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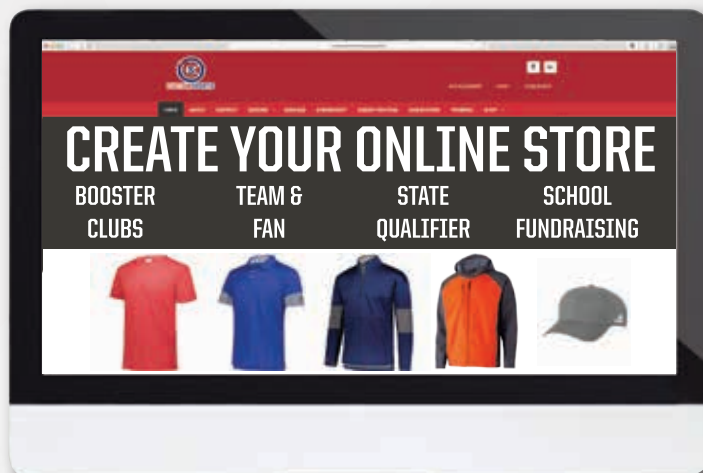
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2023 NCA Multi-Sports Clinic & NHSACA National Convention

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NHSACA Board Of Directors

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Baseball, Paul Twenge, Minnetonka, MN
Basketball (B), Jeff Halseth, Sioux Falls, SD
Basketball (G), Bart Smith, Clear Lake IA
Cross Country (B), Darrell Burmeister, Greenfield, IA
Cross Country (G), Kristin McWilliams, Altamonte Springs, FL
Football, John Hoch, Alma, WI
Golf, Jeremy St. Aubin, Ashley, ND
Soccer, Greg Brown, Mandan, ND

Softball, Cheri Ritz, Wyoming, MI
Special Sports, Wylene Hudson, Skitook, OK
Swimming, Jake Solper, Minot, ND
Tennis, Louis Nash, Oxford MS
Track & Field (B), Bill Weber, Watertown, SD
Track & Field (G), Steve Porter, Milan, MI
Volleyball, Jean LaClair, Sturgis, MI
Wrestling, Jeff Hill Petersburg, IL
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Shelton Crews, Tallahassee, FL
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Joseph Cliffe, Fairbury, IL
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NCA CONTACT INFORMATION

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

Phone number:
402-434-5675

CLINIC WEEK SCHEDULE OF EVENTS

July 25, 2023

NCA & NHSACA Multi-Sport Clinic
7:30 a.m. – Lincoln North Star HS

July 25, 2023

NHSACA Hall of Fame Social & Banquet
5:00 p.m. – Great Hall, Old Train Station, Haymarket

July 25, 2023

39th Annual Volleyball All-Star Match
6:00 p.m. – Lincoln North Star HS

July 26, 2023

Saundi Fugleberg Run/Walk for Kindness
7:00 a.m. – Lincoln North Star HS

July 26, 2023

Coaches Care Blood Drive
8:00 a.m. – Lincoln North Star HS

July 26, 2023

NCA & NHSACA Multi-Sport Clinic
7:30 a.m. – Lincoln North Star HS

July 26, 2023

18th Annual NCA Softball All-Star Game
5:00 p.m. – Bowlin Stadium, Haymarket Complex

July 26, 2023

NCA & NHSACA Coaches Night Out
8:30 p.m. – Great Hall, Old Train Station, Haymarket

July 27, 2023

NCA & NHSACA Multi-Sport Clinic
7:30 a.m. – Lincoln North Star HS

July 27, 2023

NHSACA Coach of the Year Social & Banquet
4:00 p.m. – Great Hall, Old Train Station, Haymarket



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"Our coaches and I are better leaders as a result of our continued partnership with Ecsell Sports. The Ecsell team has helped us quantify the degree to which we are impacting our athletes, and we have seen clear improvements in our coaching acumen since we partnered with Ecsell Sports."

- DR. MITCHELL S., HIGH SCHOOL ATHLETIC DIRECTOR



2023 NCA Multi-Sport Clinic & NHSACA National Conference Partners and Exhibitors

CLINIC PARTNERS – EXHIBITOR’S AREAS:

Fundraising University – #1-2
Hudl – #6
Baden Sports – #8
Signature Championship Rings – #10
Nova Fitness Equipment – #14-16
BSN Sports – #28-30
Sideline Power – #39-40
Dashr – #46
Black Squirrel Timing – #53
Coaches Choice – Cafeteria
Sportdecals & Teamwear1
American Volleyball Coaches Association
Scheels
Varsity Spirit Fashion – Country Inn & Suites Conference Center – Tuesday

Misko Sports – #3-5
Nebraska Orthopaedic Center – #17
Eccker Sports – #9
Custom Sports – #11-13
Sports Imports – #17
Ecsell Sports – #31
Nanonation – #43
Get Highlighted – #47
Nebraska State Education Association – Cafeteria
Nebraska National Guard – East Lobby
Lincoln Convention & Visitors Bureau – East Lobby
Nebraska Community Blood Bank
NHSACA Silent Auction – Cafeteria

VENDORS – MAIN EXHIBITOR’S FLOOR (Level 1):

Riddell – #18
Max Out Mindset – #20
Champion Teamwear – #22-23
Bison Inc. – #25
TruGolf, Inc. – #32
Blazer Athletic Equipment – #34

Vertical Raise – #19
Mid-America Sports Construction – #21
Concordia University-Nebraska – #24
Image Maker 4U – #26-27
SanMar – #33
Rogers Athletic – #35-38

VENDORS – WEST EXHIBITOR’S AREA (Level 2):

X-Grain Sportswear – #41
Hauff Sports – #44
Nebraska Fellowship of Christian Athletes – #48
Northwest Missouri State University Online – #50
Rebel Athletic, Inc. – #54

Nebraska High School Sports Hall of Fame – #42
Nebraska Shrine Bowl – #45
Emporia State University Online – #49
Game One – #51-52
Body Basics – #55-56

Nebraska Coaches Association District Meetings & Elections

Wednesday, July 26th 10:05 a.m. – 10:50 a.m.

Multiple Drawings!

District One – Auditorium
District Two – Main Gym

District Three – South Gym
District Four – E117

District Five – Theater
District Six – E119

2023 NCA Multi-Sport Clinic & NHSACA National Conference

Food Trucks – Lincoln North Star HS – Northeast Parking Lot

Serving Lunch Tuesday & Wednesday 11:00 a.m. – 1:30 p.m.

Special Thanks to Lisa Ford & the Lincoln North Star Booster Club!

Baconazing
Bean Box Coffee*

Chick-fil-A
Fly Dogz

Kona Ice*
Merri Ellen’s BBQ

Sweet Treats*
Taco Loco

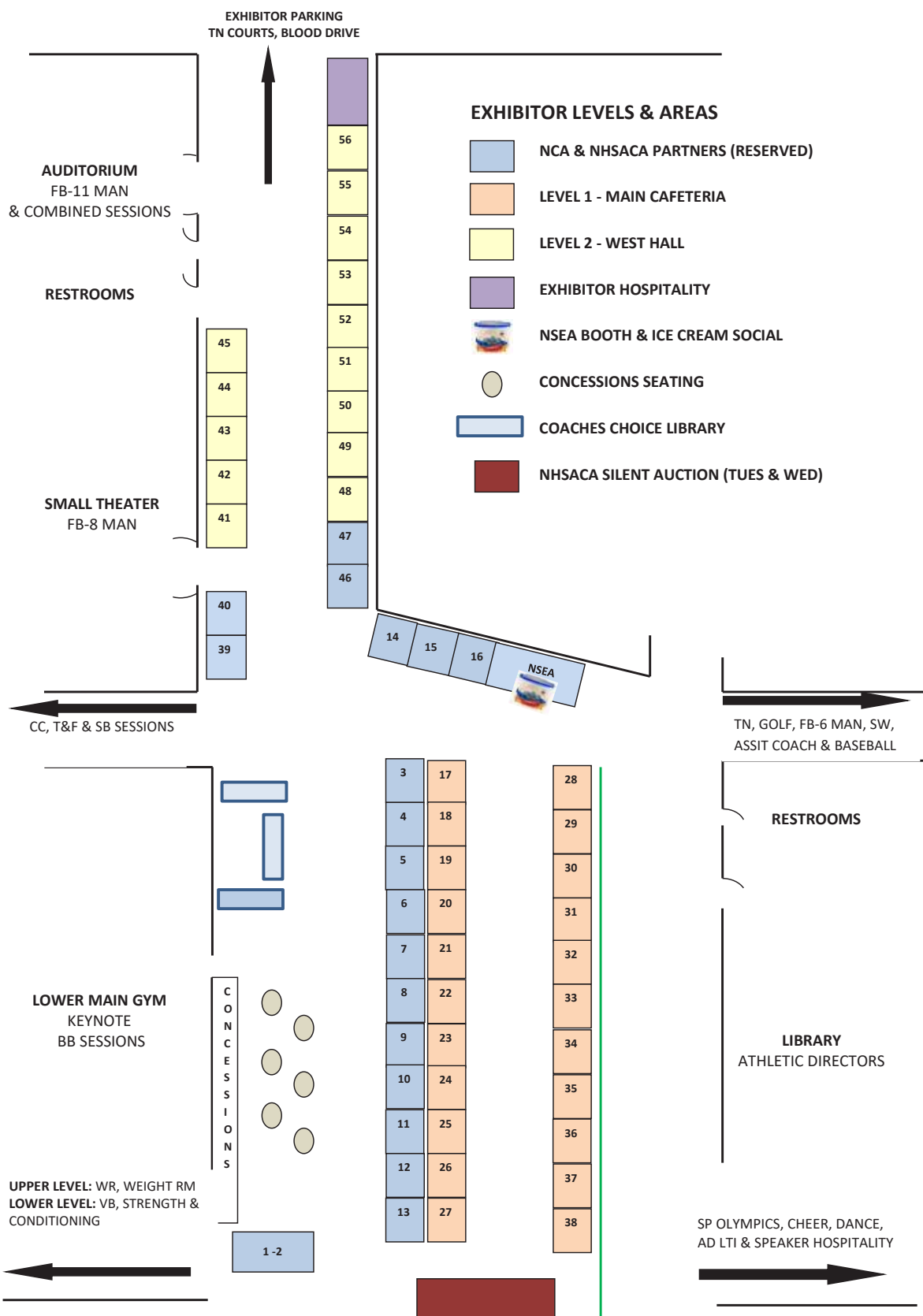


**Vendor may be available outside of the above Lunch hours*

EXHIBITOR’S AREA CONCESSION STAND OPEN DAILY
(Coffee, Water, Juice, Soft Drinks, Donuts, Candy & Popcorn)



2023 Nebraska Coaches Association Multi-Sport Clinic & National High School Athletic Coaches Association Conference Exhibitor Layout



ASSISTANT COACH

Room B111 unless otherwise noted

Tuesday, July 25

7:30 a.m.
7:30 a.m. – 3:45 p.m.
9:00 a.m. – 9:50 a.m.
10:05 a.m. – 10:30 a.m.
10:45 a.m. – 11:35 a.m.
11:35 a.m. – 1:15 p.m.
1:15 p.m. – 2:05 p.m.
1:15 p.m. – 2:45 p.m.
2:20 p.m. – 3:10 p.m.
3:10 p.m. – 3:45 p.m.
3:45 p.m. – 4:35 p.m.

