

nebraska coach

SEPTEMBER 2022



Red Team Rally

Fall Season Articles

NCA Annual Awards

All-Star Action



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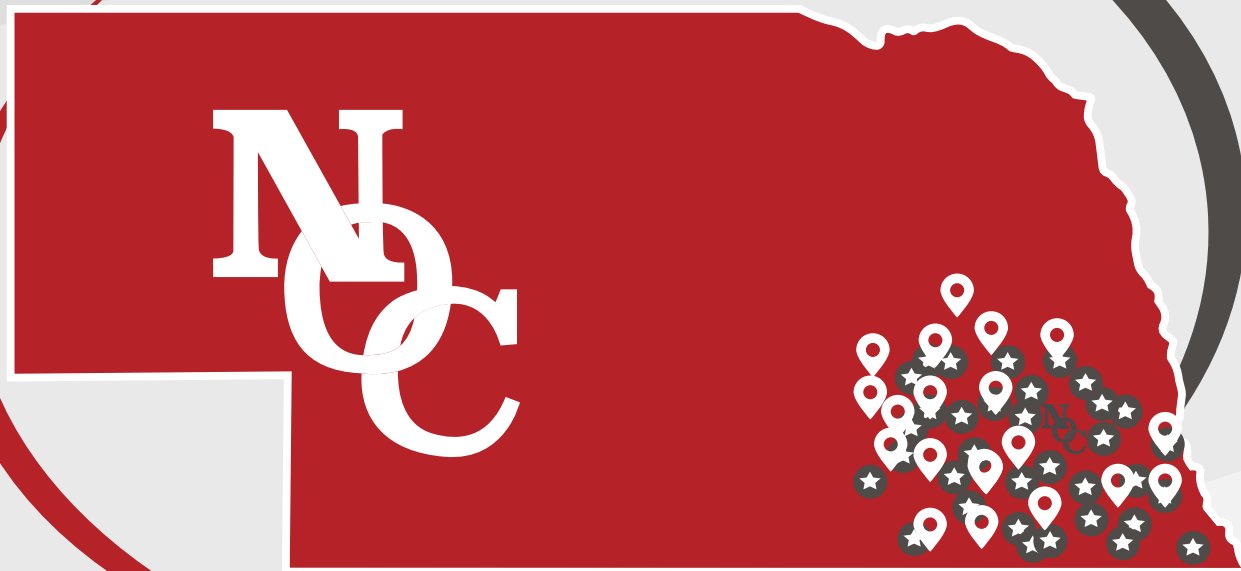
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Thanks to coaches Lois Hixson, Aurora (Volleyball), Brock Culler, GICC (Softball), and Doug Goltz, Falls City Sacred Heart (Boys' Basketball) who served as part of the coaching staffs for the 2022 All-Star Games in July.
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NEBRASKA COACHES ASSOCIATION UPCOMING EVENTS 2022 - 2023

September 25, 2022

NCA Board Meeting
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November 2022

Softball & Volleyball All-Star
Nominations & Selections

November 2 - 5, 2022

State Volleyball Sportsmanship Awards
Lincoln (need evaluators)

November 15, 2022

NCA Sportsmanship/Leadership Summit
Alliance HS

November 16, 2022

NCA Sportsmanship/Leadership Summit
Kearney HS

November 17, 2022

NCA Sportsmanship/Leadership Summit
Norfolk HS

November 18, 2022

NCA Sportsmanship/Leadership Summit
Lincoln North Star HS

November 20, 2022

NCA Football Championships Football Clinic
Embassy Suites, Lincoln

January 29, 2023

NCA Board Meeting
Site TBD

February 4, 2023

NCA Track & Field Clinic
NSAA Building, Lincoln

February 16 - 18, 2023

State Cheer & Dance Championships
Heartland Events Center, Grand Island

April 23, 2023

NCA Board Meeting
NSAA/NCA Building, Lincoln

July 23 - 27, 2023

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Alignment, Stance, Key, Assignment

Mike Speirs – Howells-Dodge – Football

Courtesy Photo



At Howells-Dodge High School our football staff is always on the lookout for new ways to improve as coaches. However, it is not always in the aspect of X's and O's. Finding new approaches to teach the fundamentals of the game is just as, or even more, important to us than always looking for new plays to run. Over the years we have learned that you never know when you will find a thought or idea that will help you.

One such idea we "stole" from a football camp a few summers ago, and it has really helped us as a staff to assist our student-athletes preparation for game situations. It came from a casual conversation with one of the defensive staff coaches at the college where the team camp was located. The coach was telling one of our coaches about the concept of ASKA.

He explained that their approach to preparing their defense for any situation was to always keep this in mind. Now, many coaches may have probably already heard of this, but to our staff it was new, and it "clicked" with us. The coach explained to us that it stood for Alignment, Stance, Key, Assignment, and it was the basis for how they coached their defense.

After an evening long conversation with the coach, we took this idea back home with us and have applied it to our coaching ever since. It really made sense to us as we are dealing with much younger athletes than a college coach is and with much less experience than a college athlete. We are realistically dealing with some kids who have only had exposure to tackle football for two years of Junior High football, so we must have a method for teaching them the fundamentals of the game. We have also discovered it has made our teaching of the game easier to every experience level of football players in our program.

Over the last few years, we have come to believe that the first aspect of ASKA, Alignment, has been the most important aspect to us as a team. If we can get aligned properly to our opponent's

offensive formation, it does not guarantee success, but we have a chance at being successful. If we are misaligned, we almost have no chance at successfully defending the other team. And it only takes one player being out of place to cause serious problems for our defense so a whole lot of preseason time is devoted to this one aspect, alignment. We try to approach alignment using a part-whole idea. Position coaches teach their individual position the proper alignment, then we teach the whole team. We feel this is especially important for our younger football players. If they are confused by alignment, they will not be able to successfully execute the rest of the ASKA concept. In the pre-season we will run as many formations as possible at our players that we can come up with, but once the season begins, we base the formations we align to off of our scouting report. If we can get the players properly aligned, it gives us a chance to properly execute the last aspect, assignment. If we are not aligned properly, then executing their assignment becomes almost impossible.

The second aspect of ASKA, Stance, is possibly the quickest one to teach, but for some kids, the most difficult one to master. We feel that it must constantly be taught and must constantly be checked by the coaches. Kids are kids and will sometimes not be as diligent in ensuring that they have the proper stance, so we as coaches must reinforce what we always want. If we let one rep go by with an athlete getting away with the wrong stance, we could be setting that athlete up for failure.

Having a Key for a defensive player is vitally important. If we do not give a player a key, we have no idea and no control over what he is looking at and reacting to. Most of the time our Key for our players is not in the backfield. It is our job as coaches to figure out who we want the individual players to key on and let them know why that is important. I do not know about other coaches who are reading this, but as we watch film, a lot of mistakes by our players can be traced back to not reading their keys. And their key can change week to week and by formation, so to our team, always stressing that Key is an important part of preparing our defense.

The final aspect of the ASKA approach is Assignment. Once the player is comfortable with their Alignment, Stance, and Key, it should make knowing their Assignment easier. Knowing their assignment does not guarantee success. Sometimes the team across from you is just better, and then it might not matter how well you perform your assignment, they may get the better of you. However, a player knowing and performing their assignment gives your team a chance at success. We also want the players to understand that doing their assignment is more important than anyone else's assignment. I doubt there is a football coach in the

Continued on page 7

country that has never had a player who blew their assignment doing something else, tell the coach that he thought someone else needed his help. The dreaded, "But I thought. . ." out of a player has caused us more issues than anything else. One of the last things we tell our players before taking the field is, "Do your Job, and let others do theirs, and we will be OK".

