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coach

SEPTEMBER 2023

Blue Team Soars

Fall Season Articles

**NCA Annual Awards
And Honors**

All-Star Action



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Board of Director, Les Roggenkamp, Southwest presented Tom Schoenfelder, Southern Valley with his 45 Year Service Award at the NCA Multi-Sports Clinic. – Courtesy Photo

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(Left Photograph) Hayden Frank, Malcolm is presented the NCA Ed Johnson Memorial Scholarship during the halftime of the NCA Boys All-Star Basketball game. – Photo by Donna Wiedeburg



(Right Photograph) Heat Index temperatures exceeded 115 degrees during the 18th Annual Nebraska Coaches Association's Annual Softball All-Star game. The game was shortened and extended breaks per inning were used to prevent heat illness. The Red Team won the 7-inning game 4-2. – Callam Sports Photography


Cover Photo – Clayton Moore, Mullen drives to score two points in the Blue Team's 121-102 victory during the Nebraska Coaches Association's 54th Annual Boys Basketball All-Star game. – Callam Sports Photography



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SEPTEMBER 2023

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NEBRASKA COACHES ASSOCIATION UPCOMING EVENTS 2023 – 2024

October 8, 2023

NCA Board of Directors Fall Meeting
Kearney

November 2023

Softball & Volleyball All-Star
Nominations & Selections

November 1-4, 2023

State Volleyball Sportsmanship Awards
Lincoln (need evaluators)

November 14, 2023

NCA Sportsmanship/Leadership Summit
Alliance HS – site tentative

November 15, 2023

NCA Sportsmanship/Leadership Summit
Kearney HS – site tentative

November 16, 2023

NCA Sportsmanship/Leadership Summit
Norfolk HS

November 17, 2023

NCA Sportsmanship/Leadership Summit
Lincoln North Star HS – site tentative

November 19, 2023

NCA Football Championships Football Clinic
Embassy Suites, Lincoln

January 28, 2024

NCA Board of Directors Winter Meeting
Zoom

February 3, 2024

NCA Track & Field Clinic
NSAA Building, Lincoln

February 15-17, 2024

State Cheer & Dance Championships
Heartland Events Center, Grand Island

April 28, 2024

NCA Board of Directors Spring Meeting
NSAA/NCA Building, Lincoln

July 21-25, 2024

NCA Multi-Sports Clinic Week Activities
Lincoln



2023 - 2024 NCA Sports Advisory Committees



Cross Country

- District 1 – George O’Boyle, Lincoln Pius; Drew Willis, Lincoln East
- District 2 – Sean McMahon, Fremont; Father Bob Tillman, Creighton Prep
- District 3 – Courtney Maas, Wayne; Duane Wilken, Bloomfield
- District 4 – Mathew Walter, Shelton; Tony Neels, Gothenburg
- District 5 – Shawn Wheelock, Minden; Kelli Wiest, Medicine Valley
- District 6 – Jim Barker, Morrill; Michael Colerick, Sidney

Football

- District 1 – Brian Blevins, Lawrence-Nelson; OPEN
- District 2 – Ron Mimick, Aquinas Catholic; Doug Goltz, FCSH
- District 3 – Jeff Bellar, Norfolk Catholic; Steve Neptune, West Holt
- District 4 – Craig Haake, Gothenburg; Andy Seamann, Brady
- District 5 – Christan Arterburn, Southwest; Dustin Kronhofman, Arapahoe
- District 6 – Trent Grizzle, Crawford; OPEN

Volleyball

- District 1 – Kari Jo Alfs, BDS; Reba Hestermann, Diller-Odell
- District 2 – Mike Brandon, Greta East; Renee Saunders, Omaha Skut
- District 3 – Christy Koehler, Osmond; Kim Miller, Plainview
- District 4 – Lindsay Harders, Northwest; Mat Koehn-Fairbanks, St. Paul
- District 5 – Julie Ratka, Minden; Kimberly Barnett, Southwest
- District 6 – Blakelee Hoffman, Chadron; Wacey Johnson, Crawford

Softball

- District 1 – Mark Radcliff, Wilber-Clatonia; Aaron Lauby, Fillmore Central
- District 2 – Janelle Lorsch, Arlington; Wade Brashear, Schuyler
- District 3 – Derek Siedschlag, Norfolk; OPEN
- District 4 – Natalie Staroska, Northwest; OPEN
- District 5 – Denise Smith, Chase County; OPEN
- District 6 – OPEN; OPEN

Wrestling

- District 1 – Jake Froscheiser, Lincoln North Star; Terry Owens, Harvard
- District 2 – Justin McDuffee, Scribner-Snyder; Tahner Thiem, David City
- District 3 – Cody Wintz, Batle Creek; Les Painter, Pierce
- District 4 – Brian Sybrandts, Northwest; Mitch Slogget, Ansley-Litchfield
- District 5 – Jay Helberg, Southwest; Dexter Becker, Southern Valley
- District 6 – Russ Monete, Mullen; Todd Westover, Hemingford

Boys Basketball

- District 1 – Dan Boshart, BDS; Scot Lamberty, York
- District 2 – Kyle Jurgens, Omaha Skut; Heath Finke, HTRS
- District 3 – Jake Nelson, Ainsworth; Todd Erwin, LCC
- District 4 – Zac Foster, Adams Central; Nick Gates, Ord
- District 5 – Kris Freeland, Dundy County-Straton; Craig Newcomb, Bertran
- District 6 – Cory Michelman, Poter-Dix; Austin Lewis, Sidney

Girls Basketball

- District 1 – Andy Klepper, Malcolm; Ryan Psota, Lincoln Pius X
- District 2 – Scot Polacek, Howells-Dodge; Kandee Hanzel, Humphrey
- District 3 – Tim Kassmeier, Norfolk Catholic; Dan Wolken, Riverside
- District 4 – Phil Smith, Wood River; Kole Harrach, Maxwell
- District 5 – Richard McDonald, Southern Valley; Preston Blackmore, Arapahoe
- District 6 – Jaclyn Burks, Kimball; Stephen Crile, Alliance

Boys Track & Field

- District 1 – Mat Musiel, Lincoln North Star; Adam Verhage, Fillmore Central
- District 2 – Tom Gerdes, Bishop Neumann; Kyle McMahon, P-LV South
- District 3 – Joe Ortmeier, Osmond; LaTravia Dobson, Riverside
- District 4 – Shane Fruit, Ogallala; Cathy Blauhorn, Palmer
- District 5 – Tye Spies, Loomis; Tersen Arnold, Southwest
- District 6 – Tiffany Johnson, Kimball; Mat McKay, Sidney

Contact the NCA office if interested in serving on the Baseball or Swimming & Diving Sports Advisory Committees.

Girls Track & Field

- District 1 – Mat Musiel, Lincoln North Star; Colby Smith, Fillmore Central
- District 2 – Tom Gerdes, Bishop Neumann; OPEN
- District 3 – Dale Hochstein, Wayne; Jeff Meyer, Elkhorn Valley
- District 4 – Nate Polacek, Kearney; Shawn Koehn-Fairbanks, Centura
- District 5 – Troy Hauxwell, Chase County; Caleb Wall, Eustis-Farnam
- District 6 – Missie Payne, Sidney; Joy Houser, Garden County

Boys/Girls Tennis

- District 1 – Nolan DeWispelare, Lincoln Pius X; Chris Stock, Lincoln East
- District 2 – Jon Holtz, Elkhorn; Jason Rodenberger, Millard South
- District 3 – Kelly Krueger, Norfolk; OPEN
- District 4 – Troy Saulsbury, Kearney; Dale Hall, North Plate
- District 5 – Mat Wiemers, McCook; Dakota Burns, Holdrege
- District 6 – Darren Emerick, Scotsbluff; OPEN

Boys/Girls Golf

- District 1 – Brian Bullington, Lincoln East; Jared Blackwell, Sandy Creek
- District 2 – Jeremy Murman, Archbishop Bergan; Lee Kurpgeweit, Falls City
- District 3 – Heather Luter, Ainsworth; Rob Engel, Randolph
- District 4 – Allison Soucie, Hastings; Kelly Cooksley, Broken Bow
- District 5 – Lyle Calvert, Cambridge; Jeremy Epp, Southern Valley
- District 6 – Berlyn Clear, Alliance; OPEN

Cheerleading

- District 1 – Erika Kirkland, Lincoln High; Amber Beard, Johnson County
- District 2 – Bria Williams, Elkhorn; Allie Graf, HTRS
- District 3 – Darienne Wood, Norfolk; Samantha Hahn, Norfolk Catholic
- District 4 – Mackenzie Brand, Overton; Randi Todd, Lexington
- District 5 – Amanda Kimble, Chase County; Kristin Weaver, Loomis
- District 6 – Carrie Tabor, Kimball; Jennifer Tilghman, Creek Valley

Dance

- District 1 – Lindsey Hinze, Lincoln Southwest; Kamaya Long, Lincoln Northwest
- District 2 – Michelle Friton, Logan View; Madison Tibke, Bennington
- District 3 – Kaitlyn Merchant, Norfolk; Claire Kaup, Stuart
- District 4 – Kylee Kuecker, Lexington; Julia Harrach, NP St. Pat’s
- District 5 – OPEN; OPEN
- District 6 – Angie Hinze, Scotsbluff; Regina Schultz, Creek Valley

Strength & Conditioning

- District 1 – Stew Venable, Lincoln North Star; Paul Heusinkvelt, Superior
- District 2 – Brandon Mimick, Bennington; Nick Crouse, Plateview
- District 3 – Mike Wright, So Sioux City; Nolan Vandenberg, Boone Central
- District 4 – Amber Burson, Lexington; Mary Reimers, Shelton
- District 5 – Clinton Hosick, McCook; Adam Jantzi, Holdrege
- District 6 – Jamie Slingsby, Chadron; Darryl Howit, Kimball

Bowling & Unified Bowling

- District 1 – OPEN; OPEN
- District 2 – Alan Busch, P-LV South; Dan Nelson, North Bend
- District 3 – Josh Johnson, Wayne; OPEN
- District 4 – Nic VanCura, Lexington; Mary Reimers, Lexington
- District 5 – Lynne Kinne, McCook; OPEN
- District 6 – OPEN; OPEN

Soccer

- District 1 – Alex Cerny, Lincoln High; OPEN
- District 2 – Lindsay Aliano, Elkhorn South; Jacob Watson, P-LV South
- District 3 – Kevin Miller, Norfolk Catholic; OPEN
- District 4 – Scot Steinbrook, Kearney; Joel Lemus-Leon, Lexington
- District 5 – Tyler Kroll, Holdrege; OPEN
- District 6 – OPEN; OPEN



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Lessons Learned – Lessons to Share Along Highway 91

Jim Clarkson – Clarkson-Leigh – Football
2022 NCA Coach of the Year

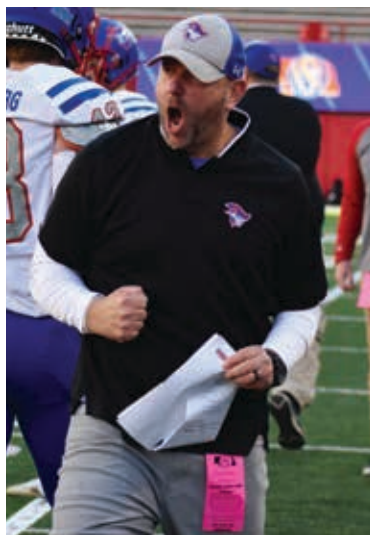


Photo By Claire Holoubek

Well, it is a heck of an honor to be asked to contribute to the *Nebraska Coach* magazine. I am very grateful to get a chance to be the NCA coach of the year. It is something I never expected to receive, especially with so many great coaches here in the State of Nebraska. This Fall will be my 24th as head football coach and 26th overall. I have been fortunate to spend my whole career up to this point at Clarkson

Public Schools. Even though we have added a CO-OP with our neighbor Leigh 12 years ago the values and work ethic of our communities have not changed much over the years. As the second generation of players start to come through the school it is bittersweet to see former players become great family men but also a reminder that father time stops for no man, but it is still exciting to try and get a team to hit its potential each Fall.

