

**VOLLEYBALL – Presenting Partners: *Ecell Sports & American Volleyball Coaches Association***

***South Gym 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. NCA All-Star Practice – Mike Brandon, Gretna East HS, NE – Talkin’ with the All-Star Coaches  
10:05 a.m. – 10:30 a.m. **NCA Volleyball Sport Meeting:** Advisory Committee Nominations/Selections & Milestone Awards Recognition/Coach Jean Groth  
NCA-AVCA Team Academic Excellence Awards Presentation  
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. Dr. Larry Widman, Max Out Mindset, NE: *Max Out Mind Set for Volleyball – Part 1*  
2:20 p.m. – 3:10 p.m. Dr. Larry Widman, Max Out Mindset, NE: *Max Out Mind Set for Volleyball – Part 2*  
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. NSAA Volleyball Rules Meeting  
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. *Winning with Hudl* (Volleyball & Basketball) – **Main Gym**  
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. 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 Ecell Sports  
2:35 p.m. – 3:25 p.m. Mikaela Foecke-Richter & Kenzie Maloney, Former University of Nebraska All-Americans: *On Court Team Skills & Drills – The Importance of Challenge & Healthy Discomfort* - Presented by Ecell Sports

**Thursday, July 27**

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