

A photograph of a football coach, likely Kenesaw's, on the sidelines during a game. He is wearing a blue and white jacket, khaki pants, and a blue cap. He is holding a clipboard in his right hand and a headset in his left hand, and appears to be shouting or giving instructions. In the background, several football players in blue and white uniforms are visible.

nebraska coach

DECEMBER 2021

Schnitzler Leads Kenesaw To First State Football Title

Winter Season Articles



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Lincoln Southwest captured the 2021 Class A State Softball Championship. The Silver Hawks, coached by Mark Watt, finished the year 40-6. Lincoln Southwest defeated Lincoln East 16-7 in the championship game. – Callam Sports Photography.

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Oakland-Craig, lead by Coach Chelsey Boden, captured the Class C2 State Volleyball Championship. The Knights defeated Sutton in three sets in the title match to finish the year 31-6. – Callam Sports Photography.

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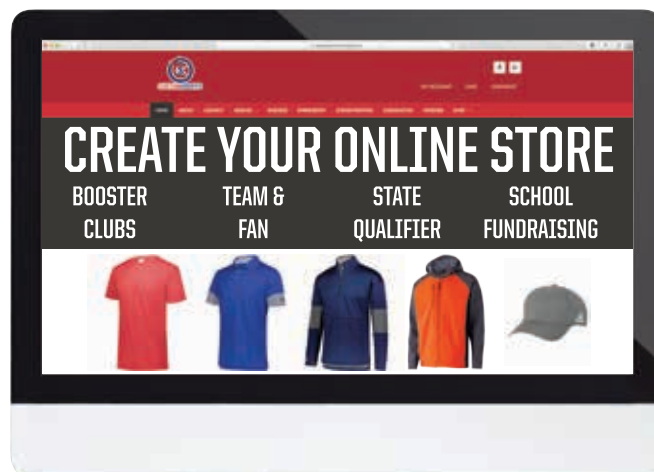
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NEBRASKA COACHES ASSOCIATION UPCOMING EVENTS 2021-2022

January 30, 2022

NCA Board Meeting
Zoom

February 5, 2022

NCA Track & Field Clinic
NSAA Building, Lincoln

February 16-19, 2022

State Wrestling Championships Hospitality
CHI Center, Omaha

February 17-19, 2022

State Cheer & Dance Championships
Heartland Events Center, Grand Island

February 25, 2022

State Swimming Coaches' Luncheon
Bob Devaney Sports Center, Lincoln

March 7-12, 2022

State Boys' & Girls' Basketball Hospitality
& Sportsmanship Awards
Lincoln

April 24, 2022

NCA Board Meeting
NSAA/NCA Building, Lincoln

May 9-17, 2022

State Soccer Sportsmanship Awards
Morrison Stadium, Omaha

May 18-21, 2022

State Track & Field Hospitality
Omaha Burke Stadium, Omaha

July 24-28, 2022

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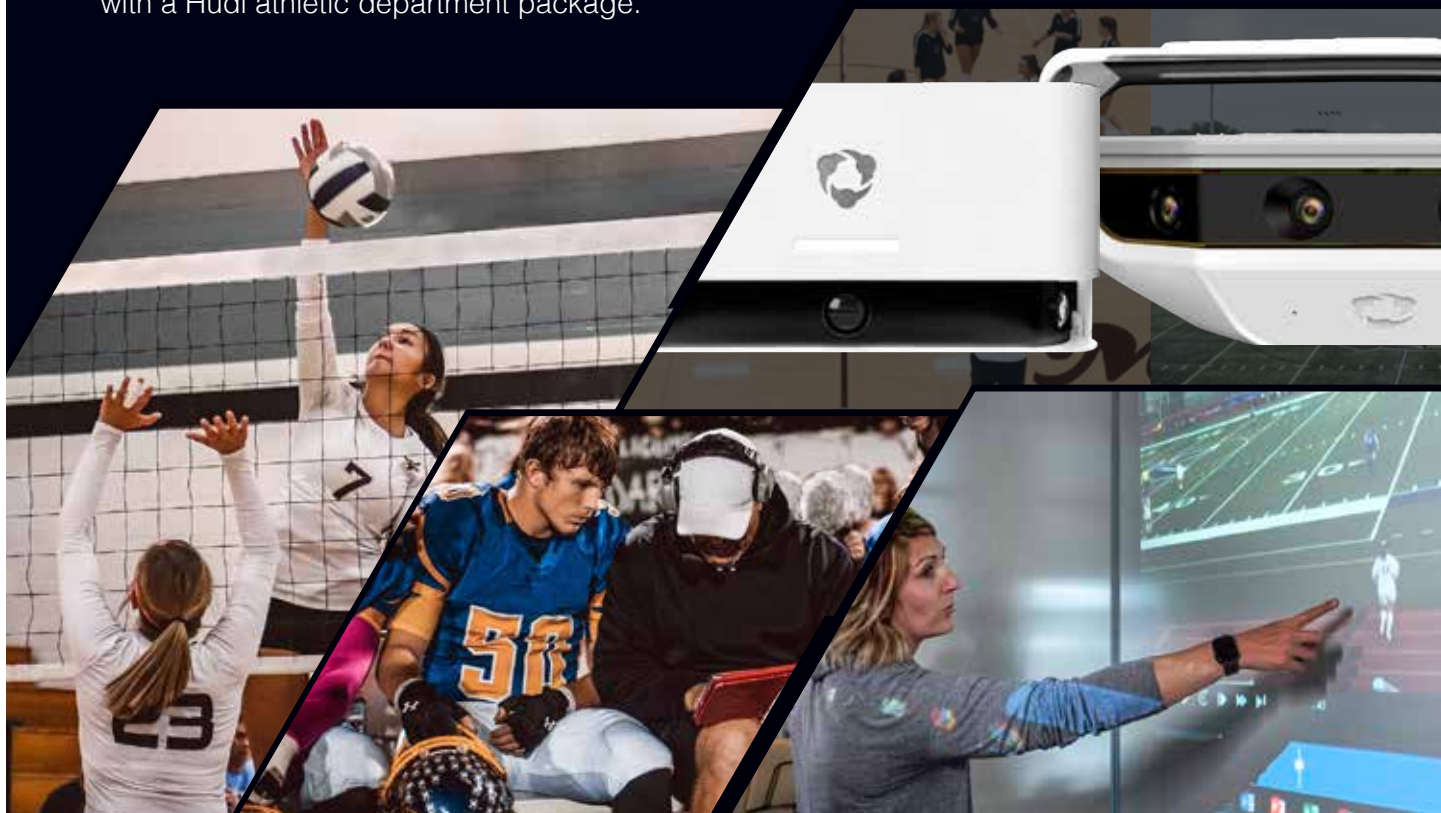


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“PACK” Mentality & Practicing With Pace & Competitiveness

Ann Prince – Elkhorn North – Girls’ Basketball

Photo by Brandon Urbano



I feel super blessed to have had the opportunity in my career to work with and be mentored by so many outstanding coaches in the game of basketball. When I think back, I must acknowledge Wayne Koehler and Fred Kluck who were my high school coaches who helped ignite a fire and passion in me for the game of basketball during my childhood and high school years. They helped me establish a sound base and understanding of fundamentals and passion to work on my game. My college years were spent playing for National Hall of Fame Coach Joanne Bracker, winner of 736 games, who really was ahead of her time as far as promoting the women's game and always being on the cutting edge with skill development. I was also fortunate to work under a few other amazing head coaches: Matt Fritsche, Shawn Gilbert, Tony Weinandt and Jennifer Wragge. Throughout my career I have coached at the college, high school, and club levels and at all those levels my points of emphasis have been the same:

1. Work the fundamentals hard
2. Play great defense
3. Rebound the basketball
4. Push the ball in transition

It is my desire to give back in some small way while making a positive impact in the lives of the athletes in our program.

PACK Mentality

“The strength of the wolf is the PACK and the strength of the PACK is the wolf.” I love this quote since we are the Wolves, but it is such a true statement related to being and performing as a team. Each athlete buying in and being strong and engaged as an important piece of the team will inherently make the team stronger. And when you have a strong engaged team, the strength of that team can help everyone perform at a higher level. Team/Pack can lift each other up when an individual has an off day. The PACK mentality that we as a team chose and bought into our first year was: Passion- playing with energy and enthusiasm and with a love of the game,

Attitude – displaying a positive attitude even when things don’t go our way

Coachable – listening and accepting constructive criticism and trying to implement suggestions given

Knowledge – listening, reading, watching, and growing our understanding of the game

We feel very blessed at how well our girls bought into the PACK mentality and established the expectations for our program in year one.

Playing With Pace

Along with buying into the PACK mentality we tried to establish a way of practicing that focused on pace and competitiveness, two aspects we feel can really help your team develop and be prepared for high level competition. Each day we do at least two or three full court drills to help us play with pace. These drills can double as a fun way to get your conditioning and shooting in as well. The first drill is the two-pass weave. Start in lines of three under the basket, outlet the ball from the middle line to the left wing on the run and the passer fills behind to the left lane. The outlet uses one or two hard dribbles to get to the middle of the floor and passes it ahead to the third player running the right lane. That player catches the pass, lays it in, and the left lane gets the rebound as they cross under the basket. The ball is then outleted again to the middle and the action is repeated coming back to the other end. We usually do this drill for 5 minutes. We keep score in a variety of ways; total makes, number of misses, number of fumbles,

Continued on page 7

drops or turnovers. We establish goals and work to improve those numbers as the season progresses. In each drill we stress running the lanes wide, snapping passes ahead and catching the ball with two hands to avoid fumbles and finishing shots.

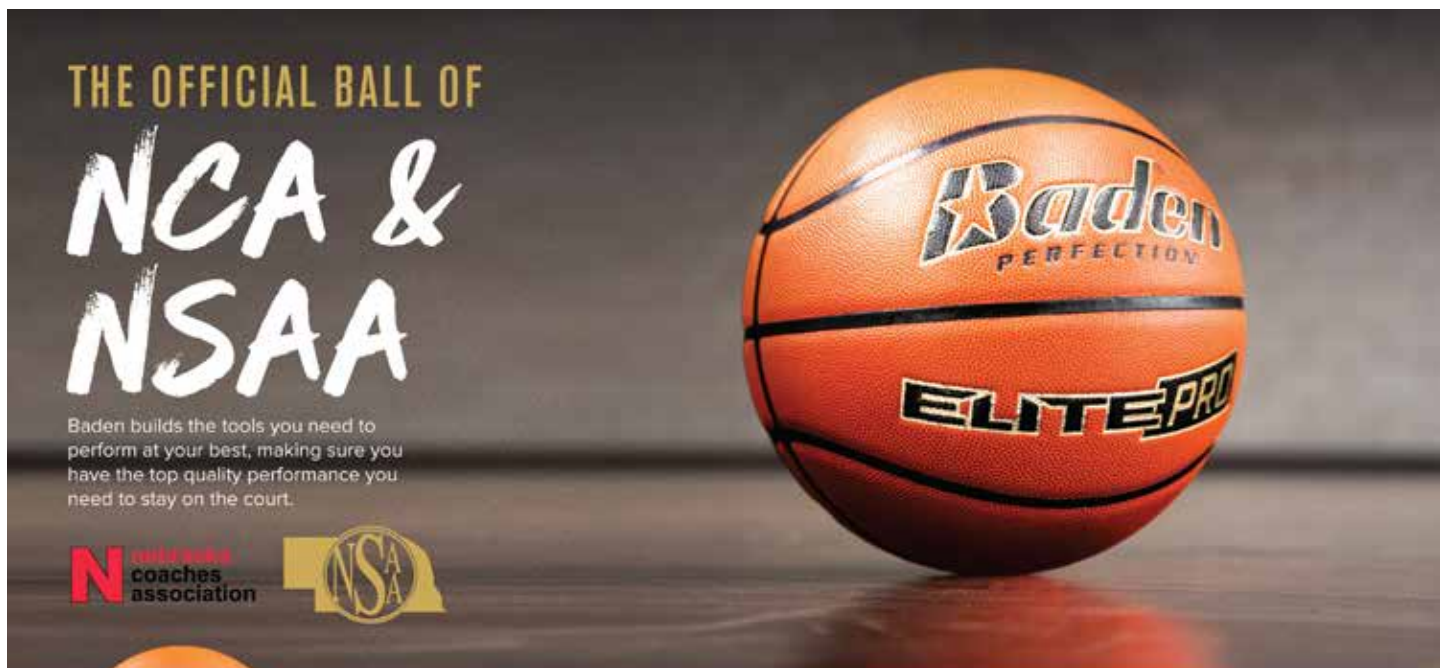
Competitiveness

Making practice competitive by keeping score has been a great way to get the girls to play or perform at game speed and is always a great way to intensify practices. Some examples are:

Two-line shooting drills – we divide into two equal teams of about 5-6 and utilize two lines for passing and shooting alternating between the two for 1 min from 15' on the left wing, middle of the lane and right wing then we repeat this action from the 3-point line for 6 minutes of shooting. We keep score and the girls are always working to get a higher number as the season progresses. The losing team usually has some sort of


consequence, and we keep track of our all-time high score. It's a great way to get a lot of shots up quickly in a competitive fashion and is also a very good conditioner as well.