Registration & Exhibit Areas Open
NHSACA Silent Auction – **LNS Exhibitor Area**
Attend Sport Session of Choice – **LNS**
NCA Sport Meetings: Advisory Committee Nominations/Selections & Milestone Awards Recognition
Welcome & Keynote: Kevin Kush, Coach Kush Speaks: *Winning Where It Matters* – **Main Gym**
Lunch on your own – Food Trucks – LNS Parking East Parking Lot
Nebraska State Performance Testing Championships – **Main Gym**
Attend Sport Session of Choice – **LNS**
Nebraska High School Sports Hall of Fame Tour – **Charter Bus Departs from East LNS Parking Lot**
Attend Sport Session of Choice – **LNS**
Ice Cream Social – *Presented by Nebraska State Education Association* – **Exhibitor Area**
NSAA: *Concussion, Cardiac Arrest and Heat Acclimatization Training* – **Auditorium**

Wednesday, July 26

7:00 a.m.
7:30 a.m.
7:30 a.m. – 3:45 p.m.
8:00 a.m. – 4:00 p.m.
9:00 a.m. – 9:50 a.m.
10:05 a.m. – 10:50 a.m.
11:05 a.m. – 11:55 a.m.
11:55 a.m. – 1:15 p.m.
1:15 p.m. – 2:45 p.m.
1:30 p.m. – 2:20 p.m.
2:35 p.m. – 3:25 p.m.
2:45 p.m. – 4:15 p.m.

Running/Walking for Kindness – Saundt Fugleberg Memorial 5K & 1 Mile Fun Run/Walk – Benefiting the Nebraska Food Bank Network – **LNS East Parking Lot**
Registration & Exhibit Areas Open
NHSACA Silent Auction (Pick Up Items by 3:45 p.m.) – **LNS Exhibitor Area**
Coaches Care Blood Drive – **West Side LNS**
Attend Sport Session of Choice – **LNS**
NCA District Meetings & Raffles (Elections of NCA Board Members, Election of NCA Sports Advisory Committee Members, Q&A with NCA Board of Directors)
Attend Sport Session of Choice – **LNS**
Lunch on Your Own – Food Trucks – LNS Parking East Parking Lot
Nebraska High School Sports Hall of Fame Tour – **Charter Bus Departs from East LNS Parking Lot**
Attend Sport Session of Choice – **LNS**
Attend Sport Session of Choice – **LNS**
Nebraska High School Sports Hall of Fame Tour – **Charter Bus Departs from East LNS Parking Lot**

Thursday, July 27

7:30 a.m.
9:00 a.m. – 9:50 a.m.
10:00 a.m. – 10:50 a.m.
11:05 a.m.

Registration & Exhibit Areas Open
NHSACA Girls Assistant Coach National Coach of the Year Finalists Forum & Micro Presentations – **B111**
NHSACA Boys Assistant Coach National Coach of the Year Finalists Forum & Micro Presentations – **B111**
Drawings – **Main Gym**

See page 28 for information on the Nebraska High School Sports Hall of Fame tours

ATHLETIC DIRECTORS

Presenting Partners: **Ecsell Sports & NSIAAA**

Library unless otherwise noted

Monday, July 24

8:00 a.m. – 10:00 a.m.
3:30 p.m. – 5:00 p.m.

NSIAAA: *New Athletic Directors Orientation* – **Library**
NSIAAA: *Cohort Kick-Off* – **A104**



Tuesday, July 25

7:30 a.m.
7:30 a.m. – 3:45 p.m.
9:00 a.m. – 10:30 a.m.
10:45 a.m. – 11:35 a.m.
11:45 a.m. – 12:15 p.m.
12:15 p.m. – 2:15 p.m.
2:30 p.m. – 3:20 p.m.

3:20 p.m. – 3:30 p.m.
3:30 p.m. – 4:20 p.m.

3:45 p.m. – 4:35 p.m.
4:30 p.m. – 5:15 p.m.

Registration & Exhibit Areas Open
NHSACA Silent Auction – **LNS Exhibitor Area**
Jennifer Schwartz, Interim NSAA Executive Director: *NSAA 2023-2024*
Welcome & Keynote: Kevin Kush, Coach Kush Speaks: *Winning Where It Matters* – **Main Gym**
Leading the Student-Athlete Experience Kick Off Lunch Provided to Athletic Directors by Ecsell Sports – Bill Eckstrom, CEO
Dr. Clint Longenecker, University of Toledo, OH: *Best Practices of Great Leaders in Sports – A Look in the Mirror for Administrators & Coaches*
Mitchell Stine & Christina Boesiger, Norris HS, NE: *Essential Skills & Strategies Needed to Effectively Coach & Support Staff*
Keith Wahl, Assist. AD, Valor Christian HS, CO: *Foundations of Creating a Positive Experience by Building Trust & Intention* – **A104**
Ice Cream Social – *Presented by Nebraska State Education Association* – **Exhibitor Area**
Sarah Wirth, President, Ecsell Sports, NE: *Insights Into Creating & Sustaining a Psychologically Safe Environment*
Bill Eckstrom, CEO, Ecsell Sports, NE: *Power of Embracing Healthy Discomfort to Promote Growth Within Their Team* – **A104**
NSAA: *Concussion, Cardiac Arrest and Heat Acclimatization Training* – **Auditorium**
Ed Molitor, CEO, Molitor Group, IL: *Victory Undefined is Victory Unfulfilled*

Wednesday, July 26

7:00 a.m.
7:30 a.m.
7:30 a.m. – 3:45 p.m.
8:00 a.m. – 4:00 p.m.
8:00 a.m. – 12:00 p.m.
9:00 a.m. – 9:50 a.m.
10:05 a.m. – 10:50 a.m.
11:05 a.m. – 11:55 a.m.
11:55 a.m. – 1:15 p.m.
1:00 p.m. – 5:00 p.m.
1:30 p.m. – 2:20 p.m.
2:35 p.m. – 3:25 p.m.

Running/Walking for Kindness – Saundt Fugleberg Memorial 5K & 1 Mile Fun Run/Walk – Benefiting the Nebraska Food Bank Network – **LNS East Parking Lot**
Registration & Exhibit Areas Open
NHSACA Silent Auction (Pick Up Items by 3:45 p.m.) – **LNS Exhibitor Area**
Coaches Care Blood Drive – **West Side LNS**
LTC 501: *Athletic Administration: Guiding Foundations and Philosophies* – **A104 (Lunch Provided between LTC 501 & 502)**
Winning with Hudl for Your Athletic Department
NCA District Meetings & Raffles (Elections of NCA Board Members, Election of NCA Sports Advisory Committee Members, Q&A with NCA Board of Directors)
Steve Throne, Millard South HS, NE & Joey Struwe, Lincoln HS – Sioux Falls SD: *Assessing Your Athletic Department's Culture*
Lunch on Your Own – Food Trucks – LNS Parking East Parking Lot & NCA Sports Advisory Lunch Meetings – LNS Main Gym
LTC 502: *Athletic Administration: Strategies for Organizational Management* – **A104**
Dr. Cheyenne Trussell, Meridian HS, MS: *The Top 20 Challenges Facing Athletic Directors in the State of Mississippi*
Dr. Troy Urdahl, St. Anthony Village HS, MN: *Lessons Learned: Athletes Best and Worst Experiences in High School Sports*

Thursday, July 27

7:30 a.m.
9:00 a.m. – 9:50 a.m.
10:00 a.m. – 10:50 a.m.
11:05 a.m.

Registration & Exhibit Areas Open
NHSACA Athletic Director Finalists Forum & Micro Presentations
NHSACA Athletic Director Finalists Forum & Micro Presentations
Drawings – **Main Gym**

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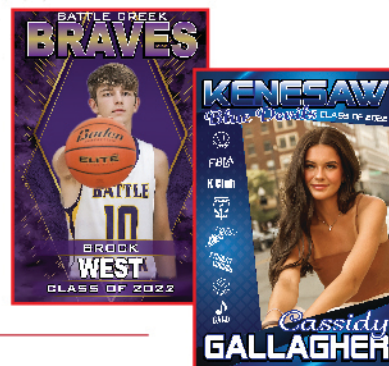
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620-344-0286
lathan.landgren@miskosports.com

MORGAN DENSON

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

RYAN MEANS

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

BASEBALL

Room B108 unless otherwise noted

Tuesday, July 25

7:30 a.m.
7:30 a.m. – 3:45 p.m.
10:45 a.m. – 11:35 a.m.
11:35 a.m. – 1:15 p.m.
11:45 a.m. – 1:00 p.m.
3:10 p.m. – 3:45 p.m.
1:15 p.m. – 2:45 p.m.
3:45 p.m. – 4:35 p.m.

Registration & Exhibit Areas Open
NHSACA Silent Auction – **LNS Exhibitor Area**
Welcome & Keynote: Kevin Kush, Coach Kush Speaks: *Winning Where It Matters* – **Main Gym**
Lunch on your own – Food Trucks – LNS Parking East Parking Lot
Nebraska State Performance Testing Championships – **Main Gym**
Ice Cream Social – *Presented by Nebraska State Education Association* – **Exhibitor Area**
Nebraska High School Sports Hall of Fame Tour – **Charter Bus Departs from East LNS Parking Lot**
NSAA: *Concussion, Cardiac Arrest and Heat Acclimatization Training* – **Auditorium**

Wednesday, July 26

7:00 a.m.
7:30 a.m.
7:30 a.m. – 3:45 p.m.
8:00 a.m. – 4:00 p.m.
9:00 a.m. – 9:50 a.m.
10:05 a.m. – 10:50 a.m.
11:05 a.m. – 11:55 a.m.
11:55 a.m. – 1:15 p.m.
1:30 p.m. – 2:20 p.m.
2:45 p.m. – 4:00 p.m.

Running/Walking for Kindness – Saundt Fugleberg Memorial 5K & 1 Mile Fun Run/Walk – Benefiting the Nebraska Food Bank Network – **LNS East Parking Lot**
Registration & Exhibit Areas Open
NHSACA Silent Auction (Pick Up Items by 3:45 p.m.) – **LNS Exhibitor Area**
Coaches Care Blood Drive – **West Side LNS**
Colin Shockey, Mental Grit: *Applying the Mental Side to Baseball*
NCA District Meetings & Raffles (Elections of NCA Board Members, Election of NCA Sports Advisory Committee Members, Q&A with NCA Board of Directors)
Marc Johnson, Cherry Creek HS, CO: *How to Win Awareness*
Lunch on Your Own – Food Trucks – LNS Parking East Parking Lot & NCA Sports Advisory Lunch Meetings – LNS Main Gym
David Rexroat, Russell County HS, KY: *The Small Things that Have Made Our Program Successful*
Nebraska High School Sports Hall of Fame Tour – **Charter Bus Departs from East LNS Parking Lot**

Thursday, July 27

7:30 a.m.
9:00 a.m. – 9:50 a.m.
10:00 a.m. – 10:50 a.m.
11:05 a.m.

Registration & Exhibit Areas Open
NHSACA Baseball National Coach of the Year Finalists Forum & Micro Presentations
NHSACA Baseball National Coach of the Year Finalists Forum & Micro Presentations
Drawings – **Main Gym**

See page 28 for information on the Nebraska High School Sports Hall of Fame tours

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BOBBY DANENHAUER

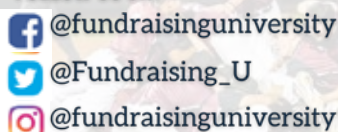


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BASKETBALL

Main Gym unless otherwise noted

Tuesday, July 25

7:30 a.m.
7:30 a.m. – 3:45 p.m.
9:00 a.m. – 9:50 a.m.
10:05 a.m. – 10:30 a.m.
10:45 a.m. – 11:35 a.m.
11:35 a.m. – 1:15 p.m.
11:45 a.m. – 1:00 p.m.
1:15 p.m. – 2:05 p.m.
2:20 p.m. – 3:10 p.m.
3:10 p.m. – 3:45 p.m.
3:45 p.m. – 4:35 p.m.

Registration & Exhibit Areas Open
NHSACA Silent Auction – **LNS Exhibitor Area**
Dr. Larry Widman, Max Out Mindset, NE: *Max Out Mindset for Basketball*
NCA Basketball Sport Meeting: Advisory Committee Nominations/Selections & Milestone Awards Recognition
Welcome & Keynote: Kevin Kush, Coach Kush Speaks: *Winning Where It Matters* – **Main Gym**
Lunch on your own – Food Trucks – LNS Parking East Parking Lot
Nebraska State Performance Testing Championships – **Main Gym**
Tim Cannon, Millard North HS, NE (Retired): *Oklahoma 1-4 High Offense and Flex Entries*
Scott Polacek, Howells-Dodge HS, NE: *Jaguar X's & O's: Keeping It Simple*
Ice Cream Social – Presented by Nebraska State Education Association – **Exhibitor Area**
NSAA: *Concussion, Cardiac Arrest and Heat Acclimatization Training* – **Auditorium**

Wednesday, July 26

7:00 a.m.
7:30 a.m.
7:30 a.m. – 3:45 p.m.
8:00 a.m. – 4:00 p.m.
9:00 a.m. – 9:50 a.m.
10:05 a.m. – 10:50 a.m.
11:05 a.m. – 11:55 a.m.
11:55 a.m. – 1:15 p.m.
1:30 p.m. – 2:20 p.m.
2:35 p.m. – 3:25 p.m.

Running/Walking for Kindness – Saundi Fugleberg Memorial 5K & 1 Mile Fun Run/Walk – Benefiting the Nebraska Food Bank Network – **LNS East Parking Lot**
Registration & Exhibit Areas Open
NHSACA Silent Auction (Pick Up Items by 3:45 p.m.) – **LNS Exhibitor Area**
Coaches Care Blood Drive – **West Side LNS**
NSAA Basketball Rules Meeting
NCA District Meetings & Raffles (Elections of NCA Board Members, Election of NCA Sports Advisory Committee Members, Q&A with NCA Board of Directors)
Winning Basketball with Hudl
Lunch on Your Own – Food Trucks – LNS Parking East Parking Lot & NCA Sports Advisory Lunch Meetings – LNS Main Gym
Ron Rossi, Holy Family HS, CO: *Zone Offense*
Dick Jungers, Newell-Finda HS, IA: *Disrupting Offenses with Pressure Defense*

Thursday, July 27

7:30 a.m.
9:00 a.m. – 9:50 a.m.
10:00 a.m. – 10:50 a.m.
11:05 a.m.

Registration & Exhibit Areas Open
NHSACA Girls Basketball National Coach of the Year Finalists Forum & Micro Presentations
NHSACA Boys Basketball National Coach of the Year Finalists Forum & Micro Presentations
Drawings – **Main Gym**

See page 28 for information on the Nebraska High School Sports Hall of Fame tours

**AMERICA'S
SOURCE
FOR
HIGH
SCHOOL
SPORTS.**

MAXPREPS

2022-23 Varsity Team

Rank	Name	Position	Height
1	Hailey Muechel	MF, C + Jr	
3	Kelsey Wagner	F	
4	Megan Nelson	OF + FS + Sr	5'2"
6	Samantha Toy	F	
10	Nikki Beckman	C + Sr	
11	Chelsea Johnson	FS	

BOWLING

Room B107 & Sun Valley Lanes unless otherwise noted

Tuesday, July 25

7:30 a.m.
7:30 a.m. – 3:45 p.m.
9:00 a.m. – 9:50 a.m.
10:05 a.m. – 10:30 a.m.
10:45 a.m. – 11:35 a.m.
11:35 a.m. – 1:15 p.m.
11:45 a.m. – 1:00 p.m.
1:15 p.m. – 2:05 p.m.
2:20 p.m. – 3:10 p.m.
3:10 p.m. – 3:45 p.m.
3:45 p.m. – 4:35 p.m.

Registration & Exhibit Areas Open
NHSACA Silent Auction – **LNS Exhibitor Area**
NSAA Bowling Rules Meeting – **B107**
NCA Bowling Sport Meeting: Advisory Committee Nominations/Selections & Milestone Awards Recognition
Welcome & Keynote: Kevin Kush, Coach Kush Speaks: *Winning Where It Matters* – **Main Gym**
Lunch on your own – Food Trucks – LNS Parking East Parking Lot
Nebraska State Performance Testing Championships – **Main Gym**
Paul Lee & Brad Earnest, Grand Island: *Hosting a High School Tournament* – **Sun Valley Lanes**
Paul Lee & Brad Earnest, Grand Island: *All Things Practice* – **Sun Valley Lanes**
Ice Cream Social – Presented by Nebraska State Education Association – **Exhibitor Area**
NSAA: Concussion, Cardiac Arrest and Heat Acclimatization Training – **Auditorium**

Wednesday, July 26

7:00 a.m.
7:30 a.m.
7:30 a.m. – 3:45 p.m.
8:00 a.m. – 4:00 p.m.
9:00 a.m. – 9:50 a.m.
10:05 a.m. – 10:50 a.m.
11:05 a.m. – 11:55 a.m.

11:55 a.m. – 1:15 p.m.
1:30 p.m. – 2:20 p.m.
2:35 p.m. – 3:25 p.m.

Running/Walking for Kindness – Saundi Fugleberg Memorial 5K & 1 Mile Fun Run/Walk – Benefitting the Nebraska Food Bank Network – LNS East Parking Lot
Registration & Exhibit Areas Open
NHSACA Silent Auction (Pick Up Items by 3:45 p.m.) – **LNS Exhibitor Area**
Coaches Care Blood Drive – West Side LNS
Tony Bilello, Ritger Legacy Bowling Camp, NJ: *Developing Concentration & Preparation Skills in the High School Athlete* – **B107**
NCA District Meetings & Raffles (Elections of NCA Board Members, Election of NCA Sports Advisory Committee Members, Q&A with NCA Board of Directors)
Tony Bilello, Ritger Legacy Bowling Camp, NJ: *Developing the "Coach's Eye" Using Video to Highlight Errors & the Corrective Techniques that Affect Change in a Bowler's Game* – **B107**
Lunch on Your Own – Food Trucks – LNS Parking East Parking Lot & NCA Sports Advisory Lunch Meetings – LNS Main Gym
Tony Bilello, Ritger Legacy Bowling Camp, NJ: *Common Problems Bowlers Have & the 30-Second Solutions – Part 1* – **Sun Valley Lanes**
Tony Bilello, Ritger Legacy Bowling Camp, NJ: *Common Problems Bowlers Have & the 30-Second Solutions – Part 2* – **Sun Valley Lanes**

Thursday, July 27

7:30 a.m.
9:00 a.m. – 9:50 a.m.
9:55 a.m. – 10:45 a.m.
11:05 a.m.

Registration & Exhibit Areas Open
Tony Bilello, Ritger Legacy Bowling Camp, NJ: *Strategies for Training the Two-Handed Bowler – Part 1* – **Sun Valley Lanes**
Tony Bilello, Ritger Legacy Bowling Camp, NJ: *Strategies for Training the Two-Handed Bowler – Part 2* – **Sun Valley Lanes**
Drawings – **Main Gym**

See page 28 for information on the Nebraska High School Sports Hall of Fame tours

CHEERLEADING

Presenting Partners: Universal Cheerleading Association

Room A102 and Country Inn & Suites – Lincoln North Conference Center, Nebraska Ballroom unless otherwise noted
Country Inn & Suites – Lincoln North Conference Center – 5353 N 27th Street (Enter South Conference Doors)

Tuesday, July 25

7:30 a.m.
7:30 a.m. – 3:45 p.m.
8:30 a.m. – 9:20 a.m.

9:30 a.m. – 10:00 a.m.
10:45 a.m. – 11:35 a.m.
11:35 a.m. – 1:15 p.m.
11:45 a.m. – 1:00 p.m.
1:15 p.m. – 2:05 p.m.

2:20 p.m. – 3:10 p.m.

3:10 p.m. – 3:45 p.m.
3:45 p.m. – 4:35 p.m.
3:45 p.m. – 4:35 p.m.

Registration & Exhibit Areas Open
NHSACA Silent Auction – **LNS Exhibitor Area**
Jim Lord, Director of Education & Programs, USA Cheer: *Nebraska Cheer & Dance Past/Present/Future Ground Bound/ Restricted Stunts & Lifts/Expanding to Tier 2* – Country Inn & Suites – **Lincoln North Conference Center, Nebraska Ballroom**
NCA Cheerleading Sport Meeting: Advisory Committee Nominations/Selections – **Country Inn & Suites – Lincoln North Conference Center, Nebraska Ballroom**
Welcome & Keynote: Kevin Kush, Coach Kush Speaks: *Winning Where It Matters* – **Main Gym**
Lunch on your own – Food Trucks – LNS Parking East Parking Lot
Nebraska State Performance Testing Championships – **Main Gym**
Jim Lord, Director of Education & Programs, USA Cheer: *Expanded Nebraska Tier 2 Education & Training – Part 1* – **Country Inn & Suites Lincoln North Conference Center – Nebraska Ballroom**
Jim Lord, Director of Education & Programs, USA Cheer: *Expanded Nebraska Tier 2 Education & Training – Part 2* – **Country Inn & Suites Lincoln North Conference Center – Nebraska Ballroom**
Ice Cream Social – Presented by Nebraska State Education Association – **Exhibitor Area**
UCA Stunting Demos, **South Gym, Lincoln North Star High School**
NSAA: Concussion, Cardiac Arrest and Heat Acclimatization Training – **Auditorium**



Wednesday, July 26

7:00 a.m.
7:30 a.m.
7:30 a.m. – 3:45 p.m.
8:00 a.m. – 4:00 p.m.
9:00 a.m. – 9:50 a.m.
10:05 a.m. – 10:50 a.m.
11:05 a.m. – 11:55 a.m.
11:55 a.m. – 1:15 p.m.
1:30 p.m. – 2:20 p.m.
2:35 p.m. – 3:25 p.m.

Running/Walking for Kindness – Saundi Fugleberg Memorial 5K & 1 Mile Fun Run/Walk – Benefitting the Nebraska Food Bank Network – LNS East Parking Lot
Registration & Exhibit Areas Open
NHSACA Silent Auction (Pick Up Items by 3:45 p.m.) – **LNS Exhibitor Area**
Coaches Care Blood Drive – West Side LNS
Amber Fahey, SHIFT: *What, Why & How Meditation*
NCA District Meetings & Raffles (Elections of NCA Board Members, Election of NCA Sports Advisory Committee Members, Q&A with NCA Board of Directors)
Amber Fahey, SHIFT: *Self Discovery*
Lunch on Your Own – Food Trucks – LNS Parking East Parking Lot & NCA Sports Advisory Lunch Meetings – LNS Main Gym
Amber Fahey, SHIFT: *Mindset & Goal Setting*
Amber Fahey, SHIFT: *Team Culture*

Thursday, July 27

7:30 a.m.
10:00 a.m. – 10:50 a.m.
11:05 a.m.

Registration & Exhibit Areas Open
Darin Boysen, Nebraska Coaches Association: *2024 State Cheer & Dance Championships Forum & Dialog*
Drawings – **Main Gym**

CROSS COUNTRY

Room E119 unless otherwise noted

Tuesday, July 25

7:30 a.m.
7:30 a.m. – 3:45 p.m.
9:00 a.m. – 9:50 a.m.
10:05 a.m. – 10:30 a.m.
10:45 a.m. – 11:35 a.m.
11:35 a.m. – 1:15 p.m.
11:45 a.m. – 1:00 p.m.
1:15 p.m. – 2:05 p.m.
2:20 p.m. – 3:10 p.m.
3:10 p.m. – 3:45 p.m.
3:45 p.m. – 4:35 p.m.

Registration & Exhibit Areas Open
NHSACA Silent Auction – **LNS Exhibitor Area**
Rachael Steil, Running in Silence, MI: *Eating Disorders & Running, Part 1*
NCA Cross Country and Track & Field Sport Meetings: Advisory Committee Nominations/Selections & Milestone Awards Recognition – **E117**
Welcome & Keynote: Kevin Kush, Coach Kush Speaks: *Winning Where It Matters* – **Main Gym**
Lunch on your own – Food Trucks – LNS Parking East Parking Lot
Nebraska State Performance Testing Championships – **Main Gym**
Rachael Steil, Running in Silence, MI: *Eating Disorders & Running, Part 2*
NSAA Cross Country Meeting
Ice Cream Social – Presented by Nebraska State Education Association – **Exhibitor Area**
NSAA: Concussion, Cardiac Arrest and Heat Acclimatization Training – **Auditorium**

Wednesday, July 26

7:00 a.m.
7:30 a.m.
7:30 a.m. – 3:45 p.m.
8:00 a.m. – 4:00 p.m.
9:00 a.m. – 9:50 a.m.
10:05 a.m. – 10:50 a.m.
11:05 a.m. – 11:55 a.m.
11:55 a.m. – 1:15 p.m.
1:30 p.m. – 2:20 p.m.
2:35 p.m. – 3:25 p.m.

Running/Walking for Kindness – Saundi Fugleberg Memorial 5K & 1 Mile Fun Run/Walk – Benefitting the Nebraska Food Bank Network – LNS East Parking Lot
Registration & Exhibit Areas Open
NHSACA Silent Auction (Pick Up Items by 3:45 p.m.) – **LNS Exhibitor Area**
Coaches Care Blood Drive – West Side LNS
Greg Schabron, Laramie HS, WY: *Early Season Training/Aerobic Threshold Development – Mixing Up Workouts to Keep Kids Motivated*
NCA District Meetings & Raffles (Elections of NCA Board Members, Election of NCA Sports Advisory Committee Members, Q&A with NCA Board of Directors)
Dr. Larry Widman, Max Out Mindset, NE: *Max Out Mindset for Cross Country*
Lunch on Your Own – Food Trucks – LNS Parking East Parking Lot & NCA Sports Advisory Lunch Meetings – LNS Main Gym
Tom McGough, Miller HS, SD: *Relationships Build Successful Teams*
Todd Thorson, Ipswich HS, SD: *Training Distance Runners*

Thursday, July 27

7:30 a.m.
9:00 a.m. – 9:50 a.m.
10:00 a.m. – 10:50 a.m.
11:05 a.m.

Registration & Exhibit Areas Open
NHSACA Girls Cross Country National Coach of the Year Finalists Forum & Micro Presentations
NHSACA Boys Cross Country National Coach of the Year Finalists Forum & Micro Presentations
Drawings – **Main Gym**

See page 28 for information on the Nebraska High School Sports Hall of Fame tours

DANCE

Presenting Partner: Universal Dance Association

A103, A102 & Country Inn & Suites – Lincoln North Conference Center, Nebraska Ballroom & Lighthouse Room unless otherwise noted
Country Inn & Suites – Lincoln North Conference Center – 5353 N 27th Street (Enter South Conference Doors)

Tuesday, July 25

7:30 a.m.
7:30 a.m. – 3:45 p.m.
8:30 a.m. – 9:20 a.m.

9:30 a.m. – 10:00 a.m.
10:45 a.m. – 11:35 a.m.
11:35 a.m. – 1:15 p.m.
11:45 a.m. – 1:00 p.m.
1:15 p.m. – 2:05 p.m.

2:20 p.m. – 3:10 p.m.

3:10 p.m. – 3:45 p.m.
3:45 p.m. – 4:35 p.m.

Registration & Exhibit Areas Open
NHSACA Silent Auction – **LNS Exhibitor Area**
Jim Lord, Director of Education & Programs, USA Cheer: *Nebraska Cheer & Dance Past/Present/Future - Ground Bound/Restricted Stunts & Lifts/Expanded Tier 2 – Country Inn & Suites – Lincoln North Conference Center, Nebraska Ballroom*
NCA Dance Sport Meeting: Advisory Committee Nominations/Selections
Welcome & Keynote: Kevin Kush, Coach Kush Speaks: *Winning Where It Matters* – **Main Gym**
Lunch on your own – Food Trucks – LNS Parking East Parking Lot
Nebraska State Performance Testing Championships – **Main Gym**
Jim Lord, Director of Education & Programs, USA Cheer & Kelsey Adkins, Regional/State Director Universal Dance: *Nebraska Tier 2 Dance Education & Training – Part 1 – Country Inn & Suites – Lincoln North Conference Center, Nebraska Ballroom*
Kelsey Adkins, Regional/State Director Universal Dance: *Nebraska Tier 2 Dance Education & Training – Part 2 – Country Inn & Suites – Lincoln North Conference Center, Lighthouse Room*
Ice Cream Social – Presented by Nebraska State Education Association – **Exhibitor Area**
NSAA: Concussion, Cardiac Arrest and Heat Acclimatization Training – **Auditorium**



Wednesday, July 26

7:00 a.m.
7:30 a.m.
7:30 a.m. – 3:45 p.m.
8:00 a.m. – 4:00 p.m.
9:00 a.m. – 9:50 a.m.
10:05 a.m. – 10:50 a.m.
11:05 a.m. – 11:55 a.m.
11:55 a.m. – 1:15 p.m.
1:30 p.m. – 2:20 p.m.
2:35 p.m. – 3:25 p.m.

Running/Walking for Kindness – Saundi Fugleberg Memorial 5K & 1 Mile Fun Run/Walk – Benefitting the Nebraska Food Bank Network – LNS East Parking Lot
Registration & Exhibit Areas Open
NHSACA Silent Auction (Pick Up Items by 3:45 p.m.) – **LNS Exhibitor Area**
Coaches Care Blood Drive – West Side LNS
Amber Fahey, SHIFT: *What, Why & How Meditation – A102*
NCA District Meetings & Raffles (Elections of NCA Board Members, Election of NCA Sports Advisory Committee Members, Q&A with NCA Board of Directors)
Amber Fahey, SHIFT: *Self Discovery – A102*
Lunch on Your Own – Food Trucks – LNS Parking East Parking Lot & NCA Sports Advisory Lunch Meetings – LNS Main Gym
Amber Fahey, SHIFT: *Mindset & Goal Setting – A102*
Amber Fahey, SHIFT: *Team Culture – A102*

Thursday, July 27

7:30 a.m.
9:00 a.m. – 9:50 a.m.

10:00 a.m. – 10:50 a.m.
11:05 a.m.

Registration & Exhibit Areas Open
NHSACA Special Sports (Dance) National Coach of the Year Finalists - Jenny Raiche, Eastview HS, MN & Christina Leone, Rock Canyon HS, CO: *Forum & Micro Presentations*
Darin Boysen, Nebraska Coaches Association: *2024 State Cheer & Dance Championships Forum & Dialog – A102*
Drawings – **Main Gym**

nebraska coach

FOOTBALL 6-MAN**Presenting Partner: Sideline Power***Room B103 unless otherwise noted***Tuesday, July 25**

7:30 a.m.
 7:30 a.m. – 3:45 p.m.
 9:00 a.m. – 9:50 a.m.
 10:05 a.m. – 10:30 a.m.

Registration & Exhibit Areas Open
 NHSACA Silent Auction – **LNS Exhibitor Area**
 Jack Potenza, University of Nebraska: *Defensive Line Drills for 6-Man, 8-man & 11-Man Football* – **Auditorium**
NCA Football Meeting: Advisory Committee Nominations/Selections & Milestone Awards Recognition/NCA-NFF– Sideline Power
 Team Academic Excellence Award Presentations – **Auditorium**
Welcome & Keynote: Kevin Kush, Coach Kush Speaks: *Winning Where It Matters* – **Main Gym**
Lunch on your own – Food Trucks – LNS Parking East Parking Lot
 Nebraska State Performance Testing Championships – **Main Gym**
 Trey Richey – Borden County HS, TX: *Borden Offensive Scheme Football – Transition from Jaybird to J-Gun & Blocking Schemes & Beyond – Part 1*
 Trey Richey – Borden County HS, TX: *Borden Offensive Scheme Football – Transition from Jaybird to J-Gun & Blocking Schemes & Beyond – Part 2*
 Ice Cream Social – Presented by Nebraska State Education Association – **Exhibitor Area**
 NSAA: *Concussion, Cardiac Arrest and Heat Acclimatization Training* – **Auditorium**

Wednesday, July 26

7:00 a.m.
 7:30 a.m.
 7:30 a.m. – 3:45 p.m.
 8:00 a.m. – 4:00 p.m.
 9:00 a.m. – 9:50 a.m.
 10:05 a.m. – 10:50 a.m.
 11:05 a.m. – 11:55 a.m.
 11:55 a.m. – 1:15 p.m.
 1:30 p.m. – 2:20 p.m.
 2:35 p.m. – 3:25 p.m.

Running/Walking for Kindness – Saundi Fugleberg Memorial 5K & 1 Mile Fun Run/Walk – Benefiting the Nebraska Food Bank Network – **LNS East Parking Lot**
 Registration & Exhibit Areas Open
 NHSACA Silent Auction (Pick Up Items by 3:45 p.m.) – **LNS Exhibitor Area**
Coaches Care Blood Drive – **West Side LNS**
 Tony White, University of Nebraska: *Defensive Drills for 6-Man, 8-man & 11-Man Football* – **Auditorium**
NCA District Meetings & Raffles (Elections of NCA Board Members, Election of NCA Sports Advisory Committee Members, Q&A with NCA Board of Directors)
 NSAA Football Rules Meeting – **Auditorium**
Lunch on Your Own – Food Trucks – LNS Parking East Parking Lot & NCA Sports Advisory Lunch Meetings – LNS Main Gym
Winning Football with Hudl – **Auditorium**
 Bubba Edwards – Borden County HS, TX: *Versatility of the 2-3 Defense*

Thursday, July 27

7:30 a.m.
 9:00 a.m. – 9:50 a.m.
 10:00 a.m. – 10:50 a.m.
 11:05 a.m.

Registration & Exhibit Areas Open
 Ed Foley, University of Nebraska: *Special Team Drills for 6-Man, 8-man & 11-Man Football* – **Auditorium**
 NHSACA Football National Coach of the Year Finalists Forum & Micro Presentations – **Auditorium**
 Drawings – **Main Gym**

See page 28 for information on the Nebraska High School Sports Hall of Fame tours

FOOTBALL 8-MAN**Presenting Partner: Sideline Power***Room E107 (Theater) unless otherwise noted***Tuesday, July 25**

7:30 a.m.
 7:30 a.m. – 3:45 p.m.
 9:00 a.m. – 9:50 a.m.
 10:05 a.m. – 10:30 a.m.

Registration & Exhibit Areas Open
 NHSACA Silent Auction – **LNS Exhibitor Area**
 Jack Potenza, University of Nebraska: *Defensive Line Drills for 6-Man, 8-man & 11-Man Football* – **Auditorium**
NCA Football Meeting: Advisory Committee Nominations/Selections & Milestone Awards Recognition/NCA-NFF– Sideline Power
 Team Academic Excellence Award Presentations – **Auditorium**
Welcome & Keynote: Kevin Kush, Coach Kush Speaks: *Winning Where It Matters* – **Main Gym**
Lunch on your own – Food Trucks – LNS Parking East Parking Lot
 Nebraska State Performance Testing Championships – **Main Gym**
 Jeff VanLeur, Bridgewater-Emery HS, SD: *Seahawk Stack Defense*
 Jeff VanLeur, Bridgewater-Emery HS, SD: *Seahawk Counter Attack*
 Ice Cream Social – Presented by Nebraska State Education Association – **Exhibitor Area**
 NSAA: *Concussion, Cardiac Arrest and Heat Acclimatization Training* – **Auditorium**

Wednesday, July 26

7:00 a.m.
 7:30 a.m.
 7:30 a.m. – 3:45 p.m.
 8:00 a.m. – 4:00 p.m.
 9:00 a.m. – 9:50 a.m.
 10:05 a.m. – 10:50 a.m.
 11:05 a.m. – 11:55 a.m.
 11:55 a.m. – 1:15 p.m.
 1:30 p.m. – 2:20 p.m.
 2:35 p.m. – 3:25 p.m.

Running/Walking for Kindness – Saundi Fugleberg Memorial 5K & 1 Mile Fun Run/Walk – Benefiting the Nebraska Food Bank Network – **LNS East Parking Lot**
 Registration & Exhibit Areas Open
 NHSACA Silent Auction (Pick Up Items by 3:45 p.m.) – **LNS Exhibitor Area**
Coaches Care Blood Drive – **West Side LNS**
 Tony White, University of Nebraska: *Defensive Drills for 6-Man, 8-man & 11-Man Football* – **Auditorium**
NCA District Meetings & Raffles (Elections of NCA Board Members, Election of NCA Sports Advisory Committee Members, Q&A with NCA Board of Directors)
 NSAA Football Rules Meeting – **Auditorium**
Lunch on Your Own – Food Trucks – LNS Parking East Parking Lot & NCA Sports Advisory Lunch Meetings – LNS Main Gym
Winning Football with Hudl – **Auditorium**
 Chip Bartos, Central Valley HS, NE: *CV Spread Run Game - X's and O's, Blocking & In-Game Adjustments*

Thursday, July 27

7:30 a.m.
 9:00 a.m. – 9:50 a.m.
 10:00 a.m. – 10:50 a.m.
 11:05 a.m.

Registration & Exhibit Areas Open
 Ed Foley, University of Nebraska: *Special Team Drills for 6-Man, 8-man & 11-Man Football* – **Auditorium**
 NHSACA Football National Coach of the Year Finalists Forum & Micro Presentations – **Auditorium**
 Drawings – **Main Gym**



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HEADSETS



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DRONES



SOUND SYSTEMS



TIMERS



DOWN MARKERS


Tuesday, July 25

7:30 a.m.
7:30 a.m. – 3:45 p.m.
9:00 a.m. – 9:50 a.m.
10:05 a.m. – 10:30 a.m.

10:45 a.m. – 11:35 a.m.
11:35 a.m. – 1:15 p.m.
11:45 a.m. – 1:00 p.m.
1:15 p.m. – 2:05 p.m.
2:20 p.m. – 3:10 p.m.
3:10 p.m. – 3:45 p.m.
3:45 p.m. – 4:35 p.m.

Registration & Exhibit Areas Open
NHSACA Silent Auction – **LNS Exhibitor Area**
Jack Potenza, University of Nebraska: *Defensive Line Drills for 6-Man, 8-man & 11-Man Football* – **Auditorium**
NCA Football Meeting: Advisory Committee Nominations/Selections & Milestone Awards Recognition/NCA-NFF- Sideline Power
Team Academic Excellence Award Presentations
Welcome & Keynote: Kevin Kush, Coach Kush Speaks: *Winning Where It Matters* – **Main Gym**
Lunch on your own – Food Trucks – LNS Parking East Parking Lot
Nebraska State Performance Testing Championships – **Main Gym**
Grant Fanning, Chelsea HS, MI: *4-2-5 Defense*
Bill Gumm, New Prairie HS, IN: *Developing a Successful Offense*
Ice Cream Social – *Presented by Nebraska State Education Association* – **Exhibitor Area**
NSAA: *Concussion, Cardiac Arrest and Heat Acclimatization Training*

Wednesday, July 26

7:00 a.m.
7:30 a.m.
7:30 a.m. – 3:45 p.m.
8:00 a.m. – 4:00 p.m.
9:00 a.m. – 9:50 a.m.
10:05 a.m. – 10:50 a.m.
11:05 a.m. – 11:55 a.m.
11:55 a.m. – 1:15 p.m.
1:30 p.m. – 2:20 p.m.
2:35 p.m. – 3:25 p.m.

Running/Walking for Kindness – Saundi Fugleberg Memorial 5K & 1 Mile Fun Run/Walk – Benefiting the Nebraska Food Bank Network – **LNS East Parking Lot**
Registration & Exhibit Areas Open
NHSACA Silent Auction (Pick Up Items by 3:45 p.m.) – **LNS Exhibitor Area**
Coaches Care Blood Drive – **West Side LNS**
Tony White, University of Nebraska: *Defensive Drills for 6-Man, 8-man & 11-Man Football* – **Auditorium**
NCA District Meetings & Raffles (Elections of NCA Board Members, Election of NCA Sports Advisory Committee Members, Q&A with NCA Board of Directors)
NSAA Football Rules Meeting
Lunch on Your Own – Food Trucks – LNS Parking East Parking Lot & NCA Sports Advisory Lunch Meetings – LNS Main Gym
Winning Football with Hudl
Charlie Brown, Fairfield HS, MT: *Offensive Line Play Within the Spread Wing-T*

Thursday, July 27

7:30 a.m.
9:00 a.m. – 9:50 a.m.
10:00 a.m. – 10:50 a.m.
11:05 a.m.

Registration & Exhibit Areas Open
Ed Foley, University of Nebraska: *Special Team Drills for 6-Man, 8-man & 11-Man Football* – **Auditorium**
NHSACA Football National Coach of the Year Finalists Forum & Micro Presentations
Drawings – **Main Gym**

See page 28 for information on the Nebraska High School Sports Hall of Fame tours



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- Affordable Health Insurance
- Montgomery G.I. Bill and Kicker



GOLF

Room B104 or Highlands Golf Course (5501 NW 12th Street) unless otherwise noted

Tuesday, July 25

7:30 a.m.
7:30 a.m. – 3:45 p.m.
9:00 a.m. – 9:50 a.m.
10:05 a.m. – 10:30 a.m.
10:45 a.m. – 11:35 a.m.
11:35 a.m. – 1:15 p.m.
11:45 a.m. – 1:00 p.m.
1:15 p.m. – 2:05 p.m.
2:20 p.m. – 3:10 p.m.
3:10 p.m. – 3:45 p.m.
3:45 p.m. – 4:35 p.m.

Registration & Exhibit Areas Open
NHSACA Silent Auction – **LNS Exhibitor Area**
NSAA Golf Meeting
NCA Golf Meeting: Advisory Committee Nominations/Selections & Milestone Awards Recognition
Welcome & Keynote: Kevin Kush, Coach Kush Speaks: *Winning Where It Matters* – **Main Gym**
Lunch on your own – Food Trucks – LNS Parking East Parking Lot
Nebraska State Performance Testing Championships – **Main Gym**
Jonathan Mielke, PGA & Mike Fauver, PGA: *Nebraska PGA – About Golf and Non – Golf*
Jonathan Mielke, PGA & Mike Fauver, PGA: *Nebraska PGA – Applying Golf and Non – Golf*
Ice Cream Social – Presented by Nebraska State Education Association – **Exhibitor Area**
NSAA: *Concussion, Cardiac Arrest and Heat Acclimatization Training* – **Auditorium**

Wednesday, July 26

7:00 a.m.
7:30 a.m.
7:30 a.m. – 3:45 p.m.
8:00 a.m. – 4:00 p.m.
9:00 a.m. – 9:50 a.m.
10:05 a.m. – 10:50 a.m.
11:05 a.m. – 1:15 p.m.
11:55 a.m. – 1:15 p.m.
1:30 p.m. – 2:20 p.m.
2:35 p.m. – 3:25 p.m.

Running/Walking for Kindness – Saundi Fugleberg Memorial 5K & 1 Mile Fun Run/Walk – Benefiting the Nebraska Food Bank Network – **LNS East Parking Lot**
Registration & Exhibit Areas Open
NHSACA Silent Auction (Pick Up Items by 3:45 p.m.) – **LNS Exhibitor Area**
Coaches Care Blood Drive – **West Side LNS**
Dr. Larry Widman, Max Out Mindset, NE – *Max Out Mindset for Golf*
NCA District Meetings & Raffles (Elections of NCA Board Members, Election of NCA Sports Advisory Committee Members, Q&A with NCA Board of Directors)
Craig Ames, Nebraska Golf Association: *Rules of Golf*
Lunch on Your Own – Food Trucks – LNS Parking East Parking Lot & NCA Sports Advisory Lunch Meetings – LNS Main Gym
Jonathan Mielke, PGA & Mike Fauver, PGA: *Nebraska PGA – Athlete Assessment* – **Highlands Golf Course**
Jonathan Mielke, PGA & Mike Fauver, PGA: *Nebraska PGA – Games & Drills to Make Practice Fun & Impactful* – **Highlands Golf Course**

Thursday, July 27

7:30 a.m.
9:00 a.m. – 9:50 a.m.
10:00 a.m. – 10:50 a.m.
11:05 a.m.

Registration & Exhibit Areas Open
NHSACA Golf National Coach of the Year Finalists Forum & Micro Presentations – **B104**
NHSACA Golf National Coach of the Year Finalists Forum & Micro Presentations – **B104**
Drawings – **Main Gym**

See page 28 for information on the Nebraska High School Sports Hall of Fame tours

SOCCER

Room B106 unless otherwise noted

Tuesday, July 25

7:30 a.m.
7:30 a.m. – 3:45 p.m.
9:00 a.m. – 9:50 a.m.
10:05 a.m. – 10:30 a.m.
10:45 a.m. – 11:35 a.m.
11:35 a.m. – 1:15 p.m.
11:45 a.m. – 1:00 p.m.
1:15 p.m. – 2:05 p.m.
2:20 p.m. – 3:10 p.m.
3:10 p.m. – 3:45 p.m.
3:45 p.m. – 4:35 p.m.

Registration & Exhibit Areas Open
NHSACA Silent Auction – **LNS Exhibitor Area**
All Things Soccer Roundtable – State & National Perspective
NCA Soccer Meeting: Advisory Committee Nominations/Selections & Milestone Awards Recognition
Welcome & Keynote: Kevin Kush, Coach Kush Speaks: *Winning Where It Matters* – **Main Gym**
Lunch on your own – Food Trucks – LNS Parking East Parking Lot
Nebraska State Performance Testing Championships – **Main Gym**
Albert Silvas, St. Mary's Dominican HS, LA: *Defending to Win*
Albert Silvas, St. Mary's Dominican HS, LA: *Possession to Get Forward*
Ice Cream Social – Presented by Nebraska State Education Association – **Exhibitor Area**
NSAA: *Concussion, Cardiac Arrest and Heat Acclimatization Training* – **Auditorium**

Wednesday, July 26

7:00 a.m.
7:30 a.m.
7:30 a.m. – 3:45 p.m.
8:00 a.m. – 4:00 p.m.
9:00 a.m. – 9:50 a.m.
10:05 a.m. – 10:50 a.m.
11:05 a.m. – 1:15 p.m.
11:55 a.m. – 1:15 p.m.
1:30 p.m. – 2:20 p.m.
2:35 p.m. – 3:25 p.m.

Running/Walking for Kindness – Saundi Fugleberg Memorial 5K & 1 Mile Fun Run/Walk – Benefiting the Nebraska Food Bank Network – **LNS East Parking Lot**
Registration & Exhibit Areas Open
NHSACA Silent Auction (Pick Up Items by 3:45 p.m.) – **LNS Exhibitor Area**
Coaches Care Blood Drive – **West Side LNS**
NSAA Soccer Meeting
NCA District Meetings & Raffles (Elections of NCA Board Members, Election of NCA Sports Advisory Committee Members, Q&A with NCA Board of Directors)
Ted Hill, Minnewaska Area HS, MN: *Midfield Transition*
Lunch on Your Own – Food Trucks – LNS Parking East Parking Lot & NCA Sports Advisory Lunch Meetings – LNS Main Gym
Scott Steinbrook, Kearney HS, NE: *Building a HS Soccer Program for Sustained Success*
Joel Lemus, Lexington HS, NE: *Culture Over Everything*

Thursday, July 27

7:30 a.m.
9:00 a.m. – 9:50 a.m.
10:00 a.m. – 10:50 a.m.
11:05 a.m.

Registration & Exhibit Areas Open
NHSACA Soccer National Coach of the Year Finalists Forum & Micro Presentations
NHSACA Soccer National Coach of the Year Finalists Forum & Micro Presentations
Drawings – **Main Gym**

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SOFTBALL

Room E121 & Country Inn & Suites – Lincoln North unless otherwise noted
Country Inn & Suites – Lincoln North – 5353 N 27th Street

Tuesday, July 25

7:30 a.m.
7:30 a.m. – 3:45 p.m.
8:30 a.m. – 9:20 a.m.
9:30 a.m. – 10:00 a.m.

10:45 a.m. – 11:35 a.m.
11:35 a.m. – 3:45 p.m.
11:45 a.m. – 1:00 p.m.
1:15 p.m. – 2:05 p.m.
2:20 p.m. – 3:10 p.m.
3:10 p.m. – 3:45 p.m.
3:45 p.m. – 4:35 p.m.

Registration & Exhibit Areas Open
NHSACA Silent Auction – **LNS Exhibitor Area**
Steve Kerkman, Millard South, HS, NE: *Grit*
NCA Softball Meetings: Advisory Committee Nominations/Selections & Milestone Awards Recognition – **Country Inn & Suites – Lincoln North, Light House Room – Enter Main Lobby**
Welcome & Keynote: Kevin Kush, Coach Kush Speaks: *Winning Where It Matters* – **Main Gym**
Lunch on your own – Food Trucks – LNS Parking East Parking Lot
Nebraska State Performance Testing Championships – **Main Gym**
NSAA Softball Rules Meeting
Eli Field, Frenchtown HS, MT: *Coaching Pitcher's When You're Not a Pitching Coach*
Ice Cream Social – Presented by Nebraska State Education Association – **Exhibitor Area**
NSAA: *Concussion, Cardiac Arrest and Heat Acclimatization Training* – **Auditorium**

Wednesday, July 26

7:00 a.m.
7:30 a.m.
7:30 a.m. – 3:45 p.m.
8:00 a.m. – 4:00 p.m.
8:30 a.m. – 9:20 a.m.

10:05 a.m. – 10:50 a.m.
11:05 a.m. – 11:55 a.m.
11:55 a.m. – 1:15 p.m.
1:30 p.m. – 2:20 p.m.
2:35 p.m. – 3:25 p.m.

Running/Walking for Kindness – Saundi Fugleberg Memorial 5K & 1 Mile Fun Run/Walk – Benefiting the Nebraska Food Bank Network – LNS East Parking Lot
Registration & Exhibit Areas Open
NHSACA Silent Auction (Pick Up Items by 3:45 p.m.) – **LNS Exhibitor Area**
Coaches Care Blood Drive – West Side LNS
Mandie Nocita, University of Nebraska: *Athlete Engagement at Practice – Mentally & Physically* – **Country Inn & Suites – Lincoln North, Lighthouse Room – Enter Main Lobby**
NCA District Meetings & Raffles (Elections of NCA Board Members, Election of NCA Sports Advisory Committee Members, Q&A with NCA Board of Directors)
Mark Watt Lincoln Southwest HS, NE: *Hitting: Beyond the Basics*
Lunch on Your Own – Food Trucks – LNS Parking East Parking Lot & NCA Sports Advisory Lunch Meetings – LNS Main Gym
Dr. Larry Widman, Max Out Mindset, NE: *Max Out Mindset for Softball, Part 1*
Dr. Larry Widman, Max Out Mindset, NE: *Max Out Mindset for Softball, Part 2*

Thursday, July 27

7:30 a.m.
9:00 a.m. – 9:50 a.m.
10:00 a.m. – 10:50 a.m.
11:05 a.m.

Registration & Exhibit Areas Open
NHSACA Softball National Coach of the Year Finalists Forum & Micro Presentations
NHSACA Softball National Coach of the Year Finalists Forum & Micro Presentations
Drawings – **Main Gym**

See page 28 for information on the Nebraska High School Sports Hall of Fame tours

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Allison Haines

Falls City Public Schools

- Technology and Weights Teacher at Falls City Middle School
- High School Volleyball and Middle School Track Coach
- Falls City Education Association President-Elect

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www.nsea.org • (800) 742-0047

Tuesday, July 25

7:30 a.m.
 7:30 a.m. – 3:45 p.m.
 9:30 a.m. – 10:20 a.m.
 10:45 a.m. – 11:35 a.m.
 11:35 a.m. – 1:15 p.m.
 11:45 a.m. – 1:00 p.m.
 1:15 p.m. – 2:05 p.m.
 2:20 p.m. – 3:10 p.m.
 3:10 p.m. – 3:45 p.m.
 3:45 p.m. – 4:35 p.m.

Registration & Exhibit Areas Open
 NHSACA Silent Auction – **LNS Exhibitor Area**
 Special Olympics Staff: *Powerlifting Classroom Session*
Welcome & Keynote: Kevin Kush, Coach Kush Speaks: *Winning Where It Matters* – **Main Gym**
Lunch on your own – Food Trucks – LNS Parking East Parking Lot
 Nebraska State Performance Testing Championships – **Main Gym**
 Boo Schexnayder, Louisiana State University: *Speed and Plyometric Program Design* – **D023**
 Boo Schexnayder, Louisiana State University: *Preseason Weight Training Program Design* – **D023**
 Ice Cream Social – Presented by Nebraska State Education Association – **Exhibitor Area**
 NSAA: *Concussion, Cardiac Arrest and Heat Acclimatization Training* – **Auditorium**

**Wednesday, July 26**

7:00 a.m.
 7:30 a.m.
 7:30 a.m. – 3:45 p.m.
 8:00 a.m. – 4:00 p.m.
 9:00 a.m. – 9:50 a.m.
 9:00 a.m. – 9:50 a.m.
 10:05 a.m. – 10:50 a.m.
 11:05 a.m. – 11:55 a.m.
 11:05 a.m. – 11:55 a.m.
 11:55 a.m. – 1:15 p.m.
 1:30 p.m. – 2:20 p.m.
 1:30 p.m. – 2:20 p.m.
 2:35 p.m. – 3:25 p.m.

Running/Walking for Kindness – Saundl Fugleberg Memorial 5K & 1 Mile Fun Run/Walk – Benefiting the Nebraska Food Bank Network – **LNS East Parking Lot**
 Registration & Exhibit Areas Open
 NHSACA Silent Auction (Pick Up Items by 3:45 p.m.) – **LNS Exhibitor Area**
Coaches Care Blood Drive – **West Side LNS**
 NSAA Unified Bowling Rules Meeting
 Boo Schexnayder, Louisiana State University: *In-Season Weight Training Program Design* – **D023**
NCA District Meetings & Raffles (Elections of NCA Board Members, Election of NCA Sports Advisory Committee Members, Q&A with NCA Board of Directors)
 Mary Reimers, Lexington HS, NE: *Making Your Team/School Truly Unified*
 Boo Schexnayder, Louisiana State University: *Designing and Implementing Circuit Training* – **D023**
Lunch on Your Own – Food Trucks – LNS Parking East Parking Lot & NCA Sports Advisory Lunch Meetings – LNS Main Gym
 Boo Schexnayder, Louisiana State University: *Simple Teaching Progressions for Key Lifts* – **D023**
 Tony Bilello, Ritger Legacy Bowling Camp, NJ: *Common Problems Bowlers Have & the 30-Second Solutions – Part 1* – **Sun Valley Lanes**
 Special Olympics Hands on Corn Hole Session – **Sun Valley Lanes**

Thursday, July 27

7:30 a.m.
 9:00 a.m. – 9:50 a.m.
 10:00 a.m. – 10:50 a.m.
 11:05 a.m.

Registration & Exhibit Areas Open
 Mandy Taylor, Fort Calhoun HS, NE – Unified & Special Olympics Track & Field
 Mandy Taylor, Fort Calhoun HS, NE – Unified & Special Olympics Track & Field Hands on Session – **LNS Track & Field Area**
 Drawings – **Main Gym**

See page 28 for information on the Nebraska High School Sports Hall of Fame tours

CALLAM

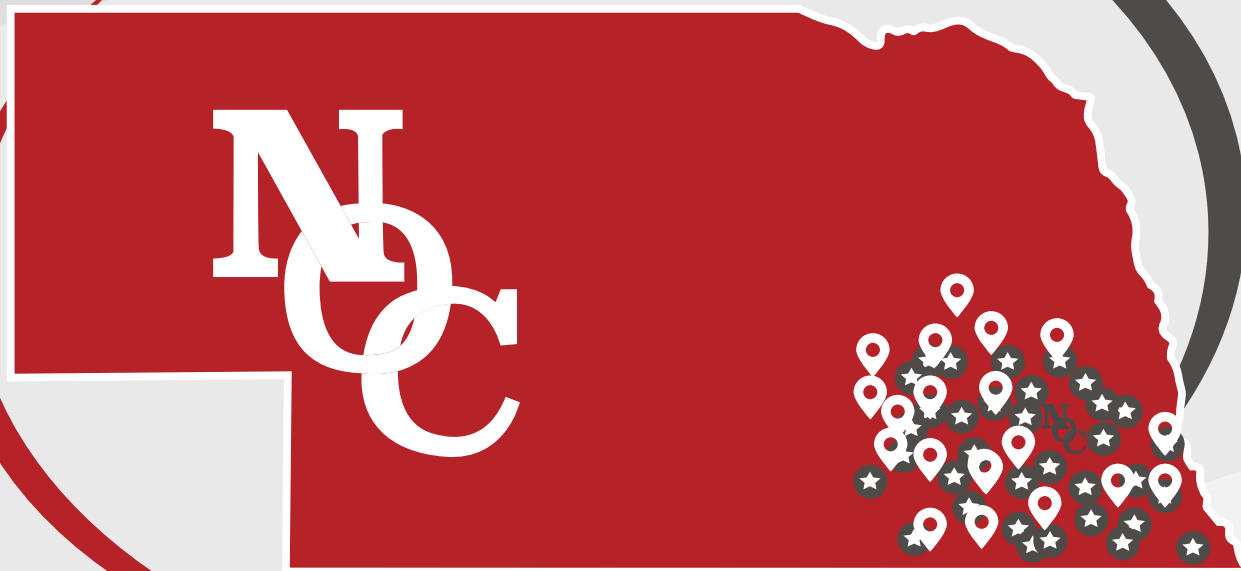
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Main Locations-Lincoln

SPECIAL SPORTS

Room B109 unless otherwise noted

Tuesday, July 25

7:30 a.m.
7:30 a.m. – 3:45 p.m.
9:00 a.m. – 9:50 a.m.
10:05 a.m. – 10:30 a.m.
10:45 a.m. – 11:35 a.m.
11:35 a.m. – 1:15 p.m.
11:45 a.m. – 1:00 p.m.
1:15 p.m. – 2:45 p.m.
1:15 p.m. – 2:05 p.m.
2:20 p.m. – 3:10 p.m.
3:10 p.m. – 3:45 p.m.
3:45 p.m. – 4:35 p.m.

