

nebraska coach

DECEMBER 2023



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**Nine Winter Season
Feature Articles & More**

Juan Gonzalez, Fremont, Captures the Class A
Boys Individual Championship



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Bishop Neumann finished as the Class C State Softball Runner Up. Bishop Neumann advanced to the championship game and finished the season with a record of 28-6. – Photo by Callam Sports Photography

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Lincoln Southwest Volleyball Coach Jessica Kirkendall takes in the Class A state championship match. The Silverhawks defeated Papillion-La Vista in the finals to capture their first program state championship. Lincoln Southwest finished the season with a 33-4 record. – Photo by Callam Sports Photography

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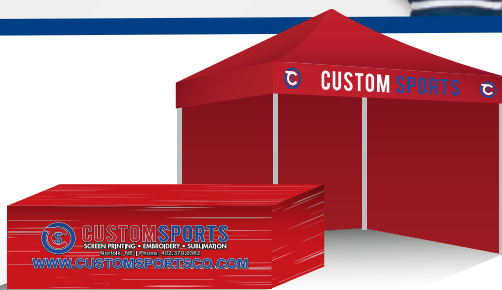
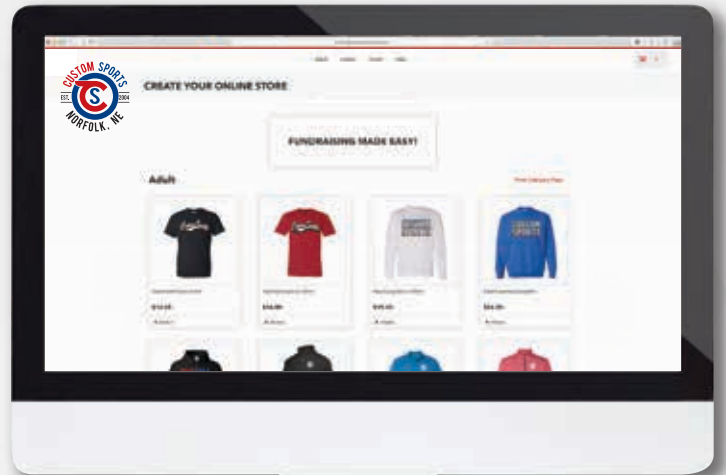
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February 3, 2024

NCA Track & Field Clinic
NSAA Building – Lincoln

February 15–17, 2024

State Wrestling Championships Hospitality
CHI Center – Omaha

February 15–17, 2024

State Cheer & Dance Championships
Heartland Events Center – Grand Island

February 23, 2024

State Swimming Coaches' Luncheon
Bob Devaney Sports Center – Lincoln

February 28 – March 2, 2024

State Girls Basketball Hospitality
& Sportsmanship Awards
Lincoln

March 6–9, 2024

State Boys Basketball Hospitality
& Sportsmanship Awards
Lincoln

April 28, 2024

NCA Board Meeting
NSAA/NCA Building – Lincoln

May 15–28, 2024

State Track & Field Hospitality
Omaha Burke Stadium – Omaha

July 21–24, 2024

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Lincoln

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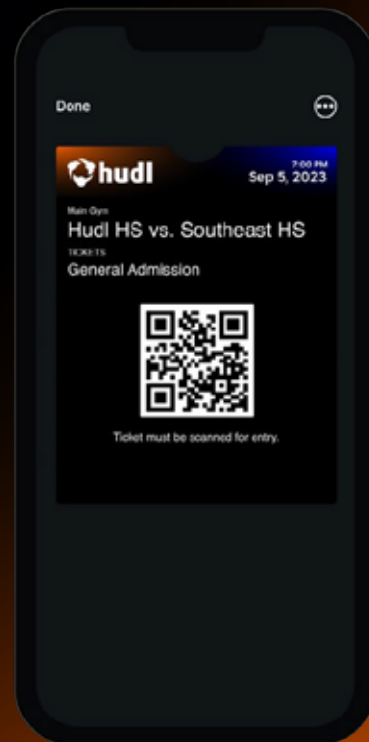
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The Ten Commandments of the Dribble Drive

Laethion Brown – Centura – Girls Basketball

Courtesy Photograph



I graduated from Deshler Public Schools in 2015. You read that right, 2015. There is an old coach saying that goes: “He has forgotten more about the game than I have learned”, and there is some truth to that in the coaching field. However, what I may lack in wisdom I make up for with energy, creativity, and a drive to learn as much as possible. I attended Wayne State College in Wayne, America and graduated with my bachelors in 2019 and again with

my Master’s in 2022. While at Wayne I was blessed with not only an excellent education, but a chance to pursue my passion of coaching. I got involved with the WBDA (Wayne Basketball Development Association) my sophomore year of college and I was responsible for the 6th grade boy’s B-Team. During my Junior year I was hired as the Assistant High School Boys basketball coach at Emerson-Hubbard Public Schools, home of the Pirates! I student-taught in Lincoln my senior year, so I unfortunately did not get the opportunity to coach that year. I started applying for jobs in the Spring of 2019 and I stumbled upon Centura Public Schools. I interviewed and was offered the position which included 7-12 PE/Health/Adult Living, Head JH Football Coach, Head Girls Basketball Coach, and I was also a Junior High Track Coach. Since then, I have been the offensive coordinator for the Varsity Football team, a strength & conditioning coach, and I have moved into the role of Activities Director, but one thing has remained a constant: Hoops.

This upcoming season will be my fifth year at the helm of the Centura Girls Basketball program. I have had plenty of ups and downs, sleepless nights, and have spent a lot of time trying to “figure it out,” but one thing is for sure, I am blessed to have become a Centurion. I have been fortunate enough to be the young head coach who landed in a spot with phenomenal assistants and a great support system. People like Scott Korinek, Robin Keilig, and Ashlyn Lube have helped to keep me sane at times and have provided me with the opportunity to become my best. They have put up with my crazy ideas, fast talking, and sometimes overly energetic self for a while now and for that I am forever grateful!

Part of the sleepless nights that I alluded to above was our offensive production over my first three years. I am a defensive minded coach at heart, and I felt the strongest in that phase of the game. We could consistently hold opponents in the 30’s, the only problem was that we struggled to end up with one point more than the other team. Now, some of that was skill based. The program I took over was not in the best shape to start, the love for the game was not where it needed to be, and the baseline fundamentals/skills to be efficient offensively were not there yet. The other part of it was my naiveness as a young coach. I wanted to win, and I wanted to win NOW! We ran your traditional 4-Out-1-In motion offense, some 5-Out, and we even got to the point where we were

scrambling for offensive answers and even started to run Flex. I found myself reflecting often and struggling with the fact that I did not feel we had an identity offensively. We needed a system, and we needed a system that allowed the girls to play and not think. This meant that everything we drilled in practice needed to directly correlate to the floor within our offensive system. That thought process led to my complete, head-first dive into the dribble drive offensive system. I truly do believe this was the turning point of our program.

The dribble - drive is a read & react based offense that is rooted in the idea of teaching your players how to play, not how to run plays. This simple but effective thought process streamlines everything you do in practice and cuts through all the potential fluff. It leads to you as the coach prioritizing skill development and play, over bulk segments of time spent memorizing a playbook full of set plays. Do not get me wrong sets are still needed, but the game wasn’t made to be played set-by-set. Now, offense is spacing and spacing is offense, so it makes sense to start there. We place our 1 & 4-Man high in each Slot (Slot = Lane Line Extended to Volleyball Spike Line). Our 2 & 3-Man fill the dead corners. The 2-Man is on the right side of the floor in the true dead corner and the 3-Man is in the left corner lifted ever so slightly to ease the potential right-hand drive. Our 5-Man is placed in the Dunker Spot on the weak side (away from the ball) unless they are called to the strong side. This spacing allows us to have automatic gaps that we can attack with the dribble drive. We are looking to attack double & triple gaps. These are gaps that put the helpside defender in a great deal of conflict because they are not in one - pass away help coverage. We absolutely do not want to ever drive single gaps. For instance, you would not want your 1-Man driving left to start (unless you call a specific action) the offense because they would be driving right into a single gap with the Slot to Slot spacing. Finally, we have four more landmarks on our floor that our players use often. We tape these landmarks up to start the year but they are the “Drop Zone” and “Rack Zone.” Essentially, they are areas that give your players their decision to make based on their drive. The Drop Zone is an area around each elbow to mid-lane that prompts players to kick the ball to a teammate. The Rack Zone is the area on each side of the rim that prompts players to finish at the rim.

