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50 Year Legacy

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Executive Director
Darin Boysen,
darin@ncacoach.org



Administrative Assistant
Saundi Fugleberg,
saundi@ncacoach.org

NCA CONTACT INFORMATION

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

Phone number:
402-434-5675

Fax number:
402-434-5689

OFFICE HOURS
Monday - Friday
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NEBRASKA COACHES ASSOCIATION UPCOMING EVENTS 2019

NCA Board of Directors Meeting
April 28, 2019; Lincoln

2019-2020 NCA Membership & Clinic
Online Registration Opens
May 1, 2019

State Soccer Sportsmanship Awards
May 8 - 14, 2019; Omaha

State Track & Field Coaches Hospitality
May 17 - 18, 2019; Omaha

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June 1, 2019

NHSACA National Convention
June 22 - 27, 2019; Bismarck, ND

NCA Awards Banquet
July 21, 2019; Lincoln

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July 22, 2019

NCA Girls & Boys All-Star Basketball Games
July 22, 2019; Lincoln

NCA Multi-Sports Clinic
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July 23, 2019; Lincoln

NCA Softball All-Star Softball Game
July 24, 2019; Lincoln

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Boys Golf – Practice Drills

Dennis Walters – Head Boys Golf Coach – Boone Central

Courtesy Photo



I have been coaching boy's golf for 41 years with the last 33 at Albion/Boone Central High School. Golf is one of the few sports offered in our high schools that an individual can participate in as a lifetime activity. I know because I play in the summer with men that are in their 90's and still enjoy the game of golf. Since there are no officials in striped shirts

on the golf course it instills in the players a sense of honesty and integrity to abide by the rules when playing. This sense of honesty instilled through the game of golf seems to follow them through the later years of their life.

It is good to have players that have been playing many years starting with a junior golf program or younger, but I never exclude anyone who has not played much before joining the team. You never can tell how good a player will become if he is not given the chance to prove himself. I feel fortunate in that my seasoned golfers are always willing to help the new players to become better at their game.

As coaches we need to remember that golf is very much a mental game as well as a physical one. Each player will respond differently to certain situations and we need to observe and recognize this for every player. I feel that helping a player with his mental aspect of the game is just as important as the actual playing of the game.

Our practices are usually two hours in length, but I never discourage a player from staying longer. The first two practices are usually held by going over the rules of golf. This year that will be very important since there are twenty new rule changes.

On the Range: Before we ever start hitting balls I go over grip, stance, alignment, and ball position. Everyone is different, so what may be right for one person, may not be right for someone else. I try to find out what is best for each individual. When we start hitting balls I have them work on a pre-shot routine before each ball they hit rather than the drag and hit that most people seem to do on the range. I have each player decide which club is their favorite and most accurate club so that when a situation arises he feels confident using it. We also hit shots on the range at times as we would on the actual course, changing clubs after each shot.

Chipping Drills: I put three-foot diameter string circles at different areas on the practice green, held in place with tees, and have them chip from different locations attempting to get the ball in the circle. I also make this a competition drill by pairing them up, according to ability, in groups of two or three. One player picks the location and all in the group chip to the circle from that spot. If a player gets in the circle, he gets two points but if none of the players get in the circle, the closest to the circle gets one point. Whoever gets the point gets to pick the next spot to chip from. The first player to get 21 points is the winner. This competition can also be done using the holes on the practice green scoring the

same way. Two points for chipping it in and one point for being the closest to the hole if none of the players are in the hole.

Lag Putting Drill: On the putting green select two holes that are a distance apart and have players putt to the hole trying to get to the hole, but no further than three feet past the hole. Putt back and forth between these two holes several times and then change to two different holes. This drill can also be done as a competition scoring the same as the chipping drill.

Putting Circle Drill: I set six tees around each hole at an equal distance apart starting three feet from the hole and then place a ball at each tee. Each player must make all six balls in a row to complete the circle. When a player misses a putt, he must start over from the first putt made and continue this way until he has made all six putts in a row. I start at three feet and move the tees back a foot further the next time we do the drill.

Putting Ladder Drill: I set tees at 2, 3, 4, 5 and 6 feet in a straight line from the hole on the putting green. They must make every putt to complete the ladder. Every time a putt is missed, they must start over from the beginning until they make all five putts in a row. When they finish this ladder, I have them try to go up and down the ladder making ten putts in a row. Here again they must start over whenever they miss a putt.

Competition Putting: I make groups of two or three pairing them up by ability. The first player in each group picks a spot to putt from and the others follow from the same spot. This is scored the same as the chipping game. If it is in the hole it is two points, if no one is in the hole, the closest to the hole gets one point. The first player to 21 points is the winner.

