

## WRESTLING

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

9:00 a.m. – 9:50 a.m.

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

10:00 a.m. – 10:50 a.m.

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

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.

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

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.

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

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.

NSAA Wrestling Meeting

9:35 a.m. – 10:25 a.m.

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

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.

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

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.

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

2:30 p.m. – 3:20 p.m.

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

3:30 p.m. – 3:45 p.m.

**Final Drawings** – Main Gym