Now that we have discussed the spacing and floor landmarks, we can get into what I call the "Ten Commandments of the Dribble Drive."

Commandment #1 has already been touched on, but the corners must always be filled and the post must always be opposite the ball. In theory on any given drive, the driver should be able to blindly pass the ball to the corner and somebody should be there to receive it. Also, if you are fortunate enough to get a drive that penetrates the paint deep enough forcing post defender help, then you have an easy drop pass to a very simple layup.

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nebraska coach

Commandment #2 is TWO FEET! I think I may say this 100 -times a practice, but it is extremely pivotal that players understand they must land with a strong base, on two feet within the dribble drive. It is extremely valuable within this offense to have both pivot feet available to you and you are continuously driving into conflict, if you land weak it will lead to turnovers.

Commandment #3 I may print on a shirt for myself, but I preach to my girls that we Love Layups, Like 3-Pointers, and need Free-Throws. I am not saying the mid-range is dead, but I am saying my shot chart is lit up like a Christmas tree around the rim and the 3-point arc. I feel like this creates efficiency within our offense and it is a construct that is simple for the girls, eliminates thinking, and is easy to practice.

Commandment #4 is that the rhythm of the offense should be Attack, Attack, Skip. We attack twice on the same side, then the ball crosses the court to the second side of the offense, and we do it again. Also, a Skip pass (pass that crosses the midline) leads to an immediate post up.

Commandment #5 is that when a drive ends with a two foot jump stop, there should be at least three other players in motion. They do not move on the drive, but rather the jump stop is the prompt to move. The perimeter players should be reading the drive as it happens, and they should look to find open windows. This leads to

Commandment #6 which is that we never want a "Negative Pass". A negative pass is a pass to a perimeter player whose feet are inside the 3-Point arc, and they are not actively cutting to the basket. Again, offense is spacing and spacing is offense. If we get too tight, we will not have anywhere to drive.

Commandment #7 gives your players their thought processes every time they catch the ball. When they catch it they should think Shoot it, Drive it, Pass it. I believe this simple thought process allows my girls to attack rather than think and that aggressiveness really allows us to dictate what happens. Also, within that we preach shot fakes a ton. It is a super simple skill that can create so much for your offense, yet it doesn't seem to be taught enough. When our girls catch it, they are going to look like they are shooting one way or another, just another way to put the defense at a disadvantage.

Commandment #8 is that everybody rebounds. Again, this is a mindset thing, but we want to create as many possessions as we can for ourselves and obviously offensive rebounds aid in that endeavor. This again also eliminates thinking and leads to action. People do not want to compete against an opponent who is always attacking, always moving, and always rebounding. Now, finally onto the last two commandments.

Commandment #9 is that the 2 & 3-Man must be patient and "hold the corner". It comes back to that three in motion on two feet concept. If you are trying to attack a gap with the drive and your corner starts to raise early they are only bringing help defense into

the picture sooner which will completely stifle the offense. They must be patient and HOLD the corner until they see two feet land. Lastly, we have

Commandment #10 which is a staple of our offense and leads to not only easy baskets, but it is a great way to put the defense in conflict immediately. It is that whenever a slot-to-slot pass occurs, we instantly run a blur screen. For instance, if my 1-man passes to the 4-Man at the top of our offense then the 1-man runs directly at the 4-man's defender, essentially creating a rub screen. We want to get downhill with the drive immediately because that action creates a "Triple Gap" which leads to a lot of offensive production. Some teams switch which is fine, because often that switch will lead to mismatch for us between the 1 & 4-man.

Obviously, as with any offense you must have skills to be successful, but with this system we can do so many things in practice that directly correlate to the offense. We play a ton of Short Sided Decision Based Games, 3-on-3, live finishing drills, and we shoot the ball a lot in practice. If you want your team to be a good shooting team, then you must prioritize that. We aim for somewhere between 150-200 shots per kid, per practice and every shot we take in practice is a shot that we will take in the game, because all our shooting drills replicate our offense. I believe we can do this because even though we do spend plenty of time on team offense where we work on specific starting actions out of our offense which have simple one-word tags like "Wave 2", "Shovel 4", and "Ear", we aren't spending that time memorizing plays that only so many of my players are going to remember anyway. In closing, all these things I believe allow my athletes to be more aggressive than other teams, because they simply have to think less and attack more. I truly believe that they need to know how to play and not how to run plays. This mindset creates a system that is effective, fast, and extremely fun to play in. My girls love to play and believe in what they do and if you have that, you can do a lot of good things. Coach with passion, trust, and a continued willingness to learn. I believe if I keep doing those things then I might just be able to become that "Old Coach" someday. Until then, I hope to see you all out there on the hardwood!



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Win or Lose, Learn & Improve

Jacob Mohs – Ashland-Greenwood – Boys Basketball

Courtesy Photograph



I would imagine all of us have been part of a program that has had winning seasons as well as losing seasons. In either situation, there is always something to learn. Our AG basketball program has been on the extreme of both ends, going 0-20 in the 2016-17 season as well as winning the state championship in 2022 and 2023. I can honestly say that we learned as much during that losing season

as we have any season. A major emphasis for our program has been to always find ways to improve both individually and as a team while keeping things very simple. That overall theme and simplicity has helped us tremendously over the years. Focus on the process, instead of the outcome. Here are some year-round, as well as in-season whether winning or losing, ideas for always trying to find ways to learn and improve. Also included are a few examples that have been beneficial for us.

Year-Round Ways to Improve

Weight Room: After spending over 10 years teaching the strength classes at AGHS, I can confidently say that there is a very strong correlation between consistently working hard in the weight room and reaching your potential in your sport. While it is not a guarantee for success, the daily effort and work is a great indicator for improvement over an athlete's 4 year high school career. Visit with your school's strength teacher about your athletes to learn about them and hold them accountable so they can excel. I update our football coaches during the season and off-season, so they are informed about their athletes' habits.

Skill Work: In the summer or if an athlete has an off-season, working to improve their individual skills is a must. Determine what skills are important and master them. We value ball handling, footwork, finishing, and shooting, so our players know they need to always be working to improve in those areas. We believe that "skills win" and therefore we are relentless with improving those basics. Be obsessive about your "must haves" and remember that excellence requires repetition. Skill development is a major part of our program, so we chart and reward summer skill sessions because it is essential for improvement.

Youth Involvement: While this idea takes time to come to fruition, working with your youth programs as much as possible

is a great way to establish your culture and improve your program in the future. This could be camps, special clinics, youth program practices, working with youth coaches, or various other things. We created a "youth guide" to share with our youth coaches our key concepts, skills, drills, etc. This helps to link all our programs.

Reading Books: I don't know if there has been a more important thing for my individual growth and development than reading books. This can impact you in so many ways. Choose a variety of topics including coaching (any sport), leadership, motivation, science of skill acquisition and teaching, business success, or culture. Read about anyone who is the best at what they do and find out why. Just read something every day, take notes, and incorporate those concepts into your life, teaching, and coaching.

Culture: One of the most talked about terms for teams. This could be one of your greatest assets if you are always honestly assessing it. Never sacrifice popularity or mediocrity at the expense of your culture. Create standards and expectations. Hold everyone accountable to them. Constantly work to build and improve your culture, which is actions, not words. It is constantly evolving and will be regularly tested.

In-Season Ways to Improve

Skill Focus: Practices during your season should devote plenty of time to the skills you feel are important to your players' and team's success. Individual and team skills are critical to long term success and should be the building blocks of what you do. Shooting is an example of something we constantly talk about improving, so we track and post our daily shooting challenges as well as reward top scores.

Film: Film, when used appropriately, is a great way for players to learn and be accountable. Hudl is such a great tool, be sure to use it throughout the season, not just when you win or lose. It is a great way to highlight several situations and reinforce what you want and what you want to avoid. It is as simple as, "See how this works. Keep doing it" or "See how this didn't work, stop doing it." We use team clips to help our team improve on key concepts and we use individual clips to help our players learn individually on their own.

