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SEPTEMBER 2021



***Tribute To
Coach Max***

Fall Season Articles

Facility Spotlight

NCA Awards



Features

7-8 A Positive Coaching Relationship – A Tribute to Coach Mike Max

Luke Gideon – Burwell – Football

10-11 Routines to Create Culture

Chelsea Potter – Elkhorn South – Volleyball

13-14 There is no “I” in Team: Building Positive Team Culture in Cross Country

Michelle Kontor & Lindsey Sample – Milford – Cross Country

16 No Laying Up, Go for It!

Kelly Cooksley – Broken Bow – Girls’ Golf

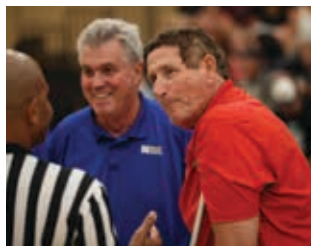
18-19 10 Ways for Softball Coaches to Be a Better Mentor to Younger Staff

James A. Peterson, Ph.D., FACSM – Coaches Choice

20-21 Get Them Moving

Karen Dittbrenner – Beatrice – Boys’ Tennis

22-23 Facility Spotlight: Elkhorn Athletic Association Set to Meet Demands for Athletic Facilities



Special thanks to Coach Tim Cannon, Millard North and Coach Bruce Chubick, Omaha South who served as NCA Boys’ Basketball All-Star Coaches in July – Callam Sports Photography.



Past President, Toni Fowler is interviewed by Larry Punteny, Nebraska Public Media, between the girls’ and boy’s NCA All-Star Games on July 26, 2021 – Callam Sports Photography.

Cover Photo – Courtesy of Callam Sports Photography

Departments

4 NCA Board of Directors, Upcoming Events, Contact Information

5 NCA President Matt Wiemer’s Message

24-31 NCA 2021 Awards & Photos

33 NCA-Country Inn & Suites-Lincoln North Scholarship Recipients

35 NCA 2021-22 Membership & Benefits

37 NCA 2021 Four Person Golf Scramble Results

38 NCA 2021 All-State Selections: Girls’ Tennis & Boys’ Golf

39 NCA-Proactive Coaching Most Valuable Teammate Awards for NCA All-Star Games

40 NCA All-Star Game Photos

41 NCA 2021 *Coaches Care* Blood Drive

42 NCA 2021-22 Membership Insurance Overview – Liability Coverage Increase



13 NCA Past Presidents join NCA Executive Director, Darin Boysen, to close out the 53rd Annual NCA-Hudl Awards Banquet with the traditional reading of “A Tribute” in honor of the legacies of the coaches in attendance – Callam Sports Photography.

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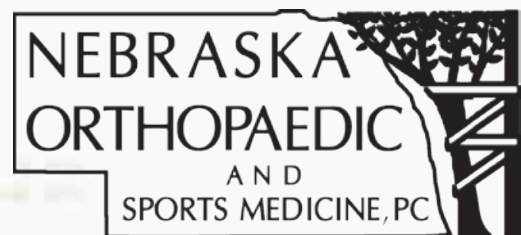


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NCA STAFF



Executive Director
Darin Boysen,
darin@ncacoach.org



Administrative Assistant
Saundi Fugleberg,
saundi@ncacoach.org

NCA CONTACT INFORMATION

Mailing & Physical Address:
500 Charleston St., Suite #2
Lincoln, NE 68508

Phone number:
402-434-5675

Fax number:
402-434-5689

OFFICE HOURS
Monday - Friday
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NEBRASKA COACHES ASSOCIATION UPCOMING EVENTS 2021-2022

September 26, 2021

NCA Board Meeting
NSAA/NCA Building, Lincoln

October & November

Softball & Volleyball All-Star
Nominations & Selections

November 3-6, 2021

State Volleyball Sportsmanship Awards
Lincoln (need evaluators)

November 16, 2021

NCA Sportsmanship/Leadership Summit
Alliance HS

November 17, 2021

NCA Sportsmanship/Leadership Summit
Kearney HS

November 18, 2021

NCA Sportsmanship/Leadership Summit
Norfolk HS

November 19, 2021

NCA Sportsmanship/Leadership Summit
Lincoln North Star HS

November 21, 2021

NCA Football Championships Football Clinic
Embassy Suites, Lincoln

January 30, 2022

NCA Board Meeting
Zoom

February 5, 2022

NCA Track & Field Clinic
NSAA Building, Lincoln

February 2022 (Dates TBD)

State Cheer & Dance Championships
Heartland Events Center, Grand Island

April 24, 2022

NCA Board Meeting
NSAA/NCA Building, Lincoln

July 24-28, 2022

NCA Multi-Sports Clinic Week Activities
Lincoln North Star High School



NCA President's Message

Matt Wiemers, McCook



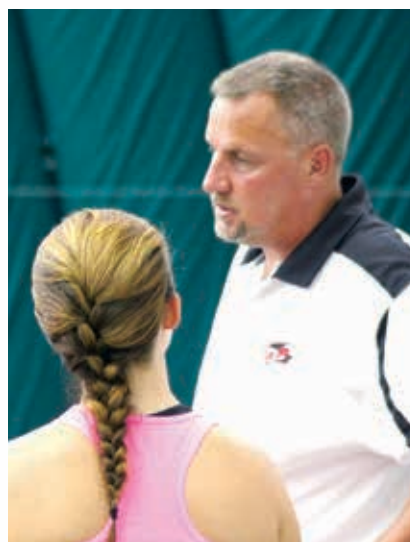
It is my great pleasure to welcome you to the Nebraska Coaches Association. I would like to wish all of you and your teams the best of luck for the upcoming school year. It is an honor and privilege to serve you as the NCA

President. And I would like to personally thank you for your membership and your attendance at the Multi-Sport Clinic. We are very fortunate to have dedicated coaches leading our students-athletes, as well as a strong network of support from staff, community, and parents.

Entering my 24th year of teaching/coaching, the anticipation of a new season never gets old. When I get to be around other coaches the excitement elevates. Seeing my peers and listening to other coaches share their knowledge and experience is always a welcomed coaching perk. And seeing the mix of seasoned and new coaches is something to embrace. The best leaders continue to not only coach but contribute to the well being of their fellow coaches.

Be sure to use our website, www.ncacoach.org and follow us on Facebook and Twitter as a means of networking with your fellow coaches. Our Board of Directors continue to take pride in making our association one of the most successful associations in the nation. Your district board members are available to serve you and answer any concerns you may have. NCA Executive Director, Darin Boysen, is very committed to our organization and is highly respected nationally. Please don't hesitate to contact Darin or Saundi Fugleberg in our Lincoln office if you have any questions or suggestions of how to improve our organization. With their leadership and vision, our association stands ready to assist and support in any way possible. But we encourage you to serve your peers and association throughout the year.

In closing, please let us know if there is anything we can do to assist you throughout the year. As president, I would again like to personally thank you for your membership and dedication to your student-athletes. Always remember, a good coach can change a game, a great coach can change a life. We are here to serve you, our members.





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A Positive Coaching Relationship

A Tribute to Coach Mike Max

Luke Gideon – Burwell – Football



Being a part of the coaching community is a brotherhood that many words can't begin to describe and something I wish everyone could experience once in their life. The relationships that a coach develops with his/her coaching staff, parents, and student-athletes is one that I will forever treasure, which is why this article is so difficult for me to write. I am writing this in honor of not only my fellow coach, but best friend, Mike Max who passed away suddenly this spring. The insights I am sharing in the article are a tribute to him.

Thirteen years ago, I was fortunate to have Coach Max walk into my life and at the time I had no idea how big of an impact he would make on not only our sports programs, but myself. Coaching football and wrestling with Coach Max was truly an honor and in that process we made many memories that I will hold near and dear to my heart forever. A positive relationship is one that influences the lives of countless people and Coach Max did that. What Coach Max did for not only our school, but for my family is something that I am forever grateful for. My own children looked up to Coach Max like he was a second father to them. He always made time for them, let them know he cared for them, and was always COACHING them up in all aspects of life and that simple action helped me out not only as a parent, but also as a coach.

Our relationship was extremely close due to our willingness to make each other better. We learned a lot from each other and both felt that positive communication was the key to success as coaches and friends. In fact, it could be compared to a good marriage. We were always together, laughed together, solved our differences in coaching behind closed doors, and made sure that we both knew we would do anything for each other. A story

that highlights how much we would do for each other and one that makes me laugh is our time together at the All-Star game in 2019. One night during the week I fell under the weather and instead of saying his normal *"toughen up"*, Coach Max took care of me like he was my own mother. That to me is a perfect example of who Coach Max was as a person and the heart that he possessed.

