

nebraska coach

APRIL 2025



Batter Up!

**Spring Coaching Articles
And More**

Zach Wehner, Malcolm Head Baseball Coach



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NCA member Scott Guzinski head girls basketball coach at Oakland-Craig, lead the Knights to a Class C2 State Championship going 26-3 on the year. – Photo by Callam Sports Photography

Cover Photo – Courtesy Photograph

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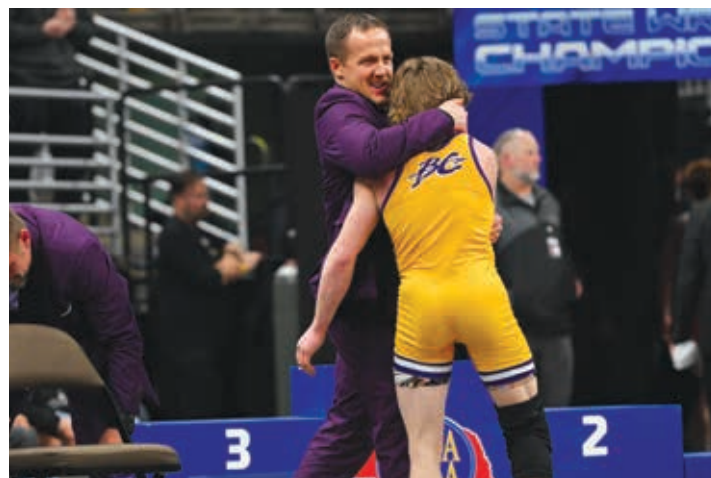
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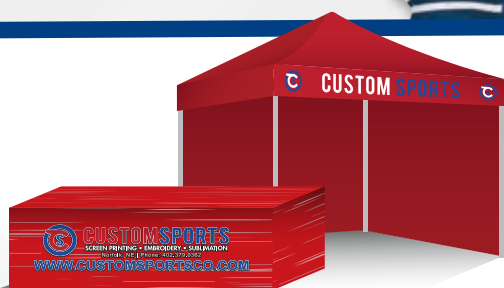
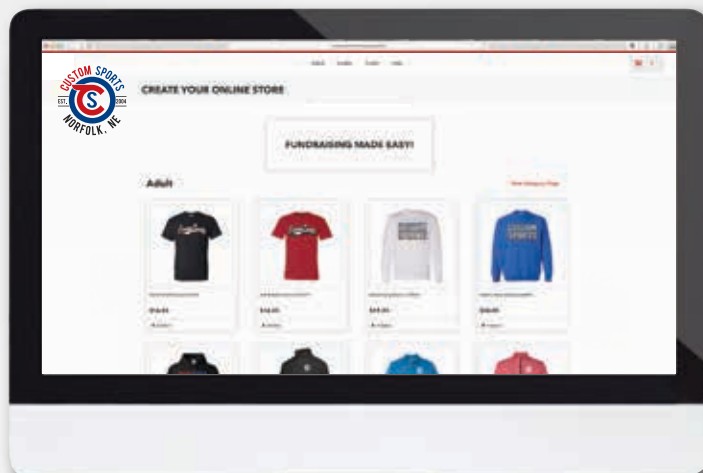
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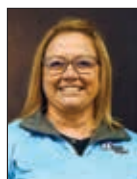
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NEBRASKA COACHES ASSOCIATION UPCOMING EVENTS 2025

April 10, 2025

NCA – Hyatt Place
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April 10, 2025

NCA Ed Johnson Memorial Basketball
Scholarship Applications Due

April 13, 2025

NCA Board of Directors Meeting
Lincoln

May 1, 2025

2025-2026 NCA Membership, Clinic Gold Card
Online Registration Opens

May 7, 2025

NCA Golf Scramble Tee - Times
& Payments Open (9:00 AM CT)