Key Performance Indicators: Use things you can measure, stats, to help determine what happens when you are successful or struggling. Figure out what leads to your success and why. Are you winning the rebounding battle or committing 10 or fewer

Continued on page 10

turnovers a game. Once those indicators are discovered through tracking games, you can focus on those areas in practice to meet your goals. Over the years, we have found 1-2 things that must happen for us to find success in big games.

Learning from Losing

Offensive Standards: When struggling, we had a difficult time determining who should “start” or play. Players 2-10 were very similar and inconsistent, so we developed standards of play. Those who met the standards earned starting spots or playing time. We still use those standards and have adjusted them a bit over the years to fit our teams. This links our emphasis on skills, our practice drills, and our expectation in games. For us, our kids know they need to make 50% of their 2’s to help our team be successful.

Gap Analysis: When you are not as competitive as you would like to be it is critical to find out why to develop a plan for improvement. Take an honest look at where your team currently is. Figure out where you would like your program to be. Then study the gap between those two things. How can you fill in the gap short and long term. Not sure where to start, what happens a lot and how good are we at it? When we were struggling, we identified six things we needed to do to be more competitive. Then we started on the path to improve those areas.

Learning from Winning

Add Details to Make You Great: When you are winning, you likely have some skilled players and can spend a little less practice time in certain areas and more time on more advanced concepts. Maybe it’s a press, trapping defense, offensive details within your system, or higher level skills. Keeping with your team’s principles and goals of what you do, add things only when your players are ready and capable.

Scouting: The more competitive you are, the more scouting preparation you can incorporate. Our scouting info to kids is brief, simple, and very clear. Through trial and error, learn what is too much info or not enough as you filter all the possible info. Find that sweet spot that keeps things consistent yet is effective enough to gain an advantage. If everything is a priority, then nothing is a priority. Be simple and clear, the focus is your team.

In the end, no matter where your program is, the coach and team can learn and improve regardless of the result. Never waste an opportunity whether in season, out of season, winning, or losing, to learn something. Study any team finding success at any level. What are they doing to be successful and how can you take those things and fit them into what your program does. Keep in mind that perfection is out of reach, but the pursuit is not.



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A “LET’S GO BOW” Culture!

Ed Schaaf – Broken Bow – Wrestling

Courtesy Photograph



LET’S GO BOW!!! If you have ever been to a wrestling tournament where Broken Bow is competing, you have heard many “LET’S GO BOW!” chants from the stands. It’s a tradition that developed in the last eight to nine years. Where did it begin? One of our volunteer youth coaches, Scott Duda, started the chant “Let’s Go Bow” on a bus that was taking our young Broken

Bow wrestlers from the motel to Spaghetti Works during Winter Nationals in Omaha. Duda got the kids so cranked up that the bus driver was so upset that he could not hear and literally threw his walkie talkie out the window! The “Let’s Go Bow!” chant has been driving people crazy ever since!

We have not always had a unified, successful wrestling culture. Before I took over as head coach in the fall of 2008, Broken Bow Wrestling had been shuffling along, qualifying anywhere from two to six kids for the state tournament every year. Periodically, we would have a state medal type of kid, but not consistently. As I was preparing for my inaugural season, my assistant coach at the time, Jason Rynearson, and I would sit around and talk about the direction we envisioned for Broken Bow Wrestling. I wish I could tell you that we developed this great plan, but the reality is that Broken Bow Wrestling evolved into the program it is today over the last 10 years.

We always knew that to have the program we wanted, we had to start with the youth program. In the beginning, the plan was to instill a level of toughness in our wrestlers. We knew that we weren’t the best wrestlers, but we wanted them to compete to the best of their abilities. I remember a conversation I had with a coach that told me Broken Bow didn’t have the best wrestlers, but they were a bunch of brawlers. He called us the Broken Bow Brawlers. We continued this path of not being very good for the next 5 years with 2012-13 reaching the breaking point. That year, we never qualified a single wrestler for the state tournament. As bad as things were that year, we could see the light on the horizon. We had some good freshmen, and we knew that we had a group of decent young kids coming up. But things *had* to change. At that point, I chose to quit coaching high school football, Coach Luke Coufal came on staff at the high school, and Assistant Coach Jason Rynearson took a step back from the high

school program to focus on the youth program. We continued to push for a strong physical team, but this is where our direction took a turn for the better.

After we failed to qualify a single wrestler for the state tournament, I completed a 3-D Coaching course. This course completely changed our wrestling culture. Our focus shifted from creating a purely physical wrestling program to concentrating on character development and building a team atmosphere. The 3-D course is divided into 3-Dimensions: Fundamentals, Psychology, and Heart.

The first dimension is “Fundamentals.” It focuses on developing strength, speed, power, skills, tactics, technique, quickness, and cardiovascular stamina. I am fortunate that I have amazing assistant coaches and volunteer coaches that have and teach great technique. We are always looking for ways to improve it.

The second dimension is “Psychology.” This dimension is centered around motivation, confidence, intensity, focus, emotions, mental imagery, goal setting, and team cohesion. Our team takes time out of each practice for this. We develop and regularly review self-affirmations and read excerpts about the wrestling mindset.

The third dimension is “Heart.” It concentrates on value, self-worth, identity, character, significance, and purpose. We place emphasis on character. We believe that everyone has value on our team, so all coaches coach all kids, and every coach talks to every wrestler. We also place emphasis on character development. Our wrestlers act the same whether they are winning or losing. They walk off the mat the same person that walked on the mat. They shake every hand of every opponent, every referee, and every opposing coach after every match. We teach our wrestlers to look people in the eye and say “please” and “thank you.” We, as coaches, model how to treat people and we set the expectations for how our wrestling team will treat people.

As a high school counselor, I really love coaching psychology and the heart of the program. I recognize and understand that kids today are different. The screaming and yelling of the 1970’s and 1980’s will not work for the majority of kids today. We have set boundaries and we enforce them. I try to be a fatherly figure to my wrestlers, and my assistant coaches are the “uncles” to them; they are demanding, but fun to be around. I disagree with the statement that kids these days do not work hard. Kids will work their tails off for you if they know you care about them and their development. I view coaching as a bank account, you have to continually make deposits if you ever want to make a withdrawal. Our coaches are constantly trying to build up our

Continued on page 13

kids (make deposits), so that on the remote chance I need to discipline or get after a kid (make a withdrawal), he knows that I am coming from a position of love and respect.

We embrace a growth mindset. We focus on growth. We want our kids to get better. Our coaching staff actively tries to find our wrestlers the best competition. We try to find our kids matches where there is always a chance that he could lose. If we have a kid finish the year undefeated, it is not because we ducked tougher competition. We teach our guys to always be improving and not to hang their hat on or be content with past accomplishments. No matter who you are or what you have done, there is always room for improvement. This is an important lesson and mindset that will stay with them long after they are done wrestling! Our motto is "It Doesn't Matter, Get Better!"

Other tactics we have employed to build our program is that we start instilling the values of the high school program with our young wrestlers. We are building wrestlers starting at Pre-K to fit the mold of a Broken Bow wrestler. Some are better than others, but all are tough and understand the goal of the team and are willing to do what it takes for the team, not themselves.

How do we do that? Jason Rynearson, previously a paid assistant coach, is currently a *volunteer* assistant high school coach and club wrestling coach. He takes everything we are doing at the high school level down to the youth wrestling club. They have the same expectations at the youth level as we do at the high school level. Kids are coming up the ranks with an understanding of what our high school program is about and what our expectations are. We also incorporated our middle school wrestlers to act as student managers for the high school team and help film our matches. The student managers are a part of our team. We do everything we can to keep them involved. We believe this helps to develop the next great Broken Bow wrestler.

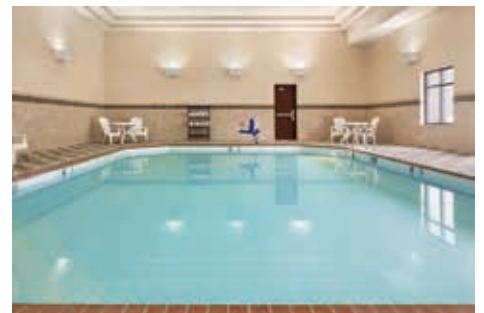
Lastly, we are very lucky to have the support of our parents and our community.

Every high school wrestler must complete required community service. We actively volunteer within our community and support organizations outside of our school. I encourage our coaching staff to be open and willing to develop relationships with our wrestling parents and to listen to them. We include our wrestling parents in the "behind the scenes" work, which gives them ownership in our program. We realize that we will not always agree, but that is why we set boundaries. In our "Let's go Bow!" culture, all of us treat people the right way—coaches, wrestlers, parents, and fans alike.

Broken Bow Wrestling is no longer about each individual wrestler. We have focused on creating a family culture. As a result, parents, siblings, club kids, and even those who do not even have wrestlers in our program, have bought into what we have created. We don't have to spend time explaining what "Let's Go Bow!" means in our program, as it has become the norm. We are not just building wrestlers; we are building respectful young men who will know the satisfaction of reaping the rewards of hard work and will also possess the mental toughness to overcome anything that life throws at them. **"LET'S GO BOW!"**



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Meeting the Challenges & Practicing With a Purpose

Paul Lee – Grand Island – Bowling



Courtesy Photograph

I will give you a little insight into my coaching background. I began my coaching career in the early 90's coaching a youth league at Super Bowl in Grand Island, NE. I took a break and started back up again in 2009 at Westside Lanes also in Grand Island. I am a USBC Bronze level coach, a Ritger Legacy level 3 coaches camp attendee, and have participated and helped

in three BowlU training camps. I have coached the Grand Island Senior High boys team to 2 state titles and was an assistant on the state runner-up girls team. I have also coached youth baseball for 14 years. I believe the basics in coaching crosses over to all sports while trying to get the most out of each athlete.

As a high school coach there are several challenges we all face during the season. First, the cost of equipment. It is difficult to have success without equipment that fits your hand and your style. My inaugural season as a coach I asked on social media if anyone had equipment that was no longer being used that they would be willing to donate. I have several people that drop stuff off at the bowling alley or even ship it to me from other states. The generosity is greatly appreciated. Secondly, transportation from the school to the bowling center is an issue. Most bowlers are unable to drive. Many are able to carpool and find a way to make it work. Finally, there is the challenge of coordinating practice and competition times that work for the bowling center, the coaches and the bowlers. Fortunately, Westside Lanes and their staff are very accommodating to our requests.

As we prepare for the season we begin with the basics. This includes teaching the athletes to keep score and the rules. Most centers have automatic scoring but they can and have failed. It is important for the kids to know how to keep score so that if a coach makes a miscalculation in a match, it can be corrected before it costs the team a loss. It is also important that the athletes understand the rules so that if a pin is knocked over by a machine or a ball comes out of the gutter, the athlete knows what should be done to correct it. We also teach them to know the pin numbers and the boards. This makes the communication process much easier.

Before we hit the lanes, we need to know what we are trying to achieve. Every practice must have a purpose! Without a game plan, practice just becomes kids throwing the ball down the lane.

Now it is time to hit the lanes. Once in the bowling area we begin with several stretching exercises to loosen the muscles we intend to use while practicing and competing. We start by stretching the forearms, shoulders, wrists and core. We finish by stretching what I believe to be the most important muscles we use, the legs.

Alas, we are ready to roll the ball down the lanes. Not so fast. We begin with foul line drills. We step up to the foul line and find our balance point. We swing the ball back and forth a couple times before releasing it down the lane. We want to make sure the ball feels good on our hand. If it falls off, we may need to add tape to the thumb hole. If it hangs up, we may need to remove tape from the thumb hole if a thumb hole is being used. During this drill we are working on our arm swing and release along with balance. Speed or pin count is not important during this drill. After a few minutes of this, we move onto the one step drill. The athlete will start approximately a step and a half from the foul line. This gives them room to slide to the foul line. Much like the foul line drill, we are isolating the arm swing and the release while still striving for good balance at the foul line, only we now add a push away. As the ball reaches the apex of the swing, we begin our slide step. We post the shot until the ball is down the lane. If everything feels good, we repeat the process. If not, we figure out what we need to change so we can achieve repeatability. Once again, the ball speed and pin count are not important.

Now we move back on the approach and do the "grab and go" drill. I have the bowlers pick up their ball off of the rack and walk towards the foul line without setting up or coming to a stop. This allows them to improve their timing and maintain a relaxed arm swing while trying to knock down the maximum number of pins.

Now that we are approaching the half way point of our hour and 15 minutes of practice we move on to a couple of challenges that allows the kids to compete against each other. We usually begin with a game called "screw over your partner". During this we break into pairs. We try to match the athletes into like abilities. Each person will throw 5 first shots trying to leave a difficult spare for their partner to pick up. If the partner picks up the spare, they record a point. If the partner misses the spare the person that threw the first shot gets the point. If the score is tied after the combined 10 shots, we usually have a best ball roll off until someone wins. After this drill, we will have a striking contest. Each player throws 10 shots at a full rack. The person that strikes the most in 10 shots is the winner. This also often requires a best ball roll off.

Continued on page 16

I will usually have the bowlers roll 1 or 2 games during the week so we can see the progress we are making. Score is not always the deciding factor in determining if progress is being made. I also notate the quality of shots being made. Not all good shots strike while some bad shots do.

In closure, make sure your practice has a purpose! The purpose is totally up to the coach and the purpose will change throughout the season. Best of luck to everyone this season!!

Courtesy Photograph



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AMERICA'S SOURCE FOR HIGH SCHOOL SPORTS.



The image is a promotional graphic 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 features the word "MAXPREPS" in a stylized red font with a white outline. On the right, there are two smartphones. The top phone shows a "Welcome" screen with a "SIGN IN" button and a "SIGN NOW" button. The bottom phone shows a "Roster" screen for the "2022-23 Varsity Team". The roster lists the following players:


Rank	Name	Position
1	Hailey Muechel	WR, E, & J
3	Kristey Wagner	FS
4	Megan Nelson	QB, RB, & QB
6	Samantha Toy	FS
10	Nikki Beckman	E - Sr
11	Chelsea Johnson	FS



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Teamwork Makes the Dream Work

Mary Reimers – Lexington – Unified Bowling

Courtesy Photograph



In the Summer of 2016, my Athletic Director came to me with the idea of starting Unified Bowling in our district. At the time, I remember thinking I wanted to be a part of it somehow. Thankfully he had the same idea and asked me to be the coach. I had many ideas about how I wanted to run the program but also knew this would be different than any other sport I coached. That first

year I was blessed to have over 20 partners to help my athletes. My assistant and I knew we had something special. We also knew this program was to be about teamwork and not individual success. Along with the success of our program, there have been challenges along the way. However, our motto has always been “Teamwork Makes the Dream Work.” At Lexington High School, we pride ourselves on being truly unified. Some key components we promote are being a family, having an impact, and promoting our diversity.

Family

Family is our biggest component when it comes to our program. We hold each other accountable no matter if it is a partner or athlete. We want what is best and support each other when we go through challenges. At practice, us coaches make it a point to reach every person and see how things are going in life outside of bowling. We also do team building activities as a whole group like UNO, selfie challenges to show we are more alike than different. At competitions we cheer for each other and afterwards have team dinners to socialize even more. Many of our athletes and partners come from school situations where they don't get to be around general education kids as much. Therefore, we try to get our general education public and SPED students to see the person not the disability. Over the years as our group has grown, kids are feeling more confident in saying hi to each other in the hallway, eating lunch together, or even saying hi in public. Last, as a coach, I give the athletes and partners a voice in what we do as a program. I seek their advice with shirt designs, order of bowlers, etc. I want them to feel part of this big family where they can communicate and see the team as safe space.

Impactful

Unified Sports in general changes the lives of everyone involved. Competition, dedication, human achievement.

It teaches us so many amazing lessons that mold us into better people. Sports provide so much to us as partners and athletes in Unified Sports. Unified Bowling has been around for seven years, and I still have athletes and partners that still feel blessed to be part of our program. They even come back to watch us compete at some meets during the year. This year I hope to have a reunion with many of our old team members. Lexington also makes it a point to show support for other schools by cheering and being great sports win or lose. Our teams are known throughout the western part of the state for their cheering for everyone and helping make sure everyone is having fun.

