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SEPTEMBER 2020

Masking Up For 2020-2021 Seasons

Fall Coaching Articles

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FEATURED 2020-2021 NCA UPCOMING EVENTS

NCA Board Meeting
October 4, 2020, NSAA/NCA Building, Lincoln

**Softball & Volleyball All-Star
Nominations & Selections**
October & November

State Volleyball Sportsmanship Awards
November 5-7, 2020, Lincoln (need evaluators)

NCA Sportsmanship/Leadership Summit
November 17-20, 2020, (Format/Location TBD)

NCA Football Championships Football Clinic
November 22, 2020, Embassy Suites, Lincoln

NCA Board Meeting
January 31, 2021, Adams Central HS

NCA Track & Field Clinic
February 2021, NSAA Building, Lincoln

State Cheer & Dance Championships
February 19 & 20, 2021
Heartland Events Center, Grand Island

NCA Board Meeting
April 25, 2021, NSAA/NCA Building, Lincoln

**NHSACA National Convention &
NCA Multi-Sports Clinic Week Activities**
July 25-29, 2021, Lincoln North Star High School

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Wahoo Warrior Football - Defensive Drills

Chad Fox – Wahoo – Football

2019 Class C1 State Champions



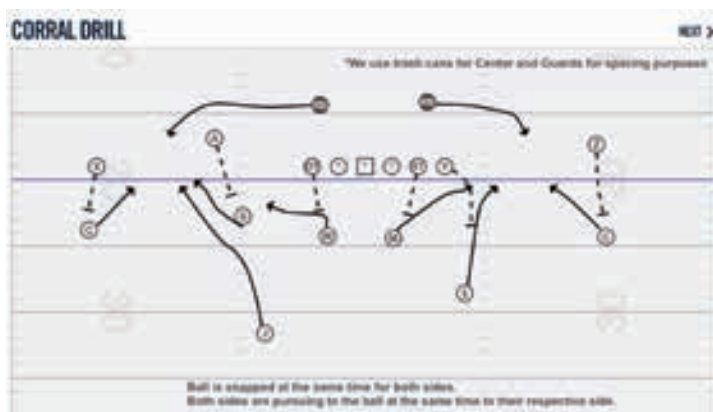
Here at Wahoo High School, our football program believes that playing great defense is an essential part of the football game. When your defensive unit plays

well it will enhance your chances of being successful and ultimately assist your team in winning the football game.

This last season in 2019 we averaged giving up only 114 total yards a game and 4.15 points a game. We played tremendous run defense only giving up 1.6 yards per rush and over the last 4 years we have given up an average of 2.31 yards per rush. There are a couple of reasons we have been better on defense recently. Number one is we have had some better players, plain and simple. We all know if you have better players you will look smarter as a coach! Now, as coaches, we feel that we are doing everything we can to prepare our players to be successful on defense. I believe that is an essential key to coaching any sport. How do you increase the chances that your players can experience success in a game? Another reason is our coaching staff has been together a while and we have a great understanding of our schemes, as well as how all of our “puzzle pieces” fit together within our 4-3 defense.

I would like to explain and outline some of the drills that we believe prepare our defensive players to be successful. These drills are non-contact drills therefore, players are not required to wear pads, helmets, etc. Almost all of our practices are ½ Rack (helmet, shoulder pads, and girdles) which we feel allows our players to stay fresh through the season. One of the first drills we use every week is the Corral Drill. We utilize this drill at least once a week, usually on Mondays. This drill is essentially a back 7 run fit drill. We will get our LB’s and DB’s properly aligned to one of our opponent’s favorite formations and we will work on our outside run fits. We will have coaches on either side of our defense watching angles and techniques for our kids as they pursue the ball carrier. This drill will have

both sides going at one time so we are able to get a ton of reps with defensive players. When the ball is snapped each player must take their read steps first, reading their keys. Secondly, they will need to take on a blocker and shed that blocker while maintaining their leverage. It is really important that every player understands where they fit into the puzzle of our run game support. This also reinforces the proper angles the players must take from their initial alignment in our base defense. The defensive players just tag off on the RB and we do not tackle the runner to the ground in this drill.

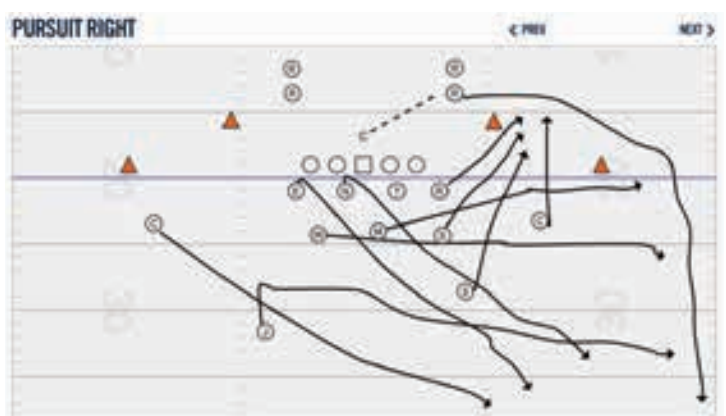
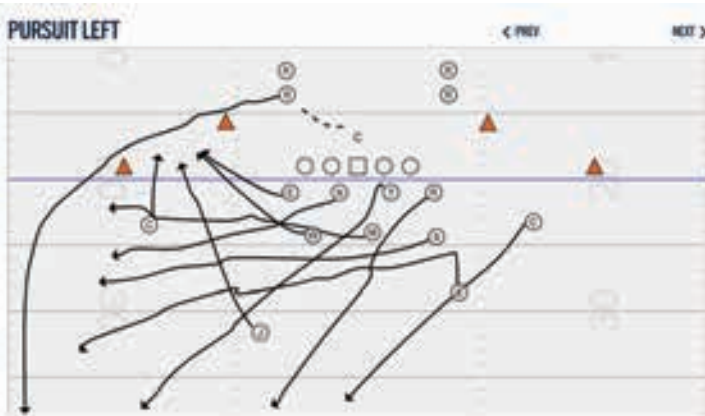


A second defensive drill that we do on Wednesdays is our Pursuit Drill. Our thoughts are by getting all 11 players running to the ball we will ensure that the ball carrier will get tackled. We emphasize to our players all the time that their proximity to the ball when the tackle is made is a measure of their effort. With this sideline pursuit drill, we will talk to the player about never following their teammate when running to the ball carrier. They constantly need to adjust their angle accordingly. What you should see is a line of defensive players on the sideline when this drill is complete. Obviously the backside players end up running the most and having to take the steepest angles. This pursuit will hopefully minimize big plays that the offense might have. We again will use cans to simulate the formation and cones for the running backs to run around. The defensive players will do an up-down on the snap of the ball then have to figure out which way the ball is going. They will pursue to the play-side hip of the runner and tag off on the running back in a good hitting fit position. They

Continued on page 8

chop their feet in that position until everyone has tagged off on the runner. The coach then blows the whistle and they return for another rep. We usually do 3 reps with each of our defensive groups to simulate the 3 and out goal of our defense. Again, no contact is necessary with this drill and this drill can be executed with the players being in $\frac{1}{2}$ rack.

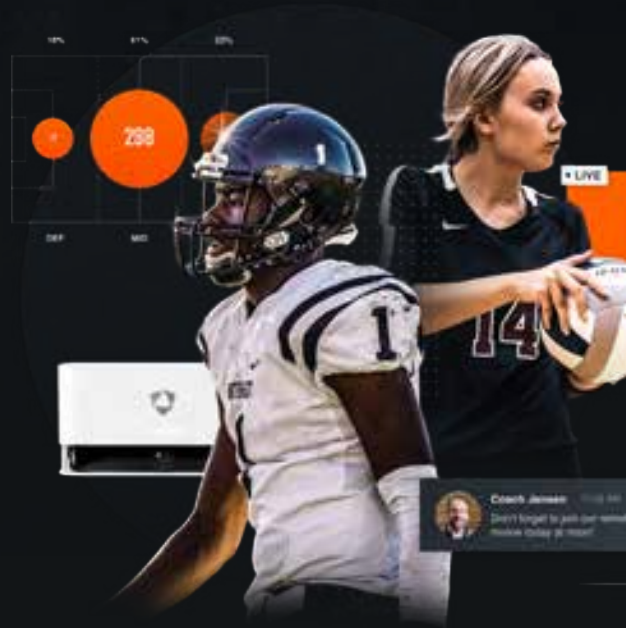
In conclusion, these are just a couple of our defensive drills that we get a lot of mileage out of during the season. Being able to run these drills with a minimal amount of contact has enabled us to keep kids fresh and healthy through the football season. We will also work on tackling daily. We do the majority of tackling on bags and tackle wheels. Again 99% of our practices during the season are $\frac{1}{2}$ rack with no tackling to the ground taking place. We feel the combination of these drills and the way we practice has helped our defense be successful over that last few years.





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Breathing New Life into Old Drills

Renee Saunders – Omaha Skutt Catholic – Volleyball

2019 NCA Volleyball Coach of the Year



We've all been there: searching through books, online resources, YouTube, and clinic notes from every session you have ever been to trying to find the perfect drill. You know exactly what you want to work on but cannot seem to find the drill that fits what you are trying to accomplish. What if I told you that you do not need to search anymore? What if I told you that you can give new purpose to any of your old favorites? Imagine if you could take any old drill

and make it into exactly what you need with just a few simple adjustments? You can and here's how: adjust your scoring methods. Seems simple enough. Keep score, have a winner. Scoring is vital to having a competitive gym. At Skutt Catholic, we want to compete at everything. We want to get used to seeing a scoreboard, winning, and losing. We want winning to be the reward and losing to have a consequence (burpees are a personal favorite). I would be lying to you if I told you that I created all the drills we do in a normal practice. I get my drills from other coaches, online resources, and clinics just like you, but once I have them, I adjust them to fit our needs and raise them to a new level. These minor adjustments in how we score our drills helps us to get the results we want from our teams. Here are some simple scoring adjustments that you can make in your gym to spice up any drill you may already have. There are two very simple methods of scoring that we use: Time and Points. From there, you can let your imagination run wild.

Method One: Time. Time adds urgency. With the amount of volleyball many of our players are playing, we feel that they lack the urgency needed to be successful. It seems as if their motto is "there's always next time." Well, in the high school season you may not get a next time. Every match counts and once you get to postseason, if you lose, you are done. You need urgency, and you need your players to know how to handle it. Let's say you want to be better at serve receive (who doesn't right?). Grab any of your favorite sideout drills and add a clock to them! One possible drill would be to give your team two minutes to get five sideouts in rotation six. Another would be to give them one minute to get two first ball kills in rotation four. Finally, give them seven minutes to sideout two in a row in each rotation. Adding a clock

to your gym raises the level of urgency, but also adds pressure. You can make it as easy or as hard as possible depending on your skill level. Time does not always have to be a clock. We often have music in our gym and for some drills, they need to get their goal by the end of a song. Time is also not always used in six vs six, but it can be used in skills and positional training as well.

Method Two: Points. We all know the game is played to 25, but there are a lot of other ways to score than just playing a scrimmage to 25. You could use small sided games, called wash drills, to earn little and big points. For example, one version of a wash drill would be for side A to get three balls: serve receive, freeball and down ball. They must win two of three little points to get a big point. Then side B gets the same three balls. Play until one team has three big points. Simple yet effective. This way is also very flexible. You pick the number of balls and what you want them to look like, then set the goal. It can be modified for all skill levels and encompass all aspects of the game. Another simple, yet effective way to score a drill is called avalanche style. As you win points in a row, they are worth more. The first ball is worth one point, second is worth two, third is worth three and so on. Doing this helps your team value runs. Volleyball is a momentum sport, you want to go on runs, so why not train it? We also do drills that put a focus on either process-based goals or outcome-based goals. In a process-based drill, you would give points for perfect passes, great digs, hitting a specific zone, etc. . . You pick what you want to score based on what is important to you and what you want to achieve in the drill. The team would earn those points whether they win or lose the rally. In an outcome-based drill, you would pick something you really want to get better at and then score only those points. We do a drill where it is hitters vs blockers and the hitters need to get five tools before the blockers get two stuff blocks. We let them compete in a one on one fashion. You could use this same method, but reverse it, and make it a consequence-based score impact. Take missed serves for example, if you miss a serve your team automatically loses. This adds pressure to every serve throughout the drill and instead of winning a point, you lose the game. If your team has a behavior they tend to do more than you would like to see, I have found that when you take points away for those behaviors, they pay more attention. The next way to adjust scoring is to make your team win a certain number of balls in a row. You could do the same drill as above (wash drill) but instead of needing to win two out of three, they have to win all three for a big point. This makes the drill much harder and you can take it up a level and reverse the order so the hardest thing to win is the last ball they receive.

These are just a few of the many ways we adjust scoring in our gym. The best way to decide on what method of scoring you want to use is to evaluate what your team needs. We usually prioritize our biggest issues and work from there. Do not be afraid of adjusting once you get going. Many times I have created a drill that is either too easy or too difficult. We just make a note of it, and then make sure we adjust the next time. Another modification we frequently have to do is add a time limit to a points based goal because it was taking our team too long to get. You can always combine time and points, there are no rules, you can be creative! These methods seem to be the best way to get through to our teams, I hope they work for you too, just remember:

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Work & Preparations in Developing Golf Champions

Jim Orcutt – North Platte – Girls' Golf Coach

2019 NFHS National Girls' Golf Coach the Year



Each autumn girls from around the state of Nebraska compete to see which school and which individuals have prepared the best for a relatively short but very competitive golf season sponsored by the NSAA that lasts from early August to mid-October. Truth be

told, this is not only the absolute best time of the year to play weather-wise, but also provides some great matches that occur at the end of the golf season here in Nebraska. Champions may be crowned at the end of this season, but the real work and preparation occurs during the spring and summer months with the most dedicated ladies taking lessons, practicing drills, and taking part in many of the NGA sponsored summer tournaments.

Summer Activities: Sometime in either late April or early May the coaches have a meeting of both the boys and girls teams where we discuss and distribute a "Summer Golf Program" that includes a multitude of areas, each with a point value assigned to it. Over the years we have gleaned/borrowed these mainly from two successful Nebraska girls golf coaches, mainly Jerry Cover (Norfolk) now retired, and Mimi Ramsbottom (Elkhorn South). Athletes keep track on a daily basis points earned in these activities on the honor system and they compete to see who can earn the most points over the summer. This has been a great way to keep athletes moving and progressing in their golf game. I have included my email below. You can contact me for a list of these activities and their individual point values.

In Season Practice: Once girls golf season begins in early August, a typical week of practice consists of a mixture of play, practice range work, and putting drills. My assistant, Matt Kaminski, and I observe and converse with each other and with the players themselves regarding ways that a player can lower their scores as quickly as possible

as the fall season is a short one. For most players, this consists of a strong emphasis on their short game from approximately 120 yards and in since most of their strokes occur in this zone of play. Many of the drills and games we use are those gleaned/borrowed over the years from other coaches or club professionals that have been presenters at the NCA Coaches Clinic, usually held in late July in Lincoln. As we get into the season, preparation for specific golf courses plays a role in our practice preparation as well. Practice plans are geared toward preparing for shots that the athletes will encounter during a round at the course where our next meet will be played. Sometimes these are special shots like punch shots if we are going to play a tree lined course with narrow fairways or bunker play if we are going to play a course with a lot of bunkers like Wild Horse G.C. in Gothenburg, NE, but mostly we stress the importance of hitting fairways and greens in regulation, or if a girl is not particularly long, then we put more emphasis for that girl on getting up and down from off the green. Putting is of course one of our main areas of work and we emphasize the importance of making repetitive short putts in drills like "Around the Clock" and the "Circle of Excellence". Longer putts are practiced by lagging to circles placed on the green or by playing a competitive game of "Drawback" (one of Coach Kaminski's favorites). Players are also subjected to a weekly "Putting Report Card" where they receive a percentage score for putts made from certain distances. We want them to practice with a similar pressure situation as they will encounter at a large invitational, conference, district or state.

Training: Varsity athletes at North Platte High are required to participate in weight training activities designed by our strength coach, Mr. Todd Rice. During both off season and in season this has given all programs at NPHS a boost in their strength, endurance, and conditioning. If your school has not made the commitment to a strong weight and conditioning program, I strongly encourage you to do that.

Rules of Golf: Especially during the first two weeks of the season or on bad weather days, we will go over some of the most used rules and procedures of golf. Out of Bounds, Penalty Areas, Lost Ball and Provisional Ball, Procedure

Continued on page 14

for taking a drop, etc. Since there are no rules officials during most regular high school golf meets, it is imperative that the girls be prepared to know their options in these and other situations.

Course Management: Two coaches, a head coach and a certified assistant coach can now be on the course assisting players during their tournament round. We have found this very beneficial in the area of course management and for the most part we can talk players through some of the difficult situations they may find themselves in during a round. We try to give them the best shot chances to get out of trouble and also to prevent double bogey or worse, if possible. However, two coaches cannot be with each of the 5 players on a team at the same time. That is where preparation during practice pays off. During supervised play at practice, we will place girls in some difficult situations specifically so we can show them their best options when confronted with a similar situation during a meet when there is no coach around. Ideally, we want the athlete to be thinking, "What would Coach Orcutt tell me to do if he were standing right here with me?"

Mental Toughness: Golf can be a trying sport at times, particularly when you are not playing up to your expectations. Coaches do all we can to prepare our athletes with the tools they need to overcome these trying times by giving them a firm foundation mentally and preparing them for such times during a round. Everyone will have highs and lows during a round of golf. It is the advanced player that can keep their composure both during good times and also the bad. We do not want our players to get down on themselves when they are not playing well. We want them to realize that they are



fully capable of using their inner strength to pull them through these tough times. Several years back, we were asked by our AD to come up with a covenant word that would be important to our sport. At that time, with the help of the players, we came up with the word "GRIT". We define the word for the players and talk about what it means to play "gritty golf". My brother cut out a wooden GRIT that we award to the player who played with grit from the previous week. They take the wooden word home and display it in a place of prominence. Sometimes the award goes to players who played well, or finished well through some particularly tough holes, or sometimes it goes to the player who did not particularly score that well, but showed persistence and toughness throughout her round. It is an honor to receive this award from the coaches and the players know it and want to earn it.

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Belief and the Running Mind

Brie Pulec – Malcolm – Boys' Cross Country

2019 NCA Boys' Cross Country Coach of the Year



Back in 2015 the boy Malcolm Boys XC Team was in, what we called, a rebuilding phase. We had gone from having 6 runners on the team a few years before, to 16 runners. At that point, they hadn't won any meets, but we had gained a few freshmen runners who believed in their abilities and what they could do as

runners. Who would have thought that "belief" would be the key to turning this boy's team around?

By the time the conference meet arrived, those freshmen boys' "belief" had started to spread around that boy's team, little by little. On that day, those two freshmen, along with some of the juniors on the team, won the meet. You could say that they started "hitting their peak," or that they had their "break out race," but I would like to say it was a little bit of "belief." Belief in themselves and in their capabilities. That day, the runners on that varsity squad finally saw and felt what they could do as runners, as a team, and they believed. They felt confidence and strength that pushed their legs faster and faster, so they went for it and gave it their all. From there, the rest is history.

Since 2015, the boy's team has gone on to earn three State Championship trophies and two State Runner-up Trophies. Yes, talented runners and specific workouts have helped to make this team what it is, but belief in their abilities as runners is what brought these boys out of the shadows back in 2015 and what continues to push them each year after. That is something I, as a coach, try to instill in the runners that come through the Malcolm XC program: believe in your abilities and from there you'll do the best you can. Every coach on our team knows that the mind of the runner is what gives them their power and that belief comes from within.

It's our job as coaches to help teach our runners about this mental power and how important the mind is. Because of this, the Malcolm XC coaches preach the importance of summer running, that hard work is key, and that belief in your abilities is an absolute. We also support and the long standing team traditions and help belt out some of the silly songs sung home in the bus on the way back from meets. They may be the silliest songs I've ever heard, but they are definitely essential to balancing a competitive mind.

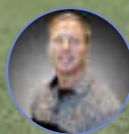
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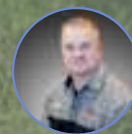
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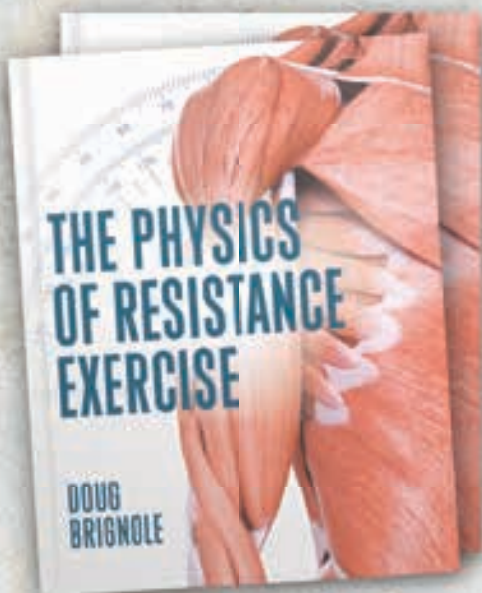
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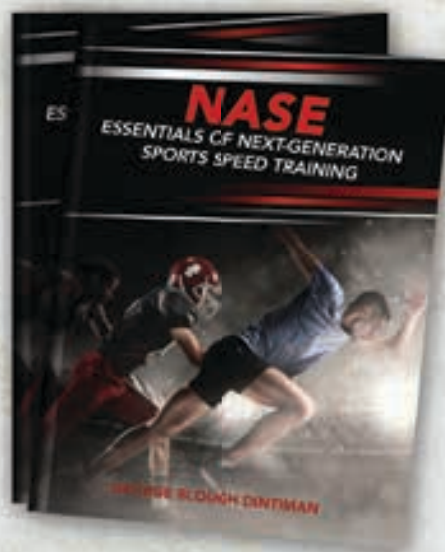
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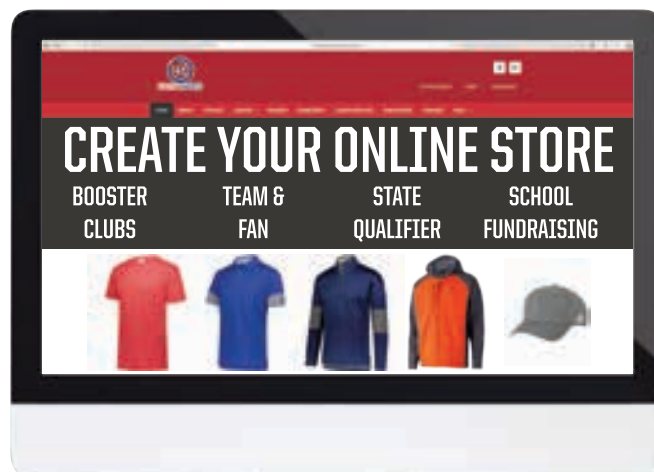
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Tips and Tricks for Lactate Threshold Training

Jared Hansmeyer – Ainsworth – Girls' Cross Country

2019 NCA Girls' Cross Country Coach of the Year



Outside of building a great team culture, the importance of in-season training ranks high on the success of any Cross Country program. As many ingredients are thrown in the recipe for a successful Cross Country training season, one of the largest and most frequently added pieces must be threshold training. Although coaches and exercise physiologists call this something different, most boil down the same ideas of stressing the aerobic system. From aerobic threshold, anaerobic threshold, cruise intervals, tempo runs, long pace per miles, short pace miles, progression runs, and stepping-stones workout, just to name a few, many coaches across the state do similar things to stress the aerobic system. Over the years, and through many errors we have found some things that work well for Lactate Threshold (LT) training in our program in Ainsworth. Although I am sure we will continue to make errors, the following is the guide that we have used to make threshold training more effective for athletes in Ainsworth.

Create a System for Determining Pace

In Ainsworth, working with a wide array of abilities and summer training backgrounds from middle school to high school, we found it imperative to create a system that could adjust in a quick fashion. As I have transitioned into a part-time role as Co-Activities Director, it became more important than ever to not take any more precious time from our daily demands. Although I began as a Jack Daniels Running Formula junkie, and I will say I still think his charts are great, we have found that adjusting workout paces for

just 30 some kids to be very time-consuming. As a result, we began fractionalizing vVO_2 paces into a Microsoft Excel spreadsheet and found this method to be super-efficient. The spreadsheet is set up in a way that allows one to easily change the percentage of vVO_2 max along with the distance to be run. This makes it as simple as a couple of keyboard strokes to alter times and distances for the whole team in an upcoming workout. For example, after entering the athletes' vVO_2 max we can alter the distance box to the length of the 1,000 meter repeats and the percentage box to 85% and workout paces for the entire team is computed. This quick and easy adjustment becomes the backbone for making other adjustments that we feel have been very important to our success in workouts.

Adjust for Variables

While I feel the science of training is very important, we must not forget the art. Although I would like to say we always run 82% of vVO_2 max for 3-5 miles of repeats in the second week of the season, I would be a liar. As we dial in workout paces, it would be great to take blood droplets from our athletes and measure mmol of lactic acid, but I think it's safe to say that we are at least many years away from that technology being present in high schools. Therefore, we are forced to be artists of the craft and make sensible changes based on what we perceive. Weather, most notably hot or humid weather, is a variable that changes our paces many times throughout the season. Although we rarely scrap a workout altogether due to heat, we do alter paces so that athletes stay in the "right" zone for the workout prescribed. Therefore, 82% might be easily adjusted to 81 or 80% for athletes to get what they should from the training session. Other variables to consider that affect the lactate inflection point, but are usually not as universal across an entire team, are nutrition, outside stress, hydration levels, and sleep, just to name a few.

Start off Slow

Even though we preach/stress/plead with kids to start slow on LT day, we still get the training session that is drastically changed by athletes running too fast early in the workout. At times we have been successful in talking

with or grouping athletes, but when that doesn't work we begin to consider progression or stepping stone workouts to make athletes slow up in the early part of the workout. Starting slow and quickening throughout the workout is not only good for confidence but has the added benefit of encompassing all aerobic development across a single training session. Since the inflection point is a moving target based on the day, progressing throughout a workout allows an athlete to hit and stay in the "zone" for at least a good part of the workout.

Pushing vs. Pulling the Inflection Point

Up to this point, I have generalized all LT workouts the same. But it is important to understand that changing the intensity can change a workout. Please keep in mind that the inflection point can be both pushed and pulled. Push workouts are generally completed at intensities slightly below the inflection point or 75-85% of $\dot{V}O_2$ max (called by some Aerobic Threshold). We generally rate these the most important pre-season to early in the season but will continue these into the final cycle of training. Pull workouts are completed at intensities past the inflection point and are generally done in shorter segments with fractionalized zones from 85-95% with longer recovery and lower total volumes (called by some Anaerobic Threshold). We begin these workouts in the second cycle of training and use them to bridge to goal race pace workouts, which I will explain more later.

Run Repeating Loops

With middle school through high school athletes and widely varying summer training, we have become firm believers in varying workouts within workouts and trusting our athletes to make decisions about the workout. Generally speaking, aerobic level LT day looks anywhere from a Daniels' cruise intervals to more traditional tempo runs. We spend the first half of the season trying to

progress kids from smaller intervals to longer segments. Students have the autonomy to add mile loops to create their own tempo runs based on how they feel. A prescribed total workload is given to students, while how the athlete gets there is up to how they feel. For example, two or even three athletes who are both scheduled to run 4 miles of LT might get there in different ways. One might run three miles, have active rest, then finish with a mile, while the next athlete might go 2 sets of 2 miles, while a third might go 2 miles, 1 mile, 1 mile. All these are done with non-active or active rest ratios of one minute with every five-minute of work. As we get later in the season, we become less concerned with lengthening the segments and try to work more towards pace and also segment lengths that will let athletes walk away with confidence.

Bridge to Goal Race Pace

Although we can get caught up in pushing the LT inflection point to the right (when graphed), please keep in mind the purpose of training. At the end of the day getting athletes ready for goal race pace (GRP) for championship season is our goal. As we progress into the season, pull workouts are used to bridge into repeats between GRP to 3K race pace. Parts of workouts throughout the year begin to fractionalize at a higher percentage of $\dot{V}O_2$ to set our athletes up for late-season critical workouts. We typically use a 4-6 x 1K at 3-5K GRP (90-95%) or a similar variation as a culminating workout that begins the taper into the state meet.

"All roads lead to Rome" and there are many ways to get athletes ready for the state meet. Understanding your method is crucial in giving your athletes the best chance. From middle school on up to high school, we have used the preceding ideas as the largest building block in creating what we hope will be a successful training program for our runners in Ainsworth.





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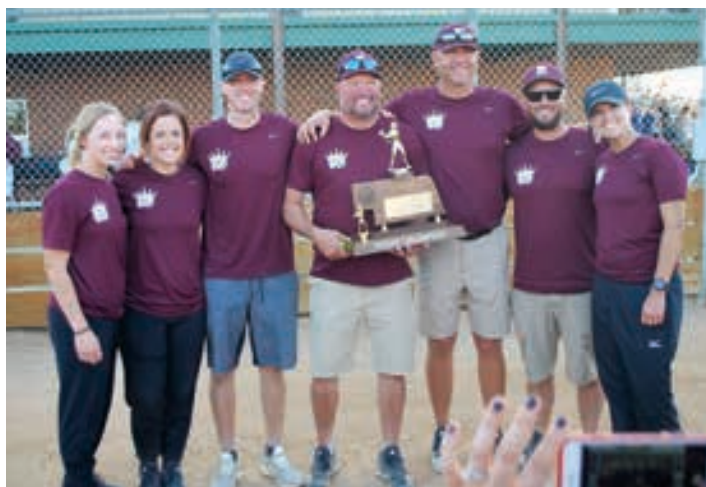
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Building and Maintaining a Successful Softball Program

Todd Petersen – Papillion-LaVista – Softball

2019 NCA Softball Coach of the Year



There are many aspects and factors that go into building and maintaining a successful softball program. When thinking of advice for this publication, what comes to mind is all the advice I wish I would have heard at the beginning of my softball coaching career. Although coaching softball is an evolving-learning process, these factors can help establish a foundation for a successful softball program. Many of these attributes can be applied to any program, however here are the aspects that are specific to building a successful softball program.

Have a Plan/Have a Vision: I believe all great coaches have a plan or a vision for their program. I would encourage you to write down: your core principles, a mission statement, and what you want your program to be from a high level. In addition to creating the principles and mission statement, ensure you read and analyze each year to see if you're upholding your plan and if any adjustments are needed.

Culture: Setting and upholding a culture is crucial to a successful softball program. A successful softball culture includes the coach, assistant coaches, and the players. The culture I value is positive, hard working, confident, performing under pressure, just to name a few things. The culture is set by what you do in practice and in your interactions with your team.

Fundamentals: We all talk about fundamentals but how much time do you spend on it? It is easy to get caught up in the preparations, situations, and games that we often

neglect basic fundamentals that lead to these moments. It is crucial to find time for fundamentals due to the short season of high school softball. Around 5-6 years ago, I realized we were not spending enough time on fundamentals. It was carrying over into games because in crucial times, our fundamentals would break down and we would lose tight games. As a coaching staff, we made a concentrated effort to work on fundamentals daily and to incorporate some of them into our pregame routine. Here are some of the main fundamentals that we value:

- *Throwing and Catching:* If you can't throw and catch, you can't play softball. We spend more time on the catching part. It has improved our throwing significantly mainly by getting our feet in the correct place in order to catch and easily get in a position to throw.
- *Glove Work:* daily glove work with the infielders
- *Drop Steps:* an important skill for all players as it teaches you to control your body
- *Short Game Fundamentals:* practice each time the team hits
- *Hitting Fundamentals:* stress what's important to the team in hitting warm up
- *Catcher Fundamentals:* framing, blocking, fielding bunts, pop ups, throw downs
- *Base Running:* players run bases and lead off in unison

Assistant Coaches: I've been lucky to have great assistant coaches who are dedicated and passionate to softball and our program. I can delegate and give responsibilities with confidence that they will be done. That is because I set and communicate expectations for them. I want them to learn everything about the program so they can become head coaches if that's what they aspire to be. I've found that having a diverse staff of former players, male/female, club coaches, young people, and experienced people has really helped to keep moving the program forward as well as develop special relationships with our players.

Conditioning: We always tell our players at the beginning of the season that they didn't know they were going out for cross country! I think conditioning is a key to having a team that plays well under pressure, handles adversity, and can sustain the physical, but even more so the mental grind of the state tournament. Our team completes distance running, sprint/agility running, and core strengthening. Many of our varsity players are enrolled in advanced weight training classes during the school day to maintain the strength they've gained over the summer conditioning program. Just like a cross country or distance runner, we build a base early with more long distance runs along with core strengthening to build endurance. We decrease the distance and intensity of conditioning as we get close to the most important part of the season—districts and the state tournament.

Day by Day, Play Under Pressure, Team Work: I put these three principles together because they all work together and I'm running out of space! I believe when you have an overall plan and vision, it makes it easier to go through the season working day by day. It sounds cliché, but the season is a step by step process and you can't skip a step or skip to the end. I have detailed practice plans that I put together everyday and I share with my assistant coaches so we are organized and efficient. It also allows me to get feedback from my assistants to make sure we are covering what we need to cover in practice. In every practice we complete warmups (dailies), individual or small group work, fundamentals, team work, and conditioning. As a coaching staff we ensure to create pressure situations during team work and conditioning to simulate game-like situations.

Creating pressure situations during team work also allows the team to work through these situations together. There is nothing wrong with creating a little failure and adversity in order to be prepared for it when it happens in the most crucial time of the season. It's a way to build trust and bonding between teammates. These skills are not built in a day so that's why it's important to work day by day on these pressure situations. Once the team is able to work through these situations, they will be very well prepared for the most crucial and important moments of the season.

In conclusion, I ensure my team always understands the importance of softball. When we are practicing or playing a game, softball is the MOST important thing in their lives. I also ensure that they know when practice or the game is over, it's not even close to the MOST important thing in their lives. As a coaching staff, we always want them to have perspective. Faith, family, school, relationships, etc. are much MORE important than softball. I've been fortunate to coach many great softball players in my 13 years at Papillion-LaVista High School. Beyond their role as a softball player, they are passionate, hard working, good citizens, and good people. Sometimes they have to be taught and they don't all show up that way. You can't save them all but you'd better try! If you're passionate about teaching and coaching, you can change a young person's life and put them on the path to success. Contact me anytime if you want to talk coaching and/or softball. I'm always willing to share:

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Laura Noecker Hartington-Newcastle Public Schools

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Conditioning for Tennis— Myths, Misunderstandings, and Misstatements

James A. Peterson, Ph.D., FACSM

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Given the abundance of contradictory and frequently misleading information that is available on what tennis players should and should not do to condition themselves to play their best, it is understandable why

they often don't know who to believe and, in turn, what to do with regard to getting into "game shape." First and foremost, with regard to conditioning, it is important to be aware of the fact that the benefits of sound conditioning far outweigh the time and energy spent on the effort, regardless of the competitive level at which a tennis player participates.

In fact, considerable scientific evidence exists that indicates that the higher the conditioning level of an athlete, the less likely that individual (including tennis players) will be injured while playing their sport. Furthermore, conditioning enhances the ability of an athlete to continue to execute a particular sports-related skill or technique without experiencing the inevitable fatigue-related decline in performance. Both factors are particularly applicable to tennis, which tends to require a physically challenging effort.

Why then do some tennis players either avoid conditioning altogether or engage in conditioning practices that do not protect them as well as they could from being injured or provide them with the capacity to sustain their performance over the course of a particular match? Arguably, a major part of the answer to such a question is that they either simply don't believe that time devoted to conditioning is worthwhile or they are conflicted about what sound conditioning for tennis actually entails.

With regard to the latter, over the years, a number of misconceptions concerning how athletes should train have contributed to the "mystery" of what sound conditioning constitutes, including the following:

- **More is better.** No it's not. While time and effort devoted to a particular workout regimen are beneficial to a certain point, past that point, they can actually be counterproductive.
- **Muscles don't matter.** Yes they do in all sports—team and individual sports alike, including tennis. Whenever an athletic activity involves muscles (all do), strength training is both appropriate and essential.

- **Women shouldn't lift weights.** Baloney! In reality, women have as much to gain from sound conditioning as do men.
- **Strength training will make an athlete muscle-bound.** No it won't, if the athlete performs every exercise through a full range of motion.
- **Strength training will lead to unduly large muscles.** No it won't. In fact, hypertrophy (gaining noticeable muscle mass) is virtually impossible for the vast majority of athletes for genetic reasons.
- **"Magic" foods can help a tennis player's performance.** There is no "magic" food, including protein powder, which, as a rule, will only elevate the quality of an athlete's urine, but not the individual's level of play.
- **The mind doesn't matter.** Yes it does. As such, athletes should devote time and effort to training their mind, as well as their bodies.

The aforementioned seven misconceptions are but a few of a potentially endless list of misguided beliefs that can compromise a tennis player's ability to compete at their best, while remaining injury-free. While different sports place different demands on their participants, the principles of sound conditioning are consistent across the spectrum—athlete to athlete, athletic endeavor to athletic endeavor.

James A. Peterson, Ph.D., FACSM, is a sports medicine consultant who resides in Monterey, California. A fellow of the American College of Sports Medicine, he was a faculty member at the United States Military Academy at West Point from 1971 to 1990. From 1990 to 1995, he served as the director of sports medicine for StairMaster Sports/Medical Products, Inc. He has written or coauthored over 80 books and more than 200 articles on a variety of sports, health, and wellness topics.



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Nebraska Coaches Association Executive Director Darin Boysen and NSEA Organizational Specialist Isau Metes lead the administration of the mentoring project for the two organizations.

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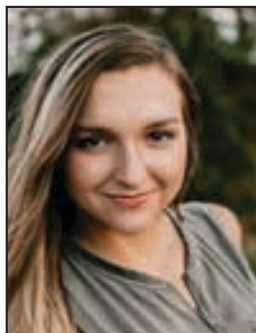
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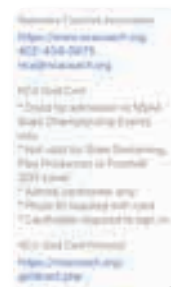
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Admit member +1
Good for all sports

Peru State College

Pass gate - main gate
Advance call-in is appreciated (402) 872-2350
Call 2 days prior to game
Membership card and photo ID
Admit member + 1
Good for all sports
Tickets are free

Southeast Community College-Beatrice

Main gate
Advance call-in appreciated
1-800-233-5027 ext 1232
Good for all sports
Admit member + 1
Tickets are free
Membership card required

University of Nebraska-Kearney

Will Call Gate-advance call or e-mail appreciated
308-865-1563 or lopertickets@unk.edu
Admit member only
Must present membership card when picking up ticket
Good for all sports-reg. season
Ticket is free

University of Nebraska-Omaha

Pass gate
Membership card and photo ID
Admit member + 1
Tickets are free
Excludes Hockey

Wayne State College

Pass gate
Membership card and photo ID
Admit member only
Ticket is free
Good for all sports (excluding NSIC/NCAA Championships)

Western Nebraska Community College

Membership Card Required
Advance call in - 308-635-6151

York College

Pass gate - front door
Membership card and photo ID
Admit member + 1
Good for all sports
Ticket is free

Join The Nebraska Coaches Association Today

Take Advantage of these Benefits:

- Year-round **\$2,000,000** coaching and classroom liability coverage
- \$20 Gold Card: Good for Admission to most NSAA State Championships - **Deadline October 1 no refunds**
- Annual Online Subscription to *Coach & Athletic Director* Magazine
- Access to NCA & NSEA Mentoring Program (*500 stipend for coaches that are members of NCA & NSEA members)
- Year-Round Discounted Room Rates at Country Inn & Suites Lincoln - North Location
- Free admission for two to the NCA All-Star Games
- Reduced Registration Cost to Sports Clinics
- Eligibility for Glazier Clinics Super Pass or Individual Digital Vault Pass
- Free admission to the annual Shrine Bowl Football Game
- Free admission, with membership card, to select college-sponsored games
- *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 NCA & NHSACA
- Eligibility to coach in the Annual All-Star Games
- Jerry Stine Family Milestone Award Program
- Coaching Service Award Program (25, 35, 40, 45 & 50 year recognition – self nomination)
- Dual Membership to the National High School Athletic Coaches Association

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

Nebraska Coaches Association
500 Charleston Street, Suite #2
Lincoln, NE 68508
-OR-

Go to ncacoach.org – Online Membership Registration is Now Available

2020-2021 NCA MEMBERSHIP REGISTRATION - MAIL IN VERSION ONLY

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

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

Name:

Gender: ☐ Male ☐ Female

Date of Birth: / /

NSAA High School:

Middle School/

College/Youth Org/Club:

Home Address: (Please do not enter school address)

City, State Zip: ,

Phone: () - E-mail:

Enter # of years in coaching/administration through 2019-2020: Coaching Assignments 2020-2021:

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/Dance (Cirlee 1)	<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"/>
Bowling	<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 2020-2021: Please indicate any administrative positions you hold for 2020-2021 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 an **Under Graduate College Student** (membership fee waived, no insurance)

FEES:

NCA Membership: \$45.00

Additional Option: ☐ \$ NCA Gold Card \$25 (NCA Membership Required, Must be Purchased by 10/1 Annually)

Total Amount Due: \$

Credit Card Number:

Expiration Date: (Mo/Yr) /

Signature: _____

CVV 3-Digit Code on Back of Card: