Dodge
Assistant Coach – Wally Johnson, Louisville

Blue Team Coaches:

Head Coach – Jason Boyd, Kearney
Assistant Coach – Luke Santo, Falls City Sacred Heart

Players:

(teams to be determined at a later date)

Tehillah Alphonso, Omaha Marian, F/P
Grace Barry, Lincoln East, G
Shelby Bretschneider, Pierce, G/F
Katey Brown, GACC, G
Rylie Cascio Jensen, Fremont, G
Colby Duvel, Platteview, G/F
Shandra Farmer, Hastings St. Cecilia, G
Jacki Fowler, Adams Central, G
Maggie Goltz, Falls City Sacred Heart, G/F
Emma Grenfell, York, G
Amanda Hansen, West Point-Beemer, G
Sydney Hupp, St. Mary's, F/P
Nicole Kent, Dundy County-Stratton, F
Dawn Marie Klabenes, CWC, P
Philomena Lammers, Millard West, F/P
Meghan Luper, Fremont, G/F
Elli McMeekin, Columbus, F
Madison Meadows, Gretna, G
Hannah Ostrom, Lexington, G
Sophia Pankratz, Hastings, G
Rebecca Stewart, Minden, F/P
Augusta Thramer, South Sioux City, G
Danielle Wieseler, Wynot, G
Bailey Zarybnicky, Beatrice, G

BOYS' BASKETBALL

Red Team Coaches:

Head Coach – Zac Foster, Adams Central
Assistant Coach – Brian Delimont, Ainsworth

Blue Team Coaches:

Head Coach – Mike Weiss, Bishop Neumann
Assistant Coach – Luke Olson, Bennington

Players:

(teams to be determined at a later date)

Taggart Bailey, Pierce, G
Derek Boyd, Hastings St. Cecilia, F
Logan Cale, Lincoln North Star, G
Brady Delimont, Ainsworth, G
Matthew Hahn, Fremont, G
Dillon Hernandez, Scottsbluff, G
Bart Hiscock, Bennington, G/F
Drew Homa, Creighton Prep, G/F
AJ Jackson, Bellevue West, G/F
Andy Kerkman, Clearwater-Orchard, P
Zach Kitten, Hastings St. Cecilia, F
Chad Lechtenberg, Papillion-La Vista, G
Trevor McKeone, Lexington, F/P
Matt Miller, Norfolk Catholic, G
Sam Morris, Lincoln Southeast, G
Clay Reimers, Lincoln East, F/P
Jared Samuelson, Gretna, G
Nate Schimonitz, Creighton Prep, G
Triston Simpson, Lincoln North Star, G
Brevin Sloup, Seward, G
Wanjang Tut, Omaha Burke, F
Brandon Villalpando, Norfolk, G
Ryan Williams, Fremont, F/P
Landon Zarybnicky, Beatrice, G



VOLLEYBALL

Red Team Coaches:

Head Coach – Mary Schropfer, Lincoln Southwest
Assistant Coach – Jodi Brown, Omaha Central

Blue Team Coaches:

Head Coach – Kristen Lebeda-Svehla, Papillion-La Vista
Assistant Coach – Dani White, Freeman

Players:

(teams to be determined at a later date)

Morgan Alexander, Ord, S/Lib
Kayla Bachle, Northwest, Lib
Kylie Belt, Emerson-Hubbard, MH
Brianna Boender, Waverly, S
Dani Carlson, Elkhorn, S /MH
Taylor Crandall, Papillion-La Vista South, S
Taylor Els, Lincoln Southwest, Lib
Kelsey Green, Elkhorn South, MH/OH
Chandler Hageman, Chadron, OH
Lauren Hinrichs, Doniphan-Trumbull, MH/OH
Kiley Hixson, Aurora, OH
Mollie Kaps, Bertrand, RS
Breanne Kreikemeier, GACC, MH
Alison Kuenle, North Platte, OH
Raegan LeGrand, Papillion-La Vista South, OH
Emily Lenner, Freeman, MH
Cassidy Loberg, Millard West, MH
Elizabeth Loschen, Omaha Marian, RS
Halie McCardle, Gretna, OH
Nerissa Moravec, Lincoln Southeast, MH
Olivia Nicholson, North Platte, MH
Maeghan Pieper, Columbus Scotus, MH
Payton Rosendahl, Columbus Lakeview, OH
Maddie Squiers, Kearney Catholic, RS/S
Katie Stephens, Papillion-La Vista, OH
Brittany Witt, Omaha Marian, Lib
Alyssa Woodman, Omaha Skutt, OH
Amanda Young, Gretna, Lib

SOFTBALL

Red Team Coaches:

Head Coach – Don Rempe, Lincoln Pius X
Assistant Coach – Peter Theoharis, Hastings

Blue Team Coaches:

Head Coach – Mike Heard, Omaha Marian
Assistant Coach – John Moody, Seward

Players:

(teams to be determined at a later date)

Jessica Briley, Bishop Neumann, P
Marinda Bryant, Beatrice, SS
Kellyn Daly, Omaha Marian, P
Emma Dargy, Papillion-La Vista, 3B/C
Sam Dellinger, Papillion-La Vista, P
Madison Finley, Papillion-La Vista South, 2B
Camille Fowler, Millard South, OF
Paige Gerdes, Millard South, P/IF
Kenna Heath, Seward, SS/2B
Mackenzie Helman, Lincoln Pius X, SS
Kaitie Johnson, Kearney, SS
Emily Klosterman, Millard West, SS
Maddie Kment, Blair, SS/2B
Libby Knapple, Hastings, 3B
Lexie Linderman, Omaha Marian, 1B/P
Sabrina Luttig, Arlington, C
Ally Marcisak, Millard South, P
Tayler Marshall, Lincoln Southwest, 3B/2B
Michaela Mason, Millard West, OF
Elaina Mayer, Lincoln North Star, OF
Danica Meierhenry, Norris, 3B
Alexis Oden, Beatrice, OF
Mikaela Pechar, Millard West, C
Danica Schaefer, Wayne, C
Brittany Schmiedt, Papillion-La Vista South, OF
Sara Sempek, Papillion-La Vista, OF/P
Morgan Shipley, Lincoln Pius X, OF
Jordyn Stearns, York, SS/C
Kaitlyn Weis, Skutt Catholic, SS/P
Ashton Whited, Elkhorn South, C





2016 NCA – HUDL AWARDS AND RECOGNITION BANQUET

The 49th annual Awards & Recognition Banquet will be held in the evening of Sunday, July 24, at the Great Hall in the Train Station in Lincoln’s Historic Haymarket. Hudl is title partner of the evening event. Several awards will be presented that evening, including the Coach-of-the-Year awards, sponsored by Hudl; Service awards, sponsored by the Nebraska National Guard; and the Jerry Stine Family Milestone Level IV awards, sponsored by Baden Sports. Recognition will also be given to state champion coaches as well as the recipients of several special achievement and career awards. For a complete listing and description of awards given by the Nebraska Coaches Association please visit our website www.ncacoach.org and click on the awards tab.