Diversity

Unified Sports is the only sport that you can be a dual athlete/parent within the state of Nebraska. This means they can play football and bowl at the same time. At Lexington we strive for this every year. On average 90% of student athletes play other sports along with being amazing Unified bowling partners or athletes. When it gets to team picture day, our team does not dress in our bowling shirts but in the other activities. We do this to show we are one unified or diverse group at the high school. Lastly, Lexington unified has student athletes that come from many different backgrounds and as a school we support each other no matter the differences.

Unified sports are an amazing sport for all schools that take part in it. It creates a lasting memory and impact for everyone who is involved. I am fortunate to have amazing coaches that help me and have the same view as I do when it comes to this sport. Every day I am grateful for the opportunity to coach and watch them grow as bowlers as well as productive adults. Lexington Unified is truly UNIFIED (Unity, noble, integrity, family, impactful, efficient, diversity).



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The Importance of Professional Development In High School Strength & Conditioning

Amber Burson – Lexington – Strength & Conditioning

Courtesy Photograph



The birth of strength and conditioning in the state of Nebraska dates back to the early 1970's when Boyd Epley was hired by the University of Nebraska. His impact on the Husker football team success is still commonly referenced today and many high schools throughout the state adopted Epley's Husker Power strength & conditioning system for decades.

As sports and athletes continue

to evolve, so have strength & conditioning practices. Noting this, it is important as a high school strength and conditioning professional to stay up-to-date on new practices to determine where best new practices may or may not fit into your high school's strength & conditioning program.

In today's day and age, students have more opportunities to take part in strength & conditioning programs than in past years. Whether it be in your classroom, at a paid private facility or at the local YMCA where they go to lift with their friends, they have many options. Educating students on the "why" of your programming and backing it with industry-based best practices are integral ingredients to establishing a sound program for your students. With the world at their fingertips, students are influenced by social media and outside gym cultures that can affect your program. For these reasons, it is important for you to be at the top of your game as far as knowledge in strength and conditioning is concerned, especially when you are the leader of the weight room and you are responsible for both the safety and well-being of your students as well as their results.

While the old saying goes, "there are many ways to skin a cat", that saying is very true in the field of strength & conditioning. Many exercises such as squat, bench press, and hang clean have been the cornerstone of many programs. How those exercises are implemented and when they are executed in a strength and conditioning program continues to evolve. The toughest part of strength & conditioning is that there are a lot of different ways to go about programming and many coaches do it differently with varying degrees of success. A one-size-fits-all thought process doesn't work well in high school programs as students walk in your doors with different training ages and athletic abilities. As a S&C professional, you must have a system that can help all types of students.

When it comes to professional development in strength and conditioning, there are many options available for you across the state and throughout the nation. Whether you believe that in-person or online professional development works best for you, keep in mind some of the best professional development can come from the collaboration opportunities that occur at live events. In Nebraska, there are many options for professional development available with many opportunities throughout the year. The remainder of this article will outline some of the organizations available to you with professional development opportunities and outline when those educational events typically occur throughout the year.

Nebraska Coaches Association (NCA)

Before the school year begins, the NCA hosts the Multi-Sport Clinic in Lincoln at the end of July. This event is packed with strength & conditioning sessions geared toward high school strength & conditioning. You are sure to pick up some helpful tips at these sessions. Check the NCA website for more details as this clinic approaches. <https://ncacoach.org/>

Nebraska Strength Coaches Organization (NSCO)

The NSCO hosts events all through the year with the main purpose to grow high school Strength & Conditioning in the state of Nebraska. The NSCO hosts monthly zoom calls on select Sunday nights throughout the year. The one-hour Zoom calls start in September, run through May, and feature guest speakers with various topics. This option provides a quick and easy way to access top quality education in the comfort of your own home. The NSCO also puts out a bi-monthly newsletter with educational information.

The NSCO also hosts two in-person clinics each year. The first is a small clinic held in western Nebraska during November. With the geographical challenge of our large state, the goal of this clinic is to provide a quality educational opportunity in the Panhandle to make it easier for western Nebraska coaches to attend. The NSCO also hosts the Nebraska Strength Coaches Clinic in Omaha each March. This is a large-scale clinic full of top-quality presenters, a large number of vendors for participants to interact with, and it ultimately provides plenty of opportunities for collaboration amongst in-state peers in our field. Both of these clinics will provide a large amount of information that

Continued on page 21

participants can leave and implement in their schools right away. Check the Nebraska Strength website for more information. <https://www.nebstrength.org>

Shape Nebraska

Shape Nebraska hosts their annual conference commonly in Lincoln, at the beginning of November. This clinic is geared toward Physical Education teachers, and in recent years, has started to include many strength & conditioning presentations. Check out the Shape Nebraska website for more information. <https://www.shapenebraska.org/>

National High School Strength Coaches Association (NHSSCA)

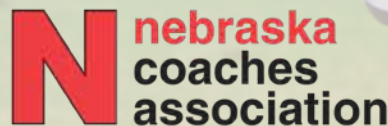
The NHSSCA is a professional membership organization with the goal of educating and equipping high school coaches. They offer mini clinics called Family Days (Fall), larger scale State Clinics (Spring) throughout the country, and also host a large National Conference each June. The NHSSCA just launched the first ever High School Strength Coach Certification which is an online self-paced exam. Check out all that the NHSSCA has to offer on their website. <https://nhssca.us/>

While finding the time to stay up to date with the latest in the strength and conditioning industry is a challenge that we all face, keep in mind that the rewards to you and your students are worth making that investment. Hopefully, the resources above help you save time and connect you to opportunities that may more appropriately work for you to attend in the upcoming year.

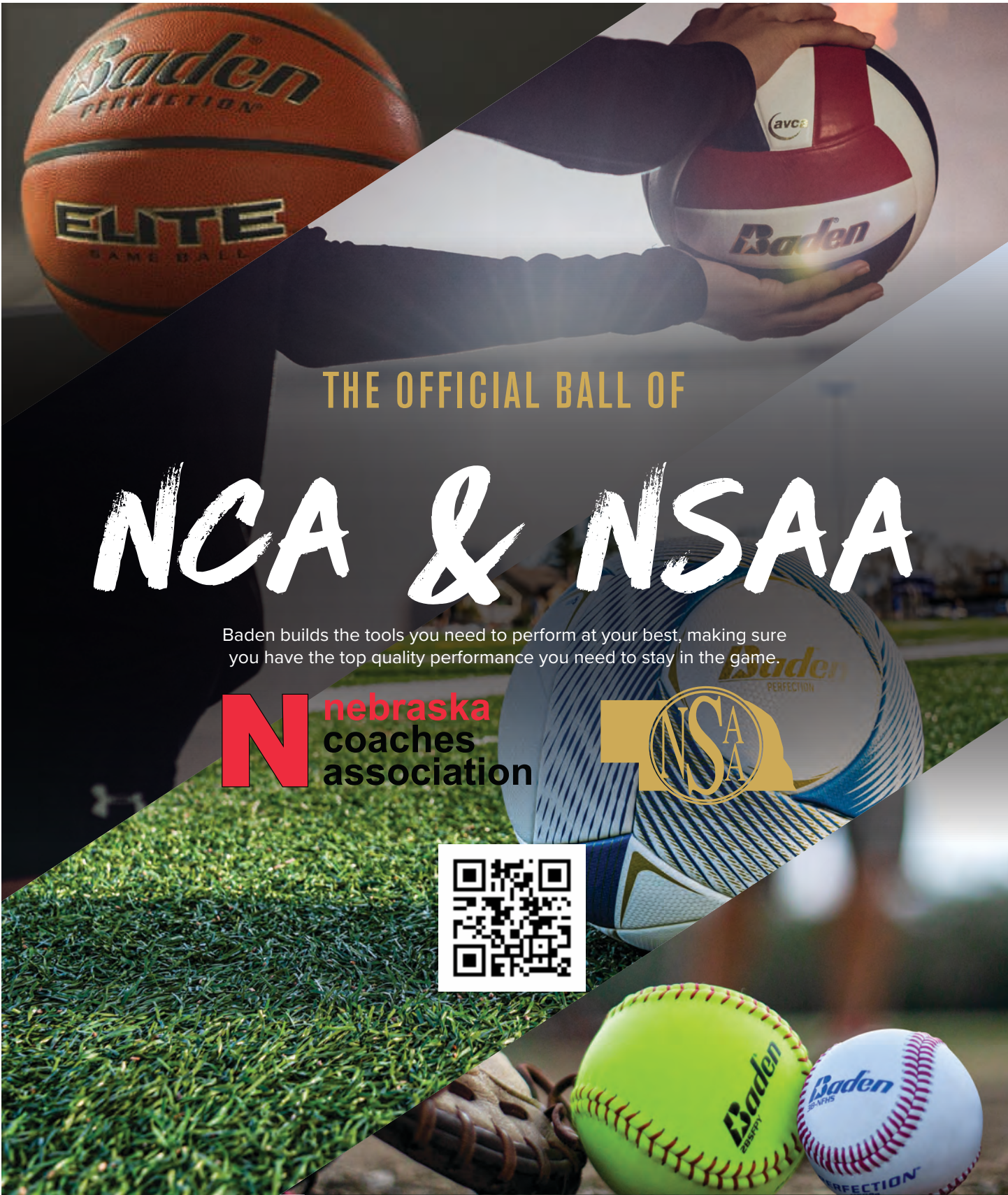


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Tips For Eating Healthy While Traveling

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

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Eating healthy while traveling is crucial for athletes who are constantly finding themselves on the road during season. Between competitions and training camps, athletes spend a significant amount of time traveling for their sport, and are often relying on what's available at convenience stores, gas stations, or fast food restaurants along the way. In this article, we'll be reviewing tips and tricks to help you make healthier eating choices while on the road. From breakfast, lunch and dinner, to snacks and hydration while traveling, we've got you covered.

Building a Healthy Breakfast

A common issue we see with fast food breakfasts is that they are high in fat and/or added sugar, while being low in protein and micronutrients. Options that I recommend limiting include sweet pastries like Danishes, donuts, or cinnamon rolls, and fatty meats like sausage and bacon. Healthier options available at gas stations or most hotels serving continental breakfasts include: fresh fruit, milk, yogurt, eggs, oatmeal, and whole wheat bread.

You can combine several of these items together to make a well-balanced breakfast while traveling. Try to include a source of carbohydrates, healthy fat, lean protein, and produce at each meal. For example, a bowl of oatmeal with milk and nuts like sliced almonds or almond butter mixed in, fresh fruit, and a few hard-boiled eggs. Or whole grain bread with almond butter and banana, along with a bowl of yogurt and berries. Note that you may have to pack items like nuts, trail mix, or nut butter packets to have on hand and add more nutritional value to your meals. If you're driving through a fast food drive-thru, choose items that include whole grains and lean protein, and pair it with a glass of milk and/or a cup of fruit to add more essential vitamins and minerals.

Lunch and Dinner On The Road

As mentioned with breakfast, you should try to incorporate 4 components at each meal – a source of lean protein, healthy fats, carbohydrates (ideally whole grains or starchy vegetables),

and produce (vegetables/fruits). You don't have to completely swap out your burger for a salad to be considered a healthy option, but you should consider making a few modifications to it to up the nutritional value. Order a plain hamburger with extra lettuce, onion, tomato, and omit the mayo, or order a grilled chicken sandwich for a leaner protein option. Either instead of fries or in addition to fries, add a side of fresh fruit, apple slices, or a side salad, or to save money, plan ahead and pack some fruit with you in advance.

Oftentimes the fresh fruit at fast food restaurants can be pretty expensive, so you'll have better luck bringing a few apples with you on the road. In place of soda, opt for water or milk. Milk is a simple, easy source of protein when you need to stay energized.

Snacks and Hydration

It's important to pack healthy snacks with you while traveling, in case you are left with limited options on the road. Items that are easy to pack without needing to be refrigerated include whole grain bagels or bread with nut butter, crackers or pretzels, protein bars, tuna or salmon packets, beef or turkey jerky, fig bars, popcorn, trail mix or nuts, dried edamame, and fruit. Bring a small cooler to stash even more snacks on the road, like hummus, meat and cheese roll-ups, fresh cut up veggies, and yogurt or cottage cheese.

Athletes who are traveling by plane should also be aware of the effect flying has on dehydration levels due to low humidity in the cabin. When flying, make sure to drink plenty of fluids such as water, milk, or an electrolyte-containing beverage. Empty water bottles can be taken through security at airports to refill while traveling.

If you know where you will be eating ahead of time, check out the menu and nutrition information beforehand by looking at their website.

Meet with a registered dietitian today to help navigate the best options for you while traveling, and develop a personalized plan that fits your needs and goals even while on the road.

Continued on page 24



Choosing Healthy Options On The Road

Convenience stores and fast food restaurants often have limited options, but there's always a way you can add a little more nutrition to your meal or snack. While we know it's not always possible, planning ahead and packing your food with you is one of the best and likely most affordable ways to go.

When choosing items while traveling, minimize your intake of food with these high-fat cues:

- Fried / Pan Fried
- Breaded or Crispy
- Buttery / Butter Sauce
- Creamed / Creamy / Cheese Sauce
- Au Gratin, Gravy, or Scampi

Opt for these instead:

- Steamed, Boiled, Poached
- Grilled, Roasted, Charbroiled or Broiled
- Tomato Sauce / Marinara
- Marinated in Juice / In Own Juices

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More Tips

- Make sure your meal contains a source of protein, fat, carbohydrates, and color (fruits or vegetables)
- Aim for at least 2 kinds of fruits or vegetables when possible at each meal
- Pair your meal with a glass of milk. Milk provides protein and is a natural source of immune-boosting nutrients like Vitamin A, Vitamin D, and Zinc.



Creating School Spirit While Teaching Lifelong Lessons

Shari Burrus – Millard South – Cheerleading

Courtesy Photograph



In the fall of 1998, my daughter asked me if I would attend her cheer practices because her current cheer coach had unexpectedly quit, and her squad couldn't continue to practice for their upcoming events without proper supervision. After discussing the temporary responsibilities with our Activities Director, Barb Wagner, I agreed to do it until she could find

a permanent replacement. After all, my daughter was asking me to spend time with her and her friends and this was only going to be temporary. That was 24 years ago.

As I've continued to coach, it has always been my goal to teach my squads that their priority is to create school spirit and to hopefully, learn some lifelong lessons along the way. Lessons about communicating, responsibilities, respect and always lead by example.

As cheerleaders, they are to lead cheers, to set the tone, to be loud & proud and to show their Patriot Pride. The goal at summer cheer camp is to win the coveted "Banana", it's an award given to the team that shows continuous spirit and leadership during camp. I feel this award sets the tone for the squad for the rest of the school year. It also sets the tone to create team unity, to encourage them to lead by example, to always show good sportsmanship and to inspire leadership on & off the field, in & out of the classroom and of course, at games.

Cheer helps them learn how to communicate with their teammates, teachers, possibly employers and myself, regarding practice and game schedules, including work availability. They must learn how to communicate with the crowd too, to encourage the crowd to yell with them, whether it's by holding up signs for the crowd to repeat or by telling the crowd to "Yell with Us" or "Louder."

Cheer helps teach them responsibility. I regularly monitor grades. Anyone failing must sit out until the grade is brought up and or passing. At the beginning of every season, squad members receive a calendar with weekly information for wearing designated practice clothing and required cheer attire for games. For example, every Wednesday in October we wear pink. If a squad member doesn't wear the required Cheer attire, they may be written up or may have to sit out of practice or a game. It's holding them accountable. They need to be responsible, by sharing their availability with employers, stay organized, and plan ahead.

Most of all, I hope they learn respect. Respect for their opponents, teammates, and others. I don't allow my squads

nebraska coach

to do any negative cheers with our student body. Their responsibility is to steer the crowd in another direction. I also realize that squad members aren't always going to be best friends outside of cheer, but they need to respect each other and their teammates' opinions and ideas, especially while giving critiques or getting feedback as we prepare for showcases and State Cheer.

At the end of each practice or game, the team comes together before we dismiss. I remind the squad to lead by example, to make good choices and to always show their Patriot Pride. Everyday reminders that I hope my squad members will continue after high school cheer.

I've had a lot of proud coaching moments, one in particular with my squad after they won the 2020 Class A Non -Tumbling State Cheer championship. My mom had just recently been diagnosed with a brain tumor and my girls wanted to stop in Aurora to share the moment and their trophy with her, even though they had never met her. She was honored that they wanted to share their championship with her. It was more than just about a championship for all of us. Definitely a Patriot Proud moment for me.



Courtesy Photograph



Courtesy Photograph

Coaching Transition

Katherine Bloch – Conestoga – Dance

Courtesy Photograph



Coaching is one of the most rewarding, yet challenging jobs around. For as long as I can remember, I have wanted to continue being involved in the dance world. My ultimate goal was to be a high school dance coach one day. During the 2021–2022 season, I was offered the opportunity to coach the cheerleading team at Conestoga. I accepted it and was excited to put myself one step closer to my goal of becoming a dance team coach. I loved the experience of cheer and am so grateful that I had the opportunity to step out of my comfort zone. However, in the long run, I was hoping to have the chance to fulfill my dream. At the time, Conestoga had a dance coach. Not only did they have a coach, but they also had a legendary coach who turned their program around. Her name is Angie Hogue. Angie had started a legacy of winning Nebraska State Dance Championships. By the end of the 2021–2022 season, the program had earned six championship titles. I could only dream of following in Angie’s footsteps. I was a rookie, a newbie and I had very little experience coaching ANY sport. My dream of becoming a dance coach seemed far out of reach at this time. They had a phenomenal coach, who I assumed wouldn’t step away from this team anytime soon. My assumptions and misconceptions were very quickly proved wrong.

Over the course of the 2021–2022 school year, I worked closely with Angie Hogue. Dance and Cheer do many things together at Conestoga. We plan homecoming, pep rallies, and even map out the plan for State Cheer and Dance for February. Angie and I got to know each other well. We quickly learned that we made a strong team. Towards the end of the cheer and dance season, I got a call from Angie. In the least dramatic way that I can say this, this call changed my life. Angie was calling to ask if I wanted to take over as the dance team coach. She had been

the coach for 15 years, and she absolutely loved every minute of it. Angie was not leaving the job because she did not love it. She was leaving because she had found someone who she felt could love it just as much as she had. Angie also was ready to spend more time with her two children who had graduated high school and were out in the real world. I accepted it and was ECSTATIC, but I had some fear and doubt that came with the acceptance.

It is no secret that Angie built a very successful program. At the time, I had no idea how I was going to continue this legacy. This was my dream, and I wanted the job, of course. However, I had never been a DANCE coach before. I didn’t want to ruin this program that had such a strong culture and had achieved so much. I expressed all of this to Angie, and she assured me that she wasn’t done coaching. Her role had now changed to coaching the coach. This is a ‘coaching’ position that she started last year, and she is still doing it to this day.

Whenever you take over a new position, it is going to be tough. This is true with everything, but especially coaching. I relied heavily on Angie transitioning me. Without her help and guidance, I do not think that my first year would have been as successful as it was. Angie taught me many tips and tricks for coaching dance in general, but it was her guidance on how to maintain a culture that helped me more than anything.

The culture of the Conestoga Cougarettes Dance Team is very well established. Some defining features of it include always putting your team first and loving your team no matter what. We preach WE before ME as a team. Before each performance the girls have a tradition. They go around in a circle and say this phrase, “I’ll work for you if you work for me.” Each of them says this, then they do their team chant. At the end of that chant, they say, “Love your team on 3. 1, 2, 3. . . LOVE YOUR TEAM.” This is a principle that we build our foundation on at the start of each season. Another aspect of the culture is the work ethic. The girls know that in order to improve, we have to work hard inside and outside of practice. When they have new choreography, they are expected to go home and practice it. During practice, it is expected that when the music is on, you do the dance full out. We don’t mark turns, jumps or tricks when we run through a dance. The girls strive to be their best, and this requires them to put forth their best effort inside and outside of practice. All of these actions that drive our culture have made this team so special. When girls are a part of it, they feel as if they are in an elite group. This culture was built by Angie, and in our transition, she taught me how to maintain this. I can say that so far, the culture has been maintained. I will constantly continue to uphold this tradition of excellent culture.

Due to a seamless transition with the old coach of the team now being the ‘coach of the coach,’ last year went well. I may

Continued on page 27

nebraska coach

have called Angie 400 times in a matter of a few months, but I began to slowly learn my place as a dance coach. She even came to a practice to help with giving feedback before state. Angie was always willing to answer my questions and work with me to solve any issues that arose. I am so fortunate to have had a great transition. Last year, we placed 1st at the Nebraska State Dance competition for C1 Hip Hop. It was a tough year of learning, but in the end, it was a successful year. Angie wanted to give me a great transition because she knows what it's like to not have guidance. Angie took over the team in the middle of a season. She had to start from scratch and had to learn without much help. Being a dance coach is tough in itself, but especially when

you are trying to navigate without someone to lean on for advice. The importance of a smooth transition can make or break a program. At some point, everyone will experience a transition. It is vital to set the former coach up for success by helping them with anything they need through this process. Giving a coach feedback on how to build and maintain culture might be the most important thing that can be established during a transition time. I am beyond grateful to be living my dream of coaching a dance team. I will continue to learn and grow with the help of Angie. When the time comes someday, I will be sure to help the next person and become the next 'coach of the coach.'



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2024 Nebraska State Cheer & Dance Championships

February 15 - 17



Heartland Event Center, Grand Island

The order of sessions per day will be: Times per session will be determined by the number of schools registering per classification.

Daily Schedules

Thursday, February 15, 2024 – One Session All Day – Classes A & B Cheer & Unified Cheer

Friday, February 16, 2024 – First Session – Classes C1, C2 & D Cheer

Friday, February 16, 2024 – Second Session – Classes C2 & D Dance

Saturday, February 17, 2024 – One Session All Day – Classes C1 Dance

Results Announced Mid-Day – Classes A & B Dance to follow

The logo for Callam Sports Photography, featuring a stylized white 'C' inside a square frame on a purple background.**CALLAM**
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2024 Nebraska State Cheer & Dance Registration Requirements Checklist



GOING ALL ELECTRONIC

All forms must be scanned as ONE FULL document and submitted together.
DO NOT send as separate scans.

Scan and email them to staff@ncacoach.org

All Items Must Be Completed, Paid For, And Received By December 15th

1. Join 2023–2024 NCA as a PAID member by registering Online – REQUIRED AS A HEAD COACH
2. For teams performing stunts/ lifts at the Nebraska State Cheer & Dance Championships, head coaches must complete the Online NFHS Cheer & Dance Safety course by December 15th. This is good for 4 years, so if you completed the course after 2019 you are up to date. (NOTE: Formerly known as AACCA Safety Course.)
3. Register and Pay for team registration. If using a credit card, payment must be made when registering. (NOTE: There is a 4% convenience fee). You cannot go back in to pay later, you will have to call the office. **Please plan ahead if your school requires pre-approval for check payments.** Check payments MUST be received on or before December 15th. Mail to NCA, 500 Charleston, Suite 2; Lincoln, NE 68508. Online Team Registration OPENED OCTOBER 15th.
4. Liability Release and Waiver Form (Cheer Handbook page 16 - 17, Dance Handbook page 17 - 18). Form MUST be completed on both sides by each participant and any alternate team member and the parent.
5. Rules, Music & Safety Course Acknowledgment Form (page 18) Form MUST be signed by Athletic Director and Coach. Each team must determine the Level of Competition – No Stunting, Tier 1, or Tier 2. (If the head coach did not attend all three sessions of Tier 2 training in July, your team is not allowed to compete at Tier 2.)
6. Printed copy of Music Proof of Purchase /License if mixing music
7. Submit items 3, 4, 5, and 6 ALL TOGETHER AS ONE DOCUMENT. SCAN and email them to staff@ncacoach.org. **Photos of Documents Are Not Accepted. Must be received by December 15th.**

NOTE

Your registration will not be complete until all the above items are completed and received by the NCA Staff.

No payments, registrations, or forms will be accepted after December 15th.

Fall 2023 State Honor Roll of Coaches



Boys Cross Country

Class A – Bob Tillman S.J. – Creighton Preparatory School
Class B – Steve Carroll – Omaha Skutt Catholic
Class C – Tony Neels – Gothenburg
Class D – Tim O'Neill – North Platte St. Patrick's

Boys Tennis

Class A – Chris Stock – Lincoln East
Class B – Lance Kush – Elkhorn North*

Football

Class A – Paul Limongi – Omaha Westside
Class B – Kameron Lenhart – Bennington
Class C1 – Mark Hudson – Boone Central
Class C2 – Jeff Bellar – Norfolk Catholic
Class D1 – David Stoddard – Stanton
Class D2 – Tyson Cox – Sandhills/Thedford*
Class D6 – Shane Hraskey – Sumner - Eddyville - Miller*

Girls Cross Country

Class A – Brian Kabourek – Lincoln East
Class B – Justin McGill – Norris
Class C – Marcus Witter – Kearney Catholic*
Class D – Jayme Clark – Hemingford

Girls Golf

Class A – Brian Bullington – Lincoln East
Class A – Leigh Uhing – Lincoln East*
Class B – Jeff Nielsen – Omaha Duchesne*
Class C – Kelly Cooksley – Broken Bow

Softball

Class A – Todd Petersen – Papillion-La Vista
Class B – Mitch Sadd – Northwest
Class C – Morgan Zahnow – Ashland-Greenwood

Volleyball

Class A – Jessica Kirkendall – Lincoln Southwest
Class B – Renee Saunders – Omaha Skutt Catholic
Class C1 – Julie Ratka – Minden
Class C2 – Sue Ziegler – Lincoln Lutheran
Class D1 – Tammy Kenton – Sumner-Eddyville-Miller*
Class D2 – Hayley Ryan – Overton

* Not a 2023–2024 member of the Nebraska Coaches Association as of publication

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Hitchcock County
Football



Lincoln East
Baseball



Osceola
Girls Track



Bennington
Cheer



Ashland-Greenwood
Boys Basketball

SCAN QR CODE TO GET STARTED!

signaturechampions.com

800.273.8124



Signature is based in Nebraska, NCA official partner



Sponsor of NCA All-State Teams

2023 Boys Cross Country Super-State & All-State Teams



Photo by Callam Sports Photography

Super-State

Class A

Juan Gonzalez, Fremont
Jack Witte, Millard West
Dennis Chapman,
Creighton Preparatory School
Wesley Pleskac, Fremont
Max Myers, Lincoln Southwest
Isaac Ochoa, Norfolk
Easton Zastrow, Lincoln North Star
Dalton Heller, Millard South
David Krier, Lincoln Pius X
Jayden Wall, Omaha Westside
Dylan Lender, Millard South
Sergio Martinez Cruz, Omaha South
Joseph Dustin, Lincoln Pius X
Gavin Luthi, Gretna

Class B

Riley Boonstra, Norris
Braden Lofquest, Gretna East
Thomas Rice, Omaha Skutt Catholic
Austin Carrera, Hastings

Class C

Gus Lampe, Omaha Roncalli Catholic

Class D

Mason McGreer, Perkins County

All-State

Class A

Top 14 Super-State

Class B

Top 4 Super-State
Ethan Walters, Elkhorn
Jack Wade, Omaha Skutt Catholic
Miguel Cruz-Mendoza, Lexington

Class C

Top 1 Super-State
Tyler Hetz, Gothenburg
Carter Hohlen, Lincoln Christian
Avery Carter, Milford
Michael Rodgers, Mount Michael Benedictine
AJ Raszler, Platteview
Luke Woockman, Bloomfield-Wausa

Class D

Top 1 Super-State
Elijah Goodell, Perkins County
Jarrett Miles, North Platte St. Patrick's
Jacob Swanson, Nebraska Christian
Job Josiah Muthiani, Freeman
Kaser Johnson, Doniphan-Trumbull
Dawson Meyer, Oakland-Craig

2023 Girls Cross Country Super-State & All-State Teams



Photo by Callam Sports Photography

Super-State

Class A

Claire White, Omaha Westside
Stella Miner, Omaha Westside
Kaitlyn Swartz, Papillion-La Vista South
Katherine Ebmeier, Millard West
Mia Murray, Lincoln East
Peyton Svehla, Lincoln East
Abigail Durow, Millard South
Hope Riedel, Lincoln North Star
Grace Suppes, Papillion-La Vista
Kara Muller, Bellevue West
Charlotte Gregor, Omaha South
Alexis Chadek, Papillion-La Vista
Sadie Yager, Lincoln East

Class B

Kendall Zavala, Norris
Ella Ford, Elkhorn North
Ellie Thomas, Norris
Kassidy Stuckey, York
Mallory Robbins, Plattsmouth

Class C

Lindee Henning, Ogallala

Class D

Katherine Kerrigan, Ainsworth

All-State

Class A

Top 13 Super-State

Class B

Top 5 Super-State
Leah Robinson, Elkhorn North
Atlee Wallman, Norris

Class C

Top 1 Super-State
Lilly Kenning, Milford
Talissa Tanquary, Sidney
Lydia Stewart, Platteview
Liston Crotty, Auburn
Jaelyn Witter, Kearney Catholic
Hailey O'Daniel, Arlington

Class D

Top 1 Super-State
Gianna Frasher, Aquinas Catholic
Anna Fitzgerald, Doniphan-Trumbull
Hannah Swanson, Nebraska Christian
Peyton Paxton, Mullen
Delani Runnels, Niobrara/Verdigre
Dakota Horstman, Hemingford



Sponsor of NCA All-State Teams

2023 Boys Tennis All-State Teams



Photo by Callam Sports Photography

Class A

First Team

Hunter Nelson, Sophomore, Lincoln East (Captain)
Asher Saulsbury, Senior, Kearney
Caden Haar, Junior, Lincoln East
Samarth Sajeesh, Sophomore, Lincoln East
Andrew Nelson, Senior, Elkhorn South
Aaron Shefsky, Senior, Omaha Westside

Second Team

Alex Liu, Freshman, Omaha Creighton Prep
Joseph Bucknell, Junior, Lincoln East
Yakub Islamov, Senior, Lincoln East
Kayden Le, Sophomore, Lincoln East
Ryan Fitton, Senior, Elkhorn South
Troy Shefsky, Freshman, Omaha Westside

Class B

First Team

Aidan McDowell, Senior, Crete (Captain)
Eli Shada, Senior, Elkhorn North
Nathaniel Miller, Senior, McCook
Patrick Killeen, Freshman,
Mount Michael Benedictine
Noah Stricklett, Sophomore,
Mount Michael Benedictine
Royce Klucas, Junior, Waverly

Second Team

Moritz Kaufmann, Senior, Hastings
Alec Menagh, Sophomore,
Grand Island Central Catholic
Connor Chen, Sophomore,
Mount Michael Benedictine
Benjamin Mooss, Sophomore, Lincoln Christian
JT Rein, Junior, Grand Island Central Catholic
Jack Holbrook, Sophomore, Omaha Skutt Catholic
Andrew Penrod, Junior, Lincoln Christian

2023 Girls Golf Super-State & All-State Teams



Photo by Callam Sports Photography

Super-State

Taylor Beierman, Boone Central
Whitney Dahir, Omaha Duchesne Academy
Isabella Elgert, Lincoln East Ansley Giesselmann, Fremont
Nielli Heinold, Scottsbluff
Mia Hiebner, Heartland Elly Honnens, Lincoln East
Julia Hyten, Lincoln Southwest
Camryn Johnson, Broken Bow
KayLynn Jorgensen, Minden
Julia Karmazin, Elkhorn North
Eden Larson, Lincoln Southwest
Olivia Lovegrove, Lincoln Christian
June Mullen, Omaha Duchesne Academy
Madison Murnan, Omaha Marian
Kiera Paquette, Beatrice
Carleigh Reoh, Gretna

All-State

Class B

Sidney O'Dey, Adams Central
Tia Phaisan, Waverly
Sharlan Skrupa, Elkhorn North

All-State

Class C

Cecilia Arndt, Scotus Central Catholic
Kara Suchsland, Minden

Volleyball Sportsmanship Awards



Class A – Papillion-La Vista South



Class B – Norris



Class C1 – Malcolm



Class C2 – Lincoln Lutheran



Class D1 – Burwell



Class D2 – Overton



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
Lori George
Karen Boller

gjoly@loomislapann.com
lgeorge@loomislapann.com
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.

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

Credit Card Number:

Expiration Date: (Mo/Yr) /

Signature: _____

CVV 3-Digit Code on Back of Card: