

FOOTBALL – 11-MAN

Auditorium unless otherwise noted

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**
- 8:30 a.m. – 9:20 a.m. EJ Barthel, University of Nebraska – **Running Back Drills for All Levels – Due to NCAA Recruiting Rules, Session Location: Country Inn & Suites Conference Center, 5353 N 27th St**
- 9:25 a.m. – 10:15 a.m. Rob Dvoracek, University of Nebraska Staff – **Linebacker Drills for All Levels – Due to NCAA Recruiting Rules, Session Location: Country Inn & Suites Conference Center, 5353 N 27th St**
- 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. 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
- 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*
- 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*
- 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