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DECEMBER 2020



Wildcat Champion Carson Noecker

Winter Season Articles

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All-State Selections**

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Captures Cross Country Class C
Gold Medal



Photo by Callam Sports Photography

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NCA Board of Directors Meeting
January 31, 2021; TBA

State Cheer & Dance Championships
February 17-20, 2021; Grand Island

Girls' Basketball All-Star Selection Meeting
March 7, 2021; Lincoln

Boys' Basketball All-Star Selection Meeting
March 14, 2021; Lincoln

NCA Board of Directors Meeting
April 25, 2021; Lincoln

2021-2022 Online Registration Opens
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Competitive Drills for Improving Offensive Skills and Conditioning

Aaron Sterup — Head Girls' Basketball Coach — North Bend Central

Photo Credit Grace Hunke



My first job out of college was teaching and coaching at North Bend Central in 2000. I was hired as an assistant girls' basketball coach. I had played basketball in high school but had never coached it, and certainly had never coached girls. I fell into a near perfect situation to learn about girls' basketball coaching under Jim Dodge. I walked into a program with great tradition and expectations; we were State Champions in my very first year. I could not have been more fortunate. I was able to learn from the best in the business about what it took to be successful as a coach and a program. We have been able to take a lot of these lessons and do our best to continue with what we had learned.

Since that time, NBC Girls' Basketball really prided itself on defense. In the past, we spent a majority of our practice time working on defense, and we have always been pretty strong in that area. What most allowed us to take a step forward last year, however, was our ability to score. We have made a conscious effort to put more emphasis on scoring and making all of our players dangerous scorers. We have tried to do that with a lot of drills centered around playing fast and attacking the basket. Below are some of the drills that we like to do often in our practices, the intent being that if we can play fast and continually play with a scoring mindset, our offense will be more productive. This has also made us very balanced. Last season, we had five players average between 7 and 11 points per game. Our balance really was the key to our success.

These drills are all designed to be somewhat competitive in nature and put pressure on players to look to score and to work on the skills needed to get to the basket. We also use these to do a majority of our conditioning as well.

4 on 3

The object of this drill is mainly to work on attacking defenses off the dribble, but it is very useful for other reasons as well. You begin with 4 players on offense and 3 on defense. The rules for the offense are that they can only catch a pass outside of the 3-point line. On the catch, they look to attack the defense as they should have a situation where a defensive closeout is happening. It teaches them to immediately take advantage of these situations and to go strong to the basket. They are able to practice strong drives to the rim with defenders present but likely partially out of position. They are also able to practice kicking out to shooters, staying under control when stopped on drives, etc. The rules for the defense are simple. They are not allowed to guard the ball twice in a row, which forces them to close out quickly and often and gets them into help situations quickly. It forces constant communication and practices scramble situations.

Continuous 3 on 3

We love to use this drill for conditioning, but it is great for general practice of just about all offensive skills. As we have found over the years, 5 on 5 doesn't really allow for optimal offensive skills practice, so we try to use less people on the court whenever possible. The set up for this drill begins with either 3 or 4 teams of 3 or 4 players each. We find that 3 teams is ideal for the purpose of conditioning. We give each team their own color. Team 1 is on offense vs. Team 2. At the conclusion of the possession, Team 2 now takes the ball to the other end vs. Team 3 who is already set up on defense. At the end of that possession, Team 3 takes the ball to the other end vs. Team 1 (or whatever team hasn't played yet). This continues with a new team becoming the defense at the other end each time.

You can use this drill and add aspects to it depending on what you want to work on. Sometimes we will allow the team who does not score to press the team that just stopped them to try to get the ball back on that possession. We do this to help prepare for teams that press us even on missed shots. You can also give the offense certain instructions to focus on certain skills, such as demanding at least 1 screen and roll each possession, etc.

Cutthroat

This drill is an adaptation from a great drill we learned from Don Showalter. We have adjusted it slightly to meet our needs but the premise is the same. You need at least 3 teams of 4 each (although we have played it before with only 3 on a team).