Registration & Exhibit Areas Open
NHSACA Silent Auction – **LNS Exhibitor Area**
Attend Sport Session of Choice – **LNS**
NCA Sport Meetings: Advisory Committee Nominations/Selections & Milestone Awards Recognition
Welcome & Keynote: Kevin Kush, Coach Kush Speaks: *Winning Where It Matters* – **Main Gym**
Lunch on your own – Food Trucks – LNS Parking East Parking Lot
Nebraska State Performance Testing Championships – **Main Gym**
Nebraska High School Sports Hall of Fame Tour – **Charter Bus Departs from East LNS Parking Lot**
Attend Sport Session of Choice – **LNS**
Attend Sport Session of Choice – **LNS**
Ice Cream Social – *Presented by Nebraska State Education Association* – **Exhibitor Area**
NSAA: *Concussion, Cardiac Arrest and Heat Acclimatization Training* – **Auditorium**

Wednesday, July 26

7:00 a.m.
7:30 a.m.
7:30 a.m. – 3:45 p.m.
8:00 a.m. – 4:00 p.m.
9:00 a.m. – 9:50 a.m.
10:05 a.m. – 10:50 a.m.
11:05 a.m. – 11:55 a.m.
11:55 a.m. – 1:15 p.m.
1:15 p.m. – 2:45 p.m.
1:30 p.m. – 2:20 p.m.
2:35 p.m. – 3:25 p.m.
2:45 p.m. – 4:15 p.m.

Running/Walking for Kindness – Saundi Fugleberg Memorial 5K & 1 Mile Fun Run/Walk – Benefiting the Nebraska Food Bank Network – **LNS East Parking Lot**
Registration & Exhibit Areas Open
NHSACA Silent Auction (Pick Up Items by 3:45 p.m.) – **LNS Exhibitor Area**
Coaches Care Blood Drive – **West Side LNS**
Attend Sport Session of Choice – **LNS**
NCA District Meetings & Raffles (Elections of NCA Board Members, Election of NCA Sports Advisory Committee Members, Q&A with NCA Board of Directors)
Attend Sport Session of Choice – **LNS**
Lunch on Your Own – Food Trucks – LNS Parking East Parking Lot
Nebraska High School Sports Hall of Fame Tour – **Charter Bus Departs from East LNS Parking Lot**
Attend Sport Session of Choice – **LNS**
Attend Sport Session of Choice – **LNS**
Nebraska High School Sports Hall of Fame Tour – **Charter Bus Departs from East LNS Parking Lot**

Thursday, July 27

7:30 a.m.
9:00 a.m. – 9:50 a.m.
10:00 a.m. – 10:50 a.m.
11:05 a.m.

Registration & Exhibit Areas Open
NHSACA Special Sports National Coach of the Year Finalists Forum & Micro Presentations – **B109**
NHSACA Special Sports National Coach of the Year Finalists Forum & Micro Presentations – **B109**
Drawings – **Main Gym**

See page 28 for information on the Nebraska High School Sports Hall of Fame tours

STRENGTH & CONDITIONING

Room D023 unless otherwise noted

Tuesday, July 25

7:30 a.m.
7:30 a.m. – 3:45 p.m.
9:00 a.m. – 9:50 a.m.
10:05 a.m. – 10:30 a.m.
10:45 a.m. – 11:35 a.m.
11:35 a.m. – 1:15 p.m.
11:45 a.m. – 1:00 p.m.
1:15 p.m. – 2:05 p.m.
2:20 p.m. – 3:10 p.m.
3:10 p.m. – 3:45 p.m.
3:45 p.m. – 4:35 p.m.

Registration & Exhibit Areas Open
NHSACA Silent Auction – **LNS Exhibitor Area**
Boo Schexnayder, Louisiana State University: *Applying a Sprint Coach's Philosophy to Strength and Conditioning*
NCA Strength & Conditioning Meeting: Advisory Committee Nominations/Selections
Welcome & Keynote: Kevin Kush, Coach Kush Speaks: *Winning Where It Matters* – **Main Gym**
Lunch on your own – Food Trucks – LNS Parking East Parking Lot
Nebraska State Performance Testing Championships – **Main Gym**
Boo Schexnayder, Louisiana State University: *Speed and Plyometric Program Design*
Boo Schexnayder, Louisiana State University: *Preseason Weight Training Program Design*
Ice Cream Social – *Presented by Nebraska State Education Association* – **Exhibitor Area**
NSAA: *Concussion, Cardiac Arrest and Heat Acclimatization Training* – **Auditorium**

Wednesday, July 26

7:00 a.m.
7:30 a.m.
7:30 a.m. – 3:45 p.m.
8:00 a.m. – 4:00 p.m.
9:00 a.m. – 9:50 a.m.
10:05 a.m. – 10:50 a.m.
11:05 a.m. – 11:55 a.m.
11:55 a.m. – 1:15 p.m.
1:30 p.m. – 2:20 p.m.
2:35 p.m. – 3:25 p.m.

Running/Walking for Kindness – Saundi Fugleberg Memorial 5K & 1 Mile Fun Run/Walk – Benefiting the Nebraska Food Bank Network – **LNS East Parking Lot**
Registration & Exhibit Areas Open
NHSACA Silent Auction (Pick Up Items by 3:45 p.m.) – **LNS Exhibitor Area**
Coaches Care Blood Drive – **West Side LNS**
Boo Schexnayder, Louisiana State University: *In-Season Weight Training Program Design*
NCA District Meetings & Raffles (Elections of NCA Board Members, Election of NCA Sports Advisory Committee Members, Q&A with NCA Board of Directors)
Boo Schexnayder, Louisiana State University: *Designing and Implementing Circuit Training*
Lunch on Your Own – Food Trucks – LNS Parking East Parking Lot & NCA Sports Advisory Lunch Meetings – LNS Main Gym
Boo Schexnayder, Louisiana State University: *Simple Teaching Progressions for Key Lifts*
Boo Schexnayder, Louisiana State University: *ACL Rehabilitation and Return to Play Training*

Thursday, July 27

7:30 a.m.
9:00 a.m. – 9:50 a.m.
10:00 a.m. – 10:50 a.m.
11:05 a.m.

Registration & Exhibit Areas Open
Boo Schexnayder, Louisiana State University: *Handling Hamstrings – Prevention and Rehabilitation*
Boo Schexnayder, Louisiana State University: *Lesson Learned and Questions and Answers*
Drawings – **Main Gym**



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BOOTH 24 (MAIN FLOOR)

SWIMMING & DIVING

Room B110 unless otherwise noted



Tuesday, July 25

7:30 a.m.
7:30 a.m. – 3:45 p.m.
10:45 a.m. – 11:35 a.m.
11:35 a.m. – 1:15 p.m.
11:45 a.m. – 1:00 p.m.
1:15 p.m. – 2:05 p.m.
2:20 p.m. – 3:10 p.m.
3:10 p.m. – 3:45 p.m.
3:45 p.m. – 4:35 p.m.

Registration & Exhibit Areas Open
NHSACA Silent Auction – **LNS Exhibitor Area**
Welcome & Keynote: Kevin Kush, Coach Kush Speaks: *Winning Where It Matters* – **Main Gym**
Lunch on your own – Food Trucks – LNS Parking East Parking Lot
Nebraska State Performance Testing Championships – **Main Gym**
Jake Solper, Minot HS, ND: *Minot High Boys' Swimming & Diving*
Shelley Twigg, Waukeg HS, IA: *Stroke Technique Progressions*
Ice Cream Social – Presented by Nebraska State Education Association – **Exhibitor Area**
NSAA: Concussion, Cardiac Arrest and Heat Acclimatization Training – **Auditorium**

Wednesday, July 26

7:00 a.m.
7:30 a.m.
7:30 a.m. – 3:45 p.m.
8:00 a.m. – 4:00 p.m.
9:00 a.m. – 9:50 a.m.
10:05 a.m. – 10:50 a.m.
11:05 a.m. – 11:55 a.m.
11:55 a.m. – 1:15 p.m.
1:15 p.m. – 2:05 p.m.
2:45 p.m. – 4:00 p.m.

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

Thursday, July 27

7:30 a.m.
9:00 a.m. – 9:50 a.m.
10:00 a.m. – 10:50 a.m.
11:05 a.m.

Registration & Exhibit Areas Open
NHSACA Swimming & Diving National Coach of the Year Finalists Forum & Micro Presentations
NHSACA Swimming & Diving National Coach of the Year Finalists Forum & Micro Presentations
Drawings – **Main Gym**

See page 28 for information on the Nebraska High School Sports Hall of Fame tours

TENNIS

Room B105 unless otherwise noted

Tuesday, July 25

7:30 a.m.
7:30 a.m. – 3:45 p.m.
9:00 a.m. – 9:50 a.m.
10:05 a.m. – 10:30 a.m.
10:45 a.m. – 11:35 a.m.
11:35 a.m. – 1:15 p.m.
11:45 a.m. – 1:00 p.m.
1:15 p.m. – 2:05 p.m.
2:20 p.m. – 3:10 p.m.
3:10 p.m. – 3:45 p.m.
3:45 p.m. – 4:35 p.m.

Registration & Exhibit Areas Open
NHSACA Silent Auction – **LNS Exhibitor Area**
All Things High School Tennis Round Table – State & National Perspective
NCA Tennis Meeting: Advisory Committee Nominations/Selections & Milestone Awards Recognition
Welcome & Keynote: Kevin Kush, Coach Kush Speaks: *Winning Where It Matters* – **Main Gym**
Lunch on your own – Food Trucks – LNS Parking East Parking Lot
Nebraska State Performance Testing Championships – **Main Gym**
Louie Nash, Oxford HS, MS: *Building a Tennis TEAM in an Individual Sport*
Louie Nash, Oxford HS, MS: *A Coach's Favorite Doubles Drills* – **B105 or LNS Tennis Court Weather Permitting**
Ice Cream Social – Presented by Nebraska State Education Association – **Exhibitor Area**
NSAA: Concussion, Cardiac Arrest and Heat Acclimatization Training – **Auditorium**

Wednesday, July 26

7:00 a.m.
7:30 a.m.
7:30 a.m. – 3:45 p.m.
8:00 a.m. – 4:00 p.m.
9:00 a.m. – 9:50 a.m.
10:05 a.m. – 10:50 a.m.
11:05 a.m. – 11:55 a.m.
11:55 a.m. – 1:15 p.m.
1:30 p.m. – 2:20 p.m.
2:35 p.m. – 3:25 p.m.

Running/Walking for Kindness – Saundt Fugleberg Memorial 5K & 1 Mile Fun Run/Walk – Benefitting the Nebraska Food Bank Network – **LNS East Parking Lot**
Registration & Exhibit Areas Open
NHSACA Silent Auction (Pick Up Items by 3:45 p.m.) – **LNS Exhibitor Area**
Coaches Care Blood Drive – **West Side LNS**
Ben Loeb, Rock Bridge HS, MO: *A Systematic Approach to Warm-up & Singles Play* – **LNS Tennis Court Weather Permitting**
NCA District Meetings & Raffles (Elections of NCA Board Members, Election of NCA Sports Advisory Committee Members, Q&A with NCA Board of Directors)
Ben Loeb, Rock Bridge HS, MO: *Dynamic Doubles Training* – **LNS Tennis Court Weather Permitting**
Lunch on Your Own – Food Trucks – LNS Parking East Parking Lot & NCA Sports Advisory Lunch Meetings – LNS Main Gym
Ben Loeb, Rock Bridge HS, MO: *Mental Performance Skill Development*
NSAA Tennis Meeting

Thursday, July 27

7:30 a.m.
9:00 a.m. – 9:50 a.m.
10:00 a.m. – 10:50 a.m.
11:05 a.m.

Registration & Exhibit Areas Open
NHSACA Tennis National Coach of the Year Finalists Forum & Micro Presentations
NHSACA Tennis National Coach of the Year Finalists Forum & Micro Presentations
Drawings – **Main Gym**

TRACK & FIELD

Room E117 unless otherwise noted

Tuesday, July 25

7:30 a.m.
7:30 a.m. – 3:45 p.m.
9:00 a.m. – 9:50 a.m.
10:05 a.m. – 10:30 a.m.
10:45 a.m. – 11:35 a.m.
11:35 a.m. – 1:15 p.m.
11:45 a.m. – 1:00 p.m.
1:15 p.m. – 2:05 p.m.
2:20 p.m. – 3:10 p.m.
3:10 p.m. – 3:45 p.m.
3:45 p.m. – 4:35 p.m.

Registration & Exhibit Areas Open
NHSACA Silent Auction – **LNS Exhibitor Area**
NSAA Track & Field Meeting
NCA Cross Country and Track & Field Sport Meetings: Advisory Committee Nominations/Selections & Milestone Awards Recognition
Welcome & Keynote: Kevin Kush, Coach Kush Speaks: Winning Where It Matters – **Main Gym**
Lunch on your own – Food Trucks – LNS Parking East Parking Lot
Nebraska State Performance Testing Championships – **Main Gym**
Dusty Jonas, University of Nebraska: *Drills & Skills to Develop the HS High Jumper – Part 1*
Dusty Jonas, University of Nebraska: *Drills & Skills to Develop the HS High Jumper – Part 2*
Ice Cream Social – Presented by Nebraska State Education Association – **Exhibitor Area**
NSAA: Concussion, Cardiac Arrest and Heat Acclimatization Training – **Auditorium**

Wednesday, July 26

7:00 a.m.
7:30 a.m.
7:30 a.m. – 3:45 p.m.
8:00 a.m. – 4:00 p.m.
9:00 a.m. – 9:50 a.m.
10:05 a.m. – 10:50 a.m.
11:05 a.m. – 11:55 a.m.
11:55 a.m. – 1:15 p.m.
1:30 p.m. – 2:20 p.m.
2:35 p.m. – 3:25 p.m.

Running/Walking for Kindness – Saundi Fugleberg Memorial 5K & 1 Mile Fun Run/Walk – Benefitting the Nebraska Food Bank Network – LNS East Parking Lot
Registration & Exhibit Areas Open
NHSACA Silent Auction (Pick Up Items by 3:45 p.m.) – **LNS Exhibitor Area**
Coaches Care Blood Drive – West Side LNS
John Reyes, Grandview HS, CO: *Maximizing Sprint Relays*
NCA District Meetings & Raffles (Elections of NCA Board Members, Election of NCA Sports Advisory Committee Members, Q&A with NCA Board of Directors)
Joe Packard, Heritage Christian Academy, CO: *The Well-Led Coach: Encouragement on Leadership, Coaching, and Relationships*
Lunch on Your Own – Food Trucks – LNS Parking East Parking Lot & NCA Sports Advisory Lunch Meetings – LNS Main Gym
Troy Sturgeon, Brandon Valley HS, SD: *Program Development/Team Building – Track & Field is a Team Sport*
Troy Sturgeon, Brandon Valley HS, SD: *Race Plan 400's – Developing Competitive 400m Runners*

Thursday, July 27

7:30 a.m.
9:00 a.m. – 9:50 a.m.
10:00 a.m. – 10:50 a.m.
11:05 a.m.

Registration & Exhibit Areas Open
NHSACA Girls Track & Field National Coach of the Year Finalists Forum & Micro Presentations
NHSACA Boys Track & Field National Coach of the Year Finalists Forum & Micro Presentations
Drawings – **Main Gym**

See page 28 for information on the Nebraska High School Sports Hall of Fame tours



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VOLLEYBALL

Presenting Partners: Ecsell Sports & American Volleyball Coaches Association

South Gym unless otherwise noted



Tuesday, July 25

7:30 a.m.
7:30 a.m. – 3:45 p.m.
9:00 a.m. – 9:50 a.m.
10:05 a.m. – 10:30 a.m.

10:45 a.m. – 11:35 a.m.
11:35 a.m. – 1:15 p.m.
11:45 a.m. – 1:00 p.m.
1:15 p.m. – 2:05 p.m.
2:20 p.m. – 3:10 p.m.
3:10 p.m. – 3:45 p.m.
3:45 p.m. – 4:35 p.m.

Registration & Exhibit Areas Open
NHSACA Silent Auction – **LNS Exhibitor Area**
NCA All-Star Practice – Mike Brandon, Gretna East HS, NE – Talkin' with the All-Star Coaches
NCA Volleyball Sport Meeting: Advisory Committee Nominations/Selections & Milestone Awards Recognition/Coach Jean Groth
NCA-AVCA Team Academic Excellence Awards Presentation
Welcome & Keynote: Kevin Kush, Coach Kush Speaks: *Winning Where It Matters* – **Main Gym**
Lunch on your own – Food Trucks – LNS Parking East Parking Lot
Nebraska State Performance Testing Championships – **Main Gym**
Dr. Larry Widman, Max Out Mindset, NE: *Max Out Mind Set for Volleyball – Part 1*
Dr. Larry Widman, Max Out Mindset, NE: *Max Out Mind Set for Volleyball – Part 2*
Ice Cream Social – Presented by Nebraska State Education Association – **Exhibitor Area**
NSAA: Concussion, Cardiac Arrest and Heat Acclimatization Training – **Auditorium**

Wednesday, July 26

7:00 a.m.
7:30 a.m.
7:30 a.m. – 3:45 p.m.
8:00 a.m. – 4:00 p.m.
9:00 a.m. – 9:50 a.m.
10:05 a.m. – 10:50 a.m.
11:05 a.m. – 11:55 a.m.
11:55 a.m. – 1:15 p.m.
1:30 p.m. – 2:20 p.m.

2:35 p.m. – 3:25 p.m.

Running/Walking for Kindness – Saundi Fugleberg Memorial 5K & 1 Mile Fun Run/Walk – Benefiting the Nebraska Food Bank Network – **LNS East Parking Lot**
Registration & Exhibit Areas Open
NHSACA Silent Auction (Pick Up Items by 3:45 p.m.) – **LNS Exhibitor Area**
Coaches Care Blood Drive – **West Side LNS**
NSAA Volleyball Rules Meeting
NCA District Meetings & Raffles (Elections of NCA Board Members, Election of NCA Sports Advisory Committee Members, Q&A with NCA Board of Directors)
Winning Volleyball with Hudl
Lunch on Your Own – Food Trucks – LNS Parking East Parking Lot & NCA Sports Advisory Lunch Meetings – LNS Main Gym
Mikaela Foecke-Richter & Kenzie Maloney, Former University of Nebraska All-Americans: *On Court Individual Skills & Drills – The Importance of Skill Development with Psychological Safety* – Presented by Ecsell Sports
Mikaela Foecke-Richter & Kenzie Maloney, Former University of Nebraska All-Americans: *On Court Team Skills & Drills – The Importance of Challenge & Healthy Discomfort* – Presented by Ecsell Sports

Thursday, July 27

7:30 a.m.
9:00 a.m. – 9:50 a.m.
10:00 a.m. – 10:50 a.m.
11:05 a.m.

Registration & Exhibit Areas Open
NHSACA Volleyball National Coach of the Year Finalists Forum & Micro Presentations
NHSACA Volleyball National Coach of the Year Finalists Forum & Micro Presentations
Drawings – **Main Gym**

See page 28 for information on the Nebraska High School Sports Hall of Fame tours

WRESTLING

Room D103 Wrestling Room unless otherwise noted

Tuesday, July 25

7:30 a.m.
7:30 a.m. – 3:45 p.m.
9:00 a.m. – 9:50 a.m.
10:05 a.m. – 10:30 a.m.
10:45 a.m. – 11:35 a.m.
11:35 a.m. – 1:15 p.m.
11:45 a.m. – 1:00 p.m.
1:15 p.m. – 2:05 p.m.
2:20 p.m. – 3:10 p.m.
3:10 p.m. – 3:45 p.m.
3:45 p.m. – 4:35 p.m.

Registration & Exhibit Areas Open
NHSACA Silent Auction – **LNS Exhibitor Area**
Tarkya Mensah, Schreiner University, TX (Women): *Stance, Snap Downs, Hand Fighting Transitions to Set Up*
NCA Wrestling Sport Meeting: Advisory Committee Nominations/Selections & Milestone Awards Recognition
Welcome & Keynote: Kevin Kush, Coach Kush Speaks: *Winning Where It Matters* – **Main Gym**
Lunch on your own – Food Trucks – LNS Parking East Parking Lot
Nebraska State Performance Testing Championships – **Main Gym**
Tarkya Mensah, Schreiner University, TX (Women): *Russian Tie Up: Takedown/Defense/Counter*
NSAA Wrestling Meeting
Ice Cream Social – Presented by Nebraska State Education Association – **Exhibitor Area**
NSAA: Concussion, Cardiac Arrest and Heat Acclimatization Training – **Auditorium**

Wednesday, July 26

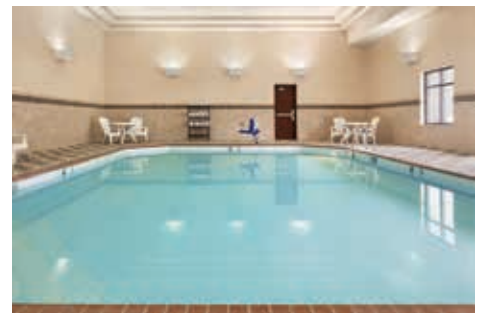
7:00 a.m.
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7:30 a.m. – 3:45 p.m.
8:00 a.m. – 4:00 p.m.
9:00 a.m. – 9:50 a.m.
10:05 a.m. – 10:50 a.m.
11:05 a.m. – 11:55 a.m.
11:55 a.m. – 1:15 p.m.
1:30 p.m. – 2:20 p.m.
2:35 p.m. – 3:25 p.m.

Running/Walking for Kindness – Saundi Fugleberg Memorial 5K & 1 Mile Fun Run/Walk – Benefiting the Nebraska Food Bank Network – **LNS East Parking Lot**
Registration & Exhibit Areas Open
NHSACA Silent Auction (Pick Up Items by 3:45 p.m.) – **LNS Exhibitor Area**
Coaches Care Blood Drive – **West Side LNS**
Tarkya Mensah, Schreiner University, TX (Women): *Split Leg Finish (Take What They Give You)*
NCA District Meetings & Raffles (Elections of NCA Board Members, Election of NCA Sports Advisory Committee Members, Q&A with NCA Board of Directors)
John Donovan, Chamberlain HS, SD: *Chamberlain Wrestling – Motivational Techniques That Built the Program*
Lunch on Your Own – Food Trucks – LNS Parking East Parking Lot & NCA Sports Advisory Lunch Meetings – LNS Main Gym
Ridge Lovett, University of Nebraska: *Lovett's Top Game*
Ridge Lovett, University of Nebraska: *Scoring Out of Underhooks*

Thursday, July 27

7:30 a.m.
9:00 a.m. – 9:50 a.m.
10:00 a.m. – 10:50 a.m.
11:05 a.m.

Registration & Exhibit Areas Open
NHSACA Wrestling National Coach of the Year Finalists Forum & Micro Presentations
NHSACA Wrestling National Coach of the Year Finalists Forum & Micro Presentations
Drawings – **Main Gym**



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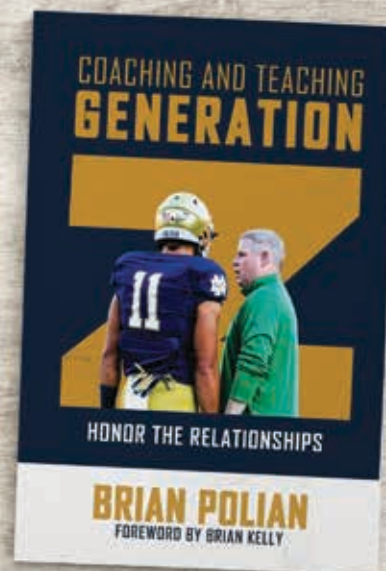
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