

# nebraska coach

## TIME FOR THE THREE “R’S” AT THE 2009 CLINIC

Now is a great time to renew, review and rejuvenate at the 2009 Nebraska Coaches Association Multi-Sports Clinic. The start of the clinic is less than three months away and coaches have already booked rooms in several Lincoln hotels. The clinic shapes up to provide another week of great activities featuring some of the top coaches in the country and state as well as outstanding athletics in the various all-star games. It also gives the NCA the opportunity to recognize the contributions of coaches in our great profession at the Annual Awards and Recognition Banquet. The 2009 clinic will be held at Lincoln North Star HS on July 28-30. Evening activities include the banquet on Sunday, July 26 at the Great Hall in the Historic Train Station. Monday night, July 27 features the Girls’ and Boys’ All-Star Basketball Games, followed on Tuesday with the All-Star Volleyball Match. The evening activities conclude on Wednesday evening with the All-Star Softball double header and Coaches Night Out. You shouldn’t have to worry about finding things to do while you are in Lincoln.

Another event featured with the clinic is the Annual Coaches Scramble on Monday, July 27 at Lincoln’s Highland’s Golf Course. This course will provide those playing an outstanding links style course and if it’s windy, look out! Registration information for the golf tournament can be found on page seven of this issue.

Several changes have been made to the clinic schedule. Coaches have asked that “break-out” sessions be moved to other times during the traditional clinic schedule, so this year we have accommodated that request. Some of those break outs are beginning at 8:15 a.m. on Tuesday and Wednesday. Some may be held early on Thursday as well, and some others over

the lunch hour. For the first time, the clinic will offer sessions for spouses of coaches. We all know the unusual pressures wives of our coach’s face during the course of a season. Carolyn Allen, author of *The Coach’s Wife*, will present a session on Wednesday of the same title. This will provide spouses the opportunity to mingle with each other and share some of their concerns and interests. The presentation will be provided by the Fellowship of Christian Athletes and there will be a nominal fee of \$10 to cover the cost of the luncheon. Look for the promotional ad on page four of this issue. Make sure you pay close attention to the “Special Sessions” section of the clinic schedule.



Our 2009 keynote will be presented by Mary Kay Mueller. MK’s presentation is “Scoring a Success in the Game of Life.” She’ll help you “see” visualization in new ways, to help your students do better on tests as well as on the team. In this fast-moving and inspiration-filled hour, you’ll hear about the program coaches across the nation are raving about and Dr. Phil recently mentioned on his show - author MK Mueller’s practical process for getting kids to a positive place on the ~Cont. on Page 8~

.....

**2009 Nebraska Coaches  
Association Multi-Sports Clinic**

**July 28 – July 30**

.....

About the only time  
your athletes  
should be using water  
over Gatorade.

Attention Coaches: If you want your athletes to keep going strong, go with Gatorade®. Gatorade is scientifically formulated with carbs and electrolytes to hydrate better than water. Yes, *better*. And that means your athletes just might have a little extra in their tanks when it counts the most – at crunch time.

[www.gatorade.com](http://www.gatorade.com)

**is it in you?**



## STATE TRACK HOSPITALITY

The Nebraska Coaches Association, with the support of Gatorade, HyVee, the Omaha Public Schools, and the Omaha Pepsi-Cola Bottlers, will be hosting the coach's hospitality tent at the 2009 State Track and Field Meet.



The tent will be open for coaches and administrators daily at 7:30 a.m. and will remain open until everything is gone! The tent is located on the south side of the stadium and adjacent to the official's tent. You will be provided with coffee, donuts, cookies, Pepsi products, Gatorade, and water, all **FREE**.

As a reminder, the tent is available **FOR COACHES AND ADMINISTRATORS ONLY**. We ask that you utilize the concession stands to purchase items for family members. If you are taking items out of the tent, you may be asked to return them. You are also asked not to fill your coolers, "big gulps", etc., as all the liquids must be hauled by our staff. This tent is provided as a service to coaches. It is **FREE** to you, but not to the NCA, as we must purchase items provided in the tent. Please abide by our request and we'll get along **GREAT**.

## CAMP/CLINIC INSURANCE INFORMATION

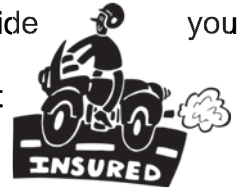
As a benefit of membership, the Nebraska Coaches Association provides you with the opportunity to secure camp and clinic insurance. We work with two companies that have made their products available at a substantially reduced cost to member coaches. As a member of the NCA, our coaches are covered under our \$1M liability coverage on a year-round basis. This coverage travels with you if working your own camp or for that of another person. It does not extend to members of your staff unless they are also members.

The NCA office staff are not insurance brokers or agents so we try not to make recommendations on what you will need to protect yourself, but we do know that the NSAA's catastrophic coverage does not extend to the summer. We are also finding that in many cases, the school's blanket coverage does not extend to camps during the summer months. It is best that you check with your athletic director

or other school administrator to see if you will need coverage to protect student athletes.

Our coach's liability coverage is with Loomis & LaPann, but they also provide several of our coaches with camp medical coverage. They can be reached at 800-566-6479, or by going to the NCA's web site at [ncacoach.org](http://ncacoach.org), clicking on "other forms" and scroll down to "Participant Accident Request Form". You can complete the form and submit it to Loomis & LaPann for an estimate of the coverage. A local provider is Forsyth Insurance Company in Lincoln. You may call Steve Mason at 402-483-7861 and he will provide you with the necessary information.

Make sure you protect your student-athletes, your school and yourself. The costs are minimal and the protection is important, if not essential.



## NEW OPPORTUNITY FOR SCHOOLS/COACHES

Have you ever felt like you did not have the time or resources to offer your coaches in-service opportunities? We all would like to offer opportunities to help make our coaches the best they can be. So often it comes down to the lack of time, resources or expertise.

The Board of Directors of the Nebraska Coaches Association has approved a new service to schools, whereby schools can contract through the Executive Director's office on site in-service opportunities for coaches at a minimal cost to districts. Randy Bates, recently retired athletic administrator from Norris, and Steve Joekel, recently retired athletic administrator from Millard West, will serve as in-service facilitators. Randy and Steve bring many years of experience at the local, state and national level in offering in-service to coaches for both small and large school settings. A menu list with a variety of topics has been developed for presentation to coaches to meet the various needs.

During the fall clinic, Bates and Joekel will present a workshop for first year coaches. The workshop will center on survival skills for first year coaches. Please inform any new hires on your coaching staff of this workshop and encourage them to attend.

# 2009 CLINIC

## NSAA RULES MEETINGS AT 2009 CLINIC

The Nebraska School Activities Association will be hosting rules meetings for the following sports at the 2009 clinic. ONLY THOSE COACHES REGISTERED FOR THE CLINIC WILL BE PERMITTED TO ATTEND THESE RULES MEETINGS. This is done for clinic management and security. The schedule is as follows:

Football	Wednesday, July 29	9:30-10:30 a.m.
Soccer	Wednesday, July 29	3:00-4:00 p.m.
Softball	Thursday, July 30	8:30-9:30 a.m.
Basketball	Thursday, July 30	9:45-10:45 a.m.
Volleyball	Thursday, July 30	11:00 a.m.-12:00 p.m.

## “COACHING THE HEART OF AN ATHLETE”

The Fellowship of Christian Athletes will be conducting a session at the 2009 Nebraska Coaches Association Multi-Sports Clinic entitled “Coaching the Heart of an Athlete”. Topics to be addressed will include: motivating today’s athlete, goal setting, and developing team leadership and team chemistry. Sessions will be held on both Wednesday and Thursday and will be about 1-1 ½ hours in length. Presenters will include FCA staff and coaches involved with the FCA. These sessions have been tried and tested with the UNL Volleyball, Football and Baseball Teams and have proven to be outstanding in their content.

## SESSION FOR WIVES OF COACHES AT 2009 CLINIC

The Fellowship of Christian Athletes will be providing a special presentation for coach’s wives on Wednesday, July 29. The session is scheduled at 11:30 a.m. on Wednesday morning and will be held at the NSAA/NCA offices located at 500 Charleston. The luncheon session will be led by Carolyn Allen, whose husband, Randy, is a head football coach at Highland Park HS in Dallas, TX. Carolyn has written the book “The Coach’s Wife” and also was instrumental in the founding of the FCA’s ministry of “Behind the Bench.” Her inspirational presentation and following sharing session will provide wives of coaches with a brief respite from the trials of being a coach’s wife. Wives must preregister for the luncheon, which will have a nominal fee of \$10, by calling the FCA office at 402-464-2343. A preregistration deadline of July 17 has been set for purposes of ordering meals and arranging needed space. You won’t want to miss this presentation and we look forward to a GREAT day!

### *The Coach’s Wife*

Luncheon and Breakout Session  
Wednesday July 29  
*during the 2009 Coaches Clinic*

Invite  
your wife  
to attend

#### Discussion topics include:

- Juggling schedules in season
- Supporting your husband
- Creatively involving your children with the team
- Having a grateful heart
- Connecting with other coaches’ wives
- Communication



Guest Speaker Carolyn Allen  
Author of *The Coach’s Wife*  
([www.thecoachswife.com](http://www.thecoachswife.com))

Tickets and more information  
available at  
[www.nebraskafca.org](http://www.nebraskafca.org)  
or call 402.464.2343

Sponsored by:  
FCA  
PO Box 83671 Lincoln NE 68501  
402.464.2343 [nebraskafca.org](http://nebraskafca.org)



## DISTRICT AND SPORTS MEETINGS

The operation of the Nebraska Coaches Association is monitored by the Board of Directors, who are elected during the district meetings at the annual clinic. It is imperative that member coaches attend this meeting on Wednesday, July 29, to become more actively involved in the activities of the association. The sports meetings will also be held that same day, where the members of the Sports Advisory Committees are selected. These people are the ones responsible for voting on the coaches of the year, making suggestions for clinicians, selecting the all-star coaches and players, plus additional responsibilities. We can't stress enough that the active involvement of members is what will keep the Nebraska Coaches Association a viable organization.

## 2008-2009 MEMBERSHIP CARD GOOD FOR ADMISSION

Member coaches and athletic administrators are reminded that their 2008-09 membership card is good for FREE admission to the NCA All-Star Girls' and Boys' Basketball Games on Monday, July 27. It will also grant you free admission at the Annual Shrine Bowl Game that will be played on Saturday, July 25 at Memorial Stadium. The admission is good for member plus one.

## CLINIC REGISTRATION ON THE WEB

The NCA office regularly receives calls regarding clinic registration materials. The NCA's web page provides easy access to the clinic schedule, the most recent issue of the *nebraska coach*, as well as the blank membership/clinic registration form. If you have new coaches coming on to your staff during the summer months, we encourage you to provide them with clinic and membership information. The web address is [ncacoach.org](http://ncacoach.org).

## FAMILY NIGHT AT THE BALLPARK/COACHES NIGHT OUT

We have something for everyone at the 2009 clinic. As we all say, why try to fix something that isn't broke? Well, we aren't. This year, we have two options for coaches and their families, or for that matter, both. Wednesday, July 29 will be a busy evening if you take part in everything offered. First, the All-Star Softball Double-header will begin at Bowlin Field at 5:00 p.m. and then you can meander over to Haymarket Park for the Family Night at the Ballpark beginning at 7:00 p.m. (Due to the cost of this event, normally about \$20 per person, there will be a fee of \$14 per person which will include a BBQ sandwich, chips, drink and a ticket to the game.) If you are interested in attending, you must preregister and prepay on the membership/clinic registration card. If that isn't your cup of tea, you can wait until 8:30 p.m. and head over to the Champion's Club for the traditional Coaches Night Out. That activity will be **FREE** to coaches/AD's registered for the clinic and their spouse. Again, due to the cost of the event at the Champion's Club, we request that you don't bring other family members or friends. We have been able to continue with this event due to the cooperation of **MOST** of our coaches. Make a night of it and attend all three activities.

## PROVIDE THE NCA WITH YOUR EMAIL ADDRESS



On the blank and pre-printed registration card, the NCA office requests your cooperation in providing us with your email address. The NCA has found that the more emails provided, the lower the postage costs the office experiences. Please provide your address in the designated area on the card. We thank you in advance for your cooperation.

2  
0  
0  
9  
C  
L  
I  
N  
I  
C

# 2009 CLINIC

## PRE-PRINTED REGISTRATION ON THE LAST PAGE

The NCA office staff does a fantastic job of keeping track of clinic and membership information during the summer months. To assist the staff in making their job easier, we encourage members to use the pre-printed registration form on the back page of this issue of the *nebraska coach*. On that form, we have your address, unless it needs to be changed, but more importantly, it also has your membership card number, which makes the job of finding your membership record easier for the office staff. Please, when possible, use the pre-printed form and the staff will be eternally indebted to you for your help.

## CLINIC REFUNDS

Annually, some coaches who have preregistered may have a conflict arise that affects their ability to attend the Multi-Sports Clinic. If you find that you cannot attend, once registered, please feel free to request a refund. Any requests received after July 1 will not be processed until after the completion of the clinic. NOTE: There will also be a \$10 fee assessed on refunds requested after July 1. (The reason for this is that we will have spent funds on guarantees related to the clinic, clipboard, backpack, etc.) For auditing purposes, please request a refund on school letterhead and indicate to whom the check should be written, the school, coach, etc.



## CLINIC BREAKOUTS

### Taping Clinic

Certified Athletic Trainers provided by Nebraska Orthopaedic and Sports Medicine will be providing taping sessions during the clinic. The sessions will be held in the North Star Training Room during three blocks of time. Coaches should take advantage of the expertise provided by these trainers to brush up on taping skills, ask questions about taping issues and learn by doing with practice, practice, practice. The schedule is as follows:

<i>Tuesday, July 28</i>	<i>1:30-3:30 p.m.</i>
<i>Wednesday, July 29</i>	<i>9:00-10:30 a.m.</i>
<i>Wednesday, July 29</i>	<i>2:30-4:00 p.m.</i>

## COACHES CLIPBOARD: WINNING WITH ASTHMA

### Did you know...

- ❖ 59% of breathing emergencies in Nebraska occur during sporting events, practices, and recess?
- ❖ Out of 15 team members, 3 will have asthma?

Let the pediatricians at Complete Children's Health prepare you for asthma management and **safeguard your team, your job, and your school!**

**FREE** trainer duffel bag, complete with injury treatment supplies and an ASTHMA MANAGEMENT KIT

**NOTE:** *Two sessions will be offered at the clinic on asthma issues. The sessions will be presented both on Tuesday, July 28 and Wednesday, July 29 at 8:15 a.m. Check out the Special Session section of the clinic schedule.*

## 2009 CLINIC GOLF SCRAMBLE – DON'T MISS IT!!!!

What a better way to kick off the 2009 clinic week than by getting a group of friends, sandbaggers, big hitters, and others to make up your foursome for the 2009 golf scramble. This year the scramble will be returning to Lincoln and the beautiful/difficult Highlands Golf Course on Monday, July 27. The cost per player will be \$45 (\$50 for non-members) which includes golf, cart, range balls, lunch



and increased prize money. What a deal! Tee times will begin at 7:30 a.m. with 10 minutes between groups, which should allow for unencumbered play. The course can be played to over 7,000 yards and fast greens, lots of sand and the wind, can make for a challenging, but invigorating day on the course.