We have applied the ASKA concept to coaching our kids defensively for the last few seasons, and it has made our practice prep easier and more sound. We have the approach that if a

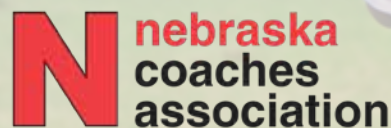
player performs all 4 aspects to the best of their abilities, we can never be upset with them and we communicate that thought to our players.

Our players buy-in on the ASKA concept was evident to us this fall. When it came time to order rings after our championship, the first thing each kid said they wanted engraved on the ring was ASKA.



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Building Team Culture

Sue Ziegler – Lincoln Lutheran – Volleyball



Courtesy Photo

I have always admired those that have created a great motto to live by or put emphasis on one's values as being important to creating a good team culture. When I see a sign that says TEAMWORK, it reminds me of Henry Ford, as this was his one word to model success at his company. "Coming together is a beginning, keeping together is progress, and working together is success." His workers were well taken care of at his company and remained loyal to their employer. It is not about the wins and losses that determines the success of a team, it is about the belief in the system, trusting those around you, and caring about each member of the team. In a recent movie, Ted Lasso even had quoted, "it's about helping these young fellas be the best versions of themselves on and off the field. And it ain't always easy, but neither is growing up without someone believing in you."

At Lincoln Lutheran we have a totally different season in front of us for our volleyball team this season, having graduated 7 seniors, and only a few returning starters. So, we will have many new faces out on the court. But these players have bought in to the team culture, have worked hard, and it is their turn to be out on the floor, competing as a team. It makes it so much easier in our training to reload instead of having to rebuild a new system each season. They respect the legacy that the others have left before them, witnessing their passion for the game, and their dedication to the program. So, I firmly believe that surrounding yourself with like-minded people who have the same set of

core values is the key to building a successful program and team culture. Like Jon Gordon, a well-respected motivational speaker and author has written numerous books that I have read and used for my team. These include *The Energy Bus*, *Power of Positive Leadership*, *The Carpenter*, and many more. I have seven of his books that I personally have used to incorporate into my coaching as he gives steps to follow, including creating your vision, knowing your why and your purpose. He reminds you to invest our time and energy in where you want to go, so it is important to stay positive and take action on it, meaning, once you have your plan, then you need to live it out. Know your coaching philosophy or mission statement for your team. Share it with your coaches, the team, the parents at your parent meeting. Our mission statement for Lincoln Lutheran Volleyball is this, "To support and encourage our student athletes in pursuit of excellence, both on and off the court, by providing a Christ-centered environment where they can grow athletically and spiritually." So basically, we are trying to help the players build character and strong teamwork, good work ethic, and to have FUN while we are trying to achieve our goals. Keep challenging yourself, your coaches, your team, all to keep learning, to keep getting a little better every day.

There have been some key parts to establishing a solid team culture, and these are some of my main thoughts that I shared with fellow coaches as a presenter at the NCA Coaches Clinic on what has helped us at Lincoln Lutheran.

- I firmly believe a key to your program's success is having a Coaching Staff that has passion for your sport, knowledge of the game, and cares for each other and for each player. Use their expertise, specialties, shared philosophy, and reliability. Don't forget to get to know your Middle School coaches if you have that opportunity, as this will be a great lead in for those coming up in High School. I feel that I have the best coaches in the world, so hopefully I treat them that way too!
- Meet together with all teams to start each practice, so your program stays connected. We do a team devotion, announcements, recognition, birthdays, upcoming matches, go over the practice plan for the day and what will be our focus for the day. We do the Jon Gordon 1 word even for our practices. For example, we might choose a word such as "Communication", and we really emphasize that in all the drills.

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- Warm up together, as we start out running 4 laps and they will sing or chant by grade for each lap as they run. They all like to join in on this, as it keeps their mind off the task of running, as it brings joy to something otherwise, they may not love doing. This is followed by one big Team Stretching circle, where we will alternate leaders in the middle by grade or team

Team Bonding Activities To Promote Team Comradery

- Team Tuesdays Mix up teams for this as well. (20–30 minutes — we do about 6–7 a season because we will have some Tuesday matches.) Activities that we do for this included:

Team Olympics – dressed in red, white, and blue, mixed up the grade levels to form teams.

Camo dress-up – dive for volleyballs on the mats, so they get in volleyball skills, in a fun way!

Disco or 70's dress up – teams make a poster of an assigned coach in fluorescent colors. Pumpkin painting / Costume dress up

- Goal setting for each match, where we have a very detailed scouting report for the Varsity team, and then we set team goals and individual goals. We will do a post-match to review our goals to see if they were met and the team votes on one player who deposited to the bank, meaning gave the most effort in the match. We have a piggy bank that they put their vote in to after they say who and why they chose that teammate to be nominated for the award.
- Secret Sisters (or call it whatever works for your team) This is an opportunity which some other coaches have done for the purpose of teammates supporting each other in a personal way during the season. Our players will draw names according to the team that they are on so have the same game days. They aren't expected to give big gifts, but rather an encouraging note of encouragement, or a favorite healthy snack. Our coaches enjoy doing this together as well.
- Team Dinners which are hosted by our parents are always a hit! A few parents will get together and provide the meal, and then the coaches find fun activities for the team to enjoy some team bonding time together.

- Dad's (or parent) Volleyball Match – the players would cheer them on from the sidelines!
- Social Media – We use TeamSnap as a means of communication to the players and parents. We also let the girls do a game day takeover on Instagram.

These are just some of the things that we do on top of working hard on the court at every practice. Our players appreciate that the coaches will put extra time and effort in allowing them these opportunities. It does not matter how talented a player is, they should all be made to feel important and part of the team.

So, ask yourself, "What does our Team Culture look like?" Are you creating an environment where the players are learning every day and are team building daily, all while enjoying the opportunity of growth in their sport? As coaches we have the responsibility of caring for and connecting with our players, so keep working on improving the players skills, and always keep open lines of communication. Blessings on your upcoming seasons this school year!



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The Art of Coaching and the Three C's: Connection, Confidence, and Contribution

Sam Jilka — Lexington — Cross Country

Courtesy Photo



Years ago I attended a coaching clinic in which an insightful presenter shared the different concepts about the 'science of coaching' and the 'art of coaching'. The science of coaching focuses on the actual physical workouts and training: pacing, tempo runs, cruise intervals, aerobic runs, etc. He

explained that the art of coaching focuses on the relationship with the athlete and their emotional / physical / mental / spiritual well-being. Both concepts are significant to effective coaching and one must be intentional to craft a balance between the two.

Recall the movie, *McFarland USA*, and one will note the success the team and coach achieved was due not to just effective workouts conducted but rather the art of coaching. The coach took time to know the athletes, establish healthy relations, and learn the family and local culture. Focusing on social and emotional learning concepts, the relationship piece, and finding different means to better understand the athlete and their story has a place in the coaching process. It isn't that the ideas being presented in this article are necessarily unique, new, or exhaustive, but by taking time to see how one implements 'art of coaching' strategies, it may broaden the experiences of the athletes and coaches and offer opportunities to increase the effectiveness of a cross country program.

In the Lexington program, what emerged from the meshing of the science and art of coaching concepts is our core belief: *We aim to find the power within through connection, confidence, and contribution.*

Connection: Relationships are a priority.

Confidence: Discover something within and believe

Contribution: Go beyond self; give-of-yourself to others.

The underlying principles that reinforce the core belief include: embrace the process, be disciplined, aspire—don't be average, affirmations, and leave a legacy.

By stressing the three C's, it guarantees that the social and emotional needs are being addressed. There is an intertwining of the three components and it is less important to know which component is directly being stressed but rather that all three are systemically included. The result is that it allows one to work with athletes holistically and help provide meaningful and purposeful interactions resulting in better athletes and people.

Connections

Container Building

Think of a container and typically each one has a different style and intention. The team container (environment / climate) that coaches

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design and athletes participate within is significant. Is the team container designed to create and hold space that is inclusive, safe, flexible, fun, resilient, and allow for vulnerability?

Establishing a healthy relationship system is critical towards building confidence and encouraging contributions. At the middle school and high school level, a sense of belonging is a social necessity. It is important to establish an environment that is inclusive and safe and welcome those that feel marginalized in other social settings. Ways to establish these connections may include:

Games / Energizers / Team-Building Exercises / Social Activities

Early season, in the Lexington program, we heavily focus on this area to help create a container that feels safe, initiates connection, offers fun, supports vulnerability, and eases the transition into season of intensified training. (Chris Cavert, Jim Cain, Sam Sikes have authored several team-building books.)

Sharing Circles; Pair Shares / Triads; Addressing Each Athlete Daily

We utilize our team summer camps to initiate the connection piece. Activities are geared towards discussions and talks and our campfire talk has provided valuable in depth connections over the years. Discussions continue throughout the season from humorous to more personal topics. Their personal stories are an integral part of our fabric.

Mentoring / Buddy System — HS and MS

Veteran athletes are paired with young or new athletes and high school athletes to middle school.

Short Stories / Allegories / Quotes

During our weekly goal setting process or daily focus, information may be shared to help guide the athlete with decisions and choices not just related to cross country but apply to their lives. Possible resources for starters: *Habitudes* by Dr. Tim Elmore and *Chop Wood, Carry Water* by Joshua Medcalf.

Confidence

Weekly Goal Setting Process

To assist an athlete in gaining confidence one must know the athlete. We utilize weekly goal setting to not only set a focus for the week but also to inquire more information on the athlete's thought process. *Asking about their 'why'* is important early in the season as well as asking *'what motivates them'*. This allows the coach to have a better sense of who the athlete is, the athlete's story, and helps avoid imposing unhealthy or self-driven expectations on the athlete. Weekly, sticky note responses/comments are provided from coaches to each athlete focusing on their progress or what has been observed.

Continued on page 14

Ownership in the Process

Teach terms and training processes associated with running and encourage the athlete to make decisions. Train in minutes rather than miles; learn to pace, know how to shift gears and key on small details.

Affirmations / Bulletin Board Recognition

Assist athletes to see and evaluate progress in their development, such as improvements in workouts or in competitions. Top 20 Listing: we have a Top 20 listing of each meet and highlight the rankings. It promotes motivation but also a sense of pride and achievement.

Psychological Training, High Standards, and Accountability

Teach and evaluate the practice mindset and race mindset. Digging deeper into their resources and recognizing hidden abilities is stressed to the athletes by implementing high standards, a strong work ethic, and active mental preparation.

Contribution

When one feels connected or a sense of community and they believe in their abilities, it is much more likely they will be willing to contribute to a higher degree. "What can you provide to others and give of yourself?" is a question that is frequently visited.

Service Projects

We will do service projects to help athletes see that it is not all about them.

Circle of Recognition, Senior Recognition, Notes Written to Athletes, Parents

Empathy for others drives connection and they are encouraged to offer affirmations to a teammates and coaches. Contributing to a teammate's esteem to reassure and/or compliment can be a powerful gift.

Performance / Competition Contribution

Performance-wise, we focus on the growth they have shown in embracing the process and their willingness to contribute their gifts and talents to the team. We encourage them to script a story that people will want to read over and over and that will be part of a legacy that they will be proud of.

One is encouraged in their evaluation of their cross country program to examine in what ways the art of coaching components are intentionally included to complement the science of coaching. The art of coaching has enriched my coaching experiences and growth. Connection, confidence, and contribution are

at the core of the Lexington Cross Country program and the intent is that athletes not only become effective runners but better people with a stronger sense of self, living their lives whole-heartedly with purpose and meaning.



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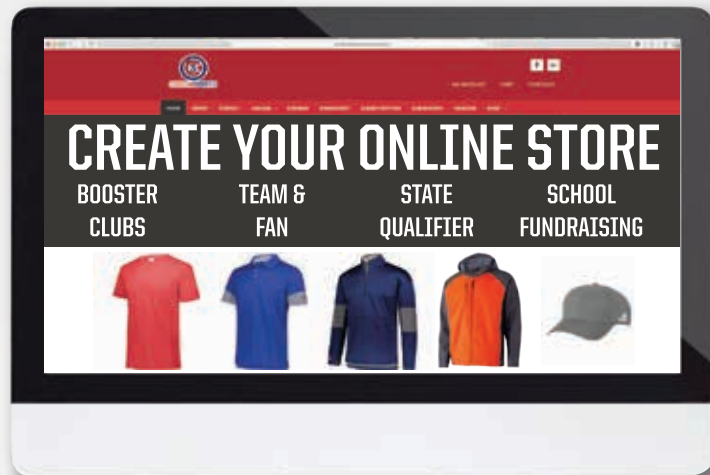
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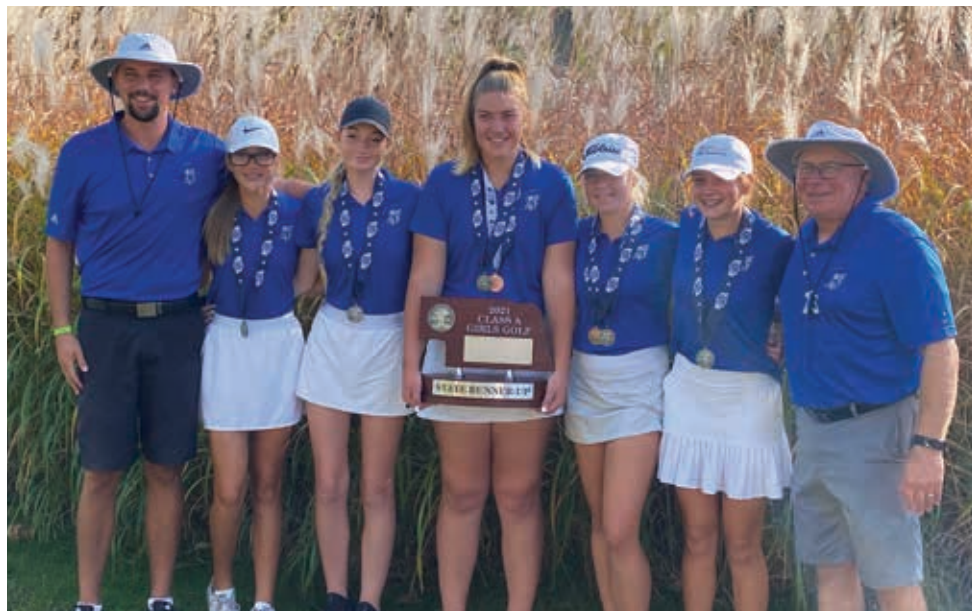
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Communication Key For Historic Season By Lincoln East

Brian Bullington & Jonas Christensen – Lincoln East – Girls' Golf



Photograph By Cythne Dumlér



Photograph By Cythne Dumlér

When our lone senior drained a 10-foot putt on the 18th green to secure a runner-up finish at state, capping the best finish in East High history, we believe our team preparation helped contribute to our historic finish.

Collaborating to write this article, we feel that communication is the cornerstone for any successful program. During the season we focused most importantly on how we would best serve our scholar athletes. Our first meeting took place in the summer where we went through the different tasks that needed to be done by each coach. Along with the help from volunteer coach Leigh Uhing, all the coaches would work with the players on the skills necessary in golf, short game, long irons, drivers, and course management strategies. The coaches were also involved in team selection.

Coach Christensen communicated with course professionals, worked with player development – conducting clinics, coordinated NJGT information to players and families and communicated with swing coaches. Jonas also facilitated resources for college bound students and communicated with college coaches. Jonas was in charge of marketing our game gear and ordering all supplies and scheduling tee times with all city courses and also implemented our on-line scoring system during tournaments. He monitored different players during tournaments and provided knowledge on how to attack courses from his past experiences. Coach Bullington's assignments consisted of communicating with all parents and students through weekly emails or text messages. Brian coordinated all absent reports through our attendance staff and helped the assistant AD with weekly eligibility lists and completed all press releases to local papers. Brian coordinated and conducted the parent and player information meetings before the season. Brian also secured

the selection of our parent representatives who worked with all parents with tasks that were done before each tournament. Brian also worked with different players during tournaments.

Another feature of our program consisted of the "Huddle" that we did before each tournament. In the huddle we allowed for a moment of silence to give our players an opportunity to focus on their day. We as coaches also shared our thoughts on a team score goal that we wanted to achieve that day. This huddle was very effective in focusing our players on the importance of a team.

Golf can be a frustrating sport; we believe if you have a strong foundation of good communication within a program, this will help reduce the stress that your players may feel. The players will have a better chance of reaching their potential if they feel comfortable and confident. On that October afternoon in Norfolk, our golf team shot the best round in school history. Good luck in your fall sports.

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Developing the Entire Softball Athlete

Dave Brabec – Bishop Neumann – Head Softball Coach

Courtesy Photo



When I first started coaching softball at Bishop Neumann High School in 2008, I wasn't sure what I was getting into. I had coached baseball as an American Legion baseball coach for multiple summers and I helped coach pitchers for our local high school team during the spring. I knew baseball and softball were similar, but what I didn't expect is how much of a difference there was between the two

sports. I had coached hundreds of baseball games over a 10-year span, but never softball. So, I turned back to student mode. I started watching softball on TV, went to local tournaments, and even watched some of our local colleges play. I needed to see firsthand the different levels of softball, and how they change or advance at each level. From the early years transitioning from coaching baseball to softball I learned that a coach needs an identity and a philosophy to build his or her team on. The common theme between softball and baseball was that the best teams had athletes that could play anywhere on the field. These kids knew what to do and when to do it, and the coaches kept things very simple. This helped me develop my areas of emphasis in my softball program.

Developing Athletes

Development in my mind is the most critical part of building a great program. If the athletes walk in and never get better over the 4 years you have them your success rate will likely be not great.

As a coaching staff we put a huge emphasis on developing a complete athlete. We encourage our kids to watch professional baseball or softball games, go to a college game, or just search softball on the internet and learn from what they see. My athletes often bring new drills to me and ask my opinion. If the kids are interested and you can relate it to your practice plan, do it!

Our daily focus at practice is to be good at everything we do on the field. We don't ask the kids to be perfect at everything, but good at what they do. We focus on all areas of the game. We often put our kids through the same drills for infield and outfield no matter where they play normally. We try to even get

our bullpens done early to get our pitchers and catchers work at other positions during practice.

Know what's happening on the field. I think it is critical to keep things simple and know all positions with confidence. Don't make cutoffs, bunt defenses, or signals so difficult it causes kids to think too much. Keep things simple.

Develop Your 4 areas of emphasis. What do you want your team identity to be? This is the most important part of developing a complete softball player.

Bishop Neumann Softball Areas of Emphasis

My biggest advice for early coaches is to watch other teams who are successful and try to come up with 4 areas of emphasis that you want to build your team on. These can and will change with the types of athletes that you have. My current 4 areas of emphasis are the following:

1. Develop gap hitters
2. Be aggressive baserunners
3. Develop quick decisive defensive fielders
4. Do the little things right.

Develop Gap Hitters

When I think of gap hitters, I want to put a team on the field that can recognize where the percentage is best to be successful. Each at bat we want our kids to scan the field and see what is given to them. We teach different hitting approaches for this to help our kids be successful. Make it a focus in daily fundamentals to hit the ball where it is pitched. Going through daily drills correctly and understanding why and what they are trying to do is important. Take an extra minute to explain the goal of the drill so the kids know why they are doing it.

We throw live to our kids daily. During one on one hitting in the cage, we throw the ball to certain locations to work on their weakness with hitting. We always talk the kids through the swing and how and why it is best to do it a certain way. Our goal is to help kids hit the ball to all areas of the field by self-adjusting during an at bat. I have always been a coach who wants kids to push a single to a double, and doubles to triples. We see the risk of running into an out well worth it. We like power hitters, but my sense of power isn't always having to hit the ball over the fence. My approach is focused on hitting the ball hard where the best opportunity for success is at that point of the game. Any good coach knows gap hitting means extra bases and that leads to winning games.

Continued on page 19

Aggressive Baserunners

We take pride in our team speed. We may not be a team that can steal 100 bases in a season, but always reinforce being speedy! Looking sharp and quick running on and off the field in my mind gives your team a look of a well-tuned machine. I feel it gives us an edge during those tough games and long hot Saturday tournaments. We want our team to be reactive on the bases. When they get the chance to take a base, they have less than a second to make that decision. Practice this with your team. Make up a fun game where they must make a choice. Keep it simple and let them have fun with the drill. I think one of the most important aspects of base running is getting the girls to watch their coaches on the bases. Teach them why it is important to team success in your mind. Trusting the coaches and running at top speed can save an out in the long run and will lead to more runs.

Quick Decisive Defensive Fielders

If you watch softball, you know it is a game with things moving quickly. There will be bang-bang plays all over the field. Those plays usually are decided by how quick your defender can make the choice on what to do with the ball. We do many drills to work on being quick every day at practice. I feel it comes down to making sure the kids know where to go with the ball if it is hit their way. We do situations daily and break it down to show the team what to do, when to do it, and where the best chance of success would be to get a quick out during an inning. By doing these drills daily you teach your team to not think, but to react to a play by having muscle memory from drills in practice. We also go through situations where we explain that giving up a run or two isn't bad if it keeps 4-5 runs off the board. Our kids make plenty of mistakes over the season, but I feel that we cut down on the real costly mistakes by practicing live situations daily. I am a firm believer that if your fielders make quick reactive decisions and get the ball back to the infield, this will lead to an opportunity of finding a critical out. Usually there is a chance somewhere for a quick out when playing overaggressive teams. We tell our kids to "keep your head on a swivel" and always be aware of chances to get an out.

Do the Little Things Right

This could go many different directions when talking about doing little things correctly. I relate this to having discipline on the field. Each day before practice we go over what we need to accomplish as a team and individually.

We go over the plan, how we want it done, and how things need to look. A team is a work in progress, and practice makes perfect is hard to follow sometimes. We expect each athlete to approach drills with a clear mind. If it is a bunting drill, we expect their best focus and to be locked in to correctly do the drill. If it is situational hitting, they must know balls and strikes and understand the strike zone. Discipline is so important and not a little thing in our philosophy, but when making choices during practices and games it is always something that needs to remain in near reach in the athlete's mind. Keeping a cool head when you chase a pitch, make an error, or make a mistake in a drill leads to more improved players as the season goes on. How they treat each other, their coaches, teachers, and family and friends all fall into this category. Whatever your little things are, make sure your team understands what it means to be a disciplined team on and off the field.

No matter what age group you work with, or how many kids you have out this fall, find your areas of emphasis! You may not see the improvements overnight, but with time and efforts by you and your team, success will come. Work to be identified on the field by your areas of emphasis for your team!



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Building a Strong Program

Jon Holtz – Elkhorn – Boys' & Girls' Tennis

Courtesy Photo



Courtesy Photo

Each new season brings its own challenges, but building a foundation makes the transition less complicated and challenging. We have had seasons where our teams were in the hunt for a state championship, and we have had seasons where we need to rebuild. The great thing is that we don't change our coaching style or how we approach each new season. Our players know exactly what we expect, and they know that they will be held to that standard if they are winning or losing.

The first thing we tell players is **BELIEVE IN YOURSELF** and your abilities. Even if we aren't winning, we have to believe that we are close and working towards that win. This attitude all starts with the coaches and how they look at their program. If I care more about getting back on track than the players do, we have a problem. That being said, I always coach the same and have the same expectations. I like to win, and I want to make sure we are doing the little things to keep ourselves in the match. If we are getting overpowered, I am still coaching players up and making sure, that they know what they need to do even if they can't consistently do it. The power of believing can go a very long way. I have seen it many times before. It might not always get you the win, but it can keep you in the match.

The second thing that we tell players is **KEEP A POSITIVE MINDSET** no matter what is happening. The minute our heads drop or our body language says that we are losing, we have lost that match. We talk so much about positive self-talk. No negative talk or questioning about what just happened. We must have a short memory and let things go. I must admit. . . sometimes that is hard, so if players can't figure it out, I will sing "Let it Go" from the movie Frozen. I usually only must do that once, and they change their attitude and probably don't want to hear me sing anymore. If players can keep a positive mindset, they can

conquer a lot of little things in a match, and sometimes those little things then turn into a significant turn in events.

Next on our list is **DON'T QUIT!** I don't care if the score is lopsided. I can tell so much about players by how they compete. It is hard to teach competitiveness, but I sure can teach players how not to quit. I always applaud and tell our players and even opponents who don't quit that they are playing the right way. I think it is important to show my team what I like, sometimes even if it is not my team doing it. I will be sure to show appreciation to those who do it the right way, no matter if they are winning or losing.

Next: **WE BEFORE ME.** I know many people think that tennis is such an individual sport, but it really isn't. Let me explain. . . first if we have a team that will cheer and be there for each other no matter what, it makes what we are doing on the court more important than if we have a team that doesn't care. I have been part of a lot of matches and tournaments where the outcome comes down to the last match or last couple of matches. Having a team on the fence cheering each other on makes it hard for your opponent if they don't have that support. This mindset also applies to practice. Having a team that is ready to work together will only make everybody better. I have seen teams whose best player doesn't want to try their hardest in practice or isn't even there. However, I believe that teams whose best player plays against the rest of the team makes the whole team better.

Finally, I believe that winning is not the end all and that players should. If the team is having some fun and not feeling all the pressure, it can also help you win. We have so much fun on the Suburban rides to matches, at practice, and just being together as a team. This camaraderie builds such a strong group of guys who care for each other and want to do their

Continued on page 22

best for their team. (even if they don't want to admit that). Our fun can be doing crazy things at practice; it can be leaving practice early to get ice cream; or it can be who does the best imitation of the coach. It is all fun, and it builds relationships between teammates and coaches that will never be broken.

I have had teams that have finished in the top two at state and finished in the top two of each tournament they have played in, and I have teams that went 3-7 in duals and finished in the bottom of every tournament we played. The thing that has never changed was how our coaching staff approached those seasons. We always believe in ourselves, keep a positive mindset, don't quit, talk about we before me, and have fun. This approach has worked for us, and hopefully you can use bits and pieces to help you build a strong program.



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- Varsity Men's Soccer Coach
- 2022 NCA Boys Soccer Coach of the Year
- Lexington Education Association Member

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Dairy Council Supporting Athletic Performance With School Meals

“Our goal is to see parents, students, food service staff, and school leadership begin to see school meals as a student athletes’ training table and do what they can to encourage its use.”

— **Dave Ellis, RD, CSCS, Director of Performance, Nebraska Huskers**

Why Nutrition Matters

Middle and high school sports require student athletes to push themselves through hard work and intense effort. Proper nutrition enables them to fuel competition and training, connect mind, body performance, and enhance recovery. Student athletes look to you, their coaches, to support their athletic journey. While nutrition is less traditionally a part of that support, incorporating it into your work outs and training can be a game-changer both for them and your team.

David Ellis, RD, CSCS, Director of Performance for the Nebraska Huskers, knows food is fuel for athletes. “When athletes understand that nutrition will help them outwork the competition, move up on the rosters, get more playing time and be more resilient to avoiding injury. . . that’s something that

resonates with athletes. This is where food really becomes a necessity that they need to take full advantage of.”

Why School Meals?

When it comes to fueling adequately, it does not have to take a high-end training table, but rather, the meals in your very own school lunchroom. A recent study of food quality found that school meals provided better nutritional options, were more equitable, and generally more improved (especially since 2010) when compared with grocery stores, restaurants, workplaces, and other venues.

Under the guidance of the United States Department of Agriculture (USDA) and the National School Lunch Program (NSLP), school meals must meet specific nutritional standards based on a student’s age and caloric needs. Meals must adhere to a balance of food groups and limits on sodium, sugar and saturated fat. With 30 million students relying on school meals for a significant portion of their daily nutrition (GENYOUTH, 2022), they serve an important role in providing balanced nutrition for students.

Nutrition Highlights from the National School Lunch and Breakfast Program

More Fruits & Vegetables	Fruits and vegetables are offered to students daily. Students are required to take at least one half-cup serving of fruits or vegetables with every breakfast and lunch. A variety of vegetables are served throughout the week including red, orange and dark green vegetables.
Increase in Whole Grains	All grains offered with school meals must be whole grain-rich (51% whole grain).
Choices for Milk*	Both low-fat milk and fat-free milk varieties, as well as flavored milk are offered. According to the 2020 Dietary Guidelines for Americans, milk contains valuable calcium, potassium and vitamin D which support healthy and active living.
Sodium Limits	Schools are gradually reducing sodium levels in school meals to meet identified targets.
Calorie Limits	School meals must meet age-appropriate calorie minimums and maximums.

*Because of its unique nutrient profile, milk has been a fundamental component of school meals since their inception in 1946.

A Food First Approach

Ellis knows simplicity and reinforcing the ‘why’ is key when teaching athletes how to properly fill their plate. Each meal serves as an opportunity to get ahead of the competition and when athletes are educated and coached around proper food choices, they are more likely to fill their plate with healthful and nutrient dense options.

Each 8-oz serving of milk provides 23% of the required calcium intake for those aged 9 to 18.3 years (Dairy’s Role in School Nutrition, Today’s Dietitian 2012). In 2020, the federal Dietary Guidelines Report committee found that almost 80%

of kids 9–13 years fell short of meeting the recommend three servings of dairy daily, leaving a significant gap in essential nutrients needed for athletic performance and recovery.

“At UNL it’s very much a food first program in that our athletes primarily get the advantages of fueling done through food, not supplements.” - **David Ellis, Director of Performance Nutrition, Nebraska Athletic Department**

Ellis shares that nutritional supplements can be valuable in the right circumstances but in most cases, junior and high school sports is not one of them. Balancing appropriate nutrition through food can help an athlete boost their immune system, fuel muscles, and resolve muscle soreness without the expense or need for supplements.

Your Role as the Coach

As a role model and primary point of contact, you serve as an important source of education for athletes. Keep it simple and utilize school meals to showcase balancing food groups and eating for performance. Talk with your athletes about what they currently select in the lunchroom and start with one change to better fill their plate for performance. As athletes remain consistent with their nutrition, they will begin to see firsthand how it makes a difference both on and off the field.



Scan for more Information on Educating Athletes on Fueling for Performance



Scan for Videos from Leslie Bonci, RD, Sports Dietitian with Kansas City Chiefs to Share with Athletes

For more information on Nebraska Appleseed: <https://state.nokidhungry.org/nebraska/nebraska-snac/>

Post-Workout

Recovery

WHY?

- To be READY for the next session
- Muscle building & repair/remodel
- Fatigue Fighter!
- To level UP

WHAT?

- CARB + PROTEIN**
- Low fat and fiber
- + Anti-oxidants
- + fluid = hydration

CARB

PROTEIN

CHAMP'S CHOICES

HUSKER RECOVERY CHECK LIST

WHY?

- To be ready for the next training session or competition
- Improve muscle building & repair/remodel
- Reduce fatigue
- Improve Immune support

WHAT/HOW?

✓ REPLENISH

- REPLENISH MUSCLE GLYCOGEN STORES WITH CARBOHYDRATES
- ★ AIM FOR 1-1.5 g/kg OF YOUR BODY WEIGHT

✓ REPAIR & REBUILD

- REPAIR & REBUILD MUSCLE WITH LEAN PROTEIN
- ★ AIM FOR .3-.4 g/kg OF YOUR BODY WEIGHT

✓ REHYDRATE

- REHYDRATE WITH FLUIDS & ELECTROLYTES
- ★ AIM TO DRINK 20-24 oz FLUID FOR HOUR OF EXERCISE

✓ REDUCE & REINFORCE

- REDUCE INFLAMMATION & REINFORCE YOUR IMMUNE SYSTEM BY CONSUMING ANTI-INFLAMMATORY FOODS
- ★ CONSISTENTLY CONSUME FRUITS, VEGETABLES, NUTS & SEEDS TO SUPPORT IMMUNITY
- ★ UTILIZE CHERRY JUICE, TURMERIC, FISH OILS TO DECREASE INFLAMMATION

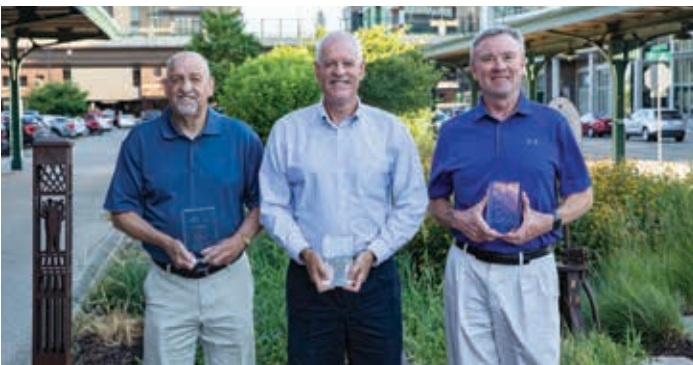
2022 NCA - Service Awards



NCA 25 Year Service Award recipients in attendance at the 54th Annual NCA-Hudl Awards Banquet: (from Left to Right) Kurt Frenzen, Columbus Lakeview, Allen Duerksen, Central City, Sean McMahon, Fremont, Fr. Bob Tillman, Omaha Creighton Prep, Jim Chvala, Palmer, Matt Sleister, Archbishop Bergan and Matthew Uher, Lincoln Northeast. – Callam Sports Photography.



NCA 35 Year Service Award recipients in attendance at the 54th Annual NCA-Hudl Awards Banquet: (from Left to Right) Mark Watt, Lincoln Southwest and Dan Dougherty, Lincoln Southeast. – Callam Sports Photography.



NCA 40 Year Service Award recipients in attendance at the 54th Annual NCA-Hudl Awards Banquet: (from Left to Right) John Bellar, Lyons-Decatur, Jeff Bellar, Norfolk Catholic and Rick Peterson, Arnold. – Callam Sports Photography.



NCA 45 Year Service Award recipients in attendance at the 54th Annual NCA-Hudl Awards Banquet: (from Left to Right) Russ Ninemire, Douglas County West, Marty Hingst, Milford, Duane Spale, Hastings, Debra Vorderstrasse, Thayer Central and Fred Spale, Raymond Central. – Callam Sports Photography



NCA 50 Year Service Award recipient in attendance at the 54th Annual NCA-Hudl Awards Banquet: Dennis Koinzan, Cross County. – Callam Sports Photography.

31st Year - The Jerry Stine Family Milestone Program Recognizes Coaches

By Dr. Mitchell Stine, Son of the Late Jerry L. Stine

36 Coaches Receive Recognition in 2022

This year 36 coaches received recognition for the Jerry Stine Family Career Milestone award, with 41 applications submitted in all. During the 2022 NCA Multi-Sports Clinic Sport's Meetings, 16 level I certificates were awarded, 14 level II certificates were awarded, and 12 level III certificates were awarded. Six 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 picked up 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, you must 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 – 2022 Jerry Stine Family 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 Jerry Stine Family Milestone Award page on the NCA website. Please go to the website, click on awards, click on NCA – Jerry Stine Family Milestone Awards, and you can easily filter the 1,535 honored coaches by sport, level, year, etc. Please take time to review the names 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 Dr. Mitchell Stine an updated application. Baden Sports is the corporate sponsor for the Jerry Stine Family Milestone Award program.

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

2022 NCA Jerry Stine Family Milestone Award - Level IV



Level IV Jerry Stine Family Milestone Award recipients in attendance at the 54th Annual NCA-Hudl Awards Banquet: (from Left to Right) Mark Watt, Lincoln Southwest – Softball, Scott Polacek, Howells-Dodge – Girls' Basketball, John Bellar, Lyons-Decatur – Football, Brian Bullington, Lincoln East -Girls' Basketball. – Callam Sports Photography.

2022 NCA Jerry Stine Family Milestone Award Recipients



NAME	SCHOOL	SPORT	NAME	SCHOOL	SPORT
Level I:			Level III:		
Nick Baker	Papillion LaVista	Boys' Swimming	K.C. Belitz	Columbus Lakeview	Volleyball
Kelly Cooksley	Broken Bow	Girls' Golf	Rich Britten	Brady	Girls' Track & Field
Rob Engel	Randolph	Boys' Golf	Zach Foster	Adams Central	Basketball
Jeremy Goebel	Syracuse	Wrestling	Jenny Gragert	Elkhorn North	Volleyball
Jayson Gregory	Mitchell	Girls' Track & Field	Mark Hagerman (I, II)	Norris	Basketball
Jereme Jones	Thayer Central	Football	Don Hogue	Falls City	Basketball
Jeff Meyer	Elkhorn Valley	Boys' Track & Field	Matt Sleister (I, II)	Archbishop Bergan	Basketball
Tony Muller	Milford	Boys' Golf	Jeff Stern	Grand Island	Girls' Track & Field
Laureen Powell	Cross County/Polk County	Softball	Terry Trautman	Neligh-Oakdale	Girls' Track & Field
Rob Sweetland	Wayne	Basketball	Erich Warner	Blair	Wrestling
Level II:			Level IV:		
Kimberly Barnett (I, II)	Southwest	Volleyball	John Bellar (II, III)	Bancroft-Rosalie/Lyons-Decatur	Football
Donald Coolidge (I, II)	Falls City	Girls' Track & Field	Brian Bullington	Lincoln East	Basketball
Jeremy Epp	Southern Valley	Boys' Golf	Larry Martin (I, II, III)	Omaha North	Football
Jim Jacobsen (I, II)	Norris	Football	Scott Polacek	Howells-Dodge	Basketball
Bo Krivohlavek	Logan View	Boys' Golf	Kory Rohde	Maywood-Hayes Center	Volleyball
Kelly Krueger	Norfolk	Boys' Tennis	Mark Watt	Lincoln Southwest	Softball
John Mohr (I, II)	Diller-Odell	Basketball			
Brad Nelson	Axtell	Girls' Track & Field			
Ryan Thompson	Ashland-Greenwood	Football			
Donna Wiedeberg	Sidney	Boys' Cross Country			



2022 NCA - Hudl Coaches Of The Year



2021-2022 NCA-Hudl Coaches of Year in attendance at the 54th Annual NCA-Hudl Awards Banquet (Left to Right): Steve Frey, Millard West – Baseball, Jon Holtz, Elkhorn – Tennis, Donna Wiedeburg, Sidney – Girls' Cross Country, Ryan Mraz, Sutherland – Wrestling, Kevin Schrad, Lincoln Southwest – Girls' Track & Field, Sue Ziegler, Lincoln Lutheran – Volleyball, Brian Fleischman, Overton – Golf, Matt McKay, Sidney – Boys' Track & Field, Michael Speirs, Howells-Dodge – Football, Joe Hesse, Humphrey/Lindsay Holy Family – Boys' Basketball, Sam Jilka, Lexington – Boys' Cross Country and Josh Johnson, Wayne – Bowling. Not pictured, but in attendance: Mark Watt, Lincoln Southwest – Softball. Not pictured, NCA All-Star Coach: Aaron Sterup, North Bend Central – Girls' Basketball. – Callam Sports Photography

June 2022 NHSACA National Conference Honors

Des Moines, Iowa



2022 National Hall of Fame Inductees
From Nebraska – Russ Ninemire,
Douglas County West and
Diane Rouzee, Northwest.

nebraska coach



2022 National Coach of the Year Recipients – From Nebraska – First Row Far Right:
Doug Goltz, Falls City Sacred Heart (Boys' Basketball) and Mimi Ramsbottom, Elkhorn South (Golf).



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2022 NCA FCA Doyle Denney Heart of Coach Legacy Award



NCA-Fellowship of Christian Athletes Doyle Denney Heart of a Coach Award recipient: Shane Fruit, Ogallala. – Callam Sports Photography

2022 NCA Friends of High School Sports Award



NCA Friend of High School Sports recipient: Randy Cordes, York. – Callam Sports Photography

2022 NCA Jim Farrand Memorial Award



NCA Jim Farrand Memorial Award – Assistant Coach of the Year recipients: Clint Havel, Thayer Central and Kristin Blume, McCook. – Callam Sports Photography
nebraska coach

2022 NCA Media Award



NCA Media Award recipients: John Nixon and Randy Gottula, Sunny 101.3/KTNC 1230, Falls City. – Callam Sports Photography

2022 NCA - Career Coaching Awards



Binnie & Dutch Memorial Award
Track & Field
Vince Pelster, Hastings St. Cecilia.
– Callam Sports Photography



Ed Johnson Memorial Award
Boys' Basketball
Mike Weiss, Bishop Neumann.
– Callam Sports Photography



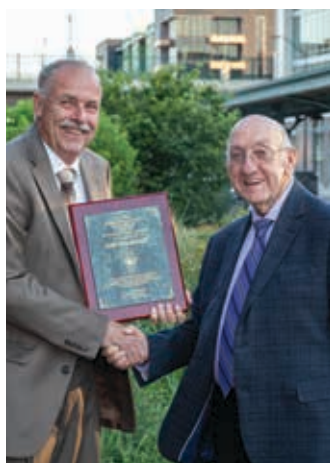
George O'Boyle Cross County Award
Sean McMahon, Fremont.
– Callam Sports Photography



Guy Mytty Memorial Award
Wrestling
Lee Schroeder, West Point-Beemer.
– Callam Sports Photography



Swede Hawkins & Del Schoenfish Golf Award
Jim Danson, Lincoln Southwest.
– Callam Sports Photography



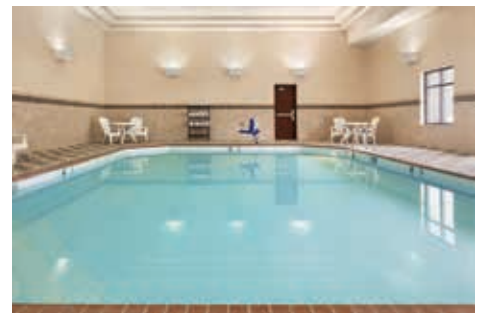
Ken Cook Girls' Basketball Award
Curt Holmquist, Chadron.
– Callam Sports Photography



Skip Palrang Memorial Award
Football
Brett Froendt, Omaha Westside.
– Callam Sports Photography



Phyllis Rice Honnor Volleyball Award
Lois Hixson, Aurora.
– Callam Sports Photography



Country Inn & Suites Lincoln North

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

- + Daily hot breakfast
- + 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!

Call us to learn more - mention our
Nebraska Coaches Association
ad when booking for special rates!

402.476.5353

N **nebraska**
coaches
association



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

<https://www.radissonhotelsamericas.com/en-us/hotels/country-inn-conference-lincoln-ne>

2022 NCA Country Inn & Suites Scholarship Recipients



Joshua Shaw
Sandy Creek



Kayl Francis
Logan View



Landon Olson
Battle Creek



Alexandra Eisenhauer
Bloomfield



Brady Millard
Fremont



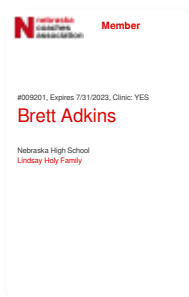
Jacob Bargaen
Centennial



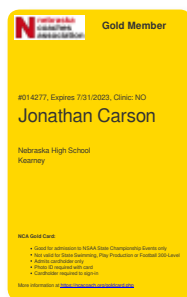
Allyson Kort
Meridian

2022-2023 Digital Membership Cards & Gold Cards

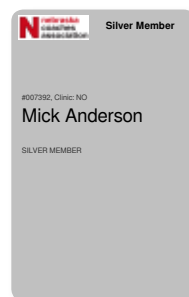
Member Only



Member & Gold Card Holder



Silver (Retired) Member Only



Silver (Retired & Gold Card Holder)



State Colleges Recognize NCA/NSIAAA Membership Cards For Admission

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 University

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 logertickets@unk.edu
Admit member only
Must present membership card when picking up ticket
Good for all sports-regular season
Ticket is free

University of Nebraska-Omaha

E-mail no later than 48 hours in advance:
jsecunda@baxterarena.com or brcarey@omavs.com
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)
- Sport Advisory Committees to make recommendations regarding sports rules changes & NCA
- 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

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 <http://www.ncacoach.org> – Online Membership Registration is Available

2022 - 2023 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 2021-2022:

Coaching Assignments 2022-2023:

For each sport you are coaching in 2022-2023, indicate in the table to the right if you are the Head Coach or Assistant Coach as well as which level you are coaching.

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"/>
Boys 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"/>
Girls 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"/>
Unified Track & 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"/>
Boys 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"/>
Girls 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"/>
Unified 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"/>
Strength & Conditioning	<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 2022-2023: Please indicate any administrative positions you hold for 2022-2023 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: \$50.00

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)

 /

CVV 3-Digit Code on Back of Card:

Signature:

2022 NCA Golf Scramble Results

Monday, July 25 – Highlands Golf Club

FIRST FLIGHT

First Place (55)

Chris Rainforth
Wyatt Morse
Jeremy Murman
Josh Murman

Second Place (56)

Gunner Brown
Cody Wallesen
Dillan Wolfgram

Third Place (56)

Jim Eberly
Tim Streff
Marcus Donner
Abie Ott

SECOND FLIGHT

First Place (59)

Zach Wemhoff
Corey Uldrich
Tylor Fincher
Rusty Fuller

Second Place (59)

Kurt Altig
Josh Bruck
Matt Kaminski
Kyle Milton

Third Place (60)

Ryan Hogue
Don Clark
Karmen Grant
Wendy Clark

THIRD FLIGHT

First Place (62)

Mitch Lockhart
Aaron Dahl
Steve Sherman
Jeff Wusk

Second Place (62)

Jeff Cole
Derek Bantam
Scott Johnsen
Brendan Johnsen

Third Place (63)

Chip Bartos
Brian Blevins
Dustin Kronhofman
Drew Billeter

FOURTH FLIGHT

First Place (64)

Andy Seamann
Chris Blecha
Rich Britten
Ryan Sanger

Second Place (65)

Chelsea Jacobitz
Brandon Jacobitz
Carrie Johnson
Kaylei Becker

Third Place (65)

Cody Cahill
Hayden Meyer
Josh Lewis
Gary Gaebel

FIFTH FLIGHT

First Place (66)

Mark Norvell
Lisa Lamb
Ryun Theobald
Aaron Veleba

Second Place (66)

John Adam
Jacob Baber
Matt Asche
Shawn Pohlmann

Third Place (67)

Nate Neuhaus
Megan Huber
Ron Higdon
Dan Masters

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2022 NCA Super-State/All-State Teams

Presented by:



Boys' Golf Super State

Treyton Baehr, Beatrice
Jackson Bengé, Omaha Westside
Kolby Brown, Omaha Westside
Thomas Bryson, Lincoln Southeast
Noah Carpenter, Palmyra
Thomas Gatlin, Lincoln East
Jacob Goertz, Mount Michael Benedictine
Nolan Johnson, Gretna
Ryan Lingelbach, Elkhorn South
William Mullin, Omaha Skutt Catholic
Brock Rowley, Norris
Teegan Sonneman, North Platte St. Patrick's
Carson Thurber, Norris
Logan Thurber, Norris
Will Topolski, Lincoln East
Porter Topp, Omaha Westside

Boys' Golf Class A All-State

No Selections, top 8 are within Super-State

Boys' Golf Class B All-State

No Selections, top 6 are within Super-State

Boys' Golf Class C All-State

Nick Fleming, Columbus Scotus
Cael Peters, Mitchell
Alexander Schademann, Fillmore Central
Seth VunCannon, Columbus Scotus

Boys' Golf Class D All-State

Gage Burns, Creighton
Zaybreon Hansen, Perkins County
Connor Hasenauer, North Platte St. Pat's
Zachary Vandervoort, Thayer Central

Girls' Tennis Class A First Team All-State

Belinda Rademacher, Freshman, Lincoln East – Captain
Camilla Ibrahimova, Senior, Lincoln Southeast
Grace Bartolome, Senior, Lincoln Southwest
Corinne Barber, Freshman, Lincoln Southeast
Ella Dean, Senior, Lincoln Southwest
Grace Greenwald, Freshman, Omaha Westside

Girls' Tennis Class A Second Team All-State

Elsa Jurens, Junior, Omaha Marian
Gibsen Chapman, Sophomore, Lincoln East
Torrey McManus, Freshman, Omaha Marian
Kristina Le, Senior, Lincoln East
Jada Vosik, Freshman, Omaha Marian
Olivia Flood, Senior, Kearney

Girls' Tennis Class B First Team All-State

Ina Satpathy, Junior, Omaha Duchesne – Captain
Kailee Bailey, Sophomore, Bennington
Kira Ozyornaya, Freshman, Elkhorn
Camryn Jacobsmeier, Sophomore, Elkhorn North
Haylee Wolf, Sophomore, Elkhorn North
Scarlett Lunning, Sophomore, Skutt Catholic

Girls' Tennis Class B Second Team All-State

Tanya Bachu, Freshman, Brownell-Talbott/Concordia
Jenna Wiltfong, Senior, Lincoln Christian
Alyssa Gove, Senior, Lincoln Christian
Paulina Fomicheva, Sophomore, Elkhorn
Sophia Jones, Freshman, Elkhorn North
Julia Gates, Senior, Elkhorn





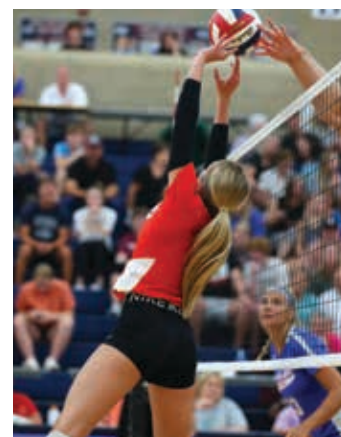
All-Star Boys' Basketball

All-Star Girls' Basketball





All-Star Softball



All-Star Volleyball



NCA Gives Back Through “Coaches Care” Blood Drive & Saudi Fugelberg Acts of Kindness Endowment



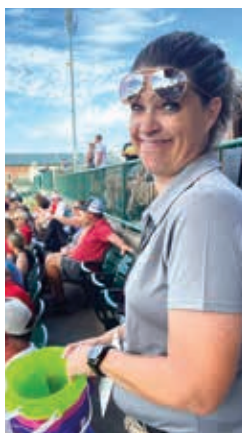
The Nebraska Community Blood Bank (NCBB) and the Nebraska Coaches Association (NCA) joined together to encourage coaches to give back by donating blood at the NCA's Multi-Sports Clinic blood drive on July 27 at North Star High School.

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, in a time of extreme shortages. The NCA blood drive proved to be one the largest Nebraska Community Blood Bank Lincoln drives.

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 Tim Kassmeier from Norfolk Catholic.

Overall, the “Coaches Care” program demonstrated that the coaches of Nebraska do care. 89 total units of blood were donated on the day – 114% of the goal established by the NCBB.

The Saudia Fugelberg Acts of Kindness Endowment Fund and NCA All-Star Service Projects also helped give back to those in need. Annually the NCA has committed long-term to donate to the Lincoln Food Bank and Backpack Program in the memory of long time NCA employee Saudia Fugelberg. Through All-Star game “Pass the Bucket” efforts and memorial donations the NCA donated over \$5,300 to the Food Bank during clinic week. Over \$5,400 in volunteer labor was donated through the NCA All-Star teams while packing over 2,100 bags.





Nebraska Coaches Association

Membership Benefit

GENERAL LIABILITY INSURANCE

Who is covered?

- Member scholastic school coaches.

What is covered?

- Claims made by negligent acts, accidentally committed resulting in bodily injury, personal and advertising injury or property damage to others.

When are you covered?

- During your coaching activities and in the classroom.

What are the limits of liability?

- 1M per occurrence.
- 2M general aggregate per coach.

Additional policy coverages

- Participant Legal Liability.
- Defense costs outside of the limits of liability.

Exclusions

- The transportation of athletes.
- All Star games that are not approved by your state coaches association.
- The loss, cost or expense arising out of infectious or communicable disease.

NEBRASKA COACHES ASSOCIATION

Membership Benefit

CAMP INSURANCE COVERAGE

Participant/Accident coverage is required for all participants attending camps.

What is Participant/Accident coverage and why is it required?

- Secondary medical insurance with a \$25,000 limit.
- The policy becomes primary should the injured party not have Primary Medical insurance.
- Pays out-of-pocket expenses such as co-pays and deductibles.
- Protects coaches and their schools from potential liability claims.

What is the premium for Participant/Accident camp coverage?

- \$250 minimum premium.
- Coaches also have the option of adding multiple camps.

Certificates of Insurance

- Most schools today require a certificate of insurance from coaches using school facilities. Certificates of insurance can be issued showing proof of insurance or naming an additional insured.

For more information: Visit www.loomislapann.com and click on camps.

Contact us at: 518-792-6561 or sports@loomislapann.com