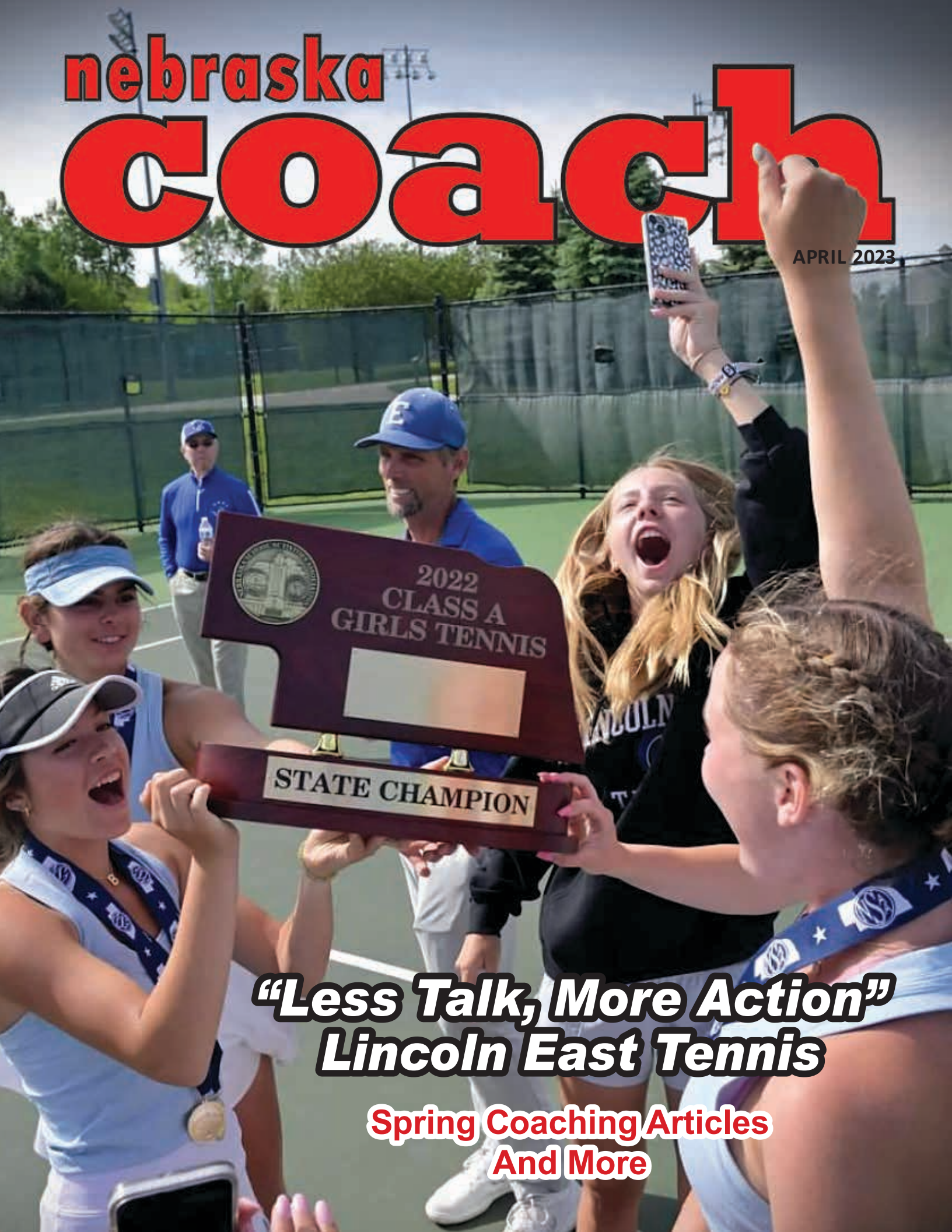


nebraska coach

APRIL 2023



**“Less Talk, More Action”
Lincoln East Tennis**

**Spring Coaching Articles
And More**



Features

5-6 Focus on the Small Stuff

Brian Fleischman – Overton – Boys Golf

8-9 Culture & faMWily

Steven Frey – Millard West – Baseball

11-12 Building Team Success in an Individual Sport

Kevin Schrad – Lincoln Southwest – Girls Track & Field

14-15 Evolution of the High School Track & Field Athlete

Matt McKay – Sidney – Boys Track & Field

16-17 Culture Over Everything

Joel Lemus – Lexington – Soccer

19-20 Less Talk, More Action

Chris Stock – Lincoln East – Girls Tennis



Grand Island defeated Fremont 3-2 to capture the 2023 Class A State Boys Bowling Championship in Lincoln. The Islanders are coached by NCA member Paul Lee. – Photo by Callam Sports Photography

Cover Photo – James Le Sueur

Departments

4 NCA Board & Staff, Upcoming Events, Contact Information

17 2023 NCA Multi-Sports Clinic & NHSACA National Conference Schedule & Events

21 2023 Nebraska State Cheerleading & Dance Champion Coaches

23 2022-2023 NCA Member Honor Roll Winter State Champion Coaches

25-26 2023 Basketball Sportsmanship Award Recipients

Presented by Currency

28 NCA Awards Programs For Coaches & Student-Athletes

Information & Deadlines

29 2023 Nebraska NHSACA National Coach of the Year Finalists & Hall of Fame Inductees

30 Nebraska State Performance Testing Championships



Papillion-La Vista South's Unified Sideline squad participated in the 2023 State Cheer Championships in Grand Island. The team is coached by NCA member Becky Stearns. – Photo by Callam Sports Photography



SCREEN PRINTING • EMBROIDERY • SUBLIMATION

OFFICIAL NEBRASKA COACHES ASSOCIATION APPAREL PROVIDER

• **BOOST YOUR PROGRAM**

CUSTOM UNIFORMS & FAN WEAR for your teams

• **EASY FUNDRAISING**

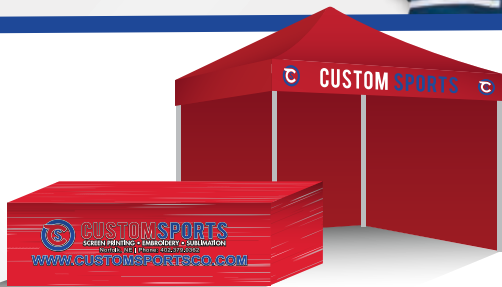
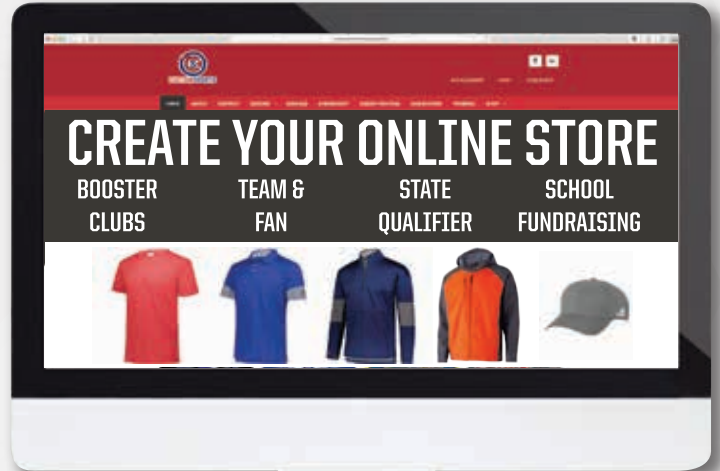
EARN MONEY with an easy to use ONLINE STORE
PRE-SORTED for your convenience

• **STATE QUALIFIER?**

FAST TURNAROUND for first State Competition

• **MUCH MORE!**

- Stadium Seats
- Window Stickers
- Graphic Design
- Banners
- Flags
- Koozies



Fitted 8' Table Cloth	\$275.00
Heavy Duty Tents (Design with Custom Canopy, 4 Walls Included) 10' x 15'	\$1,950.00
10' x 20'	\$2,200.00

Allow for 3-4 weeks after artwork is approved.