Now comes the important part! As indicated, the fees for NCA members is \$45, for non-members \$50. This will include everything, even lunch. Tee times can be booked beginning at **8:00 a.m. on Monday, June 1** by calling the NCA office at 402-434-5675. Please have your entire foursome pre-arranged when you call for your time. **REMINDER: If you have a player in the All-Star Basketball Games, you will need to book an early tee-time as you will need to be at North Star by 5:00 p.m.** Once the tee time is booked and paid, no refunds will be granted, but the course will issue a gift card that can be used for golf or items in the pro shop. The same policy will be in effect for a rainout. Once a tee-time is booked, it must be paid for by July 1. In the event you don't know where the course is located, it is at 5501 NW 12<sup>th</sup> St. and can be reached by using the airport exit off of I-80 and going north on 12<sup>th</sup> St.

Start forming your group now for a GREAT day of fun and fellowship on the course during the 2009 Nebraska Coaches Association Clinic Scramble.

## CHEERLEADING SESSIONS OFFERED AT 2009 CLINIC

For the third year, the Nebraska Coaches Association, along with the support of the Universal Cheerleading Association, will sponsor cheerleading sessions at the 2009 clinic. Coaches, particularly those participating in the annual Cheer/Dance Championships, are encouraged to attend the clinic. AACCA certification will again be made available for interested coaches, but there will be an additional fee of \$75, payable the day of the clinic. If you are a cheer coach and want to improve your program, take advantage of this opportunity.

## FREE MEMBERSHIP TO FIRST YEAR COACHES

As in previous years, the NCA will waive the NCA membership fee for first-year coaches who attend the Multi-Sports Clinic. If coaches are entering their first year of coaching, their \$40 membership fee is waived if they are registered for the clinic. If you are registering a coach who is a first-year coach, please indicate it by writing "first-year coach" at the top of the membership registration form.

2  
0  
0  
9  
C  
L  
I  
N  
I  
C

**THREE “R’S”** ~Cont. from Page 1~  
field and in life! She’ll teach her ground-breaking activities that help kids think out of the box and take the risks they need to be successful in life as well as on the scoreboard. She’ll give you the tools for ending the blaming and complaining and help kids reach new heights in both athletics and academics.

Finally, she’ll inspire us by introducing us to some recent real-life *8 to Great* Success Stories and ending with a performance by the young man she coached to American Idol in Hollywood. You won’t want to miss this Win-Win presentation. MK will also present two breakout sessions on Tuesday afternoon that you will want to work into your schedule.

The 2009 clinic will be another great week of fellowship and rejuvenation for the upcoming school year. Make sure you make plans now to attend and be a part of one of the top clinics in the nation. All information and registration materials can be found on the NCA’s web page at [ncacoach.org](http://ncacoach.org).

## **VAN DRIVER TRAINING SESSIONS AT 2009 CLINIC**

With the approval of Nebraska Department of Education Pupil Transportation Rule 91, a new requirement has been added that requires the completion of a Van Driving Course for drivers of modified 15-passenger vans. This training includes a three hour in-class segment and one hour of hands-on training actually driving a 15-passenger van with qualified personnel. The 1-hour hand-on training can be done locally by an individual who has completed the School Bus Level I or II training.

The Nebraska Safety Center, under contract with the Nebraska Department of Education, will be offering the in-class segment of the Van Driver Course at the Nebraska Coaches Association Coaches Clinic on Tuesday, July 28 from 4:30 – 7:30 p.m.. Cost for the training is \$100 per person which will be billed to the employing school unless other arrangements are made. Registration for the Nebraska Coaches Association Coaches Clinic is required in order to register for the Van Driver Course. On line

pre-registration for the Van Driver Training Course will also be required. Early registration deadline is Monday, June 1. Registrations received after June 1 will be accommodated on a space available basis.

**Exemption:** This training is not required for anyone who has driven a modified 15-passenger van for **EACH** of the two most recently completed school years for activity trips or routes **and** has not been convicted for a traffic infraction driving **any** vehicle for the same period of time.

### **Additional information:**

- A driver that has completed the Level I or II Instructional Course and does not qualify for the exemption will only be required to complete the 1 hour hands-on training.
- Beginning June 7, 2009, all drivers of the modified 15-passenger vans used to transport students must successfully complete the Van Driving Course unless the exemption described above applies to the driver before operating a modified 15-passenger van.
- This requirement expires on June 7, 2011, when schools can no longer use the modified 15-passenger vans to transport students for any purpose.



If you have drivers that need to complete this training, classes are currently scheduled through the Nebraska Safety Center Pupil Transportation program. Class registration information is available at <http://www.unk.edu/bus>.

Please contact Cindy Houlden at [houldencm@unk.edu](mailto:houldencm@unk.edu), (308) 865-8270 or 1 (800) 854-7867 ext 4 with questions.



575 South 70th, Suite 200  
 St. Elizabeth Medical Plaza  
 Lincoln, Nebraska 68510  
 402-488-3322 • 888-488-6667  
 www.nebraskaortho.com

# PROUD TO BE YOUR HUSKER TEAM PHYSICIANS.

- Team Orthopaedic Physicians for All Husker Athletic Programs.
- 5-Sports Medicine Specialists with advanced, formal Fellowship Training.
- 5-Hand & Wrist, Foot & Ankle, and Spine Specialist with advanced, formal Fellowship Training. In all, 13 Orthopaedic Physicians providing the most comprehensive orthopaedic care available throughout the state.
- Our own MRI Imaging Center offering same-day scans for competitive and out of town athletes.
- Extended office hours (7 a.m.) and Fall Saturday Sports Clinics with availability of Sports Medicine Physicians each day.
- Official Sports Medicine Sponsors of the NSAA and Nebraska Coaches Association.
- Nebraska's largest provider of Sports Medicine Services & Outreach Program to High School & Collegiate Athletic Programs.
- Among Nebraska's largest employers of Athletic Trainers.
- We can schedule appointments with a sports medicine physician for athletes with acute injuries, often within 24 hrs. or the same day.

**Patrick E. Clare, MD**  
**David P. Heiser, MD**  
**Ronald O. Schwab, MD**  
**Thomas M. Heiser, MD**  
**Donald J. Walla, MD**  
**Daniel R. Ripa, MD**  
**Scott E. Strasburger, MD**  
**David J. Clare, MD**  
**James W. Gallentine, MD**  
**Steven J. Volin, MD**  
**Justin D. Harris, MD**  
**Scott A. Swanson, MD**  
**Daniel B. Cullan II, MD**

## Saturday Morning Sports Clinics

**2009 Fall Sports Season Only**  
**August 22 - October 24, 2009**  
**7:30 a.m. - 10:00 a.m.**  
**No Appointment Necessary**

### Nebraska Orthopaedic Physician's Outreach Clinics

Aurora	Memorial Hospital
Auburn	Nemah County Hospital
David City	Butler County Clinic
Fairbury	Jefferson Community Health Center
Falls City	Community Medical Center
Holdrege	Family Medical Specialties
Nebraska City	St. Mary's Hospital
Osceola	Annie Jeffrey Memorial County Health Center
Pawnee City	Pawnee City Memorial Hospital
Syracuse	Community Memorial Hospital
Wahoo	Saunders Medical Center

## SPECIAL OLYMPICS SEEKING ASSISTANCE



Gary Bredehoff, a member of the Nebraska Coaches Association, is serving as the Chief Operating Officer of the Special Olympics 2010 USA National Games and

has asked our assistance. Lincoln is hosting the Special Olympics 2010 USA National Games from July 18-23 and will welcome 3,000 athletes and 1,000 coaches, as well as an anticipated 30,000 fans during the week of the competitions. The event will require some 8,000 volunteers.

Some volunteer positions require organizational time before the event as well as during the week of the games including our Sport Committee Members and Venue Coordinators. General Volunteers are also needed for a variety of positions only during the week of the games including: timing, scorekeeping, handing out awards, and the staging of athletes, just to name a few. Online registration will begin around June 1, 2009 by going to [www.2010specialolympics.org](http://www.2010specialolympics.org).

The 2010 Nebraska Coaches Association Multi-Sports Clinic will be held the following week and as an added incentive to volunteer at the Special Olympics 2010 USA National Games, the NCA will waive \$10 off your clinic registration fee if you volunteer. This is a great opportunity to assist in one of the greatest events ever held in the state of Nebraska. For more information or to sign up, please contact:

**Joan Boswell – (402) 651-0221 2010 USA National Games – 7600 North 70th St., Lincoln, NE 68517**  
[boswell@2010specialolympics.org](mailto:boswell@2010specialolympics.org)

**MAKE A DIFFERENCE AND BECOME INVOLVED!**

## FINANCIAL NAVIGATION IN DIFFICULT TIMES

Headley/Scott and Associates has offered, at the 2009 clinic, to present to educators important information in regard to their financial planning during the present financial difficulties in the US.

Headley/Scott and Associates lead partner is Terry Headley, the managing partner from Headley/Scott and Associates. Terry is a certified RIA, LIC, FSS, and has worked as a

financial advisor for the past 35 years. He is currently the 2010 president elect of the National Association of Insurance and Financial Advisors, which represents over 60,000 insurance and financial advisors nationwide. The organization is the largest association of its kind in the world. Terry has spent the last several years as an industry spokesperson, while traveling to over 40 state legislatures and Capitol Hill, in support of consumer financial and insurance related issues that are important to individuals, families, and businesses. Terry has spent his career, through many economic cycles, working with individuals and businesses in helping them to plan for their financial and retirement future.

Dr. Scott Maline, who spent 34 years as an educator and is now an associate at Headley/Scott, will be leading the presentations with other members of the Headley/Scott and Associates team.



Questions that will be presented for discussion include:

- Where do I invest my resources so they will grow and be safe for the next 5, 10, 15, and 20 years?
- What may be the future of Social Security?
- What does my school pension mean to me? Is it safe?
- What happens to my school pension if I die before I retire?
- How can I protect my pension?
- What are my pension options at retirement?
- How much money will I need during my retirement years when I do decide to retire?
- When, why, and how do I take distributions from my retirement accounts?

**NOTE: Headley/Scott will be making three presentations at the 2009 Multi-Sports Clinic.**

**Make sure you check out the “Special Sessions” section of the clinic schedule.**

## ***State Cheer & Dance Championship a Huge Success!***

The second annual Nebraska State Cheer & Dance Championships were held again this year in Grand Island at the Heartland Event Center. This year's competition featured nearly 1,600 cheerleaders and dancers from across the state representing all six classes and more than 100 schools. Competition was held in three cheer categories and four dance categories. This year's winners were:

### **DANCE RESULTS**

High Kick A	Lincoln Southeast
High Kick B	Scottsbluff
High Kick C	Ravenna
Jazz A	Millard North
Jazz B	Omaha Skutt Catholic
Jazz C	Bishop Neumann
Hip Hop A	Millard West
Hip Hop B	Omaha Gross Catholic
Hip Hop C	Arlington
Hip Hop D	Minatare
Pom A	Millard North
Pom B	Ralston High
Pom C	North Platte St Patrick's
Pom D	Pender

### **CHEER RESULTS**

Nonbuilding/Nontumbling A	Omaha North Magnet
Nonbuilding/Nontumbling B	Sidney
Nonbuilding/Nontumbling C	Auburn
Nonbuilding/Nontumbling D	Minatare
Nonbuilding/Tumbling D	Alma
Sideline A	Papillion LaVista South
Sideline B	Sidney
Sideline C	Bennington
Sideline D	Hampton







**NEBRASKA COACHES ASSOCIATION  
MULTI-SPORTS CLINIC  
July 28-30, 2009  
LINCOLN NORTH STAR HIGH SCHOOL  
UNDERWRITTEN BY  
GATORADE  
NEBRASKA INDEPENDENT COLLEGE FOUNDATION  
NEBRASKA ORTHOPAEDIC AND SPORTS MEDICINE  
SCHEDULE STAR/HIGH SCHOOL SPORTS.NET**

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

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

**NOTE:** As with any clinic of this scope and size, there are times when speakers, schedules, and topics are subsequent to change. Every attempt will be made to adhere to the listed schedule. For up-to-date changes, if any, please log on to the NCA web page at [ncacoach.org](http://ncacoach.org).

**SPECIAL SESSIONS**

**Tuesday, July 28**

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

REGISTRATION AND EXHIBIT AREAS OPEN  
"Coaches Clipboard: Winning With Asthma" - The Community Asthma Initiative  
"Basic Risk Management For Coaches"- Steve Joekel & Randy Bates  
GENERAL SESSION - "Scoring a Success in the Game of Life" - MK Mueller  
"Investing in Your Future" - Scott Maline, Headley, Scott & Associates  
Taping Clinic in Training Room  
"The World's Most Powerful/Positive Attitude Formula: FGH" - MK Mueller  
"Stories of "The 8 to Great Difference" in How We Coach, Teach & Live" - MK Mueller  
Vann Driver Training Course

10:45 a.m.-12:00 p.m.  
  
1:30-2:30 p.m.

"Defensive Line Play-Drills-Technique & Stunts" - Chuck Mizerski, Peru State College

GENERAL SESSION - "Scoring a Success in the Game of Life" - MK Mueller  
"Millard West Defense-Gap Control/Pursuit" - Kirk Petersen, Millard West HS  
"Veer/Midline Series" - Seth Turman, Millard West HS

**Wednesday, July 29**

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

REGISTRATION AND EXHIBIT AREAS OPEN  
"Building the Athlete/Coach Relationship" - Steve Joekel & Randy Bates  
"Coaches Clipboard: Winning With Asthma" - The Community Asthma Initiative  
Taping Clinic in Training Room  
"Talent and the Secret Life of Teams" - Terry Pettit District & Sports Meetings  
"The Coach's Wife" - Carolyn Allen, Author of *The Coach's Wife - at NSAA/NCA Office*  
"Investing in Your Future" - Scott Maline, Headley, Scott & Associates  
"Dealing with the Difficult Athlete/Parent" - Randy Bates & Steve Joekel  
"Coaching the Heart of an Athlete" - FCA Coaches  
Taping Clinic in Training Room  
"Investing in Your Future" - Scott Maline, Headley, Scott & Associates

**Wednesday, July 29**

7:30 a.m.  
9:30-10:30 a.m.  
10:30 a.m.-12:00 p.m.  
1:30-2:30 p.m.  
  
3:00-4:00 p.m.

REGISTRATION AND EXHIBIT AREAS OPEN  
NSAA Football Rules Meeting  
District & Sports Meetings  
"Offensive Line Schemes and Techniques" - Randy Dreiling, Hutchinson HS (KS)  
"Getting the Ball to Your Playmakers" - Dustin Delaney, Hutchinson HS

**Thursday, July 30**

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

REGISTRATION AND EXHIBIT AREAS OPEN  
"Wide Receiver Play" - Ted Gilmore, University of Nebraska-Lincoln  
"Defensive Football" - Bo Pelini, University of Nebraska-Lincoln  
"Offensive Line Fundamentals, Drills, and the Off Tackle Series" - Lou Varley, Peru State College

**Thursday, July 30**

7:30 a.m.  
8:30-9:30 a.m.  
  