On the Course: There are days we play on the course when I have them take their woods out of the bag and play with just irons or hybrids. I have them keep a score card to show them what they can do without woods. This makes their home course play a lot differently. By doing this, they realize that there are times when they do not need to play woods to score well. I also have them tee off with a club I select, usually an eight or a nine iron. They can play the rest of the hole with their own club selection. This makes them use a different club than they usually would for the second and third shots. I stress the importance of playing and practicing in the off season. Playing in junior golf events or subbing for golf league are both good ways to improve the competitive aspect of the game. I encourage investing in time chipping and putting while also getting a friend or teammate to play at least once or twice a week during the summer. Off season practice is very important.

These are just some of the things that I have used over the past years that I thought were helpful. I wish all of you success in the upcoming golf season.



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Defensive Individuals

Kyle Weyers – Head Baseball Coach – Wahoo/Bishop Neumann/Lincoln Lutheran

Courtesy Photo



All coaches know how important practice is, especially at the start of the year. We only get a handful of practices before the first game, and we're lucky to be outside for half of those. That's why it is extremely important to utilize

every minute we get with our team. While we do work on offense, hitting, situations, and base running daily, this article is going to focus on the defensive side of practice, specifically our defensive individual periods.

The drills we use vary from year to year, week to week, and day to day. We do our best to use different drills to emphasize the same skill sets so our players don't get bored and just go through the motions. If there is something we struggle with, we try and develop a drill to focus on it. While we do work on our weaknesses, we feel it's very important to keep focusing on our strengths. If you're good at something, work to be really good. If you spend all your time trying to improve on all your weaknesses, you will end up being good at nothing.

We try and have a progression with all the drills we teach, especially early in the season. Our drill work progression is typically dry work, stationary balls, slow rollers/coach or partner feeds, coach hit short fungos, and finish up with coach hit long fungos. The progression obviously varies between the different position groups, but we always try and start with the most basic fundamentals before we move to more advanced skills. We try and implement footwork drills pretty much every day.

Catch Play: A couple years ago we started working position-specific reps into our catch play routine. We always partner infield guys with infield guys and outfield with outfield. Once they are loose and start working in, we give them something specific to work on. A couple

examples for infield guys would be work tags, relay footwork, turn footwork, and throwing off balance from different arm slots. Doing this lets us sneak in 10-15 more reps a day and adds a degree of focus at the end of catch play that guys typically don't have.

Defensive Individuals: We break up into three or four groups: infield, outfield, catchers, and at least twice a week pitchers. We typically use the first couple practices to introduce drills and explain why we are doing a specific drill. We've found it's really important to explain why we do particular drills. We try not to spend more than five minutes on a specific drill. The guys lose focus easily, so doing three or four different drills instead of one 15-minute drill seems to work better for us.

Infield Individuals: We always start with drills that emphasize fielding position, and move into basic footwork drills. We have a series of daily fundamental drills that progress from bare hand to glove work. The players partner up between 5-8 feet apart and go through their routine. This is a quick process and only takes five minutes. After rolling drills we typically work routs using cones or stationary balls. We rarely throw across the diamond during our drill periods.

For the final five to ten minutes of individuals, we break up into middles and corners and work position specific skills. Middles will work small square drills, turn progressions, communication drills, hop reads or take picks from pitchers. Corners work picks, slow rollers, flips to pitchers covering first, or pitcher picks to first.

Once we get into the season, there are days we take mass ground balls. We try and have a rhyme and reason as to how and where we hit the fungos. We usually end with combination drills where we are working turns, PFPs, or infield communication pop ups.

Outfield Individuals: Again, we like to work in progressions. Our outfield coach does a great job of using drills that emphasize first step, drop steps, and pro step progressions. We do a lot of drills where the guys work on routes, getting behind the ball, or getting around the ball. This is typically done in small groups or partners where the players throw or roll balls to each other.

Once done with dry work, they go to slow rollers right at them, working pro step, focusing on gaining ground towards the target and proper footwork. After that we move them back and let them work the pro step and air it out in a do-or-die situation. This is followed by a couple lazy fly balls focusing on getting behind the ball and working through it.

After a couple fly balls, they work routs to their left or right focusing on getting around the ball and getting momentum toward the target. Coach will mix in balls hit over their head, where they have to redirect, turn and run and find the ball over the shoulder. They typically finish with some type of communication drill with two guys, one being the center fielder, the other a corner. They work different types of communication, as well as always backing each other up.

Catcher Individuals: We try and have at least one guy at each level whose primary position is catcher. It's really nice when we get a kid in our program that absolutely loves to catch and has the ability to do it, but in a town our size that isn't always the case. Our guys that are primarily catchers work on catching individuals every day. Our back-up type guys typically work with the catchers twice a week. Usually these are guys that can help the team somewhere else or don't have the mindset to be everyday catchers.

Our number one priority with catchers is receiving. It's the most underappreciated skill a catcher has. It's done more times in a game than blocking, throwing out a runner, fielding a bunt, or catching a pop up. We always start with some type of receiving drill, then incorporate a transfer drill. In the early part of the season we spend five to ten minutes of our individual time playing catch and working proper receiving and transfers.

We do a number of blocking, movement, throwing, fielding, and receiving drills, but feel that catching pens is the best way to work catchers. We will have guys catch one or two pens a day. We don't like to have one or two guys sit back there and catch eight straight pitches. This creates lazy and bad habits and is unrealistic. We try and have our backup catchers do the majority of pens. It saves the legs of our everyday guy and lets the backup guys get game like reps.

Pitchers: Like most high school programs, most of our arms are guys that also play the field. This makes it difficult to organize PFP's without taking all the players from other position groups. Because of this we work PFP's with the whole infield, and pull outfield guys as needed. We try and work them a minimum of twice a week for 15-20 minutes a practice.

We utilize indoor practices early in the year to teach pick moves and work on them. That way once we are out doors we are getting reps and not having to teach as much. We've been fortunate to have a couple pitching coaches on staff so we are able to break up into smaller groups to get more reps. This also lets our first baseman and middles get reps, receiving picks to first and second.

Putting an emphasis on playing solid, fundamental defense has allowed us to stay competitive against the metro schools. The guys in our program take pride in playing great defense and know it's something that is expected of them



I BELONG *x2*

Dave Herbener Papillion-LaVista High School

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Pole Vault - One Case of Really Good Trail Leg Swing

Tim Fuehrer – Track & Field, Pole Vault Coach – Holdrege

Courtesy Photo



In the pole vault, there are a few things I think I know how to teach and a lot more that I don't know. Occasionally someone I respect says something to me that causes me to reevaluate what I think I know, which leads me to change the way I teach/coach.

Not long ago this occurred when several

coaches commented to me about how one particular vaulter of mine had a really good trail leg swing. One coach then asked me, "How do you teach that?" I thought about which drills we do to help the swing. Over the years, I had learned all the advantages of having a good trail leg swing. I read, watched videos, and talked with other coaches about how to teach this aspect of the vault. What I found was there were so many drills that you couldn't possibly do them all. The three drills I settled on were the following:

1. High Bar Work:

- a) 3 Press outs: The coach stands behind the athlete who is hanging on a bar, hands shoulder width apart. The coach holds the trail leg of the athlete in full extension with one hand and applies pressure to the upper mid back with the other. The coach moves the torso and head forward so the head moves through the opening between the shoulders of the athlete, gently stretching the front of the athlete.
- b) 5 Pelvic roll ups: The athlete hangs on a bar (no swinging) lead knee and hip flexed, ankle dorsiflexed. Trail leg kept straight. Roll the pelvis upward lead knee towards nose.
- c) 5 Whip swings: The athlete begins swinging on the bar, fully extending the hip of trail leg leaving a slight bend in the knee. The lead knee and hip flexed, ankle dorsiflexed. As the head and hips move forward, swing the trail leg through long, focusing on creating a whip like phenomenon.

2. Straight pole vaults (short approach): This focuses on the trail leg whipping through long and straight, up towards the top of the pole over a bar or bungy.

3. Long swings (short approach, flexible pole): Athlete focuses on trail leg, swinging as far as possible to land on backside.

These three drills have been helpful to develop adequate but not "really good" trail leg swings in my vaulters, especially swings that would garner comment/compliment from other coaches.

Again, I thought about what this particular athlete did differently than any other of my vaulters that enabled her to perfect the swing. This athlete, for the first two years of her career, was unable to put enough force into her vault to cause any of the poles we had available to flex/bend. Yet she was very driven and determined to vault higher. For two years, she was forced to vault on straight poles with her primary focus on trail leg swings, along with the high bar work. From my experience, pole vaulters are attracted to and in a hurry to learn how to bend the pole and are excited when pole bend happens. Because they are so excited about pole bend, they don't want to work on any other aspect of the vault. I have to admit, in the past, I wanted them to progress to bending the pole ASAP, as I know full well the benefits that come with this. Had this particular athlete been able to bend the pole at an early stage of her career, she would not have been interested in focusing on leg swing. She got so good with her trail leg swing because she couldn't be swayed by the bending of the pole (pun intended). She was very frustrated at not bending the pole at an early stage, but she became thankful when she realized this was what helped her develop her swing.

I have learned not to be in such a hurry to have the athletes bend the pole at the expense of developing other aspects of the vault. Now I have the vaulters do more straight pole vaults focusing on the leg swing and other basics before allowing them on flexible poles; do straight pole vaults 1 day/week forever; do high bar work; and hope there is cross over effect to the actual vaults.

There is nothing earth shattering or magical about the way I teach the swing, but the most significant game changer for her, was spending a lot more time and effort on it before transitioning to vaulting on flexible poles.

The Culture, Mission, Values and Goals of Kearney High Boys Soccer

Scott Steinbrook – Head Boys Soccer Coach – Kearney

Photo Courtesy of Doug Koster (@BearcatPics)



Culture, mission, values, goals, process. . . I'm guessing by now we've all read at least a dozen or so books on those topics written by athletes, coaches, entrepreneurs and military leaders. We all aspire to have our own programs embody what other championship caliber programs seem to do so easily, and that's establish a consistent, winning culture, while doing things the right

way. It certainly looks different for every program out there, and in particular, the high school ranks where some years you may have hard workers, some years you may have athleticism, some years both, and some years neither. My goal of this article is to share a few insights on how we do things in our Kearney High School Boys Soccer program, and how that can be applied to coaching soccer as well as other sports.

As I enter my 20th year on the sideline at Kearney High, it is incredible to reflect back on all the ups and downs of my coaching career, and how building a positive team culture is honestly a never-ending task. It still seems like yesterday that I coached my first career varsity soccer game at KHS back in 2000 with half of my varsity roster suspended for a violation of team rules. Objective # 1 = change the culture. So over the past 20 years, with the help of some incredible assistant coaches, tremendous student/athletes, and an administration that supported our passion for soccer, we set out to accomplish what many thought couldn't be done in a small Class A school in central Nebraska, and that was to create a consistent, winning culture, in the sport of soccer, which is traditionally dominated by metro area programs.

In our KHS Soccer program, we have it broken down into five bullet points that are all intertwined together throughout the season. In addition, these things do not just randomly show up on the first day of tryouts, they are on display throughout the school year, summer months, on practice plans, in scouting reports, on bulletin boards and shared consistently in electronic messages and on social media. Kids (and parents) these days need to see it to really truly believe in it. Our bullet points are as follows:

- Culture
- Mission Statement
- Core Values
- Season Goals
- Game Goals

The mission statement of our Bearcat Soccer program is as follows, *"Our mission is to use this opportunity with KHS soccer to learn life-long lessons, compete to the best of our abilities on the field, encourage each other to make good choices, and develop our next generation of servant leaders. Our success as a team will be measured by the **effort** our team puts forth and the lasting **relationships** that are developed."* If you've never written a mission statement for your program, I would strongly encourage you to do so. Ask yourself, what do you want kids to get out of being a part of your program, and how do you plan to help them accomplish it?

Next, we have our core values, which are Attitude, Character, Effort and Service. For the first half of my coaching career, the value of Service wasn't included in our overall list. Nearly every coach I have ever been around preaches Attitude and Effort, and the vast majority make an effort to instill the value of Character. However, in my experience, what really truly takes the culture of a program to the next level is the willingness to step out and serve together as a team. Our goal in our KHS soccer program is to have one team service project in every season of the calendar year, so yes, that means we're getting together to serve even when our season is 9+ months away. Summer youth camps, soccer programs for special needs kids, awareness nights at our matches, Christmas gift collection for local families in need, and visiting elementary schools are all projects we try to complete during the year. Stepping out and serving together has helped created unbreakable bonds between players, coaches, administration and the community, and given our soccer players the opportunity to learn that sports are about so much more than the on-field results.

Once we have outlined what the culture of KHS soccer should look and feel like through our Mission Statement and Core Values, then we break it down one-step further as we approach the spring season and we establish Season Goals. The goals are generally quite similar each year, with a few task related goals and a few process related goals. While a handbook on goal setting might say, *"don't include any results based goals,"* I honestly don't think that is 100% realistic when you are dealing with high school student/athletes. Bottom line, kids want to win games, and they want to chase the dream of competing at the State Tournament. We don't shy away from those goals, but we stress the importance of process-related goals, and how strict adherence to the process will help keep the team on track to accomplish some of the results based goals. For our upcoming 2019 season, here are the goals that our players and coaches have established:

1. No disciplinary or academic suspensions. (Added this one in year 2 of my soccer-coaching career).
2. Dedicate yourself to becoming more athletic and fundamentally better.

3. Be the hardest working and best-conditioned team on the field for every match.
4. Develop a great sense of team unity both on and off the soccer field.
5. Compete for a conference championship.
6. Host and win a district championship.
7. Compete and advance at the 2019 State Tournament.

These goals have been modified slightly over the years to fit the needs of our program, and we are constantly reinforcing that if we can check off goals 1-4, which are process related, our odds of checking off goals 5-7 increase dramatically.

The last part of our plan each year is to establish in-game goals to measure progress and give our players something specific to build upon after each game. This is something we have only recently started doing, and now we have a giant goal board hanging in our locker room that we check off following each match. Truth be told, I have offered to buy the entire team pizza if we ever check off all 11 in-game goals. Even during our 2018 state championship season, the closest we ever came was 10 out of 11, but the kids became very consciously aware of certain aspects of our game that needed improving, and it gave them something other than a W-L result to aim for. Our game goals are broken down into 4 offensive goals, 3 defensive goals, 2 behavior goals, and 2 general goals:

Offensive:

- Score first.
- Score 2 or more goals.
- Score a set piece goal.
- Place 10+ shots on target.

Defensive:

- Hold the opposing team scoreless.
- No set piece goals allowed.
- No goals off our own mistakes.

Behavior:

- Commit fewer fouls than our opponent.
- No unnecessary yellow or red cards.

General:

- Win the game.
- Did we impose our identity in the game?

The last one is my favorite, and it honestly takes us a little while to figure out what our identity is. It typically involves a particular style of play, ball possession, proactive approach, and a certain degree of physicality.

In summary, building a positive, winning team culture takes time, and it's a never-ending process. But in my experiences in Nebraska high school athletics both as a soccer coach and as a basketball coach, there's very few things that are more powerful than a team full of high character kids that are connected to each other, committed to overall team goals, and care deeply for one another both on and off the field of competition. Here in Kearney, our soccer players have bought into that mentality, but each year the teaching begins all over again, because as soon as you relax, and don't attend to the details of your culture, mission, values and goals, it can all disappear in an instant.





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Spring Tennis in Nebraska: A Survival Guide for Coaches

Josh Miller & Chris Holder – Girls Tennis Coaches – York

Photo Courtesy of the York News-Times



I have been a girls' tennis coach since 2011, and in that time I have seen all kinds of weather. On top of that, we have consistently had 25-30 girls out for tennis each season. High numbers are a good problem to have, but it can complicate practice plans. I have been blessed with a wonderful assistant who has a knack for creating dynamic practice drills that allow us to accomplish our goals in a limited space. Chris Holder has been a tennis coach for 13 years at York and she also assists with the boys' tennis program. In my time at York, our tennis teams have enjoyed great success and Coach Holder has had a large part in that. One of the reasons for that success is our shared philosophy between the boys' and girls' program. The coaching staff has worked very hard to develop a system that all tennis players are familiar with. In order to accomplish that, we have a summer camp that boys and girls attend together. Over the past eight years, our kids have heard the same tennis "language" and know our expectations.

Tennis programs in Nebraska battle many obstacles. Low quality or outdated tennis courts, shared facilities, and lack of equipment are just a few of the challenges that coaches encounter. Many of us have to maintain the facilities on our own which includes putting up and taking down nets, removing debris

from courts, and budgeting for new equipment. Outdoor sports will always have additional obstacles as wind, rain, and cold temperatures are common in the Midwest through April. In the last couple spring seasons, I think I have seen more snow in April than in December! We are pretty spoiled in York with two indoor courts, but most tennis programs don't have that luxury. Another challenge we have faced is the fact that many of our freshmen athletes join the tennis team without much experience. We have to maximize "touches" in

practice with those athletes in order to catch them up to our more seasoned players. On more than one occasion, our best players have been great athletes that never picked up a racket before the first day of practice. We seek out those kids that aren't out for other spring sports even though they may have zero tennis background.

Here are a few ideas that might help those tennis teams struggling to find a place to practice. One thing we do at the beginning of the season is split the team up and take the younger players/beginners into the gym. We have a supply of foam tennis balls that we use to teach the girls how to hit the ball into the bleachers or brick wall. In this scenario, the kids gain some confidence by making contact with a bigger ball! It is also a great advantage to have a "tennis wall" for practice. We had one constructed and installed inside our indoor facility, but it can be put up almost anywhere. Most of us have seen these tennis boards that players can hit into, but not all outdoor facilities have one. This creates a great space to teach the beginner and can be used for all kinds of drills to teach racket preparation and footwork.

When we are stuck inside for practice, there are times we have almost 30 players on 2 courts. In order to maintain a safe, functional environment, we

split the 2 full courts into 4 half courts. That allows us to create groups of 6-8 per court and prevents players from having to sit out for long periods of time. Coaches can also create some type of rotation to keep the players moving through the courts and that will help maintain a lively drill as well. At our practice, it is not uncommon to have the players feed the drills. Some coaches prefer to feed drills themselves, but with the numbers we have, there would be a lot of standing around. If you take the first couple days of practice and train the players to feed how you want, it doesn't work out too bad. This allows the coach(es) to move around and actually coach during drills!

Another option that has become almost second nature to our players is two practice times. With 25-30 girls out for tennis almost every season, we prefer to split the group into an early and late practice session. This allows us to simplify drills for the beginners and create more complex drills for the upper JV and varsity players. Although practice time may be shorter for each group, they are getting more reps without having to stand in line and wait. Most of our players will tell you that they prefer a split practice and enjoy the workout. We also like to split the group up once a week and do some lifting/conditioning with half of them while the other half practices. Actually, we do this quite a bit early in the season in order to get the players in shape because we are usually stuck inside on our two indoor courts. We are blessed to have several community members who have volunteered to help over the years. This allows us to put the players in smaller groups,

especially when we are outside using the full 5 courts our facility has. These people have included former players, student teachers, or retired community members who just love the game. It is very rewarding to work with individuals that give back to the game in this manner and it provides us with more eyes at practice. Student managers are another option that could help ease some of the load at practice. They can pick up tennis balls, get equipment out, or set up cones for drills. Every little bit helps and it may introduce a young player to the game that wasn't really interested before. Another way we try to grow the game in York is our Middle School tennis night. During January and February, we host five sessions for kids in grades 6-8 at our indoor facility. This serves as a great introduction to the game and our number one goal is to make it fun for the participants.

We have been very lucky to have great community support in York over the last several years. I am very proud of our tennis program and have made so many connections throughout the state as a result of my involvement. The relationships I have developed with players and coaches are very meaningful to me. Sharing the sport of tennis with young people is such a joy and when you witness someone fall in love with the game. . . there is no better feeling! Hopefully we provided you with something you can use and feel free to contact us with any questions about specific drills we utilize to maximize space. Good Luck This Season!



2019 State Cheer & Dance Champions

Class A Cheer

Non-tumbling – Omaha Westside
Game Day – Millard West

Class B Cheer

Non-tumbling – Omaha Gross Catholic
Game Day – Omaha Gross Catholic

Class A/B Cheer

Tumbling A/B – Millard West
Sideline A/B – Omaha Skutt Catholic

Class C1 Cheer

Non-tumbling – Auburn
Sideline – Auburn
Game Day – Lincoln Christian

Class C2 Cheer

Non-tumbling – Kimbal
Sideline – Palmyra

Class D Cheer

Non-tumbling – Omaha Christian
Academy
Sideline – Cedar Bluffs

Class C/D Cheer

Tumbling C/D – Louisville

Class C2/D Cheer

Game Day C2/D – Kimball

Class A Unified Cheer

Sideline – Elkhorn South

Class A Dance

High Kick – Lincoln Southwest
Hip Hop – Millard West
Jazz – Millard North
Pom – Millard North

Class B Dance

High Kick – Scottsbluff
Hip Hop – Elkhorn South
Jazz – Omaha Skutt Catholic
Pom – Bennington

Class C1 Dance

High Kick – Columbus Lakeview
Hip Hop – Grand Island Central Catholic
Pom – Conestoga

Class C2 Dance

Hip Hop – Madison
Pom – Elm Creek

Class D Dance

Hip Hop – Archbishop Bergan
Pom – North Platte St. Pat's

Class C/D Dance

Jazz C/D – Wahoo

Class C2/D Dance

High Kick C2/D – North Platte St. Pat's

Spirit Award Winners

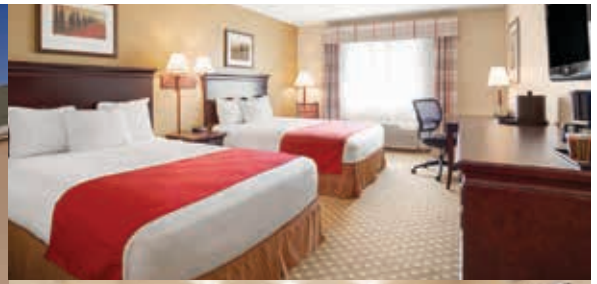
Class A – Lincoln High, Cheer
Class B – Crete, Cheer
Class C1 – Lincoln Christian, Cheer
Class C2 – Hastings St. Cecilia, Cheer
Class D – Meridian, Cheer & Dance

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CUNE.EDU/COACHING

2019 Girls State Basketball Sportsmanship Award Winners



Class A – Lincoln Pius X



Class B – Northwest



Class C1 – Wahoo



Class C2 – Superior



Class D1 – Archbishop Bergan



Class D2 – Sterling



2019 Boys State Basketball Sportsmanship Award Winners



Class A – Lincoln North Star



Class B – Aurora



Class C1 – Boys Town



Class C2 – Centennial



Class D1 – Archbishop Bergan



Class D2 – Johnson-Brock



2019 WINTER STATE CHAMPION COACHES



Wrestling

- Class A – Nate Olson – Millard South
- Class B – Brian Sybrandts – Northwest
- Class C – Shane Allison – Valentine
- Class D – Dean Boyer – Platteview

Wrestling Duals

- Class A – Nate Olson – Millard South
- Class B – Erich Warner – Blair
- Class C – Ed Schaaf – Broken Bow
- Class D – Dean Boyer – Platteview

Swimming

- Girls – Leigh Ann Fetter-Witt – Lincoln Southwest
- Boys – Tom Beck – Omaha Creighton Prep

Girls Basketball

- Class A – David Diehl – Millard North
- Class B – Russ Moerer – Northwest
- Class C1 – Jason Simons – Bishop Neumann
- Class C2 – Greg Berndt – Hastings St. Cecilia
- Class D1 – Nate Pribnow – Archbishop Bergan
- Class D2 – Steve Wieseler – Wynot

Boys Basketball

- Class A – Bruce Chubick, Sr. – Omaha South
- Class B – Brian Spicka – Lincoln Pius X
- Class C1 – Jim Weeks – Auburn
- Class C2 – Cory Meyer – Bancroft-Rosalie/Lyons-Decatur NE
- Class D1 – Joe Hesse – Humphrey/Lindsay Holy Family
- Class D2 – Lucas Dalinghaus – Johnson-Brock

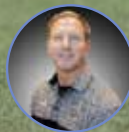
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Sports Nutrition 101: Fueling & Hydrating The Athlete

Amy Goodson, MS, RD, CSSD, LD, SPORTS DIETITIAN

Sports nutrition can be the key to fueling your athlete's success.

PRE-WORKOUT

- Eat meals 3-4 hours before a workout. Aim for meals that are high in carbohydrate, moderate in protein and low in fat and fiber
- Examples of pre-workout meals based on workout times:



• **EARLY MORNING TRAINING:** Energy bar and a banana or a baggie of dry cereal, granola, and a few nuts or shake with fruit and low-fat milk



• **MID-MORNING TRAINING:** 1 ½ cups oatmeal w/ 1 spoon peanut butter mixed in, 1 fruit, 12 oz low-fat milk mixed with 1 scoop whey powder



• **AFTERNOON TRAINING:** Thick wheat bread sandwich w/ 3-5 oz turkey or ham, cheese, lettuce, tomato, mustard, 1 cup cold pasta or fruit, small energy bar

• SNACK APPROXIMATELY 30 MINUTES BEFORE WORKOUT

- High carbohydrate, low protein



• **EXAMPLES:** energy bar, granola bar, fruit, small fruit smoothie

DURING-WORKOUT

- **WHEN WORKING OUT FOR AN HOUR OR LONGER,** athletes should consume 30-60 g of carbohydrate per hour to keep energy levels up



- High carbohydrate, low to no protein, no fat
- **EXAMPLES:** Gatorade, small energy bar, small chewy granola bar, fruit, crackers

POST-WORKOUT

• RECOMMEND ATHLETES EAT AS SOON AS THEY CAN POST-WORKOUT

- Eat a snack shortly after exercise and then a full meal within 2 hours

• POST-WORKOUT SNACK IDEAS:



- Gatorade Recover Bar
- 1 cup fruit yogurt w/ granola
- Smoothie: 1-2 cups low-fat milk, fruit, and 1 scoop whey protein powder
- Trail mix w/ 1 cup cereal, 1 cup granola, small amount of nuts

• MEAL 1-2 HOURS POST-WORKOUT IDEAS:



- 2 egg/ 2 egg-white omelet with low-fat cheese, veggies if you like, and ½ cup chopped lean ham, 2 whole-wheat waffles with low-fat butter and drizzle syrup



- 12" sub sandwich on wheat or honey oat w/ veggies, lean meat and cheese, baked chips and fruit



- 5 oz grilled chicken breast, 2 cups pasta w/ marinara sauce, 1 cup green veggie, 1 wheat roll, 1 piece fruit



- 1 grilled chicken sandwich, 1 bag Baked Lay's, energy bar and fruit



- 1 whole wheat bagel w/ 3 oz lean ham and Swiss cheese, 1 cup cold pasta salad, energy bar

Nebraska High School Coaches Named National Coach Of The Year Finalists And Hall Of Fame Inductees

Ceremonies in Bismarck, ND – June 22-27



Jack Tarr – Malcolm – Athletic Director
 Jim Hansen – Lincoln Pius X – Boys Assistant Coach
 Kevin Scheef – Wahoo – Boys Basketball
 Shane Fruit – Ogallala – Boys Cross Country
 Doug Goltz – Falls City Sacred Heart – Football
 Kevin Hubbell – Lincoln East – Girls Assistant Coach
 Trudy Samuelson – Malcolm – Girls Basketball
 Jeremy Haselhorst – Papillion-La Vista South – Girls CC
 Nancy Lockmon – Giltner – Girls Track & Field
 Scott Steinbrook – Kearney – Soccer

Terry Graver – Elkhorn South – Softball
 Rich Hood III – Omaha Burke – Swimming & Diving
 Matt Wiemers – McCook – Tennis
 Darcy White – Exeter-Milligan – Volleyball
 Dean Boyer – Plainview – Wrestling

Hall of Fame Inductees

Gail Peterson – Crofton – Cross Country & Track & Field
 Sharon Zavala – Grand Island Central Catholic – Volleyball

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NCA Award Programs Benefit Coaches & Students

Jerry Stine Family Milestone Awards – Presented by Baden Sports: (Deadline June 1)

This program recognizes different levels of coaching achievement in both individual and team sports. The Level I, II, and III certificates will be presented at the NCA Multi-Sport Clinic in July. The Level IV winners receive a plaque presented at the NCA Award Banquet on July 21 in Lincoln.

More information regarding the NCA Milestone Award program, including the application form can be found at:

<http://www.ncacoach.org/milestone.php> . This web page also includes a newly formatted search for coaches that have achieved any level within the program.

NCA Service Awards – Presented by Nebraska National Guard: (Deadline June 1)

The NCA Coaches Association Service Award is designed to recognize and honor coaches who have achieved 25, 35, 40, 45, and 50 years of coaching service. **This is a self-nominating award.**

Service Award Criteria:

NCA member for at least 10 years

75% of coaching and/or athletic administration must have been in Nebraska including the last 5 years

More information regarding the NCA Service Award program, including the application form can be found at:

<http://www.ncacoach.org/service.php>

Nebraska Coaches Association/Country Inn & Suites Scholarship: (Deadline April 15)

This fully funded scholarship program, will award eight recipients \$1,000 after successfully completing one semester at an accredited college or university. District I & II will have two scholarships awarded within each district. Districts III – VI will have one recipient in each district.

More information regarding the NCA/Country Inn & Suites Scholarship including the application form can be found at:

<http://www.ncacoach.org/lincolinnsuites.php>

Scholarship Criteria:

- 1) Upper 25% of class –OR- 3.75 Cumulative GPA
- 2) Must be at least a 2 year participant in 2 sports
- 3) Must have earned varsity letter in 2 sports
- 4) Must include at least two letters of recommendation from high school coaches
- 5) ACT minimum score of 24

Scholarship winners will be announced in early May.

Ed Johnson Scholarship (Deadline April 15)

The award is given to a senior boy who is a member of a high school varsity basketball team in the State of Nebraska. A medal and \$300 cash award will be presented to the recipient at the halftime of the NCA All-Star Boys' Basketball Game (July 22, 2019), and a travelling plaque will be presented to the recipient's head coach. For more information: <http://www.ncacoach.org/edjohnson.php>

Scholarship Criteria:

Excellence in Scholarship Leadership Sportsmanship Loyalty Citizenship.

The student athlete nominated need not be a starter on the team, but must be a senior boys' basketball player. Coaches are encouraged to nominate a player or players who they feel would qualify for this award. When submitted, the nomination form should include any letters of recommendation from counselors, teachers, administrators, etc. that the coach feels would help with the selection of the recipient of this award. *The nominating coach must be a current NCA member.

Career Sport Specific Awards & Career Junior High/Assistant Coach Award (Committees Select Finalists in April, Board Selects Winner at April Board Mtg.)

More information regarding each award can be found at: <http://www.ncacoach.org/awards.php>

Binnie & Dutch Award (Track & Field)

Ed Johnson Award (Basketball)

Ken Cook Award (Girls Basketball)

Guy Mytty Award (Wrestling)

Phyllis Rice Honnor Award (Volleyball)

Skip Palrang Award (Football)

George O'Boyle Award (Cross Country)

Hawkins & Schoenfish Award (Golf)

Jim Farrand Award (Jr. High or Assistant Coach of the Year Award)

Special NCA Awards (Deadline April 9)

More information regarding each award can be found at: <http://www.ncacoach.org/awards.php>

Friends of High School Sports Award Media Person of the Year Award

The Nebraska Coaches Association award programs are available for members of the NCA. Some deadlines for the programs are approaching. We encourage you to explore the various award programs as a membership benefit. If you have questions visit the NCA website or contact the NCA office at (402) 434-5675.

2019 Multi-Sports Clinic Keynote Presentation

Tuesday, July 23, 2019 – Lincoln North Star High School



Bill Curry

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