

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 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.

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

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 - *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