JERRY STINE FAMILY MILESTONE AWARDS – PRESENTED BY BADEN SPORTS

The NCA Jerry Stine Family 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 Awards Banquet on Sunday, July 24 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 annually.*



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 annually.*

CONGRATULATIONS 2016 NCA CAREER MILESTONE AWARD WINNERS

As of Publication Date

BASKETBALL

Trudy Samuelson, Malcolm, Level IV
Cameron Hudson, High Plains, Level II
Heidi Manion, Alliance, Level II
Justin Royal, Syracuse, Level I
Dwayne Schmitt, Kearney Catholic, Level I

CROSS COUNTRY – BOYS

Max Kurz, Millard West, Level IV
Jayne Arens, Crofton, Level I

CROSS COUNTRY – GIRLS

Jayne Arens, Crofton, Level IV
Max Kurz, Millard West, Level IV
George O’Boyle, Lincoln Pius X, Level IV
Bob Hoyer, Malcolm, Level II

FOOTBALL

Greg Welch, Anderson County, KS, Level IV
Dave Colling, Kearney Catholic, Level I
Ryan Jones, Maxwell, Level I

GOLF – BOYS

Jeremy Epp, Southern Valley, Level I
Russ Udey, Blair, Level I

GOLF – GIRLS

Russ Udey, Blair, Level I

SOFTBALL

Dan Hogan, Papillion-LaVista South, Level II

TRACK – BOYS

Max Kurz, Millard West, Level IV

VOLLEYBALL

Brad Nelson, Axtell, Level IV
Donna Benson, West Boyd, Level III
Dani White, Freeman, Level I

2016 NCA SERVICE AWARD HONOREES

As of Publication Date

Congratulations to the following individuals for receiving 2016 NCA Service Awards

25 YEAR

Mike Arnold, Papillion-La Vista South
Daniel Hall, Millard West
Nancy Harrington, St. Paul
Ronda Motykowski, Omaha Marian
Rick Nordhues, Syracuse
Cory Vasek, Yutan
Bob Wald, DC West

35 YEAR

Stan Erks, Centennial
Ron Haden, Aurora
Dean Korus, Humphrey St. Francis
Ed Lowe, Shelton
Dick Ross, Grand Island Central Catholic

40 YEAR

Jim Eberly, Red Cloud
Robert Eichenberger, Johnson County Central
Cecil Hinshaw, Elkhorn Valley View Middle
Bill Kechely, Lincoln East
Bill Mimick, Lindsay Holy Family
Jack Sobotka, Meridian

45 YEAR

Pat Ivers, Beveridge Middle
Les Livingston, Kearney
Duane Mendlik, Wisner-Pilger
Wayne "Rusty" Ruppert, Loup County & Sargent



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Grand Island Northwest**

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- Volleyball Coach
- Member, Nebraska Coaches Association Volleyball Advisory Committee
- Member, NBEA and NSBEA
- Past Member, Nebraska Coaches Association Board of Directors

“I have always belonged to both the Nebraska Coaches Association and the NSEA. There is great value in belonging to both organizations, and I appreciate the support they provide and the work they do for the coaching and teaching professions.”

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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 2016-17 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 2016-17 NCA member or NCA Silver (Retired) Member, may purchase the exclusive Gold Card for only \$20 annually by October 1.

NCA members must purchase their Gold Card by October 1, 2016. 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 go directly to the NSAA.

The Gold Card will allow admission to an 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.



NCA MEMBER BENEFITS:

- Year-round \$1,000,000 coaching and classroom liability coverage (must have a contract with a school)
- \$20 Annual Gold Card - Good for Admission to most NSAA State Championships (must purchase by Oct. 1)
- Year-Round Discounted Room Rates at Country Inn & Suites - Lincoln North 27th Street
- NEW: Annual Digital Subscription of Coach and Athletic Director Magazine
- Free admission for two to NCA All-Star Volleyball Match, Boys' & Girls' Basketball Games, and Softball Games
- Free admission to the annual Shrine Bowl Football Game
- Free admission, with membership card, to select college-sponsored games in Nebraska (not UNL)
- Nebraska Coach Magazine online (Fall, Winter, Spring Editions)
- Nebraska Coach Magazine Pre-Clinic Printed Edition
- Committees to make recommendations regarding sports rules changes
- Recognition for coaching accomplishments and achievements through the Stine Jerry Stine Family Milestone Awards
- State and National Coach-of-the-Year recognition
- Eligibility to coach in the Annual All-Star Games
- Service Awards (25, 35, 40, 45 & 50 year) recognition
- NCA Sports Clinics & Affiliated Events at a Discounted Rate

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NSAA RULES MTGS. FOLLOWED BY NCA SPORT MTGS. AT 2016 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, 8:30 a.m.-9:45 a.m.

Cross Country – Wednesday, 8:30-9:45 a.m.
Golf – Wednesday, 10:00 a.m.-11:15 a.m. (LNS B103)
Softball – Wednesday, 8:30 a.m.-9:45 a.m.
Tennis – Wednesday, 10:00 a.m.-11:15 a.m.
Wrestling - Wednesday, 9:55 a.m.-10:25 a.m.

SPORTS MEDICINE SESSIONS:

IMPACT BASELINE TESTING & TRAINING, 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 27 from 1:30-2:20 p.m. Please plan to sign up at the Nebraska Orthopaedic and Sports Medicine exhibitor booth prior to the session.
- 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 26, 2:20-3:50 p.m. and Wednesday July 27, 1:30-3:00 p.m.

NSAA HEAD, HEART & HEAT REQUIRED CERTIFICATION Thursday, July 28 from 8:00 to 9:30 a.m. in the Lincoln North Star Auditorium

Starting with the 2016-17 school year, all coaches from NSAA member schools will be required to take a total of three online courses from the NFHS. For the last three years, the NSAA has required the coaches to take the NFHS “Concussion in Sports” course. In January of 2016 the NSAA Board of Directors voted 8-0 to require the coaches to take two additional courses from the NFHS. **“Heat Illness Prevention” and “Sudden Cardiac Arrest” will be added to “Concussion in Sports” and will be required for all coaches.**

Concussions have been in the forefront of athletic participation for the last several years and continue to be one of the top concerns for the NSAA.

Exertional heatstroke is the leading preventable cause of death among athletes. With the proper knowledge and planning, it is not only preventable but 100% preventable.

Sudden cardiac arrest is the leading cause of deaths in students involved in activities. If you can use an Automated External Defibrillator (AED) within three minutes, the chances of survival increase to 70%. If used within one minute those odds rise to 90%. For every minute that goes by without using an AED, the chances for survival decrease 7-10%

The NCA in conjunction with the NSAA are making these courses available for any coach that is attending the multi-sports clinic. We are taking the time to administer all three courses that will fulfill your requirement for the 2016-17 school year. This will be offered **Thursday, July 28 from 8:00 to 9:30 a.m. in the Lincoln North Star Auditorium.** All three requirements will be offered online at the NFHS web site.



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2016 Nebraska Coaches Association Multi-Sports Clinicians

KEYNOTE ADDRESS



Joe Ehrmann, Coach for America: Joe, an All-American football player, was named to Syracuse University's All-Century Team, lettered in lacrosse and received the Arents Award, SU's Most Distinguished Alumni honor for his contributions to society. Joe played professional football for 13 years and was named Baltimore Colt's Man of the Year. He was the NFL's first Ed Block Courage Award Recipient, and named "The Most Important

Coach in America" by *Parade Magazine*. The Institute chose him as one of The Most Influential Sports Educators in America for International Sport and his revolutionary concepts of transformational coaching are the subject of his book, *InSideOut Coaching: How Sports Can Transform Lives*. Joe was also the subject of New York Times Best-Seller, *Season of Life: A Football Star, a Boy, A Journey to Manhood*. Among many other awards, the Baltimore Business Journal selected him as the Renaissance Person of the Decade for his dedication and commitment to Baltimore City's betterment. He was the National Fatherhood Initiative's Man of the Year and the Frederick Douglas National Man of the Year award recipient for empowering youth to prevent rape and other forms of male violence. Joe is co-founder with wife, Paula, of both *Coach for America*, reframing social responsibility of sports and coaches, and *The Door*, a community-based organization that addresses issues of poverty, systemic racism and social justice. He is also co-founder of the NFL Foundation funded *InSideOut Initiative* aimed at implementing education-based athletics that are co-curricular, character-based and led by transformational coaching. Yet, Joe's greatest accomplishments are his 40-year marriage to Paula; his four children Ali, Esther, Barney and Joey; and his two adorable grandsons, Murphy and Beau.



Jody Redman, Coach for America, Minnesota State High School League: A nationally recognized facilitator and speaker, Jody Redman is a former collegiate basketball player and has served as a teacher, coach, Athletic Director and Administrator at both the high school and collegiate levels. Jody carries a dual portfolio as Associate Director for the Minnesota State

High School League (MSHSL) and the Executive Director of Coach for America's InSideOut Initiative. Jody oversees Minnesota's education program for 500 member high schools that includes a professional development program, continuing education requirement and ongoing support and outreach. Her leadership skills and passion for education-based-athletics led her to develop an extensive curriculum called WHY WE PLAY, intended to redirect the focus of the win-at-all-costs sports culture. She is also co-founder of the InSideOut Initiative funded by the NFL Foundation to reclaim the purpose of sport as an integral component of education in American schools. Jody has developed and supported two national health and safety initiatives – Coaching for Change, addressing cultural norms and expectations of youth as it relates to identity, sexual harassment and sexual violence, and Anyone Can Save A Life, a program that assists schools in establishing emergency action plans. Among many other responsibilities, Jody serves on the National Federation of High Schools Strategic Planning and Coaches Education Committee. She is the proud mother of Macee (12) and Carter (9).