One of the most important qualities a person can have is loyalty. To me, this is a quality that Coach Max possessed and displayed daily. Max was someone who you could count on when times were hard, and you needed someone or a person who would push you to be the best person you could be. Coach Max was that guy that you wanted standing behind you or in your corner in the middle of battle because you knew he had your back in any way you needed.

Although Coach Max and I had different coaching philosophies at times, they meshed well due to our willingness to learn from each other. I always admired his fire, passion, and motivational tactics that he brought to our teams. Max stressed the importance of keeping your emotions up and if anyone has ever been to a Burwell football game or wrestling meet, they have heard the famous *"GET YOUR EMOTIONS UP!"*

"Don't be afraid to do the hard work it takes to be successful." This was one of Max's favorite quotes to live by and he embodied this in every way. He was the man that was willing to be at school every morning to support our weight program. He did so many things in big and little ways to give students in our program the opportunity to work hard to be ready for the next step on the field, but also in the game of life. Coach Max didn't care what sport or school activity anyone participated in, he appreciated hard work and heart and believed that was the key to success. Coach Max would coach you hard, but love you harder. He didn't care if you were the star of the team or the student manager. He held everyone to the same standard and he did it with consistency and love.

A relationship is only a positive relationship if it is genuine. You always knew where you stood with Coach Max. He never left a stone unturned, and you always felt every emotion that he had. He was the true definition of a *"Big Teddy Bear."* He loved his job and that was clear in every action he took.

The things that I will miss most aren't the wins or the championships, it's the hugs and the *"I love ya man."* Coaching is about building relationships and Coach

Max gave me one that I will never forget and one I will forever look back on. Coach Max and I weren't ever afraid to give each other a hug whether we won or lost a game. This was



a true testament of the bond and love we had for each other and one that was recognized by our players, community, and opposing teams. This to me is key to a successful program, life, and one thing I hope you all are fortunate enough to experience one day. Coach Max is a once and a lifetime friend and I am a better coach and man for having him in my life.

A promotional banner for Coaches Choice. The background is a collage of sports-related images, including a basketball player, a soccer player, a football player, and a tennis player, all in a red and black color scheme. The text is white and red. In the top right corner, there is a logo for 'COACHES CHOICE' with three stars above it and the website 'www.coacheschoice.com' below it.

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Routines to Create Culture

Chelsea Potter – Elkhorn South – Volleyball



When I think of the heart of the 11-year program that is Elkhorn South Volleyball, I am drawn to the daily, weekly, and season routines that we use to build culture. These routines have been adjusted and adapted over time, some specific changes made for each season, but their presence in our calendar and practice plan help our girls to identify team non-

negotiables, hold each other accountable, and see consistency in our program top to bottom. The predictability, with the understanding that everything is personalized and flexible to each year's team, has enhanced our culture into one that is now athlete ran and maintained. It is amazing to see girls grow up in our program, from their freshmen to senior seasons and take identity in our culture and ownership of their success, and the success of the teams that will follow them post-graduation. As coaches, we hope that this ownership of the program ensures our graduates and past players look to their experiences on our teams when they need to draw strength or be reminded of their power when they face adversity in their lives off the court. We want graduates to be proud of the legacy they have left and know they have been a part of something greater than themselves, leaving their teammates and peers better from their experiences together than when they entered our program as 9th graders.

Daily Routines

Whole program warm-up - One of the ways we ensure consistency within our program is to include daily whole-program warm up drills. This allows our younger players to interact with veterans and see the speed of play they will eventually grow to. This also allows our older players opportunities to lead in small groups, ensuring all players understand the drill basics and hold each other accountable for achieving the drill at a high level. When time allows, we will include more than one drill as a whole program, but we strive for at least one drill to start each practice as an entire program before we move to our next item on the practice plan. In addition to this warm-up drill, we will hold a brief team meeting with all players to make announcements and celebrate each team's achievements with all players present, so players can see they have whole-program support.

Ball control training – Usually coupled with our full program warm up, we include a ball control drill. Depending on where this lands in the week, the day prior to a match or the day after a match, we add more of these drills in with mixed groups to ensure low impact but high gain from those sections of practice. The challenge with ball control drills in our gym is our girls love to compete at any time, so they, at times, try to rush through the drills to move to scrimmaging or something higher paced. We are constantly reminding them that completing these drills well is like taking your vitamins or eating your vegetables each day; they keep us in a maintained state of high-level play when we add in pace and competition.

Weakest skill area – The next item on most practice agendas varies week-to-week, depending on what has been exposed as our weakest area throughout competitions. We often double up on these drills during this section of practice and then separate girls into their competition teams, so each coach has the autonomy to work on what their specific group needs. The varsity may be working on a serve receive drill, very focused with our primary passers, while the freshmen team is working on progressing their serves to becoming more and more aggressive. We ask girls for feedback and input to see what their views are on our weakest areas, and that allows them to feel ownership in this section of practice and see the high value of these drills.

Mixed scrimmages – The last section of practice is reserved for scrimmages and game-like drills. We break this section into two parts, the first where we mix players together, so JV/Varsity are combined competing on one court, and 9th/Reserve are combined on another court. We value that this creates opportunities for younger players to play alongside starters, and improve their pace of play, and our top players play directly across from each other making all players better in the process.

Line-up scrimmages – Our second set of scrimmages works through each team's lineup to get specific game practice with rotations and combinations of players next to each other to garner comfortability. At times we will skew scoring or play situational scrimmages where the varsity side is limited to a certain number of errors, but the JV side can score on any point. This allows for coaches to pinpoint a focus that our team needs to improve upon, and it evens out the competition between levels if needed. Additionally, creating these situational scrimmages, for example competing from a deficit, will build opportunities for players to draw from when these situations occur in a live competition.

Weekly Routines

In-season lifting – Another routine we have embedded into our weekly schedule include lifting with an emphasis on injury prevention. Two mornings a week we have girls work through a workout that was designed by our athletic trainers and tweaked every year at the end of the summer, based on what injuries our girls are healing from or rehabbing at the time. This training has helped us maintain strength gained during their summer lifting sessions and allows for practices to be focused on skill instead of conditioning.

Position training – Once to twice weekly, we will use about 30 minutes of practice to train by positions. Our goal is to do this with the full program if it works with our schedules. We will break into any combination of positions, for example blockers and defenders, setters with certain hitters, hitters working on specific shots and defenders defending those shots, etc. This also helps maintain consistency throughout the program so that each player is repeatedly hearing common feedback as they grow from team to team in the program.

Reflections after competitions – During the practice following a competition we take a small section of time to reflect on the match or tournament. We use this time, instead of the time directly following a win or loss, to analyze play, allowing both players and coaches time to personally reflect before bringing praise and criticism to the team. These conversations are, at times, driven by statistics, but also, we ask players about their mindset during different portions of the game, honing their self-talk skills with small adjustments throughout the season.

Season Routines

In addition to these routines as constants throughout the season, we also include opportunities for transparency between players and coaches. There are a few traditions we have implemented into every season that are echoed in our daily and weekly practices. A few of these traditions are two role meeting opportunities. These role meetings are scheduled at the end of summer activities where we tell each player in a private conversation where we see her strengths, weaknesses, and where we see her in that moment on the depth chart. Having these conversations early allows players an opportunity to put that specific feedback into play during tryouts and allows for extra reflection time for players and their families. After tryouts are completed, we hold our second round of role meetings where we tell players which team, she is on for the season, and where we see her contributing to the program. These meetings, along with team meetings that focus on mindset and teamwork skills, provide opportunities for players to grow into better advocates for themselves, shows them transparency from the coaching staff, and creates open lines of communication

between players to their teammates, and players to their coaches.

Our goal for all facets of these routines is to provide opportunities for players to grow into the best version of themselves they can be when they leave our program, and to give them tools to rely on as they face adversity and various opportunities in their futures. We rely on these routines as our touchstones to this goal, and that helps to create the culture of growth and compassion our program values. More than anything, this growth mindset is what we hope embodies and encompasses Elkhorn South Volleyball, both now and in years to come.





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There Is No “I” In TEAM: Building Positive Team Culture In Cross Country

Michele Kontor & Lindsey Sample – Milford – Cross Country

Photo: Brandon Mowinkel



Coaching any sport takes time and commitment, but unique to coaching cross country is taking a sport commonly seen as an individual sport and turning it into one with an emphasis on team. There is more of a challenge in creating a respected positive team

culture in the sport of cross country, making it a fun experience for everyone.

