

# nebraska coach

SEPTEMBER 2024



## **Bearing Down On The 2024 Fall Season**

**Fall Season Articles**

**NCA Annual Awards  
And Honors**

**All-Star Action**

Jennifer Fangmeier, Blair  
2023 NCA-Hudl Softball Coach of the Year



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– Les Roggenkamp

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(Left Photograph) Traci Berg, St. Mary's and Tom Tvrdy, Omaha Marian guided the Red All-Stars in the 44<sup>th</sup> NCA All-Star Basketball game. The Blue squad won the game 99-87. – Callam Sports Photography



(Right Photograph) Joe Wessel, Millard West and Levi Gorsuch, Kenesaw guided the Red All-Stars to 3-1 set victory in the 40<sup>th</sup> NCA All-Star Volleyball match. – Callam Sports Photography


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SEPTEMBER 2024

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*Mailing & Physical Address:*  
500 Charleston St., Suite #2  
Lincoln, NE 68508

*Phone number:*  
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**Executive Director**  
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darin@ncacoach.org



**Coordinator of Programs & Events**  
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## NEBRASKA COACHES ASSOCIATION UPCOMING EVENTS 2024 – 2025

- October 6, 2024**  
NCA Board of Directors Fall Meeting  
Kearney
- October 15, 2024**  
State Cheer & Dance Registrations Open  
Online
- November 2024**  
Softball & Volleyball All-Star  
Nominations & Selections
- November 6-8, 2024**  
State Volleyball Sportsmanship Awards  
Lincoln (Need Evaluators)
- November 19, 2024**  
NCA Sportsmanship/Leadership Summit  
Alliance HS – site tentative
- November 20, 2024**  
NCA Sportsmanship/Leadership Summit  
Kearney HS – site tentative
- November 21, 2024**  
NCA Sportsmanship/Leadership Summit  
Norfolk HS – site tentative
- November 22, 2024**  
NCA Sportsmanship/Leadership Summit  
Lincoln Northwest HS – site tentative
- November 24, 2024**  
NCA Football Championships Football Clinic  
Embassy Suites, Lincoln
- January 27, 2025**  
NCA Board of Directors Winter Meeting  
Zoom
- February 8, 2025**  
NCA Track & Field Clinic  
NSAA Building, Lincoln
- February 20-22, 2025**  
State Cheer & Dance Championships  
Heartland Events Center, Grand Island
- April 27, 2025**  
NCA Board of Directors Spring Meeting  
NSAA/NCA Building, Lincoln
- July 20-23, 2025**  
NCA Multi-Sports Clinic Week Activities  
Lincoln

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- District 4 – Matthew Walter, Shelton; Tony Neels, Gothenburg
- District 5 – Shawn Wheelock, Minden; Kelli Wiest, Medicine Valley
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## Football

- District 1 – Brian Blevins, Lawrence-Nelson; Dane McConnell, Deshrer
- District 2 – Ron Mimick, Aquinas Catholic; Doug Goltz, Falls City Sacred Heart
- District 3 – Jeff Bellar, Norfolk Catholic; Steve Neptune, West Holt
- District 4 – Craig Haake, Gothenburg; Andy Seamann, Brady
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- District 6 – Trent Grizzle, Crawford; Nick Kuxhausen, Mitchell

## Volleyball

- District 1 – Kari Jo Alfs, BDS; Reba Hestermann, Diller-Odell
- District 2 – Mike Brandon, Greta East; Renee Saunders, Omaha Skut
- District 3 – Christy Koehler, Osmond; Kim Miller, Plainview
- District 4 – Lindsay Harders, Northwest; Mat Koehn-Fairbanks, St. Paul
- District 5 – Julie Ratka, Minden; Kimberly Barnett, Southwest
- District 6 – Blakelee Hoffman, Chadron; Amanda Cochran, Gering

## Softball

- District 1 – Mark Radcliff, Wilber-Clatonia; Jana Becher, Lincoln High
- District 2 – Janelle Lorsch, Arlington; Morgan Zahnow, Ashland-Greenwood
- District 3 – Derek Siedschlag, Norfolk; OPEN
- District 4 – Natalie Staroska, Grand Island Northwest; OPEN
- District 5 – Gerald Utterback, Southern Valley; Denise Smith, Chase County
- District 6 – OPEN; OPEN

## Wrestling

- District 1 – Jake Froscheiser, Lincoln North Star; Terry Owens, Harvard
- District 2 – Justin McDuffee, Scribner-Snyder; Tahner Thiem, David City
- District 3 – Cody Wintz, Battle Creek; Les Painter, Pierce
- District 4 – Brian Sybrandts, Northwest; Mitch Slogget, Ansley-Litchfield
- District 5 – Jay Helberg, Southwest; Jordan McBride, Bertrand
- District 6 – Russ Monete, Mullen; Todd Westover, Hemingford

## Boys Basketball

- District 1 – Dan Boshart, BDS; Scott Lamberty, York
- District 2 – Jimmy Blex, Cross County; Heath Finke, Humboldt-Table Rock-Steinauer
- District 3 – Ben Bohn, Norfolk; Quin Conner, LCC
- District 4 – Zac Foster, Adams Central; Nick Gates, Ord
- District 5 – Kristian Freeland, Dundy County-Straton; Craig Newcomb, Bertrand
- District 6 – Cory Michelman, Potter-Dix; Andrew Christen, Sandhills-Thedford

## Girls Basketball

- District 1 – Zachary Schlegel, Shickley; Ryan Psota, Lincoln Pius X
- District 2 – Andy Gerlec, Papillion-La Vista South; Kande Hanzel, Humphrey
- District 3 – Tim Kassmeier, Norfolk Catholic; Brandon Dittmer, Elkhorn Valley
- District 4 – Phil Smith, Wood River; Kole Harrach, Maxwell
- District 5 – Richard McDonald, Southern Valley; Preston Blackmore, Arapahoe
- District 6 – Jaclyn Burks, Kimball; Kelsey Scott, Chadron

## Boys Track & Field

- District 1 – Bill Rice, Lincoln Pius X; Kevin Schrad, Lincoln Southwest
- District 2 – Tom Gerdes, Bishop Neumann; Kyle McMahon, Papillion-La Vista South
- District 3 – Shannon Schumacher, Summerland; LaTravia Dobson, Riverside
- District 4 – Shane Fruit, Ogallala; Cathy Blauhorn, Palmer
- District 5 – Tye Spies, Loomis; Tersen Arnold, Southwest
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## Girls Track & Field

- District 1 – Brian Kabourek, Lincoln East; Colby Smith, Fillmore Central
- District 2 – Tom Gerdes, Bishop Neumann; Scott Foster, Boys Town
- District 3 – Josh Long, Norfolk; Jeff Meyer, Elkhorn Valley
- District 4 – Nate Polacek, Kearney; Shawn Koehn-Fairbanks, Centura
- District 5 – Troy Hauxwell, Chase County; Caleb Wall, Eustis-Farnam
- District 6 – Tiffany Johnson, Kimball; Joy Houser, Garden County

## Boys/Girls Tennis

- District 1 – Nolan DeWispelare, Lincoln Pius X; OPEN
- District 2 – Jon Holtz, Elkhorn; OPEN
- District 3 – OPEN; OPEN
- District 4 – Troy Saulsbury, Kearney; OPEN
- District 5 – Matt Wiemers, McCook; Dakota Burns, Holdrege
- District 6 – Darren Emerick, Scotsbluff; OPEN

## Boys/Girls Golf

- District 1 – OPEN; Jared Blackwell, Sandy Creek
- District 2 – OPEN; OPEN
- District 3 – Heather Lutter, Ainsworth; Todd Hale, West Holt
- District 4 – Roger Koehler, Gothenburg; Kelly Cooksley, Broken Bow
- District 5 – Lyle Calvert, Cambridge; Jeremy Epp, Southern Valley
- District 6 – Tyler Shaw, Sidney; Berlyn Clear, Alliance

## Cheerleading

- District 1 – OPEN; Amber Beard, Johnson County
- District 2 – Taylor Schafer, HTRS; Courtney Kreifels, Falls City
- District 3 – OPEN; Samantha Hahn, Norfolk Catholic
- District 4 – Mackenzie Brand, Overton; OPEN
- District 5 – Amanda Kimble, Chase County; Kristin Weaver, Loomis
- District 6 – Carrie Tabor, Kimball; Jennifer Tilghman, Creek Valley

## Dance

- District 1 – Lindsey Hinze, Lincoln Southwest; Kamaya Long, Lincoln Northwest
- District 2 – Michelle Friton, Logan View; Madison Tibke, Bennington
- District 3 – Kaitlyn Merchant, Norfolk; OPEN
- District 4 – Kylee Kuecker, Lexington; Julia Harrach, North Platte St. Pat's
- District 5 – OPEN; OPEN
- District 6 – Angie Hinze, Scotsbluff; Regina Schultz, Creek Valley

## Strength & Conditioning

- District 1 – Stew Venable, Lincoln North Star; Paul Heusinkvelt, Superior
- District 2 – Brandon Mimick, Bennington; Nick Crouse, Plateview
- District 3 – OPEN; OPEN
- District 4 – Amber Burson, Lexington; Amanda Thober, Shelton
- District 5 – Clinton Hosick, McCook; OPEN
- District 6 – Jamie Slingsby, Chadron; Darryl Howit, Kimball

## Bowling & Unified Bowling

- District 1 – Chelsea Richardson, Lincoln Standing Bear; Kevin James, Lincoln North Star
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- District 3 – Josh Johnson, Wayne; Leonard Risinger, Plainview
- District 4 – OPEN; Jarod Zikmund, Kearney
- District 5 – OPEN; Lynne Kinne, McCook
- District 6 – OPEN; OPEN

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- District 1 – Alex Cerny, Lincoln High; Steve Andersen, Lincoln Pius X
- District 2 – Lindsay Aliano, Elkhorn South; OPEN
- District 3 – OPEN; OPEN
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# Program & Leadership Development

David Stoddard – Stanton – Football



Courtesy Photograph

The Stanton Mustang Football program strives to go beyond the X's and O's of the game and wants to give each player an opportunity to personally grow to ensure success in high school and beyond. The first thing we discuss is our program covenants, this is our core beginning and understanding of our bond, pledge, and commitment to one another. We define what it means to have energy, toughness, discipline, faith, encouragement, servitude, humility, love, and integrity. With covenants in place, we then define our culture,

as to how we communicate, behave, respond to adversity and recognize one another. As the team moves forward, we want to make sure that we are relentless and selfless. Commitment is the starting point, consistency leads to the finish, and when things get tough, it's not what you're capable of, it's what we are willing to do.

To have an opportunity for a winning formula, the players must drive the program and their preparation to execute each opportunity and game plan. Furthermore, we want to do uncommon things with uncommon attention and detail. To become a better competitor, we must compete in everything we do and win each day by training, being a great student, community/family member, and constantly being on a mission. The price of winning is very high, but the weight of regret is generational, we define regret as the loss of opportunity.

One thing we feel is very important is that each player be given the opportunity to lead before leaving the program. Before the season begins the seniors will go through a 9 week leadership training before the summer conditioning season begins. One thing that I have heard is that players are challenged to lead, but often are not shown how to be a leader, that is why we spend so much time on this phase. During leadership training the players will learn about the above covenants, relationship building, conflict resolution and communication. We usually tie in a leadership book that helps clarify each idea. The seniors will then come up with the motto for the season, design that motto

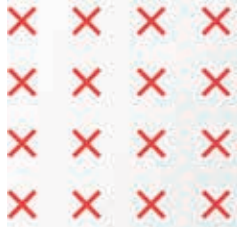
onto the team travel gear, and much more. Through this process they become aware of the season's new expectations and from this point decide if they want to embrace each opportunity and leader or cease the role by not adhering to the values of the program. Each meeting also contains an opportunity for the seniors to communicate. One of the biggest challenges kids seem to face now is how to communicate their feelings and ideas. In our meetings we provide each senior an opportunity to share ideas. To ensure that they feel comfortable sharing, we must create an environment where they feel comfortable doing so, people won't share unless there is trust built within the group. Weekly challenges include relationship building with an underclassman. Leadership is not just demanding; it's showing others the reasons why we do things and setting that example by doing. Having a relationship is key for pushing teammates to be their best and great leaders are great listeners.

Each week the seniors will discuss the dream for their life, goals for the seniors' season, why it's important for teammates/leaders to have a bond, why it's sometimes difficult to do the right thing, what their role is on the team, how they can serve their teammates and community, define each covenant in their own words, and what legacy they'd like to leave when their time in the program is over, when people hear your name, what is the first thing they think of and would you be pleased with what you hear.

In closing, we teach the seniors and all players that we want them to be transformational men. We want them to be men that stand on principles, sacrifice for those they lead, and know that a true leader is never a coward and always takes responsibility for their roles.

Coaches initially provide opportunities for players to develop on a personal level and as a football player. When the leaders take charge and lead the opportunities and create new ones is very important and when a player falls short of expectations, allow the leaders on the teams to be the first in line to correct the behavior. A player led team is a special thing, but steps and guidance need to be in place to put your leaders in the best possible place to fulfill their duties.

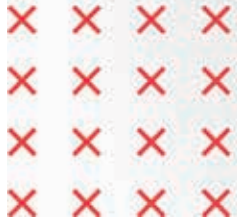
**Editor's Note:** The NCA Football Sports Advisory Committee selected Coach Stoddard as the NCA-Hudl 2023 Football Coach of the Year.



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# Where to Begin in Building a Volleyball Program

Hayley Ryan – Overton – Volleyball

Photograph By Tim White



Photograph By Paul Pack



When you find something in life that enlightens you every day and something that comes easy and helps enhance your life, it is something that brings you together with others. It is fun to share with others in an upbeat way. When those around you want to be a part of something and accept their role it can be whatever one makes of it. Bringing others along and helping share the love of the game has been something that I've truly enjoyed throughout my volleyball journey. It is my goal for others to find the joy that I have found in whatever area that one decides to pursue. So that brings me to the ideas of how to build a successful program.

How and where does one start in building a program? I remember struggling to get the buy-in from the girls and parents to commit and dedicate time needed to get better and to reach their full potential. It has been a process, but it is one that I take pride in and have had the best memories that I will always hold dear to my heart.

Twenty three years ago I decided to go in for a coaching position interview to gain experience through the process. After getting my first job and working with the girls, they asked if I was going to stick around since they had a different coach every year for the past 4 years. That is when I decided it was best to have consistency with a program to get better.

When I began coaching, I had just come off my 4<sup>th</sup> year of playing volleyball for UNK. I knew as much as anyone about playing but was very green to the coaching world. I've had some great assistants throughout the years that have different coaching styles and didn't hesitate to collaborate for the betterment of the team. Every year our administration would encourage us to attend the Nebraska Coaches Clinic in Lincoln, and the goal was to bring back a few new ideas each year that we could build on.

The first person I reached out to when I began my coaching career is my UNK setter's mom as she was the Head Coach for Aurora. She gave me some great ideas in organizing practices and resources that I could use. A structured practice plan is key to having effective practices. Coming up with expectations, guidelines for captains, and commitment in the weight room have all helped to enrich the volleyball program.

A few years ago, I heard a college coach talking about having kids tally throughout practice for each drill that they win. This strategy is one that has our girls more competitive in practice. Each week or two we count the tallies and rank the girls who are leading the team. This really spotlights your most aggressive, athletic, and fundamentally strong volleyball players. It is a nice guide for who's showing up and putting forth the most effort. I usually recognize our top tally winners at awards night at the end of the season. It's a way to thank them for their hard work and efforts in building the team.

In addition, I love floor tape. We have ½ court and short courts taped off. The girls play competitive drills that focus on portions of the court. There can be different rules put in place to focus on different skills and strategies. Usually, we will play ½ court deep court straight or diagonal. The girls usually get 3 hits, but sometimes we'll mix things up to keep them a bit more out of system with 2 hits to get the ball over. We work to get to 7 points and the girls will tally at the end of these drills. The focus is on ball control, serve receive, serving consistency, passing, setting and attack. The team really enjoys these drills, keeping them very competitive while getting a lot of good touches.

Something that we really enjoy as a team is music. As a team, the girls get to listen to music as we practice. Of course it's got to be upbeat, appropriate, and keep the girls' focus. It just makes the time go faster, and it lightens the mood for everyone. I still

*Continued on page 11*

*nebraska coach*

remember going to Steve Morgan camps and the music would bring everyone together.

Talking about coming together, there are years that we have focused on leadership development. We've focused on leadership books that give positive ways to build leadership skills throughout the team. The leadership books we prefer are written by Jeff Janssen and focus on different levels of leadership. Some of the level books include The Team Captain's Leadership, The Team Captain's Culture, The Athlete's Commitment, The Teammates' Accountability, and The Athlete's Responsibility Manuals. These are great resources for helping coaches and student athletes learn and understand positive leadership.

I would recommend never getting complacent. Always use your resources and strive to get new ideas and up the ante every year. It will pay off in the long run. In most schools, they have highs and lows but keep finding ways to power through and develop these young individuals to be the best they can be to reach their peak performance. . . It takes time and consistency. Use encouraging words while holding them accountable to the coaches' expectations.

I've been very fortunate over the years to have the girls and teams begin playing in leagues in about 3<sup>rd</sup> grade. I usually head up getting the sign-ups ready and locate some good local coaches and the youth players start to build the love of the game. Once these groups got to high school, they were eager to continue to build and showcase their skills. I had the privilege of coaching a few of these teams from the ground up. Seeing them become top contenders in the state, making it to the state championship 2 years in a row. Prior to that the girls placed third and had 5 consecutive runs at making the state tournament in Lincoln. The athletes' continued success has built the program to what it is today.

**Editor's Note:** Coach Ryan was selected by the NCA Volleyball Sports Advisory Committee as the 2023 NCA-Hudl Volleyball Coach of the Year.



