

CROSS COUNTRY

E119 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
- 9:00 a.m. – 9:50 a.m. Rachael Steil, Running in Silence, MI: *Reduce Injuries and Improve Performance by Addressing the Underlying and Pervasive Eating Disorder Problem – Part 1*
- 10:05 a.m. – 10:30 a.m. **NCA Cross Country and Track & Field Sport Meetings:** Advisory Committee Nominations/Selections & Milestone Awards Recognition – E117
- 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. Rachael Steil, Running in Silence, MI: *Reduce Injuries and Improve Performance by Addressing the Underlying and Pervasive Eating Disorder Problem – Part 2*
- 2:20 p.m. – 3:10 p.m. NSAA Cross Country Meeting
- 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. Greg Schabron, Laramie HS, WY: *Early Season Training/Aerobic Threshold Development – Mixing Up Workouts to Keep Kids Motivated*
- 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. Dr. Larry Widman, Max Out Mindset, NE: *Max Out Mindset for Cross Country*
- 11:55 a.m. – 1:15 p.m. **Lunch on Your Own – Food Trucks – LNS Parking East Parking Lot & NCA Sports Advisory Lunch Meetings – LNS Main Gym**
- 1:30 p.m. – 2:20 p.m. Tom McGough, Miller HS, SD: *Relationships Build Successful Teams*
- 2:35 p.m. – 3:25 p.m. Todd Thorson, Ipswich HS, SD: *Training Distance Runners*

Thursday, July 27

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