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APRIL 2024

***4X100 Relay Articles
Perspective Of Two Coaches
Of The Year***

**Spring Coaching Articles
And More**



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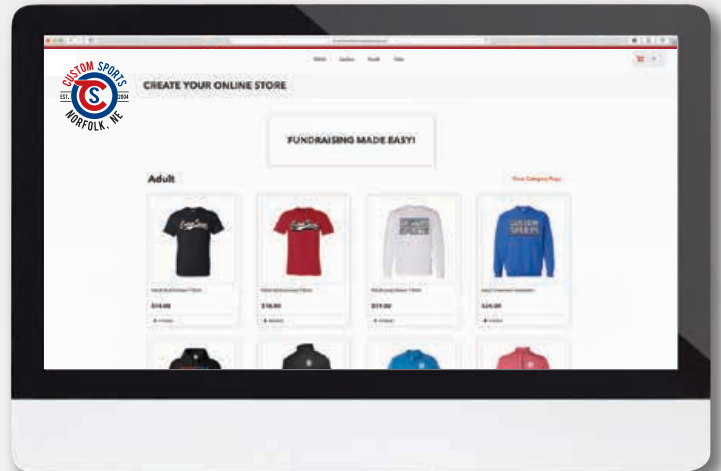
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NEBRASKA COACHES ASSOCIATION UPCOMING EVENTS 2024

April 12, 2024

NCA – Hyatt Place
Scholarship Applications Due

April 28, 2024

NCA Board of Directors Meeting
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May 1, 2024

2024-2025 NCA Membership,
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May 17 - 20, 2024

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June 25, 2024

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June 26, 2024

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Bismark, ND

July 21, 2024

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July 22, 2024

NCA Golf Scramble
Highland Golf Course – Lincoln

July 22, 2024

NCA Softball All-Game
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July 23-24, 2024

NCA Multi-Sport Clinic
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NCA Coaches Night Out
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5K & 1-Mile Fun Run/Walk
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July 24, 2024

NCA Girls & Boys All-Star Basketball Games
Lincoln

The Nebraska Coaches Association is a Proud Member of:



Building a Championship High School Golf Culture

Jered Hellman – Omaha Westside – Boys Golf



Courtesy Photo



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As the echoes of past victories resonate through Westside High School, I drew inspiration from the 1990 Westside state title team led by Roger Hoffman. Their triumph became a beacon of hope, igniting a fire within me to lead this team to greatness once more.

High school golf is not just about mastering the game; it's about fostering a culture of excellence, camaraderie, and sportsmanship. Creating a championship culture within a high school golf team requires more than just focusing on individual skills; it necessitates instilling values, setting goals, and fostering a supportive environment.

Recognizing the invaluable expertise of PGA professionals, I lean on our exceptional PGA professionals in our state; they are our greatest resources. Through their guidance and mentorship, the team gains insights into the intricacies of the golf swing and unlocks the secrets to peak performance while being coached and guided by my staff and me during the season.

We spend our time on the mental side of golf, course management, rules of golf, and life lessons when we are not on the course, putting green, or driving range. Leave the mechanics of the golf swing to the PGA professionals. Set up drills, competitions, and skills plans for your players, and make practice competitive and fun. This isn't to say we cannot help our beginners and advanced players on the course or in practice. Quite the opposite is true, in my opinion. We see when their tendencies change, if their alignment is off, if their routine is changing under pressure, and see their decision-making on the course; this is where we can help them the most. Brain science confirms that our athlete's pre-frontal cortex isn't developed until the mid to late 20s. One area this part of our brain controls is making good decisions. Our Golfers need us to help them make decisions; they need help setting up a routine

that focuses on visualization, making confident decisions, and controlling their emotions on the golf course, no matter the outcome of their shot.

With a relentless focus on building a championship culture, my staff instills discipline, resilience, and teamwork values within the team. Together, we foster an environment where every player is empowered to unleash their full potential.

As the season unfolded, our team confronted a series of trials and triumphs on our journey to the 2023 State Championship. The team's bond grew stronger through setbacks and victories, fueling their collective determination to overcome any obstacle in their path.

With a 4-shot deficit to make up for and coming off losing the 2022 state tournament by one stroke, our golfers summoned their grit and determination for one final push for a title on Day Two. Guided by their coaches, family, alumni, community, and a true brotherhood with their teammates, they stepped onto the course with unwavering confidence, ready to seize their moment of glory.

In a moment that will be etched into the annals of Westside High's history, We celebrated our long-awaited victory, clinching the state championship title. United in triumph, we honored the legacy of those who came before us and paved the way for future generations of champions.

The journey to reclaiming the state championship was not just about winning a title but about building a legacy of excellence that transcends generations. Through the guidance of our staff, support from administrations, and unwavering support from our community, Westside High School's golf team proved that anything is possible on the greens with dedication, perseverance, and the right mentors.



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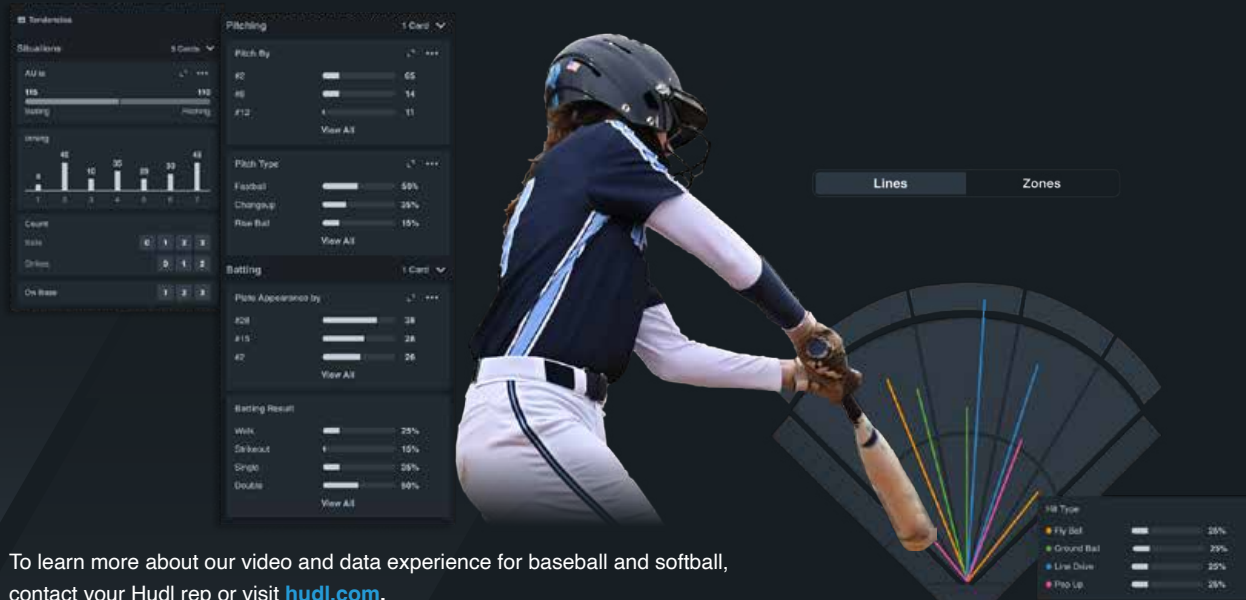
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It Starts with a Championship Weight Room

Mychal Lanik – Lincoln East – Baseball

I will never forget the day. It was November 13th, 2019, and it was my first meeting with members of the Lincoln East Baseball team. After what I thought was a great meeting—our Strength & Conditioning coach, Jake Fincham introduced himself to me and we sat down to talk for a bit. One of the first questions I asked Jake, who has become a close colleague and friend of mine was “What is our culture in the weight room like?” Jake’s answer blew me away. He said “Well, we have one kid who works really hard”. Driving home, I knew where things needed to start if we wanted to get where we wanted to go.

Give all the credit to Coach Fincham & the players—> from that day forward, the weight room was priority #1. To create interest, we showed the boys photos and videos of College & Professional Baseball stars. We had guest speakers come in and talk about the importance of nutrition & the weight room (shout out Les Nozzle, Julia Eckert, Jake Diekman, and countless others who sacrificed their time and gave their testimony to our players over the years). In the beginning, it felt like the boys were lifting and working hard—to impress me and the staff in an attempt to make a certain team or earn a specific desired role.

As our players got into a consistent program—so many of them discovered things about themselves that they never knew. Aiden Johnson ('21) went from a 130 pound freshman to a 205 pound 20 year old Sophomore at Southeast CC with multiple Division 1 offers. Keegan Brink ('22) went from squatting 225 as a freshman to 500 as a senior and became a 2 time—Super State player. The list goes on and on: Sam Wragge, Noah Walters, AJ Evasco, Joey Senstock, Kai Burkey. They become bigger. They became stronger. They became faster. And they became better Baseball players.

The Weight Room helps boys become men. It helps them figure out that with hard work, they can improve and accomplish things they never thought imaginable. It puts them into a mindset where they HAVE to work, they have to push themselves, and they have to take care of their bodies if they want the growth to continue. We have a sign in our weight room that I wholeheartedly believe in. It says, “Champions are made here” and that is something that our players truly believe in.

AJ Evasco is a shining example of this. He is a current senior, committed to play Baseball at Kansas State. He carries a 3.9 GPA and in 4 years, he has missed 5 weightlifting sessions (3 of them were for a family vacation. Two misses in 4 years. We lift 4x a week, basically year around. In the past two years, AJ has made 184 out of 185 lifting sessions. His vertical has gone up over 7”, his 60 yard dash time has gone down by over ½ a second. He has turned into a man at Lincoln East and the weight room is a major reason why. Troy Peltz is a current junior at East High and future Nebraska

Corn Husker. He embodies a love and belief in the weight room more than anyone I have ever coached. When we travel in the summer to tournaments all over the country, Troy isn’t worried about getting out to Worlds of Fun or going to an MLB game—Troy asks his parents to find him a weight room to lift in first.

I encourage any coach, of any sport, to do everything in their power to create the ultimate buy in to the weight room. We have done everything from handing out Dairy Queen blizzards to East Baseball gear to reward attendance and gains in the Weight Room. For us, that is where it all started and where it all begins. We lift in the fall, we lift in the winter, we lift in-season. We lift heavy. We lift deep. We train explosiveness in all that we do. We track EVERYTHING and the boys can see their progress week in and week out. Coach Fincham & Coach Rutledge (our Wrestling Coach) do an amazing job of using technology and making this easy for the athletes and the coaches and I am forever grateful to them and to our athletes for creating the culture and the atmosphere of a Championship Weight Room.



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Building Consistency in the 4 X 100 Relay

Carl Zuege – Chase County – Boys Track & Field

Courtesy Photograph



Like most coaches, our staff at Chase County has built the bulk of our practice and meet routines through a great deal of trial and error and plenty of begging and borrowing ideas from other coaches. What we hope to be able to do with all of these ideas is to work them into a plan and routine that works effectively for us and our athletes. I chose

to write about the 4X100 mostly because over the last 5–6 years I have felt that our program has developed a consistent and effective approach to building our 4X100 meter relay. The 4X100 relay can be crazy, it can be infuriating, and it can cause a coach to question everything. It is also thrilling to watch, incredibly fun to coach, and requires the type of teamwork and precision that builds character and lasting relationships amongst its team members. Over the last 5 years at the class C state track meet in this relay, our teams have finished 2nd (2019), Covid (2020. . . like many other coaches, I felt we could have won it that year!), 5th (2021), and 3rd (2023). In 2022 we ran out of the zone at districts with about a 15 meter lead (ugh.). All of this has happened in that 5 year span while only having a single finalist in the 100 meter dash — a 6th place finisher in 2019. I write all of this just to make the point that while speed is obviously the key to a great 4X100 relay, consistency and precision can lead to sustained success — even at the state level.

Like many sprint and sprint relay coaches, I have taken quite a few ideas from Coach Tony Holler and his “Feed The Cats” program. Probably the biggest thing we have done is to take the technique that he refers to as the “bang step”, and we have attempted to make that the most consistent part of our exchanges. The bang step is the first step in the exchange taken by the receiver. Our emphasis is to be sure that the bang step is of course explosive, but more importantly that it occurs in hopefully perfect unison with the moment the passer hits his marker. When we rep our exchanges, we try to have the entire relay team at each exchange, as well as our first alternate. That gives us 5 athletes at the exchange zone, all of them with a role while practicing our exchange. While the passer and receiver are on the track, 2 others are watching either the passer hitting his marker, or the receiver executing his bang step. When the passer hits the mark, his observer yells “bang” (or whatever verbal cue your runners choose). When the receiver begins his bang step (the moment we see

the receiver’s knee begin its forward drive), the other observer yells “bang”. The 3rd observer records the exchange (we record everyone on my phone), and then we compare notes. The coach stands behind the 2 observers and listens for their “bang” calls. If both verbal signals are in sync, we know that it was probably a pretty good exchange. If not, we go to the video and see what went wrong. The instant feedback has really seemed to help our athletes see in real time what is happening, and what adjustments need to be made. It is simple, and the boys have informed me that it’s a little weird at first, but they buy in pretty quickly when they see the progress. I believe this has been the key in helping us develop great consistency.

Aside from the bang step, there are a few other details that I try to keep very consistent. We have tried reduced speed or controlled handoffs in the past, but I have found that we build the most consistency by practicing all our exchanges at full speed with spikes on, so we practice that way exclusively now. We also vary the time of practice when we do exchanges to vary the fatigue levels of the athletes. Obviously, strong winds and weather in Nebraska are another variable, so we make sure to hit some exchanges in all different types of weather, as well. We make sure our leadoffs get several starts per week on the curve with baton in hand, once again to build that consistency. *For another great practice drill that really reinforces speed throughout the exchange zone, check out Coach Troy Hauxwell’s article from the April 2022 issue of Nebraska Coach Magazine (pg. 11–12).*

One final detail that I believe to be valuable is determining the order of our runners. I think all coaches have a preference about how they like to organize their runners, and here is my philosophy: I usually start with our 3rd leg. There always seem to be those guys who don’t always excel in the 100 but seem to have more success in the 200. These are the guys I look to for my 3rd leg — great curve runners. Usually these are guys with a good, low center of gravity and the ability to hold the curve while maintaining and building their speed. This seems obvious, but it is vitally important to find your “curve guy.”

Next, like everyone, we look for that guy who can really explode out of blocks for our 1st leg. After that, I generally look at the remaining two runners and I really try to think of the 2nd leg as the quarterback of our relay. As a matter of fact, our actual quarterback HAS been the 2nd leg of this relay quite often. Not only does this type of guy generally have great hand-eye coordination, but he is also a good communicator, which is key with the first two exchanges. Then, finally, we fill the anchor spot. Occasionally this is my fastest guy, but generally it has not been over the past several years. Our anchor needs only to take one exchange and get to the line as fast as possible! Once again, no groundbreaking ideas here, just one more way that we try to build the greatest amount of consistency.

In conclusion, any of us who are fortunate enough to get our 4X100 teams to Burke Stadium understand just how important consistency is. You have one shot at it during the state meet, and

Continued on page 10

with practice exchanges not allowed beforehand, it is of the utmost importance that your team feels that it is the team who is most prepared to nail their exchanges and post an excellent time. Our teams at Chase County have been fortunate to run our season PR at the state meet the last 5 times we've qualified, but as I mentioned

before we have been far from mistake-free. In an event that must be so precise and is so detail-oriented, we all just hope to find that formula that works for us and brings us the greatest amount of sustained consistency and success. Best of luck to everyone this season!