BEYOND THE X's & O's



Chris Carr, Ph.D., HSP, Counseling Sport Psychologist – Coordinator of Sport & Performance Psychology Services, St. Vincent Sports Performance, IN: Dr. Carr coordinates training, supervision, research, and applied practice in the area of sport and performance psychology. He is currently the Consulting Sport Psychologist for the Purdue University Athletics Department. He is the Team Performance Psychologist

for the Indiana Pacers (NBA, 2011 to Present) and the Indiana Fever (WNBA, 2001 to Present) and was the consulting sport psychologist for the Oklahoma City Thunder (2008-2011). Prior to joining St. Vincent, Dr. Carr was the Sport/Performance Psychologist at the Methodist Sports Medicine Center, and had been (1995-2000) the Sport Psychologist for The Ohio State University Sports Medicine Center, where his responsibilities included coordinating psychological services for the OSU Athletic Department. Carr served as the Kansas City Royals Sport Psychologist from 1999-2005. He was the team psychologist for the US Men's Alpine Olympic Ski Team during the 2002 Winter Olympic Games in Salt Lake City. A former collegiate football player and native of Muncie, Indiana, he received his B.A. in Psychology from Wabash College and his M.A. in Counseling Psychology from Ball State University, where he was a graduate assistant football coach from 1983-84. He also studied off-campus at Oxford University in Oxford, England, and played club rugby during his stay. Dr. Carr lives in Westfield, Indiana with his wife Kelli and daughter Rachel, who is a junior at Central Michigan University (2015-16) and a member of the CMU Gymnastics team.



Dr. Coyte Cooper, High Performance Author, Executive Coach, and Speaker, The Earn the Right Academy, Durham, NC:

Dr. Cooper is an author, coach, and speaker committed to helping people pursue their highest aspirations so they can live remarkable lives. Passionate about helping people realize their full potential, he uses his past experience as an NCAA Division I All-American athlete to help people understand what it takes to perform at a high level each day. Dr. Cooper is the author of *Impressions: The Power of Personal Branding in Living an Extraordinary Life* and *Make Your Mark: Remarkable Lives Are Not An Accident. They Are Earned. Here's How*. He recently launched a "Fundamentals of High Performance" course and is the host of the "Earn the Right to Live Your Dreams" podcast. Dr. Cooper, a former Sport Marketing professor at UNC-Chapel Hill, has worked with over 200 sport programs in the past five years to help them build their brand. He and his wife Brandy and has two kids, Carter and Mya.

Joe Ehrmann, Coach for America & Jody Redman, Coach for America, Minnesota State High School League: See Keynote biographies.

SPORTS MEDICINE SESSION



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 DIRECTOR

Chris Carr, Ph.D., HSP, Counseling Sport Psychologist – Coordinator of Sport & Performance Psychology Services, St. Vincent Sports Performance, IN: See Beyond The X's & O's Biography

Dr. Coyte Cooper, High Performance Author, Executive Coach, and Speaker, The Earn the Right Academy, Durham, NC: See Beyond The X's & O's Biography



Scott Garvis, Newton HS, IA: Scott Garvis enters his fourth year as director of athletics at Newton after spending the previous two years working as the senior director of athletics at Eastside Catholic. Garvis was named a finalist for the National High School Athletic Coaches Association Athletic Director of the Year in 2015. He has also been named the Iowa High School Athletic Director Association Central Iowa Athletic Director of the Year as well as receiving the IHSADA Distinguished Service Award. Under Garvis' leadership at Newton, the athletic department has made significant strides in becoming a leader in Iowa athletics. The Newton High School athletic and activities department has developed a new athletic website, implemented an online stadium reserved ticket website, instituted a Student Athletic Advisory Council, developed a new sports iPhone app, aided in the addition of a new stadium press box and sound system at HA Lynn Field, developed a new corporate sponsorship program, and implemented baseline and post injury concussion testing for all Newton student-athletes. Garvis serves on the NIAAA accreditation committee as a national faculty member, and serves as the National Chairman for Brand Enhancement Protection for the Interscholastic Sports Committee that will create a united marketing force behind interscholastic sports.



Rob Miller, Proactive Coaching, Liberty, MO: Miller is a partner in Proactive Coaching, LLC. He joined Bruce Brown (founder) in 2008 after the two worked together at the NAIA for many years. Rob travels the country to help schools develop a positive culture through education based athletics. He has coached at the youth, high school and college level and has served as an administrator in many roles at the local, regional and national level. Rob and the Proactive Coaching team will administer the hands-on Nebraska 2016 Sportsmanship and Leadership Summits in November. Miller also serves as the athletic commissioner of the NAIA Wolverine Hoosier Athletic Conference, and has been a featured speaker at the Nebraska Sportsmanship & Leadership Summits. He and his wife Susan have one daughter, Kendall.



Dan Masters, Nebraska School Activities Association: Dan recently completed his first year at the Nebraska School Activities Association, overseeing Softball, Music, Baseball and Unified Sports, Bowling. Previously he served 2 years as Activities Director at South Sioux City High School and 8 years as Business/Physical Education teacher and head boys basketball coach at Concordia Jr/Sr High School. Dan has been involved in athletics/activities as a participant, athlete, coach and administrator. His teaching and coaching philosophies have evolved into preparing students for their lives after their educational experiences, and there is no better way than through activities. One of Dan's responsibilities at the NSAA has been to partner with Special Olympics Nebraska and launch Unified Sports, Bowling within the Nebraska high schools during the 2016-17 school year. Dan is a leadership junkie, loving the "process," and is a lifelong learner.

BASKETBALL



Chris Kielsmeier, Wayne State College, NE: Coach Kielsmeier completed his eighth season as head women's basketball coach at Wayne State College in 2016. As leader of the Wildcats, Kielsmeier has guided the team to a 189-58 record, including a 132-40 mark in the Northern Sun Conference. Kielsmeier has coached Wayne State to four NSIC regular season titles in

the last five years along with two NSIC Sanford Health Tournament titles and five trips to the NCAA Division II National Tournament. In his 16 seasons as a head coach, Kielsmeier owns a career record of 368-102 and has advanced to the NCAA Tournament nine times with one national title. The Wildcats recorded the team's most successful season in school history under Kielsmeier in 2011-12, recording a 32-3 overall record while winning a second straight Northern Sun Conference regular season title with a 20-2 league mark. The Wildcats also vaulted to a number one national ranking for the first time in school history. Kielsmeier was selected NSIC Coach of the Year for a second time and he was awarded Russell Athletic/Region 7 Women's Basketball Coach of the Year for leading the Wildcats to the NSIC and Central Region titles. Before arriving at Wayne State College, Chris served eight years as head coach at Howard Payne University in Brownwood, Texas, an NCAA Division III school. He compiled an

impressive 179-44 record as head coach and led the Lady Jackets to a 33-0 record and the NCAA Division III National championship in 2007-08. Chris is a native of Iowa, graduating from Hubbard-Radcliffe High School, and he is a 1999 graduate of Iowa State University.

Chris Carr, Ph.D., HSP, Counseling Sport Psychologist – Coordinator of Sport & Performance Psychology Services, St. Vincent Sports Performance, IN: See Beyond The X's & O's Biography



Don Showalter, Iowa City HS, IA & USA Basketball

Development National Coach: Coach Showalter has been coaching high school boys' basketball since 1976, when he became the head coach at Elkader Central HS. He then coached at his alma mater, Mid-Prairie, in Wellman, IA, from 1984 to 2012, where he led the Golden Hawks to 446 wins and six trips to the Iowa state tournament. Since 2012, the nine-time Iowa Basketball Coaches Association Coach of the Year has been the head coach at Iowa City HS and has surpassed 600 career wins. Showalter also happens to coach some of the best young basketball players in the world. Since 2009, he has coached USA Basketball Men's Development National Teams to seven gold medals in international competition and has gone undefeated (43-0) along the way. Showalter coached the 1999 McDonald's High School All-America Game, as well as the 2005 and 2012 Jordan Brand All-Star Games. A speaker at basketball clinics around the globe, Showalter will be the head coach of USA's U17 team at the FIBA World Championships in Spain this summer.



