

## **SOFTBALL**

**E121 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 Softball Sport Meeting:** Advisory Committee Nominations/Selections & Milestone & Team Academic Excellence Awards Recognition

9:00 a.m. – 9:50 a.m.

Joe Yegge, Missouri Western State University, MO – *Drills to Build Hitting Skills*

10:00 a.m. – 10:50 a.m.

Joe Yegge, Missouri Western State University, MO – *Building Team Culture*

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.

NSAA Softball Rules Meeting

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.

Dan Hogan, Papillion-La Vista South HS, NE (Retired) – *Awareness & Prevention of Student-Athlete Suicides, Connecting with Players & Parents*

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.

Kristi Williams, Blue Springs South HS, MO – *Creating a Culture of Buy-In & Accountability*

9:35 a.m. – 10:25 a.m.

Kristi Williams, Blue Springs South HS, MO – *Getting the Most Out of Practice Time*

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.

Mitch Ohnoutka, Lincoln Southwest HS, NE – *Pitching: Beyond the Basics*

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.

Tom Horton, Papillion-La Vista South HS, NE – *Hitting & Base Running*

2:30 p.m. – 3:20 p.m.

Rob Sweetland, Wayne HS, NE – *Team Defense*

3:30 p.m. – 3:45 p.m.

**Final Drawings** – Main Gym