

## CROSS COUNTRY

**E119 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 Cross Country/Track & Field Sport Meeting:** Advisory Committee Nominations/Selections & Milestone & Team Academic Excellence Awards Recognition – E117

9:00 a.m. – 9:50 a.m.

NSAA Cross Country Meeting

10:00 a.m. – 10:50 a.m.

Father Bob Tillman, Omaha Creighton Prep HS, NE (2023 Boys Class A State Champion) - *Do's and Don'ts Learned From Coaching Cross Country*

11:00 a.m. – 11:45 a.m.

**Welcome & Keynote:** Rhonda Revelle, University of Nebraska – *Embrace It All* – 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.

Jeremy Haselhorst & Joseph Cooley, Papillion-La Vista South HS, NE – *Free 2 Compete* – E117

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

3:10 p.m. – 3:30 p.m.

**Ice Cream Social** - Presented by Nebraska State Education Association – Exhibitor Area

3:30 p.m. – 4:20 p.m.

Brad Jenny & Annika Pingel, Doane University, NE (Men & Women) – *800m Training* – E117

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.

Joe Tribble, Westminster HS, GA (2022-23 NFHS National Boys Cross Country Coach of the Year) – *Cross Country Training*

9:35 a.m. – 10:25 a.m.

Joe Tribble, Westminster HS, GA (2022-23 NFHS National Boys Cross Country Coach of the Year) – *Cross Country Racing*

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.

Joe Tribble, Westminster HS, GA (2022-23 NFHS National Boys Cross Country Coach of the Year) – *Maintenance*

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

1:30 p.m. – 2:20 p.m.

Brad Jenny & Annika Pingel, Doane University, NE (Men & Women) - *Cross Country Season From a Coach & Athlete Perspective*

2:30 p.m. – 3:20 p.m.

Brad Jenny & Annika Pingel, Doane University, NE (Men & Women) - *More Than the Miles*

3:30 p.m. – 3:45 p.m.

**Final Drawings** – Main Gym