Photograph By Paul Pack

Courtesy Photograph

Courtesy Photograph

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# Love Beyond the Dirt

Jennifer Fangmeier – Blair – Softball



Photo By: Enterprise Media Group

## Growth Through Vision

Like many of you, I have been around softball my entire life. It's always been a part of me, has shaped who I am and continues to influence my future and my family. Since joining the Blair softball staff in 2009, I've had many roles—volunteer coach, pitch caller, front tosser, and JV coach. Each of these roles has played a significant part in my coaching career. In 2017 I took on the Head Coach position, and with the help of my staff, continued to work on developing our vision for the program's growth. As with building anything, the process takes time. We make lots of lists, stay late after practice, and throw ideas back and forth in group chats. It's essential, and it's ongoing. As coaches, fostering a love and passion for the game is at the heart of everything we do. It's why we dedicate so much of our time to our sport, the growth of our athletes, and the development of our programs. We believe that when athletes truly love what they do, their dedication and hard work will naturally follow. This passion drives them to excel both on and off the field, making the high school season something special.

## Navigating the Transition: Club to High School

The transition from club ball to high school ball can be challenging. High school sports come with new demands,

increased competition for spots, and academic pressures. In our softball program, we strive to create a positive environment where players can grow and adapt. It's about making them feel supported as they embrace new roles and overcome challenges. One way we do this is through our Big Sister/Little Sister matchups. Upperclassmen mentor underclassmen, meeting each week at the beginning of a practice to talk about school, time management, navigating relationships, and setting goals. This mentorship fosters supportive team relationships and helps ease the transition for our younger players. We want each athlete to feel they are on a field where they can trust those around them. With trust, athletes know they can take risks, fail, and grow from those experiences.

## Building Strong Bonds Beyond the Dirt

Bonding activities are more than just boxes to check—they are about building true friendships and strong team bonds. We want our players to feel like they're part of a supportive family, where everyone looks out for each other. Beyond the dirt, we volunteer at local programs like the food pantry, sorting cookie dough for the youth program, and come together to decorate downtown business windows during Homecoming week. Parents put together team meals throughout the season, and the girls get together to support our other school programs. These activities help us build a strong sense of community within our team and small town.

## Effective Practices: Balance and Input

We design our practices with our athletes' best interests at heart. We try to balance quality reps, such as infield/outfield drills, live hitting, position specific activities, simulated game situations, and conditioning with necessary rest and recovery. Understanding and addressing the different needs of our athletes is a priority. Whether they need time for schoolwork, sleep, or just a break, we listen and respond. We actively seek input from the girls on what they feel they need and include them in our decision-making process. If they want to do a morning practice to beat the afternoon heat and work on cutoffs and communication or stay a few minutes late to work on framing and pickoffs, that's what we do. We do it because it's what's best for our team.

## Wellness Wednesdays: Mind and Body

One of our most looked forward to practices of each week is our "Wellness Wednesdays." These days are dedicated to focusing on our team motto, team and personal goals, strategies, and personal well-being. We make space for homework, rest, mental health, and activities that promote being a good

*Continued on page 14*

teammate. We've brought in guest speakers to help us navigate the emotions of the game and set meaningful goals. One core memory that stands out for me was two years ago during a Wellness Wednesday practice. An athlete, who was one of our leaders, shared her struggle with confidence when hitting inside pitches. Armed with a positive mindset, the next game was our district final and she crushed a pitch out of left field. As she rounded third base, grinning ear to ear, fist pumping, she yelled, "It was an inside pitch!" Moments like these highlight the importance of preparing our players physically, emotionally, and mentally. Watching them overcome such challenges and achieve success is incredibly rewarding.

### Inspiring the Next Generation

One of the highlights of our program is Youth Night. We fill the stands with young girls from the community, all sporting their softball gear, beaded necklaces, and gloves to cheer on their "heroes." At the end of the game, our athletes give out autographs, which many of these young girls keep in their rooms for years to come. You will find many of our athletes spending time in elementary classrooms for their Introduction to Education courses and also leading our Youth Camp each summer. It's a wonderful opportunity for our players to inspire the next generation and for the young girls to feel connected to their local sports heroes.

### The Value of a Coaching Staff

I'm incredibly blessed to work with a staff that embodies compassion and teamwork. Our assistant coaches are essential to the success of our program, bringing diverse skills and perspectives that enhance our coaching approach. If asked, I will not hesitate to tell you they are one of the most important parts of our team. In any program, it is important to note that

each coach has value. We identify and then play to our strengths, whether that is calling pitches, analyzing defenses or swings, scouting, organizing events, having those tough conversations, or promoting our athletes on social media. Every job is important, and I am thankful each day for them.

Together, we try to model respect not only to our athletes and each other, but also strive to demonstrate positive relationships with administrators, other teams, and officials. I'm not sure how many people stop to consider the dynamics of their relationships with their fellow coaching partners, but I encourage you to make your relationships a priority just as you would with your athletes. I am proud to say we are not just a coaching staff; we are friends who lead with love, trust, and respect. We try to create a culture that our players can look up to and emulate. It's about more than just building strong athletes; it's about nurturing confident, respectful women leaders who will make a positive impact in their futures.

### Effort and Attitude

Like any program, we place a high value on a strong work ethic and a positive attitude over natural ability. We believe that these qualities are the true building blocks of success, both in sports and in life. Finish the rep, take the extra grounder, be the first to help rake the field. By prioritizing effort and mindset, we help our athletes understand that their growth and achievements are within their control, empowering them to reach their fullest potential.

### Beyond the Dirt

At the end of the day, it comes down to love beyond the game that truly defines a softball program. By fostering strong relationships, creating a supportive community, and prioritizing the well-being of our athletes, we can all build a foundation for a vision of success that extends far beyond the field. Together, we can all not only build great teams on the dirt—we can nurture our softball families that genuinely care for one another and thrive on trust and respect.

Good luck to you all this season, and I hope we are able to continue to learn and grow from one another.

**Editor's Note:** Coach Fangmeier was selected by the NCA Sports Advisory Committee as the 2023 NCA-Hudl Softball Coach of the Year.



Photo By: Enterprise Media Group

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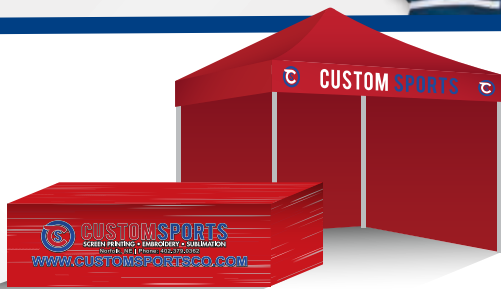
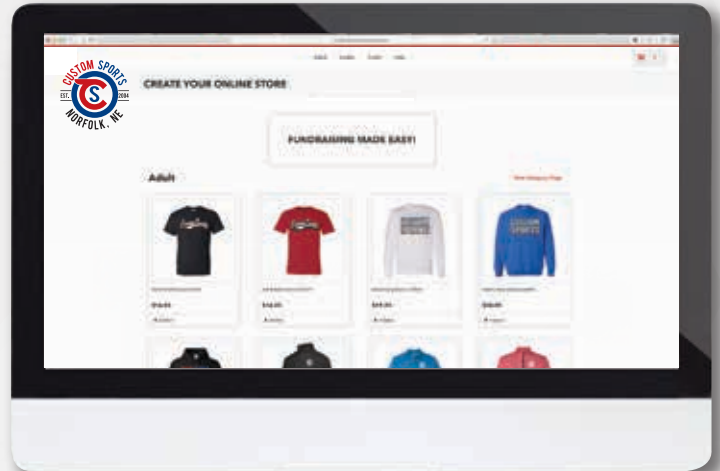
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# Getting Ready To Outkick Your Competition This Cross Country Season

Matt Musiel – Bellevue University – Assistant Men’s/Women’s Cross Country/Track Coach

Courtesy Photograph



As I transition from 35 years of coaching high school cross country in Nebraska, there are many similarities that I will now take into my new career coaching collegiate cross country at Bellevue University. It doesn't matter if you are coaching a 9<sup>th</sup> grade girl or a college senior male runner—some aspects of running stay the same. How many of your high

school cross country runners have been outkicked by another runner in a race? Safe to say everyone has had someone in that situation at one time or another. Being outkicked in a final homestretch is common. It's nothing to be ashamed of because even world class runners routinely get out-kicked at the end of races.

Being a great kicker is one of distance running's most difficult challenges. If you think about it, most races, from middle distance to distance, are won on a kick in high school. Good kicking demands many qualities. You need to have strength and speed, smart pacing, efficient running form, confidence, and readiness to make that commitment to "go" in a split decision. During my career at Lincoln North Star High School and now as a coach at Bellevue University, our cross country runners are continuously working on that kick throughout the cross country season. By working on the following guidelines, I believe you will give your runners the confidence and get the most out of what they were given when it comes to showing that speed at the end of a race.

**1. Be strong.** I believe that speed comes from strength. To be fast at the finish of a cross country race, you must be in shape from overall training. If you are not fit you won't be able to hold a good pace, compete well, and have the strength to kick. Strength comes from steady miles over the course of many weeks, months and even years of training, as well as from workouts such as hill running, track intervals, and tempo runs.

