

A female golfer is captured in the middle of her golf swing on a lush green course. She is wearing a light blue long-sleeved sweatshirt, a light blue pleated skirt, white athletic shoes, and a white baseball cap. Her hair is tied back in a ponytail. The background features a well-maintained golf course with a yellow flag on a green in the distance and a hilly, arid landscape under a clear sky.

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DECEMBER 2022

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**Winter Season Articles**



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Northwest Softball Coach Mitch Sadd receives a championship splash after capturing the Class B State Championship. The Vikings defeated Elkhorn in the championship game to improve their season record to 33-3. — Photo by Callam Sports Photography

Cover Photo – Callam Sports Photography

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Pierce Football Coach Mark Brahmer gives instructions during the Class C1 title game. The Bluejays defeated Aurora 42-14 to cap a 13-0 season and the state championship. — Photo by Callam Sports Photography



Gothenburg Volleyball Coach Bryson Mahlberg takes in the Class C1 State match. The Swedes fell to Grand Island Central Catholic in the finals. Gothenburg finished the season with a 33-4 record as state runner-up. — Photo by Callam Sports Photography





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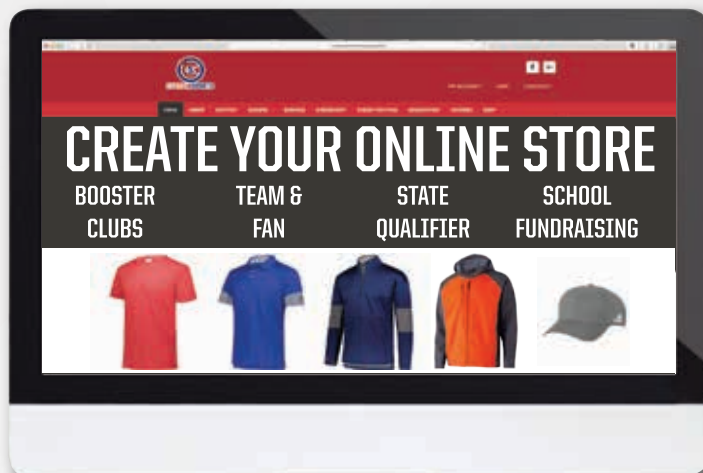
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#### February 16–18, 2023

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CHI Center – Omaha

#### February 16–18, 2023

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#### February 24, 2023

State Swimming Coaches' Luncheon  
Bob Devaney Sports Center – Lincoln

#### March 1–4, 2023

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& Sportsmanship Awards  
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#### March 8–11, 2023

State Boys Basketball Hospitality  
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#### April 23, 2023

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NSAA/NCA Building – Lincoln

#### May 17–20, 2023

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# Using Fundamentals As The Buidling Block Of Your Program

Luke Santo — Falls City Sacred Heart — Girls Basketball



I graduated from Falls City Sacred Heart in 1996, where I had the good fortune of playing under legendary coaches Doug Goltz and Dennis Prichard. I graduated college from Peru State College. With Dennis Prichard moving on to coach at Peru State, and Doug Goltz becoming the new principal, a Social Studies teaching position and a coaching job opened at Sacred Heart. I applied for both jobs and was hired. At a small D2 school, one is often asked to coach several different sports, so I've helped coach high school and jr. high football, jr. high track, was an assistant girls' basketball coach for one year under Matt Cumro and was an assistant boys' basketball coach under Doug Goltz for two years. The 2006–2007 season was my first year as the head girls' basketball coach for the Lady Irish.

One of the common questions that Sacred Heart receives is how we have had such sustained success over the last 30 years. Dennis Prichard deserves all the credit for getting our girls' program going in the 90's, so I can only speak to the last 16 years. One of the biggest factors in our success has been the creation and success of our elementary/youth basketball program. It is my belief that our kids are fundamentally much farther ahead in skills than kids in other schools who do not have the type of elementary/youth program that we have. In the beginning, this started out as just a few weeks of basketball sessions in the late fall and early winter where kids would come in on Wednesday nights and Saturday mornings to learn basketball fundamentals. If we could find some relatively close tournaments on a weekend, some of our parents might take their kids' class to a tournament. The program started small, with just the basketball coaches and some volunteer parents. It has now evolved into the creation of our very formalized and organized youth program that is managed by my brother, Adam Santo, who is also my assistant coach. Our boys' assistant, Brian Lemerond, takes care of the

boys' elementary program. They organize the practice nights, take care of getting gym time reserved, call and ask parents for help with our youth basketball sessions and to volunteer to coach their kids' team, which means helping with practices and coaching during games and tournaments. One of the things that we have supported from the beginning is stressing fundamentals, and the coaches believe it has been vital to our success. From kindergarten to 6<sup>th</sup> grade, we are working on an abundance of ball handling drills, passing, and catching, footwork, shooting on lower rims, and eventually getting to full court drills. Subsequently, we coordinate with our jr. high coaches to keep pushing those fundamentals and incorporate the same defensive and offensive systems that we will run in high school. This has been made easier over the last few years because Adam has also been working with our jr. high program as well. By the time our girls get to high school, I get to reap the benefits of all the hard work that others have put in before me.

When you look at your upcoming season, I recommend examining the level of your program and asking yourself the honest question of where your program is at. If it is struggling, I would suggest starting with focusing on fundamentals to provide a strong foundation. We feel our girls are quite fundamentally sound, but we still pay close attention to the fundamentals in practice. If you attended one of our practices, you would think the first hour of our practice was a jr. high practice due to our emphasis on basic ball handling and dribbling (2 ball handling, cone dribbling, and full court whistle stop dribbling). We do various half-court and full-court pass and catch drills and direct attention to the basic layup drills. . . both off the dribble and off of the catch. Nothing fancy. . . just fundamental. As coaches, we remind our girls all the time of one of Kobe Bryant's favorite quotes, "Never get bored with the basics." From there, we progress to our basic defensive segment. We drill closeouts intensely, man shell defense almost every practice, and then go to full court transition defense. One of our non-negotiables is that we never give up layups. It's almost impossible, but that's what we strive for. Over the last 10 years, our teams have given up an average of 30.32 points per game. You get what you emphasize. When I first became the head coach of the girls' program, I had dreams and visions that we would play fast, get up and down the court, and score a massive number of points. We quickly figured out that this style won't work at the high school level against the better teams. We realized that if you can play defense, limit turnovers, and don't beat yourself, you give yourself a chance every night. . . no matter who you are playing.

Continued on page 7  
*nebraska coach*



A huge emphasis has been placed on scouting, based on learning the importance of this from Coach Goltz and Coach Cumro in prior years. We demand a lot of our girls, so we feel we need to do our part as coaches to plan and prepare to give them the best chance to be successful on game night. It can be taxing and draining, but we never want to leave anything to chance. Any offense we have seen, any specials or quick hitters, or any offensive action all ends up in the report. We include baseline out-of-bounds plays and sideline out-of-bounds plays. The first page of our scouting report is dedicated to the other teams' personnel and page two is our "keys to success" for the night. After that, we draw up what was mentioned above. Offenses, specials, BLOB's, SLOB's...nothing gets left out. Hudl is a tremendous resource, but in all honesty, it has made us a little lazy. Back in the day we liked to go to games and scout frequently so we could be in the gym and hear calls, but now most of our information on other teams is obtained by watching them on Hudl.

If you have the type of players returning that you think that you could make a run in subdistricts, a substate final, or even make a trip to Lincoln, I would suggest looking at which teams might be potential roadblocks. Since 2012, we have played Wynot nine times in Lincoln. Their style of play forced us to look at some of the way we did things and adjust. In our early years, we ran the "Carolina" secondary break, where our 4 man took the ball out. It took us a few years to figure out that this was okay against most teams, but when we faced Wynot, that wouldn't work because we didn't want one of our bigs having to handle the ball against Wynot's press. We changed our whole transition game because of that. They forced us to look at our player development. We had to really put an emphasis on our guard development in the summer and during the winter. Throughout the winter, no matter who was coming up on the schedule, we concentrated on our press break. Working against constant pressure and trapping is good player and team development, no matter who you are playing or when you are working on it. We learned the hard way that you can't prepare for Wynot's style of play during an hour and a half walk-through before a game in Lincoln. It was too late. You must work on it throughout the year. We learned from our mistakes, adjusted, and it has paid dividends.

In closing, as a coach, don't get "stuck in your ways". "That's the way we've always done things" is a dangerous philosophy. Relying on past achievements alone can lead to stagnation. Embracing change can be a way to maximize your team's potential. When we were first starting, videos from Championship Productions were a great resource for us. We wore out DVDs like Billy Gillespie's *In Your Face*, *Pressure Defense Drills*, and Tom Izzo's *Dominating Rebounding and Man-to-Man Defensive Drills*. Adam coaches our bigs and he loves Bill Self, so he was always buying Bill Self High-Low videos. Years ago, we started going to watch college practices. The very first college practice I watched was during Doc Sadler's first year of coaching at Nebraska. He invited coaches to come watch their first fall practice. Doc was initially mic'd up, but halfway through, he wasn't happy with his guys' effort, so he ditched the mic so he could use the language he wanted to. A couple years later, I went to another Doc practice that started in the morning. About 10 minutes into practice, Doc was fed up with the lack of effort and focus and was going to kick the players out and make them come back and practice at night. Fortunately, Bo Spencer talked him down. Doc could use some colorful language, but you couldn't question his intensity. Seeing the effort that he demanded from his players was important for me as a young coach to see. We were fortunate to watch Creighton practice (first to arrive and last to leave was Doug McDermott) and attended a clinic that Bill Self hosted at Allen Fieldhouse. Amy Williams and her staff at Nebraska are extremely kind and accommodating. Most college coaches are very hospitable, and if you're a hoops junkie, it is a great way to get into some cool gyms and arenas and step foot on some beautiful college campuses. Recently, we have utilized Twitter and YouTube for ideas. . . the amount of information on those sites is almost overwhelming. Find things or ideas that you're comfortable with or might be a good fit for what you're trying to do. A website we've used a lot the last two years is Women Basketball Coaches Insider (<https://coachesinsider.com/topic/womens-basketball/>). It has quite a library of information. Tony Robbins says "success leaves clues" . . . go find them. Always seek out ways to improve your knowledge and your coaching skills. You owe it to your players.



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# Switching Up Styles of Play to Fit Athletes, Player Report Cards & Filling a Varsity Roster

Joe Hesse – Humphrey/Lindsay Holy Family – Boys Basketball



I started my coaching career in Wallace, Nebraska. I was lucky enough to get a head coaching job right out of college, and the lessons learned from that position have carried over to my current job in Humphrey/Lindsay Holy Family. The last four years have been the most successful that Humphrey and Lindsay have seen. We've made four state tournaments and brought home four trophies: 3<sup>rd</sup> place and three championships. We've had some incredibly talented players with great intangibles, but I'd like to think as coaches we've done some things right along the way, too.

We finished up the 2020–21 basketball season with a state championship and we returned our top eight players from that team. Expectations the following season were going to be as high as any other school in the state. So, what did we do? We threw out our entire offensive and defensive gameplans from the season before and we were going to start over. Why would we do this? Even though the kids were the same, we knew that we would be able to push this group harder to raise their level of play. We also felt our team lacked accountability because our best players were so much better than the others and moving

up a class left little room for mistakes. I'm fortunate to have two assistant coaches that have varsity coaching experience, Travis Friesen and Tom Meyer. The three of us settled on an offensive game plan revolved around pushing the ball extremely quickly and playing around our all-state post player at the elbow. On defense we switched to a 3-2 zone, mostly because nobody runs it, but we also had incredible length and some good athletes down low to run and cover a large area. If you watched us at the state tournament, we wouldn't push the ball nearly as hard as we did in the regular season. We had a key injury that cost us our depth and ability to release on the shot. In the regular season, we were able to turn any opponent's shot into a fast break opportunity. I really believe that if you coach at a small school, each year you need to take a step back and evaluate your talent and figure out the best system to make your players as successful as they can be. I remember my first year as a coach we played only man because I was trying to instill some discipline and toughness in the kids. Early in the season we played a team that was bigger and more athletic than we were, but they weren't better basketball players and didn't have shooters. We stuck with our man-to-man and lost a close game. That loss has always stuck with me because the better team didn't win, and it was my fault for not being willing to change.

At least two times a year, usually the day after a game when practice is light, I'll have my assistants run practice for about an hour so that I can do "report cards" with the players. I'll call each kid over to me, usually in another room, to have a one-on-one meeting with them. With the varsity players, we talk about their strengths and weaknesses. We want to maximize strengths and limit the number of times their weaknesses can be exposed. We may also discuss the direction we're going as a team, if they're having fun, and if they have any concerns about the things that we're doing. With the JV players we talk strengths and weaknesses and the areas they need to improve on over the season and in the summer on their own time. I always tell our players that I don't keep secrets from them, and I want to see them all be successful. This has led to our players having well-defined roles that are clear to them and their teammates. This past season, we had a couple players that we would cut loose on offense. No shot was a bad shot for them. Then we had a saying, "Shooter's shoot, and cutters cut." We had other players that we encouraged to shoot if left open, and we didn't really want them driving into the lane. We had few players that we'd rather have cutting to the basket than standing at the three-point line. During a game, we rarely took a bad shot. They were shots by

*Continued on page 10*

players in the areas that they should be taking them. I think this is important for kids to understand. These report cards have also limited the number of parent phone calls because the player and I are on the same page.

Something else I wanted to mention is how we fill out our varsity roster. I've heard other coaches tell me how they want to take a varsity uniform from a player and give it to someone else who's better, but they know that they'll have some angry parents to deal with. This has led our staff to do things a little differently. Every year, before the season starts, we have our players fill out goal sheets. They include team goals and individual goals. For most of the varsity players, the common goal is to make it to the state tournament. For our younger players, the most listed goal is to suit up for varsity. For this reason, we don't start the season with a permanent varsity fourteen. We will usually have about

ten varsity "regulars." The other four spots are up for grabs each game. The day before a game, we will play a free throw shooting game for all the non-regulars. The top two will suit up for the next game. This has led to every player, tall or short, fast, or slow, having a shot to suit up. It has also led to our younger players spending a lot of time shooting free throws on their own time, which we hope will pay off for us down the road. The next two spots will be filled with players that had a good JV game that day. This way you can ensure that the better kids that deserve a chance will get it. As the season goes on, we will start giving away permanent spots to kids that earn the jerseys in practice or games. By the end of the season, we will end up with fourteen regulars, and many of our players will be able to go through our varsity routine once or twice during the season, and they earned that opportunity.



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# Building Stability in Your Wrestling Program

Ryan Mraz – Sutherland – Wrestling



Wrestling programs vary in size across the state of Nebraska. My perspective comes from a small community wrestling program. However, I hope that all coaches can take something away from this article. I have outlined a few key areas that have made our program have stability and success in the recent years.

## Community Involvement in a Youth Program

One of the keys to our success in high school has been to invest in your youth program. In the past we had only a few people involved running our youth program. It has changed to being led by a wrestling/football board which includes parents, coaches and community members who want our kids to be involved in football and wrestling at the youth level. The board is involved in all the various decisions that must be made during the youth season. They manage the finances, they oversee our local tournament, find all the help need to run the youth tournament and numerous other things. If parents have questions about the program, they can talk with a board member without disrupting practice time. This allows our coaches to focus on wrestling instruction, drills, and practice plans. It truly takes a small village of dedicated people to make our program a success.

## Develop a Wrestling Move/Series

I used to show our athletes every move that I knew throughout the year. Over the years, I have learned that is too much for most of our wrestlers. We now focus on two different moves that have similar finishing series. We have incorporated these two series into our youth, middle school, and high school programs. We drill these two series frequently throughout the year. Now our wrestlers have something that they know well and can rely on during a match. It really helps our inexperienced wrestlers gain confidence in themselves and provides them with a go to move when they may be in doubt about other options. Also, other teams may have to prepare to defend against your team's move or series. I know that we have devoted extra time in our practices when we are going up against teams like Saint Patrick's, Mullen, and Plainview that have certain moves that they run consistently well.

## Build Relationships

Make your wrestlers feel like they are a family and know that you care about them as a person. I know Sutherland is a small town and it is easier for me to do this, but the payoff is worth it. I probably know my wrestler's parents, their siblings, and where they live, but I try and know each of my wrestlers on a personal level. We spend so much time coaching our athletes that it's not that hard to get to know more about them. I want to know their interest, grades, and their goals for wrestling. They will be willing to go the extra mile for you if they know that you genuinely care about them outside the world of wrestling.

## Trust in the Program

As a head coach, I have had to learn that I do not need to be in the corner for every wrestling match. Trust your assistant(s) to do the job they were hired to do. I often allow my assistants coaches in the corner at our tournaments without me. They may have a better connection to the wrestler on the mat or want to gain experience themselves. My veteran wrestlers probably don't need me mat side pointing out the obvious. Trust that most of your coaching is done in the practice room and not the day of the tournament. While my assistants are coaching, I can evaluate a previous match with a younger wrestler, prepare for an upcoming match or take notes on the day. I am old school and always have a pen and paper with me to jot down notes on each wrestler throughout the day. The next day I go through my notes and pick moves or situations that we need to work on or clean-up for the upcoming week. I also highlight positives of what we did well.

## Learn from Others

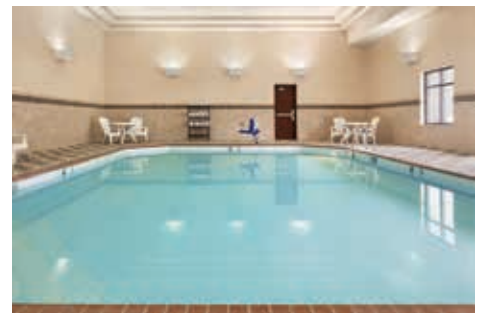
I have been coaching ever since I graduated high school and have never stopped learning about this sport. While attending UNK my brother and I had the opportunity to learn from a couple of great coaches: Darrin Max at Amherst and Tom McCann at Kearney. I learned a lot from them throughout those four year and will be forever grateful. My advice to younger coaches is to sit in as many different practices as you can. See what works well and what you can add to your program. You can gain valuable insight from coaches who have well established programs in your area.

I always attend at least one coaching clinic a year. The clinic usually has something that is new or different that I can bring back to our program. While attending summer camps or summer league, I try and pick up on one drill, strategy, or technique that might fit into our program. I also learn from my wrestlers, veteran wrestlers often perfect their own favorite move that they can instruct in the practice room.

## Reflection

As I look back on what has taken place in our program, all I can say is "It takes time." Unless you are moving into a program that is already well established it will take time. It will take time to get a youth program up and running, it will take time to develop a wrestling move/series, it will take time to build relationships that will last a lifetime. Enjoy the time.





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# Steps in Developing Bowling Programs

Nikki Bradley – Northwest – Bowling



Sports have always been a part of my life. Growing up I was involved in or tried every sport that was offered in school. The best sports that I was involved in were fast pitch softball and bowling. I loved competing in those two sports for the competitiveness and loved going to all the tournaments we were involved in. I learned a lot from my coaches I had in both fast pitch

softball, women's softball and bowling that have made me a better player and coach today. I would also like to say thank you to the Athletic Director and the Administrators at Northwest for giving me the chance to coach these kids, the bowling centers that we have practice at and hold our tournaments at and the proprietors for all the help and support they give us.

How many sports do you know of that offer scholarship money for prizes. There's not many but bowling is one of them.

You can start winning scholarship money as young as 5 to 6 years old. In our youth bowling program we have here in Grand Island we offer scholarship money at our tournaments that we provide and that we host in our association and all that money that they win will go into a Smart Account with the USBC and when they graduate from High School and go off to college they can use that money to pay for their college or college expenses and that is the only thing they can use the scholarship money on. They have 8 years to use this scholarship money after they graduate and if they do not use this money, it goes back to the association that held the tournament so that they can redistribute that money back to more bowlers.

In our program we have a lot of variety in skill levels. We have some that have been bowling since they were 3 and some that may have just started. With the ones that have just started we work on their approach on the lanes and their ball release. One way to work on the release is go get a nerf football and play catch with a friend or toss it into a couch. The trick is to learn to deliver an underhand pass producing a spiral motion on the football with no wobble and to do so repeatedly. You hold the football with your bowling fingertips on the laces and with the ball resting on the palm of your hand. Swing the football back and forward with an underhand movement (like swinging a bowling ball) and rotate your fingers on the laces

swiftly to impact spin on the football to obtain a spiral pass. You don't need to use a severe snap, just always think smooth. This will help develop a smoother release. Beginning with the gripping pressure with your fingers in the bowling ball and avoid squeezing the bowling ball so hard with your fingers & your thumb will help with a more consistent release of the ball. There are YouTube videos to help you with this also.

We also work on your release and balance by using a no step release, a one-stop drill and a kneel-down drill. These drills are designed to help you know how the ball is supposed to feel when it comes off your hand during the release and help you with your balance and stability at the foul line. Like any sport coaching can take a lot of learning and knowledge of keeping up with all the new equipment in bowling balls that are released ever year and learning how to approach a plan for all the different lane conditions that are laid out on the lanes at your tournament. One way to help you remember different sport shots is to get a notebook and make notes on what lane pattern they used and what balls you used that day with where you were standing and what mark you were rolling the ball over. That will help you to navigate a little better when you get on that lane pattern again.

At practices we don't always work on skills, but we also have some friendly competitions between each other to keep the practices enjoyable and to see what they still need to work on. Some things we work on also are Baker games because they are a big part of High School Bowling. If you are not working as a team and you don't know how to line up your bowlers for bakers, then the games will not be very competitive. In bowling several people struggle to pick up the 10 pin and the 7 pin. So, we try to practice on spare game a lot. One thing we do to work on spares is called a Scotch Doubles. This is where the first bowler throws the first ball and if the first bowler does not get a strike and that person leaves pins to pick up then the second person will get up there to try and pick up the spare. You continue to do this till someone strikes and then you change positions. The second person will become the first person and the first person will become the second bowler and will then have to pick up the spare if the first person does not get a strike. You continue this way till the game is over. This way both bowlers get practice on spare shooting and that is very important to the game of bowling because spares could win you the game.

I know there are also some coaches out there that would like to get involved in some coaching clinics and you can find some information on those at bowl.com. They will give you what level they are going to teach and where they will be next if you want to enroll in the class. Also, if you are looking for some tournaments for the kids to get involved in out of season you

*Continued on page 15*

*nebraska coach*



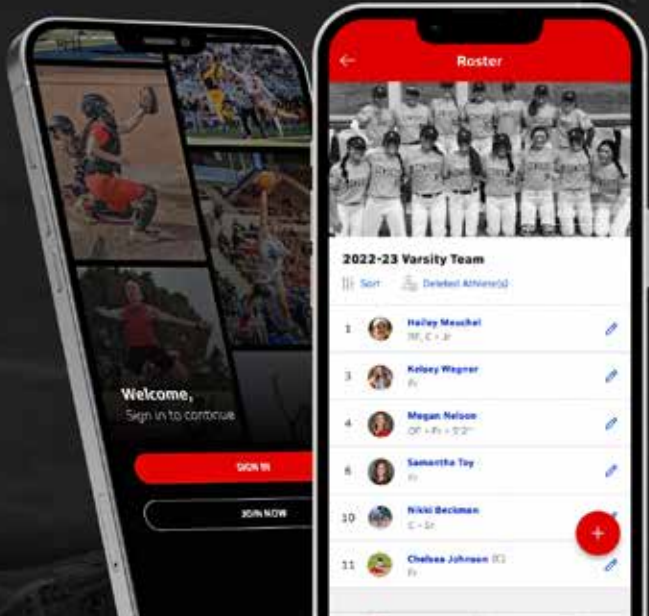
can either go to [tournamentbowl.com](http://tournamentbowl.com) and click on your state and that will give you some tournaments that will be running throughout the year. There are also a few on [nebraskabowling.net](http://nebraskabowling.net) website under Youth for the Kings & Queens Tournament, The Pepsi Tournament, and the State Tournament. You can compete in these tournaments as an individual or as a team. Some of your cities also offer a City Tournament or some fun tournaments throughout the year so check them all out and get involved to win more scholarship money for your future.

So far in my coaching career we have come out with one State Title in the first year of Unified Bowling and then last year we got Runner-Up for the High School Boys team. I cannot wait to continue growing the program because it has been a joy leading the Northwest Unified bowling team for 7 years now and the Northwest Boys and Girls High School Bowling team for 3 years now. We have many more adventures to come and a lot more success to be had.



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# Wrestling Beyond the Mat

Evan Bohnet – South Sioux City – Girls Wrestling



Every year, coaches stress to their athletes how every coach cares for them beyond athletics. Coaches help them with school work, give rides, find clothing and equipment, get jobs, and countless other things. In my first year as a full-time girls' coach, I said and did those same things, but our team was still missing something. A conversation with

the South Sioux City girls' basketball coach, Steven Selk, led me and our girls' wrestling staff to implement mental health checks for our athletes. What we, Jeffrey Wood, Kristin Smith, and myself, thought would be a five-minute-a-week paper to make sure our athletes' mental health was in a good place turned into so much more. We started to have a better understanding of what our athletes are going through at home, school, work, and relationships. We were able to talk to them individually about problems as they were happening and not after they escalated. We were able to have genuine conversations with the athletes and get to the root of the problems. This led to a much closer relationship with our athletes and built trust with them far beyond wrestling.

The mental health checks were a single piece of paper that we gave to our athletes once a week. We asked some basic questions to gauge their mental health. Questions such as, "How much sleep are you getting?" "Is there anything going on that you would like your coaches to know?", and "What is something positive going on in your life right now?" all helped give us insight into the world beyond athletics. We also would ask them to rate their stress level. They didn't have to share anything they were uncomfortable with or anything that was private. When we began this, the coaching staff immediately could see hesitation, but as the year progressed, the athletes became more open with their responses and with us. You could feel a sense of relief from many girls, who now knew they had the support of their coaches well beyond wrestling. The coaching staff saw more smiles even though many of our athletes were in tough situations. This led to our team wrestling for each other, they weren't alone. The girls were more aggressive and fought harder for the win than they had before. The girls wanted to wrestle well, not only for themselves but for the people that cared for them.

Our team bonded because the mental health checks brought us together beyond our sport. The coaches understood what they needed beyond our wrestling mat. Just like many coaches, we have always tried doing team bonding activities, but last

year we were able to make the team bonding activities more specific to what the team needed. We went beyond just a team gathering at one of the athlete's houses. By having more candid conversations, we found out some of our girls were into WWE, so we went to a local event. I honestly don't know who had more fun, the coaches or the athletes. We had a karaoke night and a dance party. Not things I usually find myself doing on a Friday night, but it brought the girls closer together and they had a chance to see their coaches outside of the wrestling area walls. A kickball tournament and a capture the flag tournament served as a double duty; working on some conditioning, but also it gave us a chance to laugh at the struggles. The girls got to know each other much better than just how they interacted in the wrestling room. We found ways to bond over shared experiences.

Adjusting our normal routine forced us to accept that giving up practice time was necessary. I was worried about how the kids would learn the fireman's carry or the best defense from a headlock. I worried if we would be in good enough shape to wrestle a full six-minute match. Many of our athletes were new to the sport, and I worried if our offensive attacks would have good setups or if they would dive in with our heads down. With these sacrifices, I worried if our athletes would be able to compete with the best in the state. As a staff, we had to decide if our focus on mental wellness was worth the loss of mat time. All of these thoughts ran through our minds, but we did not find any of these worries to be true. In reality, the actual wrestling practices were much more focused, and we achieved more in less time. The athletes had weights lifted off their shoulders and now were able to concentrate on the tasks assigned to them. We no longer needed to spend endless minutes drilling a fireman's carry, as our team worried about struggles in school or focused on the complaints about a test. The use of mental health strategies allowed our athletes to give us their full attention. Our girls focused on a clear, specified task, and their minds were not consumed with outside distractions. The clear minds allowed the more experienced wrestlers to offer help to new wrestlers to learn the moves. The new wrestlers were not afraid to ask for help; the wrestlers knew each other and felt comfortable. They were willing to stay after practice to perfect the techniques covered that day. They were not just going through the motions, instead they were focused on becoming better wrestlers!

Implementing mental health awareness checks changed our attitudes, culture, and performance for the better. Showing our athletes that we do care about them far beyond the wrestling mat was instrumental in the success of our wrestling program. Kids can hear you say that you care about them, but when you show them, that is when you make a difference in an athlete's life.

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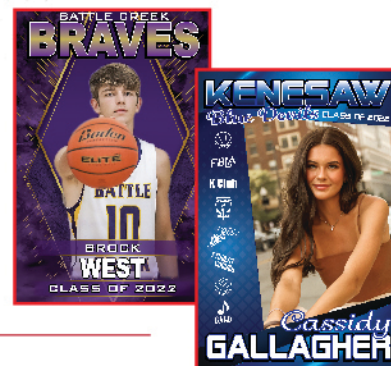
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# The Importance of Establishing a High School Strength and Conditioning Program

Amber Burson – Lexington – Strength & Conditioning



Strength and conditioning have strong roots in the state of Nebraska, dating back to the early 1970's when Boyd Epley was hired by the University of Nebraska. Since that time, strength and conditioning has grown in popularity and is commonly found in many high schools across the state. The person(s) charged with running

strength and conditioning programs varies from school to school. Across the state of Nebraska, you will find anyone, from a Physical Education teacher, to a football coach, to a strength and conditioning professional, to an outside organization running the strength and conditioning programs in Nebraska high schools.

While schools may have different goals in mind – and the road map for reaching those goals may be different – there are a few commonalities that strength and conditioning programs should strive to reach. Our goal for you, while reading this article, is to help you assess your school's strengths in strength and conditioning while also inviting you to reflect on where your school may have room for improvement.

A high-quality strength and conditioning program can be one of the best assets a coach can have. Strength and conditioning programs provide athletic departments with an opportunity to build a unique culture and establish confidence within the school. All programs are seeking confident individuals and confidence is a skill that can be acquired, established, and built through strength and conditioning. As individuals improve their ability to move and control their body, they become more aware of their strengths. Confident individuals are more likely to be able to execute what is asked of them. The focus of moving well instead of moving large amounts of weight early in a student-athlete's development should be of utmost importance in all strength and conditioning programs. Competence leads to confidence and competent movers lead to confident individuals in the field of play. As most schools in Nebraska rely on multisport athletes, a strength and conditioning program that

helps produce confident individuals can have far reaching effects.

Reducing the amount of time that athletes spend sidelined by injury should be another objective for all strength and conditioning programs. It is important to keep in mind that while we cannot prevent all injuries, decreasing the injury risk for student-athletes can and should be a priority. Areas that should be included – but not limited to – range anywhere from joint mobility, tissue flexibility, muscle, tendon and ligament strength, nutrition, hydration, and rest. Physical and mental resilience are also important aspects to keep in mind when training for injury reduction. Resilient student-athletes are better equipped to handle the stresses of sports and student-athlete life.

Again, it is our belief that student-athletes should be given the opportunity to train optimally with a qualified coach to reach their highest physical and mental potential. Being entrusted with the duty of managing, supervising, organizing, directing, and administering strength programs in the weight room to groups of students is no small task. Adding to the challenge, there is no one perfect way to get to the end goal and there are many sources of information available in strength and conditioning. This combination of responsibility, variability, and information overload can make it hard to know where to turn to find guidance in properly training high school student-athletes. Continual education and networking are very important resources for anyone involved in strength and conditioning of high school student-athletes.

The Nebraska Strength Coaches Organization (NSCO) is one resource available for this exact reason. This organization, which is a group of coaches working in the trenches as high school physical education teachers throughout Nebraska, works to connect the state of Nebraska in High School Strength and Conditioning and to provide high quality content, education, resources, and networking for Nebraska Coaches. Many of the members of the NSCO also belong to the National High School Strength Coaches Association (NHSSCA) and/or the National Strength and Conditioning Association (NSCA) which also provide valuable, credible resources for coaches. To learn more about educational and networking opportunities in Nebraska, we encourage you to reach out by emailing the following address ([nebstrength@gmail.com](mailto:nebstrength@gmail.com)) and the Nebraska Strength Coaches Organization (NSCO) will contact you with information.

As stated earlier, our goal for you while reading this article is to assess your school's strengths in strength and conditioning while also inviting you to reflect on where your school may have room for improvement. Below are four reflection questions we

*Continued on page 20*


extend to you, your program, and your school as you evaluate your program.

1. Do you consider your strength and conditioning program to be established? What state do you believe it to be in right now and what supports this view?
2. What is it that you and your strength program do well? How can you demonstrate these strengths to someone outside of your program?
3. What are areas of improvement that you recognize? How do you go about overcoming these weaknesses?
4. What resources do you need as a teacher and coach to better enable you to positively enhance your student-athletes experiences and result through strength and conditioning?

Once you have answers to these questions, action is required for your program to grow. What will be your action steps? How can you expand your knowledge and network to improve your program? No matter where you are in your coaching journey, whether you are a new coach or a veteran, these questions can continually be reflected upon to challenge you to grow as a coach and as a program.

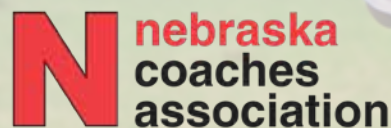
So, what action will you take? Struggling to find answers? Still have questions? Don't hesitate to reach out to a member of the NSCO or a fellow coach to start a crucial conversation, and let's start elevating our programs and the entire state of Nebraska, together!

Contributing to this article: Nick Crouse – Platteview, Brandon Mimick – Bennington, Trent Clausen – Conestoga and Stewart Venable – Lincoln North Star.



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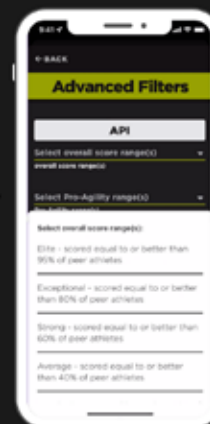
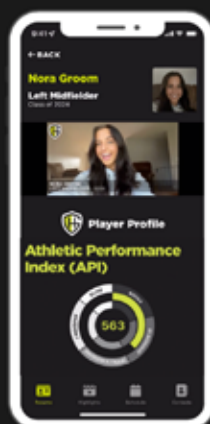
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# Setting a Cheerleading Program Culture

Joellen Hamann – Auburn – Cheerleading



*"The higher the bow, the closer to God!"* is one of my top catchphrases in cheerleading. Coaching cheerleading takes a different mindset, energy, and practice plans than other sports; the sport of cheer is a building process and a year – long commitment to my squad. According to sport psychologist Jim Taylor, the word culture in sports is defined as **"A culture is the expression of a team's values, attitudes, and**

**beliefs about sports and competition.** It determines whether, for example, the team's focus is on fun, mastery, or winning, or whether it promotes individual accomplishment or team success." Auburn High School's Cheerleading Team has set the bar of culture and what a cheer program should look like. It hasn't been an easy task, and not a task I have fulfilled alone. It is through admin support, great assistant coaches, and girls who are determined to meet my high expectations and excel in the sport that set Auburn Cheer apart from other cheer programs in the state.

Being a high school cheerleader, an NAIA college cheerleader, and having two years of coaching experience before coming to Auburn, have all helped me settle into a long-term coaching commitment at Auburn. I have been a part of well-run programs, as well as programs that were disastrous in nature, both of which helped me know how to run a program that Auburn would be proud of. Kevin Reiman, at the time Auburn's AD – then principal – then superintendent, really set me and the program up for ultimate success beginning in 2006. I truly owe him my first twelve years of success at Auburn. It was important to set the culture of making cheer a "sport" in Auburn. We share gym time with other sports, the athletic department bought our stunting and performance mats, cheerleaders can get post-season athletic awards as well as senior athletic awards, I am paid as a head coach as any other sport, and our championship banners hang right along with other sports state championships in our gym. Reiman and I spent countless hours formulating Auburn's cheer program to become what it is today. Reiman sent me to Memphis, TN to the UCA headquarters (at the time) to be trained / certified in stunting, take classes on team building, motion, and technique classes, and how to bring spirit to a district. Together we created the culture of Auburn Cheer that

still exists today. Thankfully, when Reiman left Auburn's district, I have been supported and valued by all new admin who has embraced the cheer culture, including my current AD, Jason Palmer, who includes me in all coaches' meetings, emails, and coaching decisions in our district. Success is bound to follow when a school's admin truly supports and backs your coaching philosophies, goals, and culture.

Being a cheerleader at AHS means you become a member of a sport that truly goes year around. Following tryouts in March, we hold weekly stunting practices, work concessions for baseball, track, and soccer to fundraise towards individual uniforms and begin working on cheers for fall seasons. In the summer, we hold twice a week practices plus UCA camp days, and in August, we begin planning for fall sports as well as homecoming activities and stunts / routines. We cheer at home volleyball and state play, as well as all home and away football games and state play. We hold mini pep rallies for all districts bound sports, including sports we don't cheer for. By October, we begin the planning of our state routine, as well as picking out our music and jump work. As winter rolls around, the girls are BUSY. We cheered at all home basketball games, away games, district play, and all home wrestling meets. All this, along with working towards the Nebraska State Cheer Competition in February.

Through my 16 years of coaching at Auburn, I have learned so many coaching lessons and how to adequately prepare for the state competition. Particularly in the past six-seven years, I have truly found an art to coaching a non-tumbling routine. The first step was finding an amazing choreographer, Chris Schultz, who is (to me) a choreographer of an elite standing. Developing a working and trusting relationship with Chris was a game – changer for my cheer program. He has been my choreographer since 2014, and I honestly can't imagine going to State without his magic on the mat. Chris can create amazing routines, but it is truly up to the girls and me how well his routine is executed. Our school district graciously allows us to have our state practices on Sunday afternoons. My girls are in other sports, clubs, activities, etc., and being in a small school, this is the time slot where we can practice at length and work on what needs to be cleaned up in the routine. We work continuously on jump work, stretching, tightness drills, formation work, and looking as if one girl is on the mat. Throughout the week, we hold mini practices, send videos, and my favorite is team critique sheets-where girls are held accountable to watch and critique other team members performing the routine. Can high school girls be catty? Sure! But when you hold them to the standard of excellence and culture of winning, they work hard to make sure everyone is "state ready" and hold each other accountable. My favorite line to repeat to my squad is, *"We are only as good as the weakest link on the team."*

*Continued on page 23*

*nebraska coach*

This brings me to the fact that I am only as good a coach as my assistant coaches. For the first ten years, I ran the cheer program on my own. I often found it discouraging to have 22 girls on my squad, more than the volleyball team (for instance) with four coaches. I was doing practices, driving to all the games, and spending hours critiquing routines and jumps on my own. Thankfully, the school district recognized this and granted me an assistant coach in 2016, Shanna Blazek, who has been such a huge asset to Auburn's cheer program. She has learned my coaching style and does nothing but benefit the program. I had a volunteer coach, Hannah VanGundy, who helped me during state preparation, and two years ago, the school district granted me a second assistant coach, Haeyvn Hug, also to help assist with games, driving, and practice work. Hug was a past cheerleader of mine, so her knowledge of the program was already strong, and she continuously helps to strengthen Auburn cheer.

Other coaches in the Auburn district often tease me about the cheer program "dynasty". As a five-peat state championship

team in class C1 (2018–2022), winning has become the central focus of the cheer program at Auburn. Can this streak of winning class C1 state last forever? No, probably not. There will always be other teams out to beat us, or teams that have more athletic capabilities than my girls do that year, but I can promise every year, no other team works as hard as my girls do for me the entire calendar year. Becoming a cheerleader at Auburn is a standard in itself, and the work they put into this program truly deserves to be classified as a sport in our school district. The culture of my program is what teaches my girls to strive for excellence in all things they do, as well as responsibility, hard work, and discipline – life lessons they will carry with them well beyond just a medal around their necks or pictures kissing the championship trophy at the state competition. Through all the hard work and success, my team has also learned how to have fun, develop school spirit, set goals and reach them, and most importantly, to realize NO, a cheer bow cannot be "too high"!



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# Dance Program Building

Erin Martinez & Michelle McNamara – Grand Island Central Catholic – Dance



Building a successful dance program takes time, dedication – and in some situations – the willingness to step outside your comfort zone.

At Grand Island Central Catholic, our dance program has been built steadily over the past 15 years based on hard work and high standards. We've been extremely fortunate to have athletes who are driven to succeed and who constantly push themselves to improve.

Being a small school, we don't have a large pool of dancers competing to make the team, but we still have a rigorous audition process to ensure that every candidate is prepared to meet the demands of the team both physically and mentally. Setting high expectations right out of the gate helps establish the right mindset going into the season.

Having been successful at the state competition over the years, the team naturally feels quite a bit of pressure to keep the momentum going. While it's in the back of everyone's mind, we don't talk much about the goal of winning at state. We work hard on being the best we can be, "controlling the controllables," and shutting out the outside noise. Our goal is to walk off the floor at state feeling like we've done our absolute best.

Pushing the varsity dancers beyond their comfort level has helped the team grow tremendously in the past four years. We've connected with successful dance mentors who work with the team on difficult skills and push them with choreography beyond what the girls think they can handle. Finding a team, we look up to that's been successful at the national level has been such a great resource for us and has taken us beyond what we thought was possible.

Since the level of dance seems to get more difficult each year, we wanted to make sure our program is poised to remain competitive for years to come. Establishing a middle school dance program was a major step in helping make this happen.

We are very fortunate to have a supportive school administration that allowed us the freedom to develop the middle school dance program how we see fit. Our goal was to better prepare young dancers for the varsity level, and to develop girls who may have otherwise not made the varsity team.

The selection process looks different at the middle school level than it does at the varsity level. They still go through an audition process, but what we look for in a candidate is a little different. We see this team as an opportunity to take on girls with a solid studio dance foundation and help them develop the right skills to be successful on a school dance team. The audition is very telling – we see who has raw talent, who's willing to work hard, and who has grit. Those traits are the biggest indicator of who has the potential to be successful in our program.

In middle school dance, we do a lot more work with conditioning than we do at the varsity level. The kids are all required to take studio dance classes, so they are continually working on their dance technique, but we work a lot on core and leg strength at practice to better develop their jumps and turns. Short bursts of running and plyometric exercises are incorporated into each practice. Pom movements are also a big focus since this isn't something they learn in studio dance.

We also teach the younger dancers how to pay attention to the little details outside of the choreography – the way we carry ourselves, how we dress for performances, and how to look and act polished and professional. It's a good confidence builder for girls that age that benefits them beyond dance.

Practice mindset and mental toughness are big things that we focus on with both teams. Preparing a routine can become a grind and nit-picking the details can really wear on people. We try to teach the girls how to communicate without offending each other – how to give constructive feedback when critiquing and how to accept that feedback gracefully from both coaches and peers. This really comes into play when we're working through competitive routines and things get stressful. And again, it's a great life skill.

We are always looking for ways to help our athletes grow and master more advanced skills. We push the team with difficult game day choreography all year long, not just for the state competition. The middle school team doesn't compete, but they perform at games all year as well as our annual cheer and dance showcase. We've been bringing in choreographers for their game day material that pushes the team beyond what they learn at their summer UDA camp. Connecting with college dancers and our team's alumni has given us a lot of great resources for choreography.

Building a consistently successful program isn't easy. Developing a culture of success requires constant maintenance that can test you at times, but in the end, I truly think you'll find it to be an incredibly rewarding experience.





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Friday, February 17, 2023 – First Session – Classes C1, C2 & D Dance

Friday, February 17, 2023 – Second Session – Classes C2 & D Cheer

Saturday, February 18, 2023 – First Session – Class C1 Cheer

Saturday, February 18, 2023 – Second Session – Classes A & B Cheer

Please visit the NCA website <https://ncacoach.org/cheer-dance/> for further information.

## 2023 Nebraska State Cheer & Dance Registration Requirements Checklist

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**All Items Must Be Completed, Paid For, And Received By December 31<sup>ST</sup>**

1. Join 2022–2023 NCA as a PAID member by registering Online – REQUIRED AS A HEAD COACH
2. Register and Pay for team registration. Please plan ahead if your school requires pre-approval for check payments. Online Team Registration OPENS OCTOBER 15<sup>th</sup>
3. Liability Release and Waiver Form (page 14-15) – Form MUST be completed on both sides by each participant and parent.
4. Rules & Regulations Acceptance/Music Copyright Compliance (page 16) – Form MUST be signed by Athletic Director and Coach.
5. Printed copy of Music Proof of Purchase/License if mixing music
6. Submit items 3, 4, and 5 together by mail or SCAN and email them to [staff@ncacoach.org](mailto:staff@ncacoach.org)  
**Photos of Documents Are Not Accepted.**

# NEW

**Your registration will not be complete until all the above items are completed and received by the NCA Staff.**



# 2022 Fall State Champion Coaches



## Boys' Cross Country

Class A – Sean McMahon – Fremont \*  
Class B – Sam Jilka – Lexington \*  
Class C – Tony Neels – Gothenburg \*  
Class D – Jon Hood – Cornerstone Christian

## Boys' Tennis

Class A – Chris Stock – Lincoln East \*  
Class B – Matt Wiemers – McCook \*

## Football

Class A – Paul Limongi – Omaha Westside \*  
Class B – Kameron Lenhart – Bennington \*  
Class C1 – Mark Brahmer – Pierce \*  
Class C2 – Jeff Bellar – Norfolk Catholic \*  
Class D1 – Jim Clarkson – Clarkson-Leigh \*  
Class D2 – Randall Rath – Hitchcock County \*  
Class D6 – PJ Book – Parkview Christian

## Girls' Cross Country

Class A – Brian Kabourek – Lincoln East \*  
Class B – Justin McGill – Norris \*  
Class C – Courtney Maas – Wayne \*  
Class D – Jayme Clark – Hemingford \*

## Girls' Golf

Class A – Jonas Christensen – Lincoln Southwest  
Class B – Jeff Nielsen – Omaha Duchesne Academy  
Class C – Kelly Cooksley – Broken Bow \*

## Softball

Class A – Chad Perkins – Omaha Marian \*  
Class B – Mitch Sadd – Northwest \*  
Class C – Ryan Glatter – Yutan-Mead \*

## Unified Bowling

Class A – Jackie Eickhoff – Columbus  
Class B – Mary Reimers – Lexington \*

## Volleyball

Class A – Katie Tarman – Papillion-La Vista South \*  
Class B – Renee Saunders – Omaha Skutt Catholic \*  
Class C1 – Sharon Zavala – Grand Island Central Catholic \*  
Class C2 – Sue Ziegler – Lincoln Lutheran \*  
Class D1 – Denae Buss – Cedar Catholic \*  
Class D2 – Taryn Janke – Howells-Dodge \*

\* Members of the Nebraska Coaches Association

**FUNDRAISING UNIVERSITY IS A PROUD SPONSOR OF THE NEBRASKA COACHES ASSOCIATION**

HELPING NEBRASKA COACHES "DREAM BIG" BY RAISING OVER  
**\$35 MILLION DOLLARS**  
FOR THEIR SCHOOLS & PROGRAMS SINCE 2009!



**MIKE BAHUN**



**STEVEN SHANNON**



**COLIN SHOCKEY**



**BOBBY DANENHAUER**

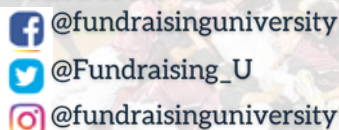


**TINO MARTINEZ**



SCAN QR CODE TO START YOUR NEXT  
FUNDRAISER OR REGISTER FOR A COACHING  
MATTERS GROUP COACHING CALL TODAY!

**FOLLOW US ON:**



**FRANCHISE OPPORTUNITIES NOW AVAILABLE! - [HTTPS://FUNDRAISINGU.NET/FRANCHISING/](https://fundraisinguniversity.net/franchising/)**

"SELECTED BY ENTREPRENEUR MAGAZINE - FRANCHISE 500 AS ONE OF THE TOP NEW FRANCHISES IN 2021 & 2022"



# SIGNATURE

CHAMPIONSHIP RINGS

Your success **set in stone**  
right here in **Nebraska!**



**Skutt Catholic**  
Basketball



**Bishop Neumann**  
Softball



**Gering**  
Wrestling

[signaturechampions.com](https://signaturechampions.com)

800.273.8124

Signature is based in Nebraska,  
NCA official partner

Scan QR Code  
to get started!





Sponsor of NCA All-State Teams

## 2022 Boys' Cross Country Super-State & All-State Teams



Photo by Callam Sports Photography

### Super-State Class A

Juan Gonzalez, Fremont  
Max Myers, Lincoln Southwest  
Jack Witte, Millard West  
Isaac Graff, Lincoln East  
Isaac Ochoa, Norfolk  
Wesley Pleskac, Fremont  
Piercze Marshall, Millard West  
Dennis Chapman,  
Creighton Preparatory School  
Thomas Vasquez, Omaha Burke  
Braden Lofquest, Gretna  
Noah Lawrence, Columbus  
Luke Johnson, Elkhorn South  
Sergio Martinez Cruz, Omaha South  
Porter Bickley, Millard West  
Grant Dixon, Elkhorn South  
Connor Reeson, Gretna

### Class B

Riley Boonstra, Norris  
Jayden Ureste, Lexington

### Class C

Carson Noecker, Hartington-Newcastle

### Class D

Trey Robertson, Wallace

### All-State Class A

Top 16 Super-State

### Class B

Top 2 Super-State  
Mesuidi Ejerso, South Sioux City  
Thomas Rice, Omaha Skutt Catholic  
Miguel Cruz-Mendoza, Lexington  
Jack Wade, Omaha Skutt Catholic  
Oscar Aguado-Mendez, Lexington

### Class C

Top 1 Super-State  
AJ Raszler, Platteview  
Carter Hohlen, Lincoln Christian  
Noah Osmond, Broken Bow  
Parker Graves, Gothenburg  
Ely Olberding, Fort Calhoun  
Lance Olberding, Fort Calhoun

### Class D

Top 1 Super-State  
Jarrett Miles, North Platte St. Patrick's  
Mason McGreer, Perkins County  
Ashton Hughes Cornerstone Christian  
Jacob Swanson, Nebraska Christian  
Justin Sherman, Cornerstone Christian  
Brody Taylor, Ponca

## 2022 Girls' Cross Country Super-State & All-State Teams



Photo by Callam Sports Photography

### Super-State Class A

Mia Murray, Lincoln East  
Stella Miner, Omaha Westside  
Claire White, Omaha Westside  
Jaci Sievers, Elkhorn South  
Kaitlyn Swartz, Papillion-La Vista South  
Isabelle Hartnett, Millard West  
Mia Urosevich, Omaha Westside  
Abigail Durow, Millard South  
Kennedy Bartee, Lincoln High  
Berlyn Schutz, Lincoln East  
Peyton Svehla, Lincoln East  
Alexis Chadek, Papillion-La Vista  
Claire Karjalainen, Kearney  
Nayera Abdessalam, Omaha North  
Marissa Holm, North Platte

### Class B

Madison Seiler, Gering  
Atlee Wallman, Norris

### Class C

Keelianne Green, Arlington  
Lindee Henning, Ogallala

### Class D

Jordyn Arens, Crofton

### All-State Class A

Top 15 Super-State

### Class B

Top 2 Super-State  
Emma Steffensen, Waverly  
Ellie Thomas, Norris  
Jadyn Scott, Gering  
Kassidy Stuckey, York  
Kendall Zavala, Norris

### Class C

Top 2 Super-State  
Lilly Kenning, Milford  
Talissa Tanquary, Sidney  
Olivia Lawrence, Platteview  
Liston Crotty, Auburn  
Hailey O'Daniel, Arlington

### Class D

Top 1 Super-State  
Katherine Kerrigan, Ainsworth  
Brekyn Kok, Cornerstone Christian  
Anna Fitzgerald, Doniphan-Trumbull  
Madison Davis, West Holt  
Angela Frick, North Central  
Isabelle Peters, Tri County



Sponsor of NCA All-State Teams

## 2022 Boys' Tennis All-State Teams



Photo by Callam Sports Photography

### Class A

#### First Team

Hunter Nelson, Freshman, Lincoln East (Captain)  
Kirby Le, Senior, Lincoln East  
Asher Saulsbury, Junior, Kearney  
Caden Haar, Sophomore, Lincoln East  
Andrew Nelson, Junior, Elkhorn South  
Samarth Sajeesh, Freshman, Lincoln East

#### Second Team

Joseph Bucknell, Sophomore, Lincoln East  
Nahum Barber, Junior, Lincoln Southeast  
Markus Rutledge, Junior, Lincoln Southwest  
Kayden Le, Freshman, Lincoln East  
Ruyter Jamison, Sophomore, Lincoln Southeast  
Aaron Shefsky, Junior, Omaha Westside  
Sam Rademacher, Senior, Kearney

### Class B

#### First Team

Aidan McDowell, Junior, Crete (Captain)  
Nathaniel Miller, Junior, McCook  
Evan Humphrey, Senior, McCook  
Lincoln Michaelis, Junior, McCook  
Austin Staab, Junior,  
Grand Island Central Catholic  
Blake Boerger, Senior, Lincoln Christian

#### Second Team

Jack Flott, Senior, Mt. Michael  
Samuel Kleinschmidt, Senior, Mt. Michael  
Christian Perez, Junior, South Sioux City  
Payton Dellevoet, Senior, McCook  
Joel Miller, Senior, McCook  
Avelino Hanmer, Senior, Skutt Catholic

## 2022 Girls' Golf Super-State & All-State Teams



Photo by Callam Sports Photography

### Super-State:

Lauryn Ball, Lincoln Southwest  
Whitney Dahir, Omaha Duchesne, Academy  
Isabelle Gutschewski, Omaha Duchesne Academy  
Elly Honnens, Lincoln East  
Camryn Johnson, Broken Bow  
KayLynn Jorgensen, Minden  
Julia Karmazin, Elkhorn North  
Anna Kelley, Scottsbluff  
Hailey Kenkel, Grand Island  
Nicole Kolbas, Lincoln Pius X  
Eden Larson, Lincoln Southwest  
Sarah Lasso, Columbus  
Erica Lee, Millard North  
Olivia Lovegrove, Lincoln Christian  
Izabella Pesicka, Millard North  
Tia Phaisan, Waverly

### All-State Class C:

Cecilia Arndt, Scotus Central Catholic  
Mekallyn Bancroft, Valentine



# Volleyball Sportsmanship Awards



Class A – Omaha Marian



Class B – Omaha Skutt Catholic



Class C1 – Gothenburg



Class C2 – Lincoln Lutheran



Class D1 – Norfolk Catholic



Class D2 – Falls City Sacred Heart



## 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](http://www.loomislapann.com) and click on camps.

Contact us at: 518-792-6561 or [sports@loomislapann.com](mailto:sports@loomislapann.com)

# 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

Total Amount Due:

\$

Credit Card Number:

(Mastercard, VISA, Discover)

Expiration Date: (Mo/Yr)

 / 

Signature:

CVV 3-Digit Code on Back of Card: