



2024

Nebraska Coaches Association

Multi-Sport Clinic

Lincoln North Star High School
July 23 & 24, 2024

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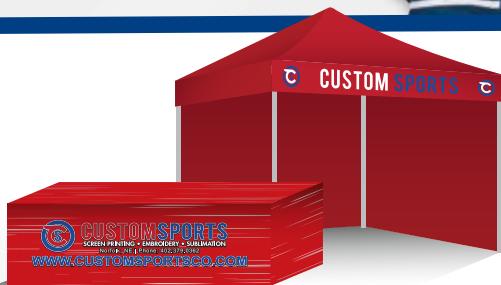
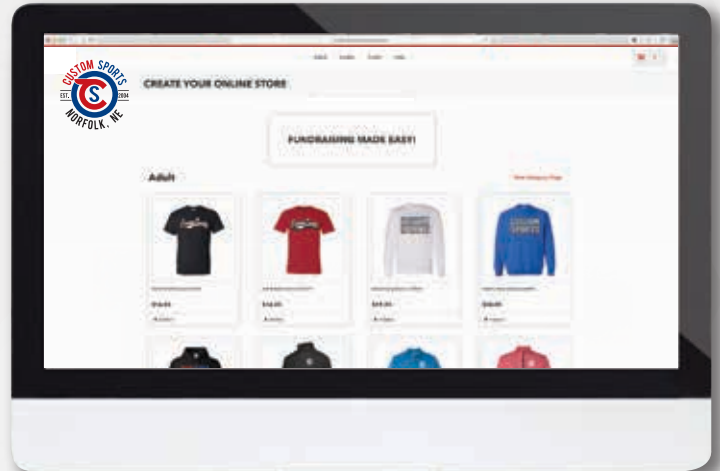
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2024 NCA Multi-Sports Clinic

NCA CONTACT INFORMATION

Mailing & Physical Address:
500 Charleston Street, Suite #2
Lincoln, NE 68508

Phone number:
402-434-5675

Executive Board Members



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District VI
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NCA Staff



Executive Director
Darin Boysen,
darin@ncacoach.org



Coordinator of Programs & Events
Tina Boysen,
staff@ncacoach.org

CLINIC WEEK SCHEDULE OF EVENTS

July 23, 2024

NCA Multi-Sport Clinic
7:30 a.m. – Lincoln North Star HS

July 23, 2024

Nebraska State Performance
Testing Championship
12:00 p.m. – Lincoln North Star HS

July 23, 2024

NSEA Ice Cream Social
3:10 p.m. – Lincoln North Star HS

July 23, 2024

40th Annual Volleyball All-Star Match
6:00 p.m. – Lincoln North Star HS

July 23, 2024

NCA Coaches Night Out
8:30 p.m. – Barry's
Presented by Ecsell Sports & Nebraska Orthopaedic Center

July 24, 2024

Saundi Fugleberg Run/Walk for Kindness
7:00 a.m. – Lincoln North Star HS
Proceeds to the Lincoln Food Bank

July 24, 2024

Fellowship of Christian Athletes Breakfast
7:00 a.m. – Lincoln North Star HS
Featured Guest Speaker, Mark Armstrong

July 24, 2024

Coaches Care Blood Drive
8:00 a.m. – Lincoln North Star HS

July 24, 2024

NCA Multi-Sport Clinic
7:30 a.m. – Lincoln North Star HS

July 24, 2024

44th Annual NCA Girls Basketball All-Star Game
6:00 p.m. – Lincoln North Star HS

July 24, 2024

55th Annual NCA Boys Basketball All-Star Game
8:00 p.m. – Lincoln North Star HS



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COACHING MATTERS.



80%

Of student-athletes feel that their coach cares about them as a person.

77%

Of student-athletes have fun playing the sport because of their coach.

84%

Of student-athletes agree their coach helps them learn from mistakes.



ENHANCING THE STUDENT-ATHLETE EXPERIENCE



"Our coaches and I are better leaders as a result of our continued partnership with Ecsell Sports. The Ecsell team has helped us quantify the degree to which we are impacting our athletes, and we have seen clear improvements in our coaching acumen since we partnered with Ecsell Sports."

- DR. MITCHELL S., HIGH SCHOOL ATHLETIC DIRECTOR

2024 Nebraska Coaches Association Multi-Sport Clinic Partners and Exhibitors

CLINIC PARTNERS – EXHIBITOR’S AREAS:

Fundraising University – #1-2

Hudl – #6

Baden Sports – #8

Signature Championship Rings – #10

Johnson Commercial Fitness – #14-16

Ecsell Sports – #31

Nebraska High School Sports Hall of Fame – #43

Nebraska Fellowship of Christian Athletes – #48

Coaches Choice – Cafeteria

Lincoln Convention & Visitors Bureau – East Lobby

Scheels

Misko Sports – #3-5

Nebraska Orthopaedic Center – #17

MaxPreps – #9

Custom Sports – #11-13

Varsity Spirit Fashion – #19

Sideline Power – #39-40

Dashr – #46-47

Nebraska State Education Association – Cafeteria

Nebraska National Guard – Cafeteria

American Volleyball Coaches Association

Nebraska Community Blood Bank

VENDORS – MAIN EXHIBITOR’S FLOOR (Level 1):

Body Basics – #17-18

Nothing Bunt Cakes – #21

Blazer Athletic Equipment – #23

Bison Inc. – #25

BSN Sports – #28-30

San Mar Sports – #32

Rogers Athletic – #35-38

Riddell – #20

Hauff Sports – #22

Vertical Raise – #24

Game One – #26-27

Leading Edge – #31

Rebel Athletics Inc. – #34

VENDORS – WEST EXHIBITOR’S AREA (Level 2):

X-Grain Sportswear – #41-42

Nebraska Shrine Bowl – #45

Champion Teamwear – #49-50

Concordia University-Nebraska – #52

AllTeam – #54

4 Seasons Fundraising – #56

Nanonation – #44

GetHighlighted – #46-47

Gamebreaker – #51

Sportswear – #53

Headset App – #55

Nebraska Coaches Association District Meetings & Elections

Wednesday, July 26th 10:40 a.m. – 11:10 a.m.

Multiple Drawings!

District One – Auditorium

District Three – South Gym

District Five – Theater

District Two – Main Gym

District Four – E117

District Six – E119

2024 Nebraska Coaches Association Multi-Sport Clinic Exhibitor Layout



**Tuesday, July 23**

7:30 a.m. – 4:30 p.m.

8:30 a.m. – 10:45 a.m.

11:00 a.m. – 11:45 a.m.

11:45 a.m. – 1:15 p.m.

12:00 p.m. – 1:15 p.m.

1:15 p.m. – 2:05 p.m.

Registration & Exhibit Areas Open

NSAA Staff & NSIAAA – *Collaboratively Working Together***Welcome & Keynote:** Rhonda Revelle, University of Nebraska – *Embrace It All* – **Main Gym****Lunch on your own****Nebraska State Performance Testing Championships** – **Main Gym****Beyond the X's & O's**Chuck Hayes, J. Chad Professional Training – *Be In The Know* - Youth Substance*Abuse Trends* – **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**Nebraska Orthopaedic Center – *Sports Medicine & Athletic Taping Walk-In Training* –**Athletic Training Room**

2:20 p.m. – 4:30 p.m.

2:20 p.m. – 3:10 p.m.

2:20 p.m. – 3:10 p.m.

Will Kloefkorn, Ecell Sports & Jason Ronai, Noble Schools, IL – *The Coaching Effect, Part 1*Chuck Hayes, J. Chad Professional Training – *Be In The Know* - Youth Substance Abuse Trends,*Advanced Discussion and Q&A* – **Small Theater**

2:20 p.m. – 6:20 p.m.

NIAAA LTI 501 – **A104**

2:20 p.m. – 6:20 p.m.

NIAAA LTI 504 – **B107**

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.

Will Kloefkorn, Ecell Sports & Jason Ronai, Noble Schools, IL – *The Coaching Effect, Part 2*

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. – 10:20 a.m.

Rob Miller, Proactive Coaching & Will, Kloefkorn, Ecell Sports – *The Power of Coach Mentoring:**Building an Action Plan for Your Program*

(Preview of New NCA Mentoring Program - Bring a laptop or tablet to workshop session setting)

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.

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

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**

1:00 p.m. – 5:00 p.m.

NIAAA LTI 502 – **A104**

1:00 p.m. – 5:00 p.m.

NIAAA LTI 506 – **B107**

3:30 p.m. – 3:45 p.m.

Final Drawings – **Main Gym**

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SCOTT BAUER

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Tuesday, July 23

7:30 a.m. – 4:30 p.m.	Registration & Exhibit Areas Open
8:30 a.m. – 8:55 a.m.	NCA Basketball Sport Meeting: Advisory Committee Nominations/Selections & Milestone & Team Academic Excellence Awards Recognition
9:00 a.m. – 9:50 a.m.	Dale Wellman, Nebraska Wesleyan University, NE (Men) – <i>Aggressive 4-1 Half-Court Zone: Alter Offensive Systems and Create Turnovers</i>
10:00 a.m. – 10:50 a.m.	Dale Wellman, Nebraska Wesleyan University, NE (Men) – <i>Introducing Princeton Point Series and Counters</i>
11:00 a.m. – 11:45 a.m.	Welcome & Keynote: Rhonda Revelle, University of Nebraska – <i>Embrace It All</i> – 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 Hayes, J. Chad Professional Training – <i>Be In The Know - Youth Substance Abuse Trends</i> – Auditorium Rhonda Revelle, University of Nebraska – <i>Women Athletic Leadership</i> – Main Gym Amber Fahey, SHIFT – <i>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</i> – South Gym
2:20 p.m. – 4:30 p.m.	Nebraska Orthopaedic Center – <i>Sports Medicine & Athletic Taping Walk-In Training</i> – Athletic Training Room
2:20 p.m. – 3:10 p.m.	K.C. Bassett, Sterling College, KS (Women) – <i>Playing Up-Tempo Basketball</i>
2:20 p.m. – 3:10 p.m.	Chuck Hayes, J. Chad Professional Training – <i>Be In The Know - Youth Substance Abuse Trends, Advanced Discussion and Q&A</i> – 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.	K.C. Bassett, Sterling College, KS (Women) – <i>Implementing a Ball Screen Continuity Offense</i>
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.	<i>Fellowship of Christian Athletes Breakfast</i> , 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.	NSAA Rules Meeting
8:30 a.m. – 9:20 a.m.	Drake Beranek, Kearney HS, NE (Boys) – <i>Teaching Basketball Fundamentals, Practice Designs to Develop Shooting Principles, Part 1</i> – Small Theater
9:35 a.m. – 10:25 a.m.	Drake Beranek, Kearney HS, NE (Boys) – <i>Teaching Basketball Fundamentals, Practice Designs to Develop Shooting Principles, Part 2 on Court</i>
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.	Jimmy Motz, Norris HS, NE (Boys) – <i>Norris Transition Offensive Principles & Drills</i>
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 – <i>Sports Medicine & Athletic Taping Walk-In Training</i> – Athletic Training Room
1:30 p.m. – 2:20 p.m.	Drew Johnson, University of Nebraska - Kearney (Women) – <i>The Best of Loper Women's Basketball – Drills, Sets & Player Development</i>
2:30 p.m. – 3:20 p.m.	Drew Johnson, University of Nebraska - Kearney (Women) – <i>Building an Offensive System – Tactics & Drills to Create an Attacking Motion Offense</i>
3:30 p.m. – 3:45 p.m.	Final Drawings – Main Gym

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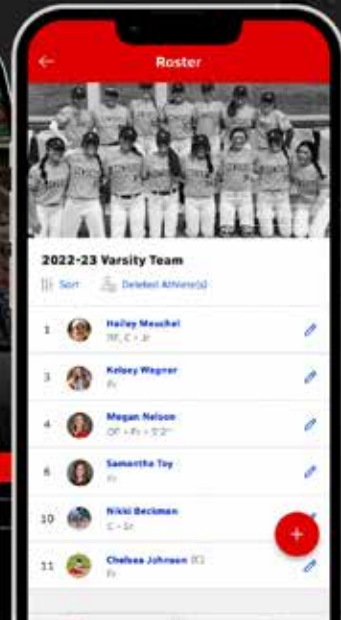
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MAXPREPS



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 – <i>Using Video & Data Analysis to Impact Bowler Performance</i> – B107
10:00 a.m. – 10:50 a.m.	Tony Bilello, Ritger Legacy Bowling Camp, NJ – <i>Team Development, Building a Lineup & Practice Games to Win!</i> – B107
11:00 a.m. – 11:45 a.m.	Welcome & Keynote: Rhonda Revelle, University of Nebraska – <i>Embrace It All</i> – 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 Hayes, J. Chad Professional Training – <i>Be In The Know - Youth Substance Abuse Trends</i> – Auditorium Rhonda Revelle, University of Nebraska – <i>Women Athletic Leadership</i> – Main Gym
2:20 p.m. – 4:30 p.m.	Amber Fahey, SHIFT – <i>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</i> – South Gym Nebraska Orthopaedic Center – <i>Sports Medicine & Athletic Taping Walk-In Training</i> – Athletic Training Room
2:20 p.m. – 3:10 p.m.	Tony Bilello, Ritger Legacy Bowling Camp, NJ – <i>Skill Development for the Two-Handed Bowler</i> – Sun Valley Lanes
2:20 p.m. – 3:10 p.m.	Chuck Hayes, J. Chad Professional Training – <i>Be In The Know - Youth Substance Abuse Trends, Advanced Discussion and Q&A</i> – Small Theater
3:20 p.m. – 4:10 p.m.	Tony Bilello, Ritger Legacy Bowling Camp, NJ – <i>Lane Play, Ball Motion & Adjusting Surface to Impact Ball Motion</i>
4:10 p.m. – 4:30 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 – <i>Understanding Layouts, Ball selection & Building an Arsenal for Success</i> – B107
9:35 a.m. – 10:25 a.m.	Tony Bilello, Ritger Legacy Bowling Camp, NJ – <i>Developing the Mental Game of Bowling - Process vs. Outcome Focus</i> – 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 – <i>Sports Medicine & Athletic Taping Walk-In Training</i> – Athletic Training Room
1:15 p.m. – 2:05 p.m.	Tony Bilello, Ritger Legacy Bowling Camp, NJ – <i>Common Problems Bowlers Have... The One-Minute Solutions for Coaches – Part 1</i> – Sun Valley Lanes
2:10 p.m. – 3:00 p.m.	Tony Bilello, Ritger Legacy Bowling Camp, NJ – <i>Common Problems Bowlers Have... The One-Minute Solutions for Coaches – Part 2</i> – Sun Valley Lanes
3:30 p.m. – 3:45 p.m.	Final Drawings – Main Gym

CHEERLEADING & DANCE

Presenting Partners: Varsity Spirit Fashion

Room A102 – Cheerleading unless otherwise noted

Room A103 – Dance unless otherwise noted



Tuesday, July 23

7:30 a.m. – 4:30 p.m.

8:30 a.m. – 8:55 a.m.

9:00 a.m. – 9:50 a.m.

10:00 a.m. – 10:50 a.m.

11:00 a.m. – 11:45 a.m.

11:45 a.m. – 1:15 p.m.

12:00 p.m. – 1:15 p.m.

1:15 p.m. – 2:05 p.m.

Registration & Exhibit Areas Open

NCA Cheerleading (A102) & Dance (A103) Sport Meetings:

Advisory Committee Nominations/Selections & Begin Discussion – Nebraska State Championships
Jennifer Marks, Cardinal Gibbons HS, NC (2023 NFHS Spirit National Coach of the Year) –
Perfect Trifecta – Administration, Parents & Coaches – It Really IS Possible to be on the Same Page
Jennifer Marks, Cardinal Gibbons HS, NC (2023 NFHS Spirit National Coach of the Year) –
Program Longevity in an Era of Constant Change

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

Lunch on your own

Nebraska State Performance Testing Championships – Main Gym

Beyond the X's & O's

Chuck Hayes, J. Chad Professional Training – *Be In The Know - Youth Substance Abuse Trends* –
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**

Nebraska Orthopaedic Center – *Sports Medicine & Athletic Taping Walk-In Training* –

Athletic Training Room

Amber Fahey, SHIFT – *Three Types of FEAR that Can Crush True Potential.*

*FEAR is a Momentum Crusher. Gain a Deeper Understanding of How FEAR Can Keep You STUCK
or Stunt Your Growth Potential Daily. Uncover the Realization That You Have the Power to Architect
Your Future Through Positive Utilization of Mental Projections* – **A102**

Chuck Hayes, J. Chad Professional Training – *Be In The Know - Youth Substance Abuse Trends,
Advanced Discussion and Q&A* – **Small Theater**

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

Amber Fahey, SHIFT – *Change Your Relationship with Failure/Rejection & Change Your Life -
Framework to Restoring Confidence & Belief in Yourself - Unleash the Courage & Internal Drive
that is "CAGED" Inside* – **A102**

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.

7:00 a.m. – 8:15 a.m.

7:30 a.m. – 2:30 p.m.

8:00 a.m. – 2:00 p.m.

8:30 a.m. – 9:20 a.m.

9:35 a.m. – 10:25 a.m.

9:35 a.m. – 10:25 a.m.

10:40 a.m. – 11:10 a.m.

11:20 a.m. – 12:10 p.m.

11:55 a.m. – 1:15 p.m.

1:30 p.m. – 3:30 p.m.

1:30 p.m. – 2:20 p.m.

2:30 p.m. – 3:20 p.m.

3:30 p.m. – 3:45 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**

Fellowship of Christian Athletes Breakfast, Featured Speaker – Mark Armstrong, Former Athletic Director,
Lincoln Southwest HS, NE – **E117**

Registration & Exhibit Areas Open

Coaches Care Blood Drive – West Side LNS

Varsity Spirit Fashion Show – Cheerleading – **A102**

Varsity Spirit Fashion Show – Dance – **A103**

Jason Sack, Universal Cheerleading Association – *Game Day Changes* – **A102**

NCA District Meetings & Raffles (Elections of NCA Board Members, Election of NCA Sports Advisory
Committee Members, Q&A with NCA Board of Directors)

Rob Miller, Proactive Coaching, MO – *The Impact of Trust* – **A102**

Lunch on Your Own & NCA Sports Advisory Lunch Meetings

Nebraska Orthopaedic Center – *Sports Medicine & Athletic Taping Walk-In Training* –

Athletic Training Room

Rob Miller, Proactive Coaching, MO – *The First Steps to Great Teams* – **A102**

Darin & Tina Boysen, NCA – *2025 Nebraska State Championships Dialogue* – **A102**

Final Drawings – **Main Gym**

Tuesday, July 23

7:30 a.m. – 4:30 p.m.
8:30 a.m. – 8:55 a.m.

9:00 a.m. – 9:50 a.m.
10:00 a.m. – 10:50 a.m.

11:00 a.m. – 11:45 a.m.
11:45 a.m. – 1:15 p.m.
12:00 p.m. – 1:15 p.m.
1:15 p.m. – 2:05 p.m.

2:20 p.m. – 4:30 p.m.

2:20 p.m. – 3:10 p.m.
2:20 p.m. – 3:10 p.m.

3:10 p.m. – 3:30 p.m.
3:30 p.m. – 4:20 p.m.
4:30 p.m. – 6:00 p.m.

Registration & Exhibit Areas Open

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

NSAA Cross Country Meeting

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

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

Lunch on your own

Nebraska State Performance Testing Championships – **Main Gym**

Beyond the X's & O's

Chuck Hayes, J. Chad Professional Training – *Be In The Know - Youth Substance Abuse Trends* – **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**

Nebraska Orthopaedic Center – *Sports Medicine & Athletic Taping Walk-In Training* –

Athletic Training Room

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

Chuck Hayes, J. Chad Professional Training – *Be In The Know - Youth Substance Abuse Trends, Advanced Discussion and Q&A* – **Small Theater**

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

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

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**

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Tuesday, July 23

7:30 a.m. – 4:30 p.m.

Registration & Exhibit Areas Open
(Football coaches may register after the two morning sessions)

8:00 a.m. – 8:25 a.m.

Football Sport Meeting: Advisory Committee Nominations/Selections & Milestone & Team Academic Excellence Awards Recognition –

8:30 a.m. – 9:20 a.m.

Due to NCAA Recruiting Rules, Session Location: Country Inn & Suites Conference Center, 5353 N 27th St
EJ Barthel, University of Nebraska – Running Back Drills for All Levels –

9:25 a.m. – 10:15 a.m.

Due to NCAA Recruiting Rules, Session Location: Country Inn & Suites Conference Center, 5353 N 27th St
Rob Dvoracek, University of Nebraska Staff – Linebacker Drills for All Levels –

11:00 a.m. – 11:45 a.m.

Due to NCAA Recruiting Rules, Session Location: Country Inn & Suites Conference Center, 5353 N 27th St
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 Hayes, J. Chad Professional Training – *Be In The Know - Youth Substance Abuse Trends* –

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 Football Rules Meeting – **Auditorium**

2:20 p.m. – 3:10 p.m.

