

## CROSS COUNTRY

Room E119 unless otherwise noted

### Tuesday, July 26

7:30 a.m. Registration & Exhibit Areas Open  
9:00 a.m. – 9:50 a.m. David Martin, The Jason Foundation: *Suicide & Student-Athletes* – Auditorium  
10:05 a.m. – 10:30 a.m. **NCA Cross Country & Track & Field Sport Meeting:** Advisory Committee Nominations/Selections & Milestone Awards Recognition – E117  
10:45 a.m. – 11:35 a.m. **Welcome, Celebration of Life - Saundi Fugleberg**  
**Keynote:** Jimmy Page, Author, Speaker, Leadership Coach: *Heroic Coaching: Rediscover your Purpose, Passion, and Power to Win On and Off the Field* – Main Gym  
11:35 a.m. – 1:15 p.m. **Lunch on your own – Visit Exhibitors**  
1:15 p.m. – 2:05 p.m. Kurt Holliday, Seward HS, NE: *Going the Extra Mile*  
2:20 p.m. – 3:10 p.m. Jon Dolliver, NSAA: *Cross Country Meeting*  
3:10 p.m. – 3:45 p.m. Ice Cream Social – Exhibitor Area  
3:45 p.m. – 4:35 p.m. NSAA: *Concussion, Cardiac Arrest and Heat Acclimatization Training* - Auditorium

### Wednesday, July 27

7:30 a.m. Registration & Exhibit Areas Open  
8:00 a.m. – 8:50 a.m. Doc Beeman, 3D Institute: *Parents as Assets* – Auditorium  
8:00 a.m. – 4:00 p.m. *Coaches Care Blood Drive* – West Side LNS  
9:00 a.m. – 9:50 a.m. Jeff Howard, Woodridge HS, OH: *Constructing a Summer Training Plan*  
10:05 a.m. – 10:50 a.m. **District Meetings & Major Raffle at Mtg.** (Elections of Board Members, Election of Advisory Committee Members, Q&A with NCA Board of Directors)  
11:05 a.m. – 11:55 a.m. Jeff Howard, Woodridge HS, OH: *Managing a High School Racing Season*  
11:55 a.m. – 1:15 p.m. **Lunch on Your Own & NCA Sports Advisory Lunch Mtg. at LNS**  
1:30 p.m. – 2:20 p.m. Erin Sparrold, ES Nutrition: *Nutrition for the Cross Country Student-Athlete*  
2:35 p.m. – 3:25 p.m. Eric Rasmussen, York HS, NE: *Principles & Planning for Cross Country*

### Thursday, July 28

7:30 a.m. Registration & Exhibit Areas Open  
9:00 a.m. – 9:50 a.m. Mike Morgan, Former Professional Athlete for the Hansons-Brooks Distance Project, Lincoln, NE: *A Strength Based Training*  
10:00 a.m. – 10:50 a.m. Mike Morgan, Former Professional Athlete for the Hansons-Brooks Distance Project, Lincoln, NE: *Taking the Long-Term Approach on Development*  
11:05 a.m. Drawings – Main Gym