

SWIMMING & DIVING

B110 unless otherwise noted

Tuesday, July 25

7:30 a.m. Registration & Exhibit Areas Open
7:30 a.m. – 3:45 p.m. NHSACA Silent Auction – LNS Exhibitor Area
10:45 a.m. – 11:35 a.m. **Welcome & Keynote:** Kevin Kush, Coach Kush Speaks: *Winning Where It Matters* – Main Gym
11:35 a.m. – 1:15 p.m. **Lunch on your own – Food Trucks – LNS Parking East Parking Lot**
11:45 a.m. – 1:00 p.m. Nebraska State Performance Testing Championships – Main Gym
1:15 p.m. – 2:05 p.m. Jake Solper, Minot HS, ND: *Minot High Boys' Swimming & Diving*
2:20 p.m. – 3:10 p.m. Shelley Twigg, Waukee HS, IA: *Stroke Technique Progressions*
3:10 p.m. – 3:45 p.m. Ice Cream Social - *Presented by Nebraska State Education Association* – Exhibitor Area
3:45 p.m. – 4:35 p.m. NSAA: *Concussion, Cardiac Arrest and Heat Acclimatization Training* – Auditorium

Wednesday, July 26

7:00 a.m. *Running/Walking for Kindness - Saundi Fugleberg Memorial 5K & 1 Mile Fun Run/Walk – Benefiting the Nebraska Food Bank Network* - LNS East Parking Lot
7:30 a.m. Registration & Exhibit Areas Open
7:30 a.m. – 3:45 p.m. NHSACA Silent Auction (Pick Up Items by 3:45 p.m.) – LNS Exhibitor Area
8:00 a.m. – 4:00 p.m. *Coaches Care Blood Drive* – West Side LNS
9:00 a.m. – 9:50 a.m. Round Table – *All Things High School Swimming*
10:05 a.m. – 10:50 a.m. **NCA District Meetings & Raffles** (Elections of NCA Board Members, Election of NCA Sports Advisory Committee Members, Q&A with NCA Board of Directors)
11:05 a.m. – 11:55 a.m. Jessica Hardy Meichtry, BSN Sports Ambassador: *Lessons from an Olympic Gold Medalist* – *Presented by BSN Sports Live Virtually*
11:55 a.m. – 1:15 p.m. **Lunch on Your Own – Food Trucks – LNS Parking East Parking Lot**
1:15 p.m. – 2:05 p.m. Jessica Hardy Meichtry, BSN Sports Ambassador: *X's & O's of Swimming* – *Presented by BSN Sports Live Virtually*
2:45 p.m. – 4:00 p.m. Nebraska High School Sports Hall of Fame Tour – Charter Bus Departs from East LNS Parking Lot

Thursday, July 27

7:30 a.m. Registration & Exhibit Areas Open
9:00 a.m. – 9:50 a.m. NHSACA Swimming & Diving National Coach of the Year Finalists Forum & Micro Presentations
10:00 a.m. – 10:50 a.m. NHSACA Swimming & Diving National Coach of the Year Finalists Forum & Micro Presentations
11:05 a.m. Drawings – Main Gym