9:30-11:00 a.m..

REGISTRATION AND EXHIBIT AREAS OPEN  
"Practical Legal Advice For Coaches" - Karen Haase, Perry, Harding Law Firm  
"Coaching the Heart of an Athlete" - FCA Coaches

**8-MAN FOOTBALL**

**Tuesday, July 28**

7:30 a.m.  
9:30-10:30 a.m.  
  
10:45 a.m.-12:00 p.m.  
  
1:30-2:30 p.m.  
3:00-4:00 p.m.

REGISTRATION AND EXHIBIT AREAS OPEN  
"Shattuck's Option Game"- Troy Bullard, Shattuck HS (OK)  
GENERAL SESSION - "Scoring a Success in the Game of Life" - MK Mueller  
"Zone Defense" - Tyson Bullard, Shattuck HS (OK)  
"Shattuck No Back Offense" - Troy Bullard

**Wednesday, July 29**

7:30 a.m.  
9:30-10:30 a.m.  
10:30 a.m.-12:00 p.m.  
1:30-2:30 p.m.

REGISTRATION AND EXHIBIT AREAS OPEN  
NSAA Football Rules Meeting  
District & Sports Meetings  
"Practice Plan & Special Teams" - Tyson Bullard

**ATHLETIC DIRECTOR**

**Tuesday, July 28**

7:30 a.m.  
9:30-10:30 a.m.  
  
10:45 a.m.-12:00 p.m.  
  
1:30-2:30 p.m.  
3:00-4:00 p.m.

REGISTRATION AND EXHIBIT AREAS OPEN  
"Code of Conduct Handbook" - T. Ramsbottom, B. Parrish, T. McNamara, S. Borer  
GENERAL SESSION - "Scoring a Success in the Game of Life" - MK Mueller  
"Schedule Star Made Easy" - Schedule Star Staff  
"Get More Out of Schedule Star" - Schedule Star Staff

**Wednesday, July 29**

7:30 a.m.  
9:00-10:30 a.m.  
1:30-2:30 p.m.  
  
3:00-4:00 p.m.

REGISTRATION AND EXHIBIT AREAS OPEN  
"New AD Sessions" - Dr. Jim Tenopir, NSAA  
"Giving Your Coaches an Opportunity For Success" - Terry Pettit  
"Practical Legal Advice For AD's and Coaches" - Karen Haase, Perry, Harding Law Firm

**Thursday, July 30**

7:30 a.m.

REGISTRATION AND EXHIBIT AREAS OPEN

**FOOTBALL**

**Tuesday, July 28**

7:30 a.m.

REGISTRATION AND EXHIBIT AREAS OPEN



**VOLLEYBALL**

**Tuesday, July 28**

7:30 a.m.  
  
9:30-10:30 a.m.  
  
10:45 a.m.-12:00 p.m.  
  
1:30-2:30 p.m.  
3:00-4:00 p.m.

REGISTRATION AND EXHIBIT AREAS OPEN  
"Training Mittles" - Paul Giesselmann, Creighton University  
GENERAL SESSION - "Scoring a Success in the Game of Life" - MK Mueller  
"The Longer I Coach, the Less I Know" - John Cook, UNL  
"Training the Dynamic Setter" - Terry Pettit, Ft. Collins, CO



**Wednesday, July 29**

7:30 a.m.  
9:30-10:30 a.m.  
10:30a.m.-12:00 p.m.  
1:30-2:30 p.m.

REGISTRATION AND EXHIBIT AREAS OPEN  
"Talent and the Secret Life of Teams" - Terry Pettit  
District & Sports Meetings  
"Dictating With Team Defense" - Rick Squiers, University of Nebraska-Kearney  
"Small Group Competitive Drills" - Rick Squiers

**Thursday, July 30**

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

REGISTRATION AND EXHIBIT AREAS OPEN  
"Training Sessions w/Players (2-hour block)" - Cindy Meyer, Doane College  
"Continuation of 2-hr block" - Cindy Meyer  
NSAA Volleyball Rules Meeting

**GOLF**

**Tuesday, July 28**

7:30 a.m.  
10:45 a.m.-12:00 p.m.  
  
1:30-2:30 p.m.  
3:00-4:00 p.m.

**Wednesday, July 29**

7:30 a.m.  
9:30-10:30 a.m.  
  
10:30 a.m.-12:00 p.m.  
1:30-2:30 p.m.  
  
3:00-4:00 p.m.

**Thursday, July 30**

7:30 a.m.  
8:30-9:30 a.m.  
  
9:45-10:45 a.m.

**Sessions at Highlands Golf Course unless otherwise noted**

REGISTRATION AND EXHIBIT AREAS OPEN  
GENERAL SESSION - "Scoring a Success in the Game of Life" - MK Mueller  
"The Lob Shot" – James Kinney, GolfTec  
"Putting & Putting Training Aids" – James Kinney  
  
REGISTRATION AND EXHIBIT AREAS OPEN  
"Statistical Study of the Game of Golf" – Tom Sieckmann, Omaha Country Club (Session will be at North Star)  
District & Sports Meetings  
"Drills for Minimizing 3-Putts and Increasing Distance Control" – Tom Sieckmann  
"Practice Drills for the Short Game" – Tom Sieckmann  
  
REGISTRATION AND EXHIBIT AREAS OPEN  
"Effective Preparation for Competition-Range" – Steph Kolbas, Lincoln Pius X HS  
"On Course Playing Strategies and Long Game Strategies" – Steph Kolbas

**BASKETBALL**

**Tuesday, July 28**

7:30 a.m.  
9:30-10:30 a.m.  
  
10:45a.m.-12:00 p.m.

1:30-2:30 p.m.  
3:00-4:00 p.m.

**Wednesday, July 29**

7:30 a.m.  
9:30-10:30 a.m.  
10:30 a.m.-12:00 p.m.  
1:30-2:30 p.m.

3:00-4:00 p.m.

**Thursday, July 30**

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

REGISTRATION AND EXHIBIT AREAS OPEN  
"How to Survive in Coaching" – Jerry Eickhoff, Hampton HS  
GENERAL SESSION - "Scoring a Success in the Game of Life" - MK Mueller  
"Nebraska Offense/Defense" – Doc Sadler, UNL  
"Transition Defense" – Doc Sadler, UNL  
  
REGISTRATION AND EXHIBIT AREAS OPEN  
"Talent and the Secret Life of Teams" – Terry Pettit  
District & Sports Meetings  
"Sprint Game (Transition Game and Early Offense)" – Gene Müller, Washington HS (IN)  
"Defensive System" – Gene Müller  
  
REGISTRATION AND EXHIBIT AREAS OPEN  
"Stroke and Footwork Training of the Great Pure Shooter" – B.J. Mulder, BEST-Basketball's Effective Shot Training  
NSAA Basketball Rules Meeting  
"Implementing my BEST Fundamentals into Game Speed Shooting Workouts" – B.J. Mulder

**WRESTLING**

**Tuesday, July 28**

7:30 a.m.  
9:30-10:30 a.m.  
10:45 a.m.-12:00 p.m.  
  
1:30-2:30 p.m.  
3:00-4:00 p.m.

**Wednesday, July 29**

7:30 a.m.  
9:30-10:30 a.m.  
  
10:30 a.m.-12:00 p.m.  
1:30-2:30 p.m.  
3:00-4:00 p.m.

**Thursday, July 30**

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

REGISTRATION AND EXHIBIT AREAS OPEN  
"Practice Drills" – Steve Costanzo, St. Could St. Univ.  
GENERAL SESSION - "Scoring a Success in the Game of Life" - MK Mueller  
"Set-Ups, Leg Attacks & Finishes" – Steve Costanzo  
"Underhook Series & Front Headlock" – Mark Oliver, Auburn HS  
  
REGISTRATION AND EXHIBIT AREAS OPEN  
"Takedown Techniques" – Mike Hagerty, Blue Springs HS (MO)  
District & Sports Meetings  
"Top Wrestling" – Mike Hagerty  
"Program Development" – Mike Hagerty  
  
REGISTRATION AND EXHIBIT AREAS OPEN  
"Set-ups and Finishes to High Croches or Outside Singles" – Keith Massey, Golden Eagles Wrestling Academy  
"Ducks, Drags & Throws" – Keith Massey  
"American 2 on 1 (Russian Tie)" – Keith Massey

**CROSS COUNTRY**

**Tuesday, July 28**

7:30 a.m.  
  
10:45 a.m.-12:00 p.m.  
  
1:30-2:30 p.m.  
  
3:00-4:00 p.m.

**Wednesday, July 29**

7:30 a.m.  
9:30-10:30 a.m.  
10:30 a.m.-12:00 p.m.  
1:30-2:30 p.m.

REGISTRATION AND EXHIBIT AREAS OPEN  
GENERAL SESSION - "Scoring a Success in the Game of Life" - MK Mueller  
"Getting Better Without Running-Auxiliary Training" – Brad Jenny, Doane College  
"Putting Together a Season of Training" – Brad Jenny, Doane College  
  
REGISTRATION AND EXHIBIT AREAS OPEN  
"Talent and the Secret Life of Teams" – Terry Pettit  
District & Sports Meetings  
"The "SAID" Principle" – Dr. Joe Vigil, Green Valley, AZ



3:00-4:00 p.m. "Iron, the Most Important Molecule in the Body" – Dr. Joe Vigil

**Thursday, July 30**

7:30 a.m.  
8:30-9:30 a.m.

REGISTRATION AND EXHIBIT AREAS OPEN  
"Psychological Principles of Running" – Dr. Joe Vigil

**TRACK & FIELD**

**Tuesday, July 28**

7:30 a.m.  
9:30-10:30 a.m.  
10:45 a.m.-12:00 p.m.  
  
1:30-2:30 p.m.  
  
3:00-4:00 p.m.

REGISTRATION AND EXHIBIT AREAS OPEN  
"Rotational Shot" – Bill Godina, (AZ)  
GENERAL SESSION - "Scoring a Success in the Game of Life" - MK Mueller  
"Discus" – Bill Godina & "Hurdles" – Pat McFadden, Kearney HS  
"Throwing Program Development" – Bill Godina & "Block Starts" – Pat McFadden

**Wednesday, July 29**

7:30 a.m.  
9:30-10:30 a.m.  
  
10:30 a.m.-12:00 p.m.  
1:30-2:30 p.m.  
3:00-4:00 p.m.

REGISTRATION AND EXHIBIT AREAS OPEN  
"Talent and the Secret Life of Teams" – Terry Pettit, Ft. Collins, CO  
District & Sports Meetings  
"The "SAID" Principle" – Dr. Joe Vigil, Green Valley, AZ  
"Iron, the Most Important Molecule in the Body" – Dr. Joe Vigil

**Thursday, July 30**

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

REGISTRATION AND EXHIBIT AREAS OPEN  
"Psychological Principles of Running" – Dr. Joe Vigil  
"How to Find a Proper High Jump Approach" – Hollis Conway, Overcoming Obstacles, Inc. & "Training Beginning/Advanced Hurdlers" – Gary Schuurmans, Norfolk HS  
"Triple Jump Basics" – Hollis Conway & "Sprint Training" – Gary Schuurmans

**TENNIS**

**Tuesday, July 28**

7:30 a.m.  
9:30-10:30 a.m.  
  
10:45 a.m.-12:00 p.m.  
  
1:30-2:30 p.m.  
3:00-4:00 p.m.

REGISTRATION AND EXHIBIT AREAS OPEN  
"Skills, Drills, Match Preparation Ideas" - Tennis Roundtable  
GENERAL SESSION - "Scoring a Success in the Game of Life" - MK Mueller  
"Practice Plans for Large Groups on Three Courts" – Kevin Heim, Woods Tennis Center  
"Station Drills" – Kevin Heim

**Wednesday, July 29**

7:30 a.m.  
9:30-10:30 a.m.  
10:30 a.m.-12:00 p.m.  
1:30-2:30 p.m.  
  
3:00-4:00 p.m.

REGISTRATION AND EXHIBIT AREAS OPEN  
"Talent and the Secret Life of Teams" – Terry Pettit  
District & Sports Meetings  
"Doubles Strategy" – Kerry McDermott, University of Nebraska-Lincoln  
"Serving & Serve Return" – Kerry McDermott

**Thursday, July 30**

7:30 a.m.

REGISTRATION AND EXHIBIT AREAS OPEN

**SOCCER**

**Tuesday, July 28**

7:30 a.m.  
9:30-10:30 a.m.  
  
10:45 a.m.-12:00 p.m.  
  
1:30-2:30 p.m.  
3:00-4:00 p.m.

REGISTRATION AND EXHIBIT AREAS OPEN  
"Pre-Season Conditioning for the Soccer Athlete"-Chuck Morgan, Lincoln East HS  
GENERAL SESSION - "Scoring a Success in the Game of Life" - MK Mueller  
"Finishing With Small Games" – Chuck Morgan  
"Outdoor Training Sessions That Motivate Players" – Jeff Hoham, Lincoln East HS

**Wednesday, July 29**

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

REGISTRATION AND EXHIBIT AREAS OPEN  
"1 vs. 1 Attacking" – Rob Giesbrecht, Concordia University  
"The Role of the Second Defender" – Rob Giesbrecht  
District & Sports Meetings  
"Communication with Parents/Players in the Soccer Community" – Jeff Hoham  
NSAA Soccer Rules Meeting

**Thursday, July 30**

7:30 a.m.

REGISTRATION AND EXHIBIT AREAS OPEN

**SOFTBALL**

**Tuesday, July 28**

7:30 a.m.  
9:30-10:30 a.m.  
  
10:45 a.m.-12:00 p.m.  
  
1:30-2:30 p.m.  
3:00-4:00 p.m.

REGISTRATION AND EXHIBIT AREAS OPEN  
"Show How to take a Difficult Skill & Make it Simple/Hitting" – Diane Miller, UNL  
GENERAL SESSION - "Scoring a Success in the Game of Life" - MK Mueller  
"Pitching the Inner Game, Bullpen to the Circle" – Lori Sippel, UNL  
"Building a Winning Environment" – Mike Candrea – University of Arizona

**Wednesday, July 29**

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

REGISTRATION AND EXHIBIT AREAS OPEN  
"Practice Organization" – Mike Candrea – University of Arizona  
"Hitting" – Mike Candrea – University of Arizona  
District & Sports Meetings  
"Game Strategies (How to Win Close Games)" – Terry Graver, Elkhorn HS  
*Due to the All-Star player's coach's reception, there will be no session at this time.*

**Thursday, July 30**

7:30 a.m.  
8:30-9:30 a.m.  
9:45-10:45 a.m.

REGISTRATION AND EXHIBIT AREAS OPEN  
NSAA Softball Rules Meeting  
"Defensive Strategies" – Terry Graver

**CHEERLEADING**

**Tuesday, July 28**

7:30 a.m.  
9:30-10:30 a.m.  
10:45 a.m.-12:00 p.m.  
  
1:30-2:30 p.m.  
3:00-4:00 p.m.

REGISTRATION AND EXHIBIT AREAS OPEN  
AACCA Safety Certification Course, UCA  
GENERAL SESSION - "Scoring a Success in the Game of Life" - MK Mueller  
AACCA Safety Certification Course  
AACCA Safety Certification Course

**NOTE: The AACCA Certification Course is an additional \$75, and not included in the normal clinic registration fees. Additional course information is available in the bio section of the newsletter.**

**Wednesday, July 29**

7:30 a.m.  
9:30-10:30 a.m.  
10:30 a.m.-12:00 p.m.  
1:30-2:30 p.m.  
3:00-4:00 p.m.

REGISTRATION AND EXHIBIT AREAS OPEN  
"Choreography 101 – Nonbuilding" - UCA  
District & Sports Meetings  
"Jump & Tumbling Fitness" - UCA  
"Varsity Challenge" - UCA

**Thursday, July 30**

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

REGISTRATION AND EXHIBIT AREAS OPEN  
"Spotting Tumbling" - UCA  
"NFHS Motions, Jumps & Tumbling" – UCA  
(Credentialing optional-\$40 per course , per coach - submit separately)  
"NFHS Partner Stunt Progression 1" – UCA (Credentialing optional - \$40 per course, per coach – submit separately)



**JUNIOR HIGH SPORTS SESSIONS**

**NOTE: ONCE JUNIOR HIGH SESSIONS ARE COMPLETED, COACHES ARE ENCOURAGED TO ATTEND THE REMAINING SESSIONS OF THEIR CHOICE**

**FOOTBALL**

**Tuesday, July 28**

7:30 a.m.  
9:30-10:30 a.m.  
  
10:45 a.m.-12:00 p.m.  
  
1:30-2:30 p.m.  
3:00-4:00 p.m.

REGISTRATION AND EXHIBIT AREAS OPEN  
"Coordinating the Middle School with the High School Philosophy" – Bob Fuller & Plattsmouth HS Staff  
GENERAL SESSION - "Scoring a Success in the Game of Life" - MK Mueller  
"Base Run & Pass Plays" – Plattsmouth Staff  
"Base Fronts & Coverage's" – Plattsmouth Staff

**Wednesday, July 29**

7:30 a.m.  
9:30-10:30 a.m.

REGISTRATION AND EXHIBIT AREAS OPEN  
"Starburst Returns in Middle School & Special Teams" – Plattsmouth Staff

**VOLLEYBALL**

**Tuesday, July 28**

7:30 a.m.  
8:15-9:15 a.m.  
  
10:45 a.m.-12:00 p.m.

REGISTRATION AND EXHIBIT AREAS OPEN  
"Drills for Many Players and One Court" – Craig Songster, Centennial/Lincoln NE  
GENERAL SESSION - "Scoring a Success in the Game of Life" - MK Mueller

**Wednesday, July 29**

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

REGISTRATION AND EXHIBIT AREAS OPEN  
"Drills and Conditioning...Everything Rolled Into One" – Craig Songster  
District & Sports Meetings  
"Coaching For Dummies...Everything We Know but Often Forget" – Craig Songster  
"Teambuilding/Goal Setting/Teaching Kids to COMPETE!!" – Craig Songster

**BASKETBALL**

**Tuesday, July 28**

7:30 a.m.  
8:15-9:15 a.m.  
  
9:30-10:30 a.m.  
  
10:45 a.m.-12:00 p.m.

REGISTRATION AND EXHIBIT AREAS OPEN  
"Rebounding & Defensive Drills" – Jeff Ritz, Millard North HS  
"Practice Organization & Pre-Practice Routine Drills" – Jeff Ritz  
GENERAL SESSION - "Scoring a Success in the Game of Life" - MK Mueller

**Wednesday, July 29**

7:30 a.m.  
  
8:15-9:15 a.m.  
9:30-10:30 a.m.  
10:30 a.m.-12:00 p.m.  
**Thursday, July 30**  
7:30 a.m.

REGISTRATION AND EXHIBIT AREAS OPEN  
"Full Court-Shooting and Transition Drills" – Jeff Ritz  
"2-3 Zone Defense" – Jeff Ritz  
District & Sports Meetings

REGISTRATION AND EXHIBIT AREAS OPEN

**TRACK & FIELD**

**Tuesday, July 28**

7:30 a.m.  
10:45 a.m.-12:00 p.m.  
  
**Wednesday, July 29**  
7:30 a.m.  
9:30-10:30 a.m.  
10:30 a.m.-12:00 p.m.  
1:30-2:30 p.m.  
  
3:00-4:00 p.m.

REGISTRATION AND EXHIBIT AREAS OPEN  
GENERAL SESSION - "Scoring a Success in the Game of Life" - MK Mueller

REGISTRATION AND EXHIBIT AREAS OPEN

District & Sports Meetings  
"Middle School Distance Training" – Sue Ziegler & Lincoln Lutheran HS Staff  
"Organization of a Middle School Program" – Lincoln Lutheran HS Staff

**Thursday, July 30**

7:30 a.m.  
8:30-9:30 a.m.  
9:45-10:45 a.m.

REGISTRATION AND EXHIBIT AREAS OPEN  
"Hurdles & Jumps" - Lincoln Lutheran HS Staff  
"Sprint Training" - Lincoln Lutheran HS Staff

**SPECIAL OLYMPICS SESSIONS**

**BASKETBALL**

**Tuesday, July 28**

7:30 a.m.  
8:00-10:30 a.m.  
  
10:45 a.m.-12:00 p.m.  
  
1:30-4:00 p.m.

REGISTRATION AND EXHIBIT AREAS OPEN  
"Basketball Rules/Team Assessment Forms" – Special Olympics Staff  
GENERAL SESSION - "Scoring a Success in the Game of Life" - MK Mueller  
Released to attend basketball sessions the remainder of the clinic

**SOFTBALL**

**Tuesday, July 28**

7:30 a.m.  
8:15-9:15 a.m.  
  
9:30 a.m.  
  
10:45 a.m.-12:00 p.m.

REGISTRATION AND EXHIBIT AREAS OPEN  
"Softball Rules/Team Assessment Forms" – Special Olympics Staff  
Released to attend softball sessions the remainder of the clinic  
GENERAL SESSION - "Scoring a Success in the Game of Life" - MK Mueller

**SOCCER**

**Wednesday, July 29**

7:30 a.m.  
8:15-9:15 a.m.  
  
9:30 a.m.  
  
10:30 a.m.-12:00 p.m.

REGISTRATION AND EXHIBIT AREAS OPEN  
Soccer Rules/Team Assessment Forms" – Special Olympics Staff  
Released to attend soccer sessions the remainder of the clinic  
GENERAL SESSION - "Scoring a Success in the Game of Life" - MK Mueller

**VOLLEYBALL**

**Wednesday, July 29**

8:15-9:15 a.m.  
  
9:30 a.m.

Volleyball Rules/Team Assessment Forms" – Special Olympics Staff  
Released to attend volleyball sessions the remainder of the clinic

**BOCCIE**

**Thursday, July 30**

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

REGISTRATION AND EXHIBIT AREAS OPEN  
"The Court & Equipment" – Rick Childree  
"Rules of Competition" – Rick Childree  
"Definition of Playing Terms" – Rick Childree

**AQUATICS**

**Thursday, July 3**

7:30 a.m.  
8:00-9:00 a.m.  
  
9:15-11:45 a.m.

REGISTRATION AND EXHIBIT AREAS OPEN  
"General Aquatics Rules" – Special Olympics Staff  
"Proper Stroke Technique and Judging" – USA Swimming Officials

**NOTE\* Additional Special Olympics Session for All Sports**

**Thursday, July 30**

1:00-3:00 p.m.

"Coaching Special Olympics Athletes" – Special Olympics Staff

**District Meetings will run from 10:45-11:30 Wednesday at the following sites:**

<b>District 1</b>	<b>Auditorium</b>	<b>District 4</b>	<b>E117</b>
<b>District 2</b>	<b>Main Gym</b>	<b>District 5</b>	<b>Theater</b>
<b>District 3</b>	<b>South Gym</b>	<b>District 6</b>	<b>West Commons Lower</b>



## KEYNOTE SPEAKER

**MK Mueller – International Trainer, Coach & Author, Omaha, NE** –MK Mueller began her professional life as a high school teacher. During this time, she spent a month in a domestic violence shelter, where she experienced life-changing insights and discovered that “our power to effect change is always within us”. She began a support group with five neighbors, and that quickly grew to hundreds coming to hear her message each week. Over the years she has trained thousands of groups around the world in the concepts of her first book, *Taking Care of Me: the Habit of Happiness*. With her new book, *8 High-Ways Roadmap for Life*, MK continues to inspire and motivate women’s groups, hospitals, universities, and churches around the world. Her presentations are joyful and humorous and transformational to many. Mueller also authors a monthly column and spends time promoting her new high school success skills curriculum as she continues to share her message of hope and happiness from all walks of life. For more information you can visit her website at [www.mkmueller.com](http://www.mkmueller.com).

## KNOW YOUR SPEAKERS

### VOLLEYBALL

**Terry Pettit – retired, University of Nebraska, Lincoln** –In the 23 years that Terry Pettit was Head Volleyball Coach at the University of Nebraska, his teams won 21 conference championships and Nebraska’s first national championship in volleyball in 1995. Out of 320 division one teams, they finished in the top ten for seventeen consecutive years and led the nation in both All-American and Academic All-American selections during his tenure. He is a 3-time National Coach of the Year selection, and in 2003 was name All-Time Great Coach by USA volleyball. Since retiring from coaching in 2000, Terry has been mentoring coaches and leaders, first at UNL and presently at several universities and private businesses with his company, Terry Pettit Coaching Enhancement. He currently directs leadership academies at the University of Denver and Colorado State University. In December he published *Talent and the Secret Life of Teams*, a journey into team-building and leadership. Terry and his wife Anne live with their youngest daughter Emma and reside in Fort Collins, Colorado.

**John Cook – University of Nebraska, Lincoln** – Coach Cook took over the reigns of Nebraska volleyball in December of 1999 and guided his team to a 34-0 record and a national title in his first year at the helm. Then in 2006 he led the Huskers to another national championship, going 33-1 and becoming only the third team in NCAA history to be ranked No. 1 for the entire season. During his tenure at Nebraska, Cook has been awarded AVCA National Coach of the Year twice and has developed a program that draws overwhelming fan support and has an NCAA-record in consecutive sellouts at the NU Coliseum. Cook has over 25 years of coaching experience, including a stint with the U.S. Men’s National Volleyball team in the 1992 Olympic Games. Cook and his wife Wendy, a former 2-time All-American setter at San Diego State, are the parents of two children, Lauren and Taylor.

**Rick Squiers – University of Nebraska, Kearney** – Coach Squiers enters his 11<sup>th</sup> season as the UNK head volleyball coach in 2009. In the ten years he has been at the helm, he has led UNK to ten D2 NCAA Tournament appearances, four elite eight appearances, and four RMAC Tournament titles. Squiers was named RMAC coach of the year for the fifth time in 2007, finishing that season ranked 2<sup>nd</sup> nationally. His coaching career began at North Dakota State College of Science in Wahpeton, ND, and he has held coaching positions in Remsen, IA, Liberal, KS, and Hastings College in Hastings, NE. Rick and his wife Kim reside in Kearney and have six children.

**Paul Geisselmann – Creighton University** – Coach Giesselmann is Associate Head Coach for the Creighton Volleyball Team, serving as the program’s recruiting coordinator and organizing all fundraising efforts. Prior to coming to Creighton, he led the volleyball teams at Winside High School, Omaha Duchesne Adacemy, and the College of St. Mary’s. He earned the Omaha World Herald Nebraska State College Women’s Coach of the Year in 1999, and was named NAIA National Coach of the Year in 2000 while at CSM. Geisselmann is married to Dr. Paige Groppe and together they have twin 12-yr-old boys and a one-year-old daughter.

**Cindy Meyer – Doane College, Crete, NE** – Meyer began her collegiate coaching career at Doane in 1987 and since that time has led 5 teams to national tournaments. With a program that emphasizes outstanding fundamentals and team cohesiveness, Coach Meyer has recorded the most wins in Tiger volleyball history. She began her coaching career at Ainsworth High School, where she led her teams to an 83-30 overall record and four state tourney appearances. An associate professor of physical education, Cindy has also established one of the premier summer volleyball camps, drawing hundreds of student-athletes to the Doane campus each year.

## GOLF

**James Kinney – GolfTEC of Omaha** – Kinney has been with GolfTEC in Omaha since 2006 and has given over 4000 golf lessons, currently serving as Director of Instruction. Prior to joining GolfTEC, he was the Assistant Pro at Omaha Country Club and Head Pro at Skyline Woods and Sunset Valley Clubs in Omaha. Named PGA Teacher of the Year in Nebraska in 2007 and 2008, James also qualified for the Nationwide Tour Cox Classic in 2008.

**Steph Kolbas – Lincoln Pius X High School** – A former captain of the women’s golf team at UNL, Kolbas has been coaching both boys & girls high school golf since 1997. She coached the girls team at Lincoln Pius to state championships 3 years in a row from 2001-2003, and many of her athletes have gone on to play competitive golf in college. Coach Kolbas likes to challenge each player to reach their goals by implementing a variety of competitive and fun teaching strategies and drills, hoping to instill enthusiasm for a lifelong sport. She has continued her own playing career throughout her life, having won numerous Lincoln Women’s City Tournaments and two State Amateur Stroke Play Titles. Steph lives in Lincoln with her husband Vladimir and their four children.

**Tom Sieckmann –Golf Professional** – Born in York, NE, Sieckmann won several amateur tournaments in his home state and received the NE Golf Association’s Amateur of the Year award in 1974. He played college golf at Oklahoma State University before turning pro in 1977. Sieckmann spent a significant amount of time playing overseas during his 17-year career as a professional, winning tournaments in Brazil, Singapore, Mexico and the Philippines. His tour in the PGA was highlighted by a 1988 win at the Anheuser-Busch Golf Classic. In 1994, Tom returned to Nebraska and has been working primarily as a teaching pro in the Omaha area. He was inducted into the Nebraska Golf Hall of Fame in 2005.

## BASKETBALL

**BJ Mulder – B.E.S.T. (Basketball’s Effective Shot Training), Orange City, IA** – After graduating from Northwestern College in Orange City, where he played 4 years on the basketball team, B.J. began his career as assistant coach at Kingsley-Pierson in Iowa. In 1994 he decided to work on a more individual level with basketball students and founded the BEST program. His training program now serves 3,000 to 4,000 students per year, with ages ranging from elementary school age to the professional ranks. Highlights of his career with BEST include traveling to Denmark to train coaches, working with the 2008 Chinese Olympic basketball teams, and working with players from all over the country. He uses basketball as his tool to motivate students, challenging them to strive for excellence in all areas of life. B.J. is married to Denise and together they have two sons.

**Doc Sadler – University of Nebraska, Lincoln** – A native of Greenwood, Arkansas, Coach Sadler honed his coaching skills in his native state where he served as head coach in the junior college ranks for five years at Arkansas-Fort Smith. After compiling a record of 120-39 he left Fort Smith for Texas-El Paso, serving as head coach there from 2004-2006. He brought his engaging personality and hard-nosed basketball style to the Big 12 in 2006, taking over the NU men’s basketball program and earning the 9<sup>th</sup> all-time best record for a first year coach in the NCAA with 27 wins and 8 losses. Doc, whose birth name is Kenneth Lee, lives in Lincoln with his wife Tonya and their sons Landon and Matthew.

**Gene Müller – Washington High School, Washington, IN** – Müller has been coaching high school basketball in Indiana for 33 years. During this time he has won 20 conference championships, 26 sectional championships, 6 regional championships, 1 state runner-up trophy, and was the state champion in 2008. Coach Müller believes in teaching his athletes the fundamentals of life as well as the fundamentals of basketball ~ working hard, setting and achieving goals, discipline, self-motivation, and working with others to achieve a common goal. He and his wife, Debbie, have three daughters and 4 grandchildren.

**Jerry Eickhoff – Hampton High School** – During his 40 years as Head Coach of boys’ basketball in Hampton, Coach Eickhoff has compiled a record of 670-227 and has three state championships. His many coaching highlights include the state tourney wins, as well as his selection to coach both the NCA All-Star game and the Select All-Star teams at tournaments in Las Vegas and Phoenix. Jerry is coaching in the NCA All-Star game again this year, serving as head coach of the red team. With plans to retire this year, Eickhoff will have more time to spend with his wife Karen and their two kids and four grandkids.

## WRESTLING

**Steve Costanza – St. Cloud State University, St. Cloud, MN** – Coach Costanza wrestled for the University of NE at Omaha for four years, graduating in 1996. After three years of coaching at the high school level, he moved to the

college ranks, first leading the Vikings of Dana College before taking over at St. Cloud State in 2007. While at Dana, Costanza led his team to the NAIA National Championship and was honored as the NWCA/NAIA Coach of the Year in 2006. During his 11 years coaching college wrestling, he has produced 90 national qualifiers, 37 all-americans, 28 academic all-americans, and 2 national champions. Costanzo and his wife Nancy live in Rice, MN, with their five children.

**Keith Massey – Golden Eagles Wrestling Academy** – Massey coached wrestling at Lewis Central High School in Iowa for 14 years, the last eight of those years as head coach. During his tenure at the helm, Coach Massey led his wrestlers to back-to-back state championships in 2000 and 2001 and was runner-up in 2002. He has been head coach of the Golden Eagles Wrestling Academy, located in Underwood, IA, for the last seven years, leading Team Iowa to two Greco-Roman National Championships in Fargo. He also was Head Freestyle Coach in 2008 for Team Iowa's National Freestyle Championship. Coach Massey challenges his wrestlers not just to win but to do their best in every drill, every practice, and every match. He lives in Council Bluffs with his wife Patty and their five children – Madison, Hunter, Brock, Gaby, and Saylor.

**Mike Haggerty – Blue Springs High School, Blue Springs, MO** – A state champion wrestler in high school, Mike continued his wrestling career at Central Missouri University while earning undergraduate degrees in Mass Communications and Education and a graduate degree in Sports & Athletic Administration. He began his coaching career at CMSU, taking over as head coach in 1983. In 1990 Coach Haggerty moved to Colorado Springs where he worked with USA Wrestling for 3 years. He then moved back to Missouri and began teaching and coaching at Blue Springs High School. Inducted into Missouri's Wrestling Hall of Fame in 1993, Mike has also coached at Olympic Training Camps in 2000 and served as Head Coach of the 2002 USA Wrestling University World Team. Among his many coaching experiences, Mike highlights coaching his son Keenan to the state championship as a sophomore this past year. Mike and his wife Francesca have three other children - Michael, Mariah & Haley.

#### **SOCCER**

**Jeff Hoham – Lincoln East High School (boys)** – Coach Hoham has been coaching high school athletes for 22 years, and has been the head boys' soccer coach for the Spartans for the past seven years. He has led 3 soccer teams to state championships, and during that time has also coached 3 girls tennis teams and 9 boys tennis teams to state titles. Hoham believes in empowering his student athletes to learn that sports can be a vehicle that will teach them important values and principles that will serve them in all facets of their lives. He and his wife Tonya are the proud parents of a son, Tyler, and a daughter, Taryn.

**Chuck Morgan – Lincoln East High School (girls)** – Coach Morgan was born in France and raised in Germany until the age of 14, where he played soccer in youth leagues. Now in his 6<sup>th</sup> season as head girls soccer coach at Lincoln East, Morgan has led the Spartans to 5 city championships, 5 Heartland Conference championships, and four state playoff bids. In 2005 he was named Nebraska Soccer Coach of the Year after completing back-to-back state championships in 2004 and 2005.

**Rob Giesbrecht – Concordia University** – Giesbrecht has been head coach of women's soccer at Concordia since 2005. Through his rebuilding process, the soccer program at Concordia has enjoyed their most successful seasons. Prior to his move to Concordia, Coach Giesbrecht spent 6 years as assistant coach at Trinity Western University in Canada, winning the Canadian Interuniversity Sport (CIS) National Championship in 2004. (Canada's version of the NCAA.) He was a 4-yr starter himself at TWU and played in the Pacific Coast Soccer League as well as on numerous international soccer ministry tours overseas. He and his wife Cheryl are natives of the Vancouver area and reside in Seward with their 4 children.

#### **TENNIS**

**Kevin Heim – Woods Tennis Center** – Heim has a total of 14 years experience as a high school tennis coach and during that time produced 9 Wisconsin team state championships, 1 state runner-up, 12 individual state champs, and 53 first-team all-staters. As the head tennis pro at Koppa-Heim Tennis Academy in Wisconsin, he helped develop a program that began with 60 juniors and grew to more than 600 adults and juniors alike. Heim is currently the head pro and general manager at Woods Tennis Center in Lincoln and has grown the junior program there from 46 participants in 2007 to 726 in 2008. Coach Heim has experience working with state, sectional and nationally ranked players, over 40 of them playing collegiate or professional tennis in the past several years.

**Kerry McDermott – University of Nebraska, Lincoln** – Coach McDermott has been at the helm of the Nebraska men's tennis program since 1982 and owns the second-longest tenure as a head coach among active Big 12 coaches. He is respected by his players both for his coaching abilities and for his outstanding character as a person. Known for recruiting team players rather than individuals, a majority of each year's roster arrives at Nebraska from overseas, requiring that he take on more than just a role as a coach but as a father-figure as well. McDermott began his relationship with the NU men's tennis program as a player, competing for the Huskers from 1976 – 1980 and playing No. 1 singles as a senior. He continues to stay active competing in local and state tennis tournaments and is also an avid runner who races competitively.

#### **SOFTBALL**

**Lori Sippel – University of Nebraska, Lincoln** – A former All-American pitcher for UNL, Sippel has been part of the coaching staff there for 20 years. She was named Associate Head Coach in 2002 and is widely regarded as one of the top pitching coaches in the nation. Coach Sippel also has extensive experience playing and coaching at the international level, pitching for Canada in the 1996 Olympic games and later guiding Team Canada to a 4<sup>th</sup> place finish at the 2008 Olympics in Beijing. Lori was inducted into the International Softball Federation Hall of Fame in 2006, as well as the NU Softball Hall of Fame in 1997, and was the first softball player there to have her jersey retired (No. 16). An international guest speaker, Sippel is a native of Stratford, Ontario.

**Diane Miller – University of Nebraska, Lincoln** – Coach Miller received her undergraduate degree from Missouri Southern in 1992, where she was a three-time all-american catcher and led her team to the NCAA Division II national championship her senior year. After earning a masters degree from UNO in 1995, Miller began her coaching career there under head coach Mary Yori. She later spent 8 years as an assistant coach at Colorado State before coming to UNL in 2008. During her time at CSU, Miller coached 23 all-conference selections, including 2 freshmen of the year and two players of the year, and aided in the orchestration of an offensive revival for the team. Diane is a native of Greeley, KS.

**Mike Candrea – University of Arizona** – Candrea's list of coaching accomplishments in softball is long and distinguished, including coaching the US Olympic team to the gold medal in Athens in 2004 and the silver in Beijing in 2008. He has been named Pac 10 Coach of the Year 10 times since 1987 and was also named Coach of the year by the U.S. Olympic Committee in 2004 while earning the Olympic Shield, the USOC's most prestigious award. His teams at UA have earned 8 national championships and 20 trips to the Women's College World Series over the last 21 years. Coach Candrea is a sought-after speaker by softball and baseball coaches around the country and has delivered instructional clinics at all levels. He has written several books and produced a number of videos on various softball subjects, designing specific practice aids and equipment that are widely used at various levels of play.

**Terry Graver – Elkhorn High School** – Coach Graver has been head softball coach at Elkhorn for 10 years and during that time has collected four state championship trophies, winning in Class B from 2004 – 2007. He has compiled a career coaching record of 278-58 while leading his teams to 7 conference championships and 6 district championships. A former quarterback for Wayne State, Graver also competed in men's fast pitch softball for 15 years. Terry and his wife Suzy have a 13-yr-old daughter, Sydney, and a 10-yr-old son, Brett.

#### **FOOTBALL**

**Bo Pelini – University of Nebraska, Lincoln** – Bo Pelini began his coaching career in 1991, serving as a graduate assistant coach at Iowa under Hayden Fry. He then served as quarterbacks coach at Cardinal Mooney High School in Youngstown, Ohio, before taking the leap to the NFL and the 49ers in 1993. He has nine years of NFL experience, helping the 49ers to victory in Super Bowl XXIX and coaching linebackers for the Patriots and the Packers. His first collegiate job came at Nebraska in 2003, where he served as coordinator for the Huskers' Blackshirt defense, finishing the year ranked first nationally in pass efficiency defense and second in scoring defense. Pelini spent one season at Oklahoma before joining the staff at LSU as Defensive Coordinator and helping his team win a BCS national championship. Named Head Coach of Nebraska following the 2007 season, Coach Pelini led his team to a 9-4 record, capping his first year off with a win in the Gator Bowl. Bo is a native of Youngstown, Ohio, and has three children with his wife, Mary Pat.

**Ted Gilmore – University of Nebraska, Lincoln** – Born in Wichita, KS, 42-year-old Ted Gilmore enters his fifth season on the UNL coaching staff in 2009. He has served 4 years as receivers coach, 3 years as recruiting coordinator, and this year also added the role as assistant head coach to Bo Pelini. Considered a rising star in his profession, Gilmore was selected to participate in the Expert Coaches Academy in Miami in 2007. After graduating from Wyoming in 1991,

Ted began his career as a grad assistant for receivers and tight ends in 1994. He also was on the coaching staff at Houston and Colorado before coming to Nebraska in 2005. Gilmore and his wife Jennifer have a daughter, Taylor, and a son, T.J.

**Kirk Peterson – Millard West High School** – Coach Peterson has been coaching football at Millard West for 14 years, 6 of them as head coach. In 2008 he led his team to the Class A State championship. Peterson played for the UNO Mavericks while in college, graduating in 1995. He highlights being a part of the development of Millard West’s athletic department as an important part of his career and follows John Wooden’s philosophy of coaching – “Failing to prepare is preparing to fail.” Kirk and his wife Angie have two daughters and one son.

**Seth Turman – Millard West High School** – A former quarterback for the University of Nebraska at Omaha, Turman has been coaching football at Millard West for six years, the last three as offensive coordinator. His coaching highlights include being a part of the state championship team in 2008 and the semi-final team in 2007. Turman was a 3 sport athlete at Bishop Neumann High School, where his father Tim coached him in football. Seth and his wife Mikaila have two small children, 2-yr-old Selma and 3-month-old Grady.

**Lou Varley – Peru State College** – Lou is starting his second season as the offensive line coach for the Peru State Bobcats. He ‘retired’ in 2008 after 20 years of teaching math and coaching in Nebraska City. His career in education began at Superior High School in 1974, and he also spent some time in Friend and Ravenna before landing in Nebraska City in 1988. Varley earned his Bachelor’s Degree from UNL in 1974 and his Masters in EDAD from UNK in 2005.

**Chuck Mizerski – Peru State College** – A native of Granite City, Illinois, Coach Mizerski played football for Peru State, starting four years on the offensive and defensive lines. His coaching experiences include time at both Granite City North and South High Schools, Plattsmouth High School and Lincoln Southeast. With an overall coaching record of 247-72-1, Mizerski has led 6 teams to state championships and 3 runner-ups at Lincoln Southeast. Chuck has been married to Alice for 44 years and has a son, Ted, and a daughter, Alison.

**Randy Dreiling – Hutchinson High School, Hutchinson, KS** – Coach Dreiling took over as head football coach at Hutchinson in 1997, intent on building one of the best football programs in the state of Kansas. His team won the season opener that year, snapping a 26-game losing streak. The Salt Hawks only won one more game in 1997, but since that time Dreiling has led his teams to the Kansas 6A State Runner-up trophy in 2003 and the championship trophies from 2004-2007. In 2008 Hutchinson moved to Class 5A and the Salt Hawks took home that championship trophy as well. During his time as head coach at Hutchinson, Dreiling has had the opportunity to coach all three of his sons, Blake, Grant & Nate.

#### **8-MAN FOOTBALL**

**Troy Bullard – Shattuck High School, Shattuck, OK** – Coach Bullard led his team at Shattuck to the Oklahoma Class C State Championship 6 years in a row from 2003-2008. His team has the longest active winning streak in the nation with 83 games. With a career record of 102-5, Bullard has been named Class C Coach of the Year in 2003, 2006, and 2008. He coaches the team concept, helping his athletes put team goals ahead of individual goals and treat one another like family. Troy and his wife Shannon have two daughters, Carli & Camryn.

**Tyson Bullard – Shattuck High School, Shattuck, OK** – As an assistant to his brother, Troy, Tyson Bullard has been part of 5 state championships at Shattuck along with their 83-game winning streak. In 2008 he was named Assistant Coach of the Year in Class C Football. The Defensive Coordinator at Shattuck, Coach Bullard teaches a fundamental read & react defense, keeping his scheme simple so his athletes can play fast and play with confidence. Tyson is married to Micah and has two small daughters, Sayler and Tazzylee.

#### **TRACK/CROSS COUNTRY**

**Bill Godina – Desert Ridge High School, Mesa, AZ** – In a career spanning over thirty-five years, Coach Godina has coached and developed athletes from the high school to the elite level. As a high school coach, Godina has had thirty state champions in Wyoming, Colorado, and Arizona, while having coached the Wyoming Boys and Colorado Girls Shot & Discus record holders. Adding to Godina’s credentials are two Golden West discus champions and one Junior National discus champion. Godina has been instrumental in the USATF Coaches Education Instructor Education program, while also instructing Level 2 throws, and is a featured speaker at clinics around the nation. Having obtained level 3

designation in the throws, Godina has also authored the Glide Shot Put chapter in the USATF Coaches Manual.

**Pat McFadden – Kearney High School** – Pat has been coaching cross country at Kearney High for 20 years and assisted the track & field teams for 18 years. During this time, Pat’s teams have won 4 state championships in cross country and 12 state championships in track. He was named Nebraska Cross Country Coach of the Year in 2000 and has won Level 3 Milestone awards on both Boys CC and Boys Track & Field. Coach McFadden was a middle distance runner at LSE and Nebraska Wesleyan. He emphasizes his athlete’s strengths and coaches in a positive atmosphere in an environment based on sound, research-based training techniques and strategies. Pat & his wife Linda have twin 13-yr-old daughters and a 9-yr-old son.

**Joe Vigil – Legendary track coach from Green Valley, AZ** – During a career that has spanned more than five decades, Coach Vigil has compiled a very accomplished list of coaching assignments and achievements. While at Adams State College in Alamosa, CA, Vigil led teams to 19 national championships and produced 425 All-Americans. He is a 14-time National Coach of the Year award winner and was President of the NAIA Coaches Association while at Adams State. Vigil served as the USA Olympic Distance Coach in Seoul, Korea, in 1988 and again in Beijing for the 2008 games. His many other international coaching assignments include World Cross Country Coach on 5 different occasions, World University Games Coach in 1973, and Pan American Coach in 1975, 1983, and 1991. After years of coaching the elite athletes in his sport, Vigil has become a sought after speaker and is an annual presenter at the Distance High Performance Summit. Coach Vigil resides in Green Valley, AZ, with his wife Caroline.

**Gary Schuurmans – Norfolk High School** – Coach Schuurmans has been head track coach at Norfolk for the past 23 years. He began his career in Highmore, SD, at Hyde County School where he was girls basketball and track coach for 2 years. He then spent 9 years in Aberdeen, SD, coaching boys and girls track and assisting the boys basketball and football teams. While at Norfolk, Schuurmans track teams have earned 10 conference championships and 8 district championships. His coaching highlights include working with a great support staff of coaches in Norfolk and consistently helping his talented student athletes to finish in the top three teams at Relay, Invite, and Championship competitions. Gary and his wife Connie have four children and two grandchildren.

**Hollis Conway – Athlete & Speaker, Monroe, LA** – A six-time NCAA All-American and three-time NCAA champion high jumper at the University of Louisiana at Lafayette, Conway also was ranked No. 1 in the world in 1991 after winning the World Indoor Championships with a record jump of 7’10.5”. He is a two-time Olympic medalist, winning the silver in Seoul in 1988 and the bronze in Barcelona in 1992. Conway retired from jumping in 2001 and has taken his drive and determination to a career as a motivational speaker, helping his audiences take their performances to a higher level. Author of two books, *Yes I Can* and *Grasshopper*, Conway also wrote the forward of the *Complete Book of Jumps* and is the president of the non-profit motivational speaking organization *Overcoming Obstacles, Inc.*

**Brad Jenny – Doane College** – Coach Jenny joined the track staff at Doane in 1999. A 1994 graduate of Doane, Jenny uses his experience as an NAIA national qualifier and years of coaching experience to develop middle distance/distance athletes. He draws on his athletic training background to help develop each individual physically and to set up specific training programs for them, emphasizing the importance of getting to know each athlete’s individual needs and goals. As a coach at Doane, Jenny has helped produce twenty-two All-Americans and three individual national champions.

#### **JUNIOR HIGH SESSIONS** **FOOTBALL**

**Bob Fuller – Plattsmouth High School** – Fuller has been coaching football for thirty-eight years, 36 of those as a head coach. He has led teams to the state championships 5 times at 5 different schools in Kansas and Nebraska, taking home the winner’s trophy in 1972 and 1987. Coach Fuller was selected to lead 4 shrine bowl teams, twice in Kansas in 1993 and 1994, and twice in Nebraska in 1978 and 2008. A former football, track, and baseball athlete at Midland College, Bob has also served as head coach in all of those sports, along with wrestling, throughout his coaching career. He and his wife Cindy have 5 kids and 6 grandchildren.

**Plattsmouth Coaching Staff – David Schneider, Bob Dzuris, Kevin Tilson, Steve Klein** – The football coaching staff at Plattsmouth brings to the clinic more than 50 years of combined coaching experience, including time spent coaching at the collegiate level.

## VOLLEYBALL

**Craig Songster – Centennial High School** – Coach Songster credits Doane Head Coach Cindy Meyer for setting him on the path of coaching volleyball, after serving as her student assistant for his junior and senior years of college. His first head coaching job came at Valentine where he led the Lady Badgers for 3 years. He has been at Centennial for the last eight years, leading his team to the state tournament in 2007. Craig has enjoyed serving as coach and tournament director for the Club USA Volleyball program which hosts a high school tournament in Hawaii each summer for seniors-to-be. He and his wife Katie have a son named Brigham and a daughter named Laney.

## BASKETBALL

**Jeff Ritz – Millard North High School** – Jeff has been head girls' basketball coach at Millard North for 27 years and has compiled a career coaching record of 464-204. His teams have won 2 metro championships, 8 district championships, and made 14 state tournament appearances. He claims as his coaching highlights his 14 state appearances as well as serving as an assistant coach in the very first NCA All-Star Girls' Basketball game in 1980. Coach Ritz demands excellence of his student-athletes both on and off the court and strives for them to achieve higher goals than they even thought they could achieve. Jeff lives in Omaha with his wife, Doty.

# CLINIC LODGING

Several room blocks have been arranged for those coaches attending the 2009 coach's clinic. You are always encouraged to book your room early. At least this year we do not have to contend with the National Roller Skaters! Early booking will also guarantee you the best rates. When making reservations, make sure you request "Nebraska Coaches Association Clinic Rate." Most room blocks will remain in effect until July 13 unless otherwise noted.

The following properties are reserving rooms:

### Chase Suites

200 S. 68<sup>th</sup> PI  
402-483-4900  
Breakfast Buffet  
M-Th Happy Hour  
Pool/Hot Tub  
Fitness Center  
**Rates: \$74 +Tx, Studio Suites**

### Cornhusker Hotel

333 S. 13<sup>th</sup>  
402-474-7474  
**Rates: \$79 +Tx, Standard Rooms**

### Embassy Suites

1040 P St.  
402-474-1111  
Fitness Room  
Pool  
Happy Hour  
**Rates: \$129/Dbl +Tx**

### Fairfield Inn

4221 Industrial Ave.  
402-476-6000  
**Rates: \$80 +Tx**

### Hampton Inn Airport I-80

1301 W. Bond Cr.  
402-474-2080  
Breakfast  
Pool  
**Rates: \$70 +Tx**

### Holiday Inn Downtown

141 N. 9<sup>th</sup>  
402-475-4011  
Pool/Hot tub  
Fitness Room  
**Rates: \$79 +Tx**

### Holiday Inn Express Belmont

1133 Belmont Ave.  
402-435-0200  
Pool, Fitness Center  
Wireless Internet  
**Rates: \$80 +Tx**  
**7/6 Cut Off Date**

### Holiday Inn Express North

3939 N. 26<sup>th</sup> St.  
402-477-1100  
Pool/Hot Tub  
Fitness Center  
Wireless Internet  
**Rates: \$80 +Tx**

### La Quinta

4433 N. 27<sup>th</sup>  
402-476-2222  
**Rates: \$72.50 +Tx**  
**7/10 Cut Off Date**

### Motel 6 Airport

3001 NW 12<sup>th</sup> St.  
402-475-3211  
Outdoor Pool  
**Rates: 45.99 +Tx**

### New Victorian Suites

216 N. 48<sup>th</sup>  
402-464-4400  
Pool/Spa  
Fitness Center  
Breakfast Bar  
Wireless Internet  
**Rates: \$59 +Tx**

### Ramada Inn Airport

1101 W. Bond St.  
402-475-4971  
Free Breakfast  
Indoor Pool/Hot Tub  
Fitness Center  
Restaurant  
**Rates: \$65 +Tx**

### Ramada Limited South

1511 Center Park Rd.  
402-423-3131  
Complimentary Breakfast  
Fitness Center  
Outdoor Pool  
Restaurant  
**Rates: \$52-\$68 +Tx**

### Settle Inn & Suites

7333 Husker Cr.  
402-435-8100  
Pool/Hot Tub  
**Rates: \$69.95 +Tx**


# JOIN YOUR ASSOCIATION TODAY

AND TAKE ADVANTAGE OF THESE BENEFITS

- \* Year-round \$1,000,000 coaches' liability coverage.
- \* Free admission for two to the NCA All-Star Volleyball Match, Boys' and Girls' Basketball and Softball Games.
- \* Free admission for two to the annual Shrine Bowl Football Game.
- \* Free admission, with membership card, to most college-sponsored games.
- \* Quarterly newsletters with updates on NCA business.
- \* Reduced-price tickets to UNL-sponsored activities.
- \* Committees to make recommendations regarding sports rules changes.
- \* Recognition for coaching accomplishments and achievements through the Milestone Awards, State and National Coach-of-the-Year recognition, eligibility to coach in the Annual All-Star Games, and 25-Year Coach recognition.
- \* Sports Clinics

Please fill out the registration card below and return with your check to:

**Nebraska Coaches Association**  
**PO Box 80727**  
**Lincoln, NE 68501-0727**

<b>PO Box 80727</b> <b>Lincoln, NE 68501-0727</b> <b>402-434-5675</b>	Please check ALL applicable boxes: <table style="width: 100%; border: none;"> <tr> <td style="width: 33%; border: none;"><b>--Basic Fees:</b></td> <td style="width: 33%; border: none;"><b>Clinic Only:</b></td> <td style="width: 33%; border: none;"><b>Optional Fees:</b></td> </tr> <tr> <td style="border: none;"><input type="checkbox"/> NCA Membership (\$40.00)</td> <td style="border: none;"><input type="checkbox"/> Students (\$40.00)</td> <td style="border: none;"><input type="checkbox"/> Awards Banquet: July 26 (\$25.00)</td> </tr> <tr> <td style="border: none;"><input type="checkbox"/> *Clinic \$80.00 (before 6/1) \$90.00 (after 6/1)</td> <td style="border: none;"><input type="checkbox"/> Out of State (\$80.00)</td> <td style="border: none;"><input type="checkbox"/> Family Night at Ball Park No. of tickets _____ @ \$14.00 per ticket</td> </tr> <tr> <td style="border: none;">*Includes NCA Membership</td> <td style="border: none;"></td> <td style="border: none;"><input type="checkbox"/> Texas Coach Subscription (\$16.00)</td> </tr> </table>	<b>--Basic Fees:</b>	<b>Clinic Only:</b>	<b>Optional Fees:</b>	<input type="checkbox"/> NCA Membership (\$40.00)	<input type="checkbox"/> Students (\$40.00)	<input type="checkbox"/> Awards Banquet: July 26 (\$25.00)	<input type="checkbox"/> *Clinic \$80.00 (before 6/1) \$90.00 (after 6/1)	<input type="checkbox"/> Out of State (\$80.00)	<input type="checkbox"/> Family Night at Ball Park No. of tickets _____ @ \$14.00 per ticket	*Includes NCA Membership		<input type="checkbox"/> Texas Coach Subscription (\$16.00)	<b>Total Amount Paid</b> \$ _____ <input type="checkbox"/> Credit Card <input type="checkbox"/> School Check <input type="checkbox"/> Personal Check						
	<b>--Basic Fees:</b>	<b>Clinic Only:</b>	<b>Optional Fees:</b>																	
<input type="checkbox"/> NCA Membership (\$40.00)	<input type="checkbox"/> Students (\$40.00)	<input type="checkbox"/> Awards Banquet: July 26 (\$25.00)																		
<input type="checkbox"/> *Clinic \$80.00 (before 6/1) \$90.00 (after 6/1)	<input type="checkbox"/> Out of State (\$80.00)	<input type="checkbox"/> Family Night at Ball Park No. of tickets _____ @ \$14.00 per ticket																		
*Includes NCA Membership		<input type="checkbox"/> Texas Coach Subscription (\$16.00)																		
<b>nebraska coaches association</b> 	<table style="width: 100%; border: none;"> <tr> <td style="width: 60%; border: none;"><b>Check Applicable Boxes</b></td> <td style="width: 30%; border: none;"><b>Sports Coached:</b></td> <td style="width: 10%; border: none;"><b>Level</b></td> </tr> <tr> <td style="border: none;"><b>Boys Girls Head Asst.</b></td> <td style="border: none;"></td> <td style="border: none;"><b>HS JH Coll.</b></td> </tr> <tr> <td style="border: none;"><input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> _____</td> <td style="border: none;"></td> <td style="border: none;"><input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></td> </tr> <tr> <td style="border: none;"><input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> _____</td> <td style="border: none;"></td> <td style="border: none;"><input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></td> </tr> <tr> <td style="border: none;"><input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> _____</td> <td style="border: none;"></td> <td style="border: none;"><input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></td> </tr> <tr> <td style="border: none;"><input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> _____</td> <td style="border: none;"></td> <td style="border: none;"><input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></td> </tr> </table>		<b>Check Applicable Boxes</b>	<b>Sports Coached:</b>	<b>Level</b>	<b>Boys Girls Head Asst.</b>		<b>HS JH Coll.</b>	<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"/> <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"/> <input type="checkbox"/> _____		<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
<b>Check Applicable Boxes</b>	<b>Sports Coached:</b>	<b>Level</b>																		
<b>Boys Girls Head Asst.</b>		<b>HS JH Coll.</b>																		
<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"/> <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"/> <input type="checkbox"/> _____		<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>																		
Credit Card Number <input style="width: 100%;" type="text"/>		Exp. Date (Mo./Yr.) <input style="width: 50%;" type="text"/>	Number of years in coaching thru 08-2009 <input style="width: 50%;" type="text"/>																	
We accept Mastercard and Visa Signature X _____ Home Phone (    ) _____			Name _____ School _____ Home Address _____ City _____ State _____ Zip Code _____ E-Mail _____																	

# 2009 ALL-STAR TEAMS

## BOYS' BASKETBALL

### BLUE TEAM

Cody Eiler	6'3	G	O'Neill St. Mary's
Isiah Gandy	6'2	G	Boys town
Jake Hamburger	6'3	G	Hastings St. Cecilia
Brent Houchin	6'7	P	Bruning-Davenport
Denver Klaus	6'3	G	Bennington
Tiit Kuek	6'	G	Omaha Bryan
Ryan Longacre	6'6	F	Millard West
Jake Marvin	6'8	P	Lincoln Southwest
Taylor Murren	5'11	G	Wahoo
Taylor Price	6'1	G	Lincoln Southeast
Greg Smith	6'7	F	Ralston
Pete Uhing	6'4	G	Lincoln High

**Head Coach – Mike Hrabik – Syracuse**

**Asst. Coach – Terry Warner – Elmwood-Murdock**

### RED TEAM

Dane Bacon	6'2	G	Kearney
Sam Carstens	6'4	F	Grand Island
Brian Cleary	6'6	F	Columbus
Jarrell Crayton	6'7	P	Bellevue East
Matt Hagerbaumer	6'7	P	Lincoln Southeast
Dol Kutey	6'6	P	Lincoln Northeast
Tim McDavid	6'2	F	Scottsbluff
Trent Miller	6'1	G	Gretna
Adam Mingus	5'11	G	Ravenna
Drew Sankey	6'5	F	Lincoln East
Dwayne Wall	6'1	F	Hampton
Jacob Woslager	6'5	F	Pierce

**Head Coach – Jerry Eickhoff – Hampton**

**Assistant Coach – Mike Emory – Pierce**

## GIRLS' BASKETBALL

### BLUE TEAM

Karyn Bixler	5'10	F	Omaha Roncalli
Breanna Bohlen	5'9	G	Adams Central
Emily Cuva	5'5	G	Roncalli
Lindsay Determan	5'10	G	Lincoln Pius X
Emily Hauder	5'10	F	Bellevue West
KK Houser	5'6	G	Lincoln Southeast
Mallory Irvine	6'1	P	Ravenna
Melissa MacFarlane	6'6	P	Millard North
Kelsey Newman	5'9	G	Lincoln East
Sara Reeves	5'7	G	Bishop Neumann
Abbey Schueth	5'11	G-F	Ewing
Sara Wilson	5'10	G	Perkins County

**Head Coach – John Larsen – Lincoln Southeast**

**Assistant Coach – Dave Licari – Columbus**

### RED TEAM

Jasmin Corbin	5'7	G	Millard West
Paige Frauendorfer	6'	G	Humphrey
Paige Goeken	5'11	G-F	Bancroft-Rosalie
Kiley Herold	6'	F	Millard North
Annie Jackson	6'1	P	Tekamah-Herman
Marissa Kastanek	5'9	F	Lincoln Southeast
Maggie Maher	5'8	G	Kearney
Mercedes Morgan	5'11	F	Bellevue East
Katie Rich	5'10	F	Elkhorn Valley
Lexi Smidt	6'	F-P	North Platte
Miki Wulf	5'11	F	Blair
Jessica Zaruba	5'6	G	Norfolk Catholic

**Head Coach – Steve Hartman – Beatrice**

**Assistant Coach – Ken Cook – Freeman**

## VOLLEYBALL

### BLUE TEAM

Alex Armes	5'10	MH	Grand Island
Katie Beiermann	5'10	MH	Columbus Scotus
Tessa Brophy	5'5	DS	Papio South
Natalie Ebke	5'10	OH	Lincoln East
Chelsey Feekin	6'1	S	Papillion LaVista
Shelby Gowen	5'8	OH	Aurora
Lisa Greisch	6'	OH	Omaha Marian
Stacie Hansen	6'1	MH	Lincoln Southwest
Traci Keyser	5'9	MH	Cambridge
Gina Mancuso	6'	OH	Papillion LaVista
Melanie Placke	5'11	MH	St. Paul
Jenna Rouzee	6'1	RS/S	Grand Island NW
Lindsey Sitorius	5'5	S	Minden

**Head Coach – Rochelle Rohlfs – Omaha Marian**

**Assistant Coach – Matt Koehn – St. Paul**

### RED TEAM

Kaliegh Anderson	5'8	DS	Lincoln Southwest
Breanna Brandt	5'10	OH/S	Papio South
Natalie Braun	5'8	OH	Lincoln Pius X
Lauren Cook	5'8	S	Lincoln Pius X
Barbie DeCent	5'8	RS	Paxton
Katie Dettmer	6'	MH	Syracuse
Jessica Fey	5'11	OH/S	Crete
Kaitlin Klingemann	6'3	MH	Millard North
Anne Martin	5'10	MH	Waverly
Madison Pernicek	6'	OH	Ravenna
Jamie Straube	6'2	MH	Johnson Co. Central
Mackenzie Sullivan	5'8	OH/DS	Centennial
Haley Thrumer	6'2	MH	Ewing

**Head Coach – Jake Moore – Lincoln Pius X**

**Assistant Coach – Pat Hoblyn – Ansley**

# SOFTBALL

## BLUE TEAM

Brooke Ballmer	SS	Gothenburg
Lindsey Cale	C/2B	Lincoln North Star
Brittany Coufal	SS/P	Lincoln North Star
Ashley Dunn	P/OF/1B	Lincoln Southwest
Kate Erickson	U/P	Central City
Molly Negrete	1B/OF	Millard South
Amanda Neumann	3B	Papillion LaVista
Kassie Nurton	OF	Omaha Marian
Nicole Rauner	2B	Wayne
Lindsay Redding	OF	Papillion LaVista
Devon Reick	OF	Ralston
Megan Southworth	C	Papillion LaVista
Teshia Steuben	SS/OF	Columbus Lakeview
Ashley Szelag	SS/U	Columbus
Tina Winter	3B	Omaha Skutt Cath.

**Head Coach – Rob Sweetland – Wayne**

**Assistant Coach – Kari Amen – Lincoln Northeast**

## RED TEAM

Amy Baker	C	Omaha Westside
Jenny Brown	2B/OF	Millard North
Alli Catlett	OF	Lincoln Southwest
Amy Dreesen	1B/P	Elkhorn
Becky Dunn	P	Papio South
Maddy Emshoff	3B/1B	Fill. Cent./Exe. Mill.
Taylor Fernau	OF	Blair
Ashley Janssen	OF	Lincoln Southwest
Danae McCorkle	OF/SS	McCook
Mariah Montgomery	SS	Ralston
Kelsie Novotny	P	Millard North
Emily Perry	C/OF	Papio South
Liz Schwartz	P	Beatrice
Sarah Weber	C	Milford
Kim Wees	3B	Omaha Gross

**Head Coach – Jon Small – Blair**

**Asst. Coach – Keith Engelkamp – Omaha Skutt**

## 2009 ALL-STAR GAME SCHEDULE

<b>Monday, July 27</b>	<b>Girls' Basketball</b>	<b>6:00 p.m.</b>
<b>Monday, July 27</b>	<b>Boys' Basketball</b>	<b>8:00 p.m.</b>
<b>Tuesday, July 28</b>	<b>Volleyball</b>	<b>7:00 p.m.</b>
<b>Wednesday, July 29</b>	<b>Softball</b>	<b>5:00/7:00 p.m.</b>

NOTE: Coaches of all-star players are reminded they need to check the times for introduction of players, and are asked to be present at the designated time/location.

**Supplier of  
ALL STAR CLASSIC Uniforms  
and Coaches Apparel**

Lou's – Nebraska Sports is your exclusive  
RUSSELL ATHLETIC supplier of team uniforms and BIKE product  
in the state of Nebraska.

THE FIRST ONE TO HIT THE SHOWERS  
WILL BE THE LAST ONE TO HIT .400.

ARE YOU RUSSELL MATERIAL?

Are you the kind of athlete who wants to be in on every play? If you would rather give your all than watch it all, you are Russell Material. Just like the 25 Heisman winners who played in Russell Athletic uniforms. Visit [www.russellathletic.com](http://www.russellathletic.com)

**R**  
RUSSELL  
ATHLETIC.



### SPORTSMANSHIP WINNERS AT STATE BASKETBALL

The 2009 State Girls' and Boys' Basketball Tournament marked the eighth year of the Sportsmanship Awards. The Nebraska Coaches Association and the Nebraska State Interscholastic Athletic Administrators Association are proud to sponsor these awards, along with the Nebraska Independent College Foundation. The awards are provided compliments of Awards Unlimited. Even though this award represents the actions of schools at the State Basketball Tournament, it is also hoped that schools make good sportsmanship a year-round effort. Thanks also to the NSAA for allowing these presentations during the championship trophy presentation.

GIRLS	CLASS	BOYS
Bellevue West	A	Bellevue West
Adams Central	B	Ralston
Minden	C1	Pierce
David City Aquinas	C2	Freeman
Bancroft-Rosalie	D1	Hartington
Ewing	D2	Hayes Center

# SCHEDULE★STAR—the ONLY complete solution!

## Home Team Advantage

800-258-8550

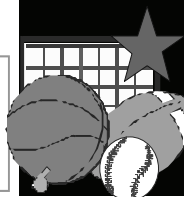
**What are your goals?** BHS is a small school and I have little secretarial help. I am responsible for all of the paperwork in the athletic department. I need to save time and effort on the mechanics of managing my department so I can spend more time with my Athletes and Coaches.

**Why?** Being an Athletic Director should be athlete-oriented, not paperwork driven. I wanted to get out of my office and onto the field helping my kids and their coaches reach their full potential.

**What does Schedule Star do for you?** With Schedule Star, all of my information is organized in one place. I do my work once and the information flows everywhere I need it to be. Schedule Star really is like my "Silent Assistant".

**Do you save time?** Absolutely!! HighSchoolSports.net is great and cuts down on all of those calls into my office. And, if I ever need any help, I just pick up the phone and call. The 24/7 Customer Support is free and the technicians are always pleasant and helpful. I also had a free on-line training so I could learn all of the ways that Schedule Star saves me time.

Schedule Star—the complete solution for your athletic department—schedules, rosters, eligibilities, contracts, transportation, facilities, upload to the [Arbiter.net](http://Arbiter.net) for your officials, 24/7 Customer Support and [HighSchoolSports.net](http://HighSchoolSports.net) for your fans.



## Schedule Once Use Everywhere!

With Schedule Star's free **Central**, scheduling your league games is fast and easy. When your schedule is finalized in Central, it displays in your member schools' Schedule Star. No need to do the same work again, no paper to pass around, your time saved.

**SCHEDULE★STAR**  
**800-258-8550**  
[www.ScheduleStar.com](http://www.ScheduleStar.com)  
[HighSchoolSports.net](http://HighSchoolSports.net)

## Your Department. Your School. Your Time.

- ★ Schedules ★ Scores
- ★ Stats ★ Photos ★ Directions
- ★ Sync to Calendar ★ Weather
- ★ Schedule Change Alerts

All included free with your Schedule Star  
for your athletes, parents, and fans of all kinds.  
Just send them to [www.HighSchoolSports.net](http://www.HighSchoolSports.net)!

800-258-8550

[www.ScheduleStar.com](http://www.ScheduleStar.com)

[www.HighSchoolSports.net](http://www.HighSchoolSports.net)



HIGH SCHOOL  
**SPORTS**.net

YOUR SCHOOL.  
YOUR TEAMS.  
OUR WORLD.

## FROM THE DIRECTOR



Steve Johnsen, NCA  
Executive Director

It can't be the end of April and nearly the end of another school year. The weather this year seems to be about the same as last year as we have been basically unable to get out for a round of golf or a ride on our Harley, but it's coming! This will be the 24<sup>th</sup> year that I have the opportunity/privilege/task or headache of setting up this clinic. My first year, in 1986, I believe we had some 30 speakers and now we regularly have over 65 in various presentations. It is always satisfying when the clinic comes together and even more so when coaches feel it is important to attend. The clinic week provides a great opportunity to renew old friendships and form new ones. Take the time to stop by the vendors to see what new items are out there and make sure you thank them for being there.

The end of April also brings about the close of the fiscal year of the Nebraska Coaches Association so it also brings about the opportunity to check on the financial health of the Nebraska Coaches Association. The NCA Board of Directors meets the last Sunday of April to discuss a variety of issues, with one major topic being the 2009-2010 budget. The NCA had positioned itself in a very good financial position over the past several years, in fact building a reserve that amounts to nearly 100% of our annual budget. The necessity of that move has never been clearer than with what has transpired this past year. We have CD's coming due that were taken out two years ago and earning 4.75-5% and being renewed at less than 2%. We have also taken a hit on some mutual fund investments, but not to the point that we wave a white flag.

We have had two major hits to the financial picture of the NCA as, about three months ago, we were informed that Farm Bureau was not going to renew their sponsorship of the Scholar-Athlete Award. We gave most of those contract funds away in scholarships, so that doesn't dramatically affect the operations of the NCA. The biggest hit

came about the first week of April when we were notified that Gatorade would not renew. That was a huge hit to us, as well as 25 other states, along with some state activities associations and the National Federation. Over our nearly 20 year relationship, Gatorade has provided us with sponsorship funds and in-kind donations of nearly \$300,000. That is one of the reasons that I suggested to the NCA Board of Directors a year ago that we raise membership dues. We will survive this loss. That is why the existing contract we still have with Nebraska Orthopaedic, Highschoolsports.net/Schedule Star, the Nebraska Independent College Foundation, and Russell Athletics are so important to our survival. Make sure you take the opportunity to thank them by using their services whenever you can. We will soon begin seeking someone to replace that contract, so if you know of someone that may be interested in supporting the programs of the NCA, have them call us.

Now on to better news. The Second Annual Cheer/Dance Championships held in Grand Island proved to be an overwhelming success, with a nearly 30% growth over last year's numbers. Nearly 1,600 cheerleaders and dancers performed in front of some 3500 fans at the Grand Island Events Center. The assistance provided by the Nebraska High School Hall of Fame Board, athletic directors and coaches in serving as hosts and directors was invaluable. We had nearly 60 volunteers that escorted the kids to the performance floor, or to locker rooms, checked in teams, or handed out goody bags to participants. Thanks to all the people that helped make this a first-class event and congratulations to all the participants and coaches. It was a wonderful event.

Other activities hosted this past year included the State Championships Football Clinic, with some 400 coaches in attendance, the spring track clinic with around 175 coaches, and throw in the various hospitality rooms, the Sportsmanship Awards and Summit, everything went like clockwork. We feel the NCA plays an important role in what is good about high school and middle school athletes.

We have just completed our first year in the new NSAA building (Cont. on page 26)

## FROM THE DIRECTOR

~Cont. from Page 25~

and we have nothing but gratitude for Dr. Tenopir, the NSAA Board of Control, and member schools for the opportunity to work in such great surroundings. We also have a much greater appreciation for the job that the NSAA does in supporting school activities. I don't think I ever realized how much time and effort goes into overseeing the state's activities programs. Just when we think we finally have a weekend off, the NSAA staff is off to Kearney for State Speech or to North Scottsbluff for a track rules meeting. The entire NSAA staff works tirelessly for the benefit of member schools and we would like to take the opportunity to thank them for all they do for our kids. We also would like to thank the NSIAAA for all of their support for the activities we co-sponsor. We have a great relationship with them and thank their Director Mike Purdy and President Tim McNamara for their support.

We look forward to welcoming coaches to the 2009 Multi-Sports Clinic. We feel we have provided you with another outstanding line-up of college and high school coaches, along with some professionals outside of education. One new addition to this year's schedule is the sessions for wives. We think this may be something that will be expanded on in years to come, but this is the trial run. There should be something for everyone at this year's clinic so if you can't find something to attend; you can't be looking hard enough! Take advantage of all of the activities, but make sure you get registered before the June 1 early registration deadline.

I would also like to thank the office staff of Vicky, Saundi, and Amanda (summer employee) for all their hard work. The really busy time for our office is just approaching, as all of the details for the 2009 Multi-Sports Clinic now have to be completed.

One last item...get signed up for the 2009 clinic and membership. Membership drives the success of this organization and your support is even more of a factor this coming year. If you have new coaches coming on staff, makes sure you get them signed up. Thanks to all of you for a great year and we look forward to a better 2009-2010. Have a

GREAT summer and enjoy a much-needed break.

## NATIONAL COACH OF THE YEAR FINALISTS

The National High School Athletic Coaches Association has announced the finalists for the 2009 National High School Coach of the Year. Nebraska has several coaches who will be honored at the annual awards banquet this year in Minneapolis, MN. The dates of the 2009 conference are June 20-24. The following coaches are finalists for the National Coach of the Year:

Baseball	Rick Kissack	Grand Island
Boys' Basketball	Doug Goltz	Falls City SH
Boys' Track & Field	Roger Mathiesen	Kearney
Football	Doug Goltz	Falls City SH
Girls' Basketball	John Larsen	Lincoln SE
Softball	Terry Graver	Elkhorn
Tennis	Les Livingston	Kearney

The Nebraska Coaches Association congratulates these outstanding coaches on their selection as finalists for National Coach of the Year and wishes them luck this summer.

### nebraska coach

**Official Publication of the Nebraska  
Coaches Association  
PO Box 80727  
Lincoln, NE 68501-0727**

**Volume CMXCXIII  
Issue III**

### Editor

**Steve Johnsen, NCA Executive Director**

### Executive Board

**President: Sam Dunn  
President-Elect: Jeff Smith  
Vice President: Jeff Ballar  
Past President: Ron Kubik**



## Nebraska's Independent Colleges

Nebraska's independent colleges are proud to sponsor the 2008 NCA/NSIAAA Sportsmanship Summit and the Sportsmanship Awards to be presented at the Girls and Boys State Basketball Tournaments in 2009.

*Consider private college choices:*

**Bellevue University**

**College of Saint Mary**

**Concordia University**

**Dana College**

**Doane College**

**Grace University**

**Hastings College**

**Midland Lutheran College**

**Nebraska Wesleyan University**

**Union College**

**York College**



*Nebraska's independent colleges include the 11 private colleges and universities that are members of the Nebraska Independent College Foundation.*

For more information, go to: [www.nicf.andyou.ws](http://www.nicf.andyou.ws)  
use: 9999 as your personal access number!

## SUPPORT YOUR PEERS AND ATTEND THE 2009 BANQUET

The Annual Awards and Recognition Banquet gives us the opportunity to recognize the accomplishments of coaches from across the state. This year's banquet will be held on Sunday, July 26 at the Train Station which is located in the historic Haymarket. Doors will open at 6:00 p.m., with the banquet beginning at 6:30 p.m. Coaches and athletic directors will be recognized for 25 or more years of service. Also honored will be Assistant/Junior High Coaches of the Year, Coaches of the Year, Level IV Milestone Award honorees, State Champion Coaches, and other major award winners. As honorees are selected, the lists will be provided on the NCA's web page at [ncacoach.org](http://ncacoach.org). Make sure you check the site regularly for updates. People interested in attending are encouraged to purchase tickets on their clinic/membership registration form or by calling the NCA office at 402-434-5675. This is a great way to honor our coaches in a formal setting plus hear some great stories and feast on some great food.

## BANQUET LODGING/PARKING

If you are attending the Awards and Recognition Banquet, the parking issues have been resolved by the parking garage located about two blocks away at the ramp located on the corner of 9<sup>th</sup> & "Q" Sts. Lodging is available for \$79 at the Holiday Inn, located just a short walk from the Train Station. Lodging information can be found on page 19 of this issue.



## ATHLETIC DIRECTOR SECRETARIES WELCOME

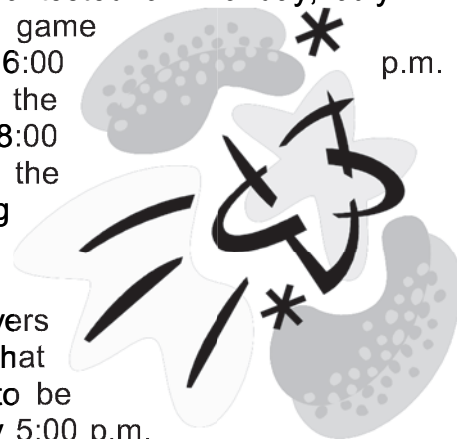
As a reminder to athletic directors, we know that many of your office assistants are responsible for scheduling by the use of Schedule Star. ***(If you aren't using Schedule Star, you need to check it out.)*** If AD's are registered for the clinic,



their secretary is welcome to attend for **FREE**. The Schedule Star sessions will be held on Tuesday, July 28 from 1:30-4:00 p.m. If they are attending, they need to check in at the registration desk for a badge for admittance.

## 2009 ALL-STAR SCHEDULE

The 2009 All-Star schedule will remain the same as previous years. The week kicks off with the Girls' and Boys' Basketball All-Star Games being contested on Monday, July 27 with the girl's game beginning at 6:00 p.m. followed by the boy's game at 8:00 p.m. Due to the games being televised live on NET, coaches of players are reminded that they will need to be at North Star by 5:00 p.m.



for the parent/coach reception that will precede the introductions, which will begin around 5:40 p.m. Coaches of both the girl's and boy's team will be introduced prior to the start of the girls' game.

The All-Star Volleyball Match will be played on Tuesday, July 28 in the North Star gym. The match begins at 7:00 p.m. The game will be televised live on NET. The All-Star Softball Double-Header will be played on Wednesday, July 29 at UNL's Bowlin Field. The first game will start promptly at 5:00 p.m. followed by the second game at 7:00 p.m.

As a reminder, your NCA membership card is good for **FREE** admission for two to the games.

## SUMMER HOURS

The NCA office is generally open on a year-round basis from 7:00 a.m. – 3:30 p.m. Monday-Friday. The office will be closed for the 4<sup>th</sup> of July weekend from July 3-6 and will reopen July 7<sup>th</sup>. Generally, the phone is on call forward to Director Steve Johnsen. Feel free to call and leave a message, if needed.

## 2009 LEVEL IV CAREER MILESTONE HONOREES

The 2009 Awards and Recognition Banquet will also be the time to recognize the Level IV Milestone Award Winners. The criteria for the Milestone Awards are on the NCA's web page at [ncacoach.org](http://ncacoach.org). Click on "Awards" then scroll down to Career Milestone Application and Criteria. This year's Milestone honorees are:

### 2009 NCA CAREER MILESTONE WINNERS

Denny Crawford	Basketball	I-IV	Ron Peck	Football	I-IV
Steve Exstrom	Basketball	III	Arlo Wusk	Football	III
Brian Bullington	Basketball	II	Ron Schaulis	Football	I
Mark Hunt	Basketball	II	Tony Hoffman	Football	I
Curt Lammers	Basketball	II	Darrel Hoffman	Girls' Golf	II-III-IV
Sean Wickham	Basketball	II	Jon Small	Softball	I
Tim Barada	Basketball	I	Dwane Schmitt	Girls' Track	I-II-III
Don Hogue	Basketball	I	Dan Watts	Girls' Track	III
Cameron Hudson	Basketball	I	Jake Moore	Volleyball	IV
John Kershaw	Basketball	I	Diane Rouzee	Volleyball	III-IV
Doug Zoucha	Boys' CC	III	Stan Karr	Volleyball	III
Todd A. Nott	Boys' CC	II	Dwain Borchers	Wrestling	III
Gail H. Peterson	Girls' CC	IV			

**Applications will be processed if they are received by June 1, 2009.**

Applications received after June 1, 2009 will be included in the August *nebraska coach*.

### 25-YEAR COACHES TO BE HONORED

Every year, the Nebraska Coaches Association is privileged to honor those coaches who have served our youth and schools at the middle and high school level. The NCA office has received the following names of those coaches who have met that standard this past year. They will each be invited as guests of the NCA to receive a plaque symbolic of their tenure in the coaching ranks. If you have coached for 25 or more years and have not yet received this award, please submit your name to the NCA office ASAP in order to be recognized at this year's banquet. You can also download the form from the NCA's web page at [ncacoach.org](http://ncacoach.org). If you should be receiving your award this year, make sure you contact us at [steve@ncacoach.org](mailto:steve@ncacoach.org) or call us at 402-434-5675. Coaches being recognized this year include:



Michael Barrett	Weeping Water	Jim Jennings	Platteview
Bob Braithwait	Arapahoe	Gaylord Johnson	Adams Central
Jerry Buck	Holdrege	Gregory McVicker	Dundy Co. Stratton
Charles Collins	Arapahoe	Joe Ortmeier	Osmond
Phil Doerr	Osceola	John Paulsen	Arapahoe
Dennis Dolliver	Norfolk	Lonny Polacek	Horizon MS
Jim Henke	Gothenburg	Dominic Reicks	Ravenna
Bill Hennigar	Weeping Water	Rich Rohde	Twin River
Diane Hento	Fremont	Diane Rouzee	Northwest
Doug Hinze	Axtell	Dwaine Schmitt	Kearney Catholic
Deb Holland	Norfolk	Mark Tonniges	Winside
Fred Holmes	Osceola	Arlo Wusk	Sterling
Rich Hood	Omaha Benson		

## IMPORTANT RECOMMENDATIONS FOR EARLY SEASON FOOTBALL PRACTICES

By Dr. Jim Tenopir, NSAA Executive Director



The news earlier this year of the high school football coach indicted by a Kentucky grand jury in the death of a high school football player sent shock waves throughout the country. The high school football coach was charged with reckless homicide after a fifteen-year-old offensive lineman died three days after collapsing during an early season high school football practice last August. This charge of reckless homicide is believed to be among the first criminal cases against a high school coach for the death of an athlete.

A coach might rationalize, “While it was a tragic case, it’s unlikely to happen in Nebraska or unlikely to happen to me or my athletes.” Yet, it is imperative, I believe, for all coaches to protect, first of all, the health and safety of their student-athletes.

Research shows that severe heat-related complications most frequently occur during the first four days of practice, with the first two days having the highest incidence of deaths. Further, there is a direct connection between heat and humidity—conditions that can occur at various times during the year, but certainly in the late summer/early fall time frame as we begin training for our fall sports.

In addition to football being practiced outdoors and during one of the hottest and most humid times during the year, the football player’s garb is not conducive for natural body cooling. Helmets are permitted for football practice from the first session of the season, and after the first two days of practice, the bulky and hot pads are permitted.

Further, not every student participating in football shows up on the first day acclimated to the heat and humidity conditions. Some athletes do physical labor all summer long in the heat of the day, but some athletes show up in less-than-good conditioning, often leaving

the air-conditioned environs that they have “enjoyed” most of the summer months.

There was a time that conventional wisdom stressed that athletes should consume salt tablets and shun water breaks—practices that have been proven to be incorrect and potentially fatal. Frequent water and rest breaks are now regularly prescribed, particularly in early season training and acclimatization periods. It is very important for coaches to schedule these rest and water breaks into the practice plan.

The NSAA Sports Medicine Advisory Committee (SMAC) is comprised of physicians, athletic trainers and a school administrator. Based upon anecdotal evidence regarding early-season Nebraska high school football practice scenarios, the SMAC researched and studied proper acclimatization procedures for early season football practices. It is based upon that research and medical perspective that the SMAC made a recommendation to the NSAA Board of Control regarding best practices for Nebraska’s high school football programs.

The recommendations from the SMAC will likely not be well accepted in some circles. These recommended guidelines will likely represent a shift from current practice for some schools, and in some cases, these recommendations may dictate substantial change. To comply with the recommendations, some coaches will likely face logistical decision-making: problems in scheduling desired numbers of preseason practices with the early start of classes in some schools; accommodating travel contingencies for students who travel some distance to school practices; potentially adjusting to a shorter length of individual practices than accustomed; and making certain that regular breaks are scheduled into the practice plan.

The NSAA Board of Control has accepted these SMAC considerations, and they are being passed along to member schools as recommendations for early season football practices, effective immediately. Please understand that these are being offered as recommendations, but coaches should understand that blatant disregard for these recommendations ~Cont. on Page 31~

Dr. Jim Tenopir, ~Cont. from Page 30~  
 may well have the same liability ramifications  
 as if these considerations were considered  
 requirements.

The SMAC suggestions and limitations that  
 have been accepted by the NSAA Board of  
 Control include the following:

1. Schools should make a conscious effort  
 to understand that heat and humidity  
 can cause injury, illness, and even  
 death in athletes who have not been  
 properly acclimated to the conditions.  
 Efforts should be made to practice in the  
 cooler parts of the day when heat and  
 humidity issues can be minimized.  
 Regular and frequent water and rest  
 breaks should be scheduled.
2. No early season football practice should  
 exceed three hours in length. When a  
 three-hour practice is scheduled,  
 included within those three hours should  
 be time for low-exertion instruction and  
 water and rest breaks.
3. If two practices are scheduled for the  
 same day, there should be a minimum  
 of three hours of rest and recovery time  
 scheduled between practices.

A school should schedule no more than  
 three, two-a-day practices per week,  
 preferably with no consecutive days of  
 two-a-days. On days when two-a-day  
 practices are scheduled, total practice  
 time should be limited to a maximum of  
 five hours per day.

4. A school should not schedule more than  
 six consecutive days of football practice.

Coaches, please understand that these  
 recommendations are intended to protect the  
 health and safety of our student participants,  
 not to mention to potentially protect coaches  
 from the stress and liability that would likely  
 accompany an untimely death of an athlete.  
 As a former high school football coach, I know  
 and understand the thoughts that are likely  
 racing through the minds of football coaches  
 reading this missive. If you have strong  
 reservations about voluntarily complying with  
 these recommendations, I would encourage  
 you to discuss this matter with your athletic  
 director and school administrators. Do not  
 arbitrarily dismiss these recommendations--  
 your legal protection and the protection of the  
 health and safety of your players deserve  
 further thought and collective decision-making.  
 Please err on the side of safety!

←-----→

## RETIRED COACHES AND ATHLETIC DIRECTORS

The NCA office has fielded several calls from  
 coaches who are taking early retirement but  
 still want to be involved in the Nebraska  
 Coaches Association. A few years ago, the  
 NCA Board of Directors established the Silver  
 Membership. For a one-time fee of \$50 you  
 can join as a lifetime member and receive most  
 of the NCA benefits such as preferred seating  
 at State Basketball, FREE attendance to NCA-  
 sponsored clinics, plus many others. Your  
 silver card also gets you, plus one guest, into  
 the Shrine Bowl and the NCA-sponsored All-  
 Star Games. You will also continue to receive  
 quarterly issues of the *nebraska coach*. You  
 can access the application form on the NCA's  
 website at [ncacoach.org](http://ncacoach.org) by clicking on the  
 "Membership" button and scrolling down to  
 Silver Membership Form.

**NCA – Find Us Here!**

Building Address .....500 Charleston  
 Mailing Address.....  
   Nebraska Coaches Association  
   PO Box 80727  
   Lincoln, NE 68501-0727

Telephone .....402-434-5675  
 FAX .....402-434-5689  
 Ticket Line.....402-434-5688

**Email**

Steve Johnsen..... [steve@ncacoach.org](mailto:steve@ncacoach.org)  
 Vicky Johnsen ..... [vicky@ncacoach.org](mailto:vicky@ncacoach.org)  
 Saundi Fugleberg..... [saundi@ncacoach.org](mailto:saundi@ncacoach.org)

Website .....[www.ncacoach.org](http://www.ncacoach.org)

**N**ebraska  
coaches  
association  
PO Box 80727  
Lincoln, NE 68501

**NON PROFIT  
ORGANIZATION  
US POSTAGE  
PAID  
PERMIT #428  
LINCOLN, NE**

**NOTE: A BLANK REGISTRATION CARD IS ON PAGE 20 OF THIS ISSUE.**