Chuck Hayes, J. Chad Professional Training – *Be In The Know - Youth Substance Abuse Trends,*

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.

Jay Long, Chadron State College, NE – *Online, Run Technique & Progression* – **Auditorium**

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.

Clint Sasse & Wes Coomes, Chadron State College, NE – *Tackling Progression &*

Defensive Back Technique – **Auditorium**

9:35 a.m. – 10:25 a.m.

Tommy Wilson, Chadron State College, NE – *Quarterback Throwing Progression*

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.

Mike Reed, Gordon HS, TX – *How to Run Multiple Offenses While Keeping it Simple*

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.

Mike Reed, Gordon HS, TX – *Defense – How to Run Fit*

2:30 p.m. – 3:20 p.m.

Mike Reed, Gordon HS, TX – *Championship Football While Honoring the Multi-Sport Athlete*

3:30 p.m. – 3:45 p.m.

Final Drawings – **Main Gym**



Tuesday, July 23

7:30 a.m. – 4:30 p.m.

Registration & Exhibit Areas Open
(Football coaches may register after the two morning sessions)

8:00 a.m. – 8:25 a.m.

Football Sport Meeting: Advisory Committee Nominations/Selections & Milestone & Team Academic Excellence Awards Recognition –

8:30 a.m. – 9:20 a.m.

Due to NCAA Recruiting Rules, Session Location: Country Inn & Suites Conference Center, 5353 N 27th St
EJ Barthel, University of Nebraska – *Running Back Drills for All Levels* –

9:25 a.m. – 10:15 a.m.

Due to NCAA Recruiting Rules, Session Location: Country Inn & Suites Conference Center, 5353 N 27th St
Rob Dvoracek, University of Nebraska Staff – *Linebacker Drills for All Levels* –

11:00 a.m. – 11:45 a.m.

Due to NCAA Recruiting Rules, Session Location: Country Inn & Suites Conference Center, 5353 N 27th St
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 Hayes, J. Chad Professional Training – *Be In The Know - Youth Substance Abuse Trends* –

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 Football Rules Meeting – **Auditorium**

2:20 p.m. – 3:10 p.m.

Chuck Hayes, J. Chad Professional Training – *Be In The Know - Youth Substance Abuse Trends, 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.

Jay Long, Chadron State College, NE – *Online, Run Technique & Progression* – **Auditorium**

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.

Clint Sasse & Wes Coomes, Chadron State College, NE – *Tackling Progression & Defensive Back Technique* – **Auditorium**

9:35 a.m. – 10:25 a.m.

Micah Smith, Chadron State College, NE – *11-Man RPO* – **Auditorium**

9:35 a.m. – 10:25 a.m.

Tommy Wilson, Chadron State College, NE – *Quarterback Throwing Progression* – **B103**

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.

Josh Martin, University of Nebraska, Special Teams Drills for All Levels –

Due to NCAA Recruiting Rules, Session Location: Country Inn & Suites Conference Center, 5353 N 27th St

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.

David Stoddard, Stanton HS, NE – *Offensive Philosophy vs. Multiple Fronts*

2:30 p.m. – 3:20 p.m.

Matthew Peter, Stanton HS, NE – *Mustang Defensive Philosophy*

3:30 p.m. – 3:45 p.m.

Final Drawings – **Main Gym**

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Tuesday, July 23

7:30 a.m. – 4:30 p.m. Registration & Exhibit Areas Open
(Football coaches may register after the two morning sessions)

8:00 a.m. – 8:25 a.m. **Football Sport Meeting:** Advisory Committee Nominations/Selections & Milestone & Team Academic Excellence Awards Recognition –
Due to NCAA Recruiting Rules, Session Location: Country Inn & Suites Conference Center, 5353 N 27th St
EJ Barthel, University of Nebraska – *Running Back Drills for All Levels* –

8:30 a.m. – 9:20 a.m. **Due to NCAA Recruiting Rules, Session Location: Country Inn & Suites Conference Center, 5353 N 27th St**
Rob Dvoracek, University of Nebraska Staff – *Linebacker Drills for All Levels* –

9:25 a.m. – 10:15 a.m. **Due to NCAA Recruiting Rules, Session Location: Country Inn & Suites Conference Center, 5353 N 27th St**
Welcome & Keynote: Rhonda Revelle, University of Nebraska – *Embrace It All* – **Main Gym**

11:00 a.m. – 11:45 a.m. **Lunch on your own**

11:45 a.m. – 1:15 p.m. **Nebraska State Performance Testing Championships – Main Gym**

12:00 p.m. – 1:15 p.m. **Beyond the X's & O's**
Chuck Hayes, J. Chad Professional Training – *Be In The Know - Youth Substance Abuse Trends* –
Auditorium
Rhonda Revelle, University of Nebraska – *Women Athletic Leadership* – **Main Gym**

1:15 p.m. – 2:05 p.m. 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**
Nebraska Orthopaedic Center – *Sports Medicine & Athletic Taping Walk-In Training* –
Athletic Training Room

2:20 p.m. – 4:30 p.m. NSAA Football Rules Meeting

2:20 p.m. – 3:10 p.m. Chuck Hayes, J. Chad Professional Training – *Be In The Know - Youth Substance Abuse Trends, Advanced Discussion and Q&A* – **Small Theater**

2:20 p.m. – 3:10 p.m. **Ice Cream Social** – *Presented by Nebraska State Education Association* – **Exhibitor Area**

3:10 p.m. – 3:30 p.m. Jay Long, Chadron State College, NE – *Online, Run Technique & Progression*

3:30 p.m. – 4:20 p.m. In-Person CPR & AED Training – **South Gym**

4:30 p.m. – 6:00 p.m. (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. Clint Sasse & Wes Coomes, Chadron State College, NE – *Tackling Progression & Defensive Back Technique*

9:35 a.m. – 10:25 a.m. Micah Smith, Chadron State College, NE – *11-Man RPO*

9:35 a.m. – 10:25 a.m. Tommy Wilson, Chadron State College, NE – *Quarterback Throwing Progression* – **B103**

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. Josh, Martin, University of Nebraska, *Special Teams Drills for All Levels* –
Due to NCAA Recruiting Rules, Session Location: Country Inn & Suites Conference Center, 5353 N 27th St

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. Kam Lenhart, Bennington HS, NE – *Culture & Efficiency at Practice*

2:30 p.m. – 3:20 p.m. Tom Olson, Bennington HS, NE – *Increasing QB Efficiency, Through Simplification*