Continued on page 7

Team 1 is on offense. Team 2 is waiting on the end line under the basket. Team 3 is waiting behind Team 2. Play begins when Team 2 rolls the ball to Team 1. They play 4 on 4 until there is an end result (score, foul on shot, turnover, defensive rebound). The offensive team gets points for scores or offensive rebounds. If the offense scores, they remain on offense until they are stopped. The goal is to score as many points as you can, adding each time you have possession. When the defensive team gets a stop, they move to offense and the next team up becomes the defense. The next team in line must be ready to take over on defense as soon as there is a result with the teams currently on the court.

There are many variables you can add to fit your team or what you want to focus on. You can demand each player square up to the basket on every touch or whatever skill you want to emphasize. It is very fast-paced and teaches players to adjust from offense to defense quickly and challenges them to score quickly before allowing the defense to get set.

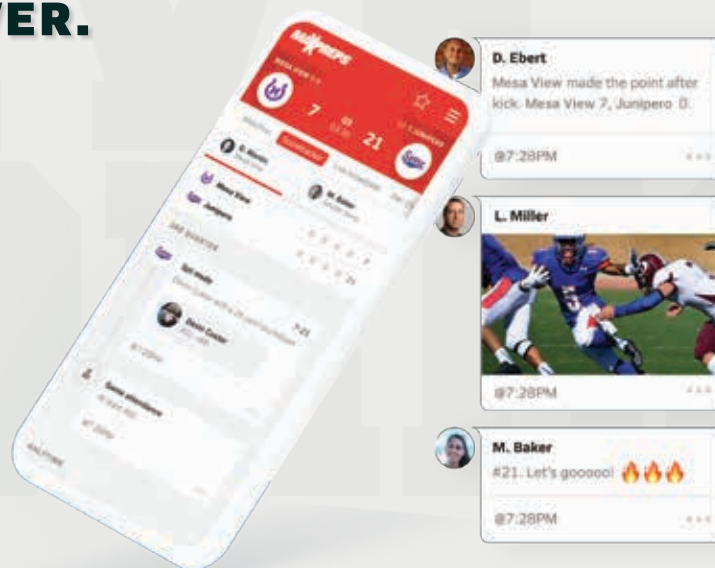
2 on 2 Finishing

One thing that has frustrated us year after year it seems is our inconsistency finishing shots near the rim. In order to work on this, we do this drill to practice close shots with defensive pressure as well as offensive and defensive rebounding and overall toughness. We set up 2 teams of 2. They are all located near the basket, somewhere in or near the lane. The object is to score as many points as you can in a short amount of time. We usually go for about a minute, but you can adjust to fit your conditioning level. One team takes a shot and the game begins. Both teams fight for the ball on every shot, whether it goes in or not. The same team can score as many times in a row as they can if they can get the ball again. It teaches the defensive team to check out even on shots near the basket. It teaches the offensive players to go after the ball for offensive rebounds. Although we still miss our fair share of these shots, I think it has helped our ability get offensive rebounds and convert them into points.

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Creating Purpose & Player Ownership

Cory Meyer – Head Boys' Basketball Coach – BRLD

Photo Credit Rhonda Hansen



I have been coaching basketball since 2004. I was an assistant for 10 years before I took over as the head coach in 2014. These past few years most definitely been the pinnacle of my career so far. It's been an amazing ride, but I also look forward what the future holds.

I think it's important to have a purpose for everything we do

especially in practice preparing against opponents. Make every second, every drill, everyday count. I want my players to believe in what we are doing and to not take the drills we do lightly or for granted. It's also important for the players to take ownership in a lot of things we do which is something I will discuss later. What I would like to discuss is a few topics I believe to be important towards the success we have had so far.

OFFENSE

It is important for a coach to run an offense that fits the strengths of his/her team. We have been fortunate to have a well-balanced, quick team these past few years. One of the things we like to do is run the floor as much as we can. Why limit us to just being a half court team especially if we have speed to burn? One drill the players and I enjoy running is the full court pass drill. Players partner up with similar speed. We typically begin on the right side of the court. One player (on offense) stands along the sideline while his partner (defender) stands a few steps behind on the inside. One player from the group next in line has the ball. The offensive partner will react first by sprinting as fast as he can to the other end of the court while his partner (defender) races up from behind to catch up. When the offense moves the defense moves. The group from behind passes (partners alternate passes) the ball ahead to the offensive person to score a fast break lay-up. Our players have a lot of fun with this drill and learn a few

things in the process. First, to run the floor. Next, to score lay-ups under pressure. Then to read and react defensively. Finally, it teaches players to look down the court and how to pass in fast break situations. Sometimes it is a challenge to come up with drills that players look forward to especially when there is conditioning involved.

DEFENSE

When we started the COOP between Bancroft-Rosalie/Lyons-Decatur (BRLD) I knew we had to change something in order to be highly competitive at the C2/C1 level and that was change our defense from a zone to a man. Before the COOP my teams ran a 2-3 zone defense and periodically a 1-3-1 which is what I learned to do from my mentor and former Bancroft-Rosalie Head Boys Basketball Coach Mike Sjuts. I do like running zone defenses from time to time when it's beneficial but honestly, zone defenses can have holes and leave many spots open. I wanted to learn more about the man defense, therefore I looked to an assistant coach of mine (Weston Swanson) for some help.

When we started implementing the man defense, the players had a tough time at first adjusting and making sense of it all, but once they got ahold of it, they took off and never looked back. I'd say It's been the foundation of our success to this point. There are a lot of things a player/team can control and cannot control. Defensive effort is one of those things that can be controlled.

TEAM OWNERSHIP

Team ownership is also important for our team's success. I'm not saying it's a Democracy on our team. What I am saying is there are times I want the players to have a say so with what we do from time to time. Periodically I will pull my team captains in along with my assistant coaches and ask what they feel we need to work on in practice. I may even be torn as to which defense I would like to run to start the game off in and ask the team in the locker room before we take the court what they feel we should do. I feel it's important to allow the team to make some decisions because when they do, it's on them in a sense. They know with what they decide, they need to step up and do it for the success of our team which leads to our next and one of the more important aspect of a team—family.

FAMILY

Many times, when we exit a huddle, we say 1-2-3 FAMILY! I know I mean it and hope every player in the huddle means

Continued on page 10

it. Being one unit, one family can change the way the players view many aspects in basketball and/or life in general. It takes self and throws it out the window. Let's face it, I don't want anyone thinking of themselves at any point in time whether in practice and especially in games. We win together, we lose together. We have each other's backs in everything we do, more importantly to be unselfish. I don't want players to be selfish on offense nor on defense. Is it hard to teach/coach unselfishness? Absolutely, but it is part of our job as a coach/teach to open our eyes to other aspects of life other than



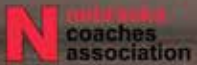
ourselves, to be honest with one another. One thing I have done in the past was sit and talk to each individual on our team about his strengths/weaknesses and more importantly role on our team or simply pulled players aside to discuss the situation. I have also challenged players while watching film as a group to point out times it looked like we were being selfish with the ball. It can be an eye-opening experience for some players. One of the most difficult things to deal with is a player(s) not accepting his role on the team which can cause major division within the team.



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Training Methods to Maximize Potential

B.J. Christiansen – Head Girls' Swimming Coach – Omaha Marian

Photo Credits Caroline Christiansen



I have had the privilege of working with and learning from some of the greatest coaches the State of Nebraska has ever had. One of the most profound lessons I have learned from these experiences is you have to continually learn and be innovative with your approach to

coaching each season. I am going to highlight a few training methods I have used over the years to help maximize my team's potential. Each item could have it's own article but I will just give a quick synopsis.

The first training method I use every year is race visualization. This method is used in numerous sports and is consistently given a seal of approval by top athletes. I use race visualization to help our athletes become comfortable in high pressure situations and to build confidence. Race visualization is done through a progression:

1. Relax the body to remove tension
2. Clear the mind to remove distractions
3. Paint a clear picture in your mind, including all of your senses
4. Imagine your race from start to finish, playing out different scenarios
5. Imagine how you will handle those situations
6. See yourself succeeding throughout the process

The more detailed the athlete is, the more comfortable they will be when they get to high pressure situations. We begin this method the first week of our season, putting more and more time into it as we approach our championships.

The next training method I use is underwater technique review. I feel strongly that any sport can benefit from using video to review and improve skills. Improving technique gives several benefits: allows swimmers to become more

efficient in the water, helping them to maintain speed longer, identifying stroke errors which could lead to injury, and increasing speed through improved propulsion. Using underwater video gives us the ability to study the athletes' stroke mechanics in greater detail than above water. Athletes are then given a chance to review the video with coaches and teammates to maximize feedback. This feedback leads to prescribing drills and parts of the stroke to focus on for improvement. Comparing videos throughout the season shows the athletes' growth and development.

The final training method I began a few years ago was something we call Team Time. Once a week our team exits the water 20-30 minutes early to be able to meet as a team on deck. During this time, the coaches and athletes discuss various topics. The easy items are announcements and reminders about practice, meets, and team activities, but the greatest benefit comes from the open forum portion of Team Time. Coaches and athletes are given the floor to discuss items they feel will help benefit the team. Examples of topics brought up include nutrition, study tips, practice items to focus on, motivation, etc. This is a great way for upperclassmen to share their experience and knowledge while also exhibiting leadership qualities. It also encourages the underclassmen to move out of their comfort zone by speaking in front of the team. Although it takes away from time in the water, the benefits to the team's culture are invaluable. Each year the athletes ask if we will continue to have Team Time, it has become a very important aspect of our program.

Each season I try new training methods to help maximize my team's potential. Some methods are successful while others don't make it through the season. The important part is to constantly strive to do things better. Your athletes will see the effort you put into your workouts and in turn put more effort in themselves.

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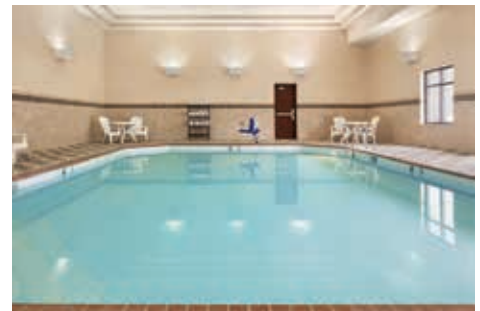
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Establishing a System to Develop an Identity

Dean Boyer – Head Wrestling Coach – Plainview High School

Photo Credit Christi Boyer



If you are taking over a program that has been let go or is just starting up, then you will need some patience. Twenty-seven years ago, I became head coach at Plainview High School. I had the program described to me as the worst program in Class C by a reputable coach in the area. I asked him before I took the job because I knew that

he knew the program. Being a young coach, I was not scared by this and it just made me more determined to succeed. Our first tournament that we went to, we only won two matches and scored 3 team points all day. I came from a successful program (Mullen), where we never placed below 3rd in the four years I was in high school, culminated by a team state championship my senior year. Initially, I thought I could mimic what was taught to me in high school and everything would fall into place. Boy, was I wrong; it takes a lot more than that.

I figured out years ago that teams with an identity will put kids on the mat that are tough to beat. Not just one or two kids that have developed something, but most of their wrestlers have a theme that is consistent within their team. I think this is true for any sport, not just wrestling. You look at the tough football teams year after year, they will have an identity. How do I feel this is done? 1. Develop a system. 2. Teach moves in series.

Develop A System

We needed to develop a system that would give us a base to produce successful wrestlers year after year. The biggest part of the system was to get kids exposed to our kids wrestling program. Our first year in Plainview, we had over 100 kids in our kids' program. I made personal contact with each elementary boy and put a paper in their hands. This was an 85% increase compared to the year before I came.

My wife is heavily involved in our program from youth through high school. I see other programs that do not have a spouse that is as involved as her, but they do have a parent or two that bleed wrestling. You need to find a few of those people that will be around for many years, not just a couple that have to be constantly replaced.

It is very important for your system to have assistants with longevity. In the early years of my coaching, I did not have that luxury. I have said many times that if I am removed from our system, we will continue to be successful. Well this year, since I

have been diagnosed with leukemia, our system will be put to the test. Look at any successful team and you will see assistants that understand and support the system. I would be concerned if we did not have long-term assistants, Coach Schumacher and Coach Wragge. They have been with me for several years.

The last part of developing a system is a buy-in from the wrestlers and parents. I think this is done mostly from your kids' program. Many have put in years for their chance for success. We do have some that start later in life, which I think is fine. Each wrestler develops at a different pace and not all are ready at a young age. I have said many times that I wished there was a national rule that no organized competition in any sport could take place before 6th grade. It is fine to practice, but we don't need to compete too much. That does not seem to be going to happen; so, if you don't join the masses, you will be left behind. Just make sure when you are dealing with your wrestlers and parents, they move along at a proper pace for the wrestler. Many times, our successful high school wrestlers were average wrestlers in our kids' program.

Teach Moves In Series

I would say that we drill what some might think is, "an excessive amount." Early in the season, we drill with low resistance to make sure technique is perfected; unless we have two studs practicing together, then they should be taking their drilling to a higher level. The whole team might be drilling a specific takedown from a specific setup with a specific finish. We let the entire team do that for a period of time, then the top-level kids will work on more advanced level technique while the less experienced wrestlers will continue to develop the basics. We work on the same overall theme, but these guys need more to stay focused and continue their development.

I think drilling teaches our series much better than live wrestling. I see teams that have a kid or two that have developed a move that works really well for them and they have success. I think this kind of wrestling is developed from wrestling live. Don't get me wrong, we do some live wrestling every day. I just want our kids to be able to hit our series without thinking when our hands are in certain positions. I believe drilling is essential for kids to develop this feel and gain the confidence in themselves to just go for it.

When I talk about a series, I mean we don't just teach one move and go on to another. We will have at least three variations to most things. I tell the young wrestlers you need to make sure you can do one thing well and then work on the others. If we have drilled our series enough times, when they are sophomores/juniors they should be able to execute the entire series.

Continued on page 16

Drilling a series is how your team can start to develop an identity. We all have kids that come in as freshmen that are weak at one of the three positions. If they don't have a good takedown then, this is what our team does and drills it until they get it. Say your team identity on their feet is that you are a good hi-crotch team, don't be so narrow minded that if you have a kid with a good single leg that you try to change him. The team identity is given to the kid that doesn't have a move yet, so we are going to drill it enough that he now has a move.

Looking Back

It takes time to build your system unless you are going into a program that is established. I know I missed out on some kids in my early years of coaching because our system was just not in place yet. I could see improvement in year three, but I really think it took us about ten years to be at the level that I felt we could develop any kid that wanted to put the time in. Enjoy the ride you never know when it could be taken away!

A collage of four black and white photographs showing various sports scenes: a baseball player at bat, a basketball player being guarded, a soccer player being tackled, and a football player being tackled. The entire collage is overlaid with a solid red color.

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Samuel Kirchner, Millard West
Evan Caudy, North Platte
Isaac Ochoa, Norfolk
Daniel Romary, Lincoln Northeast
Juan Garcia, Grand Island
Grant Wasserman, Lincoln North Star
Owen Wagner, Fremont
Nolan Miller, Fremont
Henry Slagle, Creighton Prep
Drew Snyder, Lincoln Southwest
Carter Waters, Fremont
John Schembari, Creighton Prep
Piercze Marshall, Millard West
Colby Erdkamp, Gretna

Class B

Isaac Richards, Skutt Catholic

Class C

Carson Noecker, Hartington
Mason Sindelar, Pierce

Class D

Payton Davis, Aquinas Catholic

All-State

Class A

Top 16 Super-State

Class B

Top 1 Super-State
Ryan Zavadil, Skutt Catholic
Peyton Seiler, Gering
Jaydon Welsh, Hastings
Samuel Campin, Plattsmouth
Elmer Sotelomunoz, Lexington
Mesuidi Ejerso, South Sioux City

Class C

Top 2 Super-State
Conner Wells, St. Paul
William Anderson, Gothenburg
Thomas Lokken, Wilber-Clatonia
Zach Cloud, Grand Island CC
Daniel Bashtovoi, Sidney

Class D

Top 1 Super-State
Tylan Schlueter, Ainsworth
Abraham Larson, Stanton
Kolter Van Pelt, Stanton
Grand Lander, Homer
Peter Sisco, Aquinas Catholic
Ben Hammond, Norfolk Catholic

2020 Girls' Cross Country Super-State & All-State Teams



Photo by Callam Sports Photography

Super-State

Class A

Stella Miner, Omaha Marian
Brianna Rinn, Lincoln Southwest
Kaylie Crews, Papillion-La Vista South
Hannah Godwin, Kearney
Claire White, Omaha Westside
Kate Dilsaver, Lincoln Southwest
Jaci Sievers, Elkhorn South
Shelby Bracker, Fremont
Izzy Apel, Lincoln East
Emily Gilbert, Millard West
Elli Dahl, Fremont
Kylie Muma, Lincoln East
Peyton Svehla, Lincoln East
Berlyn Schutz, Lincoln East
Sydney Beaudin, Millard West

Class B

Madison Seiler, Gering
Jaedan Bunda, Skutt Catholic
Samantha Rodewald, McCook

Class C

Alexus Sindelar, Pierce

Class D

Jordyn Arens, Crofton

All-State

Class A

Top 15 Super-State

Class B

Top 3 Super-State
Kassidy Stuckey, York
Britt Prince, Elkhorn North
Madeline Yardley, Elkhorn
Tandee Masco, Seward

Class C

Top 1 Super-State
Lindee Henning, Ogallala
Jordan Soto-Stopak, Boone Central
Jessie Hurt, Minden
Danie Parriott, Conestoga
Sadye Daniell, Lincoln Christian
Alicia Weeder, Boone Central

Class D

Top 1 Super-State
Alayna Vargas, Hastings St. Cecilia
Katherine Kerrigan, Ainsworth
Hannah Swanson, Nebraska Christian
Callie Coble, Mullen
Kacey Dethlefs, Ravenna
Emily Frey, Palmyra

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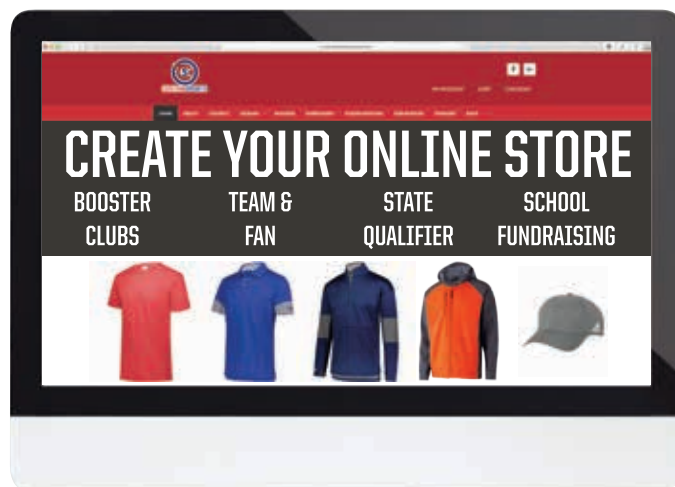
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2020 Boys' Tennis All-State Teams

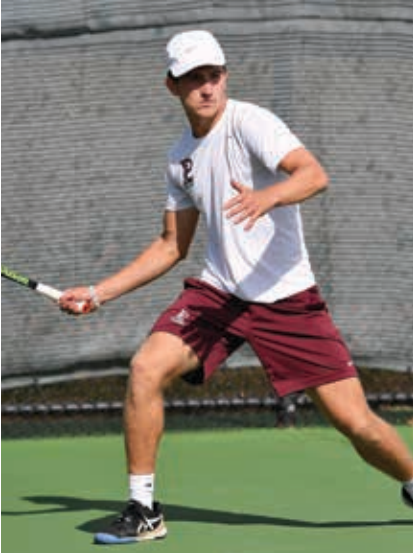


Photo by Callam Sports Photography

Class A

First Team

Ethan Neil, Junior, Papillion-La Vista (Captain)
Alexander Bigsby, Fremont
Graham Peterson, Lincoln Southeast
Nathaniel Rathe, Lincoln Southeast
Grady Works, Lincoln Southwest
Clark Rue, Omaha Westside

Second Team

Aaron Shefsky, Omaha Westside
Kyle Givens, Lincoln East
Joseph Plachy, Lincoln Pius X
Kirby Le, Lincoln East
Dylan Thompson, Lincoln Southwest
Jack Shaffer, Lincoln Southwest

Class B

First Team

Isaac Gart, Mount Michael (Captain)
Federico Maccari, Nebraska City
Robert Seaton, Skutt Catholic
Asher Kula, Skutt Catholic
Justice Hanmer, Skutt Catholic
Mason Michaelis, McCook

Second Team

Aidan McDowell, Crete
Andrew Hammer, York
Isaac Hinze, McCook
William Malisee, Mount Michael
Ethan Pentel, Mount Michael
Connor Barrett, Skutt Catholic

2020 Girls' Golf Super-State & All-State Teams



Photo by Callam Sports Photography

Super-State:

Lynzi Becker, Cozad
Abbigail Broderson, Boone Central
Kendall Colby, Minden
Kaitlyn Hanna, Omaha Westside
Emily Karmazin, Elkhorn North
Julia Karmazin, Elkhorn North
Anna Kelley, Scottsbluff
Nicole Kolbas, Lincoln Pius X
Olivia Lovegrove, Lincoln Christian
Elizabeth Mestl, Heartland
Karsen Morrison, North Platte
Katelyn Ruge, Millard North
Madilyne Schlaepfer, Gering
Baylee Steele, North Platte
Sydney Taake, Papillion-La Vista

All-State:

Bridget Duffy, Omaha Duchesne Academy



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2020 Fall State Champion Coaches



Boys' Cross Country

A	Sean McMahon	Fremont
B	Steve Carroll	Omaha Skutt Catholic
C	Michele Kontor	Milford
D	John Svec	Aquinas Catholic

Girls' Cross Country

A	Brian Kabourek	Lincoln East
B	Kurt Holliday	Seward
C	Justin Harris	Boone Central/Newman Grove
D	Ryan Underwood	McCool Junction

Boys' Tennis

A	Dennis Hershberger	Lincoln Southwest
B	Chase Petersen	Mt. Michael Benedictine

Girls' Golf

A	Jim Orcutt	North Platte
B	Brock Ehler	Scottsbluff
C	Kelly Cooksley	Broken Bow

Softball

A	Todd Petersen	Papillion-La Vista
B	Keith Engelkamp	Omaha Skutt
C	Allan Kreikemeier	Grand Island Central Catholic

Volleyball

A	Chelsea Potter	Elkhorn South
B	Renee Saunders	Omaha Skutt Catholic
C1	Trisha Larson	Wahoo
C2	Kathy Gebhardt	Lutheran High NE
D1	Shane Nordby	Pleasanton
D2	Reba Hestermann	Diller-Odell

Football

A	Brett Froendt	Omaha Westside
B	Mark Wortman	Elkhorn
C1	Mark Brahmer	Pierce
C2	Nathan Wells	Ord
D1	Michael Spargo	Dundy County-Stratton
D2	Mark Rotter & Chris Ardisson	Bruning/Davenport/Shickley
D6	Jarrold Weiss	McCool Junction

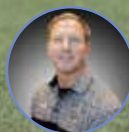
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DIRECTION



GOAL

MENTORING

An Effective Mentoring Resource for Beginning Coaches/Teachers



The Nebraska Coaches Association has partnered with the Nebraska State Education Association to offer a New Teacher/New Coach Virtual Mentoring Program to early-in-their-career teachers and coaches.

Participating teachers and coaches must complete a minimum of 25 hours of program time and a time log/reflection product that includes aspects of teaching and coaching. Those mentors and mentees who complete those tasks by June 2020, and who are members of the NSEA, are eligible for a stipend.

The goals of the program, made possible through a grant from the Great Public Schools Fund of the National Education Association include:

- Raising the standard of professionalism and skills for beginning teachers and coaches.
- Increasing retention of coaches and teachers in the education profession.
- Decreasing the number of infractions and issues teachers and coaches encounter in the classroom and athletic arena.
- Embedding professional development and professional engagement in both organizations.
- Further enriching the collaboration between the two organizations and their members.



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

APPLY NOW

www.ncacoach.org/member

Log in, then select "Mentoring"

Questions? Contact:

Darin Boysen, NCA, at 402-434-5675

Isau Metes, NSEA, at 531-207-4063

I BELONG_{x2}

Laura Noecker Hartington-Newcastle Public Schools

- Art Teacher, Grades 1-12
- Track and Field, Cross Country, Basketball, Volleyball
- 2014-15 Girls Track and Field Coach of the Year
- Negotiator; former vice president, treasurer, chief negotiator and building rep for the Hartington-Newcastle Education Association

“As an educator and coach, I soon learned that my memberships gave me a voice for both students and teachers. Membership simply magnifies our efforts to improve public education for all. Both NSEA and NCA have provided me many professional growth opportunities that have led to improved student/athlete achievement. I have coached, taught and been a member of both associations for 30 years.”

Belonging to NSEA and NCA helps you be the best educator and coach you can be. **Find out more, and join today: www.nsea.org**

NSEA
Nebraska State Education Association
605 South 14th Street • Lincoln, Nebraska 68508



The 2021 Nebraska State Cheerleading & Dance Championships February 17–20

Heartland Event Center, Grand Island // Registration Deadline December 14

Please visit the NCA website <https://ncacoach.org/cheer-dance/> for further information.

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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 (Circle 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

Total Amount

Due: \$

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GENERAL LIABILITY INSURANCE PROGRAM

As a membership benefit, coverage is provided by the Commercial General Liability Policy issued to the National Organization of Coaches Association Directors. This policy will provide general liability coverage to the Nebraska Coaches Association and its members.

CARRIER

Houston Casualty Company

POLICY PERIOD

August 1, 2020 – August 1, 2021

LIMITS OF INSURANCE

\$1,000,000	Each Occurrence
\$2,000,000	General Aggregate (per Member)
\$1,000,000	Products/Completed Operations
\$1,000,000	Personal & Advertising Injury
\$ 300,000	Fire Damage
\$ 50,000	Sexual Abuse (per Member)
Excluded	Medical Payments

COVERAGES

- ❖ Educator Professional Liability
- ❖ Participant Legal Liability for insured members
- ❖ Liability assumed under insured written contract
- ❖ Defense Cost outside limits

EXCLUSIONS

- ❖ The use of automobiles, buses, watercraft and aircraft
- ❖ Property of others in the care, custody, and control of the insured.
- ❖ This insurance does not apply to members that coach at an All-Star game that is not approved by your state coaches association.
- ❖ This insurance does not apply to any loss, cost or expense arising out of infectious or communicable disease.

CAMP INSURANCE

Today, most Coaches are involved in some type of sports camp. Please note that our General Liability Program follows insured members while working at camps and/or conducting their own personal camp.

In addition, Participant/Accident Coverage is required for coaches and/or participants. Should an accident occur during a camp, clinic or event, this secondary coverage helps offset the loss suffered by families affected by such accidents.

NEW PROCEDURE FOR CAMP INSURANCE

As a member benefit of your state coaches association, all members in good standing have a \$1,000,000 per occurrence General Liability policy limit that provides coverage for their coaching activities. In order to protect the General Liability policy from potential claims, the insurance company has mandated that all coaches must obtain signed waivers and provide Participant/Accident insurance for their participants.

In order to obtain a certificate of insurance showing proof of insurance or naming an additional insured, the following must be in place:

- ❖ **Waivers:** Signed waivers showing indemnification language
- ❖ **Participant/Accident Insurance:** You must have Participant/Accident coverage in place for all participants attending sports camps.

PURCHASE INSURANCE

- ❖ Camp Insurance Request form is available on our website: www.loomislapann.com

INSURANCE ADMINISTRATOR



www.loomislapann.com

(P) 800-566-6479 | (F) 518-792-3426

Greg Joly
Lori George
Karen Boller

gjoly@loomislapann.com
lgeorge@loomislapann.com
kboller@loomislapann.com

Disclaimer: This is an insurance overview for summary purposes only; for complete policy terms and conditions please refer to the NOCAD Master Policy.



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