When I began coaching cross country 15 years ago at Milford High School, cross country wasn't the sport of choice among the students, a common dilemma. My primary goal in starting this venture began with earning respect. What steps could I take to make this happen? How do I get buy-in from a community culture that saw running cross country as a sport that was for kids who didn't have the talent to compete in other sports, or who just “need to be involved in SOMETHing.” The answer: Make it fun. Make it a place where everyone feels they have a role to play, whether they are the runner who is competing to be a state champion or one who is striving to finish their first 5K without walking. A place where everyone is respected, accepted, valued, and heard. A place where athletes know the coach cares about them. A place that is positive. Because let's face it, running isn't always fun. Not everyone likes it. But the atmosphere can be fun when everyone contributes.

When I took over the program in 2006, the team averaged 10-15 participants and never had a full girls team. Considering that Milford is a Class C school, my goal was to build participation to at least 25 and always field full boys and girls teams. We've had much evidence of success in meeting these goals thanks in part to many of the activities described below coupled with support from administration, parents, and community members. In addition, it's an important initial step in developing a successful program to surround yourself with people who have similar philosophy, work ethic, energy and ability to work with athletes. As a head coach, I have been fortunate to have had fantastic assistant coaches who also have brought with them these qualities.

It may sound cliché, but it is true that summer miles bring fall smiles. As with any team, putting in the work in the summer is where you have to start. It is not just about meeting for

morning runs, and honestly, it's not always easy getting high school kids to want to wake up early in the summer and run. Sometimes there needs to be incentives! We have breakfast runs when each class is responsible for bringing a food or drink item. We use the local pool and do biathlons (a run and a swim) and have male and female winners receive gift certificates to one of our local restaurants. “Shoe Night” is when we visit The Running Company in Lincoln and talk with Ann Ringlein about the importance of good shoes and how to avoid injury. Then we go run on a trail run and invite alumni to join us creating an opportunity to reconnect and have more fun with our old teammates. Afterward, Coach treats everyone to Blizzards from Dairy Queen on the way home. Kids love taking advantage of this seldom offered sweet treat! Other activities possibly unique to our team include getting together with other cross country teams in the summer for a run, swim, and barbeque, as well as parent-sponsored outdoor summer movie nights. Not unique to Milford cross country, but things that should be mentioned are team camps, participation in local fun runs, and t-shirts as a reward for summer running miles. As a transition from summer activities to the start of the season I host a barbeque for all runners and their families. At this barbeque we not only enjoy each other's company and eat, but talk about the season, give summer running awards, and finish with a team building game that includes parents. This is another great opportunity for kids, whether they are new to our program or not, to become part of our “cross country family.”

When the season starts, we still have work to do. Every day begins with what has been dubbed by my work colleagues as “cross country class.” Yes, I ask kids to sit in my classroom for what seems like another class period, but we are doing important work. We have a theme of the week, motivational videos, and establish an attitude of gratitude where we design a service project for the year. Many issues discussed involve healthy lifestyles, race strategies, individual and team goals, character building, and, of course, we discuss the workout for the day.

I believe it's the responsibility of the coach to establish a culture of acceptance. It's a challenge to create a positive team culture and environment when you coach not only the high school boys and high school girls' teams, but also junior high. Early in the season we establish “running buddies” so the younger runners always have someone to look up to and ask questions. The junior high runners make sure their buddies have water on the course at meets, and the high school runners are

Continued on page 14

sure to give words of encouragement to their buddies before every race. We have also made a habit of each runner picking words to focus on for the season. Each runner has to present their word and why they chose it. These are posted in my classroom for all to see. We stress the importance of team and that everyone, no matter their position on the team, plays an important role. During district and state competitions where only the top six compete, we still need the support of the team to cheer, write down times, and to make posters. Those runners who aren't running are still involved in the pre-meet meals, riding the bus, and watching "team" movies.

We have found value in celebrating the team's accomplishments and the pride we have in them through establishing a routine use of social media. The posts not only picture them winning state championships, but we show them having fun on a Saturday morning long run or completing specific workouts that incorporate team building like scavenger hunts, blackjack runs (where they draw a card to determine distance for the team) and poker runs. We highlight other unique workouts like the bike run where they partner up and alternate riding and running, and the annual "coach to coach" run where the route stretches from one coach's house in town to the other in the country. They are rewarded by a breakfast served by the coaches. Our year end activity is one we also feel is influential in building positive team culture. We once again bring our entire families together to celebrate our success. We highlight each individual and give them a "gift" which represents a fun memory from the season that is unique to everyone.

Not everything we do has to do with running. Constantly, we remind kids to "do the right thing." Examples might include giving younger kids a ride, putting equipment away, thanking the bus driver, waiting at the finish line until the last runner comes in, writing thank you notes to parents and other influential people in their lives, being on time, and being responsible students. The list goes on. These are important activities that have contributed to the respect we feel we have gained from the student body, teachers, administrators, and community members while building a positive team culture. It simply has made our program more attractive to everyone while developing pride in the athletes themselves and their sport, their team, and their school.



Photo: Brandon Mowinkel



Photo: Brandon Mowinkel

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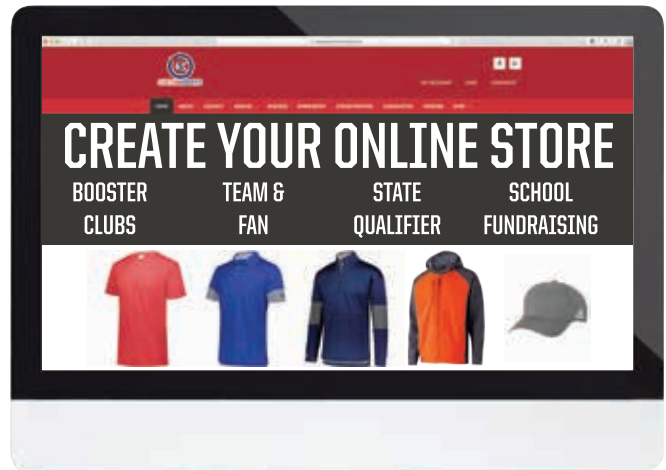
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No Laying Up, GO FOR IT!

Kelly Cooksley – Broken Bow – Girls' Golf



I was a new teacher and coach to Broken Bow Public Schools 4 years ago and I had an opportunity to join the Broken Bow girls golf team as an assistant coach. Outside of helping with a Jr. Golf program for one summer in college, my experience in coaching golf was zilch. I played in high school and liked to go play recreationally so I decided to go for it and get on staff. My first year as

an assistant was an awesome one as we qualified as a team for the Class C state tournament and won our district. Then after a retirement after year 1 I was thrown into the fire as the new head coach for our golf program. Was I ready for it? Probably not. . . Was I nervous? You bet ya! Was I qualified? Debatable on who you ask. If you answered yes to any of these questions you are not alone in the coaching profession. There are many coaches thrown into the mix right away. It's okay! Don't panic, here are a few things that I did to maintain the success of our golf program and even take it to new heights.

First thing when I was hired as head coach, I knew I needed some golf minds on my staff if we were going to take it to the next level. I am fortunate at our school we have a paid assistant position in our girls' golf program. I immediately went to our Jr. Golf summer program instructor and asked her to be my assistant. I also didn't stop there as I asked a well-respected community member who has his PGA card if he could volunteer as an assistant as well. Do not be afraid to ask people to help you that are going to push you as a coach and push your team to new heights. I saw we had some talent and I needed to make sure we were maximizing the kids' abilities by getting as many home runs on staff as possible.

I like to think of myself as a lifelong learner, in this case I was learning every day on the job. As a first-year head coach of a new sport YouTube and the internet can be your best friend. Be careful don't throw the 10 videos you watched the night before into the next days practice plan. Find something you like and roll with it in practice, if it works great, keep using it until you need to change things up. I'm one that will always reach out to the best of the best coaches in the state to pick their brain about what they do. Don't be afraid to reach out to those people. Shoot your shot! You might surprise yourself 99% of the time they are more than willing to help you out.

My main sport I coach is basketball, and I took some things from basketball practices straight to golf practice. REPETITION, REPETITION, REPETITION! If you want to be a great shooter you must have multiple reps of shooting, same as golf if you want to have a nice swing you must have rep after rep after rep honing

your swing in. Whether it's long game or short game, reps are huge! The range and putting greens are where we spend a majority of our time, you have to find ways to keep it fun and competitive for the kids.