**2. Run smart.** How much energy do you have at the end of a race? Finding that answer is based on how much energy you saved up to that point. The better shape you are in, the easier it is to conserve energy. But you can also save energy with

proper racing. It always baffles me to see high school runners, for example boys, that run their first 800 meters in a 5,000 meter race too fast. Sure, there are a handful of runners that can maintain that pace, but they are a minority when it comes to high school cross country. Know your ability and swallow your ego if you want that new P.R. (personal record)

**3. Run smoothly.** Conserving energy also depends on your form. If you waste energy by flailing your arms, slouching, not running "tall," you will waste energy, tire sooner, and lose that fire from your kick. Work on this during your practice sessions. It's always good to see your form at the end of races by having your parents or coach video tape yourself to see if there are any improvements or corrections that can be made.

**4. A kick is a sprint.** You must become like a sprinter who runs the 100 meters. You will have to make that transition from distance runner, which you have been mainly heel toe with a controlled stride and arm carry, to sprint mode in which you run on the balls of your feet and pump your knees and arms hard as you drive to the finish line. Maintaining that relaxed sprint without pressing is the key. If you press and tighten up you will get that tight feeling in the arms, neck, and shoulders. Big arms and high knees are two words to live by.

**5. Practice kick workouts.** There are many workouts out there that you as a high school coach can have your athletes do to work on that kick. Pickups are simple runs varying in distance from 50 to 200 meters that "pick up" the pace of the run with rest between each rep. Take your time between reps and do anywhere from 6-20 of these. Another workout to do after your main speed session would be strides. Strides are more of a continuous run of 100-200 meter distances that maintain a relaxed but faster pace effort that also works on your form when tired. Finally, developing a kick at the end of a cross country race is something all high school runners can do. All young runners have different amounts of slow and fast-twitch muscle-fibers which we can't control because of heredity and genes, but what you can control is developing your own ability to kick and cross the finish line knowing you gave it your all.

**Editor's Note:** Coach Musiel received the 2024

NCA George O'Boyle Cross Country Career Award, as selected by the NCA Board of Directors, for his continued service and dedication to high school Cross Country.



# The Road To A Championship

Brian Bullington – Lincoln East – Girls Golf



Photo By: Kellie Peitzmeier

When we walked off the Lincoln Highlands Golf Course after a dominating district performance, our ticket had been punched for the State Tournament in Grand Island at Riverside CC. We swept the top five medals and shot a team score of 314.

Before our district meet, the "Road to a Championship" started the second week of the season under the shade of a tree at our home course of Mahoney. Working with three seniors and three juniors, we, as coaches, believed we had the potential to accomplish something a Girls Golf team had not accomplished in East High history. Even though we had finished runner-up to Lincoln Southwest the last two years, our team wanted a State Championship.

Under the tree, we had an honest conversation about what we needed to do as a team to accomplish our highest goal. We created five process goals and four team goals. This conversation was valuable because each player was given the opportunity to express their beliefs on what they wanted the team to look like.

The first process goal was NO REGRETS. We wanted to make sure that everything we did was intentional. The team came first and we wanted to make sure that when the season ended, we had no regrets. Athletes that carry this type of positive attitude are ones that don't want the season to end and have trouble taking off that uniform for the last time.

The second process goal was PREPARATION — BE THE BEST PREPARED TEAM IN THE STATE. Our team was one of the hardest working teams I have ever been associated with. We had team members that would go back to their clubs after our scheduled practice and work another 2–3 hours on their skills and habits. Some school officials said, "Coach, are they having fun?" My reply was, "When you have highly competitive athletes that have high expectations for themselves, working hard is fun."

The third process goal was SUPPORT EACH OTHER. The game of golf is a lonely sport and knowing they have other teammates that will always be there helps when the game is not treating them fairly. We required our players to come out onto the course when they have completed their rounds to show support.

The fourth process goal was POSITIVE SELF-TALK IN MEETS AND PRACTICE. Humans have 50,000 thoughts per day, 3:1 of those thoughts are negative to positive. Elite athletes can flip that script. Working with high school girls in golf, it was always a challenge to have the girls focus on positive thoughts. Considering the maturity of our team, many times teammates helped each other to focus on the positive self-talk.

The fifth process goal was SHOWING COMPASSION TOWARDS TEAMMATES—HONEST COMMUNICATION. Our team sometimes was too honest with each other. Holding their teammates accountable to their golf game was very powerful. Again, our team's maturity level helped the conversation from getting personal. The topics were always about how we can make our team better. Our team understood that our conversations centered around our team goals.

If you don't have a strong set of process goals, team goals are harder to achieve. Goals can always be changed if things happen during the season that do not go according to plan. Our team established 4 team goals.

Our first team goal was BREAK A SCHOOL RECORD, LOW SCORE OF 305. We did not achieve this goal, but despite the weather conditions or team's mental state, we always tried to reach this milestone.

The second team goal was WIN 4 INVITES. As the season went on, we were not playing to our potential and our rivals were getting the best of us. In golf you need four solid scores to win, and we did not have a consistent four for every meet. Staying positive was challenging for us at times. We did accomplish four invite wins at the end of the season at the Spartan Invite, HAC Conference, Districts and State.

The third team goal was WIN DISTRICTS. We hosted our districts at the Highlands and shot a team score of 314.

The fourth team goal was WIN STATE. East High had not won a Girls State golf title in the school's history, and our team was intentional about the process goals. We believed we had a strong chance for the team to make a run for a Championship.

As we prepared to go to Grand Island, we were looking forward to seeing another state championship course (having been at Norfolk CC for the last 14 years). Before heading to GI, we held an informal team meeting to discuss our itinerary for the next three days.

On Sunday, during our practice round, studying the greens and talking about course management was a great experience for the team in preparation for Monday.

*Continued on page 18*

The first day of state could not have gone any better, shooting a team score of 309 and jumping out to a 15-stroke lead over LSW and an 18-stroke lead over Omaha Marian. Our meeting after the first day was centered on what to do to maintain our lead. Beating a two-time state champion LSW, our team needed to duplicate our first day performance, and we needed to take the title. It wasn't going to be given to us. After we got back to the hotel, our team gathered in the courtyard and enjoyed each other's company with some great fun, karaoke, playing some competitive billiards and some intense ping pong games. We did not talk at all about our team's first day performance, we just wanted our experience to be fun and memorable.

On the second day, our short trip to the course in the van was something Coach Leigh Uhing and I will always remember. Each player, unprompted, spoke to the team about talking points of emphasis that we needed to do to build our first day lead. Coach Uhing and I did not say a single word. The players were dialed in to what we needed to do. Once at the course, our team jumped out to another big lead and the Spartans were on their way to their first State Championship.

We finished with four state medals and were two strokes away from a fifth state medal. In all my state experiences, to get four state medalists was truly rewarding for the hard work the players put into the season. As a coach, being a part of a state

championship team that reached their peak performance over two days, was memorable. Our team total score of 631 is the third lowest team score in Girls State golf history. As our banner hangs in the gym, I know our team truly earned this title and will forever be remembered as the greatest Girls Golf Team in Lincoln East history.

In closing, I want to thank all the athletes, coaches and families I have worked with over the last 45 years - those at Curtis Medicine Valley, Nebraska Wesleyan University, Centennial, York, Grant, Ord and Lincoln East High School. Each school provided my family and me with some great memories and I will cherish them forever.

Before the publication of this article, our team will compete in the 2024 PGA High School National Tournament in Frisco, Texas, at the PGA Headquarters over three days in July. Our team is looking forward to competing against some of the best high school players in the country representing their families, our team and Nebraska. Roll Spartans!

**Editor's Note:** Coach Bullington has retired from coaching but continues to serve the NCA as the Golf Sport Host at the annual NCA Multi-Sports Clinic.



Photos courtesy of Kellie Peitzmeier, October 12, 2023. Kellie was our sixth golfer who was on the varsity team. Thank you, Kellie.

# WE BELONG <sup>x2</sup>



**JORDAN ORTMEIER**  
Centennial Public Schools

- Centennial Education Association
- 9-12 Social Studies Teacher
- Junior High Football Assistant Coach
- Assistant Boys Basketball Coach

**JOE ORTMEIER**  
Osmond Community Schools

- Osmond Education Association
- STS Instructor
- Boys and Girls Track and Field
- Boys and Girls Cross Country Coach

**MARK ORTMEIER**  
Centennial Public Schools

- Centennial Education Association
- Jr. High Science Teacher
- Jr High Football, Junior High Track and Assistant Girls Basketball Coach

From Lesson Plans to Game Plans, this Nebraska family of educators is bridging teacher and coaching success through the opportunities provided by both NSEA and NCA memberships. Jordan Ortmeier is carrying on the family tradition in the classroom and on the court following in the footsteps of his father, Mark Ortmeier and his uncle, Joe Ortmeier.