402.379.0362 • SALES@CUSTOMSPORTSCO.COM
WWW.CUSTOMSPORTSCO.COM

nebraska coach

APRIL 2023

NCA CONTACT INFORMATION

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

Phone number:
402-434-5675

EXECUTIVE BOARD MEMBERS



President
Russ Ninemire,
Douglas County West



President Elect
Greg Conn,
Wausa



Vice President
Steve Kerkman,
Millard South



Past President
Toni Fowler,
Adams Central

NCA BOARD



District I
Terri Neujahr,
Waverly



District I
Matt Swartzendruber,
Sandy Creek



District II
Bubba Penas,
Papillion-La Vista
South



District II
Renee Saunders,
Omaha Skutt
Catholic



District III
Kayla Fischer,
Rock County



District III
Chris Koozer,
Norfolk



District IV
Jerry Buck,
Lexington



District IV
Bryson Mahlberg,
Gothenburg



District V
Drew Billeter,
Loomis



District V
Les Roggenkamp,
Southwest



District VI
Heidi Manion,
Alliance



District VI
Donna Wiedeberg,
Sidney

NCA STAFF



Executive Director
Darin Boysen,
darin@ncacoach.org



Coordinator of Programs & Events
Tina Boysen,
staff@ncacoach.org

NEBRASKA COACHES ASSOCIATION UPCOMING EVENTS 2023

April 14, 2023

NCA – Country Inn & Suites
Lincoln North Scholarship Applications Due

April 15, 2023

2023 – 2024 NCA Membership
& Clinic Online Registration Opens

April 23, 2023

NCA Board of Directors Meeting
Lincoln

May 17 - 20, 2023

NCA Track & Field Hospitality Tent
Omaha

June 1, 2023

Jerry Stine Family Milestone & Service Awards
Applications Due

July 23, 2023

NCA Awards Banquet
Lincoln

July 24, 2023

NCA Golf Scramble
Highlands Golf Course - Lincoln

July 24, 2023

NCA Girls & Boys All-Star Basketball Games
Lincoln

July 25 - 27, 2023

NCA Multi-Sports Clinic & NHSACA
National Conference
Lincoln

July 25, 2023

NCA Volleyball All-Star Match
Lincoln

July 26, 2023

Saundi Fugleberg 5K & 1-Mile Fun Run/Walk
Lincoln

July 26, 2023

NCA Softball All-Star Softball Game
Lincoln

July 26, 2023

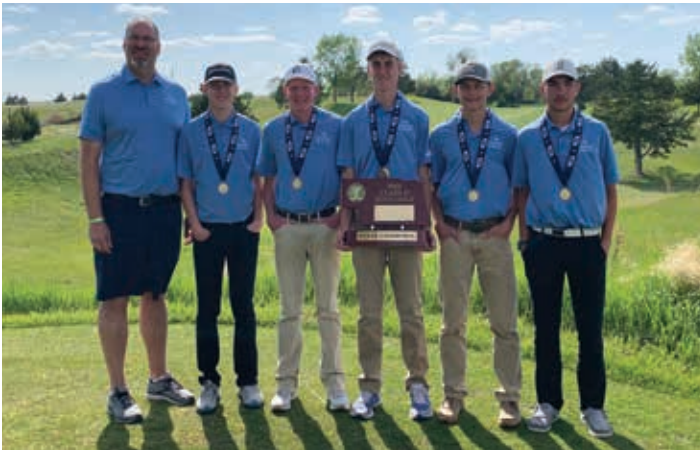
NCA Coaches Night Out
Featuring Dueling Pianos - Lincoln

The Nebraska Coaches Association is a Proud Member of:



Focus on the Small Stuff

Brian Fleischman – Overton – Boys Golf



Courtesy Photo

Each spring brings a renewed enthusiasm for rebirth as the grass begins to green, trees fill with leaves, and birds fill the airways with their songs. This season also brings around the greatest sports opportunity for student athletes, Golf Season! I realize I'm biased in my favor for Golf but it is the greatest game ever created. It can be the most enjoyable and humbling sport all within a span of a few moments. A person's true character is revealed by what they do when no one is watching and within a round of golf a person's character is on full display on each shot. I'm entering my 21st year of being blessed to coach this great sport. Through all the successes and struggles my teams have had the greatest things I have enjoyed are the relationships formed with student athletes. The number of life lessons you can relate to golf are endless. One of the greatest lessons I've tried to instill in my players is to Focus on the Small Stuff. Focus on this and the rest will take care of itself. My most successful teams have excelled in focusing on the small things during practice which has carried over to their tournament rounds. As a young coach, I tried to focus on everything which simply overwhelmed myself and my players. Through the years, I have learned to limit our focus to specific areas. We have always started small with our drill work. The following items are things we focus on during practice to be our best during tournaments.

Putting: We begin and end practice each day with what I feel is the most important part of the game, putting. We begin each practice on the putting green (weather permitting). The first drill we do is to make 10 3-foot putts in a row. Once this is complete, they make 10 putts from 10-feet and then move to 10 putts from 15-20 feet. This may sound like a simple drill but they do not move onto other drills until they have made their putts for the day. The first week is often referred to as 'condition your back week' by the upperclassmen as some don't move much beyond the putting green the first week of practice. We have morphed this drill to incorporate

habits they will use during a tournament round: marking their ball, reading the putt from multiple angles, lining up their putt (with a line on their ball), and finally making a confident putting stroke. Incorporating all of these aspects sets the tone for practice from the very first drills. We end practice with a 2-putt drill. We choose a spot on a green to putt from. The goal is to 2-putt to end your day. Each player continues until they have completed the task. As players finish, they encourage others and at times help them read putts. It has become a great way to incorporate the team aspect into an individual sport. A favorite putting drill we do is Mini-Golf practice day. I mark 9 tees and have my managers set the tees between three greens with putts that include short, medium, and long putts. The obvious goal is to score 18 so we no more than 2-putt everything but scores under 18 are rewarded with chips in the clubhouse. Who knew chips were such a motivator?

Chipping: I have always worked small to big in terms of the golf swing with my teams. We begin on the fringe and move back to work on mid-range chipping/pitching as well. Their goal with chipping is to obviously make the chip but the realistic goal is to get every ball within the 3-foot circle that we work on to begin practice every day. We incorporate chipping games into these practice times after their individual work. A favorite is to group up and play 'horse' with the furthest from the hole getting the letter and the closest choosing the next spot to chip from. Later in the season, all chipping spots must be from poor lies. Another favorite is trash-can pitching. We hit from 30-60 yards away and their aim point is a large trash can. This drill is always accompanied by much laughter but provides their eye a different aim point. Again incorporating on-course situations through practice is always a goal of our practices.

Full Swing: I think most coaches begin players with wedges and work toward the longer clubs. Our practices are no different. Coaching the full swing is the toughest thing I think for coaches as everyone's swing is different and two months isn't enough time to radically change a swing. As Bagger Vance stated, "Inside each and every one of us is our one, true authentic swing. Something we was born with. Something that's ours and ours alone." Some of these swings are not very pretty but as a coach our job is to take this swing and provide small fixes to make the swing work best for the player. This may not be a popular opinion but if you can fix a swing in two months, along with coaching a whole golf team, then you are adversely affecting your financial situation by being employed in the wrong business.

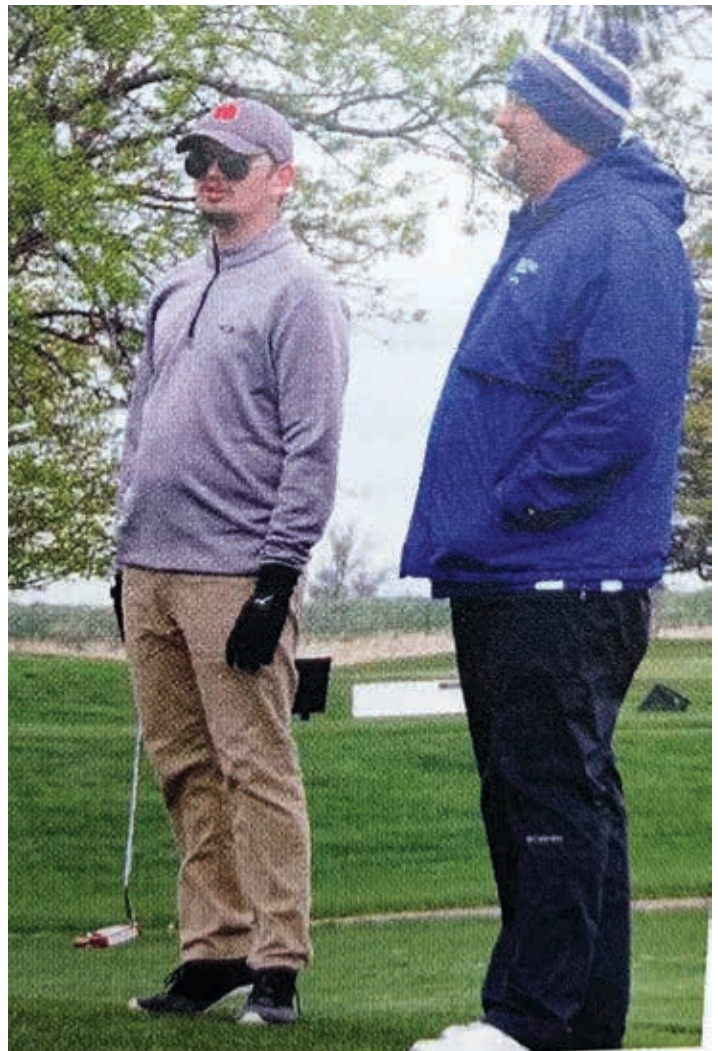
Continued on page 6

Rules & Course Situations: Rules reviews are not fun but are very necessary to establishing the proper culture on your golf team. If players do not have a proper grasp of basic rules, your team will quickly garner a view no coach wants for their players. Yes, rules can be painful to cover but again it must be done. I try to incorporate rules into our on course drills to provide rules in an environment outside of a classroom setting. Some of our most popular drills are when we work course/tournament situations. These are days when we work on trouble shots such as getting out of trees with punch or high shots. When we play holes at practice this is usually from specified distances: all holes from 150 or hit from 200, 150, & 100 on each hole. Providing drills that are outside of the regular daily routine keep practices fun and exciting for players.

Finally here are a few thoughts that helped me guide my teams through the years.

- Daily practice routine is important and should include priorities for your team and the culture of your program. Determine your priorities and stick with them despite outside noise.
- Golf is mentally taxing. Ensure you break up practice activities with times to have fun while working through drills. Laughter is necessary.
- Coaching any sport is a blessing but coaching the greatest sport ever invented is amazing. Treat it as such.
- If you are blessed, as I have been, to coach your children don't pass on this opportunity and cherish every moment!
- Treasure any success your teams achieve and don't take them for granted. Not everyone wins team titles so when they happen celebrate.
- Have FUN! Adversity will occur, smile and press forward. My pre-tournament talk for all invites finishes with have fun and enjoy the day.

Enjoy the ride!



Courtesy Photo



Courtesy Photo



Discover a better way to get recruited with Hudl.

Empower athletes to manage their own recruiting journey. Whether they've got DI or DIII abilities—they all have access to Hudl's college recruiting tools to make sure the best athletes get noticed regardless of whether a college coach is able to attend their events.

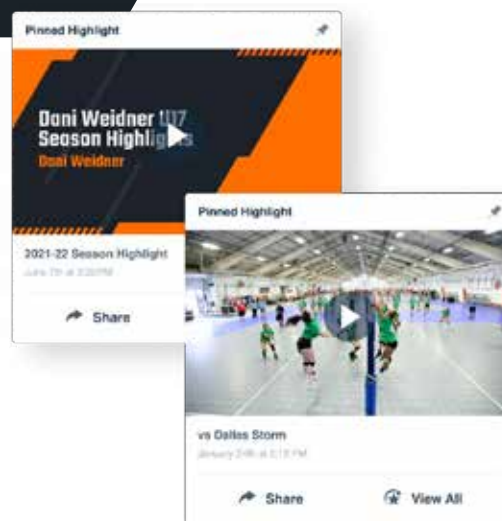
Get your athletes noticed

Opt in to recruiting

Athletes can allow their Hudl profile to be viewed by registered recruiters, this is the best way to let programs know who they are and what skills they could bring to their team.

Athlete profile

Each athlete's profile gives recruiters the content they need to help evaluate a recruitable player including contact info, academic and athletic stats, highlights and full game videos.



Highlight tools

Highlights from individual games or showcase their skills from the whole season with easy to use highlight tools that include spot shadows and arrows to help a college coach identify the correct athlete on the court or field.

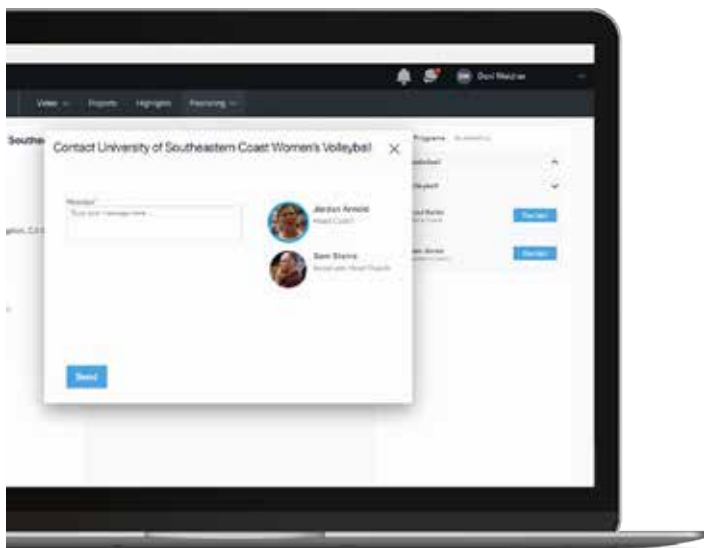
Full game videos

Each athlete's Hudl profile showcases full game videos which means you and your staff no longer have to download game videos from Hudl to email to college coaches.

Search and contact tools (NEW)

Athletes can easily find and connect directly with programs that are the right fit for their interests and ability with Hudl's college search and contact tools which provide the college coach's direct contact info immediately.

Visit hudl.com/solutions/high-school for more information.



Culture & faMWily

Steven Frey – Millard West – Baseball

Photograph By Lance Smith



I don't believe that the key to our success Millard West has had these last few years comes strictly from the way we practice. I have looked at different practices and talked to coaches from other successful high schools and colleges. I believe we all are doing many of the same things. I haven't really changed a lot of my practice itineraries throughout the years as a head coach since I took over at Millard West High School back in 2016. At Millard West we always start with some type of meeting, going over what we are covering that day. I like having a classroom style meeting before we start, so we are not wasting time during practice unless we need to make corrections. Our practices are scripted down to the minute. I make sure my players are activating their arms with plyo balls, Jaeger bands and shoulder tubes, especially my pitchers before we do our dynamic warm-up. We then move to base running, play catch, and our everyday drills. From there we move to some individual position drills and follow that with team defense. The end of practice is when we take batting practice, or we will have some type of competitive at-bat games or live pitching. Every week, pitchers will throw one bullpen and one live session.

I believe where we may differ from a lot of programs is our off-season activities and concepts along with our culture. As a coaching staff we work hard on creating a "FAMILY" environment. At Millard West, we are fortunate to have a lot of skilled baseball players tryout for our program but it's unfortunate as well because we have to cut a lot of good baseball players. For our program, FAMILY (or faMWily as we call it) begins with our first meeting in the fall. Anytime we are together with our baseball players, we talk about the family and everyone's role in that family. It doesn't matter if it's the senior and the best player we have in our program or the freshman who was maybe the last pick to make the reserve team; every player in our program is part of our family and everyone has his own role.

How we try and create this family concept starts in the off-season. There are different things we do throughout the year to create the bond that our baseball players have. From the months of August to October, we don't do any baseball related activities except strength and agility train. At Millard West, the weight room is a priority for our program in the off-season. We are fortunate to have a former Millard West baseball player Jake Kistaitis, who is now a strength trainer in the Oakland As organization, to work with our players. Our focus like most programs is strength and but we also have a huge focus on agility training. We are trying to create well-rounded athletes in our baseball program.

While training, we continue our focus on family. As a coaching staff, we are always talking about supporting each other and holding each other accountable. We make sure to get freshmen, not in a fall sport or activity, in the weight room with our older players from day one. This shows them the hard work that needs to be done both in the weight room as well as the baseball field. Coach Kistaitis does a great job of creating a family atmosphere in the weight room whether it's having our older players do some lifts with the younger players or even taking 10 -15 minutes out of our workout and dividing the players into small groups and talking about different things, such as personal goals. These meetings are a great time for our baseball players to get to know each other.

Our family gets bigger in November after fall sports are completed. We then begin one of my favorite times of the year - our Iron Wildcat workouts and competitions. I came up with the idea when I was the head coach at Elkhorn High School, and I saw the University of Florida's Iron Gator Challenge on Twitter. That's when the idea first came to me. I was fortunate enough to meet Coach O'Sullivan when I first took over at Millard West, right after Florida had won the College World Series, and I asked Coach O'Sullivan about the Iron Gator Challenge. During our conversation, he mentioned he took it from his time at Clemson University. That conversation had a huge impact on me because he took some time to visit with me on what he believes those workouts, competitions, and the overall camaraderie does for his program.

Our Iron Wildcat Challenge at Millard West runs from November up to the week before tryouts. Each year we get more and more players that workout with us if they are not in a winter sport or activity. At the beginning of the challenge, we divide out into 6 teams and each team comes up with a name for their team. We don't really change much as far as our strength and agility workouts besides the normal progressions, but what we add are competitions throughout these workouts. We may do one competition a day or we may do 5-6 a day. Usually, we will

Continued on page 9

nebraska coach

do 3-4 competitions. We assign point systems for when a player or team wins a competition or gets second or third place. Some competitions are grade level competitions between one player from each of the six teams but most of the time a competition will have a competitor from different grade levels. We are trying to teach our players that no matter who you are up against, you must be at your best every single repetition, every single day. Baseball is a tough sport to play, and we preach to our players the importance of the mental aspect of the game. We want our players to compete when they know they have a slight chance of winning and when it's certain they are going to win. I think it's a huge benefit to our players that we do these competitions in front of everyone. We love to see the energy and the excitement from our players when one of their teammates wins a competition. An even better moment is when a freshman beats a senior in a competition. The excitement from our players and the ribbing that senior may take is always fun to see.

Throughout the years of our Iron Wildcat Challenges, we have thought of so many types of competitions. Some of these would include obvious competitions including basketball, dodgeball, and ping pong. We will do push-up, sprint, wall sit, and leg

hold competitions. We have done math problems and drawing competitions. Some years one of our assistant coaches has each of the teams draw a caricature of me. If there is any type of a different competition we can think of, we will try it. Some of these competitions will be done right after an agility workout when they are tired to bring in the mental toughness that we are trying to instill into our players. At the end of the competitions, the players vote on various awards such as a grade level "Mr. Iron Wildcat" or an overall "Mr. Iron Wildcat" from the whole program. To have your peers vote for you as the hardest worker in the program is a great honor in our program. We also do a team dinner to celebrate the end of the off-season and welcome in the new baseball season.

When people ask me what it's like to coach at Millard West, I can easily talk about the state appearance opportunities we've had, the talent our program has produced and the two state championships we've won the last 3 years, but to see the friendship, the camaraderie and the love these players have for each other has truly been the most rewarding. I truly believe what we do in the off-season is a huge factor in the success we have achieved lately. Millard West is faMWily.



WE BELONG

“ It’s a slam dunk - membership in both associations is a no-brainer! The assistance and resources we receive from both NSEA & NCA are a win for educators, students and our community. ”

x2



Matt McKay & Tyler Shaw Sidney Public Schools

- Varsity Girls Basketball Assistant Coach
- 2021-22 NCA Track Coach of the Year
- Director of High School IT Services & Education
- Former President, Sidney Education Association
- Varsity Girls Basketball Head Coach
- Track & Field Assistant Coach
- Chemistry, Physics & Robotics Teacher
- Sidney Education Association Member

Belonging to NSEA and NCA helps you be the best educator and coach you can be. **Find out more, and join today: www.nsea.org**



Building Team Success in an Individual Sport

Kevin Schrad – Lincoln Southwest – Girls Track and Field

Courtesy Photo



Each track and field athlete has their individual recipe for success with the ultimate goal of running faster, jumping higher, or throwing farther. Each athlete's mind and body must be prepared and conditioned to perform at its peak capacity. Furthermore, track and field athletes do not rely on someone else to throw them the ball, set a screen, or make a great defensive dig. They are

individuals, but even the most prepared athlete will rise further with a strong team behind them.

I have been a part of the track and field program at Lincoln Southwest for 22 years. Our success has developed over the years as we have taken an individual sport and transformed it into a full program and team phenomenon. Our 2022 Girls State Championship was preceded by a runner-up bid in 2021 and five state championships since 2009. Our magic transcends the X's and O's of event coaching. Our successful team building recipe involves

1. Summer SWAG
2. Multisport Athletes and Coaches
3. A Robust Team Concept

SWAG

Successful development of athletes during the off-season is critical to any sport; however, it is our unique twist on summer conditioning that propels our female athletes forward in several sports. Coaches of the girls' sports collaborate to provide our SWAG (**S**outh **W**est **A**thletic **G**irls) program for all female athletes in all sports. Freshmen through seniors go through speed, acceleration, and lifting workouts four days per week. We program the workouts, track performances, and hold mini competitions throughout the summer. Coaches from all girls' sports help lead and supervise the SWAG workouts.

Girls entering their freshman year at Southwest see their older peers collaborating and working hard together to make each other better. These younger girls begin to understand what it takes to be a successful athlete at Southwest. SWAG participation is an expectation across all girls' sports and our girls readily buy in. The success of this program is evident. This last year our girls' programs won state championships in track, golf, softball, and swimming. Our soccer, tennis, cross country, and basketball teams were in the top three and our girls have won

the NSAA Cup four of the last five years. SWAG builds community among and across sports and uses student leaders to model success from the moment you enter Southwest.

Multisport Athletes and Coaches

Despite the societal trend that values the one-sport committed athlete, we fully embrace the philosophy that a well-rounded athlete is more physically and mentally able to compete at the highest levels. Very few of our girls are "track first" athletes as track is often their second or third priority sport. We look for successful athletes in other sports and work with them to expand their talents and try something new. Some examples include recruiting cheerleaders to pole vault, swimmers to throw the discus, and volleyball players to high jump. Reaching outside their experience has given the athletes a break from their main sport and a new, energizing opportunity. This gives us the depth needed to garner team points.

We do have to make exceptions and adjustments for multi-sport athletes. Showcase tournaments for what is their main sport are often held in the spring and we do not want our athletes missing these important events. We work with individual athletes to develop a schedule that ensures practice time and coaching for track still occurs. Additionally, we do support our athletes needing to miss a meet or two; however, we do ask that these athletes give us all their dedication for the final month of the season. Compromise and an acceptance that track may not be the highest priority creates an atmosphere conducive to strong participation.

In addition to supporting multisport athletes, our program gains success by having multisport coaches. Each of our coaches is a member of the coaching staff of another sport in our building. Our coed track and field team is led by basketball, volleyball, football, and cross country coaches. This crossover helps us build relationships with our athletes and supports recruitment to track and field.

Building the Program with a Team Concept

For most track and field events, the concept of working together as a team is limited to practicing side-by-side and encouraging your teammates. At Southwest, we have created a track culture that puts team success above individual success. This was evidenced by our successful state championship run last spring. The Southwest girls did not have a single event champion at the state meet. Several girls, who were ranked in the top three in their individual events, chose to compete in additional events. They chose to support the accumulation of team points despite

Continued on page 12

knowing this could negatively impact performance in their main event.

Turning an individual sport into a highly successful team sport requires purposeful attention to the social and motivational aspects of coaching. With upwards of 240 athletes out for track and field at Southwest, creating opportunities for all athletes to have success is critical to the overall program success. We have an individual motto for success, BE ONE/GET ONE. We focus on continuously striving to be number one. If you can't be number one, then work to get the next one ahead of you. We divide our coaches by event with all coaches working with both genders and all levels of athletes. By scheduling additional meets, we have given our younger athletes more opportunities to compete. This does add additional strain on the coaching staff but is vital to maintaining a robust program. In addition, we frequently hold internal competitions during practices to further support the concept of program development for our younger athletes.

To build social community within our team, we structure time during practice and promote expectations during meets. We begin each practice as an entire team (all levels) with a word of the week. Coaches share stories of exemplar athletes who have demonstrated these qualities. Example words from last year were **consistency, confidence, finish, and swag**. Athletes also have a "goal partner" from another event group. They set personal goals, share action steps, and successes with their

partner. This initial fifteen minutes allows coaches to complete administrative duties such as attendance, schedules, and allows us to build the concept that we are one unit. In addition, we incorporate special events into some of our Saturday practices such as the *Waffleman* and Casey's breakfast pizza.

Our meet expectations also promote team community. If you are not preparing or competing, you are to be at other events encouraging your teammates. The peer "goal partners" are strong supporters during competition. All athletes help set up, tear down and clean up. These expectations carry over into coaches as well. All coaches support athletes in all events.

The success of the Southwest track and field program revolves around the creation of a full-program, team concept including a specialized summer program, supporting multi-sport participation, and building a team-first attitude. Through these efforts, we have built high levels of both individual athlete and team success.



Courtesy Photo



LINCOLN
CONVENTION
AND VISITORS
BUREAU
LINCOLN.ORG/COACHES

THERE'S JUST SOMETHING ABOUT YOU
IN LINCOLN, NEBRASKA

Fall in love for the first time or fall in love all over again. Lincoln looks good on you!



#1 CHOICE FOR COACHING COMMUNICATION



AMPLIFY GAMEDAY

AS THE CROWDS RETURN, BE READY WITH THE **INDUSTRY'S BEST** SCOREBOARDS, TIMERS & SOUND SYSTEMS!



ENHANCE YOUR FACILITY. MOTIVATE YOUR TEAM.

CUSTOM-MADE FOR YOUR SCHOOL!

- ✓ RECORD BOARDS
- ✓ GOAL BOARDS
- ✓ STRENGTH BOARDS
- ✓ PLAYMAKER BOARDS

THE COACH PAD™



THE MOST EFFICIENT WAY TO PREPARE SCOUT CARDS!
STORE WEEKS OR SEASONS OF SCOUT CARDS ON 1 DEVICE,
DRAW BY HAND OR LOAD FROM SOFTWARE YOU ALREADY USE,
AND MUCH MORE!



800.496.4290
SIDELINEPOWER.COM



HEADSETS



END ZONE CAMS



DRONES



SOUND SYSTEMS



TIMERS



DOWN MARKERS

Evolution of the High School Track & Field Athlete

Matt McKay – Sidney – Boys Track & Field



April 8th, 1993, a Thursday. Cool air is across the track. I warmed up for the long jump. This day held two significant marks in my life. I was afforded the opportunity to compete at the varsity level as a lanky, fairly uncoordinated freshman. Just a few hours after I competed, my niece was born. I remember feeling overwhelmed by emotions that came from competition and from

my new role in life. I was so grateful for all of this. I never told anyone how that made me feel, or how that particular situation was happening to me. My Coaches were people I respected but at that point, I wasn't sure what I should share with them. Would that have changed how they viewed me? Would that have changed my relationship with them? 20/20 hindsight, right? I honestly believe it would have helped them and myself. Coaching, in all sports, has certainly evolved in the last 30 years. I would postulate that the evolution of athletes has been far more aggressive.

Today's track athletes have so much more to worry about and distract themselves from the small picture of sports. I always look to interact in a way that the athletes feel comfortable speaking to me about what they want to. I try not to pry into their lives in a way that is intrusive, but I do want to know what drives them. I know they love their phones. I am the Technology Director in Sidney and I love technology, too. It is, however, a distraction. I have to be aware of their attention spans and thoughts. I have to be aware of what has changed their mood in the last 5 minutes, not that this is different from 30 years ago. We as coaches have to be strong with the ideal that we definitely are not these kids' friends. Being friendly and friends are different. Now, I know people may see it differently than I do and I am not saying that my view is the steadfast, correct, and the only view to be had, but I see strength in my relationships with my athletes. I see them stay focused. I watch them strive to succeed. Most of all, I watch them grow.

Growth in my athletes is what I want most. We coach for many reasons, some have different ones, but almost all do it

for the love of sport and relationships. Ground breaking, right? Growth is my main motivator. My coaching mentors and peers have held strong to the ideal that we want to have our kids leave our program as better humans than they came in as. That takes growth, and yes, not just as an athlete. So many aspects to focus on, but growth is the one. It is easy to say they got better, but did they grow? I spend time every day trying to better myself. At times I feel I make growth, and others I feel I may have digressed. That battle is real. The battle is necessary. The battle is growth.

Today's student athletes are on a different playing field than even those from ten years ago. So many more distractions in society and the amount of time away from track is also a hurdle, pun intended. We try to be warm, caring, strict, easy-going, available, mentors, you name it. All of these traits in us, as coaches, can be a delicate dance to understand the athletes. We strive to make relationships and, honestly, we are all in the right. We are all doing this for the right reasons. Anyone who questions this, is not around them as much as we are. They are not around the practices, the locker rooms, the meets. I love track and field. I live for watching amazing feats on the track. I live for the smiles. Oh the smiles. Each meet you can look around and see the smiles. We all know what that means. You won't find another sport that has so many. You also won't find another sport that has its coaches root for other teams' athletes as much. That's what makes track great. Makes us great. Makes growth occur.

Growth. I can't say it enough. From day to day, have your athletes done this? Has growth occurred in any area of their life? We would be completely oblivious to believe growth is always happening. It may take a pause, for sure. In fact, I can emphatically declare that it will not always occur. Although, and this needs to be said, growth has to be the main goal. I know when I say it is the main goal we all believe this. I am not talking about growth as a triple jumper or a miler. I am speaking to growth as the human we hope they can be. I mean the person I want to call a friend in 10 years. I mean real growth that has lasting impact. It's the impact part of growth that will help them succeed in your program. Success will come in many forms. You just can't compare any success unless it has growth as its foundation.

Today's a great day to grow. As I type that, I realize what my mantra really is. Today is a great day to grow. It really is. So as I begin to wind down to a conclusion, let me leave you with this. Am I lucky? Yes. Yes I am. I am lucky to have had the coaching experiences I have had. I am lucky to have the coaches that

Continued on page 15

mentored me. I am lucky to coach alongside some great coaches currently. Most of all I am just plain lucky to have the kids I coach. Without those kids. Without those families. Without their time, effort, and desire to be a track athlete. I wouldn't have

what I wake up to every day. I wake up every day to the thought that I am a coach. Yes, I have other "important" aspects of my job. But none I take more seriously than coaching kids. Coaching them from a standpoint of growth!

Courtesy Photo



Courtesy Photo



THE OFFICIAL BALL OF

NCA & NSAA

Baden builds the tools you need to perform at your best, making sure you have the top quality performance you need to stay on the court.







It's the official ball of NCA & NSAA for a reason — the finest materials and craftsmanship combined with Baden's proprietary balanced design, make the Baden® ElitePro™ basketball the best of the best.

dalew@badensports.com | 1.507.424.9301



www.badenteamstore.com

Culture Over Everything

Joel Lemus – Lexington – Soccer

Courtesy Photograph



It has been an honor to be a part of something so special at Lexington. Since the high school boys' soccer program (or fútbol program as we like to say) began here in 1999, great strides have been made to get to where we are. It is important to acknowledge and give credit to all of the previous coaches and volunteers that have put in endless hours to help get this program to where it is today. Further, this program wouldn't have gotten to where it is today without the time and dedication that volunteers have put towards our

city-wide youth fútbol programs, specifically UniFut. In order to stay competitive against other successful programs around the state, we must have active fútbol youth programs.

Along with the success of our program, there have also been challenges along the way. However, our theme here at Lexington has been "Family" or "Familia" for quite some time. Being part of a 'familia' means more than just playing together; it means having accountability, discipline, integrity and unity.

Accountability

Developing a culture of family means holding all parties accountable. We have no shortage of fútbol talent here in Lexington, but what we must continue to strive for is holding each other to the standards we have adopted as a program. It is common knowledge here that there are expectations that our student-athletes must meet in order to be able to participate. At times, this has meant letting go of some of our top talent that was unwilling to commit to our expectations. We must remember that holding our players accountable IS a form of love. Families hold each other accountable.

In helping us maintain the level of accountability, we have grade checks throughout the entire school year and assign academic captains. These academic captains have a group of guys that must report to them every Friday after school for grade checks. These captains then see their assigned players face to face and let them know if they have study hall the following week depending if they have any grade lower than a C in any class. Having year-long grade checks has helped our players understand that grades are important all year long, not just during our season. When our players graduate from high school, they are academically prepared to take on their next challenge.

Discipline

A successful program cannot be built and maintained without discipline. Our community has come to expect us to compete for a state title. For us, discussing with our parents/families that there will be consequences for actions taken during the season has been key. That doesn't come, though, without being considerate of our young men's lives outside of fútbol. Although our players would happily dedicate their lives to fútbol, the reality is that fútbol is only one

part of the whole. Our players will most likely NOT be professional fútbol-ers. It is for this reason that we help our young men in setting priorities. Our parent handbook states the priorities during our season as follows:

1. Religion or Faith
2. Family
3. Academics
4. Minutemen Fútbol
5. Everything Else

Everything else. . .

Anything below the line is everything else and does not constitute an excusal from a practice or a game. Anything above Minutemen Fútbol can be excused as long as players (not parents) communicate it with the head coach (not a teammate) ahead of time.

Integrity

Consistently stressing of "what are you doing when no one is watching" is a key component to making this all work. We only see our boys as a group for 1.5 to 2 hours. It is insane to think that we can fully shape our program without stressing the importance of what is going on when they are not in practice or at school. Their actions in the evenings and the weekends can have an impact on our entire season and more importantly, on their lives. It is very clear to our players that what happens outside of school and fútbol has an impact on our team's success. It also doesn't hurt to have a close relationship with our staff who see our student-athletes throughout the day. Our boys know that when trouble arises in school or the community, often the first person they will talk to is the head coach, who will hold them accountable for their actions.

Unity

Our boys come from various family dynamics and not all of them have both parents at home. Some have siblings, cousins or uncles as legal guardians. Some are truly on their own and have an obligation to other family members back in their home country. We stress the word "familia" but are aware that that means different things to different people. Being a part of this "familia" means that we are going to stress the three points above: accountability, discipline and integrity. In order to have unity on the team, we need to have our players hold each other to those standards. In the end, although each player has their own version of family, they are each an integral part of this 'familia'.

Outside our culture, we are here to continually develop our players' skills. Although we are serious about our program, we do like to have some fun. Here are a couple of drills that our boys really enjoy during practice. We have found that whenever we can add a competitive component to a drill, that makes it even that much more enjoyable. Below are two drills that are truly fun to watch when implemented correctly:

Continued on page 17

nebraska coach

Transition Possession into Attack (5 v 5 + 2)



Description: This is a possession drill that is designed to help players transition from defense to attack. The drill is played on a 50x100 yard field with 10 players (5 blue, 5 red) and 2 goalkeepers. The drill starts with the ball in the center circle. The blue team has possession and is trying to move the ball into the attacking half. The red team is trying to defend. The drill ends when the ball goes out of play or a goal is scored.

Rondo 5 v 3 with transition



Description: This is a possession drill that is designed to help players transition from defense to attack. The drill is played on a 50x100 yard field with 8 players (5 blue, 3 red) and 2 goalkeepers. The drill starts with the ball in the center circle. The blue team has possession and is trying to move the ball into the attacking half. The red team is trying to defend. The drill ends when the ball goes out of play or a goal is scored.

2023 NCA Multi-Sports Clinic & National High School Athletic Coaches Association Conference

Registration Opens April 15, 2023

Clinic Schedules by Sport Posted at www.ncacoach.org/clinic

No Printed & Mailed Magazine



Sunday, July 23

- NCA Awards Banquet – Great Hall, Old Train Station, Lincoln Haymarket

Monday, July 24

- NCA Golf Scramble – Highlands Golf Course – Tee Time Registration Opens May 10
- Girls & Boys NCA All-Star Basketball Games – Lincoln North Star HS

Tuesday, July 25

- NCA Multi-Sports Clinic & NHSACA National Conference – Lincoln North Star HS
- NCA All-Star Volleyball Match – Lincoln North Star HS
- NHSACA National Hall of Fame Induction Banquet – Great Hall, Old Train Station, Lincoln Haymarket

Wednesday, July 26

- Saundi Fugleburg 5K & 1- Mile Fun Run/Walk – Lincoln North Star HS
- NCA Multi-Sports Clinic & NHSACA National Conference – Lincoln North Star HS
- Coaches Care Blood Drive – Lincoln North Star HS
- NCA All-Star Softball Game – Bowlin Stadium, UNL, Haymarket Park
- Coaches Night Out – Featuring Dueling Pianos – Great Hall, Old Train Station, Lincoln Haymarket

Thursday, July 27

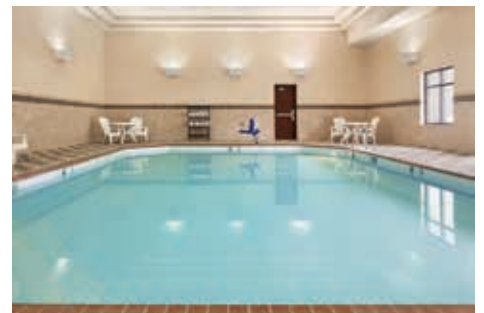
- NCA Multi-Sports Clinic & NHSACA National Conference Lincoln North Star HS
- NHSACA National Coach of the Year Banquet – Great Hall, Old Train Station, Lincoln Haymarket

Keynote Address By Kevin Kush



Mr. Kush has been involved in coaching and teaching for over thirty years. Coach Kush spent 21 of those years working with at-risk youth at Boys Town in Omaha, Nebraska. As a head football coach, he compiled a remarkable record of 164 wins and just 58 losses with 13 of those teams finishing in the top 10. Mr. Kush now shares his experiences with a variety of

groups including teachers, youth organizations, and companies. He holds a Bachelor of Science degree from the University of Nebraska at Omaha in marketing and business education, and a Master of Arts degree from the University of Nebraska in vocational and adult education. Mr. Kush was featured on **ABC World News Tonight** as their Person of the Week. He is the author of 3 books: [The 100 Yard Classroom](#), [Competing With Character](#) and [A Piece of the Puzzle- 8 Traits of a Quality Teammate](#).



Country Inn & Suites Lincoln North

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

- + Daily hot breakfast
- + Indoor pool and outdoor hot tub
- + Free high-speed wifi
- + On-site fitness center open 24/7
- + A variety of room and suites types
- + Complimentary airport shuttle available on weekdays
- + A central location with easy access to sports venues, dining & more!

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

402.476.5353 



Our on-site restaurant
- Villa Amore - offers
pasta, pizza, appetizers
and more!

Country Inn & Suites Lincoln North

5353 N 27th St, Lincoln, NE, 68521 402.476.5353
<https://www.radissonhotelsamericas.com/en-us/hotels/country-inn-conference-lincoln-ne>

Less Talk, More Action

Chris Stock – Lincoln East – Girls Tennis

Courtesy Photo



In a nutshell, if I had to sum up our team focus for our Lincoln East Tennis Program, I would use these four simple words. First of all, coaching tennis at Lincoln East High School is my dream job. I absolutely feel so privileged to have the opportunity to head the boys and girls tennis teams at Lincoln East.

With that feeling and high respect that I feel for East High School and the tennis program, a foundation of high reverence for what the tennis program becomes each season is at the forefront of my attention. Each season is unique and different, so the anticipation of what it will become is of the utmost excitement to me each year. It's an incredible experience that I just love being a part of. In my opinion, building effective relationships, forming an excellent team culture, and establishing great communication are pillars of team success for every sport, and tennis is no different. There are a myriad of directions a coach can go with writing an article for their sport, and I cannot possibly hit on very many aspects, so I will focus on one "big idea" concept that has worked for us at Lincoln East in the tennis program. . . **Less Talk, More Action.**

In exploring this big idea, **less talk, more action** is more centered around how we approach seasons, practices, and competitions as a team. I believe in getting lots of "at bats" daily, hitting the ground running, and maximizing the number of balls hit, the number of points played, the number of serves struck, return of serves, overheads, volleys, you name it. Our practices are focused on the volume of balls hit throughout a given week, and we place a high priority on keeping things moving and engaging throughout the entirety of practices. Although we use this philosophy for all strokes, I will be focusing on the serve, the return-of-serve, and the overhead for this article, simply because I feel these three strokes often get left behind during a week's worth of practices unless they are prioritized from the beginning.

Within that core belief of getting lots of "at bats", we also place a very high priority on several big pieces in our practices. As I referenced above, we look at practices from the viewpoint

of a week, not an individual day. Within that week, our goal is ALWAYS to practice isolated serves daily. When I speak of practicing serves, this is outside of hitting serves while playing points. This philosophy is connected throughout our program, from Reserves, to JV, to Varsity; daily, 40 serves. . . no exceptions. As a program we hit 40 serves daily, mixing in 1st and 2nd serves, 20 on deuce and 20 on the ad side. Within this practice routine we add to the competition by asking our athletes to see how many times they can hit three in a row first serves in, and then 5 in a row on second serves in. Another fun spin-off of this to consider is to have the service boxes split (with chalk or strips) into wide, middle, inner areas to work on more accurate placements. From this the athletes can form smaller groups of 2, or 3 if an odd number, and can play ACE (the old basketball version of HORSE). The kids love this game as they can work on serve accuracy and compete at the same time. It is my belief that the serve is the most important stroke in tennis, as it is the one stroke you can control without your opponent having a say, and you can practice the serve on your own time, without needing a partner. Developing one's serve is also the fastest way to advance one's playing level in tennis.

The second most important stroke in tennis in my opinion is the return of serve. Again, we have made it a big point of emphasis in our practices to really give this skill lots of repetition during a week of practice. We will typically move the servers up to just outside the service box so the returners get accurate serves at a good pace. We will also practice returning second serves. We have a different array of types of returns that we put into practice that we expect the team to be able to execute in a given match, especially geared towards our doubles play. "Put the ball in play" is a big mantra we use to avoid giving away too many free points off of return-of-serve errors, which gives our opponents confidence and momentum. We want to make the servers work for everything they get. Another game to emphasize doubles return-of-serves is to attach some competition to it. We have a partner hit a first serve, and the returner must return it cross court. They get 10 chances at the return. If it is not cross court, then zero points are earned. If it lands in the short service box cross court, they earn 1 point; past the service box and cross court earns 2 points. A return to the cross court alley earns 3 points. Again, a little good, fun competition adds to the skill practice. A second game is called 7-11. This one is also 1 vs. 1. You can have two games going on at the same time on the same court (one to deuce side, and one to the ad side). The server can stand up close, just outside of the service box. It is a race to 7 or 11. 11 aces and the server wins. 7 return-of-serves in the singles court, and the returner wins; then switch roles.

Continued on page 20

The third big skill that I wanted to touch on that I feel should absolutely be held at a high value is the overhead. This particular stroke is without a doubt the most under practiced stroke in tennis. However, I feel the value of a good overhead is very high. A good overhead leads to confidence for your team members, and overheads tend to pump up a doubles team and can oftentimes be the catalyst to momentum swings, especially in doubles. Most athletes feel it is an easy shot, just because they are hitting a downward smash on a ball that is usually high and traveling slowly. However, it is not an easy shot, and therefore I feel it must be practiced routinely, and it must be dealt with as a difficult shot, because it is! Having a devastating overhead, whether it be singles or doubles, can win any tennis player lots of points. I would suggest that you ask a parent or an assistant to watch and count how many lobs are thrown up in a given doubles or singles match. It is likely more than you'd think. Having confidence in hitting an overhead is developed by lots of practice at this challenging and under practiced tennis shot. Throughout a week, we certainly hit lots and lots of overheads. We will isolate the stroke with feeds, and we will put in some live ball game situations to bring out the competition amongst the team members. A good game we use quite often is called "The Overhead Game". It works best with 4 per court. It's a "king of the court" type of game setup. You have two athletes on the overhead striking side of the court, and two on the other side at the baseline. Only one person is playing at a time from each side of the net. During the game, one person is hitting overheads only, and one person is at the baseline hitting lobs only. No other shots are allowed, otherwise the point is over and that person loses the point. Boundaries: the overheads must always land in the deuce half of the singles court, but the lobs from the baseliner can land anywhere in the singles court. It is a race to 10 points. Points are only earned on the overhead side of the court. This is the "champ" side. The "challenger" side is the baseline side. One point is earned by the overhead person hitting an overhead into the deuce side of the singles court only, and the ball is not put back in play as a lob. The baseliner person starts this with an initial, put-it-in-play lob (not too deep. . . a good gauge is for the lob to land around the service line depth on the other side of the net). Now, the overhead is struck, and if it lands in, the baseliner can only hit lobs off the overhead. The baseliner can continue to bump or deflect lob after lob from overheads being struck in the deuce half of the singles court. Remember, no volleys, just overheads are allowed on the champ side. If the champ side misses the overhead (only can hit it on deuce side singles court), or hits a non-overhead, they

lose the point and go to the on-deck spot at the baseline. The baseline lobber rushes over and goes to the on-deck spot for the overhead side. If the overhead champ wins three points in a row, they switch out with the overhead on-deck person. The game continues until someone on the court reaches 10.

Lastly, to turn back to the title of **Less Talk, More Action**, on our program this belief also extends to our inner squad communication with one another. What I mean by this is that it is easy to think ahead early in the season. It is easy to set sights on far off goals and end of season accolades. Sometimes that can be a big focal point for athletes, coaches, and teams. Although I have found myself in the past doing this very thing, I've never been a big fan of that from my standpoint, simply because I've never felt that it really did anything for us, but that's just me. For some years now, we have just gone out and played tennis. Our goals have been to be the best version of ourselves on and off the court, and to continue to improve daily. We keep it simple. Every match is important, and no match is special. Let's go compete every day, every match, every game, every point, every shot. If the athletes go out and have worked hard in practice, have given the match their very, very best effort, then we're ok with the results. I tell the kids, you can't control winning, as there is someone on the other side of the net that has a say in that. Keep it simple, go enjoy the competition and go play tennis.



Courtesy Photo

2023 Dance & Cheer State Champion Coaches



Dance Pom

- Class A – Andrea Feltz – Millard North
- Class B – Beth Gilbert – Elkhorn
- Class C1 – Erin Martinez – GI Central Catholic
- Class C2 – McKenzie Kohler – Amherst
- Class D – Brittany Flaming – Randolph

Dance High Kick

- Class A – Lindsey Hinze – Lincoln Southwest
- Class B – Angie Hinze – Scottsbluff
- Class C1 – Kelsey Jameson-Williams – Holdrege
- Class C2/D – Paige Piper – Lincoln Lutheran

Dance Jazz

- Class A – Andrea Feltz – Millard North
- Class B – Emily Stephenson – Omaha Skutt Catholic
- Class C1/C2 – Megan Reisen – Wahoo
- Class D – Kari Sharp – Silver Lake

Dance Hip Hop

- Class A – Rachel Gordon – Millard South
- Class B – Madi Tibke – Bennington
- Class C1 – Katherine Bloch – Conestoga
- Class C2 – Madison Bastian – Louisville
- Class D – Deanna Brakhage – Meridian

Cheer Game Day

- Class A – Stefani Lane – Millard West
- Class B – Holly Pospichal – Omaha Gross Catholic
- Class C1 – Summer Rieke – Conestoga
- Class C2 – Lisa Troshynski – North Platte St. Patrick's
- Class D – Kristin Weaver – Loomis

Cheer Non-Tumbling

- Class A – Shari Burrus – Millard South
- Class B – Emily Dein – Beatrice
- Class C1 – Joellen Hamann – Auburn
- Class C2 – JR Dotzler – Cornerstone Christian
- Class D – Carrie Tabor – Kimball

Cheer Traditional Performance

- Class A – Caycee Hays – Lincoln Pius X
- Class B – Brandi Edens – Bennington
- Class C1 – Amy Bartek – Bishop Neumann
- Class C2 – Melissa Schmitt – Louisville
- Class D – Kristin Weaver – Loomis

Cheer Tumbling

- Class A – Stefani Lane – Millard West
- Class B/C1 – Nicole Krings – Norris
- Class C2/D – Molly Gillespie – Osceola

Cheer Unified Sideline

- Class A – Vicky Joseph – Columbus



Your Source for Championship Photos!

Team, Action, & Awards Ceremony Images

Order Your Digital Images or Photographic Prints
and Products at:

www.callamsportsphoto.com

SIGNATURE

CHAMPIONSHIP RINGS

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



Skutt Catholic
Basketball



Bishop Neumann
Softball



Gering
Wrestling

signaturechampions.com

800.273.8124

Signature is based in Nebraska,
NCA official partner

Scan QR Code
to get started!



NCA Member Honor Roll

State Championships Winter 2022-2023



Wrestling

Class C – Ed Schaaf – Broken Bow (Dual & Individual)
Class D – Roy Emory – Aquinas Catholic (Dual & Individual)
Girls – Evan Bohnet – South Sioux City

Girls Basketball

Class B – Ann Prince – Elkhorn North
Class C1 – Aaron Sterup – North Bend Central
Class C2 – Jason Dolliver – Pender
Class D1 – Laethion Brown – Centura
Class D2 – Luke Santo – Falls City Sacred Heart

Boys Basketball

Class A – Doug Woodard – Bellevue West
Class B – Kyle Jurgens – Omaha Skutt Catholic
Class C1 – Jacob Mohs – Ashland-Greenwood
Class C2 – Jim McLaughlin – Freeman
Class D1 – Lucas Dalinghaus – Johnson-Brock
Class D2 – Nathan Godwin – Parkview Christian

Girls Bowling

Class B – Josh Johnson – Wayne

Boys Bowling

Class A – Paul Lee – Grand Island
Class B – Josh Johnson – Wayne

Unified Bowling

Class B – Mary Reimers – Lexington

Swimming

Girls – BJ Christiansen – Omaha Marian – Co-Champion
Girls – Andy Rider – Omaha Westside – Co-Champion

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

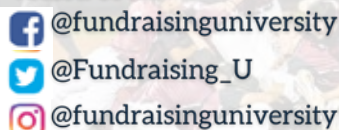


TINO MARTINEZ



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"



 Main Locations
  Outreach Schools
  Satellite Clinics

NEBRASKA'S ORTHOPAEDIC CENTER

YOUR HEALING DESTINATION



BACK,
NECK &
SPINE



HAND &
UPPER
EXTREMITIES



FOOT &
ANKLE



HIP &
KNEE



FRACTURE
CARE



GENERAL
ORTHOPAEDICS



SPORTS
MEDICINE



JOINT
REPLACEMENT

 (402) 436 -2000
  nebraskaortho.com
 Main Locations-Lincoln

2023 Girls State Basketball Sportsmanship Award Winners



Class A – Lincoln High



Class B – Elkhorn North



Class C1 – North Bend Central



Class C2 – Ponca



Class D1 – Ravenna



Class D2 – Falls City Sacred Heart



2023 Boys State Basketball Sportsmanship Award Winners



Class A – Lincoln Southeast



Class B – Platteview



Class C1 – Pierce



Class C2 – Norfolk Catholic



Class D1 – North Platte St. Patrick's



Class D2 – Shelton



CURRENCY.

MISKO SPORTS

TEAM · TRADITION · PERFORMANCE

UNIFORMS & EQUIPMENT



Football, Volleyball, Wrestling, Basketball, Track, Baseball, Cross Country, Softball, Soccer

SCREENPRINTING & EMBROIDERY



From warm-up gear to fan wear, we've got you covered! Full color dye sublimation also available!



ONLINE STORES & FUNDRAISING AVAILABLE!

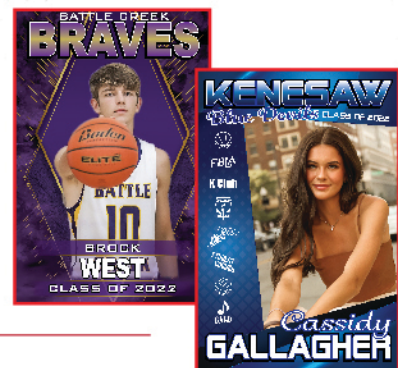
- Booster Clubs
- School Activities
- Fundraising
- State Qualifier Apparel (All Orders are individually packaged)

ENGRAVING



Awards, Medals, Trophies & Promotional Products

SENIOR & SPORT BANNERS



These 2'x3' Senior banners are a great way to showcase your senior class or team! Custom Sizes Available!



COLIN PFEIFFER

308-440-6954
colin.pfeiffer@miskosports.com

JOHN PAULSEN

308-655-0969
john.paulsen@miskosports.com

LATHAN LANDGREN

620-344-0286
lathan.landgren@miskosports.com

MORGAN DENSON

402-415-1010
morgan.denson@miskosports.com

RYAN MEANS

402-499-6305
ryan.means@miskosports.com

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 23 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 Currency – 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.

More information regarding the NCA Service Award program, including the application form can be found at: <http://www.ncacoach.org/service.php>

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

Nebraska Coaches Association – Country Inn & Suites Scholarships – Deadline April 14

This fully funded scholarship program, will award eight recipients \$1,000 after successfully completing one semester at an accredited college or university. The scholarship is available to current (2022 – 23) NCA member's son or daughter.

More information regarding the NCA/Country Inn & Suites Scholarship including the application form can be found at: <http://www.ncacoach.org/lincolnnisuites.php>

Scholarships 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

Scholarship winners will be announced in May.

Ed Johnson Scholarship – Deadline April 14

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 24, 2023). For more information:

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

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.

Scholarship Criteria:

- Excellence in Scholarship
- Leadership
- Sportsmanship
- Loyalty
- Citizenship.

Career Sport Specific Awards & Career Junior High – Assistant Coach Award

Committees Select Finalists in April, Board Selects Winner at April Board Meeting.

- 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

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

Special NCA Awards – Deadline April 14

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. 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



Nebraska High School Coaches Named As National Coach Of The Year Finalists

Two Nebraska Prep Coaches / Contributors To Be Inducted Into National Hall Of Fame

The National High School Athletic Coaches Association (NHSACA) and the Nebraska Coaches Association (NCA) announced the advancement of 12 coaches and an athletic director as finalists for the National High School Athletic Coaches Association national coach of the year. The nominations were based on each coach's career accomplishments through the 2021–22 athletic seasons and had not retired more than two years prior. Two former Nebraska prep coaches will be honored by being inducted into the national high school coaching hall of fame as well.

Eight finalists from across the nation, in nineteen recognized sports categories will be honored during the National Coach of the Year Awards Banquet which will take place at the NHSACA's national convention (merged with the annual NCA Multi-Sports Clinic) in Lincoln, Nebraska on the evening of July 27. The highlight of the banquet will be the naming of the NHSACA national coach of the year in each sports category.

All Nebraska coaches were nominated for this national honor by the Nebraska Coaches Association. The selection is based on the following: career longevity, service to high school athletics, honors, championship years, and winning percentage. The nominees and finalists are evaluated by experts in the field of coaching using sport-specific rubrics to assign points in each category. NHSACA is the oldest coaches association in the nation formed by coaches, for coaches, and has been recognizing national coaches of the year since 1978.

Steve Throne – Athletic Director – Millard South
Steve Frey – Baseball – Millard West
Tim Cannon – Boys Basketball – Millard North
Sam Jilka – Boys Cross Country – Lexington
Mark Wortman – Football – Elkhorn High
Kristin Blume – Girls Assistant – McCook
Scott Polacek – Girls Basketball – Howells-Dodge
Troy Hauxwell – Girls Track and Field – Chase County
James Orcutt – Golf – North Platte
Mark Watt – Softball – Lincoln Southwest
Matt Wiemers – Tennis – McCook
Sue Ziegler – Volleyball – Lincoln Lutheran
Darin Garfield – Wrestling – Central City



2023 National Hall Of Fame Nebraska Inductees

Two Nebraska legendary coaches and contributors Jon Appleget, Fremont and Jerry Bartee, Omaha will be inducted into the national high school coaching hall of fame at the same NHSACA Convention. Hall of Fame ceremonies will take place in Lincoln on July 25.

Jon Appleget – Fremont
Class of 2023 National Hall of Fame Inductee

Jerry Bartee – Omaha
Class of 2023 National Hall of Fame Inductee

ATTENTION HIGH SCHOOL ATHLETES + COACHES



THE FIRST ANNUAL HIGH SCHOOL PERFORMANCE INDEX CHAMPIONSHIP IN THE STATE OF NEBRASKA

1 MALE AND 1 FEMALE ATHLETE CROWNED API CHAMPION IN EACH COMPETITIVE CLASS A-D (GRADES 9, 10, 11)



THE EPLEY ATHLETIC PERFORMANCE INDEX

POWERED BY Dashr

The EPLEY Athletic Performance Index (API) is a measurement of athleticism represented in a composite score specific to the athlete's age and gender. The API reflects a combination of an athlete's power, speed, and agility.



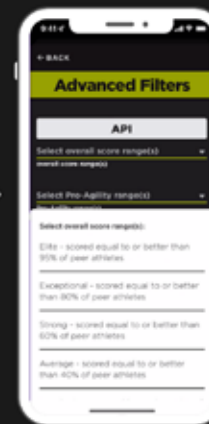
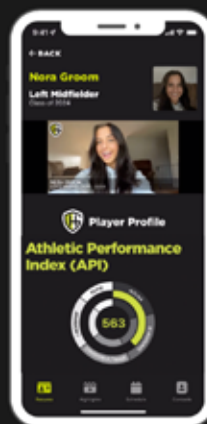
COLLEGIATE SPORTS RECRUITING POWERED BY ATHLETIC PERFORMANCE DATA

BUILT BY GETHIGHLIGHTED.net

GETHIGHLIGHTED's match-making platform uses the power of athletic performance data to accelerate athlete-coach connections and level the playing field for all aspiring Student Athletes.



REGISTER FOR A FREE PLAYER PROFILE + GETHIGHLIGHTED ID USING COUPON CODE: **NEHSPIC22**



SPONSORED BY



GETHIGHLIGHTED.net



NOVA
FITNESS EQUIPMENT

A DIVISION OF
JOHNSON
COMMERCIAL FITNESS

FITNESS • SPORTS PERFORMANCE • REHABILITATION

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.

CAMP INSURANCE COVERAGE

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

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

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

What is the premium for Participant/Accident camp coverage?

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

Certificates of Insurance

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

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

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