

## TENNIS

### **B105 or LNS Tennis Courts 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.	<b>NCA Tennis Sport Meeting:</b> 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 &amp; Effective Singles &amp; 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 &amp; Productive 60-Minute Practice</i> – LNS Tennis Courts
11:00 a.m. – 11:45 a.m.	<b>Welcome &amp; Keynote:</b> Rhonda Revelle, University of Nebraska – <i>Embrace It All</i> – Main Gym
11:45 a.m. – 1:15 p.m.	<b>Lunch on your own</b>
12:00 p.m. – 1:15 p.m.	<b>Nebraska State Performance Testing Championships</b> – Main Gym
1:15 p.m. – 2:05 p.m.	<b>Beyond the X's &amp; O's</b> 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" &amp; 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 &amp; 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 &amp; 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&amp;A</i> – Small Theater
3:10 p.m. – 3:30 p.m.	<b>Ice Cream Social</b> - 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.	<b>Running/Walking for Kindness - Saundi Fugleberg Memorial 5K &amp; 1 Mile Fun Run/Walk</b> – Benefiting the Nebraska Food Bank Network - LNS East Parking Lot
7:00 a.m. – 8:15 a.m.	<b>Fellowship of Christian Athletes Breakfast</b> , 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.	<b>Coaches Care Blood Drive</b> – 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 &amp; Games</i> - LNS Tennis Courts
10:40 a.m. – 11:10 a.m.	<b>NCA District Meetings &amp; Raffles</b> (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 – <i>USTA Resources</i>
11:55 a.m. – 1:15 p.m.	<b>Lunch on Your Own &amp; NCA Sports Advisory Lunch Meetings</b>
1:30 p.m. – 3:30 p.m.	Nebraska Orthopaedic Center - <i>Sports Medicine &amp; 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.	<b>Final Drawings</b> – Main Gym