

BOWLING

B107 & Sun Valley Lanes unless otherwise noted

Tuesday, July 23

- 7:30 a.m. – 4:30 p.m. Registration & Exhibit Areas Open
- 8:30 a.m. – 8:55 a.m. **NCA Bowling Sport Meeting:** Advisory Committee Nominations/Selections & Milestone & Team Academic Excellence Awards Recognition
- 9:00 a.m. – 9:50 a.m. Tony Bilello, Ritger Legacy Bowling Camp, NJ - *Using Video & Data Analysis to Impact Bowler Performance* – B107
- 10:00 a.m. – 10:50 a.m. Tony Bilello, Ritger Legacy Bowling Camp, NJ - *Team Development, Building a Lineup & Practice Games to Win!* – B107
- 11:00 a.m. – 11:45 a.m. **Welcome & Keynote:** Rhonda Revelle, University of Nebraska – *Embrace It All* – Main Gym
- 11:45 a.m. – 1:15 p.m. **Lunch on your own**
- 12:00 p.m. – 1:15 p.m. **Nebraska State Performance Testing Championships** – Main Gym
- 1:15 p.m. – 2:05 p.m. **Beyond the X's & O's**
Chuck Hughes, Tall Cop Says Stop – *You Can't Stop What You Don't Know, Youth Substance Abuse* – Auditorium
Rhonda Revelle, University of Nebraska – *Women Athletic Leadership* – Main Gym
Amber Fahey, SHIFT – *WIN - What's Important Now - Awareness of Where You are "NOW" & Where You Want to Be is Key to Progression, The Power of Setting "Clear" Short Term Progression Goals Throughout Your Season* – South Gym
- 2:20 p.m. – 4:30 p.m. Nebraska Orthopaedic Center - *Sports Medicine & Athletic Taping Walk-In Training* – Athletic Training Room
- 2:20 p.m. – 3:10 p.m. Tony Bilello, Ritger Legacy Bowling Camp, NJ - *Skill Development for the Two-Handed Bowler* – Sun Valley Lanes
- 2:20 p.m. – 3:10 p.m. Chuck Hughes, Tall Cop Says Stop – *You Can't Stop What You Don't Know, Youth Substance Abuse, Advanced Discussion and Q&A* – Small Theater
- 3:20 p.m. – 4:10 p.m. Tony Bilello, Ritger Legacy Bowling Camp, NJ - *Lane Play, Ball Motion & Adjusting Surface to Impact Ball Motion*
- 3:10 p.m. – 3:30 p.m. **Ice Cream Social** – Sun Valley Lanes
- 4:30 p.m. – 6:00 p.m. In-Person CPR & AED Training – South Gym
(Must register and complete the online training prior to clinic)

Wednesday, July 24

- 7:00 a.m. – 2:30 p.m. **Running/Walking for Kindness - Saundi Fugleberg Memorial 5K & 1 Mile Fun Run/Walk** – Benefiting the Nebraska Food Bank Network - LNS East Parking Lot
- 7:00 a.m. – 8:15 a.m. **Fellowship of Christian Athletes Breakfast**, Featured Speaker – Mark Armstrong, Former Athletic Director, Lincoln Southwest HS, NE – E117
- 7:30 a.m. – 2:30 p.m. Registration & Exhibit Areas Open
- 8:00 a.m. – 2:00 p.m. **Coaches Care Blood Drive** – West Side LNS
- 8:30 a.m. – 9:20 a.m. Tony Bilello, Ritger Legacy Bowling Camp, NJ - *Understanding Layouts, Ball selection & Building an Arsenal for Success* – B107
- 9:35 a.m. – 10:25 a.m. Tony Bilello, Ritger Legacy Bowling Camp, NJ - *Developing the Mental Game of Bowling - Process vs. Outcome Focus* – B107
- 10:40 a.m. – 11:10 a.m. **NCA District Meetings & Raffles** (Elections of NCA Board Members, Election of NCA Sports Advisory Committee Members, Q&A with NCA Board of Directors)
- 11:20 a.m. – 12:10 p.m. NSAA Bowling Rules Meeting – B107
- 11:55 a.m. – 1:15 p.m. **Lunch on Your Own & NCA Sports Advisory Lunch Meetings**
- 1:30 p.m. – 3:30 p.m. Nebraska Orthopaedic Center - *Sports Medicine & Athletic Taping Walk-In Training* – Athletic Training Room
- 1:15 p.m. – 2:05 p.m. Tony Bilello, Ritger Legacy Bowling Camp, NJ - *Common Problems Bowlers Have... The One-Minute Solutions for Coaches – Part 1* – Sun Valley Lanes
- 2:10 p.m. – 3:00 p.m. Tony Bilello, Ritger Legacy Bowling Camp, NJ - *Common Problems Bowlers Have... The One-Minute Solutions for Coaches – Part 2* – Sun Valley Lanes
- 3:30 p.m. – 3:45 p.m. **Final Drawings** – Main Gym