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4 X 100 M Relay Technique and Development

Luke Ericson – Osceola – Girls Track & Field



Courtesy Photograph

The 4x100m relay is one of the best measurements of team speed in high school track, and one of the most exciting events to watch. Those that have success in the event typically have a combination of very fast kids, consistently good technique in their handoffs, and proper placement of each runner. In this article I hope to give you some ideas on how you can improve your 4x100M relay teams from both a technical and athletic standpoint.

Our 4x100 teams over the past several years have been fortunate to have plenty of speed. We had two members of the team qualify for both the 100m and 200m finals at state, with one girl winning gold in both events, and the other placing highly in each as well which ultimately led to us winning the 2023 Class D State Title. Our Osceola girls 4x100 m relay team won state in the event in 2022 and 2023 with the same group of 4 girls, finishing the season with a school record time of 49.79, which was less than three tenths of a second off the Class D state record. The group was close knit, had strong chemistry, and had competed together at many meets over the 2022 and 2023 seasons. In both years, the members and order were set at the start of the season and were never changed. I believe this is critical to develop good chemistry and handoffs.

The most important thing to having a strong relay team is **developing team speed**. We follow many of the ideas from track coaches Tony Holler and Chris Korfist in Illinois in regard to speed programming. We are a low volume, high intensity program with an emphasis on race paced performances at practice with full rest and recovery along with technique work throughout. We have three basic practice templates we use throughout the season, which we call lactate, speed, and acceleration.

The hardest workouts we do are called lactate days. **Lactate days** are days where we sprint in durations longer than 5–7 seconds and utilize incomplete rest in order to develop lactate resistance in our athletes. Our favorite lactate workout we do is called the cone drill, where cones are placed at 5m intervals from 170m–220m. We do timed runs where girls sprint all out for 27 seconds (a fast 200m time), and boys sprint all out for 23 seconds. We mark which cone they get to and repeat the drill 2–3 times with 5–7 minutes of rest. A fast girl should be able to complete an entire 200m race in the 27 second interval (our practice record in this workout is 205m, set by last year's state champ in the girls 100m and 200m) It is important to allow 48 hours of non-lactate work (no sprinting over 5–7 seconds) before and after lactate days to keep your athletes happy and healthy throughout the seasons. Athletes won't be able to run at full speed with lactic acid still in their system, and we believe that anytime you run at less than your best you are forming bad habits and training yourself to run slower. Our other two practice template days are speed and acceleration days, both of which do not include any sprinting over 5–7 seconds in duration to limit the production of lactic acid and soreness throughout the week.

Speed days are focused on maintaining and increasing the maximum velocity that our athletes can run, and usually entail some variety of a measured FLY (gradual build into full speed run) (10m, 30m, 30m curve, 15m start from blocks into 10m etc.) where we chart the top miles per hour, they hit on our Freelap timing system. Speed days often also include full running technique drills like wickets and marches (thumb to eye, through the pocket, elbow to sky, knee up-toe up, big in the front, short in the back are cues we use to teach upper and lower body mechanics), and some varieties of isometric holds designed to strengthen muscles that are needed to maintain maximum speed in longer sprints. Often when an athlete's mechanics break down at the end of an event it is simply because they don't have the strength in their core and other key muscles to maintain proper technique if they need to. Acceleration days are focused on block starts and power development coming out.

Acceleration days would include workouts with and without blocks such as 40–60m sprints on curves and straights, accompanied with a variety of plyometric (jumping) exercises such as bleacher hops and single and double legged broad jumps. We film all block starts we do and break down the film with each athlete individually. In our block work we try to only focus on one thing per day (triple extension of the ankle, knee, and hip, proper arm mechanics, shin angles, head placement, etc.). We believe it is easy to overcomplicate the start and flood kids' heads with too many things all at once, which can hinder the kid and prevent them from competing to their full potential. We record, rank, and publish all practice times that we get on a Google Classroom setup for the track team, and make sure to take care of our athletes' bodies with proper mobility work, recovery, and nutrition.

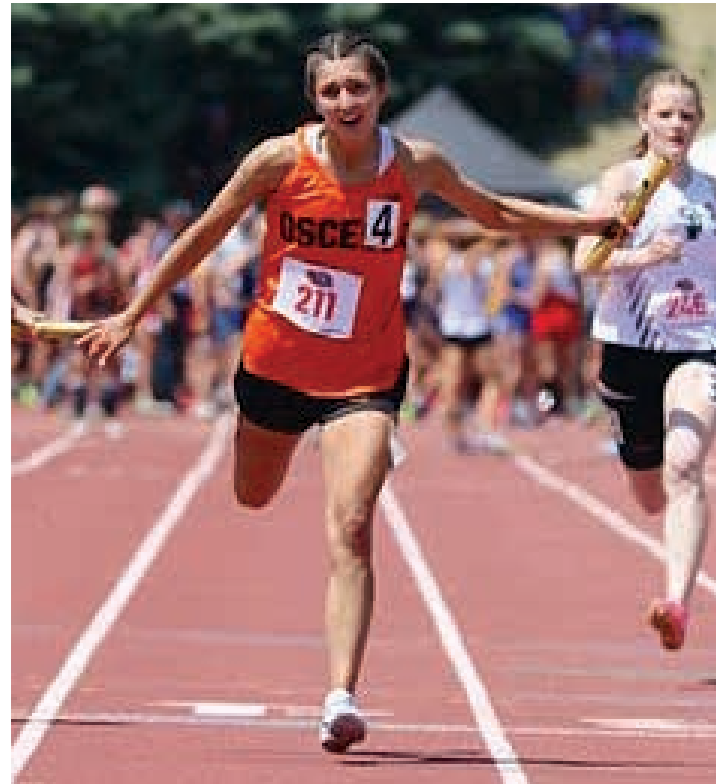
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In **building the 4 x 100 m team** itself, it's important to know your athletes' strengths and preferences. To decide on our running order we time block starts, straight fly's, curve fly's, and lactate workouts to see who the best starters, finishers, and curve runners will be. I also like to ask the members "if you could pick any leg to run, what would you pick"? We as coaches will have the ultimate say on the order, but I believe that allowing for some preference from the team members increases buy-in and confidence in the event.

We **practice handoffs** as often as we feel that we can at full speed. When we run full handoffs, we practice until we get "one perfect handoff". Asking for one perfect handoff increases the focus and effort of each, and trying to hit too many handoffs on the same day leads to sloppy mechanics, effort, and timing. We practice handoffs almost every day, but with our "one perfect handoff" method we ensure each one is at full speed and as realistic to the meet as it can be. We use a verbal cue on the handoff (incoming runner will verbally say the name of the outgoing runner, so as not to be confused with other runners saying "stick" or "hand") We prefer the outgoing runner to get their target hand up as high as possible in what we call a "stop sign" position (thumb down, fingers pointing out) so that the incoming runner can hand the baton off at eye level. We tell the outgoing runner to load their drive leg and try to run away from the incoming runner, and we tell the incoming runner to run through the exchange and try to run over the outgoing runner. We typically set our marks on the tight side so that the outgoing runner can focus on driving out and doesn't worry about running away from the incoming runner.

I have been extremely blessed to work in a community and school with great support and great kids. The kids deserve 100% of the credit for any team success or accolades that we have won, and high school athletics has and will always be about the kids. Our job as coaches is to invest in them and help them be the best that they can be. I'd like

to close by thanking all the coaches across the state who do their best to impact young people in a positive way. I believe strongly that sports and activities build important qualities and character in young people that will impact them positively for the rest of their lives. There is no substitute for hard work, toughness, perseverance, discipline, positive attitude, and effort. Without them, it's impossible to succeed, with them it's impossible to fail.



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The Griffin Way

Chace Hutchison – Gretna East – Girls Soccer

Courtesy Photograph



First off, let me start with a bit of an introduction. My name is Chace Hutchison, formerly Gretna High School's girls soccer head coach. I was there for two years until this year, when Gretna opened its second high school, Gretna East, where I now teach and coach.

Objectively speaking, I am a younger coach with many more lessons

to learn and experiences to undergo. I will be honest, when NCA inquired about my willingness to write an article, I was thankful but also hesitant. My coaching journey began nine years ago at the age of eighteen. Along the way, I have always been the one taking in the lessons/advice, not the one giving it.

In the coaching profession, there are countless variations of styles, philosophies, and beliefs. The most important thing is to find elements that are authentic and true to you as an individual. The coach is the foundation and constant element in a program, everything stems from that role. To build your program in your image takes a great sense of self, the ability to reflect, constant communication, and extensive relationship building with players (& parents). You must lead from the front, lead in a manner that fits you. By doing that, you will be able to stand behind the decisions you make, some of which will not be popular with everyone.

With that, I hope each reader finds something of value as I provide information about our program. For my players and I, these ideas and beliefs have worked to the tune of a 42-0 record, two Class A titles, and a #2 national ranking at the end of the 2023 season. In regard to the above statement, please let me clarify that I fully understand that a generational amount of talent occupied my program the last two years. To have success, you must have high level players. My job is to maximize that enormous potential, which I try my best to do. This is how our program has operated during that time and how it will continue to operate in the future.

Training

Film & Mental Training

- For us, film sessions are a weekly occurrence. Almost everything we do is filmed including games and training. During games and training sessions, analysis does happen but there is so much going on in those moments. Dedicating time to watch film allows for that analysis to occur in a more purposeful environment. We refer to our components of film as

“moments to glow” and “moments to grow”. The good and the bad are displayed, we use all of the information to build.

- Several times throughout the year we will have classroom sessions with our players. During that time, we do a variety of things such as watch videos of motivational people, professional training sessions, and culture building lessons. Some leadership is natural, but it is also largely learned. As coaches we must display it for the players to see. Winning behavior is learned as well, again it must be displayed for our players. In my opinion, too many programs leave leadership and a winning mindset up to chance/fate. Develop it just as you would an on-field trait.
- We also complete mental training exercises that cover a number of topics. We ask players to set athletic, academic, and personal goals in one exercise. Other exercises are opinion centric where we ask players to outline traits of a leader or successful player. Additionally, we put forth a number of scenarios that may happen during the season, and we ask students to envision their responses. A key aspect of our program is the composure of our players, I believe the mental preparation has played a part in that development.

Weight Room

- Our program is bolstered by the presence of an exceptional sport performance professional, Grant Johannes. Grant has taught me so much about building a complete athletic program. At Gretna East, the weight room is just as important as our training on the turf. Weight room sessions are offered throughout the year by our staff, and our athletes have bought into it. Speed, power, explosion, and agility are all athletic traits that can be built in the weight room. The mental intangibles of commitment, hard work, and learning to strain are natural elements in lifting.
- We do not over complicate the process; we stick to the simple lifts and are careful when it comes to the weight we are lifting. With that being said, we execute on the lifts, and we move with purpose.
- When the season starts, we keep lifting. This is done in a smart and reasonable method, but I feel that it has always kept us healthy.
- Some soccer enthusiasts believe that the weightroom does not apply to them or their sport, that is wrong. Soccer players are athletes, the weight room must be a second home. You may still choose to ignore this portion of the athletic experience, that is fine – see you at the 50/50 ball or 30 yard sprint to the goal.

Continued on page 16

On Field

- At Gretna East, we train the same way we play the game – fast. Our typical training will last for about an hour, no more than an hour and a half. These players have so much going on including work and academics. It is my responsibility to take care of them mentally. On game days, these players may not get home until 9 PM. Therefore, on training days we do our absolute best to have them home at a reasonable time.
- With our time being shorter than most, we realize that we must be as efficient as possible. How do we maximize our time?
- Every training has a plan. We have a set training plan format which includes sections for diagrams, instructions, and notes. Every coach has access to this plan before training begins, everyone knows their role and larger coaching points. For every hour of training, coaches spend 30-40 minutes developing the plan.
- As many drills as possible are set-up before training begins. We utilize every available section of the field for training. For the drills that cannot be set-up beforehand, the necessary gear is organized, and the team managers are ready to go.
- We utilize drill rotation and competition within our training session. Each coach is responsible for a drill and the players rotate between the drills. This allows us to cut down on lines/wait time and keeps the players engaged. In almost all of our drills a score is kept. The skill that we are scoring or rules of the game may change, but our players are competing. For this purpose, team managers are vital!
- Full team drills will also be necessary, at those times it is inevitable that some players will have downtime. For those drills, we rotate frequently and a coach is always engaged with off-field players.
- Finally, for our training, the message is clear, and the standard is the standard. When we are together, we are all working towards a shared goal with uncommon focus. It is the expectation that each player contributes to our process by giving their full effort. If a player is unable to give full effort or attention, conversations happen and the standard is quickly reimplemented. Those conversations are never fun, but they are necessary. If you do not correct it, you condone it and the rest of the team get the message. Players are smart and observant, always remember that.

Gameday

On gameday, routine is everything. No matter if we are home or away, our goal is to be at the locker room one hour before the listed kick-off. For the players, they typically have twenty minutes to themselves in the locker room. As they get to the facility, a fullscouting report is available to them. Typically, we try to watch two, if not three, games to compile the scouting report.

When we are at home, we have gone all out for our locker room in terms of making it truly ours. Posters adorn the walls. Team colors and program verbiage are displayed everywhere. We invested in couches/chairs for seating, a fun lighting system, and of course a stereo. All of that is unnecessary for winning, but the players enjoy it. I want them to feel good leading up to the game. Thirty-five minutes before kick, we have our last team meeting where we go over the major points of the game.

When the ball kicks off, that is when the players have to take over. In soccer, we do not get to call every play and there are no timeouts. At that point, the coaching staff has to believe that we have done our job leading up to the game. When the circumstances dictate, coaches are the problem solvers and decision makers for strategy. We do that as a staff and it is often my fellow coaches communicating the points to each player. My role is to stay in tune with the game and remain aware of everything happening on the field.

Culture

The final aspect of our program is a buzzword that every coach will say yet is so elusive to describe/implement. All programs want a winning culture, countless attempts have been made to identify the aspects of team culture and record them into a step-by-step guide. I believe we have a great culture at Gretna East. It is an environment that I am grateful to be a part of. How did it happen? I am not sure I can give insight to that because it wasn't created by my force of will.

A lot of it has to do with luck, common purpose, and choice. We have the right people, in the right place, at the right time. This includes the coaches, players, parents, and administration. Our players have made the choice to care about one another and I make it a conscious part of my process to let them know that I care about them. Your culture has to start there, everything else will come back to it.

We make it known that our program is meant to develop the entire person. That growth happens in good moments and challenging times, most conversations are joyous but some are hard. That is a reality that we do not run away from, truth matters and honesty is always expected from all sides. My players always know how I view things and my expectations, it is easier that way.

The final aspect of our culture that comes to mind is our dedication to *embracing the suck*. A lot of the effort and energy that goes into winning is work that isn't easy. Human nature wants to take the easiest path, that is our survival instinct. To be a winner, you have to override that default setting. Our workouts are hard, and our expectations are high, at times fulfilling our potential requires the temporary sacrifice of comfort. I am beyond grateful to work with other people that see the greater purpose and are willing to work so hard for a common goal.

To the extent that I can, I try my best to influence my program's culture.

- Team events in the summer, fall, and winter. We are not just a team in the spring, we want to be around each other all year round. This includes putting on events such as service projects,

holiday parties, trivia nights, dinners, open fields, etc. With a lot of the events, families are welcome to join.

- One-on-one meetings at least twice during the off-season and whenever necessary during the season. Those are the times to get into the details and also talk about individual plans in the short/long term.
- Team meetings that solely focus on leadership and the elements of culture.
- Community events for youth outreach. We love having elementary and middle school players around our program. It drives home the message that our high school players are role models for the next generation. They have to understand that responsibility and embrace it.

- Fulfill my own responsibilities by displaying energy, passion, and effort for our program. I like to view myself as an agreeable person that most people can get along with. At the same time, when it comes to the process of competition, my players witness my obsessive nature. That passion is not focused on winning the final outcome, I am obsessed with the process of preparation.

I would like to express my thankfulness to all my former and current players. This is their program, and it will always rely on them. The unforgettable moments that I have experienced as a coach have been enabled by them. To our future Griffin players, we can't wait to have you in the program. Be ready for your opportunity and the work that will go into maximizing it. We are building a special thing at Gretna East, we plan to display that in the near future.



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The Next One

Steve Bischof – Elkhorn South – Girls Tennis



Courtesy Photo

Although this is an article about tennis, I'm going to start with a golf story. My dad ran the parish golf league for decades. Usually, I was coaching and couldn't play in the league. But one Friday afternoon my schedule was open, and my dad needed a sub. On the second hole, a par 3, my tee shot landed pin high about eight feet from the cup. I sank the putt for a birdie! I was really pumped. I walked confidently up to the tee box on the third hole and promptly sliced my tee shot into the creek. My dad looked at me and said, "You were still thinking about that birdie on 2 weren't you? Remember, the most important shot is the next one. It's the next shot that matters!"

I thought my dad was a genius! Years later, I learned that the legendary golfer Ben Hogan actually said "The most important shot in golf is the next one" but that day with those words, my dad changed how I coached tennis.

For years, I had watched tennis players let one bad shot, (or one good shot) impact their next shots, points, and games. One mistake could send a player spiraling into an abyss of negative self-talk, and multiple errors.

Tom Veneziano, who runs the Tennis Warrior website, had a "3 R's" approach to mental toughness. His three R's were review, relax and *nebraska coach*

refocus. As you or your opponent pick up the tennis balls between a point, a player should review what was right or wrong about the previous point, relax with a few deep breaths the refocus on the next point. I have been teaching my players the "3 R's" since I found Tom's pamphlet when I started coaching tennis (the internet wasn't really a thing yet!)

A few years later, I developed a quicker three-word instruction to get players to focus on the next shot; "Flush It Down!" Get rid of that last point and get ready for the next one. Before State, my girls team "Chalk The Court" with sayings, positive words and their names. I always draw a toilet to remind them to "Flush It Down!"

After playing golf with my dad 25 years ago, I started using the two-word phrase "Next One!" This has had a strong impact on my players, both on the court and off the court. One of my former players became the varsity tennis coach at a Metro school. We were playing them in a dual, and I heard him tell one of his players "next one!" His mom, who was there watching, shared with me that he has used that simple phrase during his college playing career, and in lessons as well as coaching.

One of the best players I ever coached hit a "tweener" in a match against a rival school. Her opponent hit the "tweener" back and won the point. I said, "Next One" and she smiled and finished the match with a win. A #2 singles player hit a screaming overhead winner in a match at State, and I said, "Next One" and she glared at me. On the change-over she said, "Coach that overhead was in, I won that point." And I said, "I know, but you still have to get ready for the next one, even after a good shot."

In a tense #1 doubles semifinal match at State this past fall, one of our players missed an overhead. He felt the pressure build, but then he heard me say "Next One!" After winning the match, he said, "Coach now I know what you meant by the Next One! That really helped me refocus and close out the match!" Actually, I was a little hurt by that comment. He is a senior and he's heard me say that for years, but it only clicked in his second to last match!

"Next One" is not just a strategy for tennis. One of my former players shared this story. After college he took a job selling medical equipment. Following a discouraging visit with a doctor who didn't place an order, he walked dejectedly to his car. As he opened the door, he heard my voice saying, "Next One!" and his mindset shifted and refocused. He said he realized that I wasn't just teaching him about tennis, I was teaching him about life!

We won our fifth Girls State Tennis title this past spring. I sent an email to Roger Ortmeier, the AD at Elkhorn South with the names of the girls on the championship team to be engraved on the brass plaque on the State trophy. He emailed me back and asked what I wanted to put at the top of the plaque. I said I wasn't sure. Roger has been to plenty of our tennis matches. He had the perfect title. It says, "Next One!"

I wrote "Thanks Dad" on the back of the trophy



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Nutrition for Muscle Recovery

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

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Proper nutrition and hydration play a vital role in muscle recovery for athletes. Combined with adequate rest, nutrition is essential for maximizing performance, reducing risk of injury, and ensuring long-term success within a sport or training program. This article will uncover the key aspects of muscle recovery and hydration, exploring why these two components are essential to every athlete's regimen.

The Importance of Protein for Muscle Recovery

During intense exercise, muscle fibers undergo microscopic damage. The recovery phase is when muscles repair and grow stronger, adapting to the stress they've experienced. While rest and adequate sleep are very important pieces to muscle recovery, so is consuming sufficient protein. Athletes should aim for between 0.6 -1 gram of protein per pound body weight per day. For a 180 -pound athlete, this translates to about 108 to 180 grams per day. Athletes should ideally distribute their protein intake evenly throughout the day, including a source at each meal and snack and before and after workouts.

Protein sources should be high -quality food sources rich in essential amino acids. This includes sources like lean meat, eggs, fish, dairy, and plant -based proteins like tofu, tempeh, and edamame. Dairy products, such as milk, chocolate milk, yogurt, cheese, and cottage cheese, are all excellent sources of high-quality protein, providing essential amino acids and minerals, such as calcium, that are important for muscle function. Greek yogurt is another fantastic example, as it provides protein, carbohydrates, and probiotics for muscle growth and repair, glycogen replenishment, and gut health.

Carbohydrates and Fluids for Muscle Recovery

After intense or prolonged exercise, the body can become depleted of glycogen. Consuming carbohydrates helps replenish glycogen stores, aiding in recovery and providing the energy needed for the athlete's next workout session. Ideally, post-workout meals or snacks should incorporate *carbohydrates, protein, and fluid* to help rehydrate.

Dehydration can negatively impact athletic performance, leading to fatigue, cramps, impaired cognitive function, and impaired muscle recovery. Fluids help to regulate body temperature and replenish sweat losses during exercise.

Water and electrolytes like sodium and potassium are essential for ensuring proper hydration before, during, and after exercise. Factors such as body size, age, and environmental conditions (temperature, humidity, altitude) can all impact hydration needs. Athletes should aim to drink at least half their body weight in ounces of water per day as a baseline. Then aim for 13 -20 oz. of fluid in the hours leading up to exercise, 4 -6 ounces every 15 -20 minutes during intense activity (more or less depending on intensity), followed by 16 -24 oz. for every pound lost during exercise. According to a growing body of research, drinking chocolate milk after a hard workout could give athletes a performance edge.

Some studies suggest drinking low -fat chocolate milk after a strenuous workout could help athletes boost power and even improve training times in their next bout of exercise, compared to when they drink a carbohydrate sports drink. This is likely due to the fact it's a high -quality protein source + source of simple carbohydrates + electrolyte -containing beverage all in one.

The Power of Micronutrients and Antioxidants for Muscle Recovery

Antioxidants play an essential role in muscle recovery, in part due to their ability to neutralize free radicals and reduce oxidative stress. Oxidative stress is associated with inflammation and muscle damage, which are common occurrences during and after intense exercise. Unfortunately, this could lead to what's referred to as delayed onset muscle soreness (DOMS) and may impair the body's ability to recover properly.

Antioxidants (for example, vitamins C, E, and polyphenols) can be found in various plant foods. Aim for at least 5 servings daily of fruits and vegetables, and incorporate nuts, seeds, whole grains, and legumes for more of these powerful nutrients daily. Several micronutrients such as calcium, vitamin D, potassium, and magnesium play a role in muscle recovery or bone health. Dairy products such as milk contain all of these, along with B vitamins. Just 1 glass of milk provides 25% of the daily value (DV) of calcium and 15% DV of vitamin D.

By paying attention to your body's nutritional needs and applying these guidelines, you can maximize your workouts and improve your recovery. Meet with a registered dietitian today to help develop a personalized nutrition plan for you.

Continued on page 22

Nutrition Tips for Optimizing Muscle Recovery

Protein Amount, Type, and Timing all Matter!

- Consuming enough protein daily is essential for muscle recovery.
- Athletes should aim for .6-1 gram of protein per lb body weight.
- High quality sources rich in essential amino acids includes: lean meat, eggs, dairy products like milk, cottage cheese, and yogurt, and plant-based proteins like tofu, tempeh, and edamame.
- Distribute protein intake evenly throughout the day and both before and after workouts to support muscle protein synthesis.



- Water and electrolytes like sodium and potassium are important for ensuring proper hydration, as dehydration can impair recovery.
- Chocolate milk is a good source of protein, carbohydrates, fluids, and electrolytes all in one.
- Other simple, nutritious options include Greek yogurt with berries and almonds, or protein waffles with banana and a glass of milk.

The Power of Micronutrients and Antioxidants

- Micronutrients like magnesium and antioxidants or polyphenols found in plant foods all play an important role in muscle recovery.
- Aim for at least 5 servings per day of fruits and vegetables.
- Incorporate nuts, seeds, whole grains, and legumes for more of these powerful nutrients.

Carbohydrates and Proper Hydration Both Support Muscle Recovery

- Consuming carbs post-workout helps replenish glycogen stores, which in turn supports muscle recovery.

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Nebraska Coaches Association 2024 Multi-Sport Clinic Week

<p>July 21, 2024 NCA Awards Banquet Old Lincoln Train Station</p>
<p>July 22, 2024 NCA Golf Scramble Highland Golf Course – Lincoln</p>
<p>July 22, 2024 NCA Softball All-Game University of Nebraska – Bowlin Stadium</p>
<p>July 23-24, 2024 NCA Multi-Sport Clinic Lincoln North Star HS</p>
<p>July 23, 2024 NCA All-Star Volleyball Match Lincoln North Star HS</p>
<p>July 23, 2024 NCA Coaches Night Out Site TBA</p>
<p>July 24, 2024 Saundi Fugleberg Acts of Kindness 5K & 1-Mile Fun Run/Walk Lincoln North Star HS</p>
<p>July 24, 2024 NCA Girls & Boys All-Star Basketball Games Lincoln North Star HS</p>



Keynote Address

Rhonda Revelle,
University of Nebraska Softball



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Nebraska High School Coaches Named As National Coach Of The Year Finalists

Two Nebraska Prep Coaches / Contributors To Be Inducted Into National Hall Of Fame



The National High School Athletic Coaches Association (NHSACA) and the Nebraska Coaches Association (NCA) announce the advancement of 12 coaches as finalists for the National High School Athletic Coaches Association national coach of the year. The nominations were based on each coach's career

accomplishments through the 2022–23 athletic seasons (not retired more than two years prior). Two former Nebraska prep coaches will be honored by being inducted into the national high school coaching hall of fame as well.

Doug Woodard – Boys Basketball – Bellevue West
Shane Fruit – Boys Cross Country – Ogallala
Dave Sellon – Boys Track and Field – Fremont
Mark Brahmer – Football – Pierce
Joydene McCarville – Girls Assistant – Sidney
Brian Kabourek – Girls Cross Country – Lincoln East
Kevin Schrad – Girls Track and Field – Lincoln Southwest
Jacque Tevis-Butler – Soccer – Millard West
Andrea Feltz – Special Sports - Dance – Millard North
Troy Saulsbury – Tennis – Kearney
Jake Moore – Volleyball – Omaha Marian
Ed Schaaf – Wrestling – Broken Bow

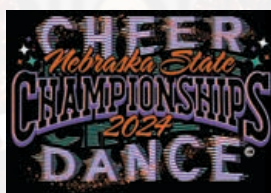
Eight finalists from across the nation, in nineteen recognized sports categories will be honored during the National Coach of the Year Awards Banquet which will take place at the NHSACA's national convention) in Bismarck on the evening of June 26. The highlight of the banquet will be the naming of the NHSACA national coach of the year in each sports category.

All Nebraska coaches were nominated for this national honor by the Nebraska Coaches Association. **The selection is based on the following: career longevity, service to high school athletics, honors, championship years, and winning percentage.** The nominees and finalists are evaluated by experts in the field

of coaching using sport-specific rubrics to assign points in each category. NHSACA is the oldest coaches' association in the nation formed by coaches, for coaches, and has been recognizing national coaches of the year since 1978.

NATIONAL HALL OF FAME: Two Nebraska legendary coaches; **Mimi Ramsbottom, Elkhorn South and Doug Goltz, Falls City Sacred Heart** will be inducted into the national high school coaching hall of fame at the same NHSACA Convention. Hall of Fame ceremonies will take place in Bismarck on June 25.

2024 Dance & Cheer State Champion Coaches



Dance Pom

Class A – Andrea Feltz – Millard North
Class B – Becca Schmucker – Elkhorn
Class C1 – Erin Martinez – GI Central Catholic
Class C2 – Madison Bastian – Louisville
Class D – Molly Gillespie – Osceola

Dance High Kick

Class A – Lindsey Hinze – Lincoln Southwest
Class B – Angie Hinze – Scottsbluff
Class C1 – Alicia Odean – Hershey
Class C2/D – Paige Piper – Lincoln Lutheran

Dance Jazz

Class A – Jessica Fauss – Elkhorn South
Class B – Becca Schmucker – Elkhorn
Class C1 – Erin Martinez – GI Central Catholic
Class C2/D – Katie Sladky – Bishop Neumann

Dance Hip Hop

Class A – Caroline Unger – Millard West
Class B – Jordan Stutzman – Northwest
Class C1 – Katherine Bloch – Conestoga
Class C2 – Madison Bastian – Louisville
Class D – Deanna Brakhage – Meridian

Cheer Game Day

Class A – Stefani Lane – Millard West
Class B – Kristen Ewing – Omaha Gross Catholic
Class C1 – Karsyn Dugan – Cozad
Class C2 – Melissa Schmitt – Louisville
Class D – Kristin Weaver – Loomis

Cheer Non-Tumbling

Class A – Sydney Mickells – Lincoln East
Class B – Brandi Edens – Bennington
Class C1 – Karsyn Dugan – Cozad
Class C2/D – JR Dotzler – Cornerstone Christian

Cheer Traditional Performance

Class A – Connor Churchill – Millard North
Class B – Brandi Edens – Bennington
Class C1 – Amy Bartek – Bishop Neumann
Class C2/D – Melissa Schmitt – Louisville

Cheer Tumbling

Class A/B – Stefani Lane – Millard West
Class C1/C2/D – Molly Gillespie – Osceola

Cheer Unified Sideline

Class A – Emily Flynn – Elkhorn South

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Winter 2023-2024 State Champion Honor Roll of Coaches



Wrestling

- Class A – Nate Olson* – Millard South (Dual & Individual)
- Class B – Chas DeVetter* – Omaha Skutt Catholic (Dual)
- Class B – Eric Dolezal – Waverly (Individual)
- Class C – Connor Bolling – St. Paul (Dual)
- Class C – Cody Wintz – Battle Creek (Individual)
- Class D – Roy Emory – Aquinas Catholic (Dual & Individual)
- Girls – Bob Mulligan – Omaha Westside

Girls Basketball

- Class A – Marc Kruger – Millard West
- Class B – Ann Prince – Elkhorn North
- Class C1 – Scott Klein – Lincoln Christian
- Class C2 – Clay Carlton – Yutan
- Class D1 – Jason Dolliver – Pender
- Class D2 – Janessa Bergman – Overton

Boys Basketball

- Class A – Steve Klein – Bellevue West
- Class B – Kyle Jurgens – Omaha Skutt Catholic
- Class C1 – Kevin Scheef – Wahoo
- Class C2 – Eric Rippen – Amherst
- Class D1 – Lucas Dalinghaus – Johnson-Brock
- Class D2 – Will Reutzel – Sheltonn

Girls Bowling

- Class A – Mark McKenzie* – Fremont
- Class B – Josh Johnson – Wayne

Boys Bowling

- Class A – Bob Jaster* – Columbus
- Class B – Steve Conner* – Seward

Unified Bowling

- Class A – Jessica Robbins* – Lincoln Northeast
- Class B – Candice Bridgford* – Seward

Girls Swimming & Diving

- Andy Rider – Omaha Westside

Boys Swimming & Diving

- Tom Beck* – Creighton Preparatory School

*Not a 2023-2024 member of the Nebraska Coaches Association

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SCOTT BAUER

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2024 State Basketball Sportsmanship Award Recipients



Girls – Class A – Millard West



Girls – Class B – Elkhorn North



Girls – Class C1 – Lincoln Christian



Girls – Class C2 – Clarkson-Leigh



Girls – Class D1 – Bancroft-Rosalie



Girls – Class D2 – Overton



Boys – Class A – Gretna



Boys – Class B – Norris



Boys – Class C1 – Malcolm



Boys – Class C2 – Norfolk Catholic



Boys – Class D1 – Ainsworth



Boys – Class D2 – Shelton



Fall 2023 Nebraska Coaches Association Team Academic Excellence Award Listing



Criteria: 3.30 Team Cumulative GPA for the Fall 2023 Semester – Unweighted

Football Criteria: 3.00 Team Cumulative GPA for the Fall 2023 Semester – Unweighted – In Conjunction with The National Football Foundation

Cheer

Class A – Columbus
Class A – Elkhorn South
Class A – Fremont
Class A – Gretna
Class A – Lincoln East
Class A – Lincoln North Star
Class A – Lincoln Northeast
Class A – Lincoln Southwest
Class A – Millard South
Class A – Millard West
Class A – Norfolk
Class A – North Platte
Class A – Omaha Central
Class A – Omaha Marian
Class A – Omaha Westside
Class A – Omaha Westview
Class A – Papillion-La Vista South

Class B – Beatrice
Class B – Bennington
Class B – Blair
Class B – Elkhorn
Class B – Elkhorn North
Class B – Gretna East
Class B – Hastings
Class B – Nebraska City
Class B – Norris
Class B – Northwest
Class B – Omaha Gross Catholic
Class B – Ralston
Class B – Waverly

Class C – Arcadia-Loup City
Class C – Archbishop Bergan
Class C – Arlington
Class C – Ashland-Greenwood
Class C – Auburn
Class C – Aurora
Class C – Battle Creek
Class C – Broken Bow
Class C – Central City
Class C – Chase County
Class C – Cornerstone Christian
Class C – Cozad
Class C – Fort Calhoun
Class C – Freeman
Class C – Gibbon
Class C – Gordon-Rushville
Class C – Gothenburg
Class C – Grand Island Central Catholic
Class C – Hershey
Class C – Holdrege
Class C – Homer
Class C – Lincoln Christian
Class C – Logan View High School
Class C – Mitchell
Class C – Norfolk Catholic

Class C – North Bend Central
Class C – North Platte St Patrick's
Class C – Ogallala
Class C – Omaha Brownell Talbot
Class C – Omaha Concordia
Class C – Palmyra
Class C – Pierce
Class C – Scotus Central Catholic
Class C – Sidney
Class C – St Paul
Class C – Thayer Central
Class C – Wahoo
Class C – Weeping Water
Class C – West Point-Beemer
Class C – Wilber-Clatonia

Class D – Alma
Class D – Creek Valley
Class D – Elm Creek
Class D – Heartland Lutheran
Class D – Johnson-Brock
Class D – McCool Junction
Class D – Meridian
Class D – Omaha Christian Academy
Class D – Osceola
Class D – Overton
Class D – Palmer

Dance

Class A – Elkhorn South
Class A – Fremont
Class A – Kearney
Class A – Lincoln East
Class A – Lincoln Northeast
Class A – Lincoln Southwest
Class A – Millard South
Class A – Norfolk
Class A – Omaha Marian
Class A – Omaha South
Class A – Omaha Westside
Class A – Papillion-La Vista
Class A – Papillion-La Vista South

Class B – Bennington
Class B – Blair High School
Class B – Elkhorn
Class B – Hastings
Class B – Lexington
Class B – Lincoln Standing Bear
Class B – Plattsmouth
Class B – Plattsmouth
Class B – Ralston
Class B – Scottsbluff
Class B – Waverly

Class C – Archbishop Bergan
Class C – Arlington
Class C – Ashland-Greenwood

Class C – Bishop Neumann
Class C – Cedar Catholic
Class C – Centennial
Class C – Clarkson-Leigh
Class C – David City
Class C – Fort Calhoun
Class C – Gordon-Rushville
Class C – GI Central Catholic
Class C – Hershey
Class C – Holdrege
Class C – Homer
Class C – Laurel-Concord-Coleridge
Class C – Lincoln Lutheran
Class C – Logan View/Scribner Snyder
Class C – Louisville
Class C – Loup City
Class C – Milford
Class C – North Bend Central
Class C – North Platte St Patrick's
Class C – Ogallala
Class C – Omaha Gross Catholic
Class C – Omaha Roncalli Catholic
Class C – Ord
Class C – Raymond Central
Class C – Scotus Central Catholic
Class C – Superior
Class C – Valentine
Class C – Wahoo
Class C – West Holt
Class C – West Point-Beemer
Class C – Wood River

Class D – Amherst
Class D – Creek Valley
Class D – Elwood
Class D – Friend
Class D – Meridian
Class D – Neligh-Oakdale
Class D – Osceola
Class D – Palmer
Class D – Randolph
Class D – Shelby-Rising City
Class D – Silver Lake
Class D – St. Mary's

Football

Class A – Elkhorn South
Class A – Grand Island
Class A – Kearney (National Semi-Finalist)
Class A – Norfolk
Class A – North Platte
Class A – Omaha Westside

Class B – Lincoln Pius X

Class C1 – Ashland-Greenwood
Class C1 – Columbus Lakeview
Class C1 – Gothenburg

- Class C1 – Minden
- Class C1 – Wahoo

- Class C2 – Archbishop Bergan
- Class C2 – Fillmore Central
- Class C2 – Malcolm
- Class C2 – Norfolk Catholic
- Class C2 – Tri County

- Class D1 – Exeter-Milligan/Friend
- Class D1 – Hartington/Newcastle
- Class D1 – Hemingford

- Class D2 – Kenesaw
- Class D2 – Loomis
- Class D2 – Niobrara/Verdigre

- Class D6 – Hampton
- Class D6 – Southwest
- Class D6 – Sterling

Girls Golf

- Class A – Lincoln East
- Class A – Lincoln Pius X
- Class A – Omaha Westside

- Class B – Alliance
- Class B – Beatrice
- Class B – Elkhorn
- Class B – Gering
- Class B – Northwest
- Class B – York

- Class C – Archbishop Bergan
- Class C – Arlington
- Class C – Ashland-Greenwood
- Class C – Broken Bow
- Class C – Clarkson-Leigh
- Class C – Elmwood-Murdock
- Class C – Lincoln Christian
- Class C – Scotus Central Catholic
- Class C – Wayne
- Class C – West Holt

Boys Tennis

- Class A – Columbus/Columbus Scotus
- Class A – Elkhorn South
- Class A – Kearney
- Class A – Lincoln Pius X
- Class A – Norfolk

- Class B – Beatrice
- Class B – Elkhorn
- Class B – Lincoln Christian
- Class B – McCook

Boys Cross Country

- Class A – Columbus
- Class A – Fremont
- Class A – Lincoln East
- Class A – Lincoln North Star
- Class A – Lincoln Pius X
- Class A – Lincoln Southeast
- Class A – North Platte
- Class A – Omaha Creighton Preparatory School
- Class A – Omaha Westside
- Class A – Omaha Westview
- Class A – Papillion-La Vista
- Class A – Papillion-La Vista South

- Class B – Beatrice
- Class B – Elkhorn North
- Class B – Gering
- Class B – Lexington
- Class B – Norris
- Class B – Northwest
- Class B – Plattsmouth

- Class C – Adams Central
- Class C – Arlington
- Class C – Battle Creek
- Class C – Bishop Neumann
- Class C – Bloomfield/Wausa
- Class C – Chadron
- Class C – Chase County
- Class C – Columbus Lakeview
- Class C – Conestoga
- Class C – Cozad
- Class C – Douglas County West
- Class C – Falls City
- Class C – Hershey
- Class C – Holdrege
- Class C – Lincoln Christian
- Class C – Milford
- Class C – Ord
- Class C – Palmyra
- Class C – Platteview
- Class C – Sidney

- Class D – Boyd County
- Class D – Crofton
- Class D – Elkhorn Valley
- Class D – Exeter-Milligan-Friend
- Class D – Franklin
- Class D – Hi-Line
- Class D – Homer
- Class D – Laurel-Concord-Coleridge
- Class D – Lincoln Lutheran
- Class D – Lyons-Decatur Northeast
- Class D – Medicine Valley
- Class D – Norfolk Catholic
- Class D – North Platte St. Patrick's
- Class D – Oakland-Craig
- Class D – Pender
- Class D – Thayer Central
- Class D – Valentine

Girls Cross Country

- Class A – Columbus
- Class A – Elkhorn South
- Class A – Fremont
- Class A – Kearney
- Class A – Lincoln East
- Class A – Lincoln North Star
- Class A – Lincoln Pius X
- Class A – Lincoln Southeast
- Class A – North Platte
- Class A – Omaha Central
- Class A – Omaha Marian
- Class A – Omaha Westside
- Class A – Papillion-La Vista South

- Class B – Beatrice
- Class B – Elkhorn North
- Class B – Gering
- Class B – Hastings
- Class B – Lexington
- Class B – Lincoln Northwest
- Class B – Norris
- Class B – Northwest
- Class B – Plattsmouth

- Class C – Adams Central
- Class C – Arlington
- Class C – Battle Creek
- Class C – Bishop Neumann
- Class C – Bloomfield/Wausa
- Class C – Boys Town
- Class C – Chadron
- Class C – Chase County
- Class C – Columbus Lakeview
- Class C – Conestoga
- Class C – Cozad
- Class C – Douglas County West
- Class C – Lincoln Christian
- Class C – Milford
- Class C – Minden
- Class C – Palmyra
- Class C – Platteview
- Class C – Sidney
- Class C – Wahoo
- Class C – Wayne

- Class D – Ainsworth
- Class D – Boyd County
- Class D – Brady
- Class D – Crofton
- Class D – Elkhorn Valley
- Class D – Hi-Line
- Class D – Homer
- Class D – Laurel-Concord-Coleridge
- Class D – Lyons-Decatur Northeast
- Class D – Mullen
- Class D – Norfolk Catholic
- Class D – North Platte St. Patrick's
- Class D – Oakland-Craig
- Class D – Pender
- Class D – Ravenna
- Class D – South Loup
- Class D – Thayer Central
- Class D – Valentine
- Class D – West Holt

Softball

- Class A – Bellevue East
- Class A – Gretna
- Class A – Lincoln North Star
- Class A – Millard South
- Class A – Norfolk
- Class A – Omaha Marian
- Class A – Omaha Westview

- Class B – Elkhorn
- Class B – Hastings
- Class B – Lincoln Northwest
- Class B – Plattsmouth

- Class C – Arlington
- Class C – Ashland-Greenwood
- Class C – Douglas County West
- Class C – Hastings St. Cecilia
- Class C – Malcolm
- Class C – Milford
- Class C – NEN (Pender/Wisner-Pilger)

Volleyball

Information Released in the Summer
Entire School Year GPA is Calculated

NCA Award Programs Benefit Coaches & Students

Jerry Stine Family Milestone Awards – Presented by Baden Sports – Deadline June 1

This program recognizes different levels of coaching achievement in both individual and team sports. The Level I, II, and III certificates will be presented at the NCA Multi-Sport Clinic in July. The Level IV winners receive a plaque presented at the NCA Award Banquet on July 21 in Lincoln.

More information regarding the NCA Milestone Award program, including the application form can be found at: <http://www.ncacoach.org/milestone.php>. This web page also includes a formatted search for coaches that have achieved any level within the program.

NCA Service Awards – Presented by Currency – Deadline June 1

The NCA Coaches Association Service Award is designed to recognize and honor coaches who have achieved 25, 35, 40, 45, and 50 years of coaching service. This is a self-nominating award.

More information regarding the NCA Service Award program, including the application for self-nomination can be found at: <http://www.ncacoach.org/service.php>

Service Award Criteria:

- NCA member for at least 10 years
- 75% of coaching and/or athletic administration must have been in Nebraska including the last 5 years

Nebraska Coaches Association – Hyatt Place Scholarship – Deadline April 12

This fully funded scholarship program will award four recipients \$1,000 after successfully completing one semester at an accredited college or university. The scholarship is only available to current (2023–24) NCA member son or daughter.

More information regarding the NCA/Country Inn & Suites Scholarship including the application form can be found at: <https://ncacoach.org/nca-scholarship-award/>

Scholarships Criteria:

- 1) Upper 25% of class – OR – 3.75 Cumulative GPA
- 2) Must be at least a 2-year participant in 2 sports
- 3) Must have earned varsity letter in 2 sports
- 4) Must include at least two letters of recommendation from high school coaches

Scholarship recipients will be announced in May.

Ed Johnson Scholarship – Deadline April 12

The award is given to a senior boy who is a member of a high school varsity basketball team in the State of Nebraska. A medal and \$300 cash award will be presented to the recipient at the halftime of the NCA All-Star Boys' Basketball Game (July 24, 2024). For more information:

<http://www.ncacoach.org/edjohnson.php>

The student athlete nominated need not be a starter on the team but must be a senior boys' basketball player. Coaches are encouraged to nominate a player or players who they feel would qualify for this award. When submitted, the nomination form should include any letters of recommendation from counselors, teachers, administrators, etc. that the coach feels would help with the selection of the recipient of this award.

*The nominating coach must be a current NCA member.

Scholarship Criteria:

- Excellence in Scholarship
- Leadership
- Sportsmanship
- Loyalty
- Citizenship.

Career Sport Specific Awards & Career Junior High – Assistant Coach Award

Committees Select Finalists in April, Board Selects Winner at April Board Meeting.

- Binnie & Dutch Award – Track & Field
- Ed Johnson Award – Basketball
- Ken Cook Award – Girls Basketball
- Guy Mytty Award – Wrestling
- Phyllis Rice Honnor Award – Volleyball
- Skip Palrang Award – Football

- George O'Boyle Award – Cross Country
- Hawkins & Schoenfish Award – Golf
- Jim Farrand Award – Jr. High or Assistant Coach of the Year Award

More information regarding each award can be found at: <http://www.ncacoach.org/awards.php>

Special NCA Awards – Presented by Currency – Deadline April 12

The Nebraska Coaches Association award programs are available for members of the NCA. Some deadlines for the programs are approaching. We encourage you to explore the various award programs as a membership benefit. If you have questions visit the NCA website or contact the NCA office at (402) 434-5675. More information regarding each award can be found at: <http://www.ncacoach.org/awards.php>

nebraska coach

- Friends of High School Sports Award
- Media Person of the Year Award



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

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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.