

nebraska coach

DECEMBER 2024

Titan Block

**Winter Season
Feature Articles & More**

Norris Captures Class B State Championship



Features

6-7 Allowing Athletes to Play to Their Strengths

Clay Carlton – Yutan – Girls Basketball

9 Success Through Team Unity & Competitiveness

Eric Rippen – Amherst – Boys Basketball

11-12 Wrestling Coaching Profile:

Bryan Corkle – O'Neill

Daryl Ladeaux – Creighton – Wrestling

13 The Impact of Coaching – Metrics That Tell the Rest of the Story

Ecsell Sports & Education

15-16 A “Place” That is a Gift

Anonda Schneider – Humphrey-Lindsay – Bowling

18-19 Cultivating a Strong Work Ethic & Positive Team Culture on High School Dance Teams

Lindsey Hinze – Lincoln Southwest – Dance

21-22 HS Cheerleading – Fostering School Spirit, Teamwork & Personal Growth

Kristin Weaver – Loomis – Cheerleading



Norris defeated Omaha Skutt Catholic in five sets to capture the Class B state championship in volleyball. The Titans finished the season with a 38-1 record. – Photo by Callam Sports Photography

Departments

4 NCA Board & Staff, Upcoming Events, Contact Information

24-26 2025 Nebraska State Cheerleading & Dance Championships

27 Fall 2024 Honor Roll of State Champion Coaches

29-30 Cross Country Super-State & All-State Selections, Boys Tennis & Girls Golf Super State & All-State Selections

31 2024 State Volleyball Championships Sportsmanship Award Recipients



Beatrice finished as the Class B State Softball Champions. Beatrice defeated Hastings in the championship game 1-0 in 8 innings. – Photo by Callam Sports Photography



The only camera line that covers every gym, stadium and field.

No matter where you play, Hudl Focus has you covered. Meet our entire line of cameras—all fully integrated with Hudl and designed to meet the needs of different sports.



Focus Outdoor

Permanently mounted in your stadium to capture, upload and stream automatically.

Focus Flex

Our go-anywhere solution with a three-hour internal battery to capture multiple soccer matches on a single charge.

Focus Indoor

Permanently mounted in your gym to capture, upload and stream automatically.

Focus Point

Our newest option, this camera provides static angle capture for the view that matters most to your team.

Need more than one angle?

Pair Focus Point with Focus Indoor or Focus Outdoor to get multiple angles of all the action.

	Focus Outdoor	Focus Flex	Focus Indoor	Focus Point
Mounting	Permanent	Portable	Permanent	Permanent
Capture	Dynamic, AI-Powered	Dynamic, AI-Powered	Dynamic, AI-Powered	Staged, Fixed Angle
Integration Options	Multi-Cam with Focus Point; Instant replay with Hudl Sideline		Multi-Cam with Focus Point	Multi-Cam with Focus Indoor & Outdoor

Every serve, swing and score—all captured by Hudl Focus. Visit hudl.com/focus to get started today.

nebraska coach

DECEMBER 2024

NCA CONTACT INFORMATION

Mailing & Physical Address:
500 Charleston Street, Suite #2
Lincoln, NE 68508

Phone number:
402-434-5675

Executive Board Members



President
Steve Kerkman,
Millard South



President Elect
Matt Swartzendruber,
Sandy Creek



Vice President
Terri Neujahr,
Waverly



Past President
Greg Conn,
Wausa

NCA Board



District I
Erika Kirkland,
Lincoln High



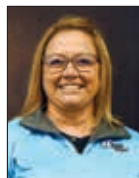
District I
Alex McCleary,
Lincoln East



District II
Bubba Penas,
Papillion-La Vista
South



District II
Scott Polacek,
Howells-Dodge



District III
Kayla Fischer,
Rock County



District III
Chris Koozer,
Norfolk



District IV
Jerry Buck,
Lexington



District IV
Bryson Mahlberg,
Gothenburg



District V
Donnie Miller,
Axtell



District V
Les Roggenkamp,
Southwest



District VI
Heidi Manion,
Alliance



District VI
Donna Wiedeburg,
Sidney

NCA Staff



Executive Director
Darin Boysen,
darin@ncacoach.org



Coordinator of Programs & Events
Tina Boysen,
staff@ncacoach.org

NEBRASKA COACHES ASSOCIATION UPCOMING EVENTS 2025

February 8, 2025

NCA Track & Field Clinic
NSAA Building – Lincoln

February 18–22, 2025

State Wrestling Championships Hospitality
CHI Center – Omaha

February 20–22, 2025

State Cheer & Dance Championships
Heartland Events Center – Grand Island

February 28, 2025

State Swimming Coaches' Luncheon
Bob Devaney Sports Center – Lincoln

March 5–8, 2025

State Girls Basketball Hospitality
& Sportsmanship Awards
Lincoln

March 12–15, 2025

State Boys Basketball Hospitality
& Sportsmanship Awards
Lincoln

April 27, 2025

NCA Board Meeting
NSAA/NCA Building – Lincoln

May 21–24, 2025

State Track & Field Hospitality
Omaha Burke Stadium – Omaha

July 20–23, 2025

NCA Multi-Sports Clinic Week Activities
Lincoln

The Nebraska Coaches Association
is a Proud Member of:





SCREEN PRINTING • EMBROIDERY • DIRECT TO GARMENT • & MORE!
OFFICIAL NEBRASKA COACHES ASSOCIATION APPAREL PROVIDER

• BOOST YOUR PROGRAM

CUSTOM UNIFORMS & FAN WEAR for your teams

• EASY FUNDRAISING

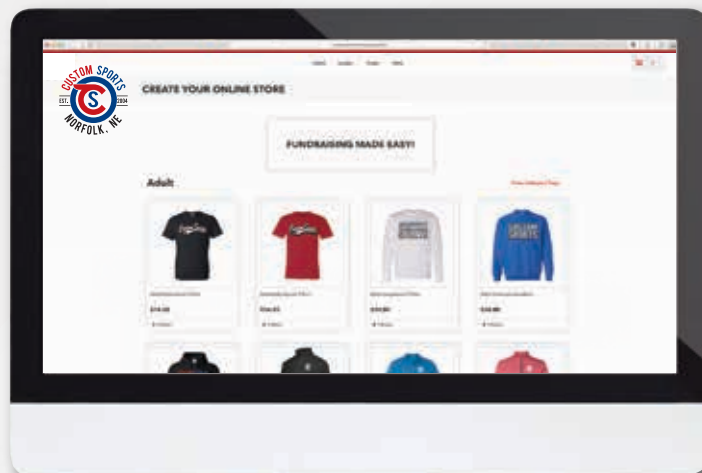
EARN MONEY with an easy to use **ONLINE STORE**
PRE-SORTED for your convenience

• STATE QUALIFIER?

FAST TURNAROUND for first State Competition

• MUCH MORE!

- Stadium Seats
- Window Stickers
- Graphic Design
- Banners
- Flags
- Koozies



Fitted 8' Table Cloth	\$275.00
Heavy Duty Tents (Design with Custom Canopy, 4 Walls Included) 10' x 15'	\$1,950.00
10' x 20'	\$2,200.00

Allow for 3-4 weeks after artwork is approved.

402.379.0362 • SALES@CUSTOMSPORTSCO.COM
WWW.CUSTOMSPORTSCO.COM

Allowing Athletes to Play to Their Strengths

Clay Carlton – Yutan – Girls Basketball



Photo Credit: Huskerland Preps - Bob Jensen

I began my career in education and coaching in 2012 at Lourdes Central Catholic in Nebraska City. I was hired straight out of college as the head girls' basketball coach. At that point, the extent of my knowledge of the game consisted of what I learned during my high school years at Elmwood-Murdock under Coaches Terry Warner and Dave Novak and through my year as an assistant coach at Malcolm High School under Coach Troy Pritchett. The knowledge they passed on to me helped me get my footing as a head coach and find some success early on in my career. Over the years, I have been fortunate to continue evolving and learning from many other coaches who have also had a big impact on my growth as a coach.

The 2023-24 season marked a historic milestone for Yutan's girls basketball program, culminating in our first-ever state tournament victory and championship. Much of the success that we had can be attributed to the girls' previous successes and failures in big moments in basketball, softball, volleyball, and track.

First and foremost, great players win games. We have been blessed with some of the best players to ever walk through

Yutan High School all in one team. However, I would like to think of some of the things we do as a staff that have played a small part in our success. Things such as the system we put in place, the way we prepare for opponents, how we utilize assistant coaches, and our youth basketball program are all things we take great pride in at Yutan.

We feel the system we put in place at Yutan has allowed our girls to play to their strengths, not overthink, and just go make plays. Defensively, we have been primarily man to man where we switch most, if not all screens. We have found that we can handle just about any mismatch we may get if we keep the ball in front of us and apply good ball pressure. Another positive about how we play is that we can defend any new look we get just by talking, hitting our switches, and playing fundamental defense.

Later in the season, it allows us more time to focus on our skills, shooting, and offensive development and less time repping out every look that an opponent has shown throughout the year. This defensive system has proven effective, resulting in our teams allowing 33.6 points allowed per game over the past four seasons (2020-2024).

Offensively, we focused on pushing in transition, moving the ball side-to-side, and getting downhill on drives in our 5-out motion or 4-out dribble drive looks. The simplicity and consistency, along with the growth of players through the years, allowed us to improve our scoring average from 34.9 to 51.5 points per game over four years.

While our system has helped build consistency, we have also been willing to look at our personnel and find ways to put them and our team in the best positions to succeed. Whether it's our secondary defense, ways we pressure in the full court, or offensive set plays, we are constantly evaluating where we are as a program and what we can do to make us more successful. This past season, we had incredible length and athleticism, making us a great fit for the 1-3-1 defense. On multiple

Continued on page 7

nebraska coach

occasions throughout the year, our change from man to 1-3-1 sparked a run that changed momentum or the outcome of the game entirely.

Our system allowed us the ability to change the pace and momentum of a game and proved to be difficult to prepare for. This was especially evident when there were quick turnarounds like at the state tournament where you may have at most one day to prepare for us. I encourage all of you to take a thorough look at your program and personnel and work to create a system that is consistent with its principles but adaptable to your athletes and difficult to prepare for on a quick turnaround.

One thing that has always been consistent in my years as a head coach is the preparation our staff put into getting to know our opponents. Early on in my career, that meant finding time to watch teams in person or watching some Hudl. We still do those things, but our scouts have evolved into Hudl Assist breakdowns and a lot of phone calls and emails with some great coaches around the state. I wanted to do everything myself and ask no one for help when I was a young head coach. Utilizing other coaches as resources has been one of the best things I have done. So, if any of you ever need a scout, I am an email or phone call away.

One of the most challenging aspects of coaching high school girls' basketball right now is the low participation rate. The growth of club sports and specialization has changed things drastically at the high school level and these things are just going to keep growing. At Yutan, we have had 13 or 14 girls on the team in each of my four seasons. Numbers at Lourdes Central Catholic were similar with anywhere between 13 and 16 girls before reaching 20 in my final season there.

Because of these challenges, the most important aspect of sustained success at the high school level is maintaining consistency in your youth program. At Yutan, we feel like we are in a good place in that each grade is now playing and developing at the elementary level. We coordinate our summer camps, so

our volleyball and basketball camps offset each other on the same days to try to develop the mindset of a multi-sport athlete. We utilize our high school athletes to run stations to build leadership qualities as well as serve as role models to our youth. Our junior high program is run by my former assistant coach to teach the fundamentals and mainstays in our system before they get to the high school level. While the numbers are not there yet, it is our hope that our long-term approach will build a program that is consistent with skill level and participation in the future.

Lastly, surrounding yourself with great assistant coaches is paramount to the success of any program. I have been blessed through the years to work with some of the best out there. Over the years I have learned that each assistant brings something different to the table. Like how we approach implementing our system, our coaching staff meets prior to the season to discuss how to best utilize each of them and to give them each ownership in something at practice every day. For example, this past season Coach Jacobs was our Special Teams Coordinator (called and implemented all our BLOB's / SLOB's), Coach Ruleaux oversaw our pre-practice routines, Coach Vasek brought defensive drills, and Coach Tichota was our skills guy and brought in some new offensive ideas. Their expertise in what they did took a load off my shoulders and allowed our girls to hear a different voice but with the same message.

In conclusion, creating a system that allows your athletes to play freely and aggressively, combined with a structured youth program, will build a strong foundation for sustained success. Utilizing the strengths of your assistant coaches and giving them ownership with specific roles helps build a culture of collaboration and growth among the staff and team. There are plenty of ways to build a successful program, these are just a few of the ways we are doing things at Yutan.

I look forward to seeing you all on the court this winter! If you have any questions, feel free to contact me at ccarlton@yutanps.org.



GET YOUR GAME **#POWEREDUP**

#1 CHOICE FOR COACHING COMMUNICATION



SPORTBOARDZ™



COACHING HEADSETS



END ZONE CAMERAS



DRONES



THE COACHPAD™



SIDELINE BOXES



DOWN MARKERS



SCOREBOARDS & TIMERS

>> Amplify Gameday <<

**BE READY WITH THE INDUSTRY'S BEST
SCOREBOARDS, TIMERS & SOUND
SYSTEMS!**



800-496-4290



sidelinepower.com



sales@sidelinepower.com

**COBALT
PLUS**

**ALL-IN-ONE
A1 WIRELESS HEADSET**

**A MORE EFFICIENT WAY TO
PREPARE SCOUT CARDS**

THE COACH PAD™

SIDELINEPOWER.COM

**Drone Sports Kits,
End Zone Systems,
Drone to End Zone
Kits**

#PoweredUp

Success Through Team Unity & Competitiveness

Eric Rippen – Amherst – Boys Basketball



Courtesy Photograph

I have been coaching boys basketball for 14 years now, seven as an assistant coach and seven as a head coach. I started my coaching career at Elm Creek as an assistant while in college at UNK and now have been at Amherst for 10 years where I have served as an assistant for three years and head coach now for seven years. I have always loved the game of basketball and knew that someday I would like to eventually become a head coach. I have had the honor to coach some amazing

young men that have carried me to seven state tournament trips resulting in two 4th place finishes, a runner-up finish and a state championship just this past season.

I have learned a lot over these years and have been under a couple of great coaches, Tanner Cavenee (Elm Creek) and Bill Giffin (Amherst) but have also had some great assistant coaches while being the head coach here at Amherst in Jalen Hueser and Les Adelung. As a young coach I know have so much more to learn about the game and I think that's what I love the most, is that there is so much to the game of basketball, and it is always evolving and so as a coach you have to keep adapting to the times and the way the game is being played or how your team is going to be from year to year. I would like to share a couple things that we do here in our program that I think have really helped us to be successful over the years.

Team Unity

I would like to think that a lot of our success over the years has to do with how close our players and coaches have been with each other on the team. One thing I talk about with our guys is that everyone on our team is like one big family. Now I know that is probably a very common saying for most teams, but I truly feel like if you can really get your players to buy into that saying it can go a long way. In a family not everyone likes each other all the time and there are differences but when there

are "get togethers" it should be no fighting and having fun with each other. Well same goes for basketball, not every player on the team is going to like everyone but when we are on the court together, we treat everyone as family and help each other out. Outside of school they can make their own choices of who they hang out with but when it comes time to get after it we are one tight family ready to go to battle for each other because we all are here to win games and that can't be done alone. As a coach I feel like it is on us to also make sure the team is close. In our program we try to do some fun things together that help with team bonding.

This last season, during the first week of practice we took a team trip down to Lincoln to watch a Nebraska Men's Basketball game. For some of my players this was their first time being at a college game so for us to provide them with that experience I thought was neat. We also talked about some value it could provide for our team as we pointed out how hard players work at the college level and the level of intensity they always have on the court. We knew we had a chance to have a special team as well so visiting PBA and talking about how fun it would be to play in that arena again was important.

Competitiveness

Last thing I will talk about is probably the biggest thing we try to instill in our players and that is just always competing at a high level. When we start practice, and we are going over the plan for the day this is probably the thing I bring up the most. We always try to make our practices as competitive as possible and get our players to really get after each other. As a coach I think this is something that is a big reason for a lot of our success because I know if we compete hard every day in practice then it will translate to games. We try to make our drills a competition where there is something on the line all the time. My assistant, Jalen Hueser, came up with this idea to hand out points during practice to players for certain things. When we do group sessions, and you are on the winning side of things then everyone in that group would get a point by their name. During live play, we would hand out individual points for offensive rebounds to really try and put an emphasis on crashing the boards on both sides of the ball. Depending on the drill you could hand out different points. At the start of the next week, we would have a gold jersey we would hand out to the player with the most points from the week before. At the end of the season, we would add up all the points and there would be an award for the player with the most points. I'm very thankful for this idea and think it has been good for our team in the past and the kids seem to really enjoy it as well.



The NCA & Proactive Coaching partner to bring Coach Bruce Brown's legendary insights about the parent's role in education-based athletics to your school & community.

Fall Presentation Bookings
Open in April

Parent Meetings
or Special Events

THE ROLE OF PARENTS IN EDUCATION-BASED ATHLETICS

PRESENTED BY DARIN BOYSEN, NCA EXECUTIVE DIRECTOR

"Outstanding information, well delivered. There were times I thought he was talking directly to me, which is a sign of a great communicator. I personally feel I'm better today than yesterday as a sports parent because I was able to listen to this message." – Parent & School Board Member

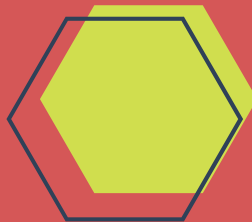


Before the Season

What do Athletes/Kids Really Want?

Releasing Your Son/Daughter to the Experience

Parental Red Flags

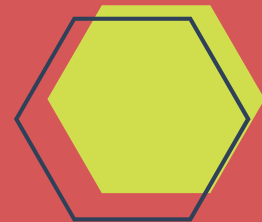


During the Game/Event

Modeling Appropriate Behavior

Big Picture

One Instructional Voice



After the Game/Event

Time & Space

Confidence Building

Relationship Building

Six Powerful Words

NEBRASKA COACHES ASSOCIATION

500 Charleston St, Ste 2, Lincoln, Nebraska 68508

402-310-5472 | darin@ncacoach.org

Endorsed by the Following Education Associations:



Wrestling Coaching Profile

Bryan Corkle – O’Neill

Daryl Ladeaux – Creighton – Wrestling

Courtesy Photograph



Bryan Corkle – O’Neill

NWCA Nebraska State Chairperson

Nebraska USA Wrestling District 3 Director

NCA Wrestling Coach of the Year 2015

NSWCA Wrestling Coach of the Year Class C 2015

NSWCA Wrestling Coach of the Year Class B 2009

56 State Medalists including 15 State Champions

I first met Coach Corkle through high school wrestling. He was the O’Neill varsity coach, and I was an assistant coach in Winner, SD. Our team would dual with O’Neill once every year, and his team would also attend a tournament in Lyman, SD that we also attended. Through these interactions with Coach Corkle I came to respect his coaching style. He always seemed to remain positive and keep his composure through some tough situations. Another thing I noted was his wrestlers, who would always take guidance from him before and after matches, would always maintain eye contact and seemed to buy into what Corkle was saying.

Bryan Corkle has been the head coach for 20 years at O’Neill High School. When asked about his proudest accomplishment he had this to say “My 5th year at O’Neill we took a group of kids

that didn’t win one Class C football game in the Fall and we won the B-3 District tournament with that crew. Qualified 10 to the state tournament. . . Nobody expected us to go on a run like that, but those kids believed and came to wrestle that day. It was special.”

Bryan’s ability to form relationships with, not only his wrestlers but wrestlers from other teams, sets him apart in my opinion. At high school tournaments I witnessed him cheering on my own son who was not an O’Neill wrestler, at youth tournaments he would cheer for kids from other towns and offer advice to those kids as well. He truly loves the sport of wrestling and understands its value, and what it offers for many young men and women in the state of Nebraska. Current wrestler, Pryor Matthews had this to say about his Coach “He’s super inspirational and always uplifting, he is always pushing us to our next goal which is higher than our last, and he’s been able to show me how to always keep going even though there will be bumps in the road.” Another O’Neill wrestler, Brody Jakubowski had this to say about Coach Corkle “There is something about Corkle that I have found that makes him different from any other coach I’ve been on the mat with. He has a saying that he likes to say, “Happy wrestlers are good wrestlers. So, during practice it’s always a great atmosphere between everyone on the team. Corkle has a way with his words, he tends to give long stories during practice that some people don’t necessarily enjoy, but every time I hear one of his stories about someone that came through O’Neill gets my blood pumping every time and makes me believe in myself and my abilities as a wrestler. I believe that having this atmosphere that Coach Corkle creates in the practice room is the reason O’Neill is always competitive year in and year out. Corkle has impacted my life in a big way. I would not be where I am in life as a person and a wrestler without Corkle. You’ll never see Corkle without a smile, he’s always up to having a conversation with you no matter the subject. This year will be my 12th year wrestling and Corkle has been my coach for all 12 of those years. All coaches know it is extremely hard to keep someone invested in a sport for that long, especially wrestling. The life lessons he and the sport has taught me in that time is something that I will carry with me for the rest of my life.”

Wyatt Turnquist, who is an All American from Northern State University in Aberdeen, SD has bonded with Coach Corkle in the past few years, and together they host a wrestling camp in O’Neill every summer that helps young wrestlers get better on the mat and also off the mat. Coach Corkle was a rock for Wyatt to lean on during some difficult times. When asked about

Continued on page 12

what Coach Corkle means to him personally he stated *"Having worked with Coach Corkle the past few years in different areas, all pertaining to wrestling, it is pretty easy to tell he is not only a great coach, but just a great person."* Turnquist went on to say *"I've been able to pick up things that carry far beyond a wrestling mat. He understands that wrestling is just a sport and that we can use it as a vessel to be the humans we want to be, and that's what sets him apart from everyone else."*

I spoke with Bryan about wrestling in general recently and he answered some questions I had about his philosophy and the upcoming season. I asked him about his season outlook this year after graduating 7 seniors, 5 of which qualified for state, and 3 place winners, including one of the best wrestlers in the state last year, John Alden. Coach Corkle stated *"We graduated an outstanding senior class, but we have some athletes still with us who are looking to get themselves to Omaha and climb up or onto that podium. Just a couple of seniors in this group. Most of our depth will be in the upper weights, one of our biggest challenges will be getting guys into a weight class. We may be piled up 2 deep in some of our upper weights."* Some of those wrestlers include senior Pryor Matthews, juniors Grady Welke, and Brody Jakubowski. Matthews has made the podium twice, 5th place Class B state in 2023 as a sophomore and 3rd place this past year in Class C as a junior. Welke saw himself qualify for state this past year as a sophomore where he lost 2 very close matches by 3 points combined. Jakubowski had a 30 win sophomore year but came up short at the District tournament. Other returning wrestlers include Reid Laible and Noah Manchester.

I asked Coach Corkle who some of the tough teams in Class C were going to be this year and he stated *"I believe you have to start with Battle Creek. They return so much and Coach Wintz and his crew do such a great job. Seeing teams like Doniphan-Trumbull and Hartington CC rise is exciting for those that follow*

Class C wrestling as well. I believe this year it will be very difficult to catch Battle Creek, but the race to be in that top 3 to 5 at the end of the year in the team standings will be very exciting."

I asked him about the new scoring system implemented this year for high school wrestling and Corkle had this to say *"I believe I'll like it. I noticed this summer coaching matches at team camps how these changes will shorten matches, especially in the early rounds of a tournament. That tech-fall doesn't seem such a daunting task. It will have an impact on match strategy as well. Traditionally, most coaches put their athletes down when they have choice. With this change, I see more situations where perhaps you take neutral or top. Having an understanding of your athletes' strengths as well as those of their opponents is amplified in the new scoring. If wrestlers are tough on top or a dominant wrestler on your feet, you are really going to want to push that advantage."*

When I spoke to Coach about his favorite move to show throughout the year he stated *"I'm a big front headlock guy. . . I feel like you don't have to be a great technician to become dominant in this position. It's the kind of thing you will see work in the state finals and it's a position you can get into multiple times in a match."*

I asked Bryan about his support system throughout the long wrestling season and the stress it brings and he answered with *"It's almost cliché to say, but the sport really is a family. The time we spend in gyms together, at camps, etc. You have athletes and their families, your assistant coaches, your peers in the coaching community. They are your sounding boards and support systems. We share stories and learn from each other. This is what we love about our sport, the time we get to spend together. Now, with all that said, anyone who has coached knows the family that a coach comes home to at night, for myself, my kids and wife have been a part of this from the beginning and their support is everything to me."*



Courtesy Photograph



Courtesy Photograph

The Impact of Coaching

Metrics That Tell the Rest of the Story

Ecsell Sports – Partner of the NCA & NSIAAA



What if a coach's connection with their student-athletes led them to miss 12 less school days per year when compared to non-athletes?

Consider these meaningful stories:

Charles, a longtime football coach, had been at odds with his mother for more than twenty years. His mom, like any good mother, saw so much potential in her son and felt passionately that he was put on this Earth to be a Pastor and to impact the lives of children. Charles felt the same way, but knew the vehicle for him to positively impact kids was by coaching football. When Charles finally saw the data that proved how much impact he was having on his players, he broke down in tears. It would be the validation that would heal his relationship with his mom.

Sarah, the Advanced Placement U.S. History teacher, identified students who needed to be pushed out of their comfort zones. They need to be challenged, albeit at the appropriate level, to be prepared for the AP exam in a few months. Sarah wondered, who in the building is an expert at taking people with exceptional talent and still challenging them—it's the person who has had 3 major college athlete signings in 2 years—the soccer coach.

If you've been involved with high school education, in any way, you have seen stories like those above, and you likely have some coaches who come to mind as the person who makes a large impact on the lives of students. We intuitively know that coaches make a gigantic difference in lives, so why is it that their impact is not measured similarly to other areas in education?

nebraska coach

Take this quote from a student-athlete:

My coach helped me believe in myself more than I thought I could and taught me what work ethic really means. If it wasn't for my coach, I wouldn't have stayed in school and earned my degree. For nearly two years, basketball was the only reason I attended school.

There are countless quotes like the one above, and you probably have one of your own about your high school coach. *Coaches make a difference.*

Metrics

What metrics do we use to measure the difference that coaches make? Are coaches improving attendance rates and overall GPAs of student-athletes? Of course! The *most effective coaches* make a substantial difference. It's time we use metrics that speak to education decision-makers, like this:

- A coach who has a high Connection score, on average, has student-athletes who have a GPA increase of .61 over non-athletes. That's right—the non-athlete GPA was 2.45 on average, while student-athletes who played for coaches who effectively connected had an average GPA of 3.06.
- A coach who has a high Connection score with student-athletes has, on average, 12 less missed days in the year compared to non-athletes. That's a difference of over two weeks of school!

This data set is powerful. . . it's not concept or theory, it's the result of impactful coaching relationships.

What is the coaching data set for your school or district? Our mission is to show the difference that coaches make with Narratives and Numbers, helping to communicate the stories that student-athletes tell, while also quantifying the impact using educational accountability measures. Telling compelling stories about the difference we make with student-athletes is a vital part of the story, but it's only part of the story.

Help us tell the rest of the story:

Using Narratives and Numbers to show the true value of coaches in the educational experience.

I BELONG_{x2}

Scott Polacek

Howells-Dodge Consolidated
Public Schools

- Howells-Dodge Education Association
- Social Studies Teacher
- Girls Basketball Coach
- Negotiations Team for Howells-Dodge Education Association
- NCA Board of Directors - District 2

“Teachers and coaches are busy people. Being a member of both the NSEA and the NCA is a no-brainer. Both associations do the behind-the-scenes work to advocate for solutions to the issues teachers and coaches face.”

Belonging to NSEA and NCA helps you be the best educator and coach you can be. **Find out more, and join today: www.nsea.org**

NSEA
150⁺
Nebraska State Education Association
605 South 14th Street • Lincoln, Nebraska 68508
www.nsea.org • (800) 742-0047

A Place That is a Gift

Anonda Schneider – Humphrey-Lindsay – Bowling

Photograph by Sally Dahlberg



Sometimes in life, we end up in “places” we never thought we would be. Those “places” can be difficult, a struggle, or even a bit scary. However, occasionally, we end up in a “place” that is a gift. That is how I would describe finding myself as Humphrey-Lindsay’s bowling coach. Humphrey’s success in bowling can be

traced back long before me and even before becoming NSAA sanctioned. If you walk into our gym, you will see banners displaying either a state championship or state runner-up for at least seven years and starting as far back as 2007; with the most recent in 2021/2022. Working with a group of kids who have the passion these kids have for the sport of bowling; words cannot begin to do it justice. Their work-ethic, humor, love of the game, sportsmanship, and compassion for people is unmatched. The last two years our boys’ and girls’ programs have been district champions, and hopes are high again this year. These kids from our little town of about 900 people make me proud and I am so pleased to be a part of their journey.

This will be my second year as the head coach for Humphrey-Lindsay bowling, but my third year with the tiny but mighty program. Besides bowling, I have coaching experience in volleyball, basketball, one act, and softball. Although each of these activities have their own uniqueness, they do have something in common as well, a quote from John Maxwell – *“Kids do not care how much you know, until they know how much you care.”* The coaches before me, even clear back to 2007, have established a program of strength and I wanted to continue with what they had built. I did not have a lot of experience with bowling, but I know three things about coaching. First, you must care about the kids and their success. The second is, know when and where you need help. And last, know your role as the coach. These items are a great base for coaching, and when coupled with program planning specific to our bowling program, success will take care of itself.

Program planning specific to our *Bowldogs* will be familiar to most programs.

Practices: When we practice, it needs to be with a purpose. We ask the athletes to set personal goals for the day. We ask

the kids to do something that takes them out of their comfort zone. Sometimes those are team based and other times they are individually focused. Each athlete is asked after a meet what went well, and what needs work. They will hear us say, you will bowl in a game how you practice. A specific task we would like to do would be the 10-minute rule. Take 10 minutes to practice and work on a specific skill.

Player Development: Players cannot develop unless they are open to being coachable. We talk about what that looks and sounds like. It also requires honest conversations between coaches and players. Players must be honest with themselves, and coaches need to be willing to have difficult conversations.

Training: It is important to meet kids where they are performing. We like to use videos for students to watch. This allows us to meet the players at their ability level. We give the students information for the off season; leagues, camps, and tour stops. We ask the kids to find some time to step away from the sport.

Drills: Balance and stretching exercises. Target practice for finding your mark. Stepping out your mark for your footwork. Spare shooting with a “call out” or tic-tac-toe game. Tossing the nerf football for a release for beginners or reminders for your more experienced bowlers. Hook the cone-placing a cone on the lane to work on where the ball should hook. Bowling bingo is also a team favorite.

Program Building: For the last two years, we have held a summer bowling camp. We bring in our community youth so that they can have some exposure to the sport of bowling. We started our first year of Unified Bowling, so our program can grow to all students in our building. We had our first JV teams last year and work on getting opportunities for our younger/less experienced bowlers.

Practice Planning: Every day we try to work on skills that have shown difficulty. We do try to create or find a different approach to working on similar tasks. This means we try to change up what we do day after day. We have also gone to different bowling alleys for practice than ours. We also have the kids lead practice from time to time.

Team Unity: Every year we have a team supper with the players and their parents. They compete against each other in a game of bowling. We also have the students lead/teach some of the younger athletes—it is like a mentor approach.

Continued on page 16

Peaking At The Right Time: The challenge with this is working on a team vs. individual peaking at the right time. I sub a lot compared to other teams. Each of the kids has a uniqueness when it comes to this game. Peaking for my athletes is not always a seasonal issue but can be a game issue. I have a couple that start a game strong and fall off quickly. I have some that have a slower start but are unstoppable at the end of the match. I have some that start the season slow and sub but become a beginning five by the end. Recognizing individual and team "ruts" can help with making sure your peaks happen more often and stick around a little longer.

I often tell my athletes that bowling can be fickle. It is a game of mistakes. It is a game as much about your mental toughness as it is your ability. It is a

game that you will only ever get out of it, what you put into it. However, it can teach you things well beyond the lanes you bowl on if you let it. Stephen King said, *"In bowling and in life, if a person made the spares, the strikes would take care of themselves."*



Photograph by Sally Dahlberg

AMERICA'S SOURCE FOR HIGH SCHOOL SPORTS.

MAXPREPS


Download the free
MaxPreps app
to enter scores



WALK IN NOW & WIN at NOC Ortho Quick Care

NO APPOINTMENT NECESSARY!

 OPEN 7 DAYS A WEEK

 6900 'A' Street
Lincoln, NE 68510

WHAT WE TREAT

NEW:

Sprains, Strains
& Tears
Fractures
Cut & Lacerations
Acute Injuries
Sport Injuries



BACK,
NECK &
SPINE



HAND &
UPPER
EXTREMITIES



FOOT &
ANKLE



HIP &
KNEE



FRACTURE
CARE



GENERAL
ORTHOPAEDICS



SPORTS
MEDICINE



JOINT
REPLACEMENT

YOUR HEALING DESTINATION

 [Facebook.com/nebraskaortho](https://www.facebook.com/nebraskaortho)

 [@nebraskaorthoctr](https://www.instagram.com/nebraskaorthoctr)



Cultivating a Strong Work Ethic & Positive Team Culture on High School Dance Teams

Lindsey Hinze — Lincoln Southwest — Dance

Courtesy Photograph



As a high school dance team coach, cultivating a strong work ethic while building leadership and maintaining a positive team culture is a balancing act. It's essential to foster both school spirit and competitive readiness, preparing your team for competitions without compromising the experience of having fun and making memories. Here's how to navigate this intricate journey effectively, ensuring your dancers thrive and you maintain your sanity.

Cultivating a Strong Work Ethic

Set High, Yet Achievable Standards

Establishing clear expectations at the start of the season is critical. Collaborate with your team and discuss what you hope to achieve together. Outline specific goals—both individual and team-based—that encourage growth and accountability. Make sure these goals are challenging yet attainable, motivating your dancers to push their limits while ensuring they feel supported. Throughout the season refer to these goals often as the team works hard to achieve them. Be sure to acknowledge and celebrate when goals are achieved!

Create a Structured Practice Environment

A well-organized practice schedule promotes focus and discipline. Incorporate a mix of skill-building exercises, learning or cleaning choreography, and make time for team-building activities or recognition awards. Consider designing your practice year to create balance—allowing for lulls to offset periods of high intensity. Develop and distribute a practice plan with the details making each practice purposeful. Communicating the material you plan to work on allows team members to arrive prepared. When the team is prepared there is a sense of commitment and work ethic before practice even begins.

Emphasize the Value of Growth

Encourage a mindset focused on growth rather than a checklist of skills mastered. The focus of growth should be broad and not just on dancing skills. Leadership, the ability to be a team player, strength in performance quality, maintaining a positive mindset, and building resilience when facing challenges are also areas to support. At the end of the season, dancers should be better team members and increase their dance skill set. Celebrate small victories and do so often. Communicate with team members when you see them doing something well. This includes when they are showing maximum effort and focus or maintaining a positive attitude by supporting other team members. When you see good work, recognize it! Make yourself available to support dancers outside of normal practice time.

Encourage them to send you videos practicing on their own and asking for feedback. Be supportive when team members share frustrations about struggling to master a skill by reminding them growth takes time and consistency.

Building Leadership and Team Culture

Foster Leadership Among Dancers

First, you must set an example and model consistent and positive leadership to your team. Be prepared, communicate thoughtfully, and demonstrate the highest level of responsibility and dedication. Next, provide dancers with leadership opportunities to enhance team culture and individual development. You can do this by creating specific roles and/or by rotating duties. It is important to involve all team members regardless of grade level. Each member should be tasked throughout the season with leading team warm-ups, contributing to choreography and teaching skills or choreography to their teammates, and leading team building. This promotes positive peer communication and creates a sense of ownership and responsibility when working to achieve team goals. Giving dancers opportunities to lead beginning in their freshman year builds their skillset to be proficient leaders as upperclassmen allowing them to take on more responsibilities successfully.

Create a Supportive Environment

A positive team culture is built on trust, support, and most importantly, communication. Establish open communication where dancers feel comfortable expressing themselves and sharing their ideas. Open communication, however, is not a forum for open complaining. You can (and should) set boundaries regarding appropriate topics and times to share ideas. Believing you hold the title for all good ideas is a huge disservice to your program. If something is a good idea, implementing it shows you are a collaborator and openly invested in the success of your team. If something doesn't work for your program, it's ok to say that too. Explain your reasoning to ensure open communication in the future. Young dancers don't always understand the strategy associated with managing a team and some suggestions won't work in the big picture. When members feel heard they are more accepting and supportive of the decisions you make.

Engaging Parents for Support

Build Trust Through Communication

Open lines of communication with parents are crucial for building trust. Host an initial meeting to outline your goals, expectations, and how parents can support the team. Be sure to remind parents that they are the first defense in squashing negative vibes and complaining. How parents talk about the team and coaches at home and with each other greatly impacts their dancer's experience. Make sure parents

Continued on page 19

nebraska coach

understand how to communicate with you (email, text, phone calls) and when they should expect a reply from you. Keep them regularly updated on practices, performances, and competitions through calendars, emails or team communication apps. Transparency fosters trust, and parents will feel more invested in the team's success when they understand what is happening. Listen to their ideas and consider them. Parents are not the enemy, they are an asset and essential to creating a strong dance team family.

Involve Parents Actively

Encourage parent involvement by creating volunteer opportunities for team events/dinners/parties, fundraisers, and competitions. When parents feel they are a part of the journey, they are more likely to be supportive and understanding of the demands your program makes on their dancers. Create a sign-up for the volunteers you will need throughout the season. Delegate responsibilities to the volunteers with the understanding you still need to be included to make final decisions. View your team parents as vital members of your dance team community and value them. Parents are integral to a successful year and can greatly reduce the stress you feel through a dance season.

Address Concerns Swiftly and with Empathy

When issues arise, approach them with empathy and openness. Do not hide from parent communications when they share concerns with you. Instead, quickly acknowledge the communication and work collaboratively to find solutions. This approach not only builds trust but also reinforces that everyone is working towards a common goal. If you have concerns with a team member, address them before they blossom into something big. Including the parent in communication with the student is vital. If the student is not meeting expectations, you need a series of documented communications expressing your concerns and the consequences if things do not change. This could be emails you send to the student with the parent (and sometimes school administration) copied on or a face-to-face meeting between you, the student, and the parent. When you address concerns early and openly communicate about the consequences with both the student and parent it greatly reduces the drama when consequences are enforced.

Preventing Burnout and Maintaining Sanity

Prioritize Relationship Building

Coaching can be incredibly demanding, leading to burnout and feelings of isolation if you don't have your dance team community supporting you. When you prioritize building relationships with administrators, team members, and team families it not only fosters a positive atmosphere, but it also provides support for you when there

are challenges. Get to know the dancers and parents and engage with administrators and the spirit/dance team coaches in your community (and beyond). Invest in creating relationships and build foundations of friendship, trust, and support. There is no trophy as meaningful as the hugs you get at the end-of-year banquet. When the season is over, the connections you develop and the relationships you make as a coach are what matter.

Delegate Responsibilities

Don't hesitate to delegate tasks to assistant coaches, team members, or team parents. Whether it's planning team events, rhinestoning costumes or handling administrative duties, sharing the load allows you to focus on coaching and mentoring - and can provide a much-needed break. Asking others to pitch in allows everyone the opportunity to feel a part of the process and share the success when your team reaches its goals.

Reflect and Adapt

At the end of each season, take time to reflect on what worked well and what could be improved. Take note of things that could change and make your experience as a coach more positive. Gather feedback from your dancers and parents to understand their perspectives too. This reflection not only helps you grow as a coach but also ensures that each season is better than the last.

Conclusion

Balancing the demands of a high school dance team with the need for a strong work ethic and a positive culture is no small feat. By setting clear expectations, fostering leadership and relationships, and engaging parents, you can create a thriving environment where dancers and you feel supported and inspired.



Courtesy Photograph

TEAM . TRADITION . PERFORMANCE

MISKO SPORTS

INDEPENDENTLY OWNED AND NEBRASKA BASED

221 W 44TH ST, KEARNEY, NE 68845

1522 W L ST, ORD, NE 68862



HARD GOODS . INFLATABLES . ATHLETIC TRAINING GEAR



SCREENPRINT . EMBROIDERY . SUBLIMATED UNIFORMS . INDIVIDUAL AND TEAM BANNERS . AND MORE!

COLIN PFEIFFER

308-440-6954
colin.pfeiffer@miskosports.com

JOHN PAULSEN

308-655-0969
john.paulsen@miskosports.com

LATHAN LANDGREN

620-344-0286
lathan.landgren@miskosports.com

CASEY GEIGER

720-232-4430
casey.geiger@miskosports.com

KALEN KLINGELHOEFER

308-627-3701
Kalen.klingelhoefer@miskosports.com

HS Cheerleading – Fostering School Spirit, Teamwork & Personal Growth

Kristin Weaver – Loomis – Cheerleading



Courtesy Photograph

Small, tight-knit communities, like those found in Class D school districts, offer unique opportunities to cultivate strong bonds among students, families, and staff. Developing a competitive High School cheerleading program in such a setting is more than just about learning routines and stunts—it's about fostering school spirit, teamwork, and personal growth.

Cheerleading at Loomis Public Schools is distinct from traditional sideline cheerleading. It blends athleticism, dance, and performance into a structured activity that requires teamwork, coordination, and dedication. It not only builds school pride but also boosts student athletes' confidence, discipline, and resilience. For small schools, it provides an avenue for students to shine, who might not fit into other sports programs but excel in other areas such as performing in public.

It is important to establish a culture that encourages growth and excellence. This means setting high expectations—not just for skills, but for teamwork, attitude, and work ethic. The athletes need to understand that while winning is the goal, the process of getting there is just as important. Setting clear goals creates a mission for the team that goes beyond trophies. Building a program that emphasizes personal development, academic achievement, confidence and school or community pride. Instilling values early provides positive peer relationships and trust, which are vital in cheerleading. Athletes rely on each other for complicated stunts and routines.

The strength of your program rests on the athletes you recruit within the halls of the building, but it's not just about

finding the best talent. The strength of the Loomis Cheerleading program rests on the athletes that were selected, but it's not just about finding the best talent. A successful cheer team requires individuals who are coachable, hardworking, and team oriented. Looking for potential, not just skills, has been a key component to the success of the program. Athletes who are willing to learn and grow can often outshine those with raw talent. Cheerleading is the ultimate team sport. Success depends on everyone trusting one another and working as a cohesive unit. From the flyers who soar through the air to the bases and back spots supporting them, every team

member plays a vital role. Without complete trust and effective communication, stunts can fail, and the entire routine can falter.

Cheerleading at Loomis is not just a seasonal commitment; it's a year-round pursuit. Successful teams train for months, often beginning their routines and conditioning before the school year even starts. This includes rigorous practice schedules, strength training, cardio workouts, and flexibility exercises. Athletes must maintain focus and energy throughout the long season, pushing themselves to improve each day. Loomis Cheer recommends cheerleaders to participate in the school's strength and conditioning program. Incorporating a strength and conditioning program that focuses on injury prevention, flexibility, and stamina.

The Loomis cheer team spends hours working on timing, synchronicity, and sharpness to ensure every move is executed perfectly. Execution matters just as much as creativity. Every smile, sharp motion, and facial expression plays a role in how the judges score the routine. Teams must blend the technical and creative aspects flawlessly to capture the audience's and judges' attention.

Leadership within the Loomis cheer team is also crucial. Coaches set the tone, instilling a mindset of resilience and grit. Team captains often lead by example, fostering a sense of camaraderie and motivating teammates through challenges. A State champion team is one that knows how to push each other to be their best while offering unwavering support.

Continued on page 22

At the heart of any State champion cheerleading team is a deep passion for the sport. Athletes and coaches alike must love what they do. The countless hours of practice, the grueling conditioning, and the sacrifices made—none of it would be possible without an immense drive and love for cheerleading.

Finally, a successful cheer team is often backed by a supportive community of parents, school staff, and fans. State champions often acknowledge that without the encouragement and logistical support of their families, they wouldn't be able to perform at their highest level. From driving to practice to being there for emotional support, the behind-the-scenes support system plays a huge role in the journey to success.

Building a cheerleading program from scratch and achieving rapid success is no small feat. It takes strategic planning, a commitment to developing athletes, and strong community support. However, by laying a strong foundation, recruiting the right athletes, and embracing competition early, even the newest teams can rise to the top. The combination of hard work, vision, and teamwork can propel a cheer program to fast success—putting them in the spotlight and setting the stage for a legacy of excellence.

Whether you're a coach, athlete, or school administrator, remember: the journey from day one to the championship podium is a marathon, not a sprint—but with the right steps, you can get there faster than you think.



Courtesy Photograph



LINCOLN.ORG/NE_COACHES_ASSOC

LIFE IN THE FAST LANE IN LINCOLN, NEBRASKA

YOLO! Zip around the city and explore everything Lincoln has to offer from an exciting new point of view.

Baden

TEAM UNIFORMS AVAILABLE NOW



WANT TO LEARN MORE?

REACH OUT TO YOUR LOCAL DEALER OR YOUR BADEN REP:
DALE WIEBKE, DALEW@BADENSPORTS.COM

2025 Nebraska State Cheer & Dance Championships

February 20 - 22



Heartland Event Center, Grand Island

The order of sessions per day will be: Times per session will be determined by the number of schools registering per classification.

Daily Schedules

Thursday, February 20, 2025 – One Session All Day – Classes A & B Dance

Friday, February 21, 2025 – First Session – Classes C1, C2 & D Dance

Friday, February 21, 2025 – Second Session – Classes C2 & D Cheer

Saturday, February 22, 2025 – One Session All Day – Classes A & B Cheer & Unified Cheer

Results Announced Mid-Day – Class C Cheer to follow

 **CALLAM**
SPORTS PHOTOGRAPHY

Your Source for Championship Photos!

Team, Action, & Awards Ceremony Images

**Order Your Digital Images or Photographic Prints
and Products at:**

www.callamsportsphoto.com

2025 Nebraska State Cheer Registration Requirements Checklist



GOING ALL ELECTRONIC

All forms must be scanned, IN ORDER, as ONE FULL document and submitted together.
DO NOT send as separate scans.

Scan and email them to staff@ncacoach.org

All Items Must Be Completed, Paid For, And Received By December 13th

1. Join 2024–2025 NCA as a PAID member by registering Online – REQUIRED AS A HEAD COACH.
2. ALL head coaches must complete the **Online NFHS Cheer & Dance Safety course** (\$85) by December 13th. This is good for 4 years – if you completed the course after February 20, 2020 you are up to date. (Scan & email your certificate)

Head Coaches of Unified Cheer Teams will need to complete the NFHS Online Coaching Unified Sports course (no fee) by December 13th. This is good for 4 years. (Scan & email your certificate)
3. Register and Pay for team registration. If using a credit card, payment must be made when registering OR you will need to call the office if paying later. (NOTE: There is a 4% convenience fee). You cannot go back in to pay later, you will have to call the office. DO NOT REREGISTER! **Please plan ahead if your school requires pre-approval for check payments.** Check payments MUST be received on or before December 13th. Mail to NCA, 500 Charleston, Ste 2, Lincoln, NE 68508. Online Team Registration OPENS OCTOBER 15th.
4. Liability Release and Waiver Form (page 20-21) – Highlighted areas on form **MUST** be completed on both sides by each participant/alternate and the parent.
5. Rules, Music & Safety Course Acknowledgment Form (page 22) – Form **MUST** be signed by Athletic Director and Coach.
6. A copy of Music Proof of Purchase & License if mixing music.
7. Submit items 2, 3, 4, 5, and 6 ALL TOGETHER AS ONE SCANNED DOCUMENT. SCAN and email them to staff@ncacoach.org. **PHOTOS OF DOCUMENTS ARE NOT ACCEPTED. MUST BE RECEIVED BY DECEMBER 13th.**

NOTE

Your registration will not be complete until all the above items are completed and received by the NCA Staff.

No payments, registrations, or forms will be accepted after December 13th.

2025 Nebraska State Dance Registration Requirements Checklist



GOING ALL ELECTRONIC

All forms must be scanned, IN ORDER, as ONE FULL document and submitted together.
DO NOT send as separate scans.

Scan and email them to staff@ncacoach.org

All Items Must Be Completed, Paid For, And Received By December 13th

1. Join 2024–2025 NCA as a PAID member by registering Online – REQUIRED AS A HEAD COACH.
2. ALL head coaches must complete the **Online NFHS Cheer & Dance Safety course** (\$85) by December 13th. This is good for 4 years – if you completed the course after February 20, 2020 you are up to date. (Scan & email your certificate)
3. Register and Pay for team registration. If using a credit card, payment must be made when registering OR you will need to call the office if paying later. (NOTE: There is a 4% convenience fee). You cannot go back in to pay later, you will have to call the office. **DO NOT REREGISTER! Please plan ahead if your school requires pre-approval for check payments.** Check payments **MUST** be received on or before December 13th. Mail to NCA, 500 Charleston, Ste 2, Lincoln, NE 68508. Online Team Registration OPENS OCTOBER 15th.
4. Liability Release and Waiver Form (page 16-17) – Highlighted areas on form **MUST** be completed on both sides by each participant/alternate and the parent.
5. Rules, Music & Safety Course Acknowledgment Form (page 18) – Form **MUST** be signed by Athletic Director and Coach.
6. A copy of Music Proof of Purchase & License if mixing music.
7. Submit items 2, 3, 4, 5, and 6 ALL TOGETHER AS ONE SCANNED DOCUMENT. SCAN and email them to staff@ncacoach.org. **PHOTOS OF DOCUMENTS ARE NOT ACCEPTED. MUST BE RECEIVED BY DECEMBER 13th.**

NOTE

Your registration will not be complete until all the above items are completed and received by the NCA Staff.

No payments, registrations, or forms will be accepted after December 13th.

Fall 2024 State Honor Roll of Coaches



Boys Cross Country

Class A – Sean McMahon – Fremont
Class B – Bill Rice – Lincoln Pius X
Class C – Todd McQuistan – Holdrege
Class D – Seth Burge – Perkins County

Boys Tennis

Class A – Lee Plath – Lincoln East
Class B – Chase Petersen – Mount Michael Benedictine*

Football

Class A – Ty Wisdom – Millard South*
Class B – Matt Turman – Omaha Skutt Catholic
Class C1 – Chad Fox – Wahoo
Class C2 – Jeff Bellar – Norfolk Catholic
Class D1 – Andrew Kuta – Sandy Creek
Class D2 – Chip Bartos – Central Valley
Class D6 – Colin Schurman – Stuart*

Girls Cross Country

Class A – Colin Johnston – Millard West*
Class B – Jordan Fuglestad – Elkhorn North
Class C – Mark Oliver – Auburn
Class D – Ryan Underwood – McCool Junction

Girls Golf

Class A – Robert Davis – Omaha Marian
Class B – Jeff Nielsen – Omaha Duchesne Academy*
Class C – Josh Johnson – Wayne

Softball

Class A – Bill Heard – Gretna
Class B – Gary Lytle – Beatrice
Class C – David Brabec – Bishop Neumann

Volleyball

Class A – Katie Tarmen – Papillion-La Vista South
Class B – Christina Boesiger – Norris
Class C1 – Julie Ratka – Minden
Class C2 – Sue Ziegler – Lincoln Lutheran
Class D1 – Jessica Diehl – Superior
Class D2 – Misti Potter – Shelton

* Not a 2023–2024 member of the Nebraska Coaches Association as of publication

FUNDRAISING UNIVERSITY IS A PROUD SPONSOR OF THE NEBRASKA COACHES ASSOCIATION

HELPING NEBRASKA COACHES "DREAM BIG" BY RAISING OVER

\$45 MILLION DOLLARS

FOR THEIR SCHOOLS & PROGRAMS SINCE 2009!

MIKE BAHUN
OWNER/CEO

STEVEN SHANNON
VICE PRESIDENT

COLIN SHOCKEY
NORTHEAST NEBRASKA/OMAHA

BOBBY DANENHAUER
SOUTHEAST NEBRASKA
OMAHA/LINCOLN

TINO MARTINEZ
CENTRAL NEBRASKA
WESTERN NEBRASKA

FUNDRAISING UNIVERSITY
CELEBRATING 15 YEARS IN SCHOOLS

Entrepreneur
2024 ANNUAL
FRANCHISE 500
#1 IN CATEGORY
2024

INTERESTED IN RUNNING A FUNDRAISER WITH FUNDRAISING UNIVERSITY? SCAN THE QR CODE TO "DREAM BIG, RAISE MORE"

FOLLOW US ON:

- FUNDRAISINGUNIVERSITY
- @FUNDRAISING_U
- FUNDRAISINGUNIVERSITY

SIGNATURE

CHAMPIONSHIP RINGS

WHERE NEBRASKA'S **CHAMPIONS** SHINE BRIGHTEST



Bennington
Football



Univ. of Nebraska
Volleyball



Chase County
Track



Creighton
Basketball



Cozad
Wrestling

signaturechampions.com

Signature is **based in Nebraska**
and a proud partner of the



Scan QR Code
to get started!



Smita John

Client Guide/Nebraska Sales Rep

smita@signaturechampions.com or 800.273.8124



Sponsor of NCA All-State Teams

2024 Boys Cross Country Super-State & All-State Teams



Photo by Callam Sports Photography

Super-State

Class A

Juan Gonzalez, Fremont
Josiah Bitker, Lincoln North Star
Conor Gross, Omaha Westside
Easton Zastrow, Lincoln North Star
Noah Miller, Fremont
Ryan Kugler, Omaha Westside
J'Shawn Afuh, Lincoln North Star
Michael Nichols, Fremont
Tyler Smith, Lincoln North Star

Class B

Braden Lofquest, Gretna East
Austin Carrera, Hastings
Thomas Rice, Omaha Skutt Catholic
Joseph Majerus, Lincoln Pius X
David Krier, Lincoln Pius X
Trevor Zurn, Alliance
Samuel Robinson, Norris
Josiah Quinones, Beatrice

Class C

Trevin Opp, Lincoln Christian

Class D

Mason McGreer, Perkins County
Elijah Goodell, Perkins County

All-State

Class A

Top 9 Super-State

Class B

Top 8 Super-State

Class C

Top 1 Super-State
Avery Carter, Milford
Tyler Hetz, Gothenburg
Haven Hauxwell, Chase County
Dayton Graves, Syracuse
Kolby Tighe, Arlington
Payton Day, Omaha Concordia

Class D

Top 2 Super-State
Kaser Johnson, Doniphan-Trumbull
Jacob Swanson, Nebraska Christian
Colton Ham, North Platte St. Patrick's
Dimitri Pettit, North Platte St. Patrick's
Job Josiah Muthiani, Freeman

2024 Girls Cross Country Super-State & All-State Teams



Photo by Callam Sports Photography

Super-State

Class A

Abigail Burger, Kearney
Katherine Ebmeier, Millard West
Abigail Durow, Millard South
Amabel Henningsen, Omaha Marian
Grace Volzke, Elkhorn South
Litzey Fredette, Millard West
Marissa Garcia, Papillion-La Vista South
Alexis Chadek, Papillion-La Vista

Class B

Kendall Zavala, Norris
Leah Robinson, Elkhorn North
Atlee Wallman, Norris
Annah Perdue, York
Sophia Reynolds, Hastings
Cecilia Kramper, Omaha Duchesne Academy
Mallory Robbins, Plattsmouth
Ella Ford, Elkhorn North
Lydia Stewart, Platteview
Kailey O'Brien, Elkhorn North

Class C

Hailey O'Daniel, Arlington

Class D

Kayleigh Betka, McCool Junction

All-State

Class A

Top 8 Super-State

Class B

Top 10 Super-State

Class C

Top 1 Super-State
Avery Heinrich, Scotus Central Catholic
Brenna Benjamin, Holdrege
Scout Bell, Gothenburg
Liston Crotty, Auburn
Olivia Crotty, Auburn
Autumn Gasper, Boone Central

Class D

Top 1 Super-State
Sage Holtmeier, Tri County
Angela Frick, North Central
Ashley Robertson, Wallace
Madison Shaw, Sandy Creek
Mazzy Kuchar, Elkhorn Valley
Ava Brennan, Ponca



Sponsor of NCA All-State Teams

2024 Boys Tennis All-State Teams



Photo by Callam Sports Photography

Class A

First Team

Hunter Nelson, Junior, Lincoln East (Captain)
Caden Haar, Senior, Lincoln East
Owen Brown, Freshman, Lincoln Southeast
Samarth Sajeesh, Junior, Lincoln East
Simon Johnson, Junior, Lincoln East
Alex Liu, Sophomore, Creighton Prep

Second Team

Joseph Bucknell, Senior, Lincoln East
Kayden Le, Junior, Lincoln East
Troy Shefsky, Sophomore, Omaha Westside
Rowan Lunning, Junior, Creighton Prep
Max Kline, Sophomore, Lincoln Southwest
Benjamin Clausen, Junior, Creighton Prep

Class B

First Team

Ian Scott, Senior, Mt. Michael (Captain)
Grey Klucas, Senior, Waverly
Patrick Killeen, Sophomore, Mt. Michael
Noah Stricklett, Junior, Mt. Michael
Sheamus Sinnott, Senior, Elkhorn North
Royce Klucas, Senior, Waverly

Second Team

Connor White, Junior, Lincoln Pius X
Jacob Petrick, Senior, Elkhorn North
Andrew Shada, Sophomore, Elkhorn North
Dominic Beninato, Senior, Mt. Michael
Peter Killeen, Senior, Mt. Michael
Connor Chen, Junior, Mt. Michael

2024 Girls Golf Super-State & All-State Teams



Photo by Callam Sports Photography

Super-State

Addison Benge, Omaha Westside
Ellen Bode, Elkhorn South
Whitney Dahir, Omaha Duchesne Academy
Chloe DiPrima, Omaha Westside
Isabella Elgert, Lincoln East
Ansley Giesselmann, Fremont
Mia Hiebner, Heartland
Olivia James, Kearney
Allie Jones, North Platte
KayLynn Jorgensen, Minden
Tasha Kolbas, Lincoln East
Eden Larson, Lincoln Southwest
Julia Messere, Grand Island Central Catholic
Lauren Murnan, Omaha Marian
Madison Murnan, Omaha Marian
Addison Peck, Scottsbluff
Delaney Schmitz, Omaha Marian
Kara Suchsland, Minden

All-State

Class B

Chelsea Mahloch, Elkhorn North
Natalie Shield, Norris
Kasha Stolberg, Omaha Duchesne Academy

All-State

Class C

Joslyn Johnson, Wayne

Volleyball Sportsmanship Awards



Class A – Lincoln North Star



Class B – Waverly



Class C1 – Gothenburg



Class C2 – Hastings St. Cecilia



Class D1 – Southwest



Class D2 – Central Valley

CURRENCY.

N nebraska
coaches
association



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

(P) 800-566-6479 | (F) 518-792-3426

Greg Joly
Lori George

gjoly@loomislapann.com
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.

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

Credit Card Number:

(Mastercard, VISA, Discover)

Expiration Date: (Mo/Yr)

Signature:

CVV 3-Digit Code on Back of Card: