

# nebraska coach

2015 SPECIAL EDITION

***"THE POWER OF  
A POSITIVE TEAM"***  
– JON GORDON,  
2015 NCA  
MULTI-SPORTS  
CLINIC KEYNOTE



Nebraska Coaches Association's Clinic & Membership Information

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

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

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

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



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[www.nebraskaortho.com](http://www.nebraskaortho.com)  
[www.nebsportsconcussion.org](http://www.nebsportsconcussion.org)

**N** Your Husker  
Team Physicians





## Message from Darin Boysen, NCA Executive Director

Welcome to a special edition of the *Nebraska Coach* magazine. This publication is loaded with information regarding membership to the Nebraska Coaches Association (NCA) for 2015-2016 along with details of the 2015 NCA Multi-Sport Clinic.

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

The NCA Board of Directors and staff are committed to providing you with the best possible service and experience as an NCA member. The cost of everyday business expenses along with providing high caliber clinicians continues to grow. The NCA has provided the 2015 Annual Report on page 46 for your review.

The NCA membership benefits are again highlighted with the Gold Card program – an exclusive, annual NCA membership benefit that entitles the card holder admission to most 2015-2016 NSAA State Championship events for merely \$20. ANNUAL GOLD CARDS MUST BE PURCHASED BY OCTOBER 1. Traditional and Silver Members are eligible for this benefit. Schools are encouraged to purchase this optional benefit for members of their coaching staff. Individual coaches can also purchase the Gold Card by checking the optional membership benefit box within the online process or printed form. Members can also purchase the card at the Multi-Sport Clinic. Thank you to the Nebraska School Activities Association for making this program possible. See page 29 for further details.

The 2015 Multi-Sport Clinic week promises to be a fun and educational week. Jon Gordon will be the featured keynote speaker with the message of “*The Power of a Positive Team*.” You will find Jon to be entertaining yet challenging. He has successfully worked with athletic teams across the country from middle schools to the professional level.

The NCA is extremely proud of and thankful for the clinicians and exhibitors that will be featured at this year’s clinic. From hall of famers, to elite successful coaches from across the country, the schedule is loaded. The NCA thanks all of the clinic exhibitors who continue to recognize the importance of Nebraska coaches. Please be sure to visit their booths at the clinic, without their support the clinic would not be possible.

From the Awards Banquet, the Coaches Golf Scramble, All-Star games, clinic sessions, and Coaches’ Night-Out – there is sure to be many opportunities for growth and fellowship.

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

## CLINIC WEEK SCHEDULE OF EVENTS

Sunday, July 19	47th Annual NCA Awards Banquet	5:30 p.m.
Monday, July 20	NCA Annual Golf Tournament	8:00 a.m.
	Girls’ Basketball All-Star Game	6:00 p.m.
	Boys’ Basketball All-Star Game	8:00 p.m.
Tuesday, July 21	NCA Multi-Sport Clinic	7:30 a.m.
	Volleyball All-Star Match	7:00 p.m.
Wednesday, July 22	NCA Multi-Sport Clinic	7:30 a.m.
	Softball All-Star Doubleheader	4:00 p.m.
	Coaches Night Out	8:30 p.m.
Thursday, July 23	NCA Multi-Sport Clinic	7:30 a.m.

# nebraska coach

2015 Pre-Clinic/Membership Edition

ncacoach.org

## NCA STAFF

### EXECUTIVE DIRECTOR:

Darin Boysen - [darin@ncacoach.org](mailto:darin@ncacoach.org)

### ADMINISTRATIVE ASSISTANT:

Saundi Fugleberg - [saundi@ncacoach.org](mailto:saundi@ncacoach.org)

## EXECUTIVE BOARD MEMBERS:

### PRESIDENT

Randy Kliment, Creighton

### PRESIDENT ELECT

Tom Olson, Norfolk

### VICE PRESIDENT

Jerry Buck, Holdrege

### PAST PRESIDENT

Jim LaMaster, Adams Central

## NCA BOARD

### DISTRICT I

Tim Aylward, Lincoln Pius X

Russ Ninemire, Sandy Creek

### DISTRICT II

Tom Kerkman, Omaha Westside

Tony Allgood, North Bend Central

### DISTRICT III

Greg Conn, Wausa

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Toni Fowler, Adams Central

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### DISTRICT VI

Heidi Manion, Alliance

Duke Waln, Cody-Kilgore

## NCA CONTACT INFORMATION

### Mailing address:

PO Box 80727  
Lincoln, NE 68501

### Physical address:

500 Charleston  
Lincoln, NE 68501

### Phone number:

402-434-5675

### OFFICE HOURS

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

### Fax number:

402-434-5689

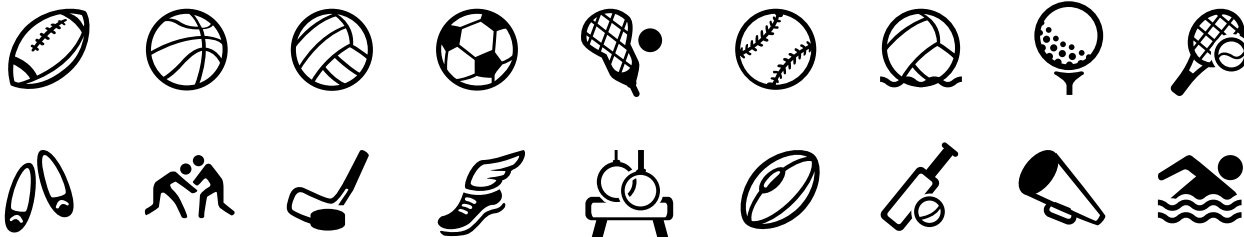
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PROUD PARTNER OF THE NCA



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

# 2015 Nebraska Coaches Association Summer Clinic – Hotel Listings

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

	Single Rate	Double Rate	Triple Rate	Quad Rate	Indoor Pool	Cont. Breakfast	Hot Breakfast	Shuttle
<b>Host Hotel</b>								
Country Inn and Suites	\$89.00	\$89.00	\$93.00	\$106.99	X	X	X	X
<b>South</b>								
Days Inn South	\$52.95	\$52.95	\$56.95	\$56.95		X		X
Holiday Inn Southwest	\$99.00	\$99.00	\$104.00	\$104.00	X	X		
<b>East</b>								
Chase Suites	\$79.00	\$79.00	\$109.00	\$109.00	X	X	X	X
Americas Best Value Inn	\$55.99	\$55.99	\$61.99	\$61.99	X	X		
New Victorian Suites	\$69.00	\$79.00	\$79.00	\$89.00				
Comfort Suites East	\$83.00	\$83.00	\$83.00	\$83.00	X	X	X	X
<b>Downtown</b>								
Courtyard by Marriott	\$124.00	\$124.00	\$134.00	\$134.00	X		X	X
Embassy Suites	\$145.00	\$145.00	\$160.00	\$175.00	X		X	X
Hilton Garden Inn	\$129.00	\$129.00	\$139.90	\$149.00	X		X	
Hyatt Place	\$119.00	\$119.00	\$129.00	\$139.00	X	X	X	Airport
The Cornhusker	\$99.00	\$99.00	\$99.00	\$99.00	X		\$13.00	Downtown
<b>WEST</b>								
Country Inn and Suites Airport	\$83.00	\$83.00	\$83.00	\$83.00			X	X
Hampton Inn Airport	\$89.00	\$89.00	\$89.00	\$89.00	X		X	
Holiday Inn Express Airport	\$109.00	\$109.00	\$109.00	\$109.00	X	X		Airport
Howard Johnson	\$60.00	\$60.00	--	--		X		
Quality Inn Airport	\$69.00	\$79.00	\$79.00	\$79.00		X	X	Airport






Proud new home of NSAA  
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800.423.8212 | [lincoln.org](http://lincoln.org)

# Nebraska Coaches Association Multi-Sport Clinic Partners and Exhibitors

As of Publication Date

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

PLAYNAIA & Great Plains Athletic Conference – #1-2  
Hudl – #5-6  
Cricket Sports – #8-9  
Nebraska Orthopaedic & Sports Medicine, Lincoln – #15  
Nebraska National Guard – East Lobby  
Lincoln Convention & Visitors Bureau  
Nebraska Community Blood Bank  
Sid Dillon

Baden Sports – #3-4  
HUMANeX – #7  
Russell Athletic – #12-14  
Fundraising University – #19-20  
National Wrestling Coaches Association (WR Room)  
Gatorade  
Coaches Choice – Coaches Resource Center

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

Lou's Sporting Goods – #10-11  
Eclipse, Inc. – #18  
Body Basics Fitness Equipment – #22  
Rogers Athletic – #24-25  
Mueller Sports Medicine – #27  
Hauff Sporting Goods – #30-31  
Shoot-A-Way – #33  
Universal Cheerleaders Association – #35  
Push Pedal Pull – #37-38

Lid's Team Sports – #16-17  
Wegener Safety Latch – #21  
Shirt Shack – #23  
Max Preps – #26  
Bison Inc. – #28-29  
Custom Sports – #32  
National Cheerleaders Assoc. – #34  
Nfinity Athletic – #36  
Ultimate Team Sales – #39-40

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

Nova Fitness Equipment – #41-42  
rSchoolToday – #44  
Blazer Manufacturing Inc. – #46  
Mobile App Network – #49  
GTM Sportswear Spirit – #52

UNL ROTC – #43  
Tri-State SnapSports – #45  
Misko Sports – #47-48  
GTM Sportswear – #50-51  
Brax Fundraising – #54

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

X-Grain Sportswear – #55  
Riddell – #57-58  
Nebraska HS Sports Hall of Fame – #62  
Fellowship of Christian Athletes – #64  
Neff Company – #66  
Shock Doctor & Cutters – #68  
AstroTurf – #70

Nebraska State Education Association – #56  
The Graphic Edge – #59-61  
Deli International Fundraising/Scratch & Help – #63  
EZ Flex Sport Mats – #65  
Power Lift – #67  
Sam's Club – #69  
HD Endzone Cam – #71-72

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



2015 marks the fourth year of the Nebraska Coaches Association's (NCA) “*Coaches Care*” program, underwritten by the Sid Dillon auto dealerships of Lincoln, Crete, Fremont, Blair & Wahoo and Scheels of Lincoln. The three organizations will be partnering with the Nebraska Community Blood Bank for a blood drive during the NCA Multi-Sport Clinic on Wednesday, July 22 outside the west vendor entrance of Lincoln North Star High School.

As leaders in the community, you are encouraged to give back and help those in need. Each coach that registers to give blood within the online site below will receive a \$25 Scheels gift card. Those that register will be eligible exclusively for the grand prize drawing of a flat screen television. Space is limited, sign up before the time slots to donate blood are gone. Only those that sign up within the online times at North Star will receive a Scheels gift card and will be eligible for the television.

Every coach may be capable of being a lifesaver for one or more people. To make an online appointment to donate blood, go to [www.ncbb.org](http://www.ncbb.org) and use the sponsor code NECA to register.

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

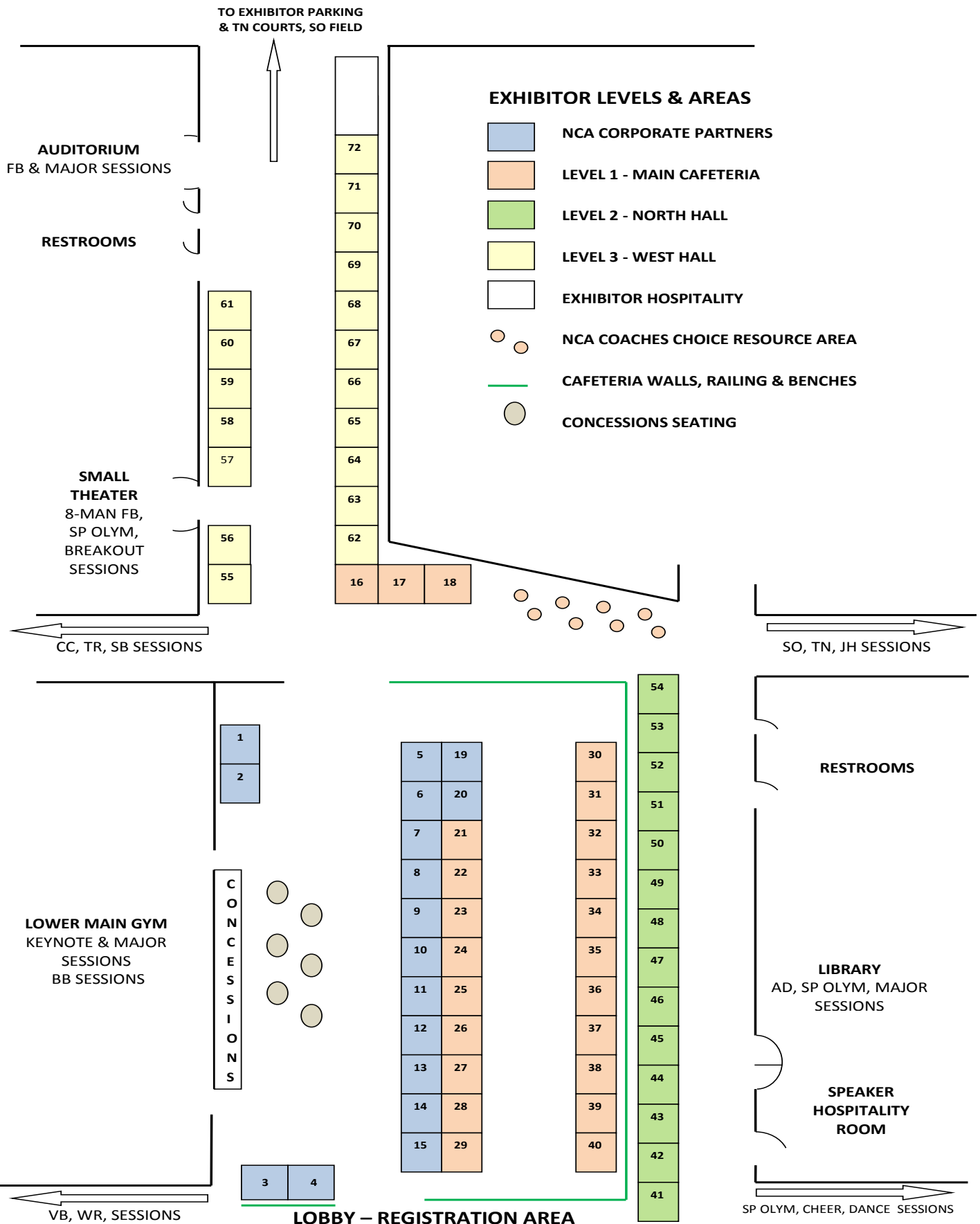
**SID DILLON**



**SCHEELS.**

# 2015 Nebraska Coaches Association Multi-Sport Clinic

## Exhibitor Layout





# Jon Gordon

International Best Selling Author  
and Speaker - Keynote Address  
Tuesday, July 21 - Main Gym

Jon Gordon is one of the most sought after speakers in the world today. His best-selling books and talks have inspired readers and audiences around the world and his principles have been put to the test by numerous NFL, NBA, and college coaches and teams, Fortune 500 companies, school districts, hospitals, and non-profits.

Jon is the author of *The Wall Street Journal* bestseller **The Energy Bus**, **The No Complaining Rule**, **Training Camp**, **Soup: A Recipe to Nourish Your Team and Culture**, **The Seed: Finding Purpose and Happiness in Life and Work**, **The Positive Dog: A Story About the Power of Positivity**, **The Carpenter: A Story About the Greatest Success Strategies of All**.

Jon and his tips have been featured on *The Today Show*, CNN, *Fox and Friends* and in numerous magazines and newspapers such as *The Wall Street Journal* and *The New York Times*. His clients include The Atlanta Falcons, Oklahoma City Thunder, Campbell Soup, Wells Fargo, State Farm, Novartis, Bayer, Northwestern Mutual, GE and many more.

Jon also impacts thousands of teachers and students each year through his work with schools, universities and non-profit organizations.

Jon lives in Ponte Vedra Beach, Florida and when he's not running through airports or speaking to businesses, hospitals or school leaders, you can find him playing tennis or lacrosse with his wife and two "high energy" children.

Jon's keynote address for the Nebraska Coaches Association Multi-Sports Clinic, **"The Power of a Positive Team"** will be based on three of his best selling books - **The Engery Bus**, **Training Camp** and **The Carpenter**.

\*Special thanks to the Nebraska Fellowship of Christian Athletes in helping co-sponsor Jon Gordon's keynote.\*

“Jon’s books and talks to our team have had a significant impact on our culture and have helped us **build a positive team** where our players overcome negativity and challenges to perform at their highest potential.”

**Mike Smith**, Former  
Head Coach, The  
Atlanta Falcons



“Jon’s presentation was regarded by many as the best of our conference. “Super,” “Inspiring,” “Great Ideas,” “Phenomenal,” “**Wonderful uplifting presentation**,” “His enthusiasm rubs off,” and similar comments dominated our attendee evaluations. We would certainly have him back again.”

**Ernie Mannino**, Associate Executive Director,  
National Assoc. of Elementary School  
Principles



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





# Nebraska Coaches Association's 2015 4-Person Coaches Golf Scramble

**Monday, July 20 – Wilderness Ridge Golf Club**



Tee-times will be available from 8:00 a.m. to 1:45 p.m.  
\$45.00 for NCA members & \$55.00 for non-members  
Includes green fees, cart, range balls, and hamburger, chips & fountain drink

**Tee-times accepted beginning on Monday, May 11 at 9:00 a.m.  
by calling the NCA office number: 402-434-5675**



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

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



## CLINIC SCHEDULE ON THE WEB

The 2015 NCA Clinic schedule will be available on the NCA website at [www.ncacoach.org](http://www.ncacoach.org). If changes are required to sessions, times, or speakers, an updated schedule will be posted on the NCA website. Please be sure to refer to this schedule in advance of your arrival at clinic. A printed schedule will be provided at the clinic.

## FIRST YEAR COACHES ATTEND CLINIC FOR FREE

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

## CLINIC REFUNDS

We strongly encourage preregistration for the Multi-Sports Clinic to avoid long waiting lines on the first day. If a coach is preregistered but is unable to attend, refunds may be requested **prior to July 1**. Any refund requests received after July 1 will be refunded 50% of the registration fee. Refunds will be issued AFTER August 1. Refund requests must be made in writing on school letterhead and can be mailed to NCA, PO Box 80727, Lincoln NE, 68501 – or – emailed to [darin@ncacoach.org](mailto:darin@ncacoach.org).

## CLINIC GOLF TOURNAMENT

The Nebraska Coaches Association 4-Person Coaches Golf Scramble will be on Monday, July 20, at Wilderness Ridge Golf Club. Cost for the tournament will be \$45.00 for NCA members and \$55.00 for non-members, which includes green fees, cart, range balls, and hamburger, chips & fountain drink. **Tee-times for the four-person scramble will be accepted beginning on Monday, May 11, at 9:00 a.m. by calling the NCA office #402-434-5675.** If possible, please plan to register a complete team of four. Tee-times will be available from 8:00 a.m. to 1:45 p.m., scheduled approximately every 8-10 minutes. Wilderness Ridge Golf Club is located in extreme southwest Lincoln south of Yankee Hill Road between 14th and 27th Streets. Feel free to contact the NCA office for directions. **\*\*PLEASE DO NOT CALL WILDERNESS RIDGE GOLF CLUB FOR TEE-TIMES.\*\***



## NEW ACTIVITY/ATHLETIC DIRECTORS NSAA MEETING – SUNDAY, JULY 19 – NSAA BUILDING

1:30-1:45 p.m.	Introductions – NSAA Executive Director and Staff
1:45-3:30 p.m.	What to Expect in Your First 90 Days/Mentor Program – NSIAAA Panel
3:30-3:45 p.m.	Break
3:45-5:30 p.m.	NSAA Points of Emphasis – NSAA Staff
5:30-6:00 p.m.	Q & A's/Giveaways
6:00-8:00 p.m.	Nebraska High School Hall of Fame Reception/Tours (All ADs welcome)

## ALL ACTIVITY/ATHLETIC DIRECTORS – NSAA OUT OF THE BLOCKS MEETINGS – MONDAY, JULY 20 – LINCOLN NORTH STAR AUDITORIUM

7:15-8:00 a.m.	Continental Breakfast
8:00-8:15 a.m.	Introductions and Welcome – NSAA Staff
8:15-9:00 a.m.	Heat Acclimatization and Contact Limits
9:00-9:30 a.m.	Lincoln Northeast Concussion Hardship – Clayton Heath, AD & Trainer
9:30-10:30 a.m.	Concussion Awareness & Management – Dr. Arthur Maerlender, Director of Brain, Biology & Behavior Research Ctr.
10:30-11:00 a.m.	Return to Learn Concussion Protocol/Checklists
11:00-11:30 a.m.	New Bylaw Reviews – NSAA Staff
11:30-11:45 a.m.	Questions/Evaluation
11:45 a.m.	Lunch (Provided by Lincoln Convention and Visitors Bureau)
1:00 p.m.	Class Caucus Meetings – TBA

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

Coaches Night Out will return to Barry's Husker Bar at 235 N 9th St. NCA members, clinicians and clinic vendors are welcome to attend this social time. Double Eagle Distributing will be providing beverages. Food will also be provided by Barry's. Clinic badges will be required for entry as the entire facility will be open only to those with a clinic badge, spouses or significant others. The event, which runs from 8:30–11:30 p.m., is co-sponsored by Hudl and HD Endzone Cam.



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

# BEYOND THE X'S & O'S

TUESDAY, JULY 21 1:00-1:50 p.m.

*Clinic Attendees May Pick One of the Three Sessions*

## **Crystal Zabka Belsky, Sports Nutritionist: *Sports Nutrition: Game Changer in Athletics***

As an ever-evolving concept, developments in sports nutrition can be hard to keep up with! Learn how to effectively interpret nutrition information and make the most appropriate applications to your athletes. Understanding the essential role that nutrition plays in competition can change the game for individual athletes, as well as an entire team.

## **Jay Hammes, Safe Sport Zone: *PLAY IT SAFE COACH - Protect Your Dreams***

Nearly all school districts have security measures in place during school days. However, similar risk management policies are too often overlooked or ignored for evening events. Safe Sport Zone has developed plans to assure safer environments for activities occurring at times other than during the regular school hours. For interscholastic athletics to survive, the games kids play have to be enjoyable, entertaining, safe, and educationally driven.

## **Rob Miller, Poactive Coaching: *Multi Sports/Activities is a Good Thing***

Exploring the impact of students who are involved in many things in your school, not just one sport participants. How does promoting the involvement in multi-sports/activities affect your school's culture? How does the student benefit? What are some of the pros and cons?

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**NEBRASKA COACHES ASSOCIATION  
MULTI-SPORTS CLINIC  
JULY 21-23, 2015  
LINCOLN NORTH STAR HIGH SCHOOL**

UNDERWRITTEN BY:

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

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

Nebraska National Guard  
Baden Sports  
Cricket Sports by Abante Marketing  
HUMANeX  
Coaches Choice

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

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

**NOTE:** Speakers, schedules, and topics are subject to change. For up-to-date changes, if any, please refer to the NCA web page at [www.ncacoach.org](http://www.ncacoach.org).

**ATHLETIC DIRECTORS**

**All Sessions in Library unless otherwise noted**

**Tuesday, July 21**

7:30 a.m.

8:30 a.m. – 9:20 a.m.

9:50 a.m. – 11:20 a.m.

11:20 a.m. – 1:00 p.m.

1:00 p.m. – 1:50 p.m.

2:20 p.m. – 3:50 p.m.

2:20 p.m. – 3:10 p.m.

3:30 p.m. – 4:20 p.m.

REGISTRATION AND EXHIBIT AREA OPEN

Rob Miller, ProActive Coaching- "Building the Multi-Sports/Activities Mission Within Your School"

**WELCOME, KEYNOTE ADDRESS: JON GORDON – "THE POWER OF A POSITIVE TEAM"** Co-Sponsored by the Nebraska FCA **Main Gym**

**Lunch on Your Own**

Beyond X's & O's: Jay Hammes, Safe Sport Zone- "PLAY IT SAFE COACH-Protect Your Dreams" - Presented by the NSAA **South Gym**

Beyond X's & O's: Rob Miller, ProActive Coaching- "Multi-Sports/Activities is a Good Thing" **Main Gym**

Beyond X's & O's: Crystal Zabka Belsky, OMNI Behavioral Health-Sports Dietitian- "Sports Nutrition: Game Changer in Athletics" **Aud.**

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

Jay Hammes, Safe Sport Zone- "Security Certification Training" Part I - Presented by the NSAA

(Certification Requires Attendance of Both Sessions)

Jay Hammes, Safe Sport Zone- "Security Certification Training" Part II - Presented by the NSAA

(Certification Requires Attendance of Both Sessions)

**Wednesday, July 22**

7:30 a.m.

8:30 a.m. – 9:20 a.m.

10:00 a.m. – 11:15 a.m.

11:30 a.m. – 12:00 p.m.

12:00 p.m. – 1:30 p.m.

1:30 p.m. – 2:20 p.m.

1:30 p.m. – 3:00 p.m.

1:30 p.m. – 2:20 p.m.

2:50 p.m. – 3:40 p.m.

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

REGISTRATION AND EXHIBIT AREA OPEN

3D Coaching- "Resources for Your Coaches - What's Working in Nebraska"

Crystal Zabka Belsky, OMNI Behavioral Health-Sports Dietitian- "Maximizing a Competitive Edge with Sports Nutrition"

District Meetings

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

Dave Schultz, Nebraska Sports Concussion Network- "Refresher-ImPact-Baseline Testing & Training" Sign Up at Booth #15, D023

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

David Hulings Western Michigan Christian/ Motivational Transition Coach- "The Software of Personality" Part I

David Hulings Western Michigan Christian/ Motivational Transition Coach- "The Software of Personality" Part II

**Thursday, July 23**

7:30 a.m.

8:30 a.m. – 9:20 a.m.

9:50 a.m. – 10:40 a.m.

11:00 a.m. – 11:50 a.m.

12:00 p.m.

REGISTRATION AND EXHIBIT AREA OPEN

Angela Crawford, NAIA, "Playing College Sports"

rSchoolToday- "Activity Scheduler – The Foundation" **A100**

rSchoolToday- "Activity Scheduler – The Workshop" **A100**

Clinic Concludes with Drawings **Main Gym**

*Stop by rSchoolToday (Booth #44) to ask questions specific to your program and/or to learn more about connecting Activity Scheduler to other rSchoolToday powerful programs*

**BASKETBALL**

**Tuesday, July 21**

7:30 a.m.

8:30 a.m. – 9:20 a.m.

9:50 a.m. – 11:20 a.m.

11:20 a.m. – 1:00 p.m.

1:00 p.m. – 1:50 p.m.

2:20 p.m. – 3:50 p.m.

2:20 p.m. – 3:10 p.m.

3:30 p.m. – 4:20 p.m.

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

REGISTRATION AND EXHIBIT AREA OPEN

Dale Wellman, Nebraska Wesleyan University (Men)- "Forcing Tempo"

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Beyond X's & O's: Crystal Zabka Belsky, OMNI Behavioral Health-Sports Dietitian- "Sports Nutrition: Game Changer in Athletics" **Aud.**

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

Pat Rady, Cloverdale HS, IN-(Boys) "Life as an Indiana Basketball Coach for 51 Years: Including Individual Workouts, Conditioning & Tryouts"

Pat Rady, Cloverdale HS, IN-(Boys) "A Few of My Favorites: Drills, Quick Hitters and Offenses"

**Wednesday, July 22**

7:30 a.m.

8:30 a.m. – 9:45 a.m.

10:00 a.m. – 11:15 a.m.

11:30 a.m. – 12:00 p.m.

12:00 p.m. – 1:30 p.m.

1:30 p.m. – 2:20 p.m.

1:30 p.m. – 3:00 p.m.

1:30 p.m. – 2:20 p.m.

2:50 p.m. – 3:40 p.m.

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

REGISTRATION AND EXHIBIT AREA OPEN

Mike Lee, Mike Lee Basketball Services- "Essentials: Only Skills 93.7% of High School Players Need"

NSAA Rules Meeting & NCA Basketball Meeting

District Meetings

Lunch on Your Own – NCA Sport Advisory Lunch Meetings

Dave Schultz, Nebraska Sports Concussion Network- "Refresher-ImPact-Baseline Testing & Training" Sign Up at Booth #15, D023

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

Mike Lee, Mike Lee Basketball Services- "Beat the Panic: How to Separate From & Attack Pressure"

Mike Lee, Mike Lee Basketball Services- "Steph Curry: Skills That Make Him an All-Star That Your Players Can Use"



#### Thursday, July 23

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

REGISTRATION AND EXHIBIT AREA OPEN  
Angela Crawford, NAIA, "Playing College Sports" **Library**  
Hudl: "Hudl: Helping the Basketball Coach Win"  
Mike Lee, Mike Lee Basketball Services- "Beginners & Fundamental Drills"  
Zach Klaassen, Harlan HS, IA (Girls)- "Coaching Fundamentals/Practice"  
Zach Klaassen, Harlan HS, IA (Girls)- "Half-Court Offense & Quick Hitters"  
Clinic Concludes with Drawings **Main Gym**

#### CHEERLEADING & DANCE

##### Tuesday, July 21

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

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

REGISTRATION AND EXHIBIT AREA OPEN  
Crystal Zabka Belsky, Sports Dietitian- "Competitive Thinness—When Competition Goes Beyond the Sport"  
**WELCOME, KEYNOTE ADDRESS: JON GORDON – "THE POWER OF A POSITIVE TEAM"** Co-Sponsored by the Nebraska FCA **Main Gym**  
Lunch on Your Own  
Beyond X's & O's: Jay Hammes, Safe Sport Zone- "PLAY IT SAFE COACH-Protect Your Dreams" - Presented by the NSAA **South Gym**  
Beyond X's & O's: Rob Miller, ProActive Coaching- "Multi-Sports/Activities is a Good Thing" **Main Gym**  
Beyond X's & O's: Crystal Zabka Belsky, OMNI Behavioral Health-Sports Dietitian-"Sports Nutrition: Game Changer in Athletics" **Aud.**  
Universal Cheerleading- "Proper Stretching Strengthening to Increase Jump Skills"  
NE Orthopaedic & Sports Medicine-Lincoln- "Care & Prevention of Athletic Injuries-Taping for Coaches" **Training Room**  
Universal Cheerleading- "How to Maximize the Score Sheet at Competition"

2:20 p.m. – 3:10 p.m.  
2:20 p.m. – 3:50 p.m.  
3:30 p.m. – 4:00 p.m.

##### Wednesday, July 22

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

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

REGISTRATION AND EXHIBIT AREA OPEN  
Universal Cheerleading- "Crowd Involvement Cheers for Non-Building Teams" & "Why is My Cheer Score So Low?"  
Universal Cheerleading- "Sideline Competition vs. UCA Game Day Competition" & "NE: Replace Sideline with Game Day?"  
Round Table Discussion Suggestions & Proposals to Improve Nebraska State Championships  
District Meetings  
Lunch on Your Own  
Dave Schultz, Nebraska Sports Concussion Network- "Refresher-ImPact-Baseline Testing & Training" Sign Up at Booth #15, D023  
NE Orthopaedic & Sports Medicine-Lincoln- "Care & Prevention of Athletic Injuries-Taping for Coaches" **Training Room**  
Jeff Snow, UCA/Iowa Western Community College- "Why We Coach"  
Jeff Snow, UCA/Iowa Western Community College- "Six Traits of Good Leader"

#### Thursday, July 23

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

REGISTRATION AND EXHIBIT AREA OPEN  
Angela Crawford, NAIA, "Playing College Sports" **Library**  
Universal Cheerleading- "How to Add Difficulty to a Non-Building/Non-Tumbling Routine"  
Universal Cheerleading- "What the Judges Are Looking For"  
Clinic Concludes with Drawings **Main Gym**

#### CROSS COUNTRY

##### Tuesday, July 21

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

**All sessions in E119 unless otherwise noted**

REGISTRATION AND EXHIBIT AREA OPEN  
Clint May, Bozeman HS, MT- "Identifying, Creating, Adapting the Culture of Your Team"  
**WELCOME, KEYNOTE ADDRESS: JON GORDON – "THE POWER OF A POSITIVE TEAM"** Co-Sponsored by the Nebraska FCA **Main Gym**  
Lunch on Your Own  
Beyond X's & O's: Jay Hammes, Safe Sport Zone- "PLAY IT SAFE COACH-Protect Your Dreams" - Presented by the NSAA **South Gym**  
Beyond X's & O's: Rob Miller, ProActive Coaching- "Multi-Sports/Activities is a Good Thing" **Main Gym**  
Beyond X's & O's: Crystal Zabka Belsky, OMNI Behavioral Health-Sports Dietitian-"Sports Nutrition: Game Changer in Athletics" **Aud.**  
NE Orthopaedic & Sports Medicine-Lincoln- "Care & Prevention of Athletic Injuries-Taping for Coaches" **Training Room**  
Clint May, Bozeman HS, MT- "Mental Stability"  
Clint May, Bozeman HS, MT- A Look Inside Bozeman's Program"

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

##### Wednesday, July 22

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

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

REGISTRATION AND EXHIBIT AREA OPEN  
NSAA Meeting & NCA Cross Country Meeting  
Brady Bonsall, University of Nebraska-Kearney- "Differences Between Coaching Men & Women"  
District Meetings  
Lunch on Your Own – NCA Sport Advisory Lunch Meetings  
Dave Schultz, Nebraska Sports Concussion Network- "Refresher-ImPact-Baseline Testing & Training" Sign Up at Booth #15, D023  
NE Orthopaedic & Sports Medicine-Lincoln- "Care & Prevention of Athletic Injuries-Taping for Coaches" **Training Room**  
Brady Bonsall, University of Nebraska-Kearney- "Coaching the Developmental Athlete"  
Brady Bonsall, University of Nebraska-Kearney- "Differential in Distance Training"

#### Thursday, July 23

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

REGISTRATION AND EXHIBIT AREA OPEN  
Angela Crawford, NAIA, "Playing College Sports" **Library**  
Dan Fitzsimmons, University of South Dakota- "No Shortcuts to the Top – Coaching Tips & Tools"  
Dan Fitzsimmons, University of South Dakota- "Pace Don't Race – Planning Workouts to Enhance Performance"  
Dan Fitzsimmons, University of South Dakota- "Be a Hummingbird – Strength & Conditioning for Distance Runners"  
Clinic Concludes with Drawings **Main Gym**

## **FOOTBALL 11-MAN**

### **Tuesday, July 21**

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

### **Wednesday, July 22**

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

### **Thursday, July 23**

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

## **FOOTBALL 8-MAN**

### **Tuesday, July 21**

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

### **Wednesday, July 22**

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

### **Thursday, July 23**

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

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

REGISTRATION AND EXHIBIT AREA OPEN  
University of Nebraska Coaching Staff - TBA  
**WELCOME, KEYNOTE ADDRESS: JON GORDON – “THE POWER OF A POSITIVE TEAM”** Co-Sponsored by the Nebraska FCA **Main Gym**  
Lunch on Your Own  
Beyond X’s & O’s: Jay Hammes, Safe Sport Zone- “PLAY IT SAFE COACH-Protect Your Dreams” - Presented by the NSAA **South Gym**  
Beyond X’s & O’s: Rob Miller, ProActive Coaching- “Multi-Sports/Activities is a Good Thing” **Main Gym**  
Beyond X’s & O’s: Crystal Zabka Belsky, OMNI Behavioral Health-Sports Dietitian-“Sports Nutrition: Game Changer in Athletics” **Aud.**  
NE Orthopaedic & Sports Medicine-Lincoln- “Care & Prevention of Athletic Injuries-Taping for Coaches” Training Room  
Andrew Shanle, Cypress Ranch HS, TX- “Cypress Ranch Multiple 3-4 Defense: Worst to First”  
Andrew Shanle, Cypress Ranch HS, TX- “Cypress Ranch Defense Plan Your Work, Work Your Plan”

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

REGISTRATION AND EXHIBIT AREA OPEN  
NSAA Rules Meeting & NCA Football Meeting  
Andrew Shanle, Cypress Ranch HS, TX- “Cypress Ranch Defense: Skills & Drills”  
District Meetings  
Lunch on Your Own – NCA Sport Advisory Lunch Meetings  
Dave Schultz, Nebraska Sports Concussion Network- “Refresher-ImPact-Baseline Testing & Training” Sign Up at Booth #15, D023  
NE Orthopaedic & Sports Medicine-Lincoln- “Care & Prevention of Athletic Injuries-Taping for Coaches” Training Room  
P.J. Fleck, Western Michigan University – “Helping Student-Athletes Recognize Their Potential Part I” – Presented by HUMANeX  
Ashland-Greenwood HS Staff- Teaching Football Fundamentals/Junior High Session – Classroom Session **B103**  
P.J. Fleck, Western Michigan University – “Helping Student-Athletes Recognize Their Potential Part II” – Presented by HUMANeX  
Ashland-Greenwood HS Staff- Teaching Football Fundamentals/Junior High Session – Classroom Session **B103**

REGISTRATION AND EXHIBIT AREA OPEN  
Boo Schexnayder, Schexnayder Athletic Consulting- “Speed Development in Multi-Sports”  
Hudl- “Hudl: Helping Football Coaches Win” **Theater**  
Angela Crawford, NAIA, “Playing College Sports” **Library**  
Ashland-Greenwood HS Staff- Teaching Football Fundamentals/Junior High Session – Classroom Session **B103**  
Josh Lamberson, University of Nebraska-Kearney- “Quarterback 101”  
Josh Lamberson, University of Nebraska-Kearney- “Drop Back Pass Concepts”  
Clinic Concludes with Drawings **Main Gym**

### **All Sessions in Theater unless otherwise noted**

REGISTRATION AND EXHIBIT AREA OPEN  
Cody Caswell & Aaron Amthor, Lawrence HS, MI- “Up Tempo Practice: Maximum Reps with Fast Quality Coaching”  
**WELCOME, KEYNOTE ADDRESS: JON GORDON – “THE POWER OF A POSITIVE TEAM”** Co-Sponsored by the Nebraska FCA **Main Gym**  
Lunch on Your Own  
Beyond X’s & O’s: Jay Hammes, Safe Sport Zone- “PLAY IT SAFE COACH-Protect Your Dreams” - Presented by the NSAA **South Gym**  
Beyond X’s & O’s: Rob Miller, ProActive Coaching- “Multi-Sports/Activities is a Good Thing” **Main Gym**  
Beyond X’s & O’s: Crystal Zabka Belsky, OMNI Behavioral Health-Sports Dietitian-“Sports Nutrition: Game Changer in Athletics” **Aud.**  
NE Orthopaedic & Sports Medicine-Lincoln- “Care & Prevention of Athletic Injuries-Taping for Coaches” **Training Room**  
Cody Caswell, Lawrence HS, MI- “Up Tempo Spread Option Run Game”  
Cody Caswell, Lawrence HS, MI- “Up Tempo Spread Option Pass Game”

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

REGISTRATION AND EXHIBIT AREA OPEN  
NSAA Rules Meeting & NCA Football Meeting – **Auditorium**  
Andrew Shanle, Cypress Ranch HS, TX- “Cypress Ranch Defense: Skills & Drills” **Aud.**  
District Meetings  
Lunch on Your Own – NCA Sport Advisory Lunch Meetings  
Dave Schultz, Nebraska Sports Concussion Network- “Refresher-ImPact-Baseline Testing & Training” Sign Up at Booth #15, D023  
NE Orthopaedic & Sports Medicine-Lincoln- “Care & Prevention of Athletic Injuries-Taping for Coaches” **Training Room**  
Aaron Amthor, Lawrence HS, MI- “3 Rules of Defensive Line Play in the 3-2 Bear”  
Aaron Amthor, Lawrence HS, MI- “DB/LB Play in the 3-2 Bear”

REGISTRATION AND EXHIBIT AREA OPEN  
Angela Crawford, NAIA, “Playing College Sports” **Library**  
Hudl- “Hudl: Helping Football Coaches Win”  
Boo Schexnayder, Schexnayder Athletic Consulting- “Speed Development in Multi-Sports” **Aud.**  
David Grohs, Tekonsha HS, MI- “Team Defense: A Must in 8-Man Football”  
David Grohs, Tekonsha HS, MI- “Be a Good Coach! – Lessons Learned From the Greats”  
Clinic Concludes with Drawings **Main Gym**

## GOLF

### **Tuesday, July 21**

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

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

### **Wednesday, July 22**

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

### **Thursday, July 23**

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

## SOCCER

### **Tuesday, July 21**

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

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

### **Wednesday, July 22**

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

### **Thursday, July 23**

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

## SOFTBALL/BASEBALL

### **Tuesday, July 21**

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

## **All Golf sessions at Highlands Golf Course unless otherwise noted**

REGISTRATION AND EXHIBIT AREA OPEN

*WELCOME, KEYNOTE ADDRESS: JON GORDON – “THE POWER OF A POSITIVE TEAM”* Co-Sponsored by the Nebraska FCA **Main Gym**  
Lunch on Your Own

Beyond X's & O's: Jay Hammes, Safe Sport Zone- “PLAY IT SAFE COACH-Protect Your Dreams” - Presented by the NSAA **South Gym**

Beyond X's & O's: Rob Miller, ProActive Coaching- “Multi-Sports/Activities is a Good Thing” **Main Gym**

Beyond X's & O's: Crystal Zabka Belsky, OMNI Behavioral Health-Sports Dietitian-“Sports Nutrition: Game Changer in Athletics” **Aud.**

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

David Ogrin, Former PGA Player & Shelly Liddick, Bellevue Univ. (Women)- “Golf Coaching-What We Know”

David Ogrin, Former PGA Player & Shelly Liddick, Bellevue Univ. (Women)- “Introduction to the 8 Essential Playing Skills, Part I”

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

REGISTRATION AND EXHIBIT AREA OPEN

David Ogrin, Former PGA Player & Shelly Liddick, Bellevue Univ. (Women)- “Introduction to the 8 Essential Playing Skills, Part II”

AT HIGHLANDS GOLF COURSE CLUBHOUSE: NSAA Meeting & NCA Golf Meeting

District Meetings

Lunch on Your Own – NCA Sport Advisory Lunch Meetings

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

Dave Schultz, Nebraska Sports Concussion Network- “Refresher-ImPact-Baseline Testing & Training” Sign Up at Booth #15, D023

David Ogrin, Former PGA Player & Shelly Liddick, Bellevue Univ. (Women)- “Growing the Game Part I: Teaching the Beginner”

David Ogrin, Former PGA Player & Shelly Liddick, Bellevue Univ. (Women)- “Growing the Game Part II: Advancing the Golfer”

Angela Crawford, NAIA, “Playing College Sports” **Library**

David Ogrin, Former PGA Player & Shelly Liddick, Bellevue Univ. (Women)- “Entering the Zone”

David Ogrin, Former PGA Player & Shelly Liddick, Bellevue Univ. (Women)- “Developing Great Scoring Part I: Chipping”

David Ogrin, Former PGA Player & Shelly Liddick, Bellevue Univ. (Women)- “Developing Great Scoring Part II: Putting”

Clinic Concludes with Drawings **Main Gym**

## **All Soccer sessions will be in Rom B111 unless otherwise noted**

REGISTRATION AND EXHIBIT AREA OPEN

Casey Mann, Nebraska State Soccer Association- “Working with your Goalkeeper – Mentality and Presence”

*WELCOME, KEYNOTE ADDRESS: JON GORDON – “THE POWER OF A POSITIVE TEAM”* Co-Sponsored by the Nebraska FCA **Main Gym**  
Lunch on Your Own

Beyond X's & O's: Jay Hammes, Safe Sport Zone- “PLAY IT SAFE COACH-Protect Your Dreams” - Presented by the NSAA **South Gym**

Beyond X's & O's: Rob Miller, ProActive Coaching- “Multi-Sports/Activities is a Good Thing” **Main Gym**

Beyond X's & O's: Crystal Zabka Belsky, OMNI Behavioral Health-Sports Dietitian-“Sports Nutrition: Game Changer in Athletics” **Aud.**

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

Mark Sheldon, Kansas Youth Soccer Association- “Teaching Defending Principles within Game-Based Activities”

Mark Sheldon, Kansas Youth Soccer Association- “Teach Attacking Principles within Game-Based Activities”

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

REGISTRATION AND EXHIBIT AREA OPEN

NSAA Meeting & NCA Soccer Meeting

Anthony DiCicco, “Strategies to Maximize Your Attack Through Possession” – Presented by AstroTurf

District Meetings

Lunch on Your Own – NCA Sport Advisory Lunch Meetings

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

Dave Schultz, Nebraska Sports Concussion Network- “Refresher-ImPact-Baseline Testing & Training” Sign Up at Booth #15, D023

Lee Mitchell, Alta HS, UT- “With Unity Comes Victory”

Lee Mitchell, Alta HS, UT- “Play Like You Practice”

David Hulings Western Michigan Christian/ Motivational Transition Coach- “The Hardware of Personality”

Boo Schexnayder, Schexnayder Athletic Consulting- “Speed Development in Multi-Sports” **Aud**

Angela Crawford, NAIA, “Playing College Sports” **Library**

David Hulings Western Michigan Christian/ Motivational Transition Coach- “The Software of Personality” Part I

David Hulings Western Michigan Christian/ Motivational Transition Coach- “The Software of Personality” Part II

Clinic Concludes with Drawings **Main Gym**

## **All Softball/Baseball Sessions in room E121 unless otherwise noted**

REGISTRATION AND EXHIBIT AREA OPEN

Matt Lisle, Santa Clara University/Hitting Vault, CA- “Hitting: Elite Mechanics”

*WELCOME, KEYNOTE ADDRESS: JON GORDON – “THE POWER OF A POSITIVE TEAM”* Co-Sponsored by the Nebraska FCA **Main Gym**  
Lunch on Your Own

Beyond X's & O's: Jay Hammes, Safe Sport Zone- “PLAY IT SAFE COACH-Protect Your Dreams” - Presented by the NSAA **South Gym**

Beyond X's & O's: Rob Miller, ProActive Coaching- “Multi-Sports/Activities is a Good Thing” **Main Gym**

Beyond X's & O's: Crystal Zabka Belsky, OMNI Behavioral Health-Sports Dietitian-“Sports Nutrition: Game Changer in Athletics” **Aud.**

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

NE Orthopaedic & Sports Medicine-Lincoln- “Care & Prevention of Athletic Injuries-Taping for Coaches” **Training Room**  
Matt Lisle, Santa Clara University/Hitting Vault, CA- “Hitting: Faults & Fixes”  
Matt Lisle, Santa Clara University/Hitting Vault, CA- “Hitting: Mental Game”

### Wednesday, July 22

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

**Blood Drive - Nebraska Community Blood Bank- West Side of LNS – “Be the Type that Gives” - Presented by Sid Dillon & Scheels**  
REGISTRATION AND EXHIBIT AREA OPEN  
NSAA Rules Meeting & NCA Softball Meeting  
Justin Dehmer, 1-Pitch Warrior, IA- “Mindset: Developing a Strong mental Game”  
District Meetings  
Lunch on Your Own – NCA Sport Advisory Lunch Meetings  
Dave Schultz, Nebraska Sports Concussion Network- “Refresher-ImPact-Baseline Testing & Training” Sign Up at Booth #15, D023  
NE Orthopaedic & Sports Medicine-Lincoln- “Care & Prevention of Athletic Injuries-Taping for Coaches” **Training Room**  
Justin Dehmer, 1-Pitch Warrior, IA- “Offensive Systems of Success: Measuring the Process”  
Justin Dehmer, 1-Pitch Warrior, IA- “Defensive Systems of Success: Measuring the Process”

### Thursday, July 23

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

REGISTRATION AND EXHIBIT AREA OPEN  
Angela Crawford, NAIA, “Playing College Sports” **Library**  
Boo Schexnayder, Schexnayder Athletic Consulting- “Speed Development in Multi-Sports” **Aud**  
Kevin Werth, Piedra Vista HS, NM- “Team Drills: The Big 10, Team Sits: Game, More...”  
Kevin Werth, Piedra Vista HS, NM- “Breaking Down Our Program: 5 Seasons, Expectations, Parents, Boosters, Etc.”  
Clinic Concludes with Drawings **Main Gym**

### SPECIAL OLYMPICS

#### Tuesday, July 21

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

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

REGISTRATION AND EXHIBIT AREA OPEN  
Special Olympics Bocce Information **A100**  
**WELCOME, KEYNOTE ADDRESS: JON GORDON – “THE POWER OF A POSITIVE TEAM”** Co-Sponsored by the Nebraska FCA **Main Gym**  
Lunch on Your Own  
Beyond X’s & O’s: Jay Hammes, Safe Sport Zone- “PLAY IT SAFE COACH-Protect Your Dreams” - Presented by the NSAA **South Gym**  
Beyond X’s & O’s: Rob Miller, ProActive Coaching- “Multi-Sports/Activities is a Good Thing” **Main Gym**  
Beyond X’s & O’s: Crystal Zabka Belsky, OMNI Behavioral Health-Sports Dietitian-“Sports Nutrition: Game Changer in Athletics” **Aud.**  
NE Orthopaedic & Sports Medicine-Lincoln- “Care & Prevention of Athletic Injuries-Taping for Coaches” **Training Room**

2:20 p.m. – 3:50 p.m.

#### Wednesday, July 22

7:30 a.m.  
10:00 a.m. – 10:50 a.m.  
12:00 p.m. – 1:30 p.m.  
1:30 p.m. – 3:00 p.m.  
2:30 p.m. – 3:20 p.m.  
4:00 p.m. – 5:30 p.m.

**Blood Drive - Nebraska Community Blood Bank- West Side of LNS – “Be the Type that Gives” - Presented by Sid Dillon & Scheels**  
REGISTRATION AND EXHIBIT AREA OPEN  
Special Olympics Basketball Player Assessment Training **A100**  
Lunch on Your Own  
NE Orthopaedic & Sports Medicine-Lincoln- “Care & Prevention of Athletic Injuries-Taping for Coaches” **Training Room**  
Special Olympics Concussion Training- Meets Nebraska Concussion Awareness Act (LB260) Requirement **D023**  
Special Olympics Basketball – Basic Hands on Skills Training **Main Gym**

#### Thursday, July 23

7:30 a.m.  
8:30 a.m. – 11:30 a.m.  
12:00 p.m.

REGISTRATION AND EXHIBIT AREA OPEN  
Special Olympics Bowling Skills **SUN VALLEY LANES**  
Clinic Concludes with Drawings **Main Gym**

### TENNIS

#### Tuesday, July 21

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

#### All sessions in room B015 unless otherwise noted

REGISTRATION AND EXHIBIT AREA OPEN  
Kim Gradoville, College of St. Mary (Women)- “Strategic Drills for Aggressive Doubles”  
**WELCOME, KEYNOTE ADDRESS: JON GORDON – “THE POWER OF A POSITIVE TEAM”** Co-Sponsored by the Nebraska FCA **Main Gym**  
Lunch on Your Own  
Beyond X’s & O’s: Jay Hammes, Safe Sport Zone- “PLAY IT SAFE COACH-Protect Your Dreams” - Presented by the NSAA **South Gym**  
Beyond X’s & O’s: Rob Miller, ProActive Coaching- “Multi-Sports/Activities is a Good Thing” **Main Gym**  
Beyond X’s & O’s: Crystal Zabka Belsky, OMNI Behavioral Health-Sports Dietitian-“Sports Nutrition: Game Changer in Athletics” **Aud.**  
NE Orthopaedic & Sports Medicine-Lincoln- “Care & Prevention of Athletic Injuries-Taping for Coaches” **Training Room**  
Kim Gradoville, College of St. Mary (Women)- “Drills & Games for Players of Multiple Levels on the Same Court”  
Kim Gradoville, College of St. Mary (Women)- “Elements of an Effective Practice & Helping Players Transition to Collegiate Tennis”

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

#### Wednesday, July 22

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

**Blood Drive - Nebraska Community Blood Bank- West Side of LNS – “Be the Type that Gives” - Presented by Sid Dillon & Scheels**  
REGISTRATION AND EXHIBIT AREA OPEN  
NSAA Meeting & NCA Tennis Meeting **B105**  
District Meetings  
Lunch on Your Own – NCA Sport Advisory Lunch Meetings  
Dave Schultz, Nebraska Sports Concussion Network- “Refresher-ImPact-Baseline Testing & Training” Sign Up at Booth #15, D023  
NE Orthopaedic & Sports Medicine-Lincoln- “Care & Prevention of Athletic Injuries-Taping for Coaches” **Training Room**  
Tyson Thomas, University of Nebraska-Omaha (Men)- “The 3 Foundations” **Tennis Courts**  
Tyson Thomas, University of Nebraska-Omaha (Men)- “Match Strategies for All Levels” **Tennis Courts**



#### Thursday, July 23

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

#### REGISTRATION AND EXHIBIT AREA OPEN

Angela Crawford, NAIA, "Playing College Sports" **Library**  
Kalindi Dinoffer, Oncourt Offcourt- "Social Media Marketing for Today's Tennis Programs"  
Kalindi Dinoffer, Oncourt Offcourt- "Grips, Grips, Grips Tips & Tricks to Teaching the Right Grips for Today's Game" **Tennis Courts**  
Kalindi Dinoffer, Oncourt Offcourt- "Brain Typing: Coaching Individual Personality Types with the Myer's Brigg Analysis"  
Clinic Concludes with Drawings **Main Gym**

#### TRACK & FIELD

##### Tuesday, July 21

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

#### All sessions in E117 unless otherwise noted

#### REGISTRATION AND EXHIBIT AREA OPEN

Joe Pilakowski, Papillion-La Vista HS- "Sprint Training"  
**WELCOME, KEYNOTE ADDRESS: JON GORDON – "THE POWER OF A POSITIVE TEAM"** Co-Sponsored by the Nebraska FCA **Main Gym**  
Lunch on Your Own  
Beyond X's & O's: Jay Hammes, Safe Sport Zone- "PLAY IT SAFE COACH-Protect Your Dreams" - Presented by the NSAA **South Gym**  
Beyond X's & O's: Rob Miller, ProActive Coaching- "Multi-Sports/Activities is a Good Thing" **Main Gym**  
Beyond X's & O's: Crystal Zabka Belsky, OMNI Behavioral Health-Sports Dietitian-"Sports Nutrition: Game Changer in Athletics" **Aud.**  
NE Orthopaedic & Sports Medicine-Lincoln- "Care & Prevention of Athletic Injuries-Taping for Coaches" **Training Room**  
Scott Cappos, University of Nebraska- "Glide Shot Put Teaching Progression"  
Scott Cappos, University of Nebraska- "Discus Throw Teaching Progression"

##### Wednesday, July 22

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

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

#### REGISTRATION AND EXHIBIT AREA OPEN

Boo Schexnayder, Formerly LSU- "Teaching Progressions: Triple Jump"  
NSAA Meeting & NCA Track & Field Meeting  
District Meetings  
Lunch on Your Own – NCA Sport Advisory Lunch Meetings  
Dave Schultz, Nebraska Sports Concussion Network- "Refresher-ImPact-Baseline Testing & Training" Sign Up at Booth #15, D023  
NE Orthopaedic & Sports Medicine-Lincoln- "Care & Prevention of Athletic Injuries-Taping for Coaches" **Training Room**  
Boo Schexnayder, Formerly LSU- "Teaching Progressions: Long Jump"  
Boo Schexnayder, Formerly LSU- "Accuracy in the Long Jump/Triple Jump Approach"

#### Thursday, July 23

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

#### REGISTRATION AND EXHIBIT AREA OPEN

Boo Schexnayder, Schexnayder Athletic Consulting- "Speed Development in Multi-Sports" **Aud**  
Angela Crawford, NAIA, "Playing College Sports" **Library**  
T.J. Pierce, University of Nebraska- "Coaching the Pole Vault in Nebraska" Part I  
T.J. Pierce, University of Nebraska- "Coaching the Pole Vault in Nebraska" Part II  
Clinic Concludes with Drawings **Main Gym**

#### VOLLEYBALL

##### Tuesday, July 21

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

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

#### REGISTRATION AND EXHIBIT AREA OPEN

Laurie Glass, Leland HS, MI- "Developing a 3-Person Serve Reception from the Ground Up" – Presented by Baden Sports  
**WELCOME, KEYNOTE ADDRESS: JON GORDON – "THE POWER OF A POSITIVE TEAM"** Co-Sponsored by the Nebraska FCA **Main Gym**  
Lunch on Your Own  
Beyond X's & O's: Jay Hammes, Safe Sport Zone- "PLAY IT SAFE COACH-Protect Your Dreams" - Presented by the NSAA **South Gym**  
Beyond X's & O's: Rob Miller, ProActive Coaching- "Multi-Sports/Activities is a Good Thing" **Main Gym**  
Beyond X's & O's: Crystal Zabka Belsky, OMNI Behavioral Health-Sports Dietitian-"Sports Nutrition: Game Changer in Athletics" **Aud.**  
NE Orthopaedic & Sports Medicine-Lincoln- "Care & Prevention of Athletic Injuries-Taping for Coaches" **Training Room**  
Laurie Glass, Leland HS, MI- "Drills to Create Energy in Practice" – Presented by Baden Sports  
Laurie Glass, Leland HS, MI- "Hitting Progression Drills that work for even the Non-All Star" – Presented by Baden Sports

##### Wednesday, July 22

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

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

#### REGISTRATION AND EXHIBIT AREA OPEN

Bond Shymansky, University of Iowa- "Ball Control Drills to Increase Player Contacts and Coaching Feedback"  
NSAA Rules Meeting & NCA Volleyball Meeting  
District Meetings  
Lunch on Your Own – NCA Sport Advisory Lunch Meetings  
Dave Schultz, Nebraska Sports Concussion Network- "Refresher-ImPact-Baseline Testing & Training" Sign Up at Booth #15, D023  
NE Orthopaedic & Sports Medicine-Lincoln- "Care & Prevention of Athletic Injuries-Taping for Coaches" **Training Room**  
Bond Shymansky, University of Iowa- "Directional Attacking and Shot Making for the Outside Hitter"  
Bond Shymansky, University of Iowa- "Swing Blocking to Transition Hitting for Middles"

#### Thursday, July 23

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

#### REGISTRATION AND EXHIBIT AREA OPEN

Angela Crawford, NAIA, "Playing College Sports" **Library**  
Briana Bahr, A5 Volleyball Club, Atlanta, GA- "Preparing Your Offense From the Block" Presented by Nfinity Athletic  
Briana Bahr, A5 Volleyball Club, Atlanta, GA- "Practice Needs that Competitive Edge" Presented by Nfinity Athletic  
Paul Giesselmann, Midland University- "Getting Your Team In System When You're Out Of System"  
Clinic Concludes with Drawings **Main Gym**

## WRESTLING

Tuesday, July 21

7:30 a.m.

8:30 a.m. – 9:20 a.m.

9:50 a.m. – 11:20 a.m.

11:20 a.m. – 1:00 p.m.

1:00 p.m. – 1:50 p.m.

2:20 p.m. – 3:50 p.m.

2:20 p.m. – 3:10 p.m.

3:30 p.m. – 4:20 p.m.

**\*\*All Sessions Presented by: The National Wrestling Coaches Association\*\* All sessions in Wrestling Room unless otherwise noted**

REGISTRATION AND EXHIBIT AREA OPEN

Dana Vote, Concordia University- “Basic Skills & Drills”

**WELCOME, KEYNOTE ADDRESS: JON GORDON – “THE POWER OF A POSITIVE TEAM”** Co-Sponsored by the Nebraska FCA **Main Gym**

Lunch on Your Own

Beyond X's & O's: Jay Hammes, Safe Sport Zone- “PLAY IT SAFE COACH-Protect Your Dreams” - Presented by the NSAA **South Gym**

Beyond X's & O's: Rob Miller, ProActive Coaching- “Multi-Sports/Activities is a Good Thing” **Main Gym**

Beyond X's & O's: Crystal Zabka Belsky, OMNI Behavioral Health-Sports Dietitian-“Sports Nutrition: Game Changer in Athletics” **Aud.**

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

Dana Vote, Concordia University- “How to Help the Recruiting Process”

Dana Vote, Concordia University- “How to Get Wrestlers to Buy In”

Wednesday, July 22

7:30 a.m.

8:30 a.m. – 9:45 a.m.

10:00 a.m. – 11:15 a.m.

11:30 a.m. – 12:00 p.m.

12:00 p.m. – 1:30 p.m.

1:30 p.m. – 2:20 p.m.

1:30 p.m. – 3:00 p.m.

1:30 p.m. – 2:20 p.m.

2:50 p.m. – 3:40 p.m.

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

REGISTRATION AND EXHIBIT AREA OPEN

Cody Garcia, Bethany College, KS- “Bring the Hand Fight!”

NSAA Meeting & NCA Wrestling Meeting

District Meetings

Lunch on Your Own – NCA Sport Advisory Lunch Meetings

Dave Schultz, Nebraska Sports Concussion Network- “Refresher-ImPact-Baseline Testing & Training” Sign Up at Booth #15, D023

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

Cody Garcia, Bethany College, KS- “To the Corner, From the Corner”

Cody Garcia, Bethany College, KS- “Pin to Win”

Thursday, July 23

7:30 a.m.

8:30 a.m. – 9:20 a.m.

8:30 a.m. – 9:20 a.m.

9:50 a.m. – 10:40 a.m.

11:00 a.m. – 11:50 a.m.

12:00 p.m.

REGISTRATION AND EXHIBIT AREA OPEN

Angela Crawford, NAIA, “Playing College Sports” **Library**

Doug Schwab, University of Northern Iowa- “Head/Hands Defense”

Doug Schwab, University of Northern Iowa- “Attack the Bottom”

Doug Schwab, University of Northern Iowa- “Coaching the Mental Game”

Clinic Concludes with Drawings **Main Gym**

## BASKETBALL: TEACHING FUNDAMENTALS/JUNIOR HIGH

Thursday, July 23

8:30 a.m. – 9:20 a.m.

9:50 a.m. – 10:40 a.m.

9:50 a.m. – 10:40 a.m.

Mike Lee, Mike Lee Basketball Services- “Beginners & Fundamental Drills” **Main Gym**

Zach Klaassen, Harlan HS, IA (Girls)- “Coaching Fundamentals/Practice” **Main Gym**

Mike Lee, Mike Lee B-Ball Services (Advanced) “Head Space for Hoops-The Key to Mental Training Most People Overlook” **Library**

## FOOTBALL: TEACHING FUNDAMENTALS/JUNIOR HIGH

Wednesday, July 22

1:30 p.m. – 2:20 p.m.

2:50 p.m. – 3:40 p.m.

Ashland-Greenwood HS Staff- “Developing a Vision and Following an Ultimate Plan for Success” **B103**

Ashland-Greenwood HS Staff- “Practice Organization to Enhance Team/Player Potential” **B103**

Thursday, July 23

8:30 a.m. – 9:20 a.m.

Ashland-Greenwood HS Staff- “Aligning Youth through Varsity to Build a Program” **B103**

## District Meetings – Wednesday - 11:30-12:00:

District 1 Auditorium

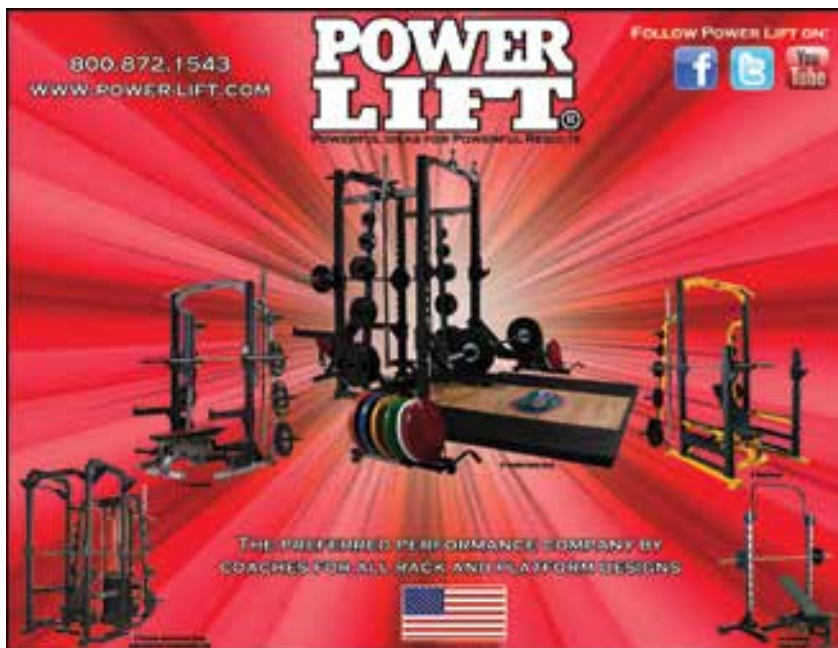
District 4 Library

District 2 Main Gym

District 5 Theater

District 3 South Gym

District 6 E121



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—Andrew Baker '13 M.A., Kinesiology & Sport Science  
Head Men's Basketball Coach/Assistant Sports  
Information Director, Mount Marty College

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## CONTACT US

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Vermillion, SD 57069  
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[www.usd.edu/cde](http://www.usd.edu/cde)



UNIVERSITY OF  
SOUTH DAKOTA

# 2015–2016 NCA Membership/Clinic Registration INSTRUCTIONS

*Nebraska Coaches Association*

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

*OPENS MAY 1, 2015*

## ON-LINE OPTION INSTRUCTIONS:

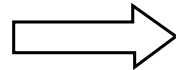
1. Go to [www.ncacoach.org](http://www.ncacoach.org).
2. Locate the link for on-line registration in the upper right-hand column on the home page.
3. Click on the link, this will take you to the registration page.
4. Complete the on-line registration form in its ENTIRETY – PLEASE UPDATE ANY CHANGED INFORMATION.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

### SPECIAL INSTRUCTIONS:

- If paying by credit card, DO NOT CLICK “SUBMIT PAYMENT” MORE THAN ONCE.
- If you register for membership only, then later wish to sign up for the clinic, you will not be able to do this on-line. Call the NCA (402-434-5675) office or mail in a registration form indicating you are already a 2015-2016 member and registering for clinic only.

## MAIL-IN OPTION INSTRUCTIONS:

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



NCA  
PO Box 80727  
Lincoln, NE 68501

If you wish to purchase the NCA Gold Card or the Texas Coach subscription with your membership renewal, please mark the appropriate boxes and include this amount with your payment.

## GENERAL REMINDERS:

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

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

As a reminder, the 2015-2016 membership year will begin July 21, 2015 and run up to the day before the 2016 Multi-Sport Clinic (July 25, 2016).





## 2015-2016 NCA MEMBERSHIP REGISTRATION

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

NCA  
P.O. Box 80727  
Lincoln, NE 68501-0727

Name:

Gender:

☐ Male ☐ Female

Date of Birth:

 /  / 

NSAA High School:

Middle School/  
College/Youth Org/Club:

Home Address:

 (Please do not enter school address)

City, State Zip:

 ,  

Phone:

 (  )  - 

E-mail:

☐ Check here if FIRST TIME COACH - OR - Enter # of years in coaching/administration through 2014-2015:

Coaching Assignments 2015-2016:

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

**Administrative Assignments 2015-2016:** Please indicate any administrative positions you hold for 2015-2016 for this high school.

☐ Athletic Director ☐ Assistant Athletic Director ☐ Activities Director ☐ Principal ☐ Assistant Principal ☐ Superintendent

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

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

### FEES:

NCA Membership: \$40.00

Clinic: ☐ (\$50 between 05/01 and 05/31/2015. \$60 after 05/31.)

Additional Options: ☐ NCA Gold Card (\$20.00) ☐ Texas Coach Subscription (\$16.00)

Total Amount Due:

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## Nebraska's Independent Colleges

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

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- Diversity
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**Matt Breitreutz,**  
**Elkhorn Ridge Middle School**

- Science teacher
- Football, wrestling, track coach
- Elkhorn Education Association:  
Past president, vice president  
and building rep

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## Gold Card - NCA Member Benefit

The Nebraska Coaches Association (NCA) is pleased to offer the exclusive NCA "Gold Card" membership benefit for the 2015-16 school year.

The Gold Card, along with a valid state issued photo ID, will grant admission to most NSAA State Championships for the entire school year. **\*Some Restrictions apply – see below:**

***Any 2015-16 NCA member or NCA Silver (Retired) Member, may purchase the exclusive Gold Card for only \$20 annually by October 1.***

"We are excited to continue this tremendous benefit for NCA members. We believe this program shows the appreciation of coaches and the collaborative efforts between the two organizations. We are very thankful for the NSAA's support of coaches across the state," praised Darin Boysen, Executive Director of the NCA.

NCA members must purchase their Gold Card by October 1, 2015. No exceptions. Coaches will continue to be required to have a photo I.D. and sign-in at the championship sites.

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

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

### Restrictions:

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



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## 2015 NCA – HUDL AWARDS AND RECOGNITION BANQUET

The 48th annual Awards & Recognition Banquet will be held in the evening of Sunday, July 19, at the Great Hall in the Train Station in Lincoln's Historic Haymarket. Hudl is title partner of the evening event. Several awards will be presented that evening, including the Coach-of-the-Year awards, sponsored by Hudl; Service awards, sponsored by the Nebraska National Guard; and the Jerry Stine Family Milestone Level IV awards, sponsored by Baden Sports. Recognition will also be given to state champion coaches as well as the recipients of several special achievement and career awards. For a complete listing and description of awards given by the Nebraska Coaches Association please visit our website [www.ncacoach.org](http://www.ncacoach.org) and click on the awards tab.



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

The NCA Jerry Stine Milestone Awards recognize different levels of coaching achievement in both individual and team sports. The Level I, II, and III certificates will be presented at the NCA Multi-Sport Clinic in July. The Level IV winners receive a plaque presented at the NCA Award Banquet on Sunday, July 19 in Lincoln.

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



## SERVICE AWARDS – PRESENTED BY THE NEBRASKA GUARD

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

## CONGRATULATIONS 2015 NCA CAREER MILESTONE AWARD WINNERS

*As of Publication Date*

### BASKETBALL

Rick Petri, Kearney Catholic, Level IV  
Don Liess, Kearney Catholic, Level I & II  
Randy Simpson, Fairbury, Level II  
Randy Eisenhauer, Elgin/Elgin P. J. , Level I

### FOOTBALL

Tim Aylward, Lincoln Pius X, Level IV  
Larry Hrbek, Lincoln Southwest, Level III  
Mike Arnold, Papillion-LaVista, South, Level III

### SOFTBALL

Keith Muller, Wilber-Clatonia, Level I

### TENNIS – BOYS

Steve Bischof, Elkhorn South, Level II

### GOLF – BOYS

Rick Petri, Kearney Catholic, Level I

### GOLF – GIRLS

Mimi Ramsbottom, Elkhorn South, Level III  
Dennis Walters, Boone Central, Level II

### VOLLEYBALL

Jodi Brown, Omaha Central, Level II  
Hayley Ryan, Overton, Level I

### WRESTLING

Tyler Herman, Amherst, Level IV  
Chad Matttox, York, Level II  
Cody Wintz, Battle Creek, Level II

## 2015 NCA SERVICE AWARD HONOREES

As of Publication Date

Congratulations to the following individuals for receiving 2015 NCA Service Awards

### 25 YEAR

Jeff Gross, McCook  
Todd Hoyt, Anselmo-Merna  
Gail Madsen, Maxwell  
Matt Musiel, Lincoln North Star

### 35 YEAR

Steve Bischof, Elkhorn South  
Bill Carlin, Adams Central  
Sam Colvin, Adams Central  
Tom Dickey, Boone Central  
Steve Exstrom, Minden  
Deb Holland, Norfolk  
Larry Hrbek, Lincoln  
Arnold Johnson, Boone Central  
Leigh Schmale, Elmwood-Murdock

### 40 YEAR

David Gee, Nebraska Christian  
Sharon Zavala, Grand Island CC

### 45 YEAR

Gary Sather, Bennington  
Vince Zavala, Northwest



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## GIRLS' BASKETBALL

### Red Team Coaches:

Head Coach – Aaron Losing, Crofton  
Assistant Coach – Ryan Luke, Beatrice

### Blue Team Coaches:

Head Coach – Darren Sindelar, Pierce  
Assistant Coach – Matt Kern, York

### Players:

(teams to be determined at a later date)

Allison Arens, Crofton, G  
Jaycee Bradley, Norfolk, G  
Jay Bridgeman, Omaha Westside, F/P  
Shalena Brown, Norris, F/P  
Maddie Egr, Yutan, F  
Tantashea Giger, Lincoln Northeast, G  
Jenna Gillespie, Holdrege, G  
Kaitlynn Harvey, North Platte, G  
Blair Hofstetter, Meridian, F  
Kayla Johnk, Omaha Gross Catholic, G  
Kenzie Kulm, Platteview, G  
Marisa Lowe, Millard West, G/F  
Abby Meader, Lincoln Southwest, G  
Alicia Mountain, Elkhorn, G  
Geena Piper, Norfolk Catholic, P  
Shelby Pollman, Fairbury, G/F  
Allie Prososki, Kearney Catholic, G  
Kennedy Sander, Lincoln Pius X, F/P  
Jessica Shepard, Fremont, F/P  
Madeleine Simon, Lincoln Pius X, G  
Kelsey Stithem, Kearney, G  
Haley Thiele, Bishop Neumann, G  
Rachelle Tucker, Pierce, F/P  
Mackenzie Willicott, Blue Hill, F  
Quinn Wragge, Crofton, F

## BOYS' BASKETBALL

### Red Team Coaches:

Head Coach – Jeff Ohnoutka, Columbus Scotus  
Assistant Coach – Jim McLaughlin, Freeman

### Blue Team Coaches:

Head Coach – Josh Luedtke, Creighton Prep  
Assistant Coach – Shane Anderson, Norfolk Catholic

### Players:

(teams to be determined at a later date)

Pierce Almond, Grand Island, G  
Tanner Borchardt, Gothenburg, P  
Alex Borchers, South Sioux City, G  
Tyler Craven, Ashland-Greenwood, G  
Tyler Dougherty, Papillion-La Vista, F/P  
Adam Dykman, Archbishop Bergan, F  
Isaac Frerichs, Freeman, G/F  
Tyler Hagedorn, Norfolk, G/F  
Trent Harris, Scottsbluff, G  
Ben Hoskins, Wayne, F  
James Kaiser, Hartington CC, G  
Cole Klingsporn, High Plains, G  
Ben Kositzke, Millard West, P  
Grant Lahm, Columbus Scotus, G  
Derek Luzum, Exeter-Milligan, G/F  
Jordan Mills, Alliance, G  
Justin Patton, Omaha North, F/P  
Tommy Pritchard, Creighton Prep, G  
Aaron Rothermund, Papio South, G  
Jake Scheef, Wahoo, G  
Tyson Smiley, Creighton Prep, G  
Kael Strawmier, Bellevue West, F/P  
Jason Towery, Lincoln High, F/P  
John Trueblood, Elkhorn South, G/F  
Wills Wallrapp, Omaha Skutt Catholic, G/F  
KeShawn Wilson, Lincoln High, F





## VOLLEYBALL

### Red Team Coaches:

Head Coach – Mike Brandon, Gretna  
Assistant Coach – Wendy Alexander, Ord

### Blue Team Coaches:

Head Coach – Renee Saunders, Skutt Catholic  
Assistant Coach – Don Matt, Chadron

### Players:

(teams to be determined at a later date)

Emma Benton, Grand Island CC, OH  
Sara Boothe, Lincoln Pius X, S  
Maddy Bruder, Norris, OH  
Kenzie Drudik, Ord, OH  
Gessica Gdowski, Fremont, OH  
Jenna Habegger, Pawnee City, OH  
Clare Hamburger, Hastings St. Cecilia, S  
Katie Hitz, Lincoln North Star, MH  
Kylie Hohlen, Norris, OH/Lib  
Hanna Justesen, Elmwood-Murdock, OH  
Claire Knust, Omaha Skutt Catholic, MH  
Hannah Kring, Axtell, MH  
Kelsey O'Connell, Omaha Marian, MH  
Priscilla O'Dowd, Papillion-La Vista, MH  
Allison Penner, Aurora, S/RS  
Jessica Peters, Papillion-La Vista, S  
Sara Rahmanzai, Gretna, MH/RS  
Tiani Reeves, Gothenburg, MH/RS  
Carley Remmers, Freeman, MH/OH  
Meagen Roth, Lincoln Southeast, OH  
Ali Rowse, Minden, S  
Kendall Schroer, Ogallala, MH  
Lindsay Siegel, Ansley-Litchfield, MH  
Morgan Stute, Kearney Catholic, Lib  
Mackenzie Wecker, St. Mary's, Lib  
Megan Wickey, Omaha Concordia, OH  
Maria Wortmann, Crofton, MH  
Kylee Wurster, Lincoln Southeast, S

## SOFTBALL

### Red Team Coaches:

Head Coach – Dave Carpenter, Norris  
Assistant Coach – Kari Amen, Lincoln Northeast

### Blue Team Coaches:

Head Coach – Tim Roberson, Lincoln Southeast  
Assistant Coach – Allan Kreikemeier, Guardian Angels CC

### Players:

(teams to be determined at a later date)

Kylie Allen, McCook, SS  
Julia Andersen, Papillion-La Vista, P/OF/1B  
Madison Behrends, Norris, C  
Amanda Butera, Papillion-La Vista, 2B/U  
Lyndsey Crist, Lincoln East, U  
Jamie Fisher, Millard North, 1B/P  
Zierra Flodman, Lincoln Southwest, C  
Sydney Graver, Elkhorn South, SS  
Katie Heard, Millard West, IF  
Randi Henry, Ralston, C  
Abbie Hix, Wayne, 2B  
Jamie Holscher, Lincoln Northeast, SS  
Emily Hove, Millard South, 2B/C  
Jackie Jaramillo, Papillion-La Vista South, P  
Jordan Johnson, Millard South, P  
Gabrielle Jonas, Omaha Marian, C  
Darya Kaboli-Nejad, Omaha Skutt Catholic, 3B/OF  
Mikaela Keene, Northwest, 3B  
Vicky Kinney, Millard South, SS/3B  
Mikayla Kuhl, Gretna, P  
Erin Lockhart, Lincoln Southeast, SS/U  
Sydney Nieveen, Lincoln North Star, P/1B  
Allie Richardson, Grand Island, OF/1B  
Rebecca Riley, Gothenburg, 3B  
Laura Roecker, Elkhorn, P/1B  
Jessica Rogers, Lincoln Southwest, OF/C/1B  
Emily Truitt, Millard West, IF  
Kristen Van Hoosen, Millard West, IF/OF  
Jordan Van Roy, Papillion-La Vista, OF/C  
Morgan Vasa, Bishop Neumann, 3B



## NSAA RULES MTGS. FOLLOWED BY NCA SPORT MTGS. AT 2015 CLINIC

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

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

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

### SPORTS MEDICINE SESSIONS:

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

- Dave Schultz, Program Coordinator for the Nebraska Sports Concussion Network will provide one important session on IMPACT Baseline Testing Training on Wednesday, July 22 from 1:30-3:00 p.m. Please plan to sign up at the Nebraska Orthopaedic and Sports Medicine exhibitor booth prior to the session.
- Nebraska Orthopaedic and Sports Medicine athletic trainers will conduct two Care & Prevention of Injuries - Athletic Taping sessions, which are provided on a walk-in basis. Sessions will be held in the training room at Lincoln North star on Tuesday, July 21, 2:20-3:50 p.m. and Wednesday July 22, 1:30-3:00 p.m.

### rSchoolToday TO OFFER AD & ADMINISTRATIVE ASSISTANTS TRAINING

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

- **9:50-10:40 a.m.: Activity Scheduler – The Foundation**  
This session will focus on those new to Activity Scheduler or anyone who wants to review or optimize the foundation. We'll follow a condensed training format that will cover set-ups, game scheduling, contracts, mobile app and messaging. New features and options will be folded as well.
- **11:00-11:50 a.m.: Activity Scheduler – Dial Up The Power**  
We'll quickly highlight program updates & ideas and gather topic suggestions from you for an ad-hoc agenda. We invite you to send topic suggestions ahead of time to [training@rschooldtoday.com](mailto:training@rschooldtoday.com). Bring your laptop, so you can follow along.

rSchoolToday will be available in Booth #44 near the Library for questions specific to your program and/or to learn more about connecting Activity Scheduler to other rSchoolToday powerful programs.



## JOIN TO TAKE ADVANTAGE OF THESE BENEFITS:

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- Free admission for two to NCA All-Star Volleyball Match, Boys' & Girls' Basketball and Softball Games
- Free admission to the annual Shrine Bowl Football Game
- Free admission, with membership card, to select college-sponsored games in Nebraska (not UNL)
- *Nebraska Coach Magazine* online (Fall, Winter, Spring Editions)
- *Nebraska Coach Magazine* Pre-Clinic Printed Edition
- Committees to make recommendations regarding sports rules changes
- Recognition for coaching accomplishments and achievements through the Stine Family Milestone Awards
- State and National Coach-of-the-Year recognition
- Eligibility to coach in the Annual All-Star Games
- Service Awards (25, 35, 40, 45 & 50 year) recognition
- NCA Sports Clinics at a Discounted Rate
- Discounted Subscription to *Hail Varsity Magazine*

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# David Hulings Presents Multiple Sessions

## **Athletic Directors Session:**

**Wednesday - July 22 - 1:30-2:20 PM**

## **Soccer Coaches Session:**

**Thursday - July 23 - 9:50-10:40 AM**

### ***The Software of Personality, Part 1***

If the Hardware of your personality is like the operating system of your phone, the Software are the apps you purchase for your phone. People can operate consistently in the hardware (operating system) of their personality, but constantly be switching between which apps they run on that hardware. In personality, what does that look like? How do we work with a coach in regard to his/her particular software apps? How do we interact with a parent, or another school administrator, or another athletic director when they keep switching “apps?” This session will introduce the concept of personality software and cover four “apps” people often run on their hardware that often determines how they will react to most aspects of the athletic journey.

## **Athletic Directors Session:**

**Wednesday July 23 - 2:50- 3:40 PM**

## **Soccer Coaches Session:**

**Thursday - July 23 - 11:00 - 11:50 AM**

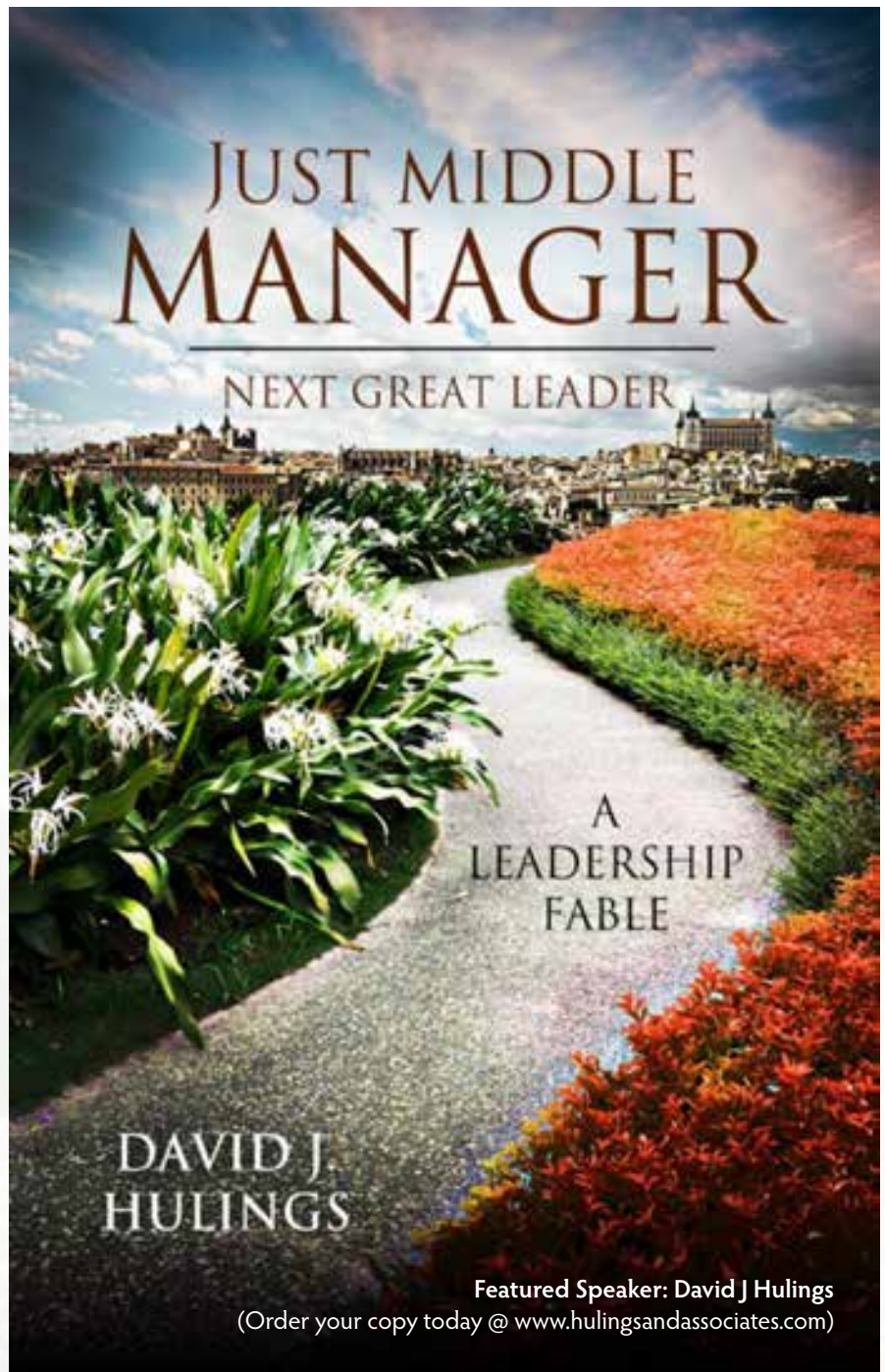
### ***The Software of Personality, Part 2***

In this session we will continue to look at the software of our personality and look at eight more “apps” we run on our hardware and how those apps affect all aspects of athletics.

## **Soccer Coaches Session: Thursday - July 23 - 8:30-9:20 AM**

### ***The Hardware of Personality***

The Hardware of our Personality is how we are “hard” wired to communicate, collect data, make decisions and structure our world. In this session we will see how the “hardware” of personality affects how players communicate on the pitch during a contest; how they learn new tactical challenges; how they decide who they “like” to play with or “how” they like to play with other players; and how they might handle organizational defense and/or creative attacking.





# 2015 Nebraska Coaches Association Multi-Sports Clinicians

## KEYNOTE ADDRESS



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

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

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

## BEYOND THE X'S & O'S



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

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

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



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

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



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

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

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

## BREAKOUT SESSIONS



**David R. Schultz, MEd, ATC, Nebraska Orthopaedic & Sports Medicine of Lincoln:**

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

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



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

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

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

## ATHLETIC DIRECTOR



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

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



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



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

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

## BASKETBALL



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



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



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



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

## CHEERLEADING



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

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

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



**Jason Sack, Universal Cheerleaders Association:**

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

his teams were top 10 finishers at UCA. Sack was a college cheerleader at Pittsburg State University, receiving a bachelor's degree in education. He has been on the UCA staff since 1997 and is the current UCA State Director for Kansas, Iowa & Minnesota.



**Ashley Parnell, Universal Cheerleaders Association:**

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

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



**Jeff Snow, Iowa Western Community College :**

A native of Neosho, MO, Jeff is in his fifth year as Spirit Coordinator at Iowa Western. Previously he served 2 years as head coach at Coffeyville Community College and 3 years as a student coach at Pittsburg State University. Also a head instructor for the UCA, Jeff instructs thousands of

cheerleaders from coast to coast. In his spare time he has choreographed multiple state & national championship routines in several states throughout the Midwest. As a judge, Jeff works at both the regional & national level, judging competitions across the nation, including the UCA High School Championships and the UCA All-Star Nationals. As an athlete, Snow was a member & captain at Pittsburg State from 2000-2005.

## CROSS COUNTRY



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

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



**Brady Bonsall, University of Nebraska-Kearney:**

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

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



**Dan Fitzsimmons, University of South Dakota:**

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

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

## FOOTBALL 11-MAN

**University of Nebraska Staff Member:** TBA



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

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

Andrew began his coaching career in 2008 with Brenham High School, TX. In 2012, Andrew returned to Nebraska to serve as Director of Track and Field at Midland University; a position he held for one year before returning to Texas High School Football. Andrew returned to Cypress Ranch High School and Head Coach Gene Johnson to resume duties as the program's defensive coordinator. A two-time Texas High School State Finalist (2009, 2014), Andrew and his wife Sarah have been married for 10 years and have three children (Brode 7, Bryson 5, Emery 5 months).





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



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



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

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



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



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



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

## GOLF



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

## FOOTBALL 8-MAN



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

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



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

## SOCCKER



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

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



**Mark Sheldon, Kansas Youth Soccer Association:** Coach Mark Sheldon has been actively involved in the development of players and coaches since 1994 as a High School educator and soccer coach. Since 2008, Coach Sheldon currently serves as the Director of Coaching Education and Player Development for the Kansas State Youth Soccer Association. In his role with Kansas Youth Soccer, Coach Sheldon has instructed numerous State Coaching Education courses as well as the US Soccer's National "C" License course. He also runs and coaches in the Olympic Development Program (ODP) for the State as well as serving as a Senior Staff member of US Youth Soccer's Region II ODP program. Prior to his current role, Coach Sheldon was a High School Social Studies educator and soccer coach for over 12 years in the Shawnee Mission (West HS) and Olathe (NW HS) school districts. He also started his own soccer club, KC

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



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



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



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

## SOFTBALL



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



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

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



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

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

## TENNIS



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

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



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

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

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



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

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

## TRACK & FIELD



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

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

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



**Scott Cappos, University of Nebraska:** Scott Cappos joined the Husker staff as the team's throws coach in August of 2014. Before coming to Nebraska, Cappos spent

19 seasons as an assistant coach at the University of Iowa. A USATF Level II Certified Coach in the throws and jumps,

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



**Irving "Boo" Schexnayder, Schexnayder Athletic**

**Consulting, LA:** Boo is a veteran of 34 Years of coaching at the High School, Collegiate, and Professional levels. He is regarded internationally as one of the leading authorities in the areas of Track and Field coaching, training design, speed and power development, biomechanics, and

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



**T.J. Pierce, University of Nebraska:** Pierce completed his second year this spring as a combined events/pole vault coach for the Huskers after being promoted to an assistant position in 2013-14. Prior to that he was the program's director of operations for eight years from 2005-13 and previously served as an assistant recruiting coordinator

from 1998-2000. Pierce made an immediate impact as an assistant in 2014. Christian Sanderfer was a second-team All-Big Ten pole vaulter at both the indoor and outdoor championships. Sanderfer cleared 17-1 (5.21m) at the Indoor Championships to take third, and blew that number away at the Outdoor Championships with a 17-4 1/2 (5.30m) jump to place second. Under Pierce's guidance, Anne Martin finished third at the Big Ten indoor pentathlon with a personal-best 3,998 points and third in the outdoor heptathlon with 5,430 points. Pierce competed for four years as a pole vaulter at Nebraska, and he was a three-time academic all-conference selection. After completing his career as a Husker pole vaulter in 1997, he spent three seasons as an assistant recruiting coordinator at NU. Pierce returned to his alma mater in 2005 after serving as the multi-events, horizontal jumps and pole vault coach at Kent State for four years. Prior to joining Kent State, Pierce served one season as the sprint, hurdles, vertical jumps and multi-event coach at Central Florida.

## VOLLEYBALL



**Laurie Glass, Leland HS, MI:** A 27 year veteran coach, Glass has accumulated nearly 900 prep victories in the state Michigan. Coach Glass' teams have captured two state championships and one runner up finish while playing in a classification of 157 schools. Her teams have captured 11 regional championships since 1998. The University of

Nebraska lost the recruiting battle to Penn State for her daughter, Alisha Glass, collegiate setting services. Alisha is now the starting setter on the USA Women's National Team. Glass has produced numerous collegiate volleyball players at various levels even though her school's enrollment numbers are extremely small and located in northern Michigan. Glass has been named Region 4 Coach of the Year eight times and the Michigan Interscholastic Volleyball Coaches Association Coach of the Year twice.

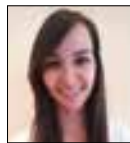


**Bond Shymansky, University of Iowa:** Shymansky, a University of Iowa graduate and Iowa City native, renewed excitement surrounding the Hawkeye volleyball program with success in his first year as head coach in 2014. In his 13th season overall as a head coach, Shymansky guided the Hawkeyes to a 14-17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

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

*nebraska coach*

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



**Briana Bahr, A5 Volleyball Club, Atlanta, GA:** Bahr, originally from Florida, is the coach of the nationally ranked A5 Volleyball Club in Georgia. Briana was an honor student that graduated from Tate High School in Pensacola, FL where she helped her squad to a 2007 Pensacola Gulf Coast Regional Championship. Volleyball named her to "The Who

Dozen" as she went on to play at the University of Georgia where she was a four year starter. Her senior season she was named to the All-SEC Academic Team for the Bulldogs. She currently also coaches for the Georgia Juniors out of Athens, GA and has assisted with VolleyPerformance also in Athens.



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

## WRESTLING



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

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



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



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

## FOOTBALL: TEACHING FUNDAMENTALS/ JUNIOR HIGH



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



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



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

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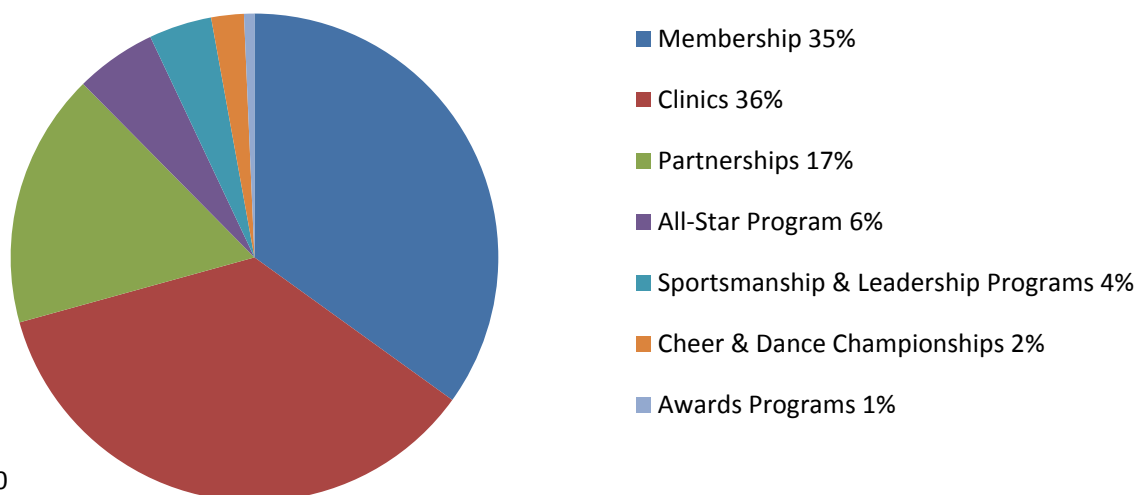
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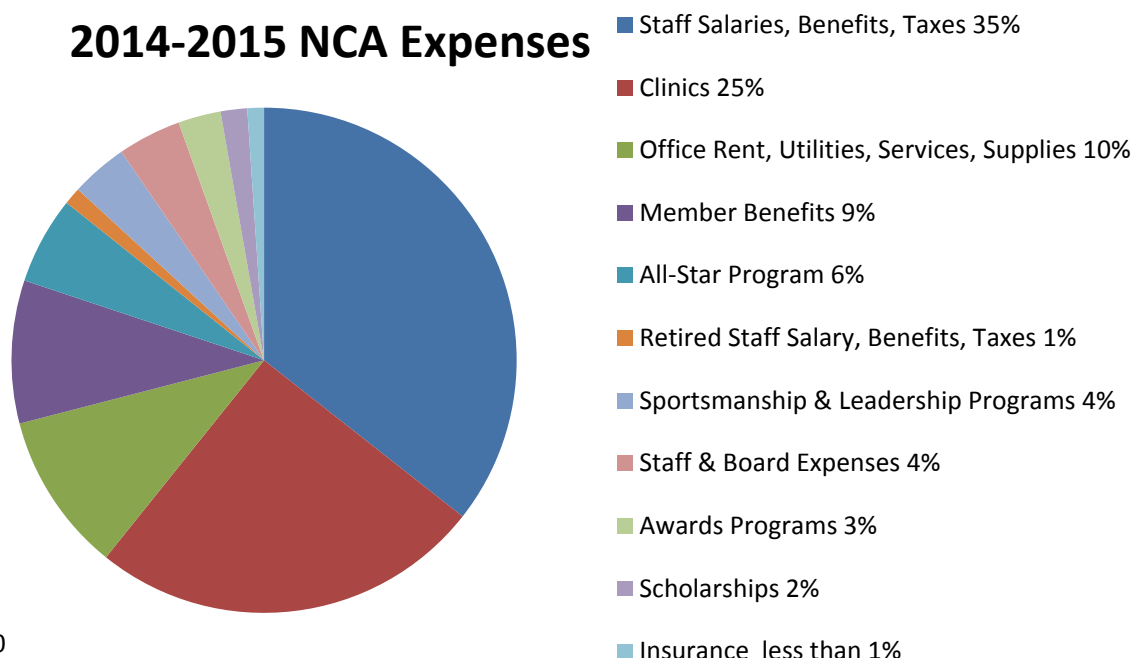


# Nebraska Coaches Association Annual Report 2015

## 2014-2015 NCA Revenues



## 2014-2015 NCA Expenses



### **2014-2015 NCA Membership as of April 1:**

Members: 4,032  
 Silver Members: 269  
 College Students: 36  
 Gold Cards Issued: 1,107

### **2014-15 NCA Clinic Registrations:**

Multi-Sport Clinic \$50 +\$10 late: 1,998  
 Baseball Clinic \$35/\$45 +\$10 late: 300  
 Football Clinic \$25/\$35 +\$10 late: 50  
 Track & Field Clinic \$25/\$35 +\$10 late: 170  
 BIG RED Football (UNL) \$50 +\$15 late: 439

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

Baseball Clinic & Partner with UNL for BIG RED FB Clinic

### **2014-2015 NCA Corporate Partners:**

Nebraska Orthopaedic and Sports Medicine  
 Lincoln Convention & Visitors Bureau  
 Nebraska Independent College Foundation  
 Nebraska National Guard  
 Country Inn & Suites- Lincoln North  
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