

nebraska coach

APRIL 2021



High Caliber Hoops

Hunter Sallis
And The Millard North Mustangs
Capture Class A Hoops Title

Spring Sport Articles



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As the nation and state worked through the global Covid-19 pandemic, the 2020-2021 winter Nebraska state championships took place thanks to the schools, student-athletes, teachers and coaches making many sacrifices and adjustments.

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OFFICE HOURS
Monday - Friday
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NEBRASKA COACHES ASSOCIATION UPCOMING EVENTS 2021

April 25, 2021

NCA Board of Directors Meeting
Lincoln

Early May

2020-2021 NCA Membership
& Clinic Online Registration Opens

June 1, 2021

Milestone & Service Awards
Applications Due

July 25, 2021

NCA Awards Banquet
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July 26, 2021

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Highland Golf Course - Lincoln

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NCA & NHSACA Coaches Night Out
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It's "Mentally" A Fun Game!

Craig Rupp – Grand Island Central Catholic – Boys' Golf

Courtesy Photo



Over the course of the years, I have had some. . . what we would say "Responsibilities" in my coaching travels. Making sure we have 5 when we leave the school, heading the right direction to our Golf Meets and making sure they make their tee times. This has been my routine for the last 8 years as the Head Boys Golf Coach at GICC. Now during all of those duties, I try to throw in some helpful tidbits and thoughts in the skulls of these teenagers. As we know, young men. . . at times who think they can do no wrong will often try to take in some of the knowledge from their van driver that could lead them around the course in hopefully a successful round.

I try to prepare our players to be ready for anything that can happen on the course that day. I believe the mental part of the game is such a strong part of a High School golfer, because if they let every little bad bounce, missed putt, O.B. off the tee. . . (I could go on) bother them...it's going to be a very long day for them as an individual, as a team member and even a longer day for me, cause that means I did not do my job as a coach.

Controlling the mental part of the game throughout the round and trying to make the right decisions and swings is my job as a coach. I need to make sure that the boys know the outcome of their decisions they make. And if they make those correct choices during the round, then results will be in their (and our) favor. As a player they need to see the good and bad with the next swing they make. They have 2 choices after that swing. . .

1. **Good swings:** Remember what you did, (tempo, swing, how you addressed the ball, your thought process...etc.) Good habits are usually rewarded with good shots! Good swings bring a better attitude to your game, but most of all. . . Good swings brings fun to your game.

2. **Bad swings:** Forget it. . . move on. As a coach I believe that is the hardest to get across any athlete's mind. I stress that so much to our players. . . you need to move on. If you miss a putt, bogey or double bogey, flush it. . . forget it. Not letting that shot go, can really hurt you for the next and many after. I know that is not easy for a teenager or any of us that play this game but once you start letting go those shots that bother you throughout the round, your mental part of the game will start to change and will be in your favor for the rest of the round.

Important Distances:

In the years that I have coached High School golf and played, I believe the round is won from 150 yards in! I have seen so many players struggle from this distance, and in the long run, it can and does hurt their round. If we can't hit a green from 150 out on a consistent basis, then we put ourselves in a situation that we may not be comfortable with. . . which results in pressing and making some decisions that may not be to our liking, which puts us back to the mental part of the round. I tell our kids. . . "if you have water on the right. . . sand on the right and the pin is to the right, you better are missing to the left" Let's aim middle-left and hit that green. . . Give yourself the opportunity to putt. Always try to give yourself the opportunity to putt. I feel by making these smart and mental decisions during their rounds. . . that walk up 18 and the smile I see on their faces, makes it all worthwhile in being a coach!

We have been a part of tournaments that have been decided by 3 strokes or less. Our team has been on the losing side of those tournaments, but also on the winning side with winning the Championship in 2019 by one stroke. We work on that distance a lot throughout the year and I feel that the success that we have accomplished in the last 5 years with winning the last 4 of 5 State Titles is due to work that we put in on that distance.

Fun:

Now, we do have some fun, throughout the year. Keeping a sound of laughter on the course, keeps the troops wanting some fun in their game. Having some competitions at the end of practice is always a good way of letting some stress off and keeps the competition fire burning with a small flame inside of them. Some other fun the team has is our team picture. We try to tie it into the theme for that upcoming year. In 2019, we chose the theme "Won't Stop Us" referring to the uncontrollable and brutal spring weather that we had to deal with. So dressing up in our winter apparel. . . made for a FUN and talked about photo for our team to remember.

Continued on page 6

Routines:

I always believe keeping the same routine for the team is very important. Change for our golfers seems to make their nerves very unsettling, especially around State Tournament time. We, as a team keep the same mojo happening, such as we keep our same practice plan for State week, we sit in the same van seats, same hotel, even after day one results. . . we eat and head back to the course, hit range, laugh and just relax!! Our kids do not like change and when the routine is the same we feel that there is a fun, relaxed, energetic mood but a ready to play mentality. I feel you need any advantages you can get, and if you have to be boring doing it, then so be it. . . but I think our "Oh hum" approach has been pretty good to us lately.

Blessing:

It is not often that one is offered a job that could really make a difference in one's own life, yet alone young kids who love to play the game of golf. I believe I am in possession of that job. I have had the opportunity over the years to give them a chance to let them be themselves and express their love of the game

on the course. Over the last 8 years our Golf Program at Grand Island Central Catholic has become one of the top High school programs in the state of Nebraska. This is surely due to the hard and determined work ethic of kids that I have had over the years in this program. The dedication that they have put in is mind boggling. The time they have spent on and off the course is a tribute to the accolades they have accomplished over those years by winning 4 State titles of the past 5 years. From shooting scores in the 400's to winning titles in these last 8 years is all because of these kids and these kids only. I truly believe the passion they have for this game and our program is why it is what it is today! I do want to say one thing though, what I have tried to pass on to these players is what was taught to me at an early age by my father, and grandfather. They were great mentors to me growing up learning the game, and that is where it all starts. I was able to learn to love the game at an early age and now I am able to share that on to others! Also the support that I have received from my wife, the parents and faculty at GICC has been a blessing! They have been behind me and this program from the beginning, which makes my job fun, easy and so enjoyable that seeing the results these boys have done over the years makes it so gratifying to me as a coach.



Photo Credit: Jimmy Rash



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Variations To Your Normal Batting Practice Sessions

Greg Geary – Millard South – Baseball

Courtesy Photo



Some things have sure changed over the years when it comes to our hitting sessions at Millard South. When I started teaching and coaching baseball at Millard South 23 years ago, we were very basic in our approach to batting practice. Although we still do many of the same things, one major change in our approach has been the addition of the

pitching machine into our practice plans. A few years ago we purchased our first Hack Attack machine. It has been a valuable training tool for our hitters. We use the Hack Attack in a variety of ways. We use it to train our hitters to hit velocity, lay down bunts at game speed and we use it to train our hitters to hit breaking balls at game like speed.

Hack Attack for Bunting Practice

Until we switched up our routine, we were like most teams where we had our kids or a coach throwing from a very short distance and our kids laying down their various bunts. A few years ago we created our “bunt field” on the north side of our two batting cages. We have foul lines sprayed and various markings on our bunt field to show the “hurry zones” and “panic zones”. This gives our players a target. By incorporating the hack attacks into our daily bunt work, it has taught our guys to bunt game like speeds. In addition to bunting velocity, we also have days where we will do nothing but throw breakers out of the hack attacks. That is a great challenge for the players to be able to bunt balls that are now changing planes. Our players will rotate through executing various bunts (sac, drags, push, safety squeezes and suicide squeeze). By training with true velocity, the kids get a better sense of grip pressure needed to lay down each particular bunt. Our players have really bought in and take an enormous amount of pride in this part of the game.

Hack Attack for Tunnel BP

As I said before, we never used to incorporate machine use into our batting practice sessions. The older style of machines didn’t always feed the ball the same way, the hitters always had trouble trying to time up the pitch. With these newer machines, the ball funnels down the ramp and the hitter can time up the pitches much easier than in previous years. In today’s game, the pitchers are throwing harder and harder so how else can we simulate hitting off 90 mph velocity other than off a machine. We have our distances measured so that from each particular spot in our cage, we know what speed off the hack attack would resemble a 90 mph fastball. We believe that the only way to train for that type of velocity is to see it consistently. Train your eyes as well as your body to adjust. We also found that by using the machines we can simulate breaking balls much easier. The ability to hit a ball changing planes is a skill that we now practice just about every day. The machines allow us to set up a curve ball or slider on the outside half of the plate for our hitters to work on driving the ball the other way. On the average week, we use our machines in our cages at least 4-5 days. Our bunt machine is used every day on the bunt field. Certain days we might have our machine set up in one tunnel throwing breakers and one of our coaching throwing traditional batting practice in the other. Our hitters would alternate back and forth from tunnel to tunnel. Usually two rounds of 5 in each cage. As we all know, variations are great for our hitters. Baseball is very much a game of routines, but finding ways to challenge our hitters is always our goal.

Hack attack for On-Field Batting Practice

One drill that we like to use our machine for is our “double barrel” batting practice on the field. This is not something that we created, but we use it from time to time to mix things up. We will set up both of our hack attack jr’s on the field in front of the mound area. Both machines have L-screens protecting the feeders. We split up the hitters by placing a big square net between them. And two big squares behind each hitter. On one side we have breaking balls set up and the other has fastballs. The big advantage to doing this on the field is the hitter is able to watch ball flight. Sometimes in the tunnels it’s hard to tell where a ball may end up, whereas on the field we can see much easier. The real challenge is for the hitter to be able to adjust from a round of nothing but breakers to jumping over and hitting

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nebraska coach

nothing but velocity. Our kids love the challenge and as I said before, it provides a variation to our normal on-field batting practice routine. We will often track “barreled” balls and turn it into a competition between groups. Any time you can incorporate competition into your hitting routines is a great thing! The focus amongst the boys go way up when there’s something on the line.

I realize that many of the items I have gone over are already being utilized by many coaches. I wanted to show some of the ways that we have really utilized our machines for our hitters. Nothing can replace the hitters seeing a live arm, but hopefully you can incorporate some of these drills into your next practice. Best of luck to everyone this spring. Excited to be back out on the diamond after a year away.



Courtesy Photo



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Under Nebraska law, employment as a coach receives very little protection. A coach employed by a school district is an at-will employee. That means school districts are not required to give a reason for termination or non-renewal of a coaching position. Most local school districts have a policy for employees that wish to appeal such actions. This can be through open and/or closed hearings. This process can be painful for the coach and can often split communities. Liability insurance has nothing to do with your employment status as a coach or classroom teacher.

As a classroom teacher, your rights are far more protected, largely thanks to the efforts of the Nebraska State Education Association (NSEA). The Nebraska Coaches Association and the NSEA encourage coaches to be members of **both** organizations if employed as a teacher and coach in a school district.

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High Hurdle Training Overview

Brandon Harrington – Northwest – Track & Field

Courtesy Photo



High hurdles are an interesting event - the fastest Olympian and the kid who is just learning to 3 step 10 hurdles takes the same amount of steps throughout the 100 -110 meter event. So, how can we as high school coaches create an athlete who is able to carry a sprint speed over 10 barriers, spread about 10 meters apart for 100 meters

or so? I definitely do not have all the answers, but I have some things that I try to stick to year in and year out to help kids be successful in the event.

I love to coach the high hurdles because, although it is helpful, it is not necessary to have the fastest athlete perform this event. Team points at a track meet can be stolen because, in my opinion, currently the hurdle races lack depth. An exceptional athlete with less than spectacular foot speed can medal at every meet and potentially have the opportunity to run at the state track meet. In a perfect world you have a kid who is 6' tall, flexible, coordinated and is your fastest runner; and you make them into a hurdler. You may only get this athlete 1-2 times a career as a coach, so I will share with you some of my ideas on how to mold a high school athlete into a hurdler.

Here is a list of the things that I will touch on:

- Develop technique with both legs as lead and trail legs
- Focus on trail leg
- Everyday drills to develop muscle memory / hip flexibility / strength
- Create workouts over hurdles that are race-like
- Always tighten hurdles or lower hurdles (race-like and turnover in between)
- Progress through workout starting shorter and working to distance
- Do not use high hurdles as conditioning
- Send athletes out of practice race confident and feeling "fast"

Develop technique with both legs as lead and trail legs:

There is a lot of focus on trying to get a hurdler to become a 3 stepper and sometimes just making sure they are efficient with both legs is overlooked. They don't have to be great at hurdling with both legs, but they need to understand how to be functional. More than likely, they will start as a 5 or 4 step hurdler, and preference one leg over the other. The fastest way to develop efficiency is drill and practice with both lead and trail legs. Especially, if a hurdler is a 4 step (alternating hurdler), set up drills and workouts to not only help them with both legs and how they will run their race, but then eventually to where they will be able to 3-step. Make sure that even when they are a 3 step hurdler that they are still drilling with both legs as leads and trails. I believe it keeps the athlete balanced, you don't overuse a muscle group. I have had situations where I have switched a 3 step hurdler's legs mid-way through a season with the help of having them efficient with both legs.

Focus on Trail Leg: I tend to emphasize a lot of practice time and training on the trail leg movement. It is the take off, the power, and the most unnatural movement of the race. Making sure they are drilling this leg for proper mobility and path of travel is important. You need to catch alignment errors during drills early and often. Being in position to watch your athletes drill is important, especially early in the season. When you are choosing trail leg drills you should also find some drills that the athlete is using the trail leg at a race type pace, I have seen a lot of kids with great walking and skip trail leg technique and you put them into a run, or over acceleration drill and they are all over the place. Find ways to drill it at a race pace before you ever ask them to jump a hurdle. There are a ton of resources to help coaches catch improper technique, but some things to watch for are the heel and knee not staying in line and making the proper path over the hurdle. Foot strike off the back of the hurdle is also crucial, a common error is the foot whipping and slamming out in front. A couple coaching moves that could help with trail leg errors are using tape or dots to make touchdown markers off the back of the hurdle. Also working on the trail leg down the side of hurdles at race distance at 5 steps is useful. I occasionally move the hurdles so I am using the lane lines as reference points of trail leg contact, and then many of your common trail drills while skipping or stationary will help.

Drills: I like to have a combination of mobility drills with race speed type drills. I think the most important part of drill work is being repetitive, but not monotonous. Kids tend to lose interest

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or go through the motions if they are doing the same exact drills everyday. So I try to mix up my weekly drill work, with slight variations. I try to drill everyday, even if it is including a 10 minute hip mobility hurdle walkovers at the end of sprint or mid-distance conditioning practice. I also try to include hip mobility/form work, with doing some full speed drill work before every hurdle workout - taking the lead leg and trail leg separately through their hurdle path at race pace. This can be done with some partner drills, single hurdle drills, 1 or 3 step running drills, or 5 step down the side of the hurdle drills. There are a million resources online for great drill work.

Workouts: I have seen a ton of great workout plans for high hurdlers, but I tend to error on the side of shorter and faster high hurdle work. High hurdles are speed, workouts on the track are where we condition. I rarely, if ever, get anything other than speed work done over high hurdles in practice. I typically even have my best hurdlers, 1 to 3 steps short and at least 1 height shorter than race height on the hurdles for workouts. I also rarely go more than 5 hurdles. Now if a hurdler is a 4 stepper don't be afraid to let them practice at race distance, to work through their 4 step routine, but then challenge them at the end, by shortening them to 3 step. If we are

doing block work I will leave the first hurdle at race height and then lower the rest, and I do this to try to establish consistency through the first hurdle. Later in the year, I will work the last 3-5 hurdles while using mini hurdles through the first 5-7, as an overspeed type workout with the kids, but most of the season is working the first 5. I always set up a progression and usually only go over the total of 5, 1-2 times. Most of the speed work is done through the first 4 hurdles. Once we have groups of kids by ability, I like to use competition in practice, but I still keep the hurdles short and tight. On a good week we will high hurdle two times. My whole goal after each workout is to have the kid feeling fast, practicing at race turnover or faster, and being confident. Don't be afraid to error on the side of short and fast workouts.

My philosophy is based on the way I was coached and what gave me the most confidence as a hurdler. I have stolen everything that I coach from other coaches, so if anyone ever has any questions, I am an open book, email me at bharrington@ginorthwest.org.





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Developing a Championship Life Mindset

Lyndon Beebe – Schuyler – Boys' Soccer



Courtesy Photo

Our Schuyler Warrior Boys Soccer program has a rich tradition of excellence. As coaches we are very fortunate to have the opportunity to be a part of such success. In many ways the young men who are a part of this program—past and present—have taught us more about soccer than we could ever teach them.

It is well-known that the majority of our population at Schuyler Community Schools is Hispanic and the same holds true for our soccer team. These young men have a passion for soccer that is unmatched. The parents of these young men, along with the entire community of Schuyler, love getting to see the amazing things these student-athletes can do on the field. As our players begin their high school careers, the vast majority of them have already played many years of soccer; they have grown up playing the game. Soccer begins as a family tradition and has become a big part of our high school culture.

Our school program has created an alumni who have set the standard of expectation for our program. With each team that comes through, they not only want to live up to that standard, but make their own legacy as well. It's amazing to see the support that every previous player has for this program, and it's great to see so many of them come back to watch the new Warriors have success on the same field they did.

Our players come to us with highly advanced skills, so we do not spend a great deal of time in practice working on soccer fundamentals. In fact, if you watch our teams play you might notice a lack of some "soccer fundamentals." Our teams may not be the best at getting "first touch," we're not big on set pieces, and we don't always have a left foot. As soccer coaches, teaching fundamentals isn't our biggest concern. Some may feel that's a mistake; however, we feel it's important not to get in the way

of what our kids bring to the program. We enjoy watching our players take control of their team and we are happy to let them steer the boat. As coaches we have a bigger responsibility and purpose when it comes to developing our players.

Let's just be honest. There are some things our soccer players deal with, both on and off the field, most soccer players won't have to endure. Therefore, our biggest contribution as coaches for our players isn't to impart our technical knowledge of soccer onto our players; it's to develop the fundamentals of how to handle adversity by teaching a proper mindset and for us developing their mindset always starts with positivity.

In developing their positive mindset, we want them to expect good things to happen. We want them to expect to have success and believe the best is yet to come. These are messages we share with them each day. We want them to develop the habit of positive thinking. Each student-athlete is different, and they will connect with this at different times. For some it comes easy, while for others it takes a little more time to develop this type of mindset. We know that developing this will carry over to not only soccer, but into every aspect of their lives. We as coaches feel that is the "tradition" and soccer is the mechanism helping our players develop fundamentals that will take them far in life.

So it's been a great exchange between players and coaches at Schuyler Central High School. We are incredibly fortunate to have the opportunity to coach the young men of the Schuyler Warrior Boys Soccer program. They are a lot of fun to watch. Though we are guides for them in our program, they teach us a lot as well. They have helped us grow as coaches, teachers, and individuals. We feel and know that it is important to teach them to have a positive mindset so they are able to not only have success on the soccer field, but also in the classroom, and throughout the rest of their lives.

Schuyler Central High School Coaches all have contributed to this article. Lyndon Beebe, Aaron Thumann, Charles Hosier, Ulises Fuentes, and Jesus Salinas.

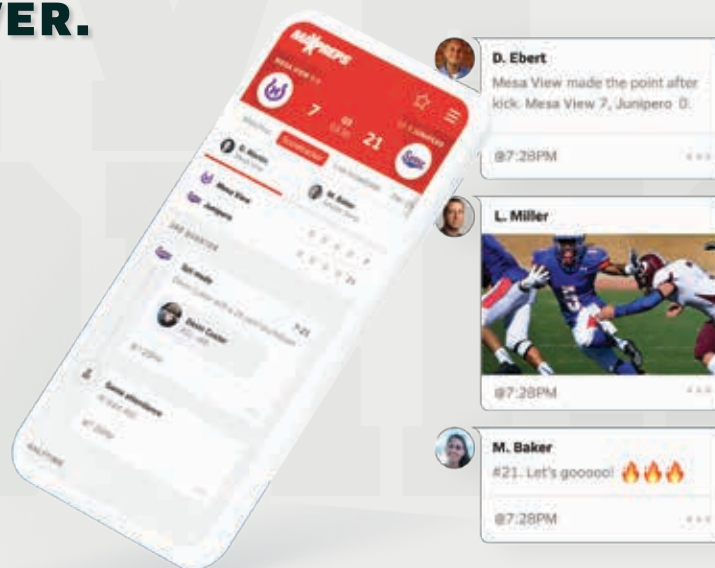
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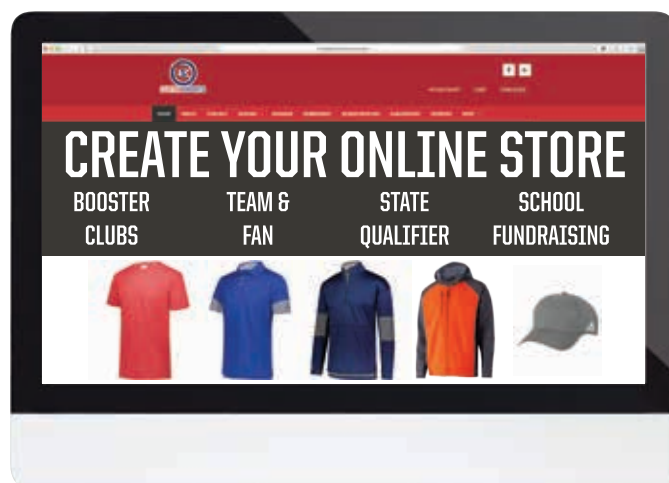
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Jake Saulsbury – Lexington – Girls' Tennis

Courtesy Photo



Spring tennis season has arrived, ready or not. During the Nebraska High School Girl's tennis season, the weather plays a major role in regards to effective practice planning, postponed tennis matches, the ongoing debate on whether or not to practice inside of a gymnasium or fight the 30 mph winds and go outside, etc. Whatever the case may be, most tennis programs do not have great indoor spaces set up for tennis. Limited space, limited time, the uncertainty of will we have the match tomorrow or not when there is a 40% chance of rain? You have to be prepared as a coach with a plan A, B, and C and you need to prepare your athletes to be flexible and ready almost at any time.

First and foremost, flexibility is everything. However, flexibility is most effective if you, the coach, is prepared. Prepared to be flexible that is. It can feel overwhelming to figure out an effective practice plan for 30 student-athletes inside of a gymnasium. Although, the least ideal situations can lead to the best practice sessions. Utilize this time to focus on three key areas: Mental Toughness, Match Tactics, and Building Endurance.

Mental toughness starts with the proper preparation. I don't know what it is, but the second 30 students get inside of a gym, they think they can run wild. The first ten minutes of practice needs to set the tone. Take the time perfecting your warmup. For us, this includes our dynamic warmup. I take the time to slow down each dynamic skill, ask for them to focus on specifics during each routine. Examples: Stabilize the core and go deeper on your lunges, stay on the balls of your feet during side shuffles, focus on your breathing through each exercise, etc. The point of this is to get your athletes in a state of mind where they are more aware of what their bodies are doing. A deeper

understanding of simple, routine tasks is how we get better. Going through the motions on the areas we view as easy or basic is the start of a mental collapse during pressured moments. I will get to that more later.

For my teams personally, we tend to focus on our mindset during the practice sessions where we have less than ideal practice space. This includes not using a tennis ball for much of the session and working on shadow swings and footwork next after a proper warmup. Typically, I will ask the athletes to perform a two or three shot sequence on repeat. Meanwhile, no racquet and no tennis balls are used at this time. The hand will represent the racquet and the rest of their focus will be on engaging their core, using their legs, and organizing their feet for proper footwork for the shot sequence. Without any concern on if you have to make your shot, your athletes can keep their focus more centralized on awareness of what their bodies are doing and how they are doing it. Believe it or not, deeper understanding of technique will occur at this time. Within this time frame, the two or three shot sequence always will pertain to a particular tactic during a match. Whether it be a tactic as simple as hitting a crosscourt backhand and using the proper footwork to get around the next ball to hit an inside-out forehand, or something more advanced as shadow swinging to hit two crosscourt forehands and using front-to-front footwork if the third ball were to be short and you will hit down the line on an approach shot. Details are everything during this time. Worry less about getting each player through the drill as fast as you can. Awareness of what your body is doing each repetition is the most important part.

Endurance plays a role in the most competitive matches and especially on those long days at a tennis invitational, where five to six matches are required of the athlete. I try to accomplish two things when building endurance. Number one is to simply push your athletes to be in good enough shape in order to handle a long day of tennis. Number two, draw from your deeper understanding and awareness of what your body is doing when fatigue does set in, this being the most important form of endurance. So how do you practice for both? A lot of reps of the previous drill suggestions can obviously build more physical endurance, but it is what your athletes are thinking about, if thinking at all, when the drill becomes routine and boring. A lack of focus and concentration on awareness will creep in far before fatigue. So, the challenge during this practice portion to your athletes is to fight boredom and to remain motivated and interested. I love taking what seems to be boring and challenging

Continued on page 18

our athletes to be motivated through that time. We all have been a part of a match, whether we were the coach or the player, where we were in control, winning easily, and all of the sudden we blow our lead and lose the match. It's during the moments where we feel comfortable and things appear to be easy, we lose interest and often awareness of what we are doing. This is something we often don't practice enough. Rainy days inside of a gym are the perfect time to practice these strategies.

We feel pressure when we lose the ability to effectively perform the easy, simple tasks. Pressure isn't felt if we feel the moment is too big, but rather when we lose confidence in ourselves to perform the basics at times of crisis. If we don't train with the goal of more awareness of those simple tasks, how will we know what to search for when our hearts are racing, fear of losing is setting in, and our minds take us to a thousand different places? Lack of focus and a lack of awareness usually

sets in far before the moment of pressure. Time and time again the collapse began when the player felt comfortable. Then when the lead is lost, finding that focus can sometimes feel impossible. Deeper understanding and ability to perform the basics (i.e. Putting first serves in, keeping groundstrokes deep in the court, keep moving your feet etc.) is the best way to play through pressure. The pressure doesn't go away, nerves will always be there in these moments, but the plan set in place to play through the pressure determines how you effectively handle it.

When weather changes the plan, or pressure exists, or boredom sets in, a well-rounded, competitive tennis player needs to be flexible and prepared. Utilizing days during the tennis season to practice this way during less-than-ideal conditions can help lead your team through some of these moments.

A promotional advertisement for the Lincoln Convention and Visitors Bureau. The background is a photograph of a couple embracing in a park-like setting at sunset. A large, ornate clock stands in the foreground. The text is overlaid on the left side of the image.

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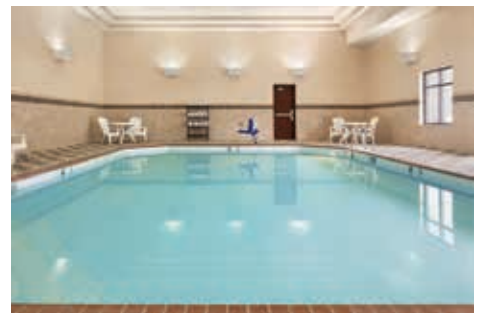
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Traditional Performance – Norris

Class C1 Cheer

Non-tumbling – Auburn
Game Day –
Grand Island Central Catholic

Class C2 Cheer

Non-tumbling – Wilber-Clatonia
Game Day – Brownell Talbot

Class C1/C2 Cheer

Traditional Performance C1/C2 –
Bishop Neumann

Class C/D Cheer

Tumbling C/D – Lincoln Lutheran

Class D Cheer

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Game Day – North Platte St. Patrick's

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Class B Dance

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Jazz – Omaha Skutt Catholic
Pom – Omaha Skutt Catholic

Class C1 Dance

High Kick – Sidney
Hip Hop – Conestoga
Jazz – Grand Island Central Catholic
Pom – Grand Island Central Catholic

Class C2 Dance

High Kick – Superior
Hip Hop – Pender
Pom – Elm Creek

Class D Dance

High Kick – Osceola
Hip Hop – Randolph
Pom – Randolph

Class C2/D Dance

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Boys' – Ross Mueller – Lincoln Southwest

Girls' Basketball

Class A – Ryan Psota – Lincoln Pius X
Class B – Ann Prince – Elkhorn North
Class C1 – Aaron Losing – Crofton
Class C2 – Aaron Sterup – North Bend Central
Class D1 – Joel Haveman – Weeping Water
Class D2 – Bryan Reichmuth – Humphrey St. Francis

Boys' Basketball

Class A – Tim Cannon – Millard North
Class B – Clark Ribble – Beatrice
Class C1 – Jim Weeks – Auburn
Class C2 – Tino Martinez – Grand Island Central Catholic
Class D1 – Joe Hesse – Humphrey/Lindsay Holy Family
Class D2 – Doug Goltz – Falls City Sacred Heart

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Beth McMahon – Fremont – Boys' Assistant Coach

Duane Mendlik – Wisner-Pilger – Boys' Basketball

Sean McMahon – Fremont – Boys' Cross Country

Dave Sellon – Fremont – Boys' Track & Field

Aaron Losing – Crofton – Girls' Basketball

Todd Nott – Plattsmouth – Girls' Cross Country

Sue Ziegler – Lincoln Lutheran – Girls' Track & Field

Jim Danson – Lincoln Southwest – Golf

Lindsay Aliano – Elkhorn South – Soccer

Todd Petersen – Papillion-LaVista – Softball

Leigh Ann Fetter-Witt – Lincoln SW – Swimming & Diving

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NCA Award Programs Benefit Coaches & Students

Jerry Stine Family Milestone Awards – Presented by Baden Sports – Deadline June 1

This program recognizes different levels of coaching achievement in both individual and team sports. The Level I, II, and III certificates will be presented at the NCA Multi-Sport Clinic in July. The Level IV winners receive a plaque presented at the NCA Award Banquet on July 25 in Lincoln.

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

NCA Service Awards – Presented by Nebraska National Guard – Deadline June 1

The NCA Coaches Association Service Award is designed to recognize and honor coaches who have achieved 25, 35, 40, 45, and 50 years of coaching service. This is a self-nominating award.

More information regarding the NCA Service Award program, including the application form can be found at:

<http://www.ncacoach.org/service.php>

Service Award Criteria:

- NCA member for at least 10 years
- 75% of coaching and/or athletic administration must have been in Nebraska including the last 5 years

Nebraska Coaches Association – Country Inn & Suites Scholarship – Deadline April 15

This fully funded scholarship program, will award eight recipients \$1,000 after successfully completing one semester at an accredited college or university. District I & II will have two scholarships awarded within each district. Districts III – VI will have one recipient in each district.

More information regarding the NCA/Country Inn & Suites Scholarship including the application form can be found at:

<http://www.ncacoach.org/lincolnninsuites.php>

Scholarship Criteria:

- 1) Upper 25% of class –OR- 3.75 Cumulative GPA
- 2) Must be at least a 2-year participant in 2 sports
- 3) Must have earned varsity letter in 2 sports
- 4) Must include at least two letters of recommendation from high school coaches
- 5) ACT minimum score of 24

Scholarship winners will be announced in early May.

Ed Johnson Scholarship – Deadline April 15

The award is given to a senior boy who is a member of a high school varsity basketball team in the State of Nebraska. A medal and \$300 cash award will be presented to the recipient at the halftime of the NCA All-Star Boys' Basketball Game (July 26, 2021). For more information:

<http://www.ncacoach.org/edjohnson.php>

Scholarship Criteria:

- Excellence in Scholarship
- Leadership
- Sportsmanship
- Loyalty
- Citizenship.

The student athlete nominated need not be a starter on the team but must be a senior boys' basketball player. Coaches are encouraged to nominate a player or players who they feel would qualify for this award. When submitted, the nomination form should include any letters of recommendation from counselors, teachers, administrators, etc. that the coach feels would help with the selection of the recipient of this award. *The nominating coach must be a current NCA member.

Career Sport Specific Awards & Career Junior High – Assistant Coach Award

Committees Select Finalists in April, Board Selects Winner at April Board Meeting.

More information regarding each award can be found at:

<http://www.ncacoach.org/awards.php>

- Binnie & Dutch Award – Track & Field
- Ed Johnson Award – Basketball
- Ken Cook Award – Girls Basketball
- Guy Mytty Award – Wrestling

- Phyllis Rice Honnor Award – Volleyball
- Skip Palrang Award – Football
- George O'Boyle Award – Cross Country
- Hawkins & Schoenfish Award – Golf
- Jim Farrand Award – Jr. High or Assistant Coach of the Year Award

Special NCA Awards – Deadline April 15

More information regarding each award can be found at:

<http://www.ncacoach.org/awards.php>

- Friends of High School Sports Award
- Media Person of the Year Award

The Nebraska Coaches Association award programs are available for members of the NCA. Some deadlines for the programs are approaching. We encourage you to explore the various award programs as a membership benefit. If you have questions visit the NCA website or contact the NCA office at (402) 434-5675.

nebraska coach

Multi-Sports Clinic & Conference Schedule



Sunday, July 25

- NCA Awards Banquet – Great Hall, Old Train Station, Haymarket

Monday, July 26

- NCA Golf Scramble - Highlands Golf Course
- Coaches Academy – 3-Hours College Credit by *Proactive Coaching*, Lincoln North Star HS
- Girls' & Boys' NCA All-Star Basketball Games – Lincoln North Star HS

Tuesday, July 27

- NCA Multi-Sports Clinic & NHSACA National Conference – Lincoln North Star HS
- NCA All-Star Volleyball Match – Lincoln North Star HS

Wednesday, July 28

- NCA Multi-Sports Clinic & NHSACA National Conference – Lincoln North Star HS
- NCA All-Star Softball Game – Bowlin Stadium - UNL, Haymarket Park
- NHSACA Hall of Fame Induction Dinner & Ceremony - Great Hall, Old Train Station, Haymarket
- Coaches Night Out – Featuring Dueling Pianos – Site TBA

Thursday, July 29

- NCA Multi-Sports Clinic & NHSACA National Conference – Lincoln North Star HS
- NHSACA National Coach of the Year Banquet - Great Hall, Old Train Station, Haymarket



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