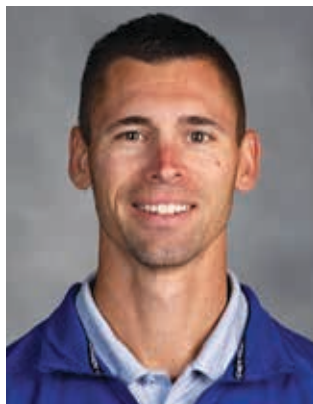
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# Key Performance Indicators In Athletic Preparation

Trent Clausen, CSCS, RSCC\*D – Omaha Creighton Prep – Director of Strength & Conditioning

Courtesy Photograph



How do you currently measure your athletes' performance improvements and the effectiveness of your Strength & Conditioning program? In my position as the Director of Strength & Conditioning at Omaha Creighton Prep, I utilize Key Performance Indicators to accomplish this. Key Performance Indicators (KPI's), commonly used in business,

can also be applied by coaches to demonstrate performance improvements and program effectiveness. The KPI's you choose should align with your program goals, the demands of the sports your athletes participate in and what best suits your current coaching situation. First, we must examine the scientific and statistical aspects of KPI's to gain a better understanding before selecting what KPI's to use.

The saying "measure what matters" is crucial with evaluating KPI's in the Strength & Conditioning setting. As coaches, we need to focus on what truly matters to us so we can measure the improvements and accomplishments of our athletes and teams. If we aren't measuring, we will never know if our athletes are improving or if our program is achieving the desired results. For any type of measurement, it is important to ensure that results are reliable. This means that each evaluation must be conducted with the same standards and tools each time. Without consistency, our measurements cannot accurately show differences. For example, if one of your KPI's is a max lift for a certain exercise, ensure that the range of motion and technique used are consistent each time to accurately reflect strength changes, not variations in range of motion. Similarly, when measuring speed and power, use the same testing protocols and equipment each time. Once we have established how to measure our KPI's, we can then look at the statistics to evaluate our results.

I have found a few different statistics to be meaningful when showing differences for KPI's. Two of these statistics are the actual change and percent change. I assess these on both an individual basis for each athlete and based on team averages. For actual change, compare the initial measurement with the final measurement and calculate the difference. This can be done for each athlete and for the team as a whole. The equation to calculate this statistic is:

$$\text{Change} = \text{final measurement} - \text{initial measurement}$$

Another statistic to consider is percent change. This can be calculated using the initial measurement with the following equation:

$$\text{Percent Change} = \frac{(\text{final measurement} - \text{initial measurement})}{\text{initial measurement}} \times 100$$

Calculating different statistics will provide a broader view of your KPI's and should be tailored to what best represents progress for your athletes and coaches. Below is a graphic showing the improvements achieved by our football team during a 9-week off-season training period in the Summer of 2024.



Courtesy Photograph

Now that we have covered the reliability of KPI measurements, we can evaluate which KPI's best fit your current situation. When considering KPI's, I like to focus on different training adaptations our programs aim to achieve. Here are five training adaptations and examples of specific KPI's for each:

Continued on page 21

nebraska coach

**1. Attendance:** While not a training adaptation, measuring attendance is crucial. If athletes do not participate in the training program, it will be ineffective. I understand that faith, family, and school come first, but establishing an attendance percentage standard is a must. For me, athletes should maintain above 90% attendance to see meaningful improvements. Attitude and effort also play significant roles.

**2. Power:** Two effective ways to measure power are the Standing Long Jump and Vertical Jump. These measurements assess lower body power. KPI's for power may vary depending on the sport. For example, in baseball or softball, you could use a rotational medicine ball throw and measure the distance the ball travels. Additionally, Olympic-based movements, evaluated through one-rep max or projected one-rep max, can be included in the power category.

**3. Speed:** Speed can be measured in different areas: acceleration, max velocity, and change of direction speed. For acceleration, you might use a 10-yard dash or a 5-yard run into a 10-yard fly. Max velocity can be assessed with a 10-yard fly, allowing a 15-30 yard run-in distance. Another example might be to have the athlete run a 40 yd dash while measuring the first 10 yd segment split, the last 10yd segment split and find the entire 40 yd segment time. This would give you three measurements in one trial to analyze

three different components of speed. The final area is change of direction speed. A way to measure this would be to perform the 5-10-5 (pro agility drill). There are other ways to measure this with multiple cutting angles and which allows you to compare differences between right and left change of directions along with different angles. Tony Villani of XPE is a great resource on the topic of different angles when looking at change of direction

**4. Strength:** Strength is a major KPI for most programs. This can be assessed by comparing one-rep maxes or projected one-rep maxes from multi-rep sets. You can break strength down by certain movement based on exercises to show different KPI's in strength. To maintain reliability, ensure consistency in range of motion and technique when completing. Ensure athletes are well-practiced in proper technique before attempting one-rep max or multi-rep max tests.

By focusing on these categories, you can identify specific areas where athletes are improving and those needing more focus. Additionally, you can evaluate your program's effectiveness based on which areas show the most improvement and adjust programming accordingly. It is important to prioritize what you find most relevant when choosing your KPI's to ensure you are "measuring what matters" to you and your athletes.

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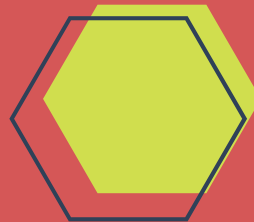
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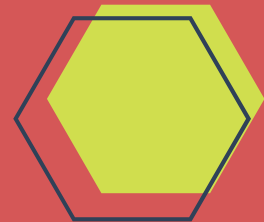
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# 33rd Year The Jerry Stine Family Milestone Award Program Has Recognized Excellence In Coaching

## 63 Coaches Receive Recognition in 2024

### Dr. Mitchell Stine, Son of the late Jerry L. Stine

This year 63 coaches received recognition for the Jerry Stine Family Career Milestone award, with 68 applications submitted in all. During the 2024 Nebraska Coaches Association Multi-Sports Clinic, 22 level I certificates were awarded, 19 level II certificates were awarded, and 17 level III certificates were awarded. Seven (7) coaches received the level IV plaque, the highest level in this program, at the NCA Awards Banquet on Sunday, July 21<sup>st</sup>. The level I (bronze), II (silver), and III (gold) certificates were picked up at the NCA Multi-Sport Clinic or mailed to the coach.

If you are not familiar with this program, it takes 100 wins in team sports (50 in football) to achieve level I and 200 points in individual sports. To achieve level II, it takes 200 wins in team sports (100 in football) and 400 points in individual sports. Accumulating 300 wins in team sports (150 in football) and 600 points in individual sports will get you level III recognition. The

level IV plaque is presented to coaches who have coached 400 wins in team sports (200 in football) and have accumulated 800 points in individual sports. Team sports include football, volleyball, basketball, baseball, soccer, and softball. Individual sports include cross country, golf, gymnastics, wrestling, swimming & diving, tennis, and track & field. You must apply for this award to be recognized, you must be an NCA member, and the sport must be officially sanctioned by the Nebraska Schools Activities Association.

Nanonation has created a user-friendly program for the NCA so that all the 1992 – 2024 Jerry Stine Family Milestone Award Program winners can be searched for electronically. The kiosk replaced the posters that were previously displayed near the NCA booth and at each sports session area. The criteria and application for this award are available on the NCA website [www.ncacoach.org](http://www.ncacoach.org).

## 2024 NCA Jerry Stine Family Milestone Award - Level IV



Level IV Jerry Stine Family Milestone Award recipients in attendance at the 56<sup>th</sup> Annual NCA-Hudl Awards Banquet: (from Left to Right) Dave Hubert, Ashland-Greenwood – Basketball; Eric Kitzelman, Kearney – Girls Track & Field; Tanya Niedbalski, Scotus Central Catholic – Girls Golf; Fr. Bob Tillman, Omaha Creighton Prep – Boys Cross Country; and Matt Musiel, Lincoln North Star – Boys Cross Country. In attendance, but not pictured: Steve Kerkman, Millard South – Softball. – Callam Sports Photography.

# 2024 NCA Jerry Stine Family Milestone Award Honorees



The NCA has further invested in the Jerry Stine Family Milestone Award Program by enhancing and upgrading the Jerry Stine Family Milestone Award page on the NCA website. Please go to the website, click on awards, click on NCA – Jerry Stine Family Milestone Award and you can easily filter the 1,587 honored coaches by sport, level, year, etc. Please take time to review the names and if your name should be on the list, if not, print off an application and start the process of applying for next year. Several coaches successfully applied years ago but have not

updated their application since. If that is the case, please send Dr. Mitchell Stine an updated application. Baden Sports is the corporate sponsor for the Jerry Stine Family Milestone Award program.

If you have changed schools since you received your award or have questions concerning the milestone awards program, please e-mail Dr. Mitchell Stine at [mitstine@gmail.com](mailto:mitstine@gmail.com). A milestone application may also be submitted to Dr. Mitchell Stine by email.

## LEVEL I

Nick Baker – Papillion LaVista – Girls Swimming & Diving  
Lucas Dalinghaus – Johnson-Brock – Basketball  
Scott Foster – Boys Town – Girls Cross Country  
Scott Foster – Boys Town – Girls Track & Field  
Nick Gates – Broken Bow – Basketball  
Michael Gentry – Plattsmouth – Softball  
Rashawn Harvey – Kearney Catholic – Football  
Adam Hoffmann – Wayne – Baseball  
Dylan Kendall – Papillion LaVista – Football  
Levi Leonard-Gorsuch – Kenesaw – Volleyball  
Skylaw Morris – Broken Bow – Volleyball  
Tim O’Neill – North Platte St. Patrick’s – Boys Cross Country  
Tim O’Neill – North Platte St. Patrick’s – Girls Cross Country  
Joe Ortmeier – Osmond – Boys Cross Country  
Derek Reinsch – Fillmore Central – Basketball  
Ben Swanson – Johnson Country Central – Basketball  
Ben Swanson – Johnson Country Central – Girls Golf  
Ben Swanson – Johnson Country Central – Volleyball  
Corey Uldrich – Hartington-Newcastle – Football  
Matthew Walter – Shelton – Boys Track & Field  
Brett Webster – Osceola – Basketball

## LEVEL II

Brian Bullington – Lincoln East – Girls Golf  
Kelly Cooksley – Broken Bow – Girls Golf  
Wade Coulter – Gretna East – Basketball  
Karmen Grant – Kearney – Basketball  
Seth Kallhoff – O’Neill – Basketball  
Kelly Krueger – Norfolk – Girls Tennis  
Margo LaBrie – Hampton – Basketball  
Chris Lewandowski (I, II) – Malcolm – Basketball  
Austin Lewis (I, II) – Sidney – Basketball  
Josh Miller (I, II) – York – Girls Golf  
Matt Musiel (I, II) – Lincoln North Star – Girls Cross Country  
Troy Saulsbury – Kearney – Girls Tennis  
Anthony Sigler – Aurora – Boys Cross Country  
Anthony Sigler – Aurora – Girls Cross Country  
Tom Van Winkle (I, II) – David City – Basketball  
Jerry Wiggins (I, II) – Gothenburg – Wrestling  
Duane Wilken (I, II) – Bloomfield – Girls Cross Country  
Duane Wilken (I, II) – Bloomfield – Boys Track & Field

## LEVEL III

B.J. Christiansen – Omaha Marian – Girls Swimming & Diving  
Brendan Dittmer – Elkhorn Valley – Basketball  
Mike Emory (I, II, III) – Pierce – Basketball  
Eric Havranek – Axtell – Boys Track & Field  
David Jantz – Tri County – Girls Track & Field  
Garrett Mann (II, III) – Burwell – Basketball  
Matt Musiel (I, II, III) – Lincoln North Star – Boys Track & Field  
Matt Musiel (I, II, III) – Lincoln North Star – Girls Track & Field  
Joe Ortmeier – Osmond – Boys Track & Field  
Todd Petersen – Papillion LaVista – Softball  
Troy Saulsbury – Kearney – Boys Tennis  
Tyler Shaw (I, II, III) – Sidney – Basketball  
Scott Steinbrook – Kearney – Soccer  
Tom Van Winkle (I, II, III) – David City – Boys Golf  
Jerry Wiggins (II, III) – Gothenburg – Football  
Duane Wilken (I, II, III) – Bloomfield – Boys Cross Country  
Duane Wilken (I, II, III) – Bloomfield – Boys Track & Field

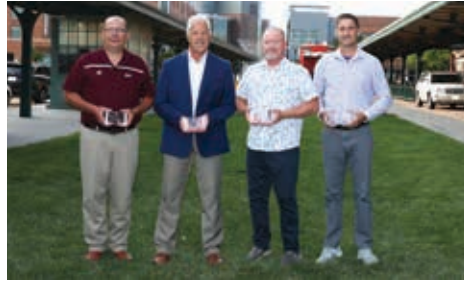
## LEVEL IV

Dave Hubert (II, III) – Ashland-Greenwood – Basketball  
Steve Kerkman – Millard South – Softball  
Eric Kitzelman – Kearney – Girls Track & Field  
Matt Musiel (II, III) – Lincoln North Star – Boys Cross Country  
Tanya Niedbalski – Columbus Scotus – Girls Golf  
Father Bob Tillman, S.J. – Creighton Prep – Boys Cross Country  
Jeff Tomlin (II, III) – Grand Island – Football

# 2024 NCA - Service Awards



NCA 25 Year Service Award recipients in attendance at the 56<sup>th</sup> Annual NCA-Hudl Awards Banquet: (from Left to Right) Dustin Kraemer, Norfolk; Derek Garfield, Fairbury; Margo LaBrie, Hampton; Tom Van Winkle, David City; Steve Andersen, Lincoln Pius X; and Chris Nemetz, West Holt. – Callam Sports Photography.



NCA 35 Year Service Award recipients in attendance at the 56<sup>th</sup> Annual NCA-Hudl Awards Banquet: (from Left to Right) Robert Hanzlik, Stuart; Matt Musiel, Lincoln North Star; Jerry Wiggins, Gothenburg; and Brad Nelson, Axtell. – Callam Sports Photography.



NCA 40 Year Service Award recipient in attendance at the 56<sup>th</sup> Annual NCA-Hudl Awards Banquet: Jerry Buck, Lexington; Joe Ortmeier, Osmond; Randy Geier, Wauneta-Palisade; John Kershaw, Wauneta-Palisade; and Jim Hansen, Lincoln Pius X. – Callam Sports Photography.



NCA 45 Year Service Award recipients in attendance at the 56<sup>th</sup> Annual NCA-Hudl Awards Banquet: (from Left to Right) Jeff Ritz, Millard North; Al Blankenship, Waverly; and Steve Reeves, Gothenburg. – Callam Sports Photography.



NCA 50 Year Service Award recipient in attendance at the 56<sup>th</sup> Annual NCA-Hudl Awards Banquet: Gale Bly, Wauneta-Palisade; Sharon Zavala, Grand Island Central Catholic; Duane Wilken, Bloomfield; John Walsh, Papillion-La Vista; Marty Hingst, Milford; and Steve Nelson, Alliance. – Callam Sports Photography.

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SOUTHEAST NEBRASKA  
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#1 IN CATEGORY  
2024

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# 2023-2024 NCA Member State Champion Coaches



## Football

Class A – Paul Limongi – Omaha Westside  
Class B – Kam Lenhart – Bennington  
Class C1 – Mark Hudson – Boone Central  
Class C2 – Jeff Bellar – Norfolk Catholic  
Class D1 – David Stoddard – Stanton

## Volleyball

Class A – Jessica Kirkendall – Lincoln Southwest  
Class B – Renee Saunders – Omaha Skutt Catholic  
Class C1 – Julie Ratka – Minden  
Class C2 – Sue Ziegler – Lincoln Lutheran  
Class D2 – Hayley Ryan – Overton

## Boys Cross Country

Class A – Fr. Bob Tillman – Creighton Preparatory School  
Class B – Steve Carroll – Omaha Skutt Catholic  
Class C – Tony Neels – Gothenburg  
Class D – Tim O’Neill – North Platte St. Patrick’s

## Girls Cross Country

Class A – Brian Kabourek – Lincoln East  
Class B – Justin McGill – Norris  
Class C – Jayme Clark – Hemingford

## Softball

Class A – Todd Petersen – Papillion-La Vista  
Class B – Mitch Sadd – Northwest  
Class C – Morgan Zahnow – Ashland-Greenwood

## Boys Basketball

Class A – Steve Klein – Bellevue West  
Class B – Kyle Jurgens – Omaha Skutt Catholic  
Class C1 – Kevin Scheef – Wahoo  
Class C2 – Eric Rippen – Amherst  
Class D1 – Lucus Dalinghaus – Johnson-Brock  
Class D2 – Will Reutzel – Shelton

## Girls Basketball

Class A – Marc Kruger – Millard West  
Class B – Ann Prince – Elkhorn North  
Class C1 – Scott Klein – Lincoln Christian  
Class C2 – Clay Carlton – Yutan  
Class D1 – Jason Dolliver – Pender  
Class D2 – Janessa Bergman – Overton

## Wrestling

Class B – Eric Dolezal – Waverly (Individual)  
Class C – Connor Bolling – St. Paul (Dual)  
Class C – Cody Wintz – Battle Creek (Individual)  
Class D – Roy Emory – Aquinas Catholic (Dual & Individual)  
Girls – Bob Mulligan – Omaha Westside

## Bowling & Unified Bowling

Girls B – Josh Johnson – Wayne

## Swimming & Diving

Girls – Andy Rider – Omaha Westside

## Boys Track & Field

Class A – Broc Howard – Kearney  
Class C – Carl Zuege – Chase County  
Class D – Eric Havranek – Axtell  
Class D – Jeff Germer – McCool Junction

## Girls Track & Field

Class A – Jon Preister – Omaha Westside  
Class B – Brian Benson – Waverly  
Class D – Jennifer Pritchett – Niobrara/Verdigre

## Baseball

Class A – Steve Frey – Millard West  
Class C – Zach Wehner – Malcolm

## Girls Soccer

Class A – Chace Hutchison – Gretna East

## Boys Tennis

Class A – Chris Stock – Lincoln East

## Girls Tennis

Class A – Chris Stock – Lincoln East

## Boys Golf

Class A – Jared Hellman – Omaha Westside  
Class B – James Myers – Norris  
Class D – Brian Fleischman – Overton

## Girls Golf

Class A – Brian Bullington – Lincoln East  
Class C – Kelly Cooksley – Broken Bow

## 2024 NCA - Hudl Coaches Of The Year



2023 -2024 NCA-Hudl Coaches of Year in attendance at the 56<sup>th</sup> Annual NCA-Hudl Awards Banquet (Left to Right): Eric Rippen, Amherst – Boys Basketball; Andy Ridder, Omaha Westside – Swimming & Diving; Chris Stock, Lincoln East – Tennis; Chace Hutchison, Gretna East – Soccer; Brian Benson, Waverly – Girls Track & Field; Eric Dolezal, Waverly – Wrestling; Jennifer Fangmeier, Blair – Softball; Josh Johnson, Wayne – Bowling; Broc Howard, Kearney – Boys Track & Field; Zach Wehner, Malcolm – Baseball; Tony Neels, Gothenburg – Boys Cross Country; Kelly Cooksley, Broken Bow – Golf; Kristin Weaver, Loomis – Cheerleading; Stewart Venable, Lincoln North Star – Strength & Conditioning; Hayley Rayn, Overton – Volleyball and Lindsey Tavlin Hinze, Lincoln Southwest – Dance. Not pictured, but in attendance: David Stoddard, Stanton – Football. – Callam Sports Photography

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and Products at:**

**[www.callamsportsphoto.com](http://www.callamsportsphoto.com)**

## 2024 NCA-FCA Doyle Denney Heart of Coach Legacy Award

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**Jeff Ritz**  
Millard Noth  
– Callam Sports Photography

## 2024 NCA Friends of High School Sports Award

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**Greg & Kristy Parr**  
Custom Sports, Norfolk  
– Callam Sports Photography

## 2024 NCA Jim Farrand Memorial Award

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**Robert Jacobson**, Tri County  
**Stacy Strauss**, Lexington.  
– Callam Sports Photography

## 2024 NCA Media Award

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**Jay Slagle**  
Prep Running Nerd  
– Callam Sports Photography

# 2024 NCA - Career Coaching Awards



**Binnie & Dutch Memorial Award**  
Track & Field  
Dave Sellon, Fremont  
– Callam Sports Photography



**Ed Johnson Memorial Award**  
Boys Basketball  
Joel Hueser, Papillion-La Vista South  
– Callam Sports Photography



**George O'Boyle Cross County Award**  
Matt Musiel, Lincoln North Star  
– Callam Sports Photography



**Guy Mytty Memorial Award**  
Wrestling  
Dan Lonowski, Adams Central  
– Callam Sports Photography



**Swede Hawkins & Del Schoenfish Golf Award**  
Jim Tonniges, Lincoln East  
– Callam Sports Photography



**Ken Cook Girls Basketball Award**  
Aaron Losing, Crofton  
– Callam Sports Photography



**Skip Palrang Memorial Award**  
Football  
Marty Hingst, Milford  
– Callam Sports Photography



**Phyllis Rice Honor Volleyball Award**  
Kirk Wiedel, Thayer Central  
– Callam Sports Photography



# 2024 NCA Hyatt Place Hotel Scholarship Recipients

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**Makaia Baker**  
Cozad



**Keyera Eisenhauer**  
Elgin



**Madison Cheleen**  
South Platte



**Makenna Rohde**  
Amherst

# 2024-2025 Digital Membership Cards & Gold Cards

Member Only



Member & Gold Card Holder



Silver (Retired) Member Only



Silver (Retired & Gold Card Holder)



## State Colleges Recognize NCA/NSIAAA Membership Cards For Admission

You are reminded that the following schools will recognize the membership cards of the Nebraska Coaches Association and the Nebraska State Interscholastic Athletic Administrators Association for admission to college-sponsored sporting events. This program was originally proposed in the fall of 1992, and ALL college Athletic

Directors responded quickly and to the affirmative. Our proposal gave them several options, including a pass gate, an advance call-in, etc., but each institution was slightly different in their acceptance. Below is a list of how each school would like to handle the program.

**Bellevue University**

Any gate  
Membership card required  
Admit member + one  
Good for all sports

Good for most sports – regular season  
Tickets subject to availability  
Excludes some games

**Doane University**

Pass gate  
Membership card required  
Admit member + one  
Good for all sports, tickets are free  
Advanced call-in is appreciated 402-826-8583

**North Platte Community College**

Advance call-in 800-658-4308.3701  
Ask for Jackie Briley  
Use main door  
Membership card required  
Admit member + one  
Good for all sports

**University of Nebraska - Omaha**

E-mail no later than 48 hours in advance: jsecunda@baxterarena.com or brcarey@omavs.com  
Membership card and photo ID Admit member + one  
Tickets are free  
Excludes Hockey

**Central Community College – Columbus Campus**

Any gate  
Membership card required  
Admit member + one  
Good for all sports

**Hastings College**

Membership card and photo ID  
Good for all sports  
Admit member

**Peru State College**

Pass gate – main gate  
Advance call-in is appreciated 402-872-2350  
Call 2 days prior to game  
Membership card and photo ID  
Admit member + one  
Good for all sports  
Tickets are free

**Wayne State College**

Pass gate  
Membership card and photo ID  
Admit member only  
Ticket is free  
Good for all sports (excluding NSIC/NCAA Championships)

**Chadron State College**

Any gate  
Membership card required  
Admit member + one  
Good for all sports

**Midland University**

Any gate  
Membership card and photo ID  
Admit member + one  
Good for all sports

**Southeast Community College-Beatrice**

Main gate  
Advance call-in appreciated  
1-800-233-5027 ext 1232 membership card and picture ID  
Good for all sports  
Admit member + one  
Tickets are free  
Membership card required

**Western Nebraska Community College**

Membership Card Required  
Advance call in – 308-635-6151

**College of St. Mary**

Advance call-in 402-399-2358  
Admit member + one  
Good for all sports  
Tickets are free

**Nebraska Wesleyan University**

Any gate  
Membership card and photo ID  
Admit member + one  
Good for all sports, tickets are free

**University of Nebraska - Kearney**

Will Call Gate-advance call or e-mail appreciated 308-865-1563 or mail to: lopertickets@unk.edu  
Admit member only  
Must present membership card when picking up ticket  
Good for all sports-reg. season  
Ticket is free

**York College**

Pass gate – front door  
Membership card and photo ID  
Admit member + one  
Good for all sports  
Ticket is free

**Concordia University**

Use any gate  
Membership card and photo ID  
Admit member + one  
Good for all sports  
Tickets are free

**Creighton University**

Advance call-in 402-280-5297  
Please contact in advance  
Admit member + one no charge  
Membership Card Required

## Join The Nebraska Coaches Association Today

### Take Advantage of these Benefits:

- Year-round **\$2,000,000** coaching and classroom liability coverage
- <sup>2</sup>25 Gold Card: Good for Admission to most NSAA State Championships – **Deadline October 1**
- Free admission for two to the NCA All-Star Games
- Reduced Registration Cost to Sports Clinics
- Free admission to the annual Shrine Bowl Football Game
- Free admission, with membership card, to select college-sponsored games
- *Nebraska Coach* Magazine online (Fall, Winter, Spring Editions)
- **NEW:** Bi-Monthly *Legal Issues in High School Athletics*
- Sport Advisory Committees to make recommendations regarding sports rules changes
- Recognition for coaching accomplishments and achievements through NCA & NHSACA
- Eligibility to coach in the Annual All-Star Games
- Jerry Stine Family Milestone Award Program
- Coaching Service Award Program (25, 35, 40, 45 & 50 year recognition – self nomination)
- Dual Membership to the National High School Athletic Coaches Association

Please fill out the registration page and return with your check to:

**Nebraska Coaches Association**  
500 Charleston Street, Suite #2  
Lincoln, NE 68508  
-OR-

Go to <http://www.ncacoach.org> – Online Membership Registration is Available

# 2024 - 2025 NCA Membership Registration

Name:

Gender:  Male  Female

Date of Birth:  /  /

NSAA High School:

Middle School/ College/Youth Org/Club:

Home Address:  (Please do not enter school address)

City, State Zip: ,

Phone: (  )  -   E-mail:

**Individual Payment With Check:**  
 Print completed form & mail to:  
 NCA  
 500 Charleston St, Ste 2  
 Lincoln, NE 68508

Enter # of years in coaching/ administration through 2023-2024:

**Coaching Assignments 2024-2025:**

For each sport you are coaching in 2024- 2025, indicate in the table to the right if you are the Head Coach or Assistant Coach as well as which level you are coaching.

SPORT	HS VARSITY		HS NON-VARSITY		MIDDLE SCHOOL		YOUTH/CLUB		COLLEGE	
	Head	Asst	Head	Asst	Head	Asst	Head	Asst	Head	Asst
Boys Cross-Country	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Girls Cross-Country	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Football	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Girls Golf	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Softball	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Boys Tennis	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Volleyball	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Boys Basketball	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Girls Basketball	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Boys Swimming	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Girls Swimming	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Boys Wrestling	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Girls Wrestling	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Baseball	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Boys Golf	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Boys Soccer	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Girls Soccer	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Girls Tennis	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Boys Track and Field	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Girls Track and Field	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Unified Track & Field	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Cheer/Dance (Circle 1)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Boys Bowling	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Girls Bowling	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Unified Bowling	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Strength & Conditioning	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**Administrative Assignments 2024-2025:** Please indicate any administrative positions you hold for 2024-2025 for this high school.

Athletic Director  Assistant Athletic Director  Activities Director  Principal  Assistant Principal  Superintendent

Registrant is a **Past President of the NCA Board** (membership fee waived).

Registrant is an **Undergraduate College Student** (membership fee waived).

**First Time Coach** (First Year to the Coaching Profession - may be used once in the coaching career - **clinic fee waived**)

**FEES:**

NCA Membership:  \$50.00

Additional Option:  NCA Gold Card \$25 (Must be Purchased by 10/1)

Total Amount Due: \$

Credit Card Number: (Mastercard, VISA, Discover)

Expiration Date: (Mo/Yr)  /

CVV 3-Digit Code on Back of Card:

Signature: \_\_\_\_\_

# 2024 NCA Boys Golf Super State & All State Girls Tennis First and Second Team All State

Presented by:



## Boys Golf Super State

Thomas Bryson, Lincoln Southeast  
Jake Dane, Sandy Creek  
Thomas Dredla, Scottsbluff  
Gavin Gerch, Lincoln Southwest  
Trevor Gutschewski, Omaha Westside  
Jett Hollister, Doniphan-Trumbull  
Connor Jasso-Steichen, Omaha Creighton Prep  
Carson Kildow, Lincoln North Star  
Nash Malone, Kearney Catholic  
Beau Petersen, Gretna  
Jaiden Ronke, Millard South  
Douglas Ruge, Millard North  
Kingston Solomon, Omaha Creighton Prep  
Carson Thurber, Norris  
Tye Treadwell, Omaha Westside  
Owen Tucker, Lincoln Southeast  
Samuel Vocelka, Millard North  
Samuel Wells, St. Paul

## Boys Golf Class A All-State

No Selections, top 10 + Ties are within Super-State

## Boys Golf Class B All-State

Emanuel Jensen, York  
Tyler Nietfeldt, Elkhorn North  
Noah Shaddick, Scottsbluff

## Boys Golf Class C All-State

Travis Emory, Pierce  
Nick Fleming, Scotus Central Catholic

## Boys Golf Class D All-State

Jack Baker, Hitchcock County  
Alexander Banzhaf, Overton  
Kamden Bose, Southern Valley  
Tyson Essex, Loomis  
Braden Fleischman, Overton

## Girls Tennis Class A First Team All-State

Briana Rademacher, Freshman, Lincoln East – Captain  
Ratna Kang, Sophomore, Elkhorn South  
Belinda Rademacher, Junior, Lincoln East  
Gibsen Chapman, Senior, Lincoln East  
Grace Greenwald, Sophomore, Omaha Westside  
Julia Moser, Senior, Papillion-LaVista

## Girls Tennis Class A Second Team All-State

Alyssa Sherman, Junior, Elkhorn South  
Abigail Lottman, Senior, Lincoln North Star  
Brynn Person, Senior, Lincoln North Star  
Adeline Fornander, Senior, Lincoln East  
Stacia Jacobsen, Junior, Lincoln East  
Amina Adhima, Freshman, Omaha Westside  
Emma Heacock, Junior, Kearney

## Girls Tennis Class B First Team All-State

Kailee Bailey, Senior, Bennington – Captain  
Camryn Jacobsmeier, Senior, Elkhorn North  
Aubrey Phonephakdy, Sophomore, Elkhorn North  
Haylee Wolf, Senior, Elkhorn North  
Sophia Jones, Junior, Elkhorn North  
Kira Ozyornaya, Junior, Elkhorn

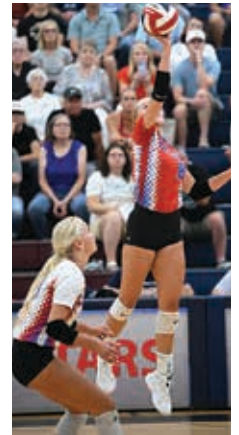
## Girls Tennis Class B Second Team All-State

Tvisha Rohatgi, Freshman, Omaha Duchesne Academy  
Carolyn Maser, Senior, Grand Island Central Catholic  
Tristyn Hedman, Senior, Grand Island Central Catholic  
Grace Jesske, Senior, Elkhorn North  
Macy Falconer, Senior, Elkhorn North  
Ellie Peterson, Senior, York



## All-Star Softball

## All-Star Volleyball





## All-Star Boys Basketball

## All-Star Girls Basketball



# NCA Gives Back Through “Coaches Care” Blood Drive & Saundi Fugelberg Acts of Kindness Endowment



The Nebraska Community Blood Bank (NCBB) and the Nebraska Coaches Association (NCA) joined together to encourage coaches to give back by donating blood at the NCA's Multi-Sports Clinic blood drive on July 24 at North Star High School.

Coaches in attendance rolled up their sleeves to give life to patients in need. The clinic blood drive was an opportunity to boost summer blood collections, a time of extreme shortages. The NCA blood drive proved to be one the largest Nebraska Community Blood Bank Lincoln drives.

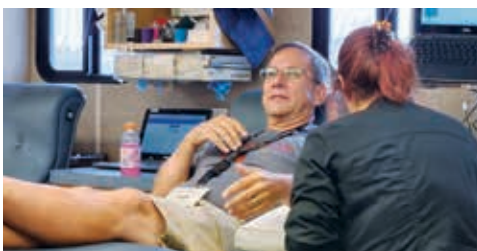
This year's program included Scheels of Lincoln, providing “thank you” gifts to registered blood donors in the form of \$25 gift cards. **NCBB also provided a television to be raffled off among the donors. This year's recipient was Michael Colerick from Sidney.**



Overall, the “Coaches Care” program netted 92 units of blood – 118% of the projected goal of 78 units.

The Saundi Fugelberg Acts of Kindness Endowment Fund and NCA All-Star Service Projects also helped give back to those in need. The NCA has committed long-term to donate to the Lincoln Food Bank and Backpack Program in the memory of long time NCA employee Saundi Fugleberg. Through All-Star game “Pass the Bucket” efforts, Endowment T-Shirt Sales, and the 2024 Endowment Contribution – nearly \$4,200 was donated to the Lincoln Food Bank.

180 hours of labor was donated to the Food Bank through the NCA All-Star teams while packing over 11,000 pounds of food.





## GENERAL LIABILITY INSURANCE PROGRAM

As a membership benefit, coverage is provided by the Commercial General Liability Policy issued to the National Organization of Coaches Association Directors. This policy will provide general liability coverage to the Nebraska Coaches Association and its members.

## CARRIER

HDI Global Specialty (A Rated)

## POLICY PERIOD

August 1, 2024 – August 1, 2025

## LIMITS OF INSURANCE

\$1,000,000	Each Occurrence
\$2,000,000	General Aggregate (per Member)
\$1,000,000	Products/Completed Operations
\$1,000,000	Personal & Advertising Injury
\$ 300,000	Fire Damage
\$ 50,000	Sexual Abuse (per Member)
Excluded	Medical Payments

## COVERAGES

- ❖ Educator Professional Liability
- ❖ Participant Legal Liability for insured members
- ❖ Liability assumed under insured written contract
- ❖ Defense Cost outside limits

## EXCLUSIONS

- ❖ The use of automobiles, buses, watercraft and aircraft
- ❖ Property of others in the care, custody, and control of the insured.
- ❖ This insurance does not apply to members that coach at an All-Star game that is not approved by your state coaches association.
- ❖ This insurance does not apply to any loss, cost or expense arising out of infectious or communicable disease.

## CAMP INSURANCE

Today, most Coaches are involved in some type of sports camp. Please note that our General Liability Program follows insured members while working at camps and/or conducting their own personal camp.

In addition, Participant/Accident Coverage is required for coaches and/or participants. Should an accident occur during a camp, clinic or event, this secondary coverage helps offset the loss suffered by families affected by such accidents.

## PROCEDURE FOR CAMP INSURANCE

As a member benefit of your state coaches association, all members in good standing have a \$1,000,000 per occurrence General Liability policy limit that provides coverage for their coaching activities. In order to protect the General Liability policy from potential claims, the insurance company has mandated that all coaches must obtain signed waivers and provide Participant/Accident insurance for their participants.

In order to obtain a certificate of insurance showing proof of insurance or naming an additional insured, the following must be in place:

- ❖ **Waivers:** Signed waivers showing indemnification language
- ❖ **Participant/Accident Insurance:** You must have Participant/Accident coverage in place for all participants attending sports camps.

## PURCHASE INSURANCE

- ❖ Camp Insurance Request form is available on our website: <https://www.loomislapann.com/page/camp-insurance-2.html>

## INSURANCE ADMINISTRATOR



[www.loomislapann.com](http://www.loomislapann.com)  
(P) 800-566-6479 | (F) 518-792-3426

Greg Joly  
Lori George

[gjoly@loomislapann.com](mailto:gjoly@loomislapann.com)  
[lgeorge@loomislapann.com](mailto:lgeorge@loomislapann.com)

*Disclaimer: This is an insurance overview for summary purposes only; for complete policy terms and conditions please refer to the NOCAD Master Policy.*