Defensive Shell Three Stops – another very competitive drill on the defensive end. We use 3 teams of 4 and defense stays until they get three stops. Offensive teams enter from the top as soon as one goes the next team comes on, so it is nonstop. Defense must be alert and always communicating. To get out of the drill you must get three stops without fouling. You can use all kinds of variations such as designating which offensive action to use such as cutting, screening away from the ball or ball screens. You can also add in scoring for offense and scoring rebounds or taking points away for turnovers depending on your points of emphasis. I have found that keeping score and giving point values to things such as rebounds is a great way to get the girls to play hard, compete and execute the things that you value.



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Building A Successful High School Basketball Program

Tim Cannon – Millard North – Boys' Basketball



I have been coaching high school boys' basketball in Nebraska for forty-two years. I began teaching and coaching at Omaha Cathedral for six years, then continued at Omaha Bryan High School for twenty-eight years, and just completed my eighth year at Millard North High School in Omaha. I have experienced the pleasure of coaching many great young men from various backgrounds. Over the years I have developed a

philosophy of how to coach in a way that builds a successful high school program. I would like to share a few ideas on how to build such a high-quality program. I have learned many of these concepts from other coaches along the way. I have also learned from strong points and mistakes alike that I have practiced during these years. The following are some of my ideas.

THE GENERAL PLAN

- 1: Ensure the total support of your school administration. Specifically, you need the full backing of your school principal and athletic director. Involve them in communication regarding what they can do to help your student athletes succeed. Share successes of your team with your principal and athletic director. I have always felt it was very important to welcome my principal and athletic director to talk to our team as they walked through the gym during practice time. And I always appreciated one of my principals who would come into our locker room after home games and say "good job" to our players.
- 2: Hire good coaches who are loyal. Assistant coaches who are knowledgeable and who teach the game well are very valuable. Assistants who are constantly researching different aspects of the game add much to the program. The assistant coaches must always exhibit their commitment to the program and to the head coach. The assistant coach may disagree with the head coach at times but the two can discuss those items and learn from each other. At all times the assistant coach needs to exhibit that he totally supports the message of the head coach.
- 3: Communicate very well and very specifically within the program. General communication to players, parents, and fans is very important and very beneficial to the overall development of the program. It is paramount that the head coach conveys his message to the players on a daily basis. This can include announcements of the daily schedules and overall plans during the season and also the off-season. Communication on the practice floor should be very clear on a daily basis. Being in tune with how different players learn best and how they retain information is very helpful for team success.
- 4: Develop enthusiasm for the basketball program within the community and among the student body. Have your players help out at different community events and school projects. Our teams have helped at school firework stands, craft fairs, raffle ticket sales, school basketball clinics, etc. Encourage the players to encourage the student body to come to games. Have your players get out and support students in their school activities which hopefully results in getting those students to attend your basketball games.
- 5: Work to create a very strong junior program. In order to create a program with a lot of teams, you will need to find a great program director and good coaches. This program building necessitates trusting a lot of people so find loyal coaches and develop a strong director to provide good leadership and direction. Then let them go and expand the program! Hopefully those young players in your junior program will become your good high school players in the future. Our Junior Mustang program at Millard North has grown from one team to eighteen teams over the past eight years.
- 6: Encourage good media coverage of your team. Appreciate any media coverage you may receive and allow access to your practices, postgame coverage, etc. Allow and encourage interviews of your players by media members. During our 2020-2021 seasons at Millard North, we had very successful seasons with numerous high-profile players. Media requests for interviews of our players and myself were quite frequent. I felt this coverage was good for our program and facilitated every interview that was ever requested. Once in a while you may have to offer a different time for an interview than the media member requests. This would be at times such as before a game where you want the player to be able to keep

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his focus. Ask the interviewer to interview after the game instead of before if you feel this is better. We won fifty-two games in 2020 and 2021 with numerous interviews which really helped publicize our program.

7: Build your team culture. Emphasize to your players what ideas are most important to you. Clarify how the players should play and act in OUR basketball program. We clarify that it is OUR TEAM consisting of players and coaches working together. What are your expectations for how your players participate on the team? At Loyola University Chicago, there is an actual wall of culture posted in the men's basketball locker room. It includes different catch phrases and words of principles of play on the floor and demeanor off the floor that are important in the Loyola program. We do not have an actual Wall of Culture at Millard North, but we do have principles that are very important to our basketball CULTURE.

Here Are Those Foundation Ideas Of Our Millard North Basketball Program

PLAY THE GAME WITH ENTHUSIASM – Come to practice each day with positive energy. Play each game the same way and be the team with the most energy. This is an expectation for both players and coaches.

PLAY HARD – It is very important to play with intensity. Take the charge on defense and dive for loose balls. Box out hard for rebounds.

PLAY TOGETHER – We are not interested in individual stars but in a team of players who play very well together.

TEAM – Together everyone achieves more. We need not worry about who receives the credit. Let the team be successful and allow everyone to receive the credit together.

COMPETE – We try to run competitive drills each day in practice in which we keep score with each drill. Our players respond to the drills with a very competitive spirit. The competitiveness in practice makes us much better competitors during our games.

PLAY FOR TODAY – We really emphasize in practice, and in games, to give everything you have today. I write the words “Play for today” on our locker room board before each game. I often say, “Yesterday’s gone and tomorrow’s not here. Play for today.”

OWN YOUR TEAM – This is constantly emphasized to the players. Each season is a new one and the players should take ownership of this team during this season. The coaches coach and the players own the team!

STYLE OF PLAY – We like to play with motion offense and a few special and quick-hitter plays. We play multiple defenses with man-to-man defense emphasized along with some zone traps. We stress pressure defense along with constantly running on offense.

REPRESENT YOUR TEAM, PARENTS, AND SCHOOL – Always play and act with class to represent well! Be a real role model for the young kids watching.

In conclusion, these have been some of the foundations upon which we have built our basketball program at Millard North. We have been able to win 25 and 27 games over the past two seasons with a State Runner-Up and a State Championship finish. More importantly, we have built our teams with teamwork and high character among our players. There are many great ideas on how to build a successful program. I hope you can benefit from looking at the cornerstone ideas emphasized in our Millard North High School Basketball Program.



I BELONG^{x2}

Brandon Detlefsen Central City Public Schools

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- Central City-Fullerton-Centura High School Baseball Coach
- Middle School football, American Legion baseball coach
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Cornerstones To An Overall Wrestling Program

Youth Development & Relationships

Darin Garfield – Central City – Wrestling



All coaches have specific coaching styles and philosophies. Most of these are established over time due to experiences that each coach has. Coaches also have core values that they want to instill into their athletes and their programs. At Central City, our wrestling program is no different. Over the

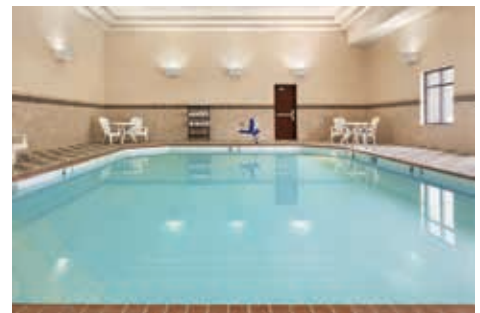
years, we have built a foundation that we strive to maintain. It takes a lot of work and the ability to adapt to the ever-changing times that we live in. What I want to do is take a moment and tell you what we do at Central City and how it has affected our program. It really is no secret that coaching is hard work. The amount of time that coaches spend is far more than most people even realize. Coaches put in this time because they want to build their programs into winning traditions. As I enter my 17th year at Central City and my 23rd year of coaching wrestling overall, it has become very clear to me that one of the best ways to see top results at the high school level, is to invest in the youth. It is vital that head coaches take an active roll in their youth programs. At Central City, I have a great group of assistant coaches that have bought in to this mentality. My coaches know that our expectation is for them to be K-12 coaches. I want them active at all levels of our wrestling program. It is not possible to be at everything, but I want them to be involved in all levels of our program.

The benefits of this are enormous. We can build a relationship with wrestlers as early as 4-5 years old. We can connect with these wrestlers and gain valuable trust and respect between the coaches and athletes. The time commitment can be daunting. Running youth practices several nights a week after running a full High School practice is exhausting but it is worth it when in the end. There is no greater feeling then being a part of the entire journey of an athlete or an entire team. To be there from the beginning of a wrestler's career makes it the most gratifying part of coaching. Aside from the connection with the athletes, investing in the youth also builds a strong relationship with parents. If they see that you are actively involved in their

child's development, they will gain greater confidence in you as their child's coach. Don't get me wrong; there are nights that get long. The Sunday tournaments are long after coaching at a Varsity tournament the day before. It is a labor of love that will pay off with results at the high school level. If devoting a ton of time to the youth club is becoming too much, the other option would be to find a person that you trust with the future success of your program and put them in charge to run the middle school team or youth club. But still try to be present for some of the practices and meets to show that you support what they are doing.

One other cornerstone of our program is relationships. The relationships that I want to build with my athletes are based on trust and respect. It is so important for athletes to feel that you trust and respect them. They will be much more willing to give that respect and trust back to you if you show them that first. All athletes are different. Take the time to find out what makes them tick. I am not much for screaming at kids. There is a time and a place when this needs to be done, but if all they hear you do is yell all the time, it will eventually lose its purpose. Showing support and enthusiasm for my athletes is something that I will always try to do. I have seen the hard work they have put in for years, and to see that pay off makes me so excited for them. All these things will help in the motivation of your athletes. I am convinced that a good motivator can help athletes achieve things that they would not have normally been able to achieve. Some of the best coaches may not be the best at teaching technique but get the most out of their athletes. Athletes have a lot on their plate these days. Multiple people are pulling them in multiple directions. We need to keep that in mind as we build relationships with them.

In closing, I want to say that I feel so very fortunate to be in the greatest profession in the world coaching the greatest sport in the world. Wrestling and the people that are involved with it are truly the best people. I am blessed to have made the connections and relationships with the people that have dedicated their lives to the sport. Thank you to all wrestling coaches for all you do!



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Building on the Past for a Competitive Future

Swimming Training Philosophy

Nick Baker – Papillion-La Vista – Swimming



I feel very fortunate to be a teacher and a coach with the Papillion-La Vista Schools. We have a great community, phenomenal students and families, and supportive administration. Additionally, we have historically strong athletic programs. I am humbled to be part of this staff and I am very proud to carry

on our strong tradition in swimming and diving. I would like to share some aspects of our program and our training ideology that I feel help us build upon the past to stay competitive in the future.

I am a firm believer in having a large program. At times, we have over 80 athletes on our team. To me, this serves a handful of purposes. First and foremost, it allows students to be involved in athletics through their school, and no club or youth sport can give an athlete the sense of pride that comes with competing for their school. With that, these student-athletes get to learn life skills via sport and generalize those skills into other areas of their lives. Another reason why numbers are important in swimming is because many student-athletes simply have not been exposed to the sport in the past, but as they continue to practice, they can rapidly improve. Over the years, we have had many swimmers start their high school career on our Junior Varsity team and end their senior year as State Qualifiers - we even had one swimmer win two state championships and was named a NISCA All-American!

The way that we structure our team to accommodate large numbers is that Junior Varsity swims 5:30–7:00 a.m., and Varsity swims 3:45–5:30 p.m. By putting Junior Varsity in the morning, it weeds out the swimmers who are not serious about the sport. While our Varsity swimmers participate in dryland training on Tuesday and Thursday mornings, we do not do doubles in the water. This works out well because philosophically we are a sprint-based program so our training does not require two-a-days in the pool.

Regarding our training, I feel that since the longest event in the high school meet lineup is the 500 and should realistically take a competitive swimmer no longer than five and a half minutes to complete, it makes sense to train more for the shorter events. With that being said, we do break out once a week and complete sets for our 500 swimmers that are specific to that race, but overall, we train for the shorter events. I also feel that the sprint freestyle events (50 free and 100 free) are the “money makers” at meets. A great 50 freestyler should be a strong 100 freestyler, a decent 200 freestyler, and in theory they should be solid in at least one 100 of stroke. When you have a handful of athletes like that on the team, then all of the relays become stronger as well.

The other thing that we do in our training is emphasize the individual medley. We do a lot of IM work each week because I believe that each swimmer coming out of our program should be well-rounded in their strokes. This allows us to swim in off events in dual meets and hopefully still be competitive in the team scores. We do not get too wrapped up in winning and losing dual meets — while I do hate to lose, I would much rather have swimmers go best times in off events during the grind of the season than over swim them in their primary events only to see time added from one meet to the next.

Now that I have described the type of training that we do and some of the thoughts behind it, I would like to get into workout design as well as some example sets that we do. I am not a coach who counts yardage for a workout, and instead I use the 1 hour 45 minutes combined with intensity level as my guide. We always start with a warmup that ranges 800–1,200 yards. Towards the end of warm up, we usually do something to get the heart rate up a little bit — maybe some builds, short sprints, or some fast kicking. Something that I plan to add to warm up this season is fast dolphin kicking with fins to help our team improve their dolphin kick both on top of and under the water.

After warming up, we get into our pre-set. Most of the time, this is a short set with some kicking and drilling in the swimmer's choice of stroke, followed by some sprinting, or building in the same stroke. We usually do 2-4 rounds of pre-set so that swimmers can change their focus stroke from one round to the next. The primary goal of our pre-set is to fine-tune technique and get the heart rate up for the main set.

After the pre-set comes the main set of the day. Each week, we try to have a sprint/distance day, an aerobic day, an IM day, a kick-heavy day, and a stroke-specific day. Depending on how the

Continued on page 15

swimmers are feeling and how they are looking in competition, we swap in a recovery day as well. One set that we do each week is 2x (8x50 at 1:35 sprint flutter kick + 1:00 rest). Each week, we drop the interval by :05 so we end the season doing them at :40 - it is fun to watch swimmers improve on this set over the course of the season.

We do a lot of pace work in our training. This can come in the form of rounds of 25's at :40 holding 100 pace, 50's holding 500 pace for our distance folks, or 200 pace work. For 200 pace work, we usually do rounds 5x50s, #1 is strong, #2 is build, #3 & #4 are at 200 pace, and #5 is all out. Sometimes we follow this up with some sprint kicking to reinforce the idea of strong legs at the end

of the race. Swimmers can do the 200 set in stroke if they would like.

I have recently become a fan of descending in sets of 3. We do a lot of this at various distances (25s-100s) and intervals. I like descends because the purpose of the first and second swim is to slightly exhaust the swimmer, and then on the third repeat they are to go all-out. This would be followed by a recovery swim.

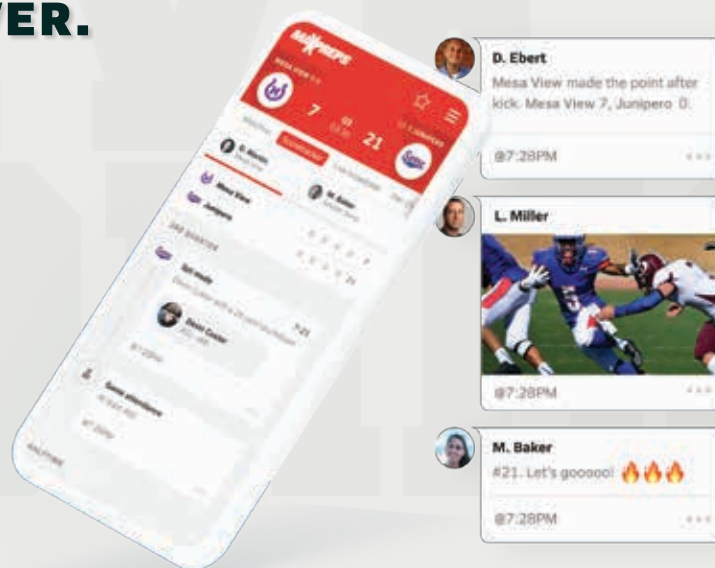
Other things that we mix into our workouts are underwater widths, all-out kicks or swims, and resistance/assistance training. If you have any questions regarding any of our training, feel free to contact me at nick.baker@plcschools.org and I would be more than happy to share ideas and sets.



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Building a Successful Bowling Program: Get 'em Young, Younger & Younger

Josh Johnson – Wayne – Bowling

Photograph Taken By Toni Rasmussen



It should be no surprise that a successful athletic program begins WWAAYYY before the athletes get into the high school program. Getting young athletes to an elite level takes hours and hours, months and months, and, of course, years and years of practice and dedication. This means that your program's success this year began months and years ago. Patience and persistence will help get you to where you want to be. Now, I understand that this is not anything that is earth-shattering, rocket science kind of information, but I think that if you are reading this from the bowling coach perspective, you know how this can be an "easier said than done" idea.

I was blessed to have parents who had my bowling future in mind. They bought the local bowling alley in Laurel, NE (Hillside Bowl) one month before I was born. That means I grew up in a bowling alley. In high school, college and into my early 20s, I had a key to the building— this is a story for another day and probably one I don't want my parents to completely know about, but this allowed me to practice and practice and practice. It allowed me to bring in my friends and practice. We even got our own little team together and travelled to Bloomfield for a very non-sanctioned duel in the early 90s. I can remember filling up our eight lanes for our Saturday junior league. Can you imagine that? Eight lanes full of kids in the winter bowling on a Saturday? These kids didn't have weekend basketball, volleyball, pitching or hitting times to get to, or a plethora of other activities like they do today. By the time I got to high school, you could see the writing on the wall with trying to get junior leagues going. By the late 90s every night and weekend was being filled with so many things, and bowling was starting to lose out. My parents sold the bowling alley in the late 2000s, and it closed soon after. Hillside Bowl, like many small-town alleys, has been closed and now even torn down. All that is left is the memories. This is the sad history of bowling over the past few decades.

However, thanks to the hard work of the Bowling Federation, Nebraska High School Coaches Bowling Association, and the countless local people in every town, bowling is starting to have a bit of a resurgence. The hard work of these people led the NSAA to make it a sanctioned sport. The conversation really got going all the way back in 2012. Talks in the NSAA finally moved forward in the spring of 2020, and the vote came down later that summer - See, not everything was bad in 2020. The excitement of the kids was off the charts. The mad scramble to get teams and schedules together was upon us. Even though I was not very active in coaching bowling over the years, I was approached to lead the program. Like everyone else out there, I was not sure what this was going to look like, but anything was going to be better than nothing. I know what you are thinking at this point, why so much background and history? Well, you need to know where bowling was and now is. Plus, I am a history teacher, so I just cannot help myself putting in a bit of a history lesson.

I think we in Wayne have something special. Here is how I moved forward. These may not be in any order, but they are equally important to our success and maybe to yours.

Step One: My first visit when I got the nod to be head coach was to re-engage my relationship with our local bowling alley manager at Wildcat Lanes. Cec Vandersnick quickly became my bowling best friend. The success of the Wayne bowling program past and present can be traced directly to her! As a bowling coach, the bowling alley manager/proprietor can and will do more for you and your program than you will ever believe. Work with your bowling manager/proprietor to find ways to get kids bowling in open bowling and youth leagues. Cec is around the alleys almost every night and knows every kid who comes in the place and most likely the kind of pop or candy they like. She is letting me know all the time about who is coming in and practicing. It is an environment that kids like to go to and love to practice in.

Step Two: I stepped into a program that already had an established junior league and high school teams. The Wayne Junior League goes back as far as I can remember Kids have been excited to try our bowling program. Kids already have volleyball, basketball, wrestling and on and on, with programs starting in the third-sixth grades for these youngsters. If you cannot get a local junior bowling league started it will really make things difficult for the future. With the excitement of last year's successful bowling year, our spring and fall junior leagues got so

Continued on page 18

big we had to split them into two groups. The younger you can get kids started in bowling, the better chance you will have for them to stick with it. Today is our last day of our fall league, and it should be interesting since it is Halloween. There will be a ton of kids and a ton of fun today. This youth league has led to many successful high school teams in the Bowling Federation and the Nebraska High School Coaches Bowling Association. Both programs won numerous state titles. In the NSAA our boys tied for 5th this past winter and our girls were Class A State Champs! However, we would have never achieved this high school success without the hours, months, and years of hard work by all the coaches and players over those past years.

Step Three: Create a family-type environment. Create this within the kids, within the parents, between the kids and the parents, and don't forget to add yourself to the family. My 10-year-old daughter is in our junior league, and I get to be a parent in this thing just as much as the high school coach. Junior league is a blast as a parent, and I think my daughter likes it too. We encourage parents to stick around and watch, and they do. When the parents feel part of it and enjoy it, then they are way more likely to bring in their kids for open bowling. I love watching the families with kids of all ages bowling. Get 'em early and like it and you will have a chance of getting them to stick with it in high school. Sunday afternoons at Wildcat Lanes are full of kids bowling and parents hanging out. Many of these parents have helped to coach their and other kids in our programs. Many of the past bowlers have come back to coach the current kids in league and open bowling. These people are extremely important to the success of a program and have been the driving force to Wayne's success.

Step Four: The first three steps were part of the culture we have tried to build. Get them young, younger and even younger! Get 'em out in high school and keep them out is the next step. Hopefully if you can get them at least interested in bowling some time BEFORE high school, you will have a good chance to get them out in high school. When you get them out, make practices fun, challenging, and competitive. Every practice we try to do that. My recommendation is to attend clinics (the one at Coaches Clinic last summer was awesome), network with coaches throughout the state, and watch lots and lots of YouTube videos or other bowling coaching websites to get practice ideas. Remember, though, to have fun at practice. Pin drills can be REALLY BORING, but if you can add competitive and fun challenges for them, things go better. I have a bucket of leftover Halloween candy for kids who get the 7 and 10 pin ONLY during a pin drill frame. Kids love that one. I had a kid after our Unified Bowling match tell me I owed him a piece of candy because he only got the 7 & 10 - I had to inform him he had to be trying for them and not accidentally get them.

This is an exciting time for bowling. There are a great bunch of kids out there who are looking for something to be part of, and bowling can fill that void. Go get them early (younger), and your program will grow and grow just like them. It is extremely rewarding to see the excitement these kindergarten through high school kids have on the lanes. Watching kids get their first strike, a new high game or even a 290 is so awesome. Then watching them put it together as a team and as a group is something special. You don't need to win state titles to find this feeling. Watching youngsters fall in love with a lifetime sport is all you'll need to know you are doing the right thing.



Pictures of the Wayne Blue Devil Bowling youth bowling camp. Summer of 2021.
— Photograph Taken By Toni Rasmussen.

High School Strength & Conditioning vs. Private Facility Strength & Conditioning

Stewart Venable – Lincoln North Star – Strength & Conditioning



A consistent question that I hear often from parents is, should I allow my child to train in their High School weight-room or should I pay a Private Facility to train them? To give you some context, I am uniquely qualified to help resolve this dilemma and possibly give some guidance on how we can best move forward. I've been a Strength Coach for 39 years and have

worked in various institutions and facilities to include collegiate, high school and private facilities. Since arriving in Lincoln, NE in (Oct 2012) I've volunteered at Pius X High School and worked at both Lincoln High School and currently North Star High School in Lincoln, NE. I have also operated my own business from within the Driven Academy, Cornhusker CrossFit, and CrossFit Lincoln.

THE ISSUE:

A primary complaint from high school sport coaches and P.E. Teachers is that Private Training Facilities are recruiting their best athletes. It is believed they are taking these athletes away from their schools and the team environment to promote themselves and their businesses. This is done mainly as advertisement to attract lesser (paying) athletes, while the best athletes train at their facility for reduced or no fee. This is a marketing ploy to increase the revenue and profits for the Private Facility.

The Private Facilities owners also have a major complaint that most high school weight-rooms are supervised by Teachers and/or Coaches that are not qualified. These Teachers and Coaches lack the knowledge to instruct athletes on proper lifting technique and the fundamentals of athletic performance. It is believed that most High School P.E. Teachers and Sport Coaches lack both the education and certification(s) to train student/athletes in area of athletic performance also known as Strength and Conditioning.

THE SOLUTION:

Now, if both sides could just stop thinking the worst of each other and put our egos aside and remember what drew us to the profession of being a Strength Coach in the first place. We entered this profession for the privilege of guiding a young person or young people along their journey to adulthood. More than likely because someone (probably a Teacher or a Coach) was instrumental in helping us along our journey. If you think back to an adult that was not your parent or guardian yet had a profound impact on your life the majority of you would recall a Teacher or a Coach, of that I am certain. That is truly your "Why", not to make a difference, or to impact a life but rather because someone impacted your life when you most needed it and

you remember how that felt and how much it meant to you. Now, you have an opportunity to pay it forward and that's why we Coach and why we are so passionate about the profession.

This is the mindset that needs to be at the forefront as we address the issue of High School verses Private Facility Strength and Conditioning. It needs to be High School and Private Facility Strength and Conditioning. It is a false choice, and a parent should not have to choose one of these entities over the other. These two entities can co-exist if both groups keep in mind and do what is truly in the best interest of the student athlete and work ethically toward the common goal of decreasing risk and increasing athletic performance of our athletes.

HIGH SCHOOL COACHES RESPONSIBILITIES:

1. Communicate with your athletes – Take the time to communicate with the athlete(s) your expectations regarding additional training outside of their school Weight Training Class. Let them know that you are supportive of their decision, but you want to make sure collaboration between yourself and the Private Facility Coach to ensure their needs are being met.
2. Contact your athletes Private Facility Coach – When you have been informed one of your student/athlete is training at a Private Facility then you should connect with that Coach. Tell the Coach who you are, where your work and your relationship with the athlete. Also, share with the Coach what your programming looks like so as no lifts will be duplicated on the same day or the next day by the athlete.
3. Build relationships with Private Facility Coaches in your area – Make a point to meet and build relationships with all the S&C Coaches in your area. That way, if or the circumstances arise where they are training one of your athletes, you already have a relationship and conversing is much easier.
4. Be always respectful with both your words and actions regarding Private Facility Coaches – The profession of S&C is relatively in its infancy and our circle is small. The chances are good that you are likely to see, meet and or know the people in your area that work in our field. Understand that we are all complex individuals with different life experiences and varied coaching philosophies. It is imperative that you are always professional and respectful of other Coaches. You do not want to say or do anything that will tarnish your reputation. Be a good human.
5. Realize that we all are here as guides for the student/athlete on their journey – Keep the main thing the main thing and focus on the development of the student/athlete. Keep the egos in check

Continued on page 20

and take the actions that best serve the needs of the student/athlete. This is your mission to accomplish.

PRIVATE FACILITY RESPONSIBILITIES:

1. If you have a new athlete at your facility inquire about their sport and performance training – This should be a given, but it is important to know what sport(s) your athlete is playing, whether school or club, sports performance training both current and history. In addition to that the name(s) of Teams and Coaches so that you can connect with them.
2. When you acquire a new athlete ask if they have a Weight Training Class at school – Determine if your new athlete is taking Weight Training at their high school during the school day or training with their high school sport team after school. If they are, then contact that athlete's S&C Coach and or Team Sport Coach to ensure that your programming is not contradicting their coaching philosophy and there is no duplication of exercises.
3. Contact your athlete's Weight Training Class Teacher – It is extremely important that you contact your athlete's Weight Training Teacher immediately. Inform them of your attainment of their student as your athlete. See what questions or concerns they might have for you and be willing to share your coaching philosophy and programming. It is out of concern for the student/athlete that the amount of stress placed on the athlete is transparent, monitor and that the chance of overuse or other injury is limited.

4. Connect with your new athletes Sport Coach and see what their expectations are – Similar to the above (#3), it is important that you contact your new athlete's Sport Coach. Ascertain any questions or concerns the Sport Coach may have regarding you training their athlete and discuss your training philosophies. Remember, it is the sport that the athlete loves not weight training. The role of a Strength and Conditioning Coach's is to support the Sport Coach.

5. Realize that we all are here as guides for the student/athlete on their journey – See #5 Above

SUMMARY/CONCLUSION:

In the end our goal is the same, to build a better athlete. The Private Training Facilities are not going away, and neither is the high school. Instead of hoping one entity will cease and desist, (hope is not a strategy), it is in our best interest to work together for the betterment of the student/athlete. We need more conversations, better communication, and a willingness to collaborate to make this a win-win for everyone involved. It's not High School verses Private Facility but rather, High Schools and Private Facilities united, in building better athletes.



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Boys' Tennis

A	Chris Stock	Lincoln East
B	Chase Petersen	Mt. Michael Benedictine

Girls' Golf

A	James Danson	Lincoln Southwest
B	Calvin Thompson	Elkhorn North
C	Kelly Cooksley	Broken Bow

Boys' Cross Country

A	Sean McMahon	Fremont
B	Sam Jilka	Lexington
C	Kyle McMahon	Fort Calhoun
D	Jon Krings	Norfolk Catholic

Girls' Cross Country

A	Brian Kabourek	Lincoln East
B	Justin McGill	Norris
C	Donna Wiedeburg	Sidney
D	Mickey Doerr	Crofton

Volleyball

A	Katie Tarman	Papillion-La Vista South
B	Renee Saunders	Omaha Skutt Catholic
C1	Sue Ziegler	Lincoln Lutheran
C2	Becky Rennerfeldt	Oakland-Craig
D1	Taryn Janke	Howells-Dodge
D2	Emma Ebel	Falls City Sacred Heart

Football

A	Mike Kayl	Gretna
B	Kameron Lenhart	Bennington
C1	Kurt Frenzen	Columbus Lakeview
C2	Seth Mruz	Archbishop Bergan
D1	Mike Speirs	Howells-Dodge
D2	Craig Schnitzler	Kenesaw
D6	Landon Miller	Cody-Kilgore

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2021 Boys' Cross Country Super-State & All-State Teams



Photo by Callam Sports Photography

Super-State

Class A

Evan Caudy, North Platte
Dennis Chapman, Creighton Prep
Juan Garcia, Grand Island
David Goldsmith, Millard North
Juan Gonzalez, Fremont
Dalton Heller, Millard South
Gabriel Hinrichs, Elkhorn South
Luke Johnson, Elkhorn South
Evan Liewer, Gretna
Piercze Marshall, Millard West
Nolan Miller, Fremont
Max Myers, Lincoln Southwest
Isaac Ochoa, Norfolk
Daniel Romary, Lincoln Northeast
Carter Waters, Fremont
Jack Witte, Millard West

Class B

Mesuidi Ejersc, South Sioux City

Class C

Carson Noecker, Hartington
Luke Bonifas, Adams Central

Class D

Tylan Schlueter, Ainsworth

All-State

Class A

Top 16 Super-State

Class B

Top 1 Super-State
Oscar Aguado-Mendez, Lexington
Riley Boonstra, Norris
McCoy Haussler, Omaha Skutt Catholic
Caden Keller, Northwest
Nathan Nottingham, Seward
Thomas Richteregger, Omaha Skutt Catholic

Class C

Top 2 Super-State
Dyami Berridge, Winnebago
Carter Hohlen, Lincoln Christian
Ely Olberding, Fort Calhoun
Lance Olberding, Fort Calhoun
Jacob Rupp, Fort Calhoun

Class D

Top 1 Super-State
Ben Hammond, Norfolk Catholic
Trevor Kuncel, Mullen
Grant Lander, Homer
Abraham Larson, Stanton
Jarrett Miles, North Platte St. Patricks
Raden Orton, North Central

2021 Girls' Cross Country Super-State & All-State Teams



Photo by Callam Sports Photography

Super-State

Class A

Izzy Apel, Lincoln East
Kennedy Bartee, Lincoln High
Isabella Bricker, Gretna
Elli Dahl, Fremont
Deavion Deleon, Papillion-La Vista South
Lucy Dillon, Fremont
Isabelle Hartnett, Millard West
Marissa Holm, North Platte
Mia Murray, Lincoln East
Brianna Rinn, Lincoln Southwest
Jaci Sievers, Elkhorn South
Peyton Svehla, Lincoln East
Mia Wagner, Fremont
Addison Walker, Gretna
Claire White, Omaha Westside
Reese Young-Oestmann, Omaha Westside

Class B

Madison Seiler, Gering

Class C

Lindee Henning, Ogallala
Keelianne Green, Arlington

Class D

Jordyn Arens, Crofton

All-State

Class A

Top 16 Super-State

Class B

Top 1 Super-State
Gabriela Calderon, Bennington
Olivia Lawrence, Platteview
Anika Richards, Omaha Skutt Catholic
Kassidy Stuckey, York
Ellie Thomas, Norris
Kendall Zavala, Norris

Class C

Top 2 Super-State
Callie Arnold, Pierce
Sadye Daniell, Lincoln Christian
Darla Nelson, Bloomfield-Wausa
Danie Parriott, Conestoga
Talissa Tanquary, Sidney

Class D

Top 1 Super-State
Emily Frey, Palmyra
Daisy Frick, North Central
Payton Gerken, McCool Junction
Katherine Kerrigan, Ainsworth
Peyton Paxton, Mullen
Hannah Swanson, Nebraska Christian

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2021 Boys' Tennis All-State Teams



Photo by Callam Sports Photography

Class A

First Team

Zachary Kuo,
Creighton Preparatory School (Captain)
Kirby Le, Lincoln East
Kyle Givens, Lincoln East
Gabriel Whiston, Lincoln East
Andrew Nelson, Elkhorn South
Jeremiah Witkop, Bellevue West

Second Team

Joshua Rosenblatt, Omaha Westside
Kaiden Bradley, Lincoln East
Nathan Ramachandran,
Creighton Preparatory School
Shawn Ramachandran,
Creighton Preparatory School
Caden Haar, Lincoln East
Asher Saulsbury, Kearney

Class B

First Team

Gavin Forster, Mt. Michael (Captain)
Isaac Hinze, McCook
Aiden McDowell, Crete, Crete
Ethan Pentel, Mt. Michael
William Mallisee, Mt. Michael
Robert Seaton, Skutt Catholic

Second Team

Evan Humphrey, McCook
Nathaniel Miller, McCook
Avelino Hanmer, Skutt Catholic
Alex King, Grand Island CC
Bowdie Fox, Grand Island CC
Andrew Hammer, York

2021 Girls' Golf Super-State & All-State Teams



Photo by Callam Sports Photography

Super-State:

Neely Adler, Lincoln Southwest
Cecilia Arndt, Columbus Scotus
Kaitlyn Dumler, Lincoln East
Kaitlyn Hanna, Omaha Westside
Nielli Heinold, Scottsbluff
Elly Honnens, Lincoln East
Julia Karmazin, Elkhorn North
Emily Karmazin, Elkhorn North
Anna Kelley, Scottsbluff
Nicole Kolbas, Lincoln Pius X
Emily Krzyzanowski, Gering
Sarah Lasso, Columbus
Karsen Morrison, North Platte
Emma Moss, Lincoln East
Katelyn Ruge, Millard North
Kate Strickland, Lincoln Southwest

All-State:

Lynzi Becker, Cozad
Brook Diekemper, West Point-Beemer
Olivia Lovegrove, Lincoln Christian
Payton Wise, Kimball

Volleyball Sportsmanship Awards



Class A – Gretna



Class B – Omaha Skutt Catholic



Class C1 – Columbus Lakeview



Class C2 – Superior

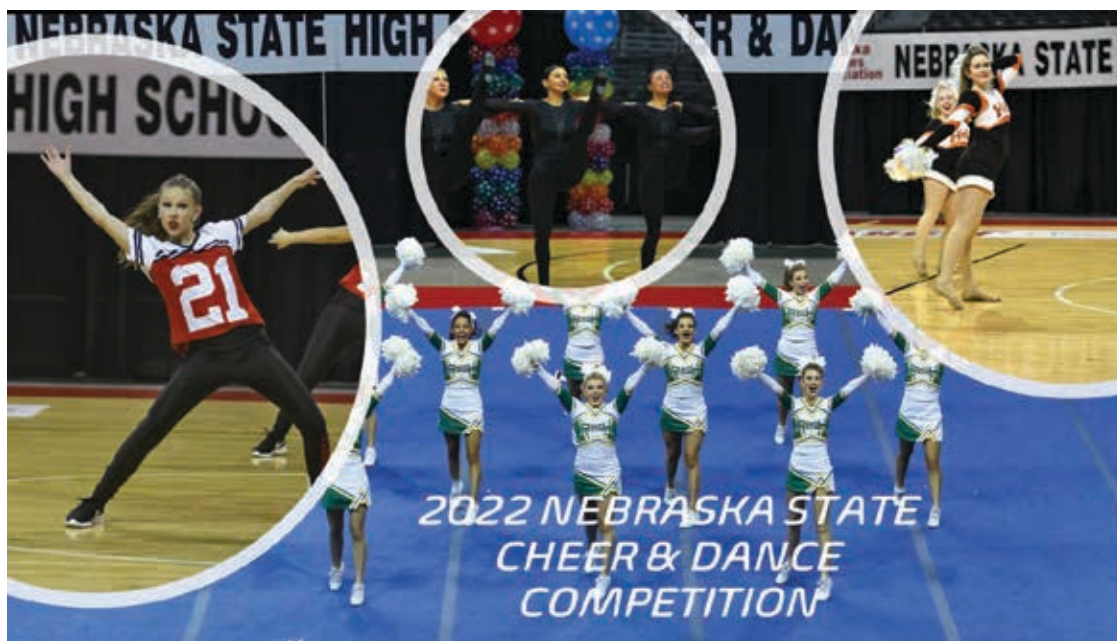


Class D1 – Archbishop Bergan



Class D2 – Falls City Sacred Heart





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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.

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August 1, 2021 – August 1, 2022

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\$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

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- ❖ 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.

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

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Greg Joly
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Member & Gold Card Holder



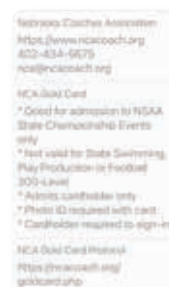
Silver (Retired) Member Only



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.

Bellevue University

Any gate
Membership card required
Admit member + one
Good for all sports

Central Community College- Columbus Campus

Any gate
Membership card required
Admit member + one
Good for all sports

Chadron State College

Any gate
Membership card required
Admit member + one
Good for all sports

College of St. Mary

Advance call-in (402) 399-2358
Admit member + 1
Good for all sports
Tickets are free

Concordia University

Use any gate
Membership card and photo ID
Admit member + 1
Good for all sports
Tickets are free

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

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

Hastings College

Membership card and photo ID
Good for all sports
Admit member

Midland University

Any gate
Membership card and photo ID
Admit member + one
Good for all sports

Nebraska Wesleyan University

Any gate
Membership card and photo ID
Admit member + 1
Good for all sports, tickets are free

Northeast Community College

Main gate
Membership card required
Admit member + 1
Good for all sports
Tickets are free

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

Peru State College

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

Southeast Community College-Beatrice

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

University of Nebraska-Kearney

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

University of Nebraska-Omaha

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

Wayne State College

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

Western Nebraska Community College

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

York College

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

Join The Nebraska Coaches Association Today

Take Advantage of these Benefits:

- Year-round **\$2,000,000** coaching and classroom liability coverage
- \$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 ncacoach.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 (Circle 1)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Bowling	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Administrative Assignments 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

Clinic: NCA Membership Required ☐ \$55 Early: Prior to 6/1 \$65 Regular After 6/1

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)

 /

CVV 3-Digit Code on Back of Card:

Signature:



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

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