Jim Boone, Delta State University, MS: Coach Boone completed his fourth season as head coach of the Delta State University Statesman Basketball program. With over 500 career wins in his collegiate coaching experience, Boone's career record speaks to his success on the hardwood, but his real niche has been at the NCAA DII level where he has posted a blistering 409-204 mark

as a head coach. In 2014 Delta State went 26-7 overall, captured the Gulf South Conference regular season title, and made a run to the NCAA Sweet 16. For his efforts, Boone's peers named him GSC Coach of the Year for the seventh time in his career. Prior to taking over as head coach of the Statesmen Boone spent the 2011-12 season as head coach at West Virginia Wesleyan College, guiding the Bobcats to a school record 22 wins at the DII level and the program's first ever NCAA Division II Regional Tournament Championship appearance. Previously Boone spent 10 years as head coach at California University of Pennsylvania, where he led the program to unprecedented success, including a 228-71 record. During his time with the Vulcans, Boone's squads claimed a 31 win season while also being the No. 1 ranked team in the country in 1992. He led his team to two NCAA DII Final Four appearances, six regular season conference titles, and nine trips to the NCAA Tournament. From California (Pa.), Boone took on the challenge of rebuilding NCAA Division I Robert Morris, eventually leading the Colonials to the NEC Championship game in 2000. In 1999 and 2000, he led RMU to a record of 25-13 in the NEC and produced two of the best seasons in Colonials history. Boone left RMU after 2000 to take on the task of turning Eastern Michigan University into a competitive DI program. In five seasons at EMU, Boone quadrupled the program's wins total.

BOWLING – UNIFIED

Dan Masters, Nebraska School Activities Association: See Athletic Director Biography



Larry Punteney, Lincoln Pius X HS, NE: Coach Punteney has led the Lincoln Pius X bowling program from 2004 to 2012. He returned to the coaching ranks again for the 2015-16 season. Under Punteney's tenure, the Thunderbolts have captured five boys Nebraska High School Bowling Federation state championships, including this past season. (one Class A championship and four Class B championships) Larry began his coaching career in

Sioux City in the late 1990s. Punteney, who is USBC Silver Level certified, bowled collegiately for the University of Nebraska from 1983-1987.

CHEERLEADING



Jim Lord, American Association of Cheerleading Coaches & Administrators Association, NFHS Spirit Rules Committee

Member: Jim has served as the Executive Director for the American Association of Cheerleading Coaches and Administrators (AACCA) since 1997. He is a former captain for the nationally ranked University of Kentucky cheer squad,

and has been involved in cheerleading since 1984 as a cheerleader, coach, and administrator. Jim works with the NFHS Spirit Rules Committee which oversees high school rules nationally for both cheerleading and dance. A recipient of the NFHS Outstanding Service Award, Jim has spoken at over 30 different state coaches' conferences, as well as national and international conferences, on topics including skills technique, program administration, and of course, safety.



Ashley Parnell, Universal Cheerleaders Association: Ashley is currently the State Director of Missouri & Nebraska for Universal Cheerleaders Association. Ashley has experience in judging, coaching, and working with youth, junior high, 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 has guided teams to top 10 finishes the past 4 years at UCA College Nationals in both the all-girl and small coed divisions. Most recently, Drury small coed placed 4th in DII Small Coed and 2nd in World University. Ashley was a college cheerleader at Drury University, where she received her bachelor's degree in public relations and marketing and has been on UCA instructional staff since 2003.



Jason Sack, Universal Cheerleaders Association: Jason has been the Spirit Squads Coordinator at Northwest Missouri State University for the past nine years. His Bearcat Cheerleaders have been named UCA's DII National Champions in 2010, 2012 & 2013. Before Northwest he was the head cheerleading coach for Avila University, where his teams were top 10 finishers

at UCA. Sack was a college cheerleader at Pittsburg State University, earning 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.

CROSS COUNTRY



Arnie Mieke, Darlington HS, WI: Coach Arnie Mieke has coached both the boys' and girls' cross country teams at Darlington High School for the past 34 years. During that time his girls have won 15 conference titles and have qualified 14 teams for the state meet with one runner up finish. His boys' teams have won 17 conference titles and have qualified 19

teams for the state meet with 4 runner up finishes and 7 state championships. His son Tyson won 3 individual state championships. In 2011 and 2012, Coach Mieke's boys' teams became the only teams in division three state meet history to average under 17:00 for 5,000 meters. Arnie is a past president of the Wisconsin Cross Country Coaches Association and is a member of the WCCCA Hall of Fame. He was named the 2015 NFHS National Boys Cross Country Coach of the Year. Mieke also coaches the distance runners in track, where his runners have won individual state titles in the 800, 1600, 3200, and 4X800. He and his wife Ann have 4 children – Carly, Hana, Kent (who runs for UW-Whitewater) and Tyson (who runs for the University of Wisconsin).



Rick Baker, Hopi HS, AZ: Coach Baker has led Hopi High School to the nation's all-time longest high school consecutive state cross country championships - 26 consecutive Arizona state championships (1990-Current). During this time Hopi has also compiled 24 regional championships. In 2015 the National High School Athletic Coaches Association (NHSACA) named Coach

Baker the National Boys' Cross Country Coach of the Year. He has been named the Arizona Coach of the Year on 20 different occasions, while coaching nine individual state champions. Baker, a 1977 Arizona state mile champion and junior college All-American at Haskell Indian Junior College, was an NAIA All-American at the University of Central Oklahoma.



Todd Thorson, Ipswich HS, SD: Coach Thorson completed his 16th year as the Ipswich, SD, head boys and girls cross country coach and his 17th year as the head boys and girls track and field coach this past year. During his tenure, he has coached 14 girls and 11 boys Conference team titles in cross country. In

track and field he has coached his teams to 13 boys and 14 girls Conference team titles, including the last 10 in a row. Todd's cross country teams have won 7 girls team state championships (2000, 2010, 2011, 2012, 2013, 2014, and 2015), one boys team state championship (2006), and 3 runner-up finishes (2001, 2002, 2004). His cross country teams have also won five combined state team championships. Coach Thorson's girls' track and field teams have won the last 4 state team titles in a row (2012, 2013, 2014, and 2015) and all 4 teams have scored higher than the previous state scoring record. Todd has also coached the last 3 Individual National Free Style Jump champions (2013, 2014 and 2015) in the sport of waterskiing and three athletes that have skied for Team USA in the last two Water Ski World Championships.

DANCE

Jim Lord, American Association of Cheerleading Coaches & Administrators Association, NFHS Spirit Rules Committee Member: See Cheerleading Biography



Stacy Shelton, Universal Dance Association: Stacy is currently the UDA State Director for Nebraska, Missouri, Kansas, Oklahoma and Arkansas. She has been a passionate UDA instructor for the past seven years traveling all over the United States, as well as other countries. While traveling she is teaching, judging and working with high school and collegiate

level dancers. Stacy also competed nationally at the High School and College level. While dancing for the University of Memphis she won a UDA College National Championship in the Division 1A Hip Hop category. Stacy also works with some of the top programs in the country with choreography and technique. She resides in Memphis, TN and works out of the corporate office for Varsity Spirit.



Sylvia Carpenter, Universal Dance Association: Sylvia is an eight year UDA staff veteran who has traveled across the United States and Europe on behalf of UDA. She has conducted auditions and conferences for future employees and coaches for the past three years. She has served as a head instructor at camp for the past five years and was a four-year collegiate

dancer. Sylvia currently holds the position as a Varsity Rep for Varsity Spirit Fashion Brands.

FOOTBALL 11-MAN PRESENTED BY USA FOOTBALL



Rob Younger, Oregon Athletic Coaches Association/South Albany HS, OR: Younger has served the last six years as the Director of the Oregon Athletic Coaches Association, which serves all sports and all classifications in Oregon. He began his high school coaching career in 1975. During his 41-year coaching career, he spent 30 years at Sweet Home High School, including

22 years as head football coach. The past four years he has worked as the Special Teams Coordinator at South Albany HS where his son, David is the Head Coach. Special teams has always been a passion for him –he served as coordinator when he was the head coach. He has given special teams presentations at coaching clinics in Oregon, Alabama and California. At Sweet Home his overall record was 201-107, winning numerous league championships and making the state playoffs 24 out of the 30 years he was at the school. During his tenure, Sweet Home won one state championship and finished second once. One of his players was Matt Slauson, four year starter at the University of Nebraska and currently playing with the Chicago Bears. Rob has coached 63 sport seasons in five different sports at the high school level. The American Football Coaches Association (AFCA) selected Younger as the 2007 Power of Influence Award winner. Coach Younger has also umpired baseball at both the collegiate and high school levels for over 40 years. Rob has found time to volunteer with the Sweet Home Fire & Ambulance District (23 years) and serves on the board at Sweet Home Community Chapel. He and his wife, Karen have five children and 15 grandchildren.



David Younger, South Albany HS, OR: David Younger is beginning his fourth year as head coach at South Albany High School. Last Season Younger led the Rebel football team to the conference championship. It was the second league title in school history. The Rebels first league title came in 2000. Coach Younger came to South Albany from Sweet Home High School where he spent 10 years as the defensive coordinator. At Sweet Home Younger worked for his father, Rob, where they won several league Championships and made deep runs in the 4A playoffs. 2016 will be Younger's 16th year as a high school football coach. A husband and father of three children, Younger enjoys coaching and having his boys on the sidelines with him as ball boys. Younger is a 2001 graduate of Oregon State University, and he teaches Exercise Physiology and Weight training at South Albany.



Bob Gaddis, Columbus East HS, IN: Bob has been a head coach in Indiana for 36 years at five different public schools. For the past 15 years he has led the football program at Columbus East High School. His overall record is 277-131, including a 141-15 run since 2004, and 12 consecutive conference championships. His teams have won 11 sectional, 9 regional, 1 semi-state and the 4A state championship. Gaddis has coached at schools ranging from 350 students to 1,600 and three different classifications. His offensive philosophy has ranged from power under center, to the shotgun spread, which his team currently runs. He has had teams lead the state in scoring, passing and rushing on different years. His teams have always been sound defensively and 2-platoon for the past 15 years. Other honors for Coach Gaddis include: 2014 Indiana Football Hall of Fame inductee, 2014 Delaware County Hall of Fame inductee, 2008 Colt Coach of the Year, 3 times Ball State Coach of the Year, 2012 US Army Asst. Coach, and coaching in the Indiana North/South All-star game three times. Bob serves as the Executive Director for the Indiana Football coaches association and its 1,800 members. He has also served on the Board of Directors for the National Organization of Coaches Association Directors. Bob and his wife Karen have two grown children and four grandkids.



Kenny Whilite, University of Nebraska: Whilite joined the Nebraska football staff as a regional recruiting assistant in the spring of 2014. He was named an assistant director of player personnel on Mike Riley's staff, and was promoted to Associate Director of Player Personnel in March of 2015. Whilite is responsible for identifying potential recruits within his assigned region, and serving as an on-campus host for visitors from that region. He came to Nebraska after spending six seasons coaching defensive backs at Southeast Missouri State under former Husker player and coach Tony Samuel. A native of St. Louis, Mo., Whilite previously gained coaching experience at New Mexico State, Dodge City Community College, Emporia State, Kentucky State and Central Arkansas. Kenny was a standout defensive back for the Huskers under Coach Tom Osborne, earning All-Big Eight honors in 1991 after leading the team in interceptions. Whilite played professionally for four seasons in the Canadian Football League and was a CFL all-star in 1996, when he finished third behind Doug Flutie in voting for the league's player-of-the-year award. He earned his bachelor's degree in human development from Nebraska in 1992.

University of Nebraska Staff Member – TBA

FOOTBALL 8-MAN PRESENTED BY USA FOOTBALL



Mark Long, Waldron HS, MI: Coach Long represents the third school in two years to represent the state of Michigan and the early success in 8-Man football. Coach Long's teams have only been playing 8-Man Football for four years. His teams are built on an I-Formation power running game with play action success. Long's Waldron squads have qualified each the four years for the Michigan 8-Man state playoffs winning 26 games in the four year span along with a league championship. Coach Long will share his expertise in developing a new 8-man football program within a small school into a winning tradition.



Tyson Bullard, Head Coach & Defensive Coordinator, Shattuck HS, OK: In his third year as head coach, Tyson guided Shattuck to the 2015 Class C Oklahoma state championship. Coach Bullard was the defensive coordinator at Shattuck for eight years, capturing six Oklahoma state titles and one State Runner-Up finish. Shattuck set the national and Oklahoma all-time consecutive wins record (93 games) for 8-Man Football.



Troy Bullard, Head Coach & Offensive Coordinator from 2001-2011, Assistant Coach 2013- Current, Shattuck HS, OK: Troy guided the Shattuck squad to seven Oklahoma 8-Man football state championships and one State Runner-Up. Bullard also coaches the Shattuck softball team where his squad captured the Oklahoma state title in 2014. During Troy's tenure as head football coach, Shattuck set the national and Oklahoma all-time consecutive wins record (93 games) for 8-Man Football.



Blake Lamle, Shattuck HS, OK: Coach Lamle was the offensive coordinator of the 2015 Class C Oklahoma state championship squad. Blake will enter his fourth year as an assistant for Shattuck this fall. Before coming to Shattuck, Lamle was the head coach at Buffalo High School for 11 years.



Drew Miller, Shattuck HS, OK: Drew became an assistant coach for Shattuck in 2014. Coach Miller's primary responsibilities are working with the defensive and offensive lines. Before his arrival at Shattuck, he was an assistant at Laverne High School, OK, capturing an Oklahoma state championship in 2012. Drew also guided the Laverne basketball team to the state tournament. Coach Miller serves as the Shattuck head basketball coach.

Kenny Whilite, University of Nebraska: See Football 11-Man Biography

University of Nebraska Staff Member – TBA

GOLF



Mimi Ramsbottom, Elkhorn South HS, NE: Mimi has been a teacher and coach for 34 years; 13 years with Osceola Public School, 15 years with Elkhorn HS and the past 6 years with Elkhorn South HS. Her teams have been conference champs 18 years and qualified for the State Golf Tournaments 21 times. Mimi has developed a successful summer points program with her teams that has motivated and prepared them for the HS season. She has been instrumental in launching a summer golf program which began in 2009 in conjunction with the LPGA. The program connects young girls with former high school and college golfers and teaches them the fundamentals of golf. Mimi was honored by the NCA as Coach of The Year in 2012-2013 and was also a finalist for the NHSACA National Coach of The Year in 2014. She and her husband Tom have been married for 35 years and they have 3 children; Jamie and her husband Jay Moore, Jake and his wife Katie, and Jackson.



Brennan Torgerson, Buhler HS, KS: Coach Torgerson has been a golf coach for 22 years. He has served as boy's and girl's golf coach at Buhler High School for the past nine years. Torgerson was named 2015 Kansas Boy's Golf COTY, 2015 NFHS Midwest Section COTY, and 2015 National Boy's Golf COTY. In 2011 and 2012, his girls' team earned the 4A state champions. In 2013 his team placed 3rd at the 4A state tournament and Brennan coached the 4A individual state champion. The boy's team finished 2nd at the 2014 4A state tournament and in 2015 his team won the 4A state championship, posting a school record 293 team score. Also in 2015 Torgerson coached the 4A individual state champion. He has won numerous league and regional titles with the boy's and girl's teams at Buhler. Coach Torgerson also led the 3A state championship squads in 2004 and 2005 at Hesston High School in Kansas. A collegiate golfer at Bethany College in Kansas, Brennan is married to Kristie and they have two children, both playing Division I golf – Trevor is a senior at Oral Roberts University and Taryn is a sophomore at Wichita State University.

SOCCER



David Copeland-Smith, Beast Mode Soccer, CA: Internationally recognized as a leading figure in individual technical development, David Copeland-Smith is seen as a long-term thinker and visionary, determined to bestow a phenomenal work ethic on the next generation of soccer players. Following his success as a presenter at the 2014 & 2016 NSCAA

Conventions, David has continued to grow Beast Mode Soccer into the go-to technical training system trusted by prominent players of the United States Women's National Team, the United States Men's National Team, Major League Soccer, English Premier League, National Women's Soccer League and countless leagues in Europe. Based in Los Angeles, CA, Copeland-Smith created Beast Mode Soccer in 2010 as a training system to help guide players' technical development and to instill a proactive, progressive mindset of self-reliance and personal accountability within his clients.



Rob Herringer, Executive Director, Elkhorn Soccer Club: Rob Herringer comes to Elkhorn Soccer Club from Benedictine College (Kansas) where he served as the men's soccer head coach from 2005-2015. While at Benedictine, Coach Herringer led the Ravens to unprecedented success both on and off the field. During his tenure the Ravens won three conference

championships, one conference tournament championship, and qualified for three NAIA National Tournaments, reaching the round of 16 in 2009 and 2013. His 124 career wins are the most by any coach in program history. Rob has coached eight All-Americans and 16 Academic All-Americans. Three players have gone on to play professionally in the USL (Kyle Greig), MASL (Jade Mesias) and MFL (Guilherme Gomes). Coach Herringer brings a wealth of knowledge and experience to the Omaha soccer community. He is an NSCAA Master Coach and National Academy Staff Instructor, holds the USSF "A" Coaching License, NSCAA Level 3 Goalkeeping Diploma, NSCAA and USYSA National Youth Diploma/License and the Coerver® Youth Diploma. Herringer has studied at professional clubs and youth academies across the world, including Manchester United, Chelsea, Liverpool and Everton in England, as well as the Columbus Crew in the MLS. He also holds the position of Co-Owner and Director of Coerver® Great Plains States (GPS). Rob lives in Omaha with his wife, Cymbre, and son, Connor.



Craig Scriven, Creighton University, NE: Craig Scriven is an 11-year coaching veteran with experience at every level of competition. His career began in the United Kingdom in 2003 as a coach for the Southampton Women F.C. squad. Scriven went on to serve as an all-star coach in Kansas, an assistant coach for the Missouri Olympic Development program and the

head coach for Leavenworth High School. He has also worked as a regional coach for the United Soccer Academy and was an assistant coach for the women's program at Rhode Island for three seasons. A four-year letterwinner at Park University in Parkville, Mo., Scriven was named the Freshman Player of the Year in 1999 before leading his squad to the NAIA Championship Game in 2002. In 2002, he earned a bachelor's degree in communication with an emphasis in communication theory and human relations with a minor in public relations from Park University. Craig has his U.S. Soccer Federation (USSF) Class "D" license and earned his NSCAA Premier Diploma during the summer of 2012.

SOFTBALL



John Tschida, University of St. Thomas, MN: John Tschida is regarded among the elite coaches in college softball. He completed his 16th season as head coach at St. Thomas in the 2015-16 academic year. In 2004 he became the first softball coach to win NCAA championships at two different schools. Coach Tschida has been named NFCA Division III National Coach

of the Year twice, and was named Region Coaching staff of the Year in 2014. In 21 years of college coaching, Tschida has won three national championships and became the winningest Division III coach, active or retired, with a winning percentage of .845. In the last 14 seasons alone, Tschida has guided the Tommies to 5 College World Series trips (eight-team nationals), NCAA crowns in 2004 and 2005, victories in 35 of 52 postseason tournament games (MIAC, NCAA regional, NCAA finals), an 80-28 overall postseason record, a 35-3 mark in the MIAC

playoffs, and an overall record of 536-73. Prior to coming to St. Thomas, John guided St. Mary's to the 2000 NCAA Division III championship is his sixth season at his alma mater, and then took the 2004 Tommies to NCAA gold in his fourth season at St. Thomas. A respected clinician and speaker, Tschida travels the country and the world to promote fast pitch softball and educate fellow coaches on fine points of training and competition. Due to time commitments away from St. Thomas, he turned down invitations by two different countries to coach their national teams in the 2008 Olympics Games.



Cheri Ritz, Waylan Union HS, MI: Coach Ritz was the 2015 National Federation of State High School Association, National Coach of the Year and is a finalist for the National High School Athletic Coaches Association, 2016 National Softball Coach of the Year. Under Coach Ritz's leadership Wayland Union High School has recorded a 818-207 record. Cheri was the 2015

Michigan High School Coaches Association Coach of the year and MHSSCA Coach of the Year, as well as the 2011 West Michigan Umpires Association Coach of the Year. Ritz has been District Coach of the Year 15 times and Regional Coach of the Year seven times. Wayland Union has won the OK Conference 22 times, the Districts 20 times, Regionals eight times, and the team has made the MHSAA State Championship Final 4 five times. They earned state championships in 2016 and 2015, and were the top academic team in the state in 2015. Cheri has coached one Gatorade Player of the Year and 2 MHSSCA Players of the Year, as well as 39 all state athletes. She has had players play college softball at Michigan, Michigan State, Central Michigan, Ferris State, Grand Valley State, Olivet, Cornerstone, Davenport, GRCC, KVCC, Alma and Hope College. Named Teacher of the Year two times at Wayland Union Schools, Ritz played collegiate softball at Michigan State and was a four sport athlete at Wayland Union schools, playing softball, volleyball, basketball and tennis, every year at the varsity level. She has coached varsity softball, varsity volleyball and varsity tennis, and has been an athletic director for 9 years. Ritz currently coaches softball and volleyball and teaches MS physical education.



Todd LaVelle, Concordia University, NE: Coach LaVelle was named Concordia University head softball coach on June 13, 2013. He led the program to new heights in year one as the Bulldogs made their first-ever appearance at the NAIA national championships. LaVelle then took the Bulldog back to the national tournament in 2015. The 2014 squad went 32-16

overall (fourth most wins in school history), placed third in the GPAC during the regular season and finished runner up at the conference tournament. At 61-39 over two seasons, LaVelle has overseen the second-highest win total in back-to-back seasons in program history. In 2015 Concordia won the GPAC tournament for the first time since 2007 and recorded the program's first-ever national tournament victory – a 6-4 win over Grand View University. LaVelle, a Seward native and Wayne State College graduate, brought an impressive track record of excellence on the Nebraska prep scene prior to his arrival at Concordia. As head softball coach at Lincoln North Star from 2005 to 2013, LaVelle amassed a mark of 171-91 with three state tournament appearances, including a runner-up finish in 2009. An experienced educator, LaVelle has also served as either a head or assistant coach in the sports of baseball, basketball, football, track and field, and wrestling while spending time at Humphrey, Seward, Humphrey St. Francis and Pender, in addition to Lincoln North Star. Todd's expertise at the high school level was recognized when he was chosen by his peers as a head coach of the 2008 Nebraska Coaches Association Softball All-Stars.

TENNIS



Mark Miessler, Campbell County HS, WY: Coach Miessler started his tennis coaching career in 1994 as an assistant tennis coach for Campbell County High School in Gillette, Wyoming. In 1995 he took over as the head tennis coach for the boys' tennis program. In 1998 his tennis team won the first ever tennis team title for Gillette. In 2000 he took over both the boys and the girls tennis programs in Gillette. Since then his teams have won

12 team state titles, 14 regional tennis titles and 15 conference titles. Mark has been a finalist for the NHSACA national tennis coach of the year three times and has 10 Wyoming COTY honors.

TRACK & FIELD



Ty Sevin, University of Texas: Coach Sevin has served as an assistant coach of the combined Texas Track & Field program for three years. He oversees training for Texas field events and made an immediate impact on the program in his first year. The 2014 season saw one of Sevin's pole vault athletes bring a national title and collegiate record to Texas. In his second

season with the Longhorns the pole vaulters and throwers continued to succeed on the conference and national level. He guided athletes to four wins in the seven events he coached at the Big 12 Conference Outdoor Championships. Sevin has coaching experience at the collegiate, national and international levels. He spent the 2012-13 season as head track and field coach at the University of New Orleans, also guiding the cross country program in its inaugural season. Over the years, Ty has established himself as one of the elite field event coaches in the country with the U.S. National Team. In 2015 he served as a member of Team USA as the assistant coach for men's throws at the IAAF World Championships. His athletes have won nine U.S. national championships and set a pair of American records as well as a Canadian record. Coach Sevin has 10 years of experience coaching in the college ranks from previous stints at McNeese State, Oklahoma State, Texas A&M, and Michigan State. A four-time U.S. Olympic Trials qualifier, Ty's accomplished athletic career included three years at LSU, where he competed in football and track & field. He was a member of the Tigers' 1990 NCAA outdoor championship track team, earning all-SEC honors the same year in both the decathlon and javelin. He went on to compete for Texas A&M during the 1993-94 track and field season, earning All-America accolades and a Southwest Conference championship in the javelin in 1994.



Tommy Badon, Lafayette Christian Academy HS, LA: Coach Badon has coached at every level of the coaching spectrum in a career that has spanned over 30 years. He is currently the head track & field coach and assistant football coach at Lafayette Christian Academy in Lafayette, Louisiana. In his first year at LCA in 2015, the boys and girls teams captured the 7-1A district

titles, and his boys team claimed the Region II-1A crown. The boys would finish third at their first-ever state competition as a team. Badon moved to LCA after a 12+ year stint at Westminster Christian Academy, where he oversaw an athletic department that grew and matured into one of the most respected programs in Louisiana. In track & field, his girls' teams won 9 consecutive district titles, four regional championships, and the 1A State Championship in 2013. His boys' teams captured five district crowns and two additional regional titles. Badon has coached multiple individual state champions, including the only hurdler to win three consecutive 300 hurdle titles in any division. He was named the 1A State Coach of the Year in 2013. Badon helped Blinn College in Brenham, TX capture two Indoor National Championships and two Outdoor National Championships in his two years at the school. He was the assistant track and field coach at his alma mater, UL-Lafayette (then University of Southwestern Louisiana). While there, the Ragin' Cajuns won 14 Indoor and Outdoor Conference Championships, and Badon coached over 20 NCAA All-Americans. During his time at UL-Lafayette, he also coached Hollis Conway, the world's No. 1 high jumper in the early 1990's and still the United State record holder in the indoor high jump. Badon has spoken at numerous state association conventions throughout his career, as well as presenting at the USTFCCA Annual Convention. He has been married for 26 years to Susan Domingues and is the father of Blaise, Bryce and Beau.



Scott King, Birmingham Community Charter HS, CA: Coach King coached boys' and girls' cross country and boys' and girls' track and field over a 39 year career. His career win-loss record of 1258-78 ranks third all-time in California in all sports. His teams won 110 league championships, 16 CIF Section Championships and finished as runner-up 25 times. Coach King coached 12

All-Americans, 55 All-State athletes, over 300 state qualifiers with 94 champions. Through Scott's leadership, 175 athletes earned NCAA Division I scholarships. Coach King was inducted into the California Coaches Hall of Fame in 2009. The Los Angeles Daily News named Coach King 'Coach of the Decade' for 2000-2009.

The Los Angeles Times named him COTY in 2003 while the Los Angeles Daily News named him COTY in 2007, 2009 and 2010. He was a national coach of the year finalist in 2003, has been bestowed Teacher of the Year for Los Angeles County, and has been recognized with several service awards through Rotary International. Scott has retired from coaching, but is still involved in coaching education, coaching associations and manages several major meets at the high school and collegiate levels. The track & field complex at Birmingham High School bestows Coach King's name for his service and success. Scott is a NOCAD representative and the Los Angeles area representative for California Coaches Association.

VOLLEYBALL – PRESENTED BY THE AMERICAN VOLLEYBALL COACHES ASSOCIATION



John Cook, University of Nebraska: Cook took over the reins of the Husker Volleyball program in 2000, succeeding legendary Husker coach Terry Pettit. He made quick work of moving forward with his vision for the program to remain at the forefront of college. The Huskers have reached the pinnacle of the sport three times during Cook's tenure – winning the NCAA

championship in 2000 & 2006, and again in 2015, in front of an NCAA-record crowd of 17,561 at the CenturyLink Center in Omaha. Fan support continues to be unrivaled in the sport, as the Huskers have sold out 204 consecutive regular-season matches since 2001, the longest sellout streak in NCAA women's athletics. Since 2013 the Huskers have led the nation in attendance in every season. With Cook at the helm, Nebraska has produced numerous individual honors, including four U.S. National Team members, a Honda-Broderick Cup winner, three AVCA Division I National Players of the Year, two NCAA Top Ten Award winners, 45 AVCA All-Americans, three CoSIDA Academic All-Americans of the Year, 18 CoSIDA Academic All-Americans, one Big Ten Player of the Year, six Big 12 Players of the Year and three Big 12 Co-Players of the Year. Husker student-athletes have also combined for 40 first-team All-Big 12 awards and 61 academic All-Big 12 certificates. Cook's Huskers have also earned 15 All-Big Ten honors, and 26 academic All-Big Ten accolades. As the number 6 all-time winningest coach in NCAA history, Coach Cook continues to enhance the sport of volleyball at both the local and national levels.



Lyndsey Oates, University of Northern Colorado: Lyndsey Oates was hired as Northern Colorado's fourth head women's volleyball coach in 2005, having served the previous two seasons as an assistant coach. In the years since, Oates has led the Bears' march from a NCAA Division II power to Northern Colorado's first team to win a Division I conference postseason

championship (2009) and first team to make an NCAA Division I tournament appearance (2009). As head coach, her teams over the past seven years have won six Big Sky Championships and earned four bids to the NCAA tournament. Named Big Sky Conference Coach of the Year in 2009, 2011, and 2014, Oates has coached 28 players to All-Big Sky Conference recognition at Northern Colorado. Her Northern Colorado teams have shown steady growth in each of her seasons as head coach in Greeley, and the program has become a perennial force in the Big Sky. Coach Oates came to the Bears after spending the 2002 season as an assistant coach at Samford in Birmingham, Alabama. She was a prep star at Eaton (CO) High School, where she earned all-state honors three times and still holds the fourth spot in Colorado high school history for career kills (980). Lyndsey played collegiate volleyball at LSU, where she finished with 259 career kills and 369 digs and was a three-time SEC Academic Honor Roll selection and earned a degree in mass communication in 2002. Oates continued her education at Northern Colorado, where she completed her master's degree in athletic administration in December 2004.



Nancy Dorsey, St. James Academy HS, KS: Coach Dorsey, a graduate of the University of Kansas and a 4-year letter-winner in their volleyball program has been coaching volleyball for the past 15 years. Eleven years ago when St. James Academy opened in Lenexa, KS, Dorsey became the head coach at a new school with only a freshman class. In just nine varsity seasons Dorsey's teams have won seven State Championships (2008, 2009, 2010, 2011, 2012, 2013, 2015) and finished 2nd twice (2007, 2014). In the past nine seasons Dorsey's teams have also received National recognition being crowned the PrepVolleyball.com National Champs in both the 2010 and 2013 seasons. In 2013, Dorsey's team remained unbeaten, going 46-0, dropping only one single set the entire season. The Thunder also finished 4th in the nation by PrepVolleyball.com in the 2008 and 2011 seasons as well as a 3rd place National finish in 2015. Dorsey was named the American Family Insurance All-USA Coach of the Year in 2013. She has received numerous other coaching awards including the 2013 KCA Coach of the Year, 4A COTY (2008, 2009) 5A COTY (2012, 2013, 2015) the Greater Kansas City Volleyball Coaches Association COTY in 2008, 2011 and in 2013 she was a Kansas City Sports Commission Coach of the Year Finalist. In 2015 Dorsey was selected as the AVCA National Coach of the Year. Dorsey coaches with her husband Bryan and the two share five children together – triplets, Finley, Ellen and Cooper (5), Fiona (4), and Fletcher (11 months).



Chris Ortner, Wartburg College, IA: Ortner completed his 11th season with Knights at Wartburg College, and his second as the program's top assistant coach. He graduated from Wartburg in 2000 with degrees in Fitness Management and Physical Education before earning his Master's Degree in School Counseling from Buena Vista in 2007. Ortner works primarily with the upper weights at Wartburg and is the programs recruiting coordinator. Since his arrival at Wartburg the Knights have won seven NCAA Team Championships (2006, 2008, 2011, 2012, 2013, 2014) and seven NWCA National Dual Championships (2006, 2008, 2011, 2012, 2013, 2014, 2015). Prior to returning to his alma mater, Ortner was the head coach at Waterloo Columbus High School, IA for four years. While at Columbus, Chris coached 19 state qualifiers, 18 state place winners, and two individual state champions. As a competitor, Ortner was a Junior College All-American before transferring to Wartburg where he was a team captain and a two-time NCAA All-American at 184 lbs. Chris was a member of Wartburg's first NCAA Championship team in 2006.

BASKETBALL: TEACHING FUNDAMENTALS/ JUNIOR HIGH



Jason Glines, Lincoln Lutheran HS, NE: Jason is currently the head boys' basketball coach at Lincoln Lutheran High School and has served at that position for the last four years. Coach Glines also served as an assistant coach at Lincoln Northeast under Chip Bahe, and spent time as an assistant at Metro East Lutheran High School in Edwardsville, IL. Jason has helped to start Champions Basketball, an elementary and middle school program, at Lincoln Lutheran. He grew up in Grand Island and played for Grand Island Northwest HS, and Concordia University in Seward. Jason is the Physical Education teacher at Adams Elementary School in Lincoln.

FOOTBALL: TEACHING FUNDAMENTALS/ JUNIOR HIGH



Tracy Lichty, Norfolk High School, NE: Tracy is entering his 14th season as an assistant coach for the Panthers where he has been the varsity Offensive Line coach for the past six years. Under head coach Tom Olson, the Panthers have evolved into an up-tempo, spread team. With their new styled offense, Coach Lichty's offensive line has helped the Panthers average 371 yards and 30 points per game over the past three seasons. Tracy currently teaches Math and Language Arts at Norfolk Middle School. He and his wife, Patty, have 2 boys, ages 8 and 3.



Matt Skiff, Norfolk HS, NE: Matt is entering his 15th season as an assistant coach for the Panthers. His coaching duties as an assistant include head junior varsity coach (10 years), outside linebackers coach (15 years), and special teams coordinator (12 years). Coach Skiff has been with the program since the installation of the 3-5-3 defense and has watched its potency develop over the years. Over the last three seasons the Panther's 3-5-3 has held its opponents to 3.1 yards per rush, 6.1 yards per reception and averaged over 21.3 turnovers each season. Matt currently teaches Math and Language Arts at Norfolk Middle School and also serves as a varsity assistant track coach.

WRESTLING – PRESENTED BY THE NATIONAL WRESTLING COACHES ASSOCIATION



Brian Smith, University of Missouri: Beginning his career as Missouri's seventh Head Wrestling Coach, Brian Smith sat down with his team and made a list of goals that he hoped would help the 1998 squad and future Tiger teams. Since then Smith and the many men that have come through the varsity program have slowly but surely checked items off that original list. Individual Big 12 and MAC Conference Champions, improved grade-point averages, record-setting attendances, a #1 national ranking and Missouri's first-ever NCAA National Champion in wrestling were all on Smith's "to-do" list. His unique "Tiger Style" training program has molded today's team into a national powerhouse that looks to contend for the program's first team NCAA title annually. Since being introduced as Missouri's Head Wrestling Coach in 1998, Smith has demanded nothing but the best from himself, his coaches and his wrestlers. Owning 14 consecutive seasons with a dual record at or above .500, Smith has coached 25 All-Americans to 38 top-eight performances and five Tigers to six national championships. With a .711 career winning percentage, Smith holds the highest winning percentage in Tiger Style wrestling history. He has taken home four consecutive conference Coach of the Year honors dating back to 2012, including three straight awards by the MAC league office. In 2007, Smith was honored with the Dan Gable Coach of the Year Award, presented by W.I.N. Magazine.

Dr. Coyte Cooper, High Performance Author, Executive Coach, and Speaker, The Earn the Right Academy, Durham, NC: See Beyond The X's & O's Biography



Andy Driska, Michigan State University: Andy is an assistant professor of Kinesiology at Michigan State University, with expertise in coaching science and sport psychology. He has a strong interest in athlete motivation, mental toughness, program-building, and coach professional development. Driska has been heavily involved in National Wrestling Coaches Association's CEO Leadership Development Program. Prior to working as a professor, he spent 10 years as a successful swimming coach at the high school and collegiate levels, where he coached more than 30 swimmers to All-American honors.

2016-2017 NCA Membership/Clinic Registration – INSTRUCTIONS

Nebraska Coaches Association

ON-LINE REGISTRATION OPTION for membership renewal and clinic registration.

OPENS MAY 1, 2016

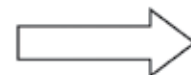
ON-LINE OPTION INSTRUCTIONS:

1. Go to www.ncacoach.org.
2. Locate the link for on-line registration in the upper right-hand column on the home page.
3. Click on the link, this will take you to the registration page.
4. Complete the on-line registration form in its ENTIRETY – 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 2016-2017 member and registering for clinic only.

MAIL-IN OPTION INSTRUCTIONS:



Please complete the registration form found on page 43 (or download from the NCA homepage) and mail with payment to:

NCA
500 Charleston St, Ste 2
Lincoln, NE 68508

If you wish to purchase the NCA Gold Card with your membership renewal, please mark the appropriate box and include this amount with your payment.

GENERAL REMINDERS:

If you are a FIRST-YEAR coach (to the profession of coaching), you may attend clinic for free with a paid membership.

If you are a COLLEGE STUDENT -OR- COACHING OUT OF STATE, you may join the association for free (no insurance offered) but you must pay to attend clinic.

As a reminder, the 2016-2017 membership year will begin July 26, 2016 and run up to the day before the 2017 Multi-Sport Clinic (July 24, 2017).



2016-2017 NCA MEMBERSHIP REGISTRATION

Complete this form in its ENTIRETY and mail with your check to:

NCA
500 Charleston Street, Ste. 2
Lincoln, NE 68508

Name:

Gender: Male Female

Date of Birth: / /

NSAA High School:

Middle School/
College/Youth Org/Club:

Home Address: (Please do not enter school address)

City, State Zip: ,

Phone: () - E-mail:

Check here if FIRST TIME COACH - OR - Enter # of years in coaching/administration through 2015-2016:

Coaching Assignments 2016-2017:

SPORT	HS VARSITY		HS NON-VARSITY		MIDDLE SCHOOL		YOUTH/CLUB		COLLEGE	
	Head	Asst	Head	Asst	Head	Asst	Head	Asst	Head	Asst
Boys Cross-Country	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Girls Cross-Country	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Football	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Girls Golf	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Softball	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Boys Tennis	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Volleyball	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Boys Basketball	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Girls Basketball	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Boys Swimming	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Girls Swimming	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Wrestling	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Baseball	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Boys Golf	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Boys Soccer	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Girls Soccer	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Girls Tennis	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Boys Track and Field	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Girls Track and Field	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Cheer	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Dance	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Administrative Assignments 2016-2017: Please indicate any administrative positions you hold for 2016-2017 for this high school.

Athletic Director Assistant Athletic Director Activities Director Principal Assistant Principal Superintendent

Registrant is a **Past President of the NCA Board** (membership fee waived).

Registrant is a **College Student -OR- Coaching Out-of-State** (membership fee waived).

FEES:

NCA Membership: \$45.00

Clinic: NCA Membership Required \$50 Early: 5/1 to 5/31 \$60 Regular After 5/31 Cheer/Dance 1 Day Clinic *\$25 Early: 5/1 to 5/31 *\$30 After 5/31

Additional Option: NCA Gold Card \$20 (Must be Purchased by 10/1) *AACCA Certification not included - paid at clinic

Total Amount Due: \$

Credit Card Number: (Mastercard, VISA, Discover)
Expiration Date: (Mo/Yr)

Signature: _____

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LINCOLN, NE

2016-2017 Online Membership & Clinic Registration Information Inside
See pages 42-43

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