3:30 p.m. – 3:45 p.m. **Final Drawings** – **Main Gym**

Tuesday, July 23

7:30 a.m. – 4:30 p.m.	Registration & Exhibit Areas Open
8:30 a.m. – 8:55 a.m.	NCA Golf Sport Meeting: Advisory Committee Nominations/Selections & Milestone & Team Academic Excellence Awards Recognition
9:00 a.m. – 9:50 a.m.	Vicky Kowalski, Farmington Hills HS, MI – 2023 NFHS National Coach of the Year (Girls) – <i>Team Practice When You Can't Get on the Golf Course</i>
10:00 a.m. – 10:50 a.m.	Vicky Kowalski, Farmington Hills HS, MI – 2023 NFHS National Coach of the Year (Girls) – <i>Developing Creative Play for Competition</i>
11:00 a.m. – 11:45 a.m.	Welcome & Keynote: Rhonda Revelle, University of Nebraska – <i>Embrace It All</i> – 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 Hayes, J. Chad Professional Training – <i>Be In The Know - Youth Substance Abuse Trends</i> – Auditorium Rhonda Revelle, University of Nebraska – <i>Women Athletic Leadership</i> – Main Gym Amber Fahey, SHIFT – <i>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</i> – South Gym
2:20 p.m. – 4:30 p.m.	Nebraska Orthopaedic Center – <i>Sports Medicine & Athletic Taping Walk-In Training</i> – Athletic Training Room
2:20 p.m. – 3:10 p.m.	Tim Cram, Benton HS, LA – 2023 National Coach of the Year (Boys) – <i>Building & Maintaining a Program</i>
2:20 p.m. – 3:10 p.m.	Chuck Hayes, J. Chad Professional Training – <i>Be In The Know - Youth Substance Abuse Trends, Advanced Discussion and Q&A</i> – 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.	Tim Cram, Benton HS, LA – 2023 National Coach of the Year (Boys) – <i>Coaching the New Generation</i>
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
8:00 a.m. – 8:50 a.m.	Shane Zywiec, PGA Highlands – <i>Correcting Slicing & Preventing Casting</i> – Highlands Golf Course
9:00 a.m. – 9:50 a.m.	Shane Zywiec, PGA Highlands – <i>Short Game</i> – Highlands Golf Course
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 Golf Meeting
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 – <i>Sports Medicine & Athletic Taping Walk-In Training</i> – Athletic Training Room
1:30 p.m. – 2:20 p.m.	Kurt Karcher, Nebraska Junior Golf – <i>Nebraska Junior Golf</i>
2:30 p.m. – 3:20 p.m.	Brad Goetsch, University of Nebraska, PGA Golf Management – TBA
3:30 p.m. – 3:45 p.m.	Final Drawings – Main Gym

Tuesday, July 23

7:30 a.m. – 4:30 p.m.
8:30 a.m. – 8:55 a.m.

Registration & Exhibit Areas Open

NCA Soccer Sport Meeting: Advisory Committee Nominations/Selections & Milestone & Team Academic Excellence Awards Recognition

Angie Lensing, Reitz Memorial HS, IN, 2023 NFHS National Coach of the Year (Girls) – *Possession*

Angie Lensing, Reitz Memorial HS, IN, 2023 NFHS National Coach of the Year (Girls) – *Defense*

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

Lunch on your own

Nebraska State Performance Testing Championships – **Main Gym**

Beyond the X's & O's

Chuck Hayes, J. Chad Professional Training – *Be In The Know - Youth Substance Abuse Trends* – **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**

Nebraska Orthopaedic Center – *Sports Medicine & Athletic Taping Walk-In Training* – **Athletic Training Room**

Savanah Anderson-Baer, University of Nebraska – *Specificity in Attacking Flank and Penalty Area Play*

Chuck Hayes, J. Chad Professional Training – *Be In The Know - Youth Substance Abuse Trends, Advanced Discussion and Q&A* – **Small Theater**

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

Savanah Anderson-Baer, University of Nebraska – *Individual Player Development* – **Ball Striking**

In-Person CPR & AED Training – **South Gym**

(Must register and complete the online training prior to clinic)

2:20 p.m. – 4:30 p.m.

2:20 p.m. – 3:10 p.m.

2:20 p.m. – 3:10 p.m.

3:10 p.m. – 3:30 p.m.

3:30 p.m. – 4:20 p.m.

4:30 p.m. – 6:00 p.m.

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.

Luis Pulido, Central Community College, NE (Men) – *Creating Your Own Game Model: Developing Team Principles That Guide Your Players Decision-Making*

Luis Pulido, Central Community College, NE (Men) – *Transition Moments: Defending to Attack and Using the Opponents Tendencies to Create Chances*

9:35 a.m. – 10:25 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)

10:40 a.m. – 11:10 a.m.

NSAA Rules Meeting

11:20 a.m. – 12:10 p.m.

Lunch on Your Own & NCA Sports Advisory Lunch Meetings

11:55 a.m. – 1:15 p.m.

Nebraska Orthopaedic Center – *Sports Medicine & Athletic Taping Walk-In Training* – **Athletic Training Room**

1:30 p.m. – 3:30 p.m.

Athletic Training Room

1:30 p.m. – 2:20 p.m.

Brent Willson, NSAA Soccer Official – *The Coach/Official Relationship*

2:30 p.m. – 3:20 p.m.

Nebraska High School Soccer Round Table Discussion

3:30 p.m. – 3:45 p.m.

Final Drawings – **Main Gym**

Tuesday, July 23

7:30 a.m. – 4:30 p.m.
8:30 a.m. – 8:55 a.m.

9:00 a.m. – 9:50 a.m.
10:00 a.m. – 10:50 a.m.
11:00 a.m. – 11:45 a.m.
11:45 a.m. – 1:15 p.m.
12:00 p.m. – 1:15 p.m.
1:15 p.m. – 2:05 p.m.

2:20 p.m. – 4:30 p.m.

2:20 p.m. – 3:10 p.m.
2:20 p.m. – 3:10 p.m.

3:10 p.m. – 3:30 p.m.
3:30 p.m. – 4:20 p.m.

4:30 p.m. – 6:00 p.m.

Registration & Exhibit Areas Open

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

Joe Yegge, Iowa Premier Fastpitch – *Drills to Build Hitting Skills* – Presented by Baden Sports

Joe Yegge, Iowa Premier Fastpitch – *Building Team Culture* – Presented by Baden Sports

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

Lunch on your own

Nebraska State Performance Testing Championships – **Main Gym**

Beyond the X's & O's

Chuck Hayes, J. Chad Professional Training – *Be In The Know - Youth Substance Abuse Trends* – **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**

Nebraska Orthopaedic Center – *Sports Medicine & Athletic Taping Walk-In Training* –

Athletic Training Room

NSAA Softball Rules Meeting

Chuck Hayes, J. Chad Professional Training – *Be In The Know - Youth Substance Abuse Trends,*

Advanced Discussion and Q&A – **Small Theater**

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

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

Suicides, Connecting with Players & Parents

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.

7:00 a.m. – 8:15 a.m.

7:30 a.m. – 2:30 p.m.
8:00 a.m. – 2:00 p.m.
8:30 a.m. – 9:20 a.m.
9:35 a.m. – 10:25 a.m.
10:40 a.m. – 11:10 a.m.

11:20 a.m. – 12:10 p.m.
11:55 a.m. – 1:15 p.m.
1:30 p.m. – 3:30 p.m.

1:30 p.m. – 2:20 p.m.
2:30 p.m. – 3:20 p.m.
3:30 p.m. – 3:45 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**

Fellowship of Christian Athletes Breakfast, Featured Speaker – Mark Armstrong, Former Athletic Director, Lincoln Southwest HS, NE – **E117**

Registration & Exhibit Areas Open

Coaches Care Blood Drive – **West Side LNS**

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

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

NCA District Meetings & Raffles (Elections of NCA Board Members, Election of NCA Sports Advisory Committee Members, Q&A with NCA Board of Directors)

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

Lunch on Your Own & NCA Sports Advisory Lunch Meetings

Nebraska Orthopaedic Center – *Sports Medicine & Athletic Taping Walk-In Training* –

Athletic Training Room

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

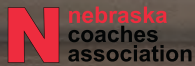
Rob Sweetland, Wayne HS, NE – *Team Defense*

Final Drawings – **Main Gym**

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- Business/Technology Teacher
- Journalism Advisor
- Junior High Track and Field Coach
- Former Head Softball Coach

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**Tuesday, July 23**

7:30 a.m. – 4:30 p.m.	Registration & Exhibit Areas Open
8:30 a.m. – 9:20 a.m.	Dave Demyan Special Olympics Nebraska, <i>Coaching Bocci Ball</i> – LNS Football Field
9:30 a.m. – 10:20 a.m.	Dave Demyan Special Olympics Nebraska, <i>Coaching Bocci Ball</i> – LNS Football Field
11:00 a.m. – 11:45 a.m.	Welcome & Keynote: Rhonda Revelle, University of Nebraska – <i>Embrace It All</i> – 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 Hayes, J. Chad Professional Training – <i>Be In The Know - Youth Substance Abuse Trends</i> – Auditorium
	Rhonda Revelle, University of Nebraska – <i>Women Athletic Leadership</i> – Main Gym
	Amber Fahey, SHIFT – <i>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</i> – South Gym
2:20 p.m. – 4:30 p.m.	Nebraska Orthopaedic Center – <i>Sports Medicine & Athletic Taping Walk-In Training</i> – Athletic Training Room
2:30 p.m. – 3:20 p.m.	Nick Baker, Papillion-La Vista HS, NE (Boys & Girls) – <i>Coaching Swimming Part 1</i> – Lincoln Northwest HS Pool
2:20 p.m. – 3:10 p.m.	Chuck Hayes, J. Chad Professional Training – <i>Be In The Know - Youth Substance Abuse Trends, Advanced Discussion and Q&A</i> – Small Theater
3:30 p.m. – 4:20 p.m.	Nick Baker, Papillion-La Vista HS, NE (Boys & Girls) – <i>Coaching Swimming Part 1</i> – Lincoln Northwest HS Pool
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.	Drake Beranek, Kearney HS, NE (Boys) – <i>Teaching Basketball Fundamentals, Practice Designs to Develop Shooting Principles, Part 1</i> – Small Theater
9:35 a.m. – 10:25 a.m.	Drake Beranek, Kearney HS, NE (Boys) – <i>Teaching Basketball Fundamentals, Practice Designs to Develop Shooting Principles, Part 2 on Court</i> – Main Gym
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 Unified Bowling Rules Meeting – A118A
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 – <i>Sports Medicine & Athletic Taping Walk-In Training</i> – Athletic Training Room
1:30 p.m. – 2:20 p.m.	Nate Parks, Special Olympics Nebraska – <i>Coaching Unified Sports, Part 1</i> – A118A
2:30 p.m. – 3:20 p.m.	Nate Parks, Special Olympics Nebraska – <i>Coaching Unified Sports, Part 2</i> – A118A
3:30 p.m. – 3:45 p.m.	Final Drawings – Main Gym

Tuesday, July 23

7:30 a.m. – 4:30 p.m.

8:30 a.m. – 8:55 a.m.

9:00 a.m. – 9:50 a.m.

10:00 a.m. – 10:50 a.m.

11:00 a.m. – 11:45 a.m.

11:45 a.m. – 1:15 p.m.

12:00 p.m. – 1:15 p.m.

1:15 p.m. – 2:05 p.m.

Registration & Exhibit Areas Open

NCA Strength & Conditioning Sport Meeting: Advisory Committee Updates,

Nominations/Selections Recognition

Amber Burson, Lexington HS, NE – *Time - Efficient Strategies for Maximizing Effectiveness in the P.E./S&C Classroom* – **D023**Amanda Thober, Shelton HS, NE – *Beyond the Lifts* – **D023****Welcome & Keynote:** Rhonda Revelle, University of Nebraska – *Embrace It All* – **Main Gym****Lunch on your own****Nebraska State Performance Testing Championships** – **Main Gym****Beyond the X's & O's**Chuck Hayes, J. Chad Professional Training – *Be In The Know - Youth Substance Abuse Trends* – **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**Nebraska Orthopaedic Center – *Sports Medicine & Athletic Taping Walk-In Training* –**Athletic Training Room**Trent Clausen, Omaha Creighton Prep HS, NE – *A Comprehensive Approach to Developing**Lower Body Power in the Weightroom* – **LNS Weightroom**Chuck Hayes, J. Chad Professional Training – *Be In The Know - Youth Substance Abuse Trends,**Advanced Discussion and Q&A* – **Small Theater****Ice Cream Social** – *Presented by Nebraska State Education Association* – **Exhibitor Area**Sara Domier, Lincoln North Star HS – *Sprint/Speed Training for the High School Athlete* – **LNS Weightroom**In-Person CPR & AED Training – **South Gym**

(Must register and complete the online training prior to clinic)

2:20 p.m. – 4:30 p.m.

2:20 p.m. – 3:10 p.m.

2:20 p.m. – 3:10 p.m.

3:10 p.m. – 3:30 p.m.

3:30 p.m. – 4:20 p.m.

4:30 p.m. – 6:00 p.m.

Wednesday, July 24

7:00 a.m. – 2:30 p.m.

7:00 a.m. – 8:15 a.m.

7:30 a.m. – 2:30 p.m.

8:00 a.m. – 2:00 p.m.

8:30 a.m. – 9:20 a.m.

9:35 a.m. – 10:25 a.m.

10:40 a.m. – 11:10 a.m.

11:20 a.m. – 12:10 p.m.

11:55 a.m. – 1:15 p.m.

1:30 p.m. – 3:30 p.m.

1:30 p.m. – 2:20 p.m.

2:30 p.m. – 3:20 p.m.

3:30 p.m. – 3:45 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****Fellowship of Christian Athletes Breakfast,** Featured Speaker – Mark Armstrong, Former Athletic Director,Lincoln Southwest HS, NE – **E117**

Registration & Exhibit Areas Open

Coaches Care Blood Drive – **West Side LNS**Jon Pfeifer, University of Nebraska – *Complete Performance & Conditioning for Wrestling* – **D023**Boyd Epley, University of Nebraska (Retired) – *Husker Power* – **D023****NCA District Meetings & Raffles** (Elections of NCA Board Members, Election of NCA Sports Advisory Committee Members, Q&A with NCA Board of Directors)Dakota Coon, Wayne State College, NE – *Yearly Training Considerations for the**Volleyball Athlete* – **D023****Lunch on Your Own & NCA Sports Advisory Lunch Meetings**Nebraska Orthopaedic Center – *Sports Medicine & Athletic Taping Walk-In Training* –**Athletic Training Room**Alexis Jones, Bennington HS, NE – *Powerlifting Training for the Developmental Athlete* – **LNS Weightroom**

Anna McVay, Mickle Middle School, Lincoln, NE & Natalie Essman, Irving Middle School, Lincoln, NE –

Strength & Movement for the Middle School Athlete – **D023****Final Drawings** – **Main Gym**

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Tuesday, July 23

7:30 a.m. – 4:30 p.m.	Registration & Exhibit Areas Open
8:30 a.m. – 8:55 a.m.	NCA Tennis Sport Meeting: Advisory Committee Nominations/Selections & Milestone & Team Academic Excellence Awards Recognition
9:00 a.m. – 9:50 a.m.	Lisa Hart, Concordia University, NE (Men & Women) – <i>Simple & Effective Singles & Doubles Strategies</i> – B105
10:00 a.m. – 10:50 a.m.	Lisa Hart, Concordia University, NE (Men & Women) – <i>How to Run an Exciting & Productive 60-Minute Practice</i> – LNS Tennis Courts
11:00 a.m. – 11:45 a.m.	Welcome & Keynote: Rhonda Revelle, University of Nebraska – <i>Embrace It All</i> – 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 Hayes, J. Chad Professional Training – <i>Be In The Know - Youth Substance Abuse Trends</i> – Auditorium Rhonda Revelle, University of Nebraska – <i>Women Athletic Leadership</i> – Main Gym Amber Fahey, SHIFT – <i>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</i> – South Gym
2:20 p.m. – 4:30 p.m.	Nebraska Orthopaedic Center – <i>Sports Medicine & Athletic Taping Walk-In Training</i> – Athletic Training Room
2:20 p.m. – 3:10 p.m.	Tom & Jean Lilly, Creighton University (Women) – <i>Doubles Formations/Strategy & Drills</i>
2:20 p.m. – 3:10 p.m.	Chuck Hayes, J. Chad Professional Training – <i>Be In The Know - Youth Substance Abuse Trends, Advanced Discussion and Q&A</i> – 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.	Tom & Jean Lilly, Creighton University (Women) – <i>Singles Drills/Strategy/Team Dynamics</i>
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.	Lisa Hart, Concordia University, NE (Men & Women) – <i>The Mental Game: The Power of Positive Self-Talk</i> – B105
9:35 a.m. – 10:25 a.m.	Lisa Hart, Concordia University, NE (Men & Women) – <i>Doubles Drills & Games</i> – LNS Tennis Courts
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.	Kara Heim, USTA-Nebraska – USTA Resources
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 – <i>Sports Medicine & Athletic Taping Walk-In Training</i> – Athletic Training Room
1:30 p.m. – 2:20 p.m.	NSAA Tennis Meeting
2:30 p.m. – 3:20 p.m.	Jeremy Haselhorst & Joseph Cooley, Papillion-La Vista South HS, NE – <i>Free 2 Compete</i>
3:30 p.m. – 3:45 p.m.	Final Drawings – Main Gym



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Tuesday, July 23

7:30 a.m. – 4:30 p.m.
8:30 a.m. – 8:55 a.m.

9:00 a.m. – 9:50 a.m.
10:00 a.m. – 10:50 a.m.
11:00 a.m. – 11:45 a.m.
11:45 a.m. – 1:15 p.m.
12:00 p.m. – 1:15 p.m.
1:15 p.m. – 2:05 p.m.

2:20 p.m. – 4:30 p.m.

2:20 p.m. – 3:10 p.m.
2:20 p.m. – 3:10 p.m.

3:10 p.m. – 3:30 p.m.
3:30 p.m. – 4:20 p.m.
4:30 p.m. – 6:00 p.m.

Registration & Exhibit Areas Open

NCA Cross Country/Track & Field Sport Meeting: Advisory Committee Nominations/Selections & Milestone & Team Academic Excellence Awards Recognition

Ed Fye & Lauren Tamayo, Doane University, NE (Men & Women) – *High Jump*

Annika Pingel, Doane University, NE (Men & Women) – *Sprints, Acceleration Starts*

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

Lunch on your own

Nebraska State Performance Testing Championships – **Main Gym**

Beyond the X's & O's

Chuck Hayes, J. Chad Professional Training – *Be In The Know - Youth Substance Abuse Trends* – **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**

Nebraska Orthopaedic Center – *Sports Medicine & Athletic Taping Walk-In Training* –

Athletic Training Room

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

Chuck Hayes, J. Chad Professional Training – *Be In The Know - Youth Substance Abuse Trends,*

Advanced Discussion and Q&A – **Small Theater**

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

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

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.

7:00 a.m. – 8:15 a.m.

7:30 a.m. – 2:30 p.m.
8:00 a.m. – 2:00 p.m.
8:30 a.m. – 9:20 a.m.
9:35 a.m. – 10:25 a.m.
10:40 a.m. – 11:10 a.m.

11:20 a.m. – 12:10 p.m.
11:55 a.m. – 1:15 p.m.
1:30 p.m. – 3:30 p.m.

1:30 p.m. – 2:20 p.m.
2:30 p.m. – 3:20 p.m.
3:30 p.m. – 3:45 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**

Fellowship of Christian Athletes Breakfast, Featured Speaker – Mark Armstrong, Former Athletic Director, Lincoln Southwest HS, NE – **E117**

Registration & Exhibit Areas Open

Coaches Care Blood Drive – **West Side LNS**

P.J. Grosserode, Doane University, NE (Men & Women) – *Triple Jump*

Mike Reed, Gordon HS, TX – *Beginners to Elite Hurdling*

NCA District Meetings & Raffles (Elections of NCA Board Members, Election of NCA Sports Advisory Committee Members, Q&A with NCA Board of Directors)

NSAA Track & Field Meeting

Lunch on Your Own & NCA Sports Advisory Lunch Meetings

Nebraska Orthopaedic Center – *Sports Medicine & Athletic Taping Walk-In Training* –

Athletic Training Room

Zach Lurz, Doane University, NE (Men & Women) – *Discus*

Zach Lurz, Doane University, NE (Men & Women) – *Shot Put*

Final Drawings – **Main Gym**



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Tuesday, July 23

7:30 a.m. – 4:30 p.m.

8:30 a.m. – 8:55 a.m.

9:00 a.m. – 9:50 a.m.

10:00 a.m. – 10:50 a.m.

11:00 a.m. – 11:45 a.m.

11:45 a.m. – 1:15 p.m.

12:00 p.m. – 1:15 p.m.

1:15 p.m. – 2:05 p.m.

Registration & Exhibit Areas Open

NCA Volleyball Sport Meeting: Advisory Committee Nominations/Selections & Milestone & Team Academic Excellence Awards Recognition

Jessica Kirkendall, Lincoln Southwest HS, NE, AVCA 30 Under 30 Honoree –

Maximizing Practice Plans with My Favorite Drills

NCA All-Star Practice

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

Lunch on your own

Nebraska State Performance Testing Championships – **Main Gym**

Beyond the X's & O's

Chuck Hayes, J. Chad Professional Training – *Be In The Know - Youth Substance Abuse Trends* –

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**

Nebraska Orthopaedic Center – *Sports Medicine & Athletic Taping Walk-In Training* –

Athletic Training Room

Joby Ramos, Iowa Western Community College, IA – *Training Athletes Over Volleyball Players – Defense*

Chuck Hayes, J. Chad Professional Training – *Be In The Know - Youth Substance Abuse Trends,*

Advanced Discussion and Q&A – **Small Theater**

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

Joby Ramos, Iowa Western Community College, IA – *Training Athletes Over Volleyball Players - Offense*

In-Person CPR & AED Training – **South Gym**

(Must register and complete the online training prior to clinic)

2:20 p.m. – 4:30 p.m.

2:20 p.m. – 3:10 p.m.

2:20 p.m. – 3:10 p.m.

3:10 p.m. – 3:30 p.m.

3:30 p.m. – 4:20 p.m.

4:30 p.m. – 6:00 p.m.

Wednesday, July 24

7:00 a.m. – 2:30 p.m.

Running/Walking for Kindness – Saundi Fugleberg Memorial 5K & 1 Mile Fun Run/Walk –

Benefitting 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.

Lindsey Harders, Northwest HS, NE – *Teaching Fundamentals On Court*

9:35 a.m. – 10:25 a.m.

Lindsey Harders, Northwest HS, NE – *Teaching Fundamentals Classroom* – **Small Theater**

9:35 a.m. – 10:25 a.m.

NSAA Volleyball Rules Meeting

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)

Kelly Hunter, University of Nebraska – *Setting Techniques & Concepts*

11:20 a.m. – 12:10 p.m.

Lunch on Your Own & NCA Sports Advisory Lunch Meetings

11:55 a.m. – 1:15 p.m.

Nebraska Orthopaedic Center – *Sports Medicine & Athletic Taping Walk-In Training* –

1:30 p.m. – 3:30 p.m.

Athletic Training Room

1:30 p.m. – 2:20 p.m.

Matt Koehn-Fairbanks, St. Paul HS, NE – *Winning With What You've Got – St. Paul Drills, Part 1*

2:30 p.m. – 3:20 p.m.

Matt Koehn-Fairbanks, St. Paul HS, NE – *Winning With What You've Got – St. Paul Drills, Part 2*

3:30 p.m. – 3:45 p.m.

Final Drawings – **Main Gym**

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FREE ADMISSION



Tuesday, July 23

7:30 a.m. – 4:30 p.m.
8:30 a.m. – 8:55 a.m.

9:00 a.m. – 9:50 a.m.
10:00 a.m. – 10:50 a.m.
11:00 a.m. – 11:45 a.m.
11:45 a.m. – 1:15 p.m.
12:00 p.m. – 1:15 p.m.
1:15 p.m. – 2:05 p.m.

2:20 p.m. – 4:30 p.m.

2:20 p.m. – 3:10 p.m.
2:20 p.m. – 3:10 p.m.

3:10 p.m. – 3:30 p.m.
3:30 p.m. – 4:20 p.m.
4:30 p.m. – 6:00 p.m.

Registration & Exhibit Areas Open

NCA Wrestling Sport Meeting: Advisory Committee Nominations/Selections & Milestone & Team Academic Excellence Awards Recognition

Gary Mayabb, University of Iowa (Women) – *Leveling Up Skills for Athletic Advancement*

Gary Mayabb, University of Iowa (Women) – *Primary & Secondary Offensive Attacks*

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

Lunch on your own

Nebraska State Performance Testing Championships – **Main Gym**

Beyond the X's & O's

Chuck Hayes, J. Chad Professional Training – *Be In The Know - Youth Substance Abuse Trends* – **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**

Nebraska Orthopaedic Center – *Sports Medicine & Athletic Taping Walk-In Training* –

Athletic Training Room

Nick Mitchell, Grand View University, IA (Men) – *GV Wrestling Championship Technique*

Chuck Hayes, J. Chad Professional Training – *Be In The Know - Youth Substance Abuse Trends,*

Advanced Discussion and Q&A – **Small Theater**

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

Nick Mitchell, Grand View University, IA (Men) – *GV Wrestling Practice Plans and Drills*

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.

7:00 a.m. – 8:15 a.m.

7:30 a.m. – 2:30 p.m.

8:00 a.m. – 2:00 p.m.

8:30 a.m. – 9:20 a.m.

9:35 a.m. – 10:25 a.m.

10:40 a.m. – 11:10 a.m.

11:20 a.m. – 12:10 p.m.

11:55 a.m. – 1:15 p.m.

1:30 p.m. – 3:30 p.m.

1:30 p.m. – 2:20 p.m.

2:30 p.m. – 3:20 p.m.

3:30 p.m. – 3:45 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**

Fellowship of Christian Athletes Breakfast, Featured Speaker – Mark Armstrong, Former Athletic Director, Lincoln Southwest HS, NE – **E117**

Registration & Exhibit Areas Open

Coaches Care Blood Drive – **West Side LNS**

NSAA Wrestling Meeting

Eric Dolezal, Waverly HS, NE (Boys) – *Winning with Basics*

NCA District Meetings & Raffles (Elections of NCA Board Members, Election of NCA Sports Advisory Committee Members, Q&A with NCA Board of Directors)

Bob Mulligan, Omaha Westside HS, NE (Girls) – *Perfecting Simplicity: 2 on 1's and Underhooks on Feet/Wing & Half Series on Top*

Lunch on Your Own & NCA Sports Advisory Lunch Meetings

Nebraska Orthopaedic Center – *Sports Medicine & Athletic Taping Walk-In Training* –

Athletic Training Room

Cara Romeike, Hastings College (Women) – *Throws & Upper Body Takedowns for Folkstyle*

Cara Romeike, Hastings College (Women) – *Defense & Counter Attacks to Upper Body Moves*

Final Drawings – **Main Gym**



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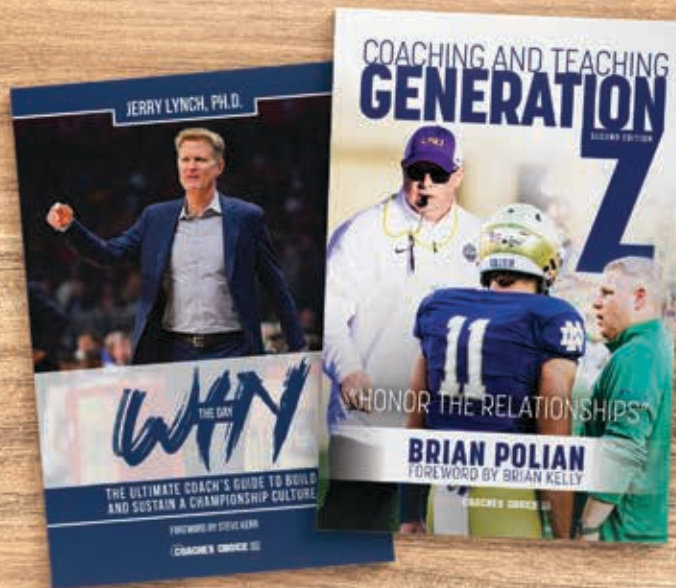
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