Clarkson is a little farm town along Highway 91 in Northeast Nebraska. In the small schools and the 8-Man ranks Highway 91 has been the home to multiple Dynasties and several State Champions. Clarkson and now Clarkson-Leigh has not been a big part of that, Leigh does have a title in 1984 and Clarkson a runner-up in 2007, but having the opportunity to play against and watch teams like Dodge, Howells (now Howells-Dodge), Humphrey St, Francis, and Lindsay Holy Family play for and win State Championships it gives you a front row seat to see how the game should be played and coached by some of the best to ever do it. It is an education that I have relished, and it has made me a much better coach going up against the likes of Mike Speirs, Eric Kessler, Bill Mimick, and Bob McEvoy, who now I am lucky enough to get to coach with. The lessons learned for these great coaches and programs has helped shape the current Clarkson-Leigh program into what it is today and even though things will continue to evolve there are certain traits that we have stolen/copied and implemented over the years that are now part of our fabric.

One of the biggest lessons I have learned coaching along this Highway is that it is extremely important to follow the coaching

cliche KISS (keep it simple stupid). Now everybody knows this, and most people say it, but sometimes as coaches we try so hard to find the “thing” that will give us an edge or set us apart from the competition. I know I have fallen victim to that more than once in my coaching career. I am reminded often by our rivals that doing less but doing it extremely well is a great formula for success. That is not to say that you shouldn’t be a constant learner. Going to clinics and talking with other coaches is imperative to keeping things fresh. We have adapted a lot over the years and hopefully will continue, but that doesn’t mean you should change your offensive or defensive philosophy every other year. Again, it is something that I am sure almost every coach has heard a time or two, but if you are going to add to the playbook then you need to take something out. Be efficient with your time, know what you believe in and get good at it. High School boys play their best when their minds are free, and they are confident in what they are to do.

A big change for the few seasons has been adopting a lot of the Feed the Cats philosophy popularized by Tony Hollar in track and Brad Dixon who implemented it into his football program in Illinois. It is a philosophy that suggests emphasizing speed over conditioning and that fresh legs and sprinting short distances at max effort trumps running ten 40’s at 80%. For old school coaches it is hard to change your mindset, but a lot about the philosophy made too much sense to us not to try and change the way we do things. Tony Hollar often talks about the book *Chop Wood and Carry Water*. It is a fantastic book and in the book one of the principles is to “Build your own House.” How we do things does not look like Tony Hollar or Brad Dixon would do it, but it works for us. We have completely taken out the conditioning part of our practices. Instead, we follow the principle that if it is not making you a better football player then why are we doing it. An example is that I loved having the players do monkey rolls, it got the kids tired, but did it make them a better football player? We instead direct our energy into making sure our drills are run at a high level; this in turn will get them “in shape” for football games. It also has freed up time in practice to work on football or game specific skills. We truly feel like our kids have more energy on Friday Nights and in turn feel like we are a little healthier later in the season.

Program development is sometimes a tricky thing at a small school. Roster sizes can vary a lot from year to year or cycle to cycle. In the last 5 years we have had a roster of 17 to a roster of 40. So sometimes things are hard like playing JV games. However, I believe that JV games are of the utmost importance.

It will not always work out and we have had to cancel some JV games at times, but we will try very hard to play games if we can. This past season we had 4 weeks where we were able to have two JV games on Mondays. I know that probably angers some coaches, but the more reps we can get the better our players will develop in my opinion. You get better at playing football by playing football. I sometimes wish we could do more off-season work, but at smaller programs we must share our players with so many different sports and activities that it is hard to demand too much. We are an Option team so we do what we call a Veer Academy where we will bring in QB's and RB's to work mesh and veer paths. We also will try to identify young kids from our JH and youth programs and work with them as well. We try to do this a couple times in the Spring. We do attend a team camp in mid-summer at Wayne State College. Not everyone believes in team camps, but we like the overnight camp, it is a good chance for our guys to bond together. The only other thing we have is

morning weights. Everyone does the weight room, we are no different, we get good participation, and it is important in the development of the individual and the development of the team.

What we do is probably not really that unique, but we are fortunate to have passionate coaches and dedicated players, sometimes we are very competitive and sometimes we take our lumps, but I love being part of a small community because the team means so much for the community's pride. Every school and every community from Class A to Six-Man has its own challenges and I hope that some of the things I have mentioned could help maybe a Coach in some way but ultimately it is all about Building your own House and doing what works well in your situation with your community and your players. It is such a great profession and the Fraternity of coaches in this State is outstanding. I would like to thank the NCA for the opportunity to talk about our program and always enjoy talking about this great game.



The Jason Foundation is proud of our affiliation with the Nebraska Coaches Association to equip coaches with the necessary resources to help save lives.

As a coach, you are in a unique position to have a lasting impact on the student-athletes in which you come into contact with on a regular basis.



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Setting Benchmarks in Developing a Program

Denae Buss – Cedar Catholic – Volleyball

2022 NCA Coach of the Year

Courtesy Photo



Taking over a program can be an exciting task but can be daunting when thinking about all the things a coach will try to instill in their program. I would encourage you to start by making goals. What are the things that you need to know before the first game, what do you need to do by the end of the season to make your team reach their potential? Throughout the year revisit your goals, stay on track, or raise the bar. Looking at your program from top to bottom will help to identify your team's needs and the list will be ever-changing. Every player and team will be unique from one to the next.

When looking at your entire program, what things will help athletes get to the competitive level with others by the time their junior and senior years come around? It starts at the bottom; coaches need to invest in them also for prolonged success. I would encourage you to make time for them and reach out to the coaches helping with these levels which are likely parents. Get yourself in the gym with these players and to remember that each player develops at a different time, every child needs to be included to keep a strong program. Yes, some will choose different paths other than volleyball, but they will take what they learned in your gym to their next endeavor and they along with other school activities will continue to grow their success.

Throughout our program at Cedar Catholic, we have certain volleyball benchmarks of what we would like to see each age group working, to prepare them for the next level:

Kindergarten – Grade 2

- Hand-Eye Coordination
- Overall Physical Activity
- This age is all about having fun (as with all the others)
 - It doesn't matter where the volleyball goes or if there even is a volleyball
 - Make relationships, that they love physical activity

3rd & 4th Grade

- Underhand Serving
- Can introduce Overhand serving mechanics
- Introduce Athletic Ready Positions (Knees Bent, feet shoulder width apart, arms out)
 - This is for any sport, how should your body look when you are ready to move
- Correct Passing Arms and Footwork
- Moving to the ball
- 2 Contacts on 1 side of the net if needed

5th & 6th Grade

- Underhand Serve is proficient
- Overhand Serving (may only be in practice for some)
- Correct Passing Fundamentals
- Passes go to the "Setter's Pocket"
Keeping the ball on our side of the net
- 3 contacts with an overhead attack
(tip, set, downball, roll, hit)
- Know Serve Receive
 - We use Setters coming from the front row with 4-2 offense
- Know Freeball Transitions off the net
- Start Learning Base Defense Positions when the other team has the ball
- "Position" Switches
 - Ex. Where is the base for a MH, RS, and OH
 - Encourage players to try different positions
 - Players should experience front row and back row
- Work on Hitting off a set
- Work on Setting

7th & 8th Grade

- Overhand serving
 - Underhand serving can be used in games because it is about the team, not the serve
- Introduce Serving to Zones
- Correct Passing Fundamentals
- Serve Receive
- Know Rotations

Continued on page 11

nebraska coach

- Setters now come from the back row
- 7th Grade strives to set the ball up every time –
No Free Balls go over the net
- 8th Grade- Introduce quick sets/hits
- Know Base, Freeball, Downball Formations
- Start Defensive Responsibilities
- Single Blocking mechanics
 - We have 2 players block in our defense at all times, we just barely touch how to do it

High School

- Passing/Serve Receive are heavily worked on
- Serving zones becomes proficient
- Setting Accuracy
- Hitters What are your options when hitting
- Know Serve Receive, Rotations, Base, Freeball, Downball, Defensive Responsibilities
- Learn Freeball “Plays”
- Blocking footwork and hands
- Working on Consistency and Discipline
 - Strive to do every skill the fundamentally correctly every time
- Work on Reading on defense

With all these things being worked on, there are a few things that we work on everyday which comes from our program philosophy. What makes your team special? What does your team do every year, regardless of who is on the roster?

For our team we strive to do 5 things

1. Passing – Be the best passing team. We will work on this particular skill half or practice, every day, at every level. Players may need to leave to work on a different skill at older ages, but we always start a drill off a pass or serve receive.
2. Passion – We have a love for the game and for each other. Passion flows through effort, it flows from the bench onto the court, from the court onto the bench, it flows into the crowd. Playing with positive emotion, for yourself, but most importantly for others.
3. Discipline – Strive to do the little things right, day in and day out and do it with integrity, when no one else is looking.
4. Extra Effort – Can we get one more hand on the ball? Can we reach one more inch on a block, can you do one more

rep. One person making an extra can be the difference in a game and if you give your extra effort, you can walk away proud, win or lose.

5. Leadership – Everyone brings something to the team, a player may be the motivator, the extra effort player, the listener, the tough-love. Every player, every coach, every student manager, every parent, every administrator, every fan, has a role to play, and all are important. We are one team.

The last thing to think about is what do you want the athletes to remember?

At the end of every year, before the new season begins, our previous seniors write a letter back to their jersey and the player that will now take on the challenge. Only the player with the jersey gets to read the letter. Resounding through the letters are their teammates. The teammates are the ones who mattered. Through all the hard work and dedication they put in, they all wish they could have one more day, living in their jersey making memories with their teammates, their best friends. As coaches, keep this in mind, you facilitate their best memories.

What Should I Do if I am Concerned?



What should an appropriate response be if a student-athlete has expressed an intent, plan of suicide, or attempted suicide? Treat the behavior or threat seriously and potentially dangerous. Coaches should not assume the severity of these actions or characterize these expressions as a means of gaining attention.



Refer the individual to a mental health professional that can then evaluate the student-athlete. Going to the nearest hospital or emergency room may be appropriate.

A coach's quick response to a student-athlete can show that their mental health and life are serious matters. It is far better to be cautious when seeking professional assistance for the student-athlete and sharing support with the individual.

Names and contact information of referral resources should be readily available. Research and plan options before needing them. Familiarize yourself with the school or system protocols to guide your response. Always notify the parents or guardians of any threat to a student-athlete's mental health or if there is any danger of harming themselves.

If you are concerned a student-athlete is a danger to themselves, do not leave them unattended. Remain with them until a mental health evaluation is completed.

The Jason Foundation has many programs and resources for coaches, educators, youth workers, parents, and students available at no cost. These programs are available for education and to help guide in assisting at-risk youth. Visit jasonfoundation.com to learn more.

Visit www.JasonFoundation.com To Learn More

The Jason Foundation | 18 Volunteer Drive | Hendersonville, TN 37075 | (615) 264-2323

What to Eat Before and After Your Workout

Angie Asche MS RD, CSSD – Eleat Sports Nutrition, LLC

Sponsored by Undenably Dairy

Whether you're an athlete, active individual, or just starting your fitness journey, proper nutrition plays a vital role in optimizing your workouts and maximizing your results. Pre-workout and post-workout nutrition are two crucial components that can help enhance your performance, aid in recovery, and support your overall fitness goals. In this article, we'll delve into the significance of pre-workout and post-workout nutrition and provide practical tips to fuel your workouts effectively.

Pre-workout nutrition involves consuming the right combination of nutrients to provide energy, enhance endurance, and prepare your body for exercise. Here are some considerations for an effective pre-workout routine:

Timing your pre-workout meal: Give yourself enough time to digest your meal or snack before exercising. Aim to eat 2-3 hours before exercising, depending on the size and composition of the meal. If you're pressed for time, a light snack 30-60 minutes before exercise can provide a quick energy boost.

Carbohydrates for Energy: Carbohydrates are the primary fuel source for your muscles during exercise. The greater the

intensity, the more your body relies on carbohydrates. Before your workout, opt for easily digestible carbohydrate sources. Some options include fruit, bread, bagels, rice, whole grain cereals with low-fat milk, or starchy vegetables like potatoes and sweet potatoes.

Protein for Muscle Support: Including a moderate amount of protein in your pre-workout meal or snack can aid in muscle maintenance and repair. Opt for lean protein sources like poultry, fish, tofu, tempeh, and dairy products. Dairy such as milk, chocolate milk, Greek yogurt, and cottage cheese are all excellent sources of protein.

Prioritize hydration: Don't forget the importance of hydration. Drink water throughout the day, aiming for at least 16-20 oz. of fluid in the few hours leading up to your training session. To estimate hydration needs during exercise, simply take your weight in pounds and divide it by 30 to find an estimated amount of ounces per 15 minutes. For example, if you weigh 160 lbs, this would come out to be about 5 oz. every 15 minutes or so. Hydration needs will depend on several factors such as rate of exertion, sweat rate, and environmental factors.

Scan for more information on educating athletes on fueling for performance:



Scan for videos from Leslie Bonci, RD, Sports Dietitian with Kansas City Chiefs to share with athletes:



Post-workout nutrition is crucial for replenishing energy stores, promoting muscle repair, and facilitating recovery. Here are some key considerations for post-workout nutrition:

Refuel with Carbohydrates: After a workout, your body needs to replenish its glycogen stores. Consume a combination of complex carbohydrates and easily digestible sugars to restore energy levels. Chocolate milk is an athlete favorite, and we love that it hits on all 3 – carbs, protein, and fluids, providing a 3:1 ratio of carbohydrates to protein to help refuel exhausted muscles after strenuous exercise.

Rebuild with Protein: Post-workout protein intake is essential for muscle repair and growth. Include a serving of high-quality protein in your post-workout meal or snack. Lean meat and poultry, eggs, dairy products like milk, yogurt, cheese, and cottage cheese, legumes, soy, or ready-to-drink protein shakes are excellent options.

Incorporate Antioxidant-Rich Foods: Include antioxidant-rich foods like berries, leafy greens, and colorful vegetables to combat inflammation and promote recovery. Research shows that polyphenols can help minimize post-exercise pain, improve

Continued on page 14

strength recovery and reduce fatigue. Polyphenols are found in plant foods such as fruit like berries and cherries, herbs and spices, vegetables, nuts and seeds. One of our athlete's favorite post-workout snacks is a smoothie made with antioxidant-rich frozen berries and leafy greens, blended with bananas or oats for more carbohydrates, and milk or yogurt for high-quality protein.

Prioritize hydration: Rehydrate your body after exercise by drinking water or electrolyte-rich beverages. Fluid replenishment is crucial for restoring hydration levels and aiding in recovery. As I mentioned earlier, chocolate milk is another excellent option providing fluids, carbohydrates, and protein.

Pre-workout and post-workout nutrition are integral parts of a well-rounded training regimen. Proper fueling before exercise provides the energy and nutrients needed for optimal performance, while post-workout nutrition helps to optimize recovery and support muscle repair. By paying attention to your body's nutritional needs and applying these guidelines, you can maximize your workouts and enhance your results. Meet with a registered dietitian today to help develop a personalized pre and post-workout nutrition plan for you.

Pre-Workout Nutrition: *What Should I Eat Before Practice?*

Prioritize

- Easily-digested Carbohydrates
- High Quality Protein Source
- Fluids/Hydrating Foods
- Minimize Fat and Fiber

Meal Ideas 3-4 Hours Pre-Workout:

- Turkey or Chicken Wrap with cheese, avocado, cucumbers, lettuce or spinach, and peppers + Glass of milk
- Grilled chicken, whole grain pasta with olive oil and parmesan cheese, and a mixed green salad



Snack Ideas 30-60 Minutes Pre-Workout:



Smoothie:
Blend together frozen strawberries, Greek yogurt, and low-fat milk



Hard-Boiled Egg with Fruit



Chocolate Milk:
simple, easy source of protein and carbohydrates when you need to stay energized



Greek Yogurt and Berries: yogurt is linked to a healthy immune system



Toast with Nut or Seedbutter and Banana



DIY Sports Drink:
Orange juice + coconut water + salt

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Post-Workout Nutrition: *What Should I Eat After Training?*

The 3 R's to Recovery:

- **Refuel** - replace glycogen stores (carbs)
- **Repair** - initiate protein synthesis (protein)
- **Replenish** - rehydrate (fluids/electrolytes)

Smoothies, chocolate milk, milk, and ready-to-drink shakes are all excellent and convenient ways to consume all three - fluids, carbohydrates, and protein - post-workout. Aim to consume at least 16-24 oz. of fluid for every pound lost during exercise, and 15-25 grams of protein.

Liquid Options:
Convenient for athletes who struggle to eat solid foods or experience a lack of appetite after exercise.

- Milk
- Chocolate Milk
- Smoothie with protein powder or yogurt, fruit, oats, peanut butter
- Ready-to-drink protein shake with a small piece of fruit



Food Options:
For two-a-day workouts or tournament days, this recovery window becomes even more important. Could consume a small snack immediately post, followed by a larger meal 2-4 hours after.

- PB&J with a glass of milk
- Eggs, whole grain bagel, fruit
- Greek yogurt parfait with honey, banana, granola, pumpkin seeds
- Burrito bowl with chicken, beans, brown rice, cheese, vegetables
- Lean ground beef tacos with tortillas, lettuce, tomatoes, peppers, and avocado



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Challenge Accepted

Courtney Maas – Wayne – Girls Cross Country

2022 NCA Coach of the Year

Photo Credit: Michael Carnes – Mikey C Productions



What is your biggest challenge? After being an assistant coach for Rocky Ruhl at Wayne High School for eight years, I took over as head girls coach in 2017 and found my biggest challenge was how to continue building the cross country program.

When we have softball, volleyball, girls golf, and cross country all as options for fall sports, it isn't easy. I had a daughter and two young boys of my own. My concern wasn't just how to build our cross country program, but how to create healthy lifestyles to help build all our programs in Wayne.

My daughter and five other girls participated in Girls on the Run as a third grader. We continued Girls on the Run for two more years and were at capacity. But in the back of my mind, I kept thinking, "Why is this just for girls? Boys need to build confidence, too."

That's when I decided to create my own program and write my own curriculum. In 2018, we had 43 boys and girls in 3rd–6th grade join our new program, "Wayne Run Club." Wayne Run Club (WRC) is a running and character-building program focused on teaching youth to build confidence, character, health, and friendships and create unity of youth.

WRC meets twice a week for an hour and 15 minutes. Our practices are divided up so we have three classes on each topic, a practice including a community service project, a 5K race, and an end-of-the-season awards ceremony. The practices start with announcing Unity Award winners. These are given to anyone who has shown that they are going above and beyond to reach our goals, and they are given a toe tag to attach to their shoe. Then we have a lesson and activity based on one of our topics. These lessons have varied from goal setting, mental

health, problem-solving, standing up for yourself, courage zone vs. comfort zone, forgiveness, creating a positive mindset and empathy, to healthy relationships, internet/social media safety, healthy vs. unhealthy foods, effects of vaping/smoking cigarettes, how to handle stress, types of self-care, life balance, and so much more.

We have also had guest speakers from Haven House talk about healthy relationships, athletic trainers discuss breathing and stretching, police officers teach us about internet safety, and our State Championship Cross Country team show the kids goal-setting. Following our 25-35 minute lesson and activity, we warm up with some dynamics and go out and run together. To end every practice, we circle up to stretch as I share some positive things that the volunteer coaches saw throughout the lesson, activity, and run. Finally, we close by joining arms to say our WRC Oath, "I will be kind to myself and others, respect myself and others, and treat my body and other's bodies with respect. I am here to help myself and others build confidence, character, friendships, and a healthy lifestyle – Youth for Unity!"

Wayne Run Club has grown to have over 95 participants and nine volunteer coaches. This program has helped build our cross country program, along with other programs in Wayne. Our current girls cross country team are all girls who joined Wayne Run Club back in 2018 and most of our boys runners were previously Run Club members. Not only has Wayne Run Club helped increase our participation, it has helped build relationships with student-athletes.

Throughout the WRC season, we focus on our goal of running a 5K. We make this day as exciting and as much like a real 5K race as possible. The kids have to check in to receive their BIB number and T-shirt before the race. We get together to warm up, discuss race etiquette and safety, and head to the starting line together. We have a practice 5K as one of our practices to get a base time, and then we line the runners up according to their practice 5K time. Along the route, we have signs with encouraging sayings and people playing music. Parents, grandparents, friends, and community members often participate in the 5K or stand along the route to cheer and encourage the runners. Our track team, several teachers, and community members volunteer to help along the route to guide the runners.

It has been amazing to see the sense of accomplishment these youth have when they come across the finish line and through the chute. We have huge smiles, hugs, and many, "I can't believe I did it," and "I can't wait for next year!" These feelings tend to carry on through other activities and life events. They learn they are capable when they set goals, work hard to

Continued on page 16

achieve them, and look to others to help and support them. Relationships are built, goals are reached, confidence has grown, healthy habits are forming, and youth are coming together to all achieve something together.

I may be one of the only cross country coaches to not coach track. I've been asked if I want to coach track. If the opportunity in our district arises, it might be an option. As for now, I will continue building the youth's confidence, character, friendships, and a healthy lifestyle through Wayne Run Club. It's been a positive program for our community and it's rewarding to see the accomplishments these youth have achieved.

Challenges are one thing that keeps me motivated as a coach. Challenges create opportunities and opportunities create goals. Our team consists of motivated student athletes who seize the opportunity to run and accept the challenges ahead of them. We talk a lot about challenges, setting our goals, and what it takes to reach them. Creating Wayne Run Club has helped build our cross country program. Thanks to Wayne Run Club, the incredible team around me, and my amazing family and support system, our team won the 2022 Class C Girls State Championship. Challenge accepted and achieved. Now to face new challenges and continue setting new goals.



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Water the Bamboo And Watch your Team Grow

Tony Neels – Gothenburg – Boys Cross County

2022 NCA Coach of the Year



Courtesy Photos

Instant gratification. It rules the world we live in. It seems that everyone, everywhere, wants something, and they want it now. We have been conditioned to expect that everything in life will be immediately available and when it is not, we don't know how to handle it. When things don't happen quickly, we get upset, we get frustrated and, oftentimes, we give up. This seems to be the case with many athletes today as well.

Far too often, athletes who don't see instant results give up on the hopes, dreams, and goals they have set for themselves simply because success did not immediately come to them. This can be especially true for the sport of Cross Country.

Success Takes Time

In our program we discuss on a regular basis that success takes time. Nothing will happen overnight but, with hard work and dedication, over time you will see the results. In our program we use the phrase "Water the Bamboo". The reference is to a Chinese proverb that shows the importance of putting in the time.

"Giant Bamboo farmers plant a bamboo seed and begin watering the plant. Every day they tend to the bamboo. In the first year, the bamboo seed fails to grow. In the second year, still no growth. During the third year the farmer continues to water the plant, but still there is no growth. However, in the fourth year the bamboo seed grows 90 feet in 60 days"!!!

The moral of this story resonates with our team and is something that we live by in our program. Put in the work, show up day after day, give it time. Success will come your way. Regardless of the goals and aspirations of each individual athlete, this story sets the tone for what they want to achieve. Every season, I ask each individual runner on our team many questions about their goals and what they want to accomplish during the

season. The first question I always ask is, "Why are you here"? In the 12 years I have been a Cross Country head coach the variety of answers I have gotten to that question have been widespread. Many runners are there for reasons you might expect. "Make it to State", "Be a State Medalist", or "Win a State Championship". Sure, those are the answers every coach wants, and expects, to hear from some of their top athletes. However, for every expected answer, I always get five or more unexpected answers. For some, they want to "get in shape" for another sport such as wrestling or basketball. Others want to be involved in many activities which will look good on their scholarship or college applications. And yet others have their own other personal reasons. I had a female runner many years ago simply tell me, "Coach, I'm only here so I can fit into my homecoming dress". Whatever the reason for them joining the team, I am happy they are there and will do whatever it takes to help them reach their goals.

Fill Their Watering Can

As coaches, it is our responsibility to help our athletes tend to their bamboo. We guide them, encourage them, and push them to keep them on the path to their goals. To do this, our coaching staff works hard to highlight student successes on a weekly basis. Every athlete, regardless of goals or abilities, can be recognized by the coaching staff based on their efforts and performances. We utilize the *Athletic.net* website to keep track of individual performances from week to week and year to year. The kids look forward to the practice days following meets when we highlight improvements made by individual athletes. Like most schools, we race the same courses year in and year out. This allows us to see improvements from one year to the next by every individual athlete who was on the team the previous year. We highlight this by announcing the time improvements each athlete made from last year to this season. Some kids may only improve by a few seconds, others by 30 to 40. Some improve, not in seconds, but in MINUTES, and they receive the loudest applause from the group. Last year we had a young man that consistently trimmed 2-3 minutes from his previous years' times. This of course motivated him week in and week out to continue smashing his personal course records. In addition to highlighting our individual improvements we also highlight those who display grit, determination, and tenacity during competition. Our coaches look for athletes who make an aggressive surge up a

Continued on page 18

hill, pass multiple competitors in the homestretch, or show some other competitive spirit throughout the race. The day following the race, after highlighting our individual time improvements, we hand out our “Super Swede” awards to those who caught the attention of our coaching staff. Sometimes these athletes are our top performers. However, most of the time it is those who didn’t earn a medal or maybe didn’t even count in our team score but still showed the determination to make themselves better. This is the epitome of what we as coaches hope to see; athletes, no matter the situation, striving for greatness and always watering the seeds they have sown.

Water Your Own Plants Too

Coaches, like our athletes, have goals we strive to achieve, and just like our athletes those goals often come with a great number of obstacles that get in the way. Watering the bamboo is not just for our athletes, it is for coaches as well. Building a program takes time. Rarely does a coach take over a team and experience immediate success. For most of us we put in countless hours attending clinics, reading training programs, developing workouts, and motivating our runners to be the best they can be. All this time, and energy doesn’t always result in visible success right away. Your team may not win

any invitationals. They may not win a conference, district, or state championship. However, just like watering the bamboo plant, the work you put in makes a difference and that work will eventually show. Early on in my coaching career, I wanted nothing more than to win every meet my teams attended. When that didn’t happen, I began to question what I was doing. Were we running enough mileage in the summer? Were our interval days as intense as they needed to be? Was I doing enough to help my athletes be successful? All these negative thoughts led to frustration and doubt in myself and my training program. However, over time success began to grow, not just in winning meets but in the growth of my athletes. Times began to drop, performances began to improve, and best of all, relationships began to grow. For me, winning is not why I coach. Rather, I coach for the relationships I get to build with every athlete that joins our team. The benefit of this profession is that we get to see the bamboo growing all around us. Every year we plant new seeds, and the process starts over, however, we also get to see the results of the years of work we have put in with each athlete we have coached. Growth will happen both in your athletes and in your program. Keep planting your seeds. Be patient. Keep working. Your bamboo will grow. It is happening right now even if you can’t see it. You just must keep watering.

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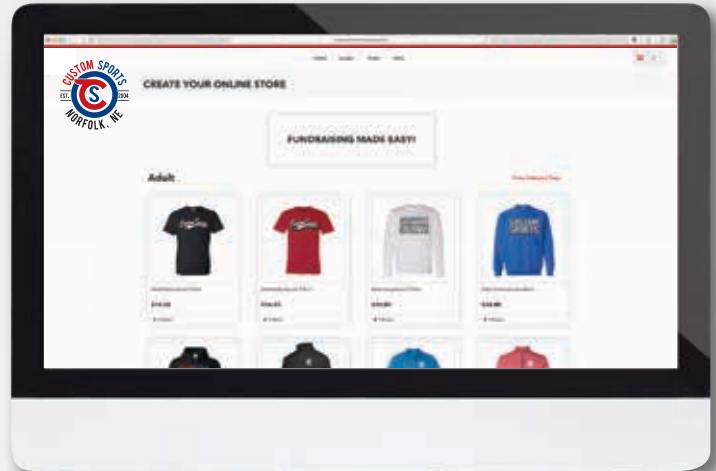
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Putting the Ultimate Puzzle Of Success Together

Brock Ehler – Scottsbluff – Girls Golf

2021 NCA Coach of the Year

Courtesy Photos



Although I have been involved in many sports throughout my life, golf has afforded me many opportunities for my education and my career. My role models, my dad and older brother, taught me the fundamentals of every sport and modeled great coaching techniques that have led to successful coaching careers. I focus on the numerous coaches from multiple sports I have had in my life and take

all the coaching tricks I have gathered and place that into my personal coaching philosophies, and between them try to put the ultimate puzzle of success together.

One key to success as a coach is to have support from school administration, golf courses, parents, and the community. When the coach and team feel supported, it gives them a sense of accountability and makes them work to make others proud. It is vital to ensure that the needs of the team are met and that they feel each sport is equally important.

Secondly, I have learned through the years that setting expectations and goals for yourself, and your team will increase the chances of having a successful season. Before every season I set both short-term and long-term goals for myself as a coach, my assistant coaches, for every individual athlete, and the team. Assistant coaches must be passionate and involved during the season and during the off season. Summer camps and tournaments are important to create team unity and give the athlete a purpose to practice. Assistant coaches should be given guidance as to what is needed and expected at each practice and tournament. This is so they realize ultimately, we are on an equal playing field, and all are required to be accountable if we want to find progression as a team.

A detailed written plan with specific goals should be set prior to every practice and tournament and followed by every player and coach. It is vital that the athletes have fun and work hard at the same time. When they start seeing success with their efforts, practice becomes that much more enjoyable for the athlete. Goals should be high but obtainable to ensure success because it is extremely hard to bring the intensity of the game to practice if you are not sure what you are working towards.

Utilizing practice time is important because of the wide range of activities students are involved in. Each athlete is expected to use the allotted time efficiently to improve their skills and performance. Practices should include skill building drills, competitive games, and friendly competition which adds an enjoyable dimension to the practice atmosphere. If a golfer struggles to chip and putt it is common to always find that kid on the range with his driver ripping balls off a tee because that makes them feel a sense of success and self-confidence. It is our job as teachers and coaches to methodically find a way to make them a stronger chipper and putter, so they find excitement in wanting to practice those things. By having exciting accountability measures and making an athlete more well-rounded it helps develop a culture of success within your program.

Although it is very important to have consistent expectations and rules, it needs to be understood that every athlete cannot be coached in the same manner. It is important to find a positive student-coach relationship that will allow a coach to identify the best way to approach an athlete with constructive feedback. It is important to know the difficulty in changing certain characteristics of a child. If a young athlete is intrinsically motivated the job is easier, and finding effective ways to motivate them is where a coach or program can thrive. You will reach any individual quicker and gain a stronger trusting relationship if you understand what motivates them.

To help strengthen those relationships and truly find success coaches must be willing to make themselves available to their athletes. This is just as important in the off-season as in-season. The passion I have for golf (and other sports) is visible to the athletes I coach. They see the enjoyment I get from playing and competing. I take the time to play golf with them and give pointers when needed. Being available for the golfers at tournaments is important to help them understand the rules, how to read greens, the best way to score, etc. This helps the golfers build self-confidence and learn to trust you and their game. I try to instill in my golfers that they should play without fear and making mistakes and learning from them will improve their overall game. This includes directly coaching them about how to play a certain role. We focus on “team golf” and this sometimes means playing a hole a certain way that avoids big numbers because it is what is best for the team. Therefore, maybe we choose to hit a 5 iron off the tee instead

Continued on page 21

of a driver. This does not mean just because we are hitting a 5 iron off the tee we are not playing aggressively. It just means we are attacking this hole in a different way. We still want to be aggressive and swing without fear as we play the hole, just simply from a different perspective as maybe someone else may choose. As a coach I give them what I believe the best percentages are for the course. I strive to help golfers build self-confidence and how to rebound after what they may perceive as failure. Having a neutral emotional reaction after failure is important to move on to the next stroke while finishing the round with a positive mindset. The same mindset we want our student-athletes to have when they face difficult situations in life. Learning how to see the cup half full when facing adversity is a long term goal we want for our student-athletes while developing them into productive community members.

Coaching, like any other career, takes life-long learning, and keeping up with the most current techniques, instruction, and equipment is important to give the athletes the best experience possible. It is important to learn from other successful coaches. Their tips and knowledge based on their experiences are invaluable.

Finally, the life skills that are learned by the game of golf are skills that will help in

every aspect of the athlete's life. Commitment, punctuality, organization, patience, perseverance, adversity, and how to accept disappointment as a learning tool. These skills have a positive impact on the athlete's life now and in the future. I coach because there are rewards in helping others succeed and find confidence in themselves. I don't know everything, but I do know how good it feels when a student comes back years later and says, "I just want you to know Coach Ehler, you helped me believe in myself when others doubted me, including myself".



Courtesy Photos

An advertisement for MaxPreps. On the left, the text "AMERICA'S SOURCE FOR HIGH SCHOOL SPORTS." is written in large, bold, white letters. Below this is the MaxPreps logo, which consists of the word "MAXPREPS" in red with a white 'X' over the 'A'. On the right, a smartphone is shown displaying a team roster for a 2022-23 Varsity Team. The roster includes names like Hailey Muechel, Kelsey Wagner, Megan Nelson, Samantha Toy, Nikki Beckman, and Chelsea Johnson. Above the phone is a red 'X' logo in a white square. The background is dark with faint images of athletes.

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Common Principles for a Successful Season

Chad Perkins – Omaha Marian – Softball

2022 NCA Coach of the Year



Courtesy Photos

When I was asked to write an article about softball and some of the things that helped us to have a successful season, I was a little hesitant. I don't think there are any secrets or hidden tricks that lead to a great season. As most coaches know, the key to success is a combination of things both physically and mentally. I am going to touch briefly on the mental side of the game and share a few things that have helped us over the years.

Confidence is extremely important to a softball players success both on and off the field. It is almost impossible for a player to reach her full potential if she lacks confidence in herself and her abilities. A player needs to understand and accept the fact that softball is a game full of disappointments and failures. There are also in every game, many situations that are outside a player's control, and the way they react to these can determine success or failure. It is up to us coaches to help the player understand this and prevent it from impacting their performance.

Below are a few of the common principles that we try to keep in mind throughout the season:

- 1. Communication** – Good communication is essential to building a strong team. Make sure you are clear and concise when giving instructions, and always be open to feedback from your players. I try to get to know the players and I want them to know and trust that I am here for them.
- 2. Leadership** – A good coach is a strong leader. You should be able to motivate your team and lead by example. Set high standards for yourself and your players, and always strive to improve. I strongly believe in this and how can I expect the players to be leaders if I am a poor example. The days of “Do what I say, and not what I do” are over.
- 3. Organization** – Being organized is key to running a successful team. Make sure you have a plan for practices

and games and keep track of important information such as player stats and game schedules. As a coach, we all know that there are a ton of things to keep track of throughout the season. Sometimes it is more work compiling all the data for post season awards. If you are organized during the season, it makes the post season much easier.

- 4. Strategy** – Developing a good strategy is essential to winning games. Study your opponents and come up with a game plan that will give your team the best chance of success. As with all good coaches. . . we try to plan as best as we can for our opponents. Being a club coach has helped with this the past few years because I am able to see more of the players from opposing teams. It is by no way a guarantee that you will have success against them, but it does help.
- 5. Motivation** – Keep your players motivated by setting goals and rewarding them for their hard work. Encourage them to push themselves to be their best, and always be positive and supportive. I lean hard on our upperclassmen for a lot of things, but this is one of the areas where they have done a great job in the past. I am sure you have all heard the phrase that is best to have a “player lead versus a coach fed” team. When the players don't need the coaches to constantly motivate them, and they do a great job of it themselves. . .the difference is very apparent.
- 6. Team Culture** – Building a strong team culture is important for creating a positive and supportive environment. Encourage your players to support one another and work together as a team. I think every coach knows the importance of culture. This probably the thing that we push the most. I would say that all the other things that I have mentioned all lead into helping develop the best culture. We all want a culture where everyone is putting the team first and are excited for other's success. This is harder than it seems, and the players must swallow their pride sometimes. When you have a great culture, it can lead to teams that are unstoppable at times.
- 7. Individual Skills** – Develop your players' individual skills by focusing on areas where they need improvement. Provide them with individualized feedback and training to help them reach their full potential. Every coach has

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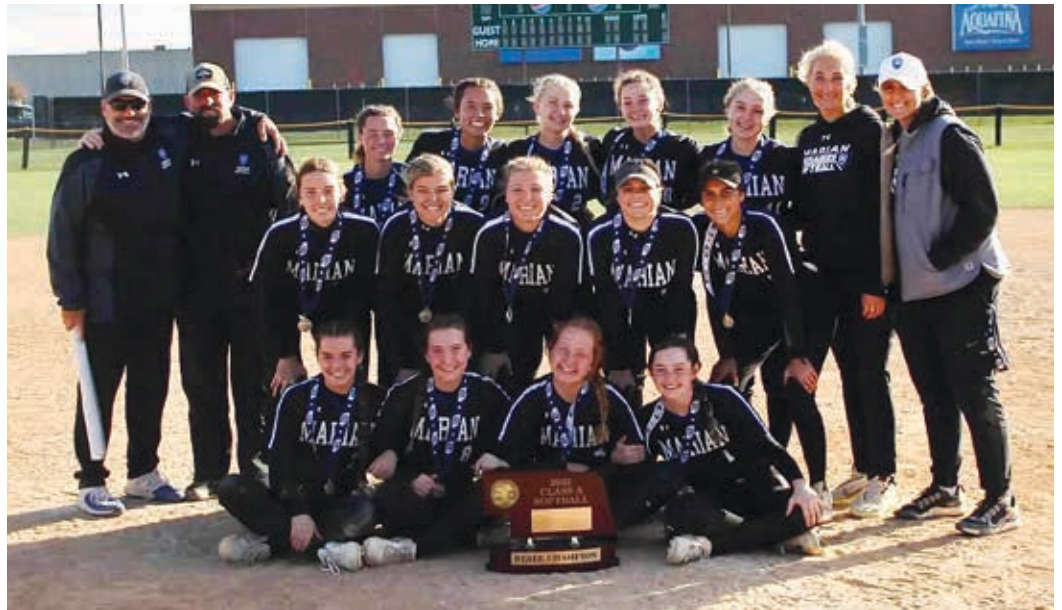
different ideas on practice and there is no one way that is best. There are several outstanding coaches around the area that have a ton of success because of the player development that goes on. The best coaches have a way of continuing to develop the players' skillset and it's evident with the success that they continue to have.

8. Player Relationships – Building strong relationships with your players is important for creating a positive team dynamic. Get to know your players on a personal level and show them that you care about their success both on and off the field. If you have a good relationship, it leads to trust, and when a player trusts you, they will listen and believe what you are trying to get them to do.

These are just a few things that we try to do throughout a season. I have been lucky to observe and coach alongside several great coaches in the past and the knowledge I have gained from them has helped lead to

some success over the years. You have heard it said before that coaching is just a bunch of people copying ideas from others. Well if that is the case, I am happy to be in this area because we are blessed to have some of the best coaches in the country to copy from!

Best of luck to all in the upcoming season!



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A General Approach to Practice

Lance Kush – Elkhorn North – Boys Tennis



Courtesy Photo

This article will hopefully provide the reader with a general philosophy and approach to tennis practices. Though it does not provide the reader with specific drills, games, and technical advice... It will allow coaches to reflect on their own general approach to practice. How you prepare throughout the season can help tip the scales in your favor competitively.

Our Elkhorn North varsity practice typically runs for 2 hours. We always start with a tennis warm-up. It usually consists of cooperative volleys, short court groundstrokes, full court groundstrokes, fed volleys and overheads, and finishes with serve and return. Despite it being called a warm-up, its purpose is not solely about the players getting warmed up. It is an opportunity to provide valuable instruction. We often pull aside players to instruct them on their technique. It could be anywhere from their footwork on a backhand to their elbow position on serve. The warm-up is one of the best opportunities to instruct a player. For this reason, our warm-ups can last upwards of 30 minutes if we feel that certain players need extra instruction on that day.

Once the warm-up is complete, the rest of practice will ensue. Our practices rely on a guiding question: What do individual players, and our team, need? I will always determine what our greatest needs are and construct a practice around those needs. Let's say that half of my players are struggling with volleys and the other half are inconsistent with their first serve. I may

proceed to have one court work on serves while the other court works on volleys. I may primarily be with one court working on volleys while the other court does something more self-run with serves. This is where knowledge and experience play a vital role to truly make improvements on your team's needs.

When I was fresh out of college and an assistant coach at Elkhorn South, I did not have the knowledge and experience that I do now. I would rely more heavily on the head coach for drill ideas, games, etc. I learned that if you want to be an effective instructor, then it is important to be a sponge. The following summer I helped assist in coaching group clinics, which provided me with new ideas and experiences. It is also valuable to put yourself in your players' shoes by playing the game.

I learn new approaches to coaching when I try to implement a tennis skill into my own tennis game. The most important resource that I continue to utilize happens to be free of charge: The internet. It can be a great place to read about various drills, observe YouTube tennis instructors talk about technique, and study the professionals. If I want to truly help my players improve, then I need to make sure that I deeply understand the game and not get complacent with my own level of knowledge and experience.

Once we hit our dire needs for that day's practice, then it opens the opportunity for something fun or new. Many players are out there to simply have fun. Other players could benefit from a break from the intensity of drills and competition. It is important to try to implement fun games into practice relatively consistently. I do make sure that the players are still applying good technique, but it is okay to give them a little slack in the spirit of having fun.

It is always very productive to take the extra time during practice to teach the players a new shot. It surprises me how many players are only comfortable hitting flat serves and topspin groundstrokes. Adding more shots to a player's arsenal can really improve their performance. For example, I would take a certain amount of time to teach them how to hit a slice or maybe a topspin lob. Last Fall, we even had a drop shot competition! Players enjoy learning and perfecting new shots. This often

Continued on page 27

translates to them using these shots more consistently during match play.

The approach to postseason play is different from the rest of the season. For the most part, the players are who they are at this point of the season. Only minor changes in technique would be made. The focus of this part of the season is strategy. I try to prepare my players for who they will likely face in the important tournaments. I look at the draws and make predictions about the most likely opponents for each of our divisions. Then, I construct a strategy for how to beat these opponents. The practices leading up to these competitions are opportunities to prepare for these likely opponents. If I determine that my #2 singles player likely needs to approach the net and hit overheads to win, then that is what we will be working on in practice. If my

#1 doubles team will likely play a team that hits slices, and that is something we struggle with, then I will most certainly feed slices to them so that they gain more confidence. I typically keep a couple of junior varsity players to participate in practices with us leading up to these competitions. They often serve as the scout team for the varsity players. Prepared players handle high pressure situations more effectively than players who are not prepared.

Hopefully this article provides some insight on how I approach practices throughout the season. Coaching is a dynamic profession that can be extremely rewarding. Players appreciate a coach that is committed to helping them achieve their full potential. Practice is the ultimate key to achievement.



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Utilizing Working Maxes to Prescribe A Student-Specific Strength Program

Dr. Brandon Mimick, CSCS – Bennington – Strength & Conditioning



Courtesy Photo

How do we create a strength program that is safe, effective, and efficient, meets all students where they are in the moment, yet still challenges them daily and allows sought after gains to be achieved? Honestly, I do not believe there is one set answer to this question. I will not claim that what we do at Bennington is the way all should be doing it – by no means is it perfect

or come with any guarantees. However, the framework we utilize does allow us to provide programming with a consistent structure while also providing flexibility, when needed.

However, where we are now is not where we started. I am guessing that I am similar to you in that you have trial ran various styles and/or systems and, when needed, attempt to make tweaks to improve and evolve. Most notably, here are a few of the biggest areas that forced us to evolve at Bennington: a) multi-sport athlete with little to no off-season; b) frustrations with and inconsistencies from only doing end-of-quarter testing; c) large population involved in strength program; d) inconsistent weight being utilized by lifters; e) lack of in-the-moment insight for both coach/teacher and lifter about appropriate weight at any given time within a set/workout, and; f) issues with form and technique when 1-rep maxes were completed – which also tended to lead to our biggest percentage of weight room-related injuries.

Noting these areas of frustration, we decided to transition from how “we had always done things”, an end quarter (or every eight weeks) 1-rep max testing week, to every 4th or 5th week revisiting of working max sets. When we complete working maxes, we typically complete five sets of five reps (5x5+), with the last set creating an opportunity for the lifter to complete as many reps as they believe they can. With this, we preface that the goal on the last set is at least five (5) reps.

What I appreciate about this approach is: a) when starting the year, we are essentially completing formative assessments to create our launching point for the year – and we are doing it in a method that is much easier to coach within and also creates a much safer and technically-sound environment than I have experienced with 1-rep max testing; b) sometimes weight intimidates students, this approach allows students to complete additional reps to increase their projected max – which tends to also boost their confidence about the weight and their

overall ability, over time; c) with each subsequent program, we prescribe weights specific to each students working max, which individualizes the workout to each student and allows the student to spend at least three weeks familiarizing themselves with weights they will potentially re-test at come the end come of the program cycle, and; d) now, in seconds, both student and staff can glance at a lifting sheet and see specifically what weight should be loaded on the bar – eliminating confusion and creating both a specific challenge and accountability for the lifter.

But how do we calculate these “projected maxes” and utilize them within our programming? We are fortunate to have some very smart people within Nebraska who are attempting to do the same things we are doing, have extensive depths of insight, and are willing to share their knowledge and experience. After several discussions with members of the Nebraska Strength Coaches Organization (NSCO), Trent Clausen – now at Creighton Prep – was willing to share various validated maxing scales created by Boyd Epley (Nebraska), Matt Brzycki (Princeton), and Chris Doyle (Iowa). From these three scales, I combined similarities to create and utilize a hybrid scale which allows for consistent projections within a single scale – unfortunately, my scale is not validated.

Bennington 1-Rep Max Predictor		
Reps	% of 1 RM	1 RM
12	69%	144
11	72%	139
10	75%	133
9	78%	129
8	81%	124
7	83%	120
6	86%	116
5	89%	113
4	90%	111
3	91%	110
2	94%	107
1	100%	100

Continued on page 30

When we completed our working maxes, Google Sheets is utilized to allow students to enter their own data during class and – through us of an algorithm – are then provided instantaneous feedback as to what their projected max would be – which also saves me a ton of time not having to transfer sometimes hard to read, hand-written results. Feel free to scan the QR code below to access the template and make a copy for yourself.



Utilizing Google Sheets, I am also able then to harvest all the data students submitted and copy it into another spreadsheet which then utilizes those projections to create a one-off program for each student (see partial example below). The ins and outs of this process are a whole other article/presentation, however, do know that this portion of how we use working maxes is not necessary to make working maxes beneficial.

From the results of the working maxes, you can still prescribe set percentage ranges for lifts and task lifters by utilizing posted

charts to determine which weight they should use. Again, what I appreciate about this method is that while a path is prescribed to each student, it is not etched in stone.

For various reasons (i.e., competition day, lack of sleep, increase in stress, sickness, etc.), students are provided autonomy to make necessary adjustments along the way. Especially during the first week of the new cycle/program, students are reminded that the path provided might be more challenging than the previous program’s prescribed weights.

With this noted, students are reminded that if a prescribed set cannot be completed, they can reattempt the set once or reduce the weight back to the previous set. If a student can complete all their prescribed sets, and if challenge is desired/appropriate, an option we provide the lifter is to skip their second set of prescribed weight and create a new potential final set that follows the same percentage increase as the sets two through four (typically 2-3%).

Since switching to the utilization of working maxes, we have increased the efficiency of our daily sessions – especially the weeks we test – we are better able to provide in-the-moment data and feedback to our students, established a data-guided program with fluidity, and decreased the number of injuries and ailments we typically experienced throughout the year due to 1-rep maxing and inconsistent, ungrounded utilization of weights. And yes, we still do a 1-rep max, however, now we only utilize it once at the end of the school year, create a program that works towards the goal weight, and provide the student the option of opting for a working max or trying a 1-rep max.

Lifter: Example

Feb 21 - Mar 17

PERIOD
0

Bench	253	Squat	152	Clean	148	Deadlift	309	STATION
Working Max	Reps: 6, Weight: 225	Reps: 6, Weight: 135	Reps: 5, Weight: 135	Reps: 5, Weight: 135	Reps: 5, Weight: 275	Reps: 5, Weight: 275		

	Week 1: Feb 21 - 24	Week 2: Feb 27 - Mar 3	Week 3: Mar 6 - 10	Max Week: Mar 13 - 17
	SLEEP	SLEEP	SLEEP	SLEEP
	RACK			
RACK	A1. Squat 4x5	A1. Squat 4x5	A1. Squat 4x5	A1. Squat 5x5+
	70% 81% 83% 85%	70% 81% 83% 85%	70% 81% 83% 85%	70% 81% 83% 85% 89%
	105 125 125 130	105 125 125 130	105 125 125 130	105 125 125 130 135
	A2. Banded Jumps 4x5	A2. Banded Jumps 4x5	A2. Banded Jumps 4x5	A2. Banded Jumps 4x5
	:30 setup B	:30 setup B	:30 setup B	Enter Date and setup B
	B1. Bench 4x5	B1. Bench 4x5	B1. Bench 4x5	B1. Bench 5x5+
	63% 78% 81% 83%	63% 78% 81% 83%	63% 78% 81% 83%	63% 78% 81% 83% 86%
	160 195 205 210	160 195 205 210	160 195 205 210	160 195 205 210 220
	B2. TRX Inverted Rows 4x10	B2. TRX Inverted Rows 4x10	B2. TRX Inverted Rows 4x10	B2. TRX Inverted Rows 5x7
	:30 setup C	:30 setup C	:30 setup C	Enter Date and Clean up
C1. Split-Leg Zercher Squat 4x5/5	C1. Split-Leg Zercher Squat 4x5/5	C1. Split-Leg Zercher Squat 4x5/5		
C2. 5lb Cubans 4x10	C2. 5lb Cubans 4x10	C2. 5lb Cubans 4x10		
	1:00 Clean up	1:00 Clean up	1:00 Clean up	

2023 NCA - Service Awards



NCA 25 Year Service Award recipients in attendance at the 55th Annual NCA-Hudl Awards Banquet: (from Left to Right) Heidi Manion, Alliance; Ryan Hogue, Kearney; Chad Schumacher, Plainview; Matt Swartzendruber, Sandy Creek and Thomas Harrington, Madison. – Callam Sports Photography.



NCA 35 Year Service Award recipients in attendance at the 55th Annual NCA-Hudl Awards Banquet: (from Left to Right) Joe Hovorka, Lincoln East and Alan Pokorny, Bennington. – Callam Sports Photography.



NCA 40 Year Service Award recipient in attendance at the 55th Annual NCA-Hudl Awards Banquet: Mike Sunderman, Norfolk. – Callam Sports Photography.



NCA 45 Year Service Award recipients in attendance at the 55th Annual NCA-Hudl Awards Banquet: (from Left to Right) Mike Brown, Mullen; Larry Johnson, Fort Calhoun and Jack Tarr, Malcolm. – Callam Sports Photography.



NCA 50 Year Service Award recipient in attendance at the 55th Annual NCA-Hudl Awards Banquet: Roger Wright, Omaha Marian. – Callam Sports Photography.



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32 Years Of Recognizing Excellence In Coaching

51 Coaches Receive Recognition in 2023

The Family of the late Jerry L. Stine

This year 51 coaches received recognition for the Jerry Stine Family Career Milestone award, with 61 applications submitted in all. The Milestone Award Program is named after the late Jerry Stine, a former Nebraska Coaches Association Board Member and Past President of the NCA. Coach Stine was the author and secretary of the award from its inception in 1992 until his death in 2022.

During the 2023 Nebraska Coaches Association Multi-Sports Clinic, 33 Level I certificates were awarded, 30 Level II certificates were awarded, and 17 Level III certificates were awarded. Thirteen (13) coaches received the Level IV plaque, the highest level in this program, at the NCA Awards Banquet on Sunday, July 23. The Level I (bronze), Level II (silver), and Level III (gold) certificates were picked up at the NCA Multi-Sport Clinic or mailed to the coach.

If you are not familiar with this program, it takes 100 wins in team sports (50 in football) to achieve Level I and 200 points in individual sports. To achieve Level II, it takes 200 wins in team sports (100 in football) and 400 points in individual sports. Accumulating 300 wins in team sports (150 in football) and 600 points in individual sports will get a coach Level III recognition. The Level IV plaque is presented to coaches that have coached 400 wins in team sports (200 in football) and have accumulated 800 points in individual sports. Team sports include football, volleyball, basketball, baseball, soccer, and softball. Individual sports include bowling, cross country, golf, gymnastics, wrestling, swimming & diving, tennis, and track & field. You must apply for this award to be recognized, you must be an NCA member, and the sport must be officially sanctioned by the Nebraska Schools Activities Association.

Nanonation has created a user-friendly program for the NCA so that all the 1992-2023 Jerry Stine Family Milestone Award Program winners can be searched electronically. The kiosk replaced the posters that were previously displayed near the NCA booth and at each sports session area. The criteria and application for this award are available on the NCA website www.ncacoach.org.

The NCA has further invested in the Jerry Stine Family Milestone Award Program by enhancing and upgrading the Jerry Stine Family Milestone Award page on the NCA website. Please go to www.ncacoach.org, click on awards, click on NCA – Jerry Stine Family Milestone Award and you can easily filter the 1,586 honored coaches by sport, level, year, and school. Please take time to review the names and if your name should be on the list, print off an application and start the application process for next year. Several coaches successfully applied years ago but have not updated their application since. If that is the case, please send Dr. Mitchell Stine an updated application. Baden Sports is the corporate sponsor for the Jerry Stine Family Milestone Award program.

If you have changed schools since you received your award or have questions concerning the Jerry Stine Family Milestone Award Program, please email Dr. Mitchell Stine at mitstine@gmail.com. A milestone application may also be submitted to Dr. Mitchell Stine by email.



2023 NCA Jerry Stine Family Milestone Award Honorees



LEVEL I

Brent Bauer – Ogallala – Football
Denaë Buss – Cedar Catholic – Volleyball
Joseph Foust – Logan View – Boy's Track & Field
Joseph Foust – Logan View – Girl's Track & Field
Justin McGill – Norris – Boy's Cross Country
James Myers – Norris – Boy's Golf
Jake Polk – Centennial – Basketball
Matt Skiff – Norfolk – Football
Courtney Smeby – Bellevue East – Volleyball
Evan Smith – Hastings Adams Central – Basketball
Richard Stuart – Beatrice – Girl's Golf
Matthew Walter – Shelton – Basketball
Matthew Walter – Shelton – Boy's Cross Country
Nick Weber – Johnson County Central – Girl's Cross Country
Cody Wintz – Battle Creek – Volleyball

LEVEL II

Lindsay Aliano (I) – Elkhorn South – Soccer
Drew Billeter – Loomis – Basketball
Dave Carpenter – Norris – Softball
Kelly Cooksley – Broken Bow – Basketball
Donald Coolidge – Falls City – Boy's Track & Field
Gary Eisenhower – Bloomfield – Basketball
Kirk Faris – Johnson County Central – Basketball
Jeremy Goebel – Syracuse – Boy's Wrestling
Eric Havranek (I) – Axtell – Boy's Track & Field
Brian Kabourek (I) – Lincoln East – Boy's Cross Country
Justin McGill (I) – Norris – Girl's Cross Country
Andy Klepper (I) – Malcolm – Basketball
Margo LaBrie – Hampton – Volleyball
Jimmy Motz – Norris – Basketball
Shawn Mulligan (I) – Hastings Adams Central – Football
Ryon Nilson (I) – Creighton – Basketball
Harold Pester (I) – Raymond Central – Boy's Wrestling
Kimberly Stengel – Maywood-Hayes Center – Basketball
Michael Waak (I) – West Point-Beemer – Basketball

LEVEL III

John Bellar (II) – Bancroft-Rosalie/Lyons-Decatur – Boy's Track & Field
Steve Bischof – Elkhorn South – Boy's Tennis
Wally Johnson – Norris – Basketball
Ryan Jones (II) – Maxwell-Hi-Line – Boy's Wrestling
Rick Nordhues – Syracuse – Boy's Track & Field
Rick Nordhues (I, II) – Syracuse – Girl's Track & Field
Renee Saunders – Omaha Skutt Catholic – Volleyball
Craig Schnitzler (I, II) – Kenesaw – Football
Emily Vaughn – Elkhorn Valley – Volleyball
Matt Weimers (I, II) – McCook – Boy's Tennis

LEVEL IV

Greg Appleby – Summerland – Basketball
James Bates (I, II, III) – Wilber-Clatonia – Wrestling
Linda Blomenkamp (I, II, III) – Elkhorn North – Girl's Track & Field
Christina Boesiger (I, II, III) – Norris – Volleyball
Mike Brown (I, II, III) – Mullen – Boy's Golf
Don Clark – Kearney – Girl's Track & Field
Brian Kabourek (I, II, III) – Lincoln East – Girl's Cross Country
Tim Kassmeier – Norfolk Catholic – Basketball
Tim Kassmeier (I, II, III) – Norfolk Catholic – Boy's Track & Field
Tom Pallas – Seward – Volleyball
Steve Reeves – Gothenburg – Boy's Cross Country
Kevin Scheef (I, II, III) – Wahoo – Basketball
Bob Wald – Douglas County West – Volleyball
Cody Wintz – Battle Creek – Boy's Wrestling



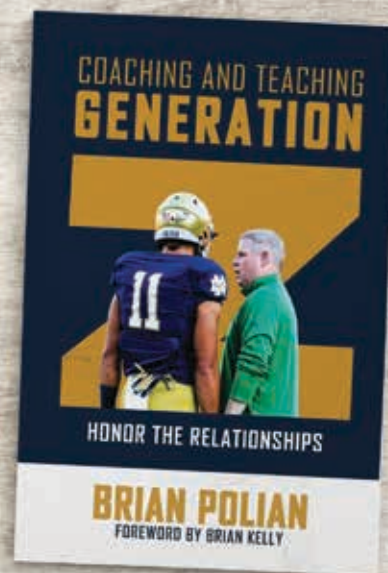
2023 NCA Jerry Stine Family Milestone Award - Level IV



Level IV Jerry Stine Family Milestone Award recipients in attendance at the 54th Annual NCA-Hudl Awards Banquet: (from Left to Right) Don Clark, Kearney – Girls Track & Field; Cody Wintz, Battle Creek – Boys Wrestling; Brian Kabourek, Lincoln East – Girls Cross Country; Kevin Scheef, Wahoo – Boys Basketball; Tom Pallas, Seward – Volleyball; Christina Boesiger, Norris; Bob Wald, Douglas County West – Volleyball; Linda Blomenkamp, Elkhorn North – Girls Track & Field; Mike Brown, Mullen – Boys Golf; Steve Reeves, Gothenburg – Boys Cross Country and Tim Kassmeier, Basketball & Boys Track & Field. – Callam Sports Photography.



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2022-2023 NCA Member State Champion Coaches



Football

Class A – Paul Limongi – Omaha Westside
Class B – Kam Lenhart – Bennington
Class C1 – Mark Brahmer – Pierce
Class C2 – Jeff Bellar – Norfolk Catholic
Class D1 – Jim Clarkson – Clarkson-Leigh
Class D2 – Randall Rath – Hitchcock County

Boys Cross Country

Class A – Sean McMahon – Fremont
Class B – Sam Jilka – Lexington
Class C – Tony Neels – Gothenburg

Baseball

Class A – Mychal Lanik – Lincoln East
Class C – Zach Wehner – Malcolm

Boys Tennis

Class A – Chris Stock – Lincoln East
Class B – Matt Wiemers – McCook

Boys Golf

Class A – Jered Hellman – Omaha Westside
Class B – Dan Malleck – York
Class D – Luke Hoffman – Pender

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

Bowling & Unified Bowling

Unified B – Mary Reimers – Lexington
Girls B – Josh Johnson – Wayne
Boys A – Paul Lee – Grand Island
Boys B – Josh Johnson – Wayne

Boys Track & Field

Class B – Brian Benson – Waverly
Class C – Carl Zuege – Chase County
Class D – Jeremy Peter – Plainview

Wrestling

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

Volleyball

Class A – Katie Tarman – Papillion-La Vista South
Class B – Renee Saunders – Omaha Skutt Catholic
Class C1 – Sharon Zavala – Grand Island Central Catholic
Class C2 – Sue Ziegler – Lincoln Lutheran
Class D1 – Denae Buss – Hartington Cedar Catholic
Class D2 – Taryn Janke – Howells-Dodge

Girls Cross Country

Class A – Brian Kabourek – Lincoln East
Class B – Justin McGill – Norris
Class C – Courtney Maas – Wayne
Class D – Jayme Clark – Hemingford

Softball

Class A – Chad Perkins – Omaha Marian
Class B – Mitch Sadd – Northwest
Class C – Ryan Glatter – Yutan-Mead

Girls Tennis

Class A – Steve Bischof – Elkhorn South

Girls Golf

Class C – Kelly Cooksley – Broken Bow

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

Swimming & Diving (Co-Champions)

Girls – Andy Rider – Omaha Westside
Girls – B.J. Christiansen – Omaha Marian

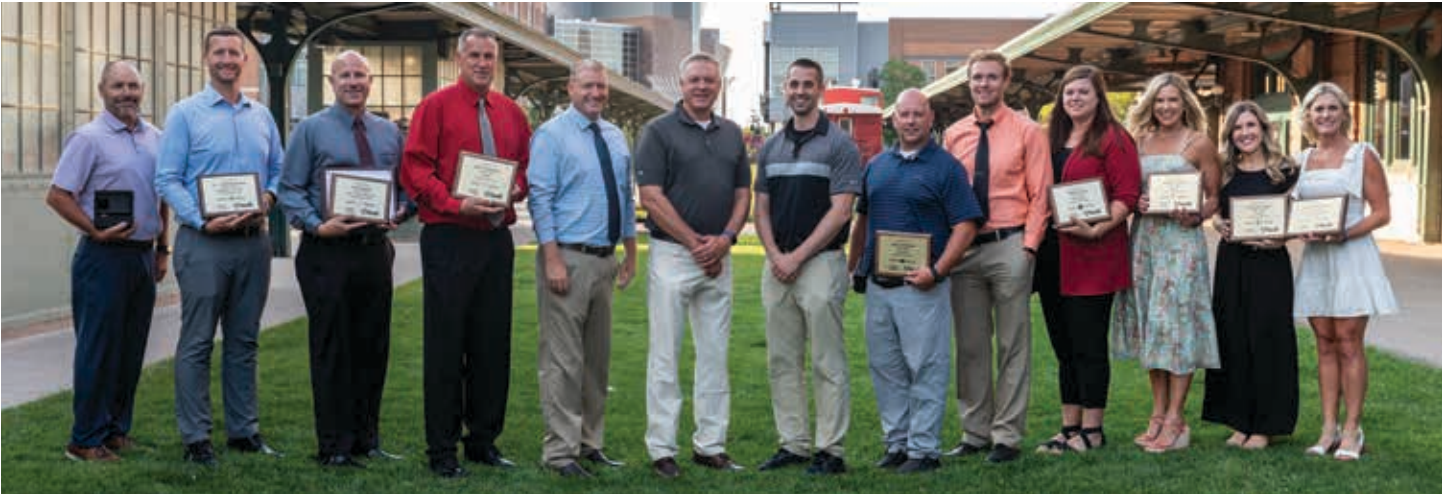
Girls Track & Field

Class A – Ashleigh Kitrell – Papillion-La Vista South
Class C – Tom Gerdes – Bishop Neumann
Class D – Luke Ericson – Osceola

Girls Soccer

Class A – Chace Hutchison – Gretna

2023 NCA - Hudl Coaches Of The Year



2022-2023 NCA-Hudl Coaches of Year in attendance at the 55th Annual NCA-Hudl Awards Banquet (Left to Right): Chad Perkins, Omaha Marian – Softball; B.J. Christiansen, Omaha Marian; Tony Neels, Gothenburg – Boys Cross Country; Matt Wiemers, McCook – Tennis; Carl Zuege, Chase County – Boys Track & Field; Dan Malleck, York – Golf; Jacob Mohs, Ashland-Greenwood – Boys Basketball; Jim Clarkson, Clarkson – Football; Luke Ericson, Osceola – Girls Track & Field; Denae Buss, Cedar Catholic – Volleyball; Andrea Feltz, Millard North – Dance; Stefanie Lane, Millard West – Cheerleading; Courtney Maas, Wayne – Girls Cross Country. Not pictured, but in attendance: Mary Reimers, Lexington – Bowling and Ed Schaaf, Broken Bow – Wrestling. – Callam Sports Photography

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2023 NCA FCA Doyle Denney Heart of Coach Legacy Award



NCA Fellowship of Christian Athletes Doyle Denney Heart of a Coach Award recipient: Toni Fowler, Adams Central.
– Callam Sports Photography

2023 NCA Friends of High School Sports & NHSACA Distinguished Service Award



NCA Friend of High School Sports & the National High School Athletic Coaches Association Distinguished Service Award recipients: Dale & Sue Wilcoxson, Fremont.
– Callam Sports Photography

2023 NCA Jim Farrand Memorial Award



NCA Jim Farrand Memorial Award – Assistant Coach of the Year recipients: Allison Snodgrass, York; Tony Weinandt, Fremont & Elkhorn North and Joydene McCarville, Sidney.
– Callam Sports Photography

2023 NCA Media Award



NCA Media Award recipients: Mike Sautter, Hurrdat Sports & Nebpreps and Taylor Siebert, Striv.
– Callam Sports Photography

2023 NCA - Career Coaching Awards



Binnie & Dutch Memorial Award
Track & Field
Ken Adkisson, Waverly.
– Callam Sports Photography



Ed Johnson Memorial Award
Boys Basketball
Kevin Scheef, Wahoo.
– Callam Sports Photography



George O'Boyle Cross County Award
Todd Nott, Plattsmouth.
– Callam Sports Photography



Guy Mytty Memorial Award
Wrestling
Dan Davenport, Waverly.
– Callam Sports Photography



Swede Hawkins & Del Schoenfish Golf Award
Mike Brown, Mullen.
– Callam Sports Photography



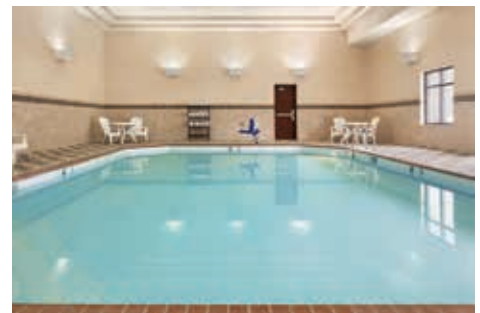
Ken Cook Girls Basketball Award
Tim Kassmeier, Norfolk Catholic.
– Callam Sports Photography



Skip Palrang Memorial Award
Football
Bill Carlin, Adams Central.
– Callam Sports Photography



Phyllis Rice Honor Volleyball Award
Darcy White, Exeter-Milligan.
– Callam Sports Photography



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Kynlee Strauser
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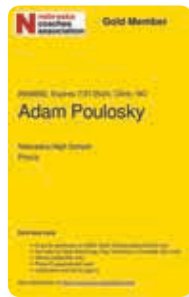
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Silver (Retired & Gold Card Holder)



State Colleges Recognize NCA/NSIAAA Membership Cards For Admission

You are reminded that the following schools will recognize the membership cards of the Nebraska Coaches Association and the Nebraska State Interscholastic Athletic Administrators Association for admission to college-sponsored sporting events. This program was originally proposed in the fall of 1992, and ALL college Athletic

Directors responded quickly and to the affirmative. Our proposal gave them several options, to include a pass gate, an advance call-in, etc., but each institution was slightly different in their acceptance. Below is a list of how each school would like to handle the program.

<p>Bellevue University Any gate Membership card required Admit member + one Good for all sports</p>	<p>Good for most sports – regular season Tickets subject to availability Excludes some games</p>	<p>North Platte Community College Advance call-in 800-658-4308.3701 Ask for Jackie Briley Use main door Membership card required Admit member + one Good for all sports</p>	<p>University of Nebraska - Omaha E-mail no later than 48 hours in advance: jsecunda@baxterarena.com or brcarey@omavs.com Membership card and photo ID Admit member + one Tickets are free Excludes Hockey</p>
<p>Central Community College – Columbus Campus Any gate Membership card required Admit member + one Good for all sports</p>	<p>Doane University Pass gate Membership card required Admit member + one Good for all sports, tickets are free Advanced call-in is appreciated 402-826-8583</p>	<p>Peru State College Pass gate – main gate Advance call-in is appreciated 402-872-2350 Call 2 days prior to game Membership card and photo ID Admit member + one Good for all sports Tickets are free</p>	<p>Wayne State College Pass gate Membership card and photo ID Admit member only Ticket is free Good for all sports (excluding NSIC/NCAA Championships)</p>
<p>Chadron State College Any gate Membership card required Admit member + one Good for all sports</p>	<p>Hastings College Membership card and photo ID Good for all sports Admit member</p>	<p>Midland University Any gate Membership card and photo ID Admit member + one Good for all sports</p>	<p>Western Nebraska Community College Membership Card Required Advance call in – 308-635-6151</p>
<p>College of St. Mary Advance call-in 402-399-2358 Admit member + one Good for all sports Tickets are free</p>	<p>Midwest Wesleyan University Any gate Membership card and photo ID Admit member + one Good for all sports, tickets are free</p>	<p>Southeast Community College-Beatrice Main gate Advance call-in appreciated 1-800-233-5027 ext 1232 membership card and picture ID Good for all sports Admit member + one Tickets are free Membership card required</p>	<p>York College Pass gate – front door Membership card and photo ID Admit member + one Good for all sports Ticket is free</p>
<p>Concordia University Use any gate Membership card and photo ID Admit member + one Good for all sports Tickets are free</p>	<p>Northeast Community College Main gate Membership card required Admit member + one Good for all sports Tickets are free</p>	<p>University of Nebraska - Kearney Will Call Gate-advance call or e-mail appreciated 308-865-1563 or lopertickets@unk.edu Admit member only Must present membership card when picking up ticket Good for all sports-reg. season Ticket is free</p>	
<p>Creighton University Advance call-in 402-280-5297 Please contact in advance Admit member + one no charge Membership Card Required</p>			

Join The Nebraska Coaches Association Today

Take Advantage of these Benefits:

- Year-round \$2,000,000 coaching and classroom liability coverage
- 25 Gold Card: Good for Admission to most NSAA State Championships – **Deadline October 1**
- Free admission for two to the NCA All-Star Games
- Reduced Registration Cost to Sports Clinics
- Free admission to the annual Shrine Bowl Football Game
- Free admission, with membership card, to select college-sponsored games
- *Nebraska Coach* Magazine online (Fall, Winter, Spring Editions)
- Sport Advisory Committees to make recommendations regarding sports rules changes
- Recognition for coaching accomplishments and achievements through NCA & NHSACA
- Eligibility to coach in the Annual All-Star Games
- Jerry Stine Family Milestone Award Program
- Coaching Service Award Program (25, 35, 40, 45 & 50 year recognition – self nomination)
- Dual Membership to the National High School Athletic Coaches Association

Please fill out the registration page and return with your check to:

Nebraska Coaches Association
500 Charleston Street, Suite #2

Lincoln, NE 68508

-OR-

Go to <http://www.ncacoach.org> – Online Membership Registration is Available

2023 - 2024 NCA Membership Registration

Name:

Gender: Male Female

Date of Birth: / /

NSAA High School:

Middle School/ College/Youth Org/Club:

Home Address: (Please do not enter school address)

City, State Zip: ,

Phone: () - E-mail:

Individual Payment With Check:

Print completed form & mail to:
NCA
500 Charleston St, Ste 2
Lincoln, NE 68508

Enter # of years in coaching/
administration through 2022-2023:

Coaching Assignments 2023-2024:

For each sport you are coaching in 2023-2024, indicate in the table to the right if you are the Head Coach or Assistant Coach as well as which level you are coaching.

SPORT	HS VARSITY		HS NON-VARSITY		MIDDLE SCHOOL		YOUTH/CLUB		COLLEGE	
	Head	Asst	Head	Asst	Head	Asst	Head	Asst	Head	Asst
Boys Cross-Country	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Girls Cross-Country	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Football	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Girls Golf	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Softball	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Boys Tennis	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Volleyball	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Boys Basketball	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Girls Basketball	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Boys Swimming	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Girls Swimming	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Boys Wrestling	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Girls Wrestling	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Baseball	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Boys Golf	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Boys Soccer	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Girls Soccer	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Girls Tennis	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Boys Track and Field	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Girls Track and Field	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Unified Track & Field	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Cheer/Dance (Circle 1)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Boys Bowling	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Girls Bowling	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Unified Bowling	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Strength & Conditioning	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Administrative Assignments 2023-2024: Please indicate any administrative positions you hold for 2023-2024 for this high school.

- Athletic Director Assistant Athletic Director Activities Director Principal Assistant Principal Superintendent
- Registrant is a **Past President of the NCA Board** (membership fee waived).
- Registrant is an **Undergraduate College Student** (membership fee waived).
- First Time Coach** (First Year to the Coaching Profession - may be used once in the coaching career - **clinic fee waived**)

FEES:

NCA Membership: **\$50.00**

Additional Option: NCA Gold Card **\$25** (Must be Purchased by 10/1)

Total Amount Due: \$

Credit Card Number:

Expiration Date: (Mo/Yr) /

Signature: _____

CVV 3-Digit Code on Back of Card:

2023 NCA Boys Golf Super State & All State Girls Tennis First and Second Team All State

Presented by:



Boys' Golf Super State

Treyton Baehr, Beatrice
Jackson Bengé, Omaha Westside
Thomas Bryson, Lincoln Southeast
Parker Bunting, Lincoln East
Gage Burns, Creighton
Jackson Dunham, Kearney Catholic
Gavin Gerch, Lincoln Southeast
Trevor Gutschewski, Omaha Westside
Drake Hull, Fremont
Connor Jasso -Steichen
Elijah Jensen, York
Zachary McCormack, Creighton Preparatory School
Ryan Seevers, York
Perry Swarm, Kearney
Carson Thurber, Norris
Travis Tilford, Norris
Porter Topp, Omaha Westside
Samuel Vocolka, Millard North

Boys' Golf Class A All-State

No Selections, top 10 + Ties are within Super-State

Boys' Golf Class B All-State

No Selections, top 5 are within Super-State

Boys' Golf Class C All-State

Jack Alberts, Grand Island Central Catholic
Noah Carpenter, Palmyra
Bowdie Fox, Grand Island Central Catholic
Cael Peters, Mitchell

Boys' Golf Class D All-State

Layton Gralheer, Pender
Zaybreon Hansen, Perkins County
Quinton Heineman, Pender
Carter Milton, Exeter - Milligan

Girls' Tennis Class A First Team All-State

Grace Greenwald, Sophomore,
Omaha Westside – Captain
Corinne Barber, Sophomore, Lincoln Southeast
Eunice Cho, Senior, Millard North
Cecilia Regan, Senior, Omaha Marian
Lucy Cho, Sophomore, Millard North
Alyssa Sherman, Sophomore, Elkhorn South

Girls' Tennis Class A Second Team All-State

Ratna Kang, Freshman, Elkhorn South
Helen Jamison, Senior, Lincoln Southeast
Carolyn Skold, Sophomore, Lincoln Southeast
Mia Deleidi, Junior, Elkhorn South
Isa Hustad, Junior, Elkhorn South
Gibsen Chapman, Junior, Lincoln East
Emma Heacock, Sophomore, Kearney

Girls' Tennis Class B First Team All-State

Ina Satpathy, Senior,
Omaha Duchesne Academy – Captain
Kailee Bailey, Junior, Bennington
Camryn Jacobsmeier, Junior, Elkhorn North
Aubrey Phonephakdy, Freshman, Elkhorn North
Haylee Wolf, Junior, Elkhorn North
Scarlett Lunning, Junior, Skutt Catholic

Girls' Tennis Class B Second Team All-State

Quinlan Sullivan, Senior, Skutt Catholic
Sophia Jones, Sophomore, Elkhorn North
Ellie Peterson, Junior, York
Anna Weberg, Senior, Skutt Catholic
Gretchen Goebel, Freshman, Brownell Talbot/Concordia
Grace Jesske, Junior, Elkhorn North
Allison Tabaka, Senior, Elkhorn North



All-Star Boys Basketball

All-Star Girls Basketball

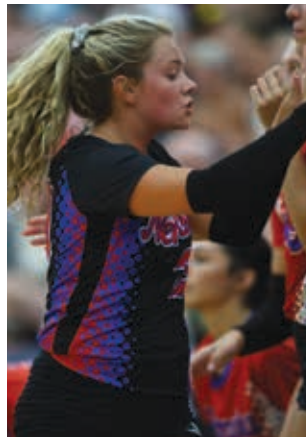
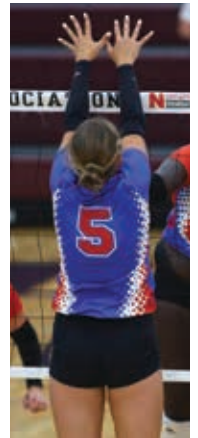
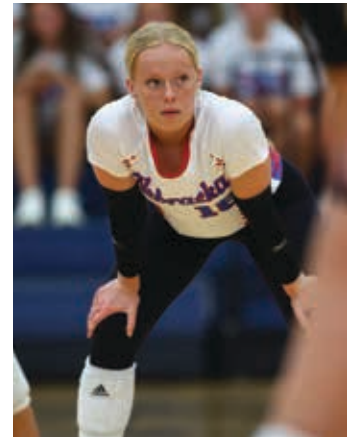




All-Star Softball



All-Star Volleyball



NCA Gives Back Through “Coaches Care” Blood Drive & Saundi Fugelberg Acts of Kindness Endowment



The Nebraska Community Blood Bank (NCBB) and the Nebraska Coaches Association (NCA) joined together to encourage coaches to give back by donating blood at the NCA’s Multi-Sports Clinic blood drive on July 26 at North Star High School.

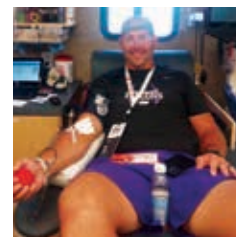
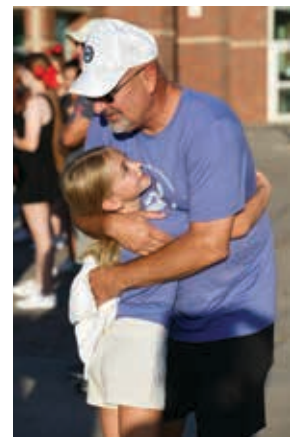
Coaches in attendance rolled up their sleeves to give life to patients in need. The clinic blood drive was an opportunity to boost summer blood collections, a time of extreme shortages. The NCA blood drive proved to be one the largest Nebraska Community Blood Bank Lincoln drives.

This year’s program included Scheels of Lincoln, providing “thank you” gifts to registered blood donors in the form of \$25 gift cards. NCBB also provided a Television to be raffled off among the donors. This year’s winner was Matt Asche from Meridian.



Overall, the “Coaches Care” program demonstrated that the coaches of Nebraska do care. 85 units of blood were collected, surpassing the 80 unit goal established by the NCBB for the day.

The Saundi Fugelberg Acts of Kindness Endowment Fund and NCA All-Star Service Projects also helped give back to those in need. Annually the NCA has committed long-term to donate to the Lincoln Food Bank and Backpack Program in the memory of long time NCA employee Saundi Fugleberg. Through All-Star game “Pass the Bucket” efforts and the new 5K/1 Mile Run/Walk the NCA donated over \$4,600 to the Food Bank during clinic week. Over \$6,100 in volunteer labor was donated through the NCA All-Star teams while packing over 4,100 bags – nearly doubling the amount of bags from 2022.





GENERAL LIABILITY INSURANCE PROGRAM

As a membership benefit, coverage is provided by the Commercial General Liability Policy issued to the National Organization of Coaches Association Directors. This policy will provide general liability coverage to the Nebraska Coaches Association and its members.

CARRIER

HDI Global Specialty (A Rated)

POLICY PERIOD

August 1, 2023 – August 1, 2024

LIMITS OF INSURANCE

\$1,000,000	Each Occurrence
\$2,000,000	General Aggregate (per Member)
\$1,000,000	Products/Completed Operations
\$1,000,000	Personal & Advertising Injury
\$ 300,000	Fire Damage
\$ 50,000	Sexual Abuse (per Member)
Excluded	Medical Payments

COVERAGES

- ❖ Educator Professional Liability
- ❖ Participant Legal Liability for insured members
- ❖ Liability assumed under insured written contract
- ❖ Defense Cost outside limits

EXCLUSIONS

- ❖ The use of automobiles, buses, watercraft and aircraft
- ❖ Property of others in the care, custody, and control of the insured.
- ❖ This insurance does not apply to members that coach at an All-Star game that is not approved by your state coaches association.
- ❖ This insurance does not apply to any loss, cost or expense arising out of infectious or communicable disease.

CAMP INSURANCE

Today, most Coaches are involved in some type of sports camp. Please note that our General Liability Program follows insured members while working at camps and/or conducting their own personal camp.

In addition, Participant/Accident Coverage is required for coaches and/or participants. Should an accident occur during a camp, clinic or event, this secondary coverage helps offset the loss suffered by families affected by such accidents.

NEW PROCEDURE FOR CAMP INSURANCE

As a member benefit of your state coaches association, all members in good standing have a \$1,000,000 per occurrence General Liability policy limit that provides coverage for their coaching activities. In order to protect the General Liability policy from potential claims, the insurance company has mandated that all coaches must obtain signed waivers and provide Participant/Accident insurance for their participants.

In order to obtain a certificate of insurance showing proof of insurance or naming an additional insured, the following must be in place:

- ❖ **Waivers:** Signed waivers showing indemnification language
- ❖ **Participant/Accident Insurance:** You must have Participant/Accident coverage in place for all participants attending sports camps.

PURCHASE INSURANCE

- ❖ Camp Insurance Request form is available on our website: www.loomislapann.com

INSURANCE ADMINISTRATOR



www.loomislapann.com
(P) 800-566-6479 | (F) 518-792-3426

- Greg Joly gjoly@loomislapann.com
- Lori George lgeorge@loomislapann.com
- Karen Boller kboller@loomislapann.com

Disclaimer: This is an insurance overview for summary purposes only; for complete policy terms and conditions please refer to the NOCAD Master Policy.