Those are just a few pointers as a new coach that I thought really helped maximize our kids' talents and propel them to new heights. In summary, surround yourself with like-minded people, and people with knowledge of the sport if you can even if they have more than you. Don't be afraid to ask questions and ask for help. Don't be afraid to learn new things. Lastly focus on the fundamentals and reps but keep it fun!

Before I close, I do want to talk about a fun drill we do on Fridays. Every Friday we usually have "Fun Fridays" where the kids play a scramble type game, short game competition, or some type of on course competition. Our meets are almost always Tuesdays and Thursdays, so we try to make Fridays short and sweet. We like to do a drill called "Trouble in Paradise". Before practice I will go and lay out 2-3 cones on a hole in trouble spots. Usually, it's in thick rough, sand, a punch shot from behind a tree, a hard close chip shot. I split the girls into groups of 3-4 and give them a score card and send them out. I try to keep the holes close like we would play 1, 2, 3, 9 but those holes would have multiple cones and each cone is numbered for a certain hole on the card. I make every cone a par three unless I place the cone on the green. They need a good out, a solid chip and a 1 putt. I think it really teaches them to play aggressive and focus to have a solid 2nd shot after trouble. I usually do 1 cone about 100-125 out, 1 cone at 25-50 out, and 1 cone around the green or even on the green just a long lag putt. If I do the cone on the green, it is a par 2 to encourage a good lag putt.



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10 Ways For Softball Coaches To Be A Better Mentor To Younger Staff

James A. Peterson, Ph.D., FACSM – Coaches Choice



Photo credit: fizikes/Shutterstock.com

Every person can look back over their life and identify the one individual who made an impact on the trajectory of their life. For some, the impact was in a single moment. For others, it was a series of moments held together by words of encouragement, helpful guidance, and quality time. Looking back over their life, every coach should be able to pinpoint the person who had a significant impact on their career. In that regard, the following 10 factors can facilitate the process for any softball coach who wants to be a better mentor to younger staff.

- 1. SEE THE WHOLE PICTURE.** Softball coaches should look for the potential to succeed that exists within each person whom they lead. In reality, it's relatively easy to recognize talent in staff members who have already blossomed. It's considerably more difficult to draw potential out of someone who has yet to come into their own. The key is to view people as who they can become and then help them believe in themselves.
- 2. BELIEVE IN THE BEST OF OTHERS.** One of the most essential attributes of having an appropriate mindset for mentoring is the ability to give other people the benefit of the doubt. In other words, trust is an absolute necessity. Individuals who are being mentored must feel that their mentors have confidence in them and believe that their mentors will do "right" by them.
- 3. SET PEOPLE UP FOR SUCCESS.** All factors considered, everyone can be exceptional at something V be it a particular skill or a specific personal trait (e.g., attitude,

self-discipline, perseverance, etc.). In that regard, one of the basic responsibilities of a mentor is to help those with whom they are working by placing them in areas of their strengths. Not only should they be given the right job/role in the workplace, they also should be provided with the training that they need to succeed.

- 4. REQUIRE A COMMITMENT.** Mentors should know the difference between being interested and being committed. As the author of the book *The One-Minute Manager*, Ken Blanchard so aptly put it: "When you are interested in doing something, you only do it when it is convenient. When you are committed to something, you accept no excuses." Given that making a commitment to maximizing their potential is the underlying lubricant of success, staff members who are being mentored must be firmly committed to the process.
- 5. INTRODUCE OTHERS TO THE PRACTICE OF SETTING AND ACHIEVING GOALS.** As a rule, staff members need clear objectives that they are fully aware of if they are to achieve anything of value. Because success seldom occurs instantaneously, taking many small steps is required. In that context, goals serve as a road map to draw out a person's potential. Goals are the benchmarks of a plan to be successful. Setting these goals and then working hard to accomplish them are critical aspects of the mentoring process. It also can be argued that what staff members get by achieving their goals is not nearly as important as what they become by reaching them.
- 6. EMPOWER STAFF MEMBERS.** For individuals to be successful in the workplace, individuals have to be given both responsibility and authority. When both factors are provided, people are empowered to make things happen. At that point, staff members must be held accountable for their actions (or lack thereof). This accountability, which should include honest constructive feedback, should be viewed as an integral part of a person's developmental process.
- 7. TOUCH BASE WITH STAFF MEMBERS.** Mentors should systematically check on how well the individuals with whom they're working are doing. The frequency of these evaluative efforts will typically vary from person to person,

Continued on page 19

nebraska coach

depending on several factors, including the relative importance of the work being undertaken, the demands of the task being done, and how responsible the staff member is perceived to be. Not only do people need to be encouraged on a regular basis if they're doing well, they also need to learn if they're not meeting expectations.

8. CREATE AN ENVIRONMENT OF ENCOURAGEMENT.

Because individuals tend to be more productive when they're encouraged in the workplace, mentors can enhance their efforts to draw out the "best" in younger staff by affording them the time, trust, and support that they need for their potential to be realized. Often referred to as "oxygen for the soul," encouragement can help instill and reinforce hope in others V hope to give nothing less than their best, hope to continue the process of self-improvement, and hope for a better tomorrow.

9. SHARE THE DREAM. It can reasonably be put forth that all successful people are dreamers. Not only do dreams help people grow, they also help provide them with the support that they may need in different times. Effective mentoring is grounded in the resolute desire to help others achieve their potential. When mentors make those with whom they are working a part of their dreams, they enhance the likelihood that their dreams will become a reality.

10. INSPIRE OTHERS TO EXCEL. Focusing on raising others to a higher level is the foundational core of the mentoring developmental process. No effort in life is more worthwhile or provides a greater return on the investment of time than the efforts to instill a positive feeling about themselves in others. Renowned American poet, Maya Angelou, ably summed up the impact of the process in her statement: "I've learned that most people will forget what you said, people will forget what you did, but people will never forget how you made them feel."

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Get Them Moving

Karen Dittbrenner – Beatrice – Boys Tennis



As a newbie to the sport of tennis, it didn't take long for me to realize that good players were doing one thing better than the rest. . . they were moving their feet well! This makes total sense because if you are to hit the ball well, you have to put yourself in a position to do so.

Seeing what a difference good footwork makes, I have made a concerted effort to get my kids moving their feet through a variety of drills.

Line Jumps

Any line will work but I like to start on the alley lines so we waste less time moving for the last few that use this space:

- 2 feet over and back at the same time
- Right foot, left foot over then right foot left foot behind
- 2 feet together, side to side
- 1 foot side to side
- Scissor Jumps
(All of the above can be moved to the grass with a jump rope for the line.)

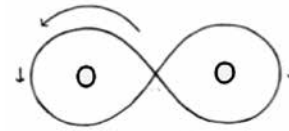
Alley Jumps

Start with both feet just outside doubles line

- 5 quick small side shuffles to singles line and back
- 2 big side shuffles to singles line and back
- Facing net, push off outside foot, land on singles line on inside foot, hold 1 second, push off foot and land on outside foot again

Figure Eight Drill

Set two balls five feet apart - start behind one ball, move between two balls in front of other ball and around behind making a figure 8



Same set up as before: start with split step then shuffle around balls and back to start.



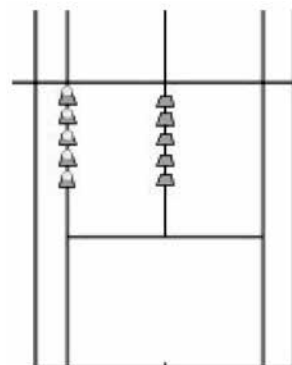
One thing to remember with these drills, are that some kids are more prone to shin splints or repetitive knee injuries such as Osgood Schlatters so you need to pay attention to their individual needs while still getting their footwork skills to improve. You can consider moving some of these drills to the grass where appropriate.

5 Cone Drill

We set up on both sides of the court on all 4 courts to minimize time needed.

Start on alley line, pick up ball, shuffle to center line set ball on cone, shuffle back (repeat for all 5 balls)

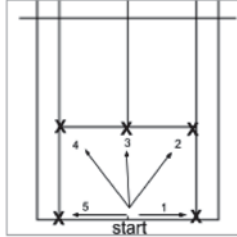
Next person in line starts on alley line shuffles over, picks up ball and returns it to the cone (again, repeat 5 times)



Spider Drill

Envision a 5 legged spider using the X's marked on the court below - start at the service mark - split step - shuffle to deuce singles and back, sprint to 2 and drop step back to start, so on.

I put 3 boys at the back of each court for a 2 - 1 recovery time. We do these 2-3 times depending on upcoming schedule.



While I am new to the sport of Tennis, I have coached soccer for a 20+ years. When I lose sight of what is truly important in high school athletics, I am reminded my players feed off me. As a coach, my attitude is contagious. If I get caught up on records and seeds and lose sight of what high school athletics is really about: learning to be a good teammate, learning responsibilities to a team, working hard and fighting through adversity then my players are losing out!! Keeping it positive and fun creates lifelong memories for all parties involved.

Thanks to all of you who have shared drills, strategies, tips and tricks. You have made it much easier for someone who doesn't know much about tennis to get into this sport and begin making strides toward a better tennis program for Beatrice.

Good luck to everyone this fall. I look forward to seeing you all.

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Facility Spotlight:

Elkhorn Athletic Association Set to Meet Demands for Athletic Facilities

Complex Set to Break Ground in Fall of 2021 near Valley, Nebraska

When co-Founders Eric Crouch and Jason McDonald formed the Elkhorn Athletic Association (EAA) in 2015, they did so with the intent to provide more opportunities for youth athletes in one of the state's fastest growing communities of Western Douglas County. With roots dating back to the 1970's, the 501(c)(3) non-profit youth sports organization has grown to more than 6,100 members representing a total of eight sports for ages 3–19.

Thousands more area children are vying for limited athletic facility space — whether it's fields for organized competition or playgrounds and picnic areas for all to enjoy. With input from the local community, EAA embarked on a capital project to build a community-focused outdoor sports complex in Valley, Nebraska. From adaptive sports, recreational programs, competitive teams and those seeking a casual wellness environment, the facility aims to serve local youth sports organizations and attract state and regional level tournaments commonly being held in Kansas City, Des Moines and Sioux Falls.

"This project is about building something special by combining knowledgeable, experienced, and passionate people who want to provide kids with excellent athletic opportunities that develop them to be the best individuals they can be both on and off the field," said EAA Board Chairman Jason McDonald. "Together we can create a robust athletic experience with state-of-the-art facilities that provides families the ability to enjoy their children's athletic development in an environment that fosters achieving their full potential."

After a brief delay due to historic flooding and a global pandemic, EAA's capital project resumed in November 2020. Construction of the sports complex is scheduled to begin in the Fall of 2021 with the first of four phases to have football and soccer teams playing by the Fall of 2022, and baseball and softball teams playing by the Spring of 2023. The complex, located in Valley near 264th and Ida just off Highway 275, sits on 142 acres and will house:

- 16 artificial turf baseball/softball fields;
- 6 artificial turf soccer fields;
- 6 natural grass multi-purpose fields
- 1 Championship multi-purpose artificial turf field
- barrier-free field for adaptive athletes;
- 1 running track
- 150,000 square foot indoor facility with concession stands, restrooms, playgrounds and parking for up to 3,000 vehicles

"The need for additional fields and places for our children to participate in athletic programs has never been greater. We are excited for this opportunity to provide our kids with these spaces and eager to build a regional destination location for all families to enjoy, one that is long overdue for the Omaha metro area and surrounding communities." Rob Herringer, EAA Assistant Executive Director and Co-General Chair.

In addition to providing much needed space for youth athletes, the complex will also create business and job opportunities in the community. With families frequently traveling from city to city for sporting events, EAA will host regional baseball, softball and soccer tournaments throughout the calendar year attracting teams from across the country. According to the Omaha Chamber of Commerce, a three-day tournament will bring approximately \$2.2 million to the local community when including hotel stays, restaurant occupancy and tourist attraction visits. As a comparison, the Scheels Overland Park Soccer Complex hosted the U.S. Youth Soccer National Championship. The three-day event attracted over 2,600 people pumping more than \$7 million into the local economy (Source: KSHB Radio). Additionally, officials at the Sports Force Park in Sandusky, Ohio reported a flow of \$25 million annual direct spending in the community with area hotels, on average, renting 40,000 rooms each year – far exceeding capacity and resulting in the construction of four new hotels to meet needs (Source: Jim Arnold Sports Force Parks general manager).

Local business partners also understand EAA's mission and recognize its vision to see this project to fruition. Recently, EAA and MD West ONE announced a partnership agreement that gives MD West ONE exclusive naming rights to the outdoor sports complex. The partnership is a 12-year agreement with an option for a 10-year extension renewal.

"The physicians of MD West ONE are honored to support a complex of this magnitude. We believe in the development of these young athletes and will always be a proponent of staying active and engaging in healthy competition through sports. Being able to give back to our communities' youth is what this partnership is all about and we're grateful the new MD West ONE Sports

Complex will be able to serve more Omaha metro area families," said Dr. David Buck, Sports Medicine Specialist at MD West ONE.

The MD West ONE Sports Complex will also provide space for a wide range of year-round activities for individuals and families,

Continued on page 23

such as walking paths, playgrounds and picnic areas accessible for all including the residents of Valley. “The City of Valley is honored that the Elkhorn Athletic Association chose Valley as the location of the MD West ONE Sports Complex,” said Cindy Grove, Mayor of Valley. “We are very excited to work with both the EAA and MD West ONE and believe the sports complex will bring great opportunities for area athletes and economic development in the City of Valley and surrounding communities.”

Becoming a community pillar has been accomplished by encouraging parental involvement and providing professional staff and programs that provide developmental, recreational,

and competitive experiences for area youth athletes. EAA’s ongoing success will be determined by every individual’s character, leadership, beliefs, passion, and commitment, resulting in a first-class youth sports organization.

“EAA has strong roots in the community. . . and a rich sports history emphasizing sportsmanship, personal development and community involvement. It is our mission to provide kids and families with an enjoyable learning experience in all aspects of youth sports,” Eric Crouch EAA Board Member and Co-Founder.

For more information, check out EAA’s website or follow them on all their social media accounts.



2021 NCA - Service Awards



NCA—25 Year Service Award recipients in attendance at the 53rd Annual NCA-Hudl Awards Banquet: (from Left to Right) Joe Schlegelmilch, Lincoln East; Josh Severin, Lincoln Southeast; Scott Painter, Archbishop Bergan; Ryan Komenda, Fillmore Central; Chris Ardissono, BDS; Bob Floth, Freeman; and Tim Streff, Blue Hill. – Callam Sports Photography.



NCA—35 Year Service Award recipients in attendance at the 53rd Annual NCA-Hudl Awards Banquet: (from Left to Right) Curt Backemeyer, Elmwood-Murdock; Donald Coolidge, Falls City; Michelle Kontor, Milford; Bill Ford, Bertrand; Nancy Lockmon, Giltner; and Terry Graver, Elkhorn South. – Callam Sports Photography.



NCA—40 Year Service Award recipients in attendance at the 53rd Annual NCA-Hudl Awards Banquet: (from Left to Right) Bill Carlin, Adams Central; Tom Olson, Norfolk; and Dick Ross, Grand Island Central Catholic. – Callam Sports Photography.



NCA—45 Year Service Award recipients in attendance at the 53rd Annual NCA-Hudl Awards Banquet: (from Left to Right) Jack Sobotka, Meridian; Gary Schuurmans, Norfolk; Diane Balcolm, Bertrand; Sharon Zavala, Grand Island Central Catholic; Dave Gee, Nebraska Christian; and Mike Lanham, Southern Valley. – Callam Sports Photography



NCA—50 Year Service Award recipients in attendance at the 53rd Annual NCA-Hudl Awards Banquet: (from Left to Right) Bob Fuller, Osceola; Vince Zavala, Northwest; and John Gumb, McCook. – Callam Sports Photography.

NCA Jerry Stine Family Career Milestone Program Recognizes Coaches For 30th Year

35 Coaches Receive Recognition in 2021 – Jerry Stine

35 coaches applied for the NCA Jerry Stine Family Career Milestone award in 2021, with 52 applications submitted in all. During the 2021 NCA Multi-Sports Clinic Sport's Meetings 17 coaches were recognized for obtaining level I certificates, 13 coaches - level II, and 8 coaches level III. Ten coaches received the level IV plaque (the ultimate award in this program) at the NCA Awards Banquet. The level I (bronze), II (silver), and III (gold) certificates were announced and distributed at the NCA Multi-Sport Clinic or mailed to the coach.

If you are not familiar with this program, it takes 100 wins in team sports (50 in football) to achieve level I and 200 points in individual sports. To achieve level II, it takes 200 wins in team sports (100 in football) and 400 points in individual sports. Accumulating 300 wins in team sports (150 in football) and 600 points in individual sports will get you level III recognition. The level IV plaque is presented to coaches that have coached 400 wins in team sports (200 in football) and have accumulated 800 points in individual sports. Team sports include football, volleyball, basketball, baseball, soccer, and softball. Individual sports include cross country, golf, gymnastics, wrestling, swimming, tennis, and track. You must apply for this award to be recognized, be an NCA member, and the sport must be officially sanctioned by the NSAA.

Nanonation has created a user-friendly program for the NCA that all the 1992 – 2021 Career Milestone winners can be searched for using a kiosk. The kiosk replaced the posters that were previously displayed near the NCA booth and at each sport's session areas. The criteria and application for this award is available on the NCA website www.ncacoach.org.

The NCA has further invested in the Milestone Award program by enhancing and upgrading the Milestone Award page on the NCA web site. Please go to the website, click on awards, click on NCA – Baden Sports Milestone Awards, and you can easily filter the 1,495 honored coaches by sport, level, year, etc. Take time to look the names over, and if your name should be on the list, and is not, print off an application and start the process of applying for next year. Several coaches successfully applied years ago but have not updated since. If that is the case, please send Jerry Stine an updated application.

If you have changed schools since you received your award or have questions concerning the milestone awards program, please e-mail Stine at jlstine@cox.net. A milestone application may also be submitted to Stine by e-mail.

2021 NCA Jerry Stine Family Milestone Award - Level IV



Level IV Jerry Stine Family Milestone Award recipients in attendance at the 53rd Annual NCA-Hudl Awards Banquet: (from Left to Right) Ron Mimick, Aquinas Catholic – Football and Boys' Track & Field; Tim Streff, Blue Hill – Basketball; Dave Sellon, Fremont – Boys' Track & Field; Tom Olson, Norfolk – Boys' Track & Field; Jeff Gross, McCook – Football; Jack Tarr, Malcolm – Boys' and Girls' Track & Field; Chris Ardissono, BDS – Football; Alan Pokorny, Bennington – Wrestling; and Steve Reeves, Gothenburg – Boys' and Girls' Track & Field. – Callam Sports Photography.

2021 Milestone Award Recipients



NAME	SCHOOL	SPORT	NAME	SCHOOL	SPORT
Level I:			Level III:		
Steve Andersen	Lincoln Pius X	Girls' Soccer	Mike Brandon	Gretna	Volleyball
Brian Bullington	Lincoln East	Girls' Golf	Kurt Holliday	Seward	Girls' Cross Country
Nolan Dewispelare	Lincoln Pius X	Girls' Tennis	Curt Lammers	Norfolk	Basketball
Travis Folkers	Archbishop Bergan	Football	Steve Land	Gering	Basketball
Jayson Gregory	Mitchell	Basketball	Bryan Reichmuth	Humphrey St. Francis	Basketball
Dan Kozial	Twin River	Basketball	Hayley Ryan	Overton	Volleyball
Dan Kozial	Twin River	Boys' Track & Field	Jason Spady	Garden County	Football
Dan Kozial	Twin River	Girls' Track & Field	Richard Stuart	Beatrice	Basketball
Curtis Marolf	Archbishop Bergan	Football	Level IV:		
Curtis Marolf	Archbishop Bergan	Wrestling	Chris Ardissono	BDS	Football
Scott Painter	Archbishop Bergan	Volleyball	Jeff Gross	McCook	Football
Chris L. Placek	Meridan	Wrestling	Ron Mimick	Aquinas Catholic	Football
Nathan Pribnow	Archbishop Bergan	Basketball	Ron Mimick	Aquinas Catholic	Boys' Track & Field
Joe Schumm	Bennington	Boys' Cross Country	Roger Neujahr	Gothenburg	Boys' Track & Field
Joe Schumm	Bennington	Girls' Cross Country	Tom Olson	Norfolk	Boys' Track & Field
Level II:			Alan Pokorny	Bennington	Wrestling
Dave Brabec	Bishop Neumann	Softball	Steve Reeves	Gothenburg	Boys' Track & Field
B.J. Christiansen	Omaha Marian	Girls' Swimming	Steve Reeves	Gothenburg	Girls' Track & Field
Nolan Dewispelare	Lincoln Pius X	Boys' Tennis	Dave Sellon	Fremont	Boys' Track & Field
Randy Eisenhauer	Elgin	Basketball	Tim Streff	Blue Hill	Basketball
Travis Folkers	Archbishop Bergan	Boys' Track & Field	Richard Stuart	Beatrice	Boys' Golf
Bill Ford	Bertrand	Girls' Track & Field	Jack Tarr	Malcolm	Boys' Track & Field
Kurt Frenzen	Columbus Lakeview	Football	Jack Tarr	Malcolm	Girls' Track & Field
Jeff Hart	Boyd County	Basketball			
Kurt Holliday	Seward	Boys' Cross Country			
Eric Kitzelman	Kearney	Basketball			
Jackson Krejci	Exeter-Milligan	Basketball			
Janelle Lorsch	Arlington	Softball			
Brandi McCarter	Elm Creek	Volleyball			
Bill Morrison	Millard West	Basketball			
Todd Nott	Plattsmouth	Girls' Track & Field			

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2021 NCA - Hudl Coaches Of The Year



2020–2021 NCA-Hudl Coaches of Year Left to Right: Michelle Kontor, Milford – Boys’ Cross Country; Mark Rotter & Chris Ardissono, BDS – Football; Kurt Holliday, Seward – Girls’ Cross Country; Todd Petersen, Papillion-La Vista – Softball; and Renee Saunders, Omaha Skutt Catholic – Volleyball. – Callam Sports Photography



2020–2021 NCA-Hudl Coaches of Year Left to Right: Tim Cannon, Millard North – Boys’ Basketball; Darin Garfield, Central City – Wrestling; BJ Christiansen, Omah Marian – Swimming; and Ann Prince, Elkhorn North – Girls’ Basketball. – Callam Sports Photography



2020–2021 NCA-Hudl Coaches of Year Left to Right: Rom Mimick, Aquinas Catholic – Boys’ Track & Field; and Troy Hauxwell, Chase County – Girls’ Track & Field. – Callam Sports Photography

2021 NCA Jim Farrand Memorial Award



NCA Jim Farrand Memorial Award –
Assistant Coach of the Year recipients:
Kim Dieckmann, Archbishop Bergan;
and Bill Ford, Bertrand.
– Callam Sports Photography

2021 NCA Friends of High School Sports Award



NCA Friends of High School Sports recipient:
Jayson Brueggmann, Nebraska Orthopaedic &
Sports Medicine.
– Callam Sports Photography

2021 NCA Media Award



NCA Media Award recipient: Joe Turco, NET.
– Callam Sports Photography



2021 NCA FCA Doyle Denney Heart of Coach Legacy Award



NCA-Fellowship of Christian Athletes Doyle Denney Heart of a Coach
Award recipient: Chuck Ross, Wisner-Pilger.
– Callam Sports Photography
nebraska coach

2021 NCA Award of Appreciation



NCA Award of Appreciation – Dave Irwin, Sumner – Long Time All-Star
Ambassador. – Callam Sports Photography

I BELONG ^{x2}

Shawn Carr Seward Public Schools

- 6th Grade Social Studies teacher, Seward Middle School
- Seward Varsity Softball Coach
- Middle School Basketball Coach
- 2017-18 Central Conference Coach of the Year
- 2017-18 Nebraska Coaches Association Softball Coach of the Year
- NSEA and NCA member since he began teaching and coaching.

“ When I started out, association leaders visited with me about the importance of joining the association and the benefits. It’s good to be a part of an organization that supports educators and schools. I also enjoy reading what other coaches are doing. It’s been a great opportunity to connect with other educators and coaches through the associations. ”

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**

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2021 NCA - Career Coaching Awards



Binnie & Dutch Memorial Award –
Track & Field: Rick Peterson, South Loup
– Callam Sports Photography



Ed Johnson Memorial Award –
Boys' Basketball: Rocky Ruhl, Wayne
– Callam Sports Photography



George O'Boyle Cross County Award:
Steve Reeves, Gothenburg
– Callam Sports Photography



Guy Mytty Memorial Award –
Wrestling: John McGary, Tri County
– Callam Sports Photography



Phyllis Rice Honor Volleyball Award:
Brad Nelson, Axtell
– Callam Sports Photography

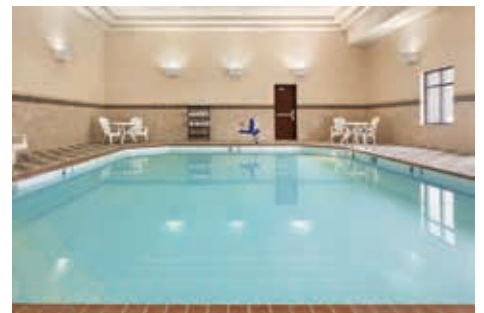


Skip Palrang Memorial Award – Football: Marty Going, Millard South
(deceased – son & grandsons pictured)
– Callam Sports Photography



Swede Hawkins & Del Schoenfish
Golf Award: Mimi Ramsbottom,
Elkhorn South
– Callam Sports Photography

Ken Cook Girls' Basketball Award: Rick Petri, Kearney Catholic (unable to attend)



Country Inn & Suites Lincoln North

Stay with us the next time your team comes to Lincoln! Enjoy comfortable guest rooms and premium amenities including:

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- + Indoor pool and outdoor hot tub
- + Free high-speed wifi
- + On-site fitness center open 24/7
- + A variety of room and suites types
- + Complimentary airport shuttle available on weekdays
- + A central location with easy access to sports venues, dining & more!

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402.476.5353 



Our on-site restaurant - Villa Amore - offers pasta, pizza, appetizers and more!

Country Inn & Suites Lincoln North

5353 N 27th St, Lincoln, NE, 68521

402.476.5353

2021 NCA-Country Inn & Suites-Lincoln North Scholarship Recipients



District I
Kate Hirschfeld,
Centennial



District I
Cole Siems,
Tri County



District II
Mikenna Kerkman,
Millard South



District II
Isaac Noyd,
Cross County



District III
Elizabeth Locke,
Stanton



District IV
Madison Marten,
Sandhills



District V
Alexis Richmond,
Chase County



District VI
Haley Hesse,
Valentine

#1 Graduate Athletics Program in the Nation.

Christopher Richardson, MCAA '09
*Head Coach, Team USA Women's Track and Field, Thorpe Cup
Director, Track & Field/Cross Country, Cerritos College*

Go to www.cui.edu/mcaa to see Chris' story.



Concordia University, Nebraska is now proudly partnering with Concordia University Irvine in

California to offer the nation's number one graduate program for educational athletics. Offering both a Master of Arts in Coaching & Athletics Administration and a Master of Science in Coaching & Exercise Sciences, both degrees can be completed 100% online. Concordia Irvine is a proud partner of the National Interscholastic Athletic Administrators Association (NIAAA).

Thousands of coaches and athletic administrators have completed this nationally-recognized program through Concordia University Irvine and are now affecting positive change in top-rated institutions across the United States. There has never been a better opportunity to join this network of coaches and leaders in educational athletics while advancing your own career and pursuing your calling. For more information, or to apply, visit cune.edu/coaching.



Enrollment opportunities every fall, winter, spring, and summer.

CUNE.EDU/COACHING

2021-2022 Digital Membership Cards & Gold Cards

Member Only



Member & Gold Card Holder



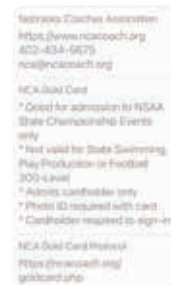
Silver (Retired) Member Only



Silver (Retired & Gold Card Holder)



Gold Card Protocol



State Colleges Recognize NCA/NSIAAA Membership Cards For Admission

Due to COVID-19, please check ahead with any college or university regarding game or contest attendance restrictions.

You are reminded that the following schools will recognize the membership cards of the Nebraska Coaches Association and the Nebraska State Interscholastic Athletic Administrators Association for admission to college-sponsored sporting events. This program was originally proposed in the fall of 1992, and ALL college Athletic

Directors responded quickly and to the affirmative. Our proposal gave them several options, to include a pass gate, an advance call-in, etc., but each institution was slightly different in their acceptance. Below is a list of how each school would like to handle the program.

<p>Bellevue University Any gate Membership card required Admit member + one Good for all sports</p>	<p>Creighton University Advance call-in (402) 280-5297 Please contact in advance Admit member + 1 no charge Membership Card Required Good for most sports – regular season Tickets subject to availability Excludes some games</p>	<p>Northeast Community College Main gate Membership card required Admit member +1 Good for all sports Tickets are free</p>	<p>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</p>
<p>Central Community College- Columbus Campus Any gate Membership card required Admit member + one Good for all sports</p>	<p>Doane College Pass gate Membership card required Admit member + 1 Good for all sports, tickets are free Advanced call-in is appreciated 402-826-8583</p>	<p>North Platte Community College Advance call-in 800-658-4308.3701 Ask for Jackie Briley Use main door Membership card required Admit member +1 Good for all sports</p>	<p>University of Nebraska-Omaha Pass gate Membership card and photo ID Admit member + 1 Tickets are free Excludes Hockey</p>
<p>Chadron State College Any gate Membership card required Admit member + one Good for all sports</p>	<p>Hastings College Membership card and photo ID Good for all sports Admit member</p>	<p>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</p>	<p>Wayne State College Pass gate Membership card and photo ID Admit member only Ticket is free Good for all sports (excluding NSIC/NCAA Championships)</p>
<p>College of St. Mary Advance call-in (402) 399-2358 Admit member + 1 Good for all sports Tickets are free</p>	<p>Midland University Any gate Membership card and photo ID Admit member + one Good for all sports</p>	<p>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</p>	<p>Western Nebraska Community College Membership Card Required Advance call in - 308-635-6151</p>
<p>Concordia University Use any gate Membership card and photo ID Admit member + 1 Good for all sports Tickets are free</p>	<p>Nebraska Wesleyan University Any gate Membership card and photo ID Admit member + 1 Good for all sports, tickets are free</p>		<p>York College Pass gate - front door Membership card and photo ID Admit member + 1 Good for all sports Ticket is free</p>

Join The Nebraska Coaches Association Today

Take Advantage of these Benefits:

- Year-round **\$2,000,000** coaching and classroom liability coverage
- \$25 Gold Card: Good for Admission to most NSAA State Championships - **Deadline October 1**
- Online Subscription to *Coach & Athletic Director Magazine* & *Training & Conditioning Magazine*
- 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
- 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 (new benefits)

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 ncoach.org – Online Membership Registration is Now Available

2021 - 2022 NCA Membership Registration

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:**

Check here if **FIRST TIME COACH** (clinic fee waived)- OR - Enter # of years in coaching/administration through 2020-2021:

Coaching Assignments 2021-2022:

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 2021-2022: 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 **Undergraduate College Student** (membership fee waived).

FEES:

NCA Membership: \$45.00

Additional Option: NCA Gold Card **\$25** (Must be Purchased by 10/1)

Total Amount Due: \$

Credit Card Number: (Mastercard, VISA, Discover)

Expiration Date: (Mo/Yr) /

Signature: _____

CVV 3-Digit Code on Back of Card:

2021 NCA Golf Scramble Results

Monday, July 26 – Highlands Golf Club

FIRST FLIGHT

First Place (57)

Jason Heldt
Casey Fangmeyer
Josh Scholtz
Justin Bolin

Second Place (58)

Cole Wiseman
Jack Shadley
Jared Blackwell
Andrew Kuta

Third Place (59)

Chris Rainforth
Wyatt Morse
Jeremy Murman
Jeff Murman

SECOND FLIGHT

First Place (60)

Karma Yantzie
Matt Koehler
Amber Tayler
Sean Hoarty

Second Place (60)

Josh Deines
Jordan Arensdorf
Kolby Hamilton
Matt Thomas

Third Place (60)

Greg Parr
Cody Wintz
Andrew Carlson
Justin Parr

THIRD FLIGHT

First Place (62)

Jeff Stauss
Jon Dolliver
Ashton Honnor
Jennifer Schwartz

Second Place (62)

Justin Jorgenson
Reed Kuroki
Shawn Cole
Tanner Collins

Third Place (62)

Brendan Dittmer
Nate Sims
Aaron Losing
Tony Jacobsen

FOURTH FLIGHT

First Place (65)

Cody Cahill
Josh Lewis
Jeremy Houghtelling
Gary Gaebel

Second Place (65)

Alex Moses
Bob Taylor
Aaron Dahl
Jeff Wusk

Third Place (65)

Scott Jorgensen
Jody Rhodes
Chance Morland
Bec Ray

FIFTH FLIGHT

First Place (69)

Andy Seamann
Rich Britten
Chris Blecha
Joey Imus

Second Place (69)

Steve Brennan
Pat Brennan
Gene Ferrell
Keith Childress

Third Place (71)

Gabe Eberhardt
Adam Verhage
Rayn Komenda
Steve Sherman

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"SELECTED BY ENTREPRENEUR MAGAZINE - FRANCHISE 500 AS ONE OF THE TOP NEW FRANCHISES IN 2021"

2021 NCA Super-State/All-State Teams

Presented by:



Boys' Golf Super State

Jacob Boor, Creighton Preparatory School
Luke Gutschewski, Mount Michael Benedictine
Isaac Heimes, Norfolk
Jacob Hellman, Omaha Westside
Charles Hoiberg, Lincoln Pius X
Marcus Holling, Grand Island Senior High
Jason Kolbas, Lincoln Pius X
Zachary McCormack, Creighton Preparatory School
Rockney Peck, Wisner-Pilger
Theodore Peterson, Creighton Preparatory School
Kody Sander, Lincoln Pius X
Luke Strako, Creighton Preparatory School
Will Topolski, Lincoln East
Brendon Walker, Mullen
Ty Wehrs, Seward

Boys' Golf Class A All-State

No Selection as Top 12 are Within Super State

Boys' Golf Class B All-State

Cullen Buscher, Bennington
Jacob Goertz, Mount Michael Benedictine
Noah Miller, Omaha Gross Catholic

Boys' Golf Class C All-State

Nick Fleming, Columbus Scotus
Jaylin Jakub, Aquinas Catholic
Alexander Schademann, Fillmore Central
Ethan Smith, Doniphan-Trumbull

Boys' Golf Class D All-State

Braxton Brockhaus, Creighton
Brett Downing, Sandhills/Theford
Connor Hasenauer, North Platte St. Pat's
Jack Lubischer, Humphrey St Francis
Teegan Sonneman, North Platte St. Pat's

Girls' Tennis Class A First Team All-State

Clare Plachy, Lincoln Pius X – Captain
Mary Faulk, Millard North
Camilla Ibrahimova, Lincoln Southeast
Caroline Miller, Lincoln Southeast
Elsa Jurrens, Omaha Marian
Allyson Keitges, Lincoln Southeast

Girls' Tennis Class A Second Team All-State

Cecilia Ulrich, Sophomore, Lincoln Pius X
Elly Johnsen, Senior, Lincoln East
Riya Kannapareddy, Junior, Millard North
Ella Ford, Senior, Lincoln Southwest
Kristina Le, Junior, Lincoln East
Meg Hove, Senior, Lincoln Southwest
Elizabeth Nelson, Senior, Elkhorn South

Girls' Tennis Class A Second Honorable Mention

Bellevue West: Claire Peoples, Christina Carozza
Columbus: Addison Duranski, Miranda Swanson, Rebecca Hazlett, Logan Kapels
Elkhorn South: Anna Dynek, Elli Klein, Julia Dittrick, Lauren Hinrichs
Fremont: Abigayle Bigsby, Tawnie Escamilla
Grand Island: Macy McDonald
Kearney: Olivia Flood, Makenna Henning, Anna Boyd, Elizabeth Young, Meghan Dahlke, Cecilia Henning
Lincoln East: Gibsen Chapman, Sofia Sarroub-Le Sueur, Olivia Brehm, Kyana Le
Lincoln North Star: Caitlin Hudson, Abigail Lottman
Lincoln Pius X: Anna Burt, Aly Woita, Stacie Thompson, Dominique Pace
Lincoln Southeast: Ella Kostal, Averie Dodds, Lily Rippeteau
Lincoln Southwest: Grace Bartolome, Ella Dean, Natalie Thompson, Lainie Fanton
Millard North: Anna Pipinos, Ria Boob
Millard South: Callie Freeman, Abby Gerdes
Millard West: Julia Wegiel, Ellie McCormick
Norfolk: Sydney Reynolds, Karly Kalin
Omaha Burke: Abigail Logeman, Breana Schneidewind
Omaha Marian: Ellen Crotzer, Sydney Schroeder, Cecilia Regan, Lauren Mendliceck, Ava Schroeder
Omaha Westside: Anna Schmillen, Claire Bonnett, Kathryn Terry
Papillion-LaVista: Sofia Hurst, Haley Wilwerding

Girls' Tennis Class B First Team All-State

Meena Satpathy, Omaha Duchesne – Captain
Crystal Craft, Norris
Paulina Gilgenast, Omaha Duchesne
Ashlyn Kucera, Grand Island Central Catholic
Ina Satpathy, Omaha Duchesne
Madeline Starr, Norris

Girls' Tennis Class B Second Team All-State

Abigail Brewster, Omaha Duchesne
Bridget Duffy, Omaha Duchesne
Joslyn Hammond, McCook
Georgia Havel, Norris
Isabel Havel, Norris
Kristen Whaley, Gering

Girls' Tennis Class B Second Honorable Mention

Alliance: Merci Hood
Beatrice: Olivia Pfeiffer, Avery Plessel
Bennington: Kailee Bailey, Eva Behlen
Brownell-Talbot/Concordia: Crystal Huang
Elkhorn: Paulina Fomicheva, Becca Vala, Julia Gates
Elkhorn North: Allison Tabaka
Gering: Paige Schneider
Grand Island CC: Haily Asche, Carolyn Maser, Mia Golka
Hershey: Carley Sexton, Anna Berntson, Carly Sexson, Brandy Bode
Lincoln Christian: Molly Looper, Jenna Wiltfong
McCook: Lexi Hauxwell, Emily Kjendal, Oliia Koetter, Elsa Wilcox
Norris: Jacee Carlow, Bailee Zavala
Omaha Skutt: Scarlett Lunning, Quinlan Sullivan, Anna Weberg, Katlyn Nelson, Breanna Skala
Waverly: Zoey Nelson, Morgan Schuelke
York: Erin Case, Natalie Rockenbach, Addison Legg, Meaghan Rowe

2021 NCA-Proactive Coaching All-Star Most Valuable Teammate Awards



Girls' Basketball Red Team
Samantha Moore, Mullen

Girls' Basketball Blue Team
Lacey Sprakel, Crofton



Boys' Basketball Red Team
Jack Johnson, Kearney

Boys' Basketball Blue Team
Brady Timm, Yutan



Girls' Volleyball Blue Team
Mary Claire Daubendiek,
Omaha Marian

Girls' Volleyball Red Team
Allie Gray,
Omaha Skutt Catholic



Girls' Softball Blue Team
Paige Davison, Omaha Burke

Girls' Softball Red Team
Jayda Van Ackeren,
Millard West



All-Star Boys' Basketball



All-Star Softball



All-Star Volleyball



All-Star Photos by Callam Sports Photography

Coaches Care Blood Drive Continues As Lincoln's Largest Single Day Donation Drive In 2021



The Nebraska Community Blood Bank (NCBB) and the Nebraska Coaches Association (NCA) joined together to encourage coaches to give back by donating blood at the NCA's Multi-Sports Clinic blood drive on July 28 at North Star High School.

Coaches in attendance rolled up their sleeves to give life to patients in need. The clinic blood drive was an opportunity to boost summer blood collections, a time of extreme shortages. The NCA blood drive proved to be the largest Nebraska Community Blood Bank Lincoln drive for the seventh straight year.

The "Coaches Care" program was created by the NCA to encourage coaches as leaders in the community to "Be the TYPE that Gives" and donate blood. This year's program included Scheels of Lincoln, providing "thank you" gifts to registered blood donors in the form of \$25 gift cards. NCBB also provided a television to be raffled off among the donors. This year's winner was Dennis Drbal from Lincoln.



Overall, the "Coaches Care" program demonstrated that the coaches of Nebraska do care. 105 total units of blood were donated on the day – 111% of the goal established by the NCBB.

SCHEELS



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www.callamsportsphoto.com

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

HDI Global Specialty (A Rated)

POLICY PERIOD

August 1, 2021 – August 1, 2022

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.



Balfour, the industry leader in ring design innovations, is ready to help you design and create your ring today! The exquisite craftsmanship of the Balfour artisans produces a ring of such exceptional depth, intricacy, clarity, and balance that they are, in fact, recognizable at a glance.

We have a longstanding tradition of producing the rings that celebrate these athletic victories. Since 1943 Balfour has been producing highly sought after championship rings for professional, collegiate, and high school athletes. Numerous collegiate level, national and conference champions proudly wear the Balfour ring.

Balfour—"The Choice of Champions"

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http://issuu.com/balfour/docs/2016_championship_brochure?e=2276235/33629480

For additional information, please contact:
Championship@balfour.com

For your Balfour representative, please go to:
<http://www.balfour.com/>

for the love of the game... **balfour.**