May 21-24, 2025

NCA Track & Field Hospitality Tent
Omaha

June 1, 2025

Jerry Stine Family Milestone & Service Awards
Applications Due

June 24, 2025

NHSACA National Hall of Fame Induction Banquet
Rapid City, SD

June 25, 2025

NHSACA National Coach of the Year Banquet
Rapid City, SD

July 20, 2025

NCA Awards Banquet
Lincoln

July 21, 2025

NCA Golf Scramble
Highland Golf Course - Lincoln

July 21, 2025

NCA Softball All-Game
Lincoln

July 22-23, 2025

NCA Multi-Sport Clinic
Lincoln

July 22, 2025

NCA All-Star Volleyball Match

July 22, 2025

NCA Coaches Night Out
Lincoln

July 23, 2025

NCA Girls & Boys All-Star Basketball Games
Lincoln

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Focus - Attitude - Effort

James Myers – Norris – Golf

Courtesy Photo



In the game of golf, you are on an island. You cannot pass the ball to anyone, nor can you be subbed out. Every shot you take counts. Tournaments last anywhere from four to six hours, playing the most challenging game while battling the elements and your thoughts. There is a

significant difference between recreational and competitive golf. You must prepare for each style differently. A four-foot putt with friends on the weekend is vastly different from that same putt in a tournament to seal first place. In competitive golf, you are not competing against other teams the same way you do in other sports. There is no film to watch, no scout team, and no defensive scheme to create. Instead, you are competing against the course and yourself. One saying we use at Norris is *You vs. You*. You are constantly battling your own mind, swing, and ability to manage emotions throughout a round. Many aspects of the game of golf are out of your control; from the weather, to the bounce your ball takes, to how your opponent's play. You do not get to dictate everything that happens in your round. That's why as coaches we work to prepare players with a mindset to control what you can control. To us, the three essential traits for success are a player's Focus, Attitude, and Effort.

Focus

You can hit 1,000 golf balls on the range and not improve. You can go through the motions of golf without getting any better. Without intention and focus, you will not see progress. It's easy to throw some balls down on the putting green, find a hole and hit towards it. It is far more challenging to set up a drill, commit to it and push through even when it feels repetitive or tedious. That's focus. You must block out the noise of everything around you and set your 100% attention to the task at hand. This includes setting specific goals of what you want to work on, picking a target or landing spot for every shot, track where your shots land, record your swing, and overall analyze your game. During a round of golf, it is important to know when you can talk and joke with your group and when it is time to lock in and concentrate. When you approach your ball, your focus should be on your pre-shot routine—picking your target, acknowledging areas to avoid, focusing on your specific swing thought and

executing the shot. For tournaments, focus starts long before you step onto the course. It begins when you wake up—nutrition, course prep, sticking to a routine and getting into the right mindset to compete. Once you arrive at the course, maximize your warm-up time to set yourself up for success. When you struggle during a round, focus on what you can do to improve your situation—starting with your attitude.

Attitude

Golf is an incredibly challenging game that will frustrate you in several different ways. It is essential that you can control your attitude at all times despite all the adversity you will need to overcome. You may chunk a ball into the water, miss a three-foot putt, or watch your ball bounce off a sprinkler head and land in a bunker. There are endless ways for golf to be frustrating and many of them are out of your control. However, what you can control is your attitude when they inevitably happen. Swearing, throwing your club, pouting, or complaining will not help you hit your next shot better. If you care about the results and the score you sign on your card, you must stay calm, positive and maintain a forward-thinking mindset. Attitude also applies to the training aspect of golf. When you are at the range working on a swing change and you feel you are not making any progress, you must stay patient, positive, and dedicated that the adjustments you are making will lead to improvement. If a coach assigns you a drill to make 50 three-foot putts in a row, approaching it with a negative mindset will ensure you get nothing out of it. If you believe a drill might be dumb or pointless you will not see the benefits. However, if you embrace the challenge and approach every aspect of preparation—practice, fitness training, diet, course management—with a positive attitude, you will have a far greater chance of achieving your goals.

Effort

You can be focused; you can have a positive attitude but you really will not get anywhere without effort. Golf is a game you can never perfect, but one you can constantly work at. The results you achieve will directly reflect the effort you put in. You will not magically get better, consistent hard work over time leads to success. This includes working on your grip at home, spending hours on the putting green, and playing as much as you can. Another saying the Norris golf programs have is *Everything Earned*. No one is going to hand you success in this sport, you must go out and earn it. Whatever your goals might be, you must actively pursue them. Some key steps include getting lessons, competing in tournaments, and dedicating time at the range and putting green. It is easy to walk up to a ball and hit it, but it takes a serious effort to apply full focus to every shot, maintain

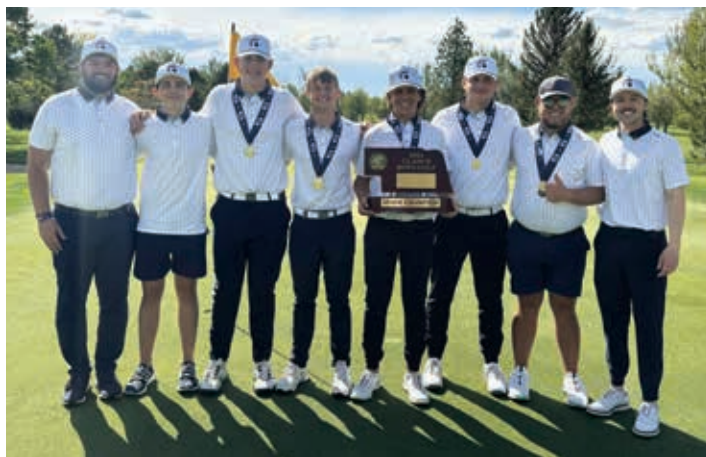
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a positive attitude when things get tough, and to not give up even when you just don't have it that day. Ultimately, it is up to the individual to put in the necessary work to achieve their goals. As coaches, we can provide the framework and guidance, but in the end, it is up to each player to put in the effort and go earn it.

Success

The success the Norris golf programs have seen is a direct result of our athletes' Focus, Attitude, and Effort. They put in the time, they put in the work, they earned their success. Success takes many forms. Sometimes, it looks like our 2022 boys' team winning the state tournament by 29 strokes, the 2024 team

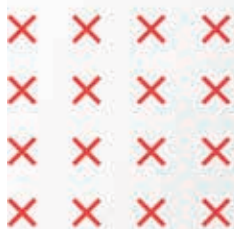
winning by 5, or the 2023 team that gave everything they had and finished runner-up. It's also seen in our 2024 girls' team setting a new school record and finishing in 3rd or the 2022 team pulling off an upset to claim the district championship. Other times, success is the player who breaks 100 for the first time, the golfer who makes their first birdie, or the competitor who starts with a nine on their first hole but refuses to give up. Golf is a brilliant, challenging game that is best shared with others. The success our programs have had come from players controlling what they can control and pushing each other to reach their goals together. **Go Titans.**



Courtesy Photo



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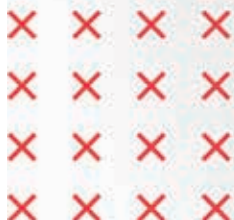
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Commitment and Keeping Everyone Involved

Zach Wehner – Malcolm – Baseball



Commitment

Back in the Spring of 2021, it was a no brainer when our AD, Dallas Sweet, asked me if I would be interested in coaching Malcolm's High School Baseball Team. This would be the first year Malcolm would have their own team without cooping with another school. Having taught at Malcolm for ten plus years and coaching the high school boys in basketball and football I knew what kind of boys and families I was going to get to work with.

When we started putting things together, I was shocked with the commitment the boys and families were willing to put in to get the program up and running. We had a lot of families willing to donate time, equipment and facilities to make sure the program got off to a good start. As soon as school started in the fall I was getting donations of equipment, clothing and what we call "our gold" (practice balls). I was able to talk with a couple of local guys with a lot of baseball experience, and convince them to join the coaching staff to bring in as much knowledge and experience possible.

Our first year we had a great group of boys that took it upon themselves to make sure everyone was putting in work on their own during the offseason. This leadership has passed down throughout the years. All of the boys have been very committed

to getting better whether it is summer, fall, or winter. We are extremely lucky to be close to Lincoln where a lot of boys find hitting and pitching coaches to help their development throughout the winter. Their work during the winter has really helped when it comes to the first day of practice. Some of the boys are close to being in mid-season form when we meet at the field for day one of practice.

Entering our fourth year of High School Baseball the commitment from the boys, families, and community has not faded. Last year we were playing on an outdated field with a dirt infield and a short outfield. We had a group of parents that came up with an idea to make improvements to the field. At first, I thought the idea would be at least a five-year process. I couldn't have been more wrong with the time frame of this project. Once the village approved updates to the field, demolition started. We have had a lot of community members donate money, supplies and probably more important, time. We have had families and community members down at the field working every weekend for the past five months.

The community showing this commitment to the program has shown the boys that baseball is something more important than just the game. They want to bring everyone together, and when the boys are working in the offseason, they remember this.

Keeping Everyone Involved

One of the biggest challenges we have during the season is pushing our varsity guys to become the best players they can, while also developing our younger guys so they are ready when their number is called. Our number of baseball players at Malcolm has increased over the years. When we first started our program in 2022 we had 29 guys. This year we are looking at being around 40 players. We have been very fortunate that along with our three paid coaches we have also had three volunteer coaches offering their time to come in and help. All of the coaches on my staff know the game, and have various backgrounds playing baseball. Having this luxury, I am able to split our squad into groups to work with different coaches on different skills and I know the guys are learning the game and being pushed.

A typical day of early season practice consists of a bulk of station work and ending with teamwork. I split the squad into 4 groups depending on their positions for stations. Our groupings consist of varsity infield, varsity outfield, JV infield, and JV outfield. We have our utility players switch from infield group to outfield group daily so they can get some reps both in the infield and outfield.

The first couple weeks of practice we must utilize the time we are at practice wisely. After we meet as a team and stretch

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nebraska coach

we go ahead and split into our groups. For our first station I send one group to the cage right away to get their hitting in while the other three groups start with their throwing and daily fundamental work. Each station is thirty minutes long, so the guys know there is not a lot of time to mess around if they want to get better. Besides our warm-up station and hitting stations we do a lot of fundamental position work. Our infielders will take ground balls and making throws for 20 to 30 minutes. Our outfielders work on flyballs, cutoffs, and grounders for 20 to 30 minutes. Being able to have 4 different groups this gives every guy a lot of reps at the position work. We preach how every rep is meaningful and needs to be treated like a game time situation. To add a little more pressure to our infield and outfielders we throw some red baseballs in our buckets. These balls are called the "money balls". If there is an error fielding or making a throw with these balls that player has to run to the fence and back before they can enter the drill again.

After our stations are finished, we always end practice with team work. This is our time to work on baserunning, hitting cuts, PFPs, live defensive reps and some live hitting. To make sure everyone is getting reps at this time we will typically split the squad into three groups. We will have one group playing defense, one group running bases, and one group hitting off a coach or a pitching machine. This is a time we try to simulate a game, but at a much faster pace.

Our mid-season practices are a lot like our early season practices, but we do change our groups to only two or three each day. This is to give us more time to work as a team. To make sure everyone is getting meaningful reps we will send our Reserve and JV team to our Pony Field with two coaches. This give them time to work on basic fundamentals that they need to work on and give us an opportunity to work on advanced skills with the Varsity team.

Our post-season practices are probably one of the best times for all of our guys. While we are preparing the Varsity for district play we will have a 3-game series with our Reserve and JV guys. I have two of our volunteer coaches draft teams and they play a full game on three consecutive days. These games give the younger guys a lot of reps and they get to have some fun doing it. One rule is they have to have a different uniform each day for the game. We have seen everything from camo uniforms with painted faces to the players wearing their old little league uniforms. This is just another time we can get the boys some playing time while having a little fun to end the season.

We feel as a coaching staff it is important to get all our guys as many reps as possible throughout the season. I am very fortunate to have a great coaching staff with a lot of baseball knowledge and guys that are like sponges when learning the game of baseball.



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Jimmy Motz

Norris Public Schools

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Keys to Engagement and Participation

Broc Howard – Kearney – Boys Track & Field



Courtesy Photo

Let's be honest: why do most kids participate in track and field? Often, it's because their football or cross-country coach encouraged them to join. This is particularly common in Nebraska high schools, where coaches typically have a significant influence on track and field programs due to their early contact with students at the beginning of each school year. We can leverage these coaches to promote track and field and set expectations for the spring season. The challenge, then, lies in ensuring that these athletes don't quit. At Kearney High School, we focus on three key strategies:

Get Them Involved

First, we need to get them involved. Track and field can be overwhelming for high school athletes with limited experience. It can be intimidating because, unlike team sports such as football, basketball, baseball, and soccer, kids have fewer opportunities to engage with track and field. Convincing students, especially freshmen or sophomores, to join is crucial for our program. Remember that teenagers want to feel a sense of belonging;

they often appreciate a personal invitation from adults to join the team. Once they are on board, it's important to let them guide the selection of events they want to compete in. When athletes feel ownership over their choices, it helps to engage them more fully. Over time, we can adjust based on their performance and potential for success.

Keep Them Involved

Second, we focus on keeping them involved. This can be particularly challenging for newcomers. Building strong relationships with these athletes is vital for keeping them engaged and returning each day. When they know we care, they are more likely to put in the effort. This means we work with and engage athletes of all ability levels. Encouraging them to bring friends, making practices enjoyable, and building rapport are essential. They need to understand that we provide an environment where they can grow, work, and learn.

Let Them Work

Finally, we let them work. Structuring practices around competition is what motivates them. Young athletes naturally strive for competitive opportunities, even within their own team. Our program's success also stems from prioritizing quality work over sheer time spent practicing. Practices don't need to exceed an hour and a half; typically, they last between thirty minutes to an hour and a half, depending on the event. It's important to emphasize that it's about competing during practice and putting in effort—not just clocking time.

Overall, the key principles that can assist you in engaging and developing your athletes are:

- Get them involved: Actively engage your athletes in the process.
- Keep them involved: Maintain their engagement throughout their athletic journey.
- Let them work: Provide opportunities for them to train and compete.

Remember that high school athletes develop at different rates and in various ways. It's crucial to take a long-term approach, focusing on creating an environment where each athlete can grow and develop at their own pace. Our goal as coaches is to support each athlete, not only in their athletic pursuits but also in their personal development.

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Developing a Culture of Success, On the Track and Beyond

Brian Benson – Waverly – Boys & Girls Track and Field



Courtesy Photo

A “good wolf” and a “bad wolf” are battling inside you, which one will win? It’s the one you feed. This Native American folktale is one of the symbols we shared last season. An encouragement to fight negative “bad wolf” thoughts and embrace the positive “good wolf”. These pre-meet messages are designed to give athletes something to think about during their upcoming competition. In reality, these messages can be taken beyond the track. Track and Field is very much a “culture” sport. It can attract a large and eclectic group of athletes. Coaching track can provide opportunities to make a lasting impact on a student's life. Waverly High School has had a tradition of success on the track, but cultural success is every bit as important. In our program, we strive to provide opportunities for athletes. We have had over 100 athletes participate annually. We have excellent coaches who will guide athletes not only on the track but in their lives. We embrace the history of success at Waverly, once a Viking always a Viking. High participation numbers, quality coaches, and history and tradition are the pillars of the quality culture we have developed over the years.

Getting Athletes Out

The lifeblood of any program is the athletes who participate. The reality of track and field is that it only takes a few high-level

athletes to win a state championship. Some programs may not win a track meet all year but win the state championship. We have been blessed the last few years to have some of those high-level athletes. However, to build the culture we want, we strive to get big numbers out and keep them out. How can this be done? Step one is to be present in the school. Track and Field has the potential to draw from a wide variety of athletes and we work hard to have assistant coaches that coach other sports as well. Our assistants are all high school or middle school teachers who coach other sports. This presence allows coaches to develop a trusting relationship that continues into the spring. As the head coach, I work to be supportive of all other sports and activities our athletes are involved in. While it is impossible to attend everything, it is easy to recognize and congratulate our athletes on their accomplishments beyond the track.

At Waverly, we have a strong culture in our weight room. Coach Anthony Harms (who is also our sprint coach), has developed a program that will attract over 100 athletes in the eighth and ninth grades three mornings a week. We will also bring in over 300 athletes in the summer. It is important for me as the head coach, as well as many of our assistant coaches, to be present and to coach athletes in this setting. When an athlete decides to participate in a spring sport, our value and trust as a coach is already established.

As a program, one of our goals is to put together competitive relays that will all qualify for the State Track Meet. This requires many athletes who want to compete. Not every athlete will be able to score at an individual level but can have the goal of being on a relay. This leads to better competition in practice and more comradery on the team. Our relays have become a major part of our team's identity, and more athletes vie for spots on them. When we have more athletes available, we don't always have to use our top individual athletes on the relays, which leads to better point production at the state level.

With large numbers comes a wide variety of goals. Not all of our athletes will be a part of the Nebraska State Track Meet. Not all our athletes will ever run a varsity race during their time in our program. With that, what can we give to all athletes? The answer is everything you can, it is important for us that each athlete gets coached where they are at. What often seems small to us as coaches can be big for an athlete. It can be sharing in the joy of a PR or when an athlete completes a tough workout. Each week I give a focus point to the team, something to think about in the meet coming up. Usually, it is some type of story or analogy. While these talks aim to prepare for a competition, each message can be applied to much of their lives. Track and

Continued on page 14

field, like all sports, is goal-driven. We work toward the goal of being a champion! Not many athletes reach that goal, but the process of preparing each day will set these young men and women up for the next stage of their lives.

Have Great Coaches & Use Their Strengths

One key aspect of developing a program of consistency and trust is who you surround yourself with each day. Who are the assistant coaches on your staff? Do they follow your beliefs and the overall direction of the program? Is track and field their top priority, during practice and meets? Every athlete deserves to be that priority, whether they are an all-class gold-caliber athlete or someone who may never see a varsity track meet. As a head coach, oftentimes use of your assistants becomes the top priority of your job. Not only do we need to make sure their goals align with ours, but we also need to give them the reins, let them coach, and not micromanage.

I am blessed to have a tremendous group of coaches to work with. They are high character, well prepared, and most importantly they are teachers. Not only are they teachers in the classroom, but on the track. They are teachers of the sport, but more importantly teachers of life. Our staff touches a lot of different aspects of our school, which leads to us getting a wide variety of athletes out. Middle School guidance counselor Anna Briggs leads our Pole Vault crew. As mentioned previously our strength coach Anthony Harms is in charge of our sprints. Waverly's head cross country coach Laura Hilkemann—takes our distance and middle distance athletes. High School Math teacher and all-around “track guy” Tony Jacobsen coaches our horizontal jumps. Our football head coach, Reed Manstedt, and offensive coordinator Landon Miller coach the throws. Allen Osborn, elementary PE teacher and former all-American leads our hurdle group. I also have the privilege of having former Waverly Head coaches, Ken Adkisson and Al Blankenship volunteering their time to coach the high jump and throws respectively. Finally, former Viking athlete Anna Buchholz helps with our pole vault crew.

Embrace History

In my time as the Waverly Track and Field Head Coach, we have had a lot of success, two state titles, three runners-up, and multiple individual and relay champions. This recent success is just a part of the long history of Waverly Track and Field. It is important for us as a program to recognize the history of the program. Sports stick with you all your life, they shape you. If you competed for Waverly, you are a Viking for life. We share our results through various social media platforms, and it never ceases to amaze me the number of former alumni who comment or wish us good luck. Former record holders reach out to congratulate the athletes who topped their marks.

All our events have an all-time top ten list displayed at the school. This list brings up a lot of conversation from all generations. Our current athletes can find parents or family on them and set a goal. Former athletes will reach out with copies of their results to show they should be higher on the list. We also have individual and team championship banners hanging in our weight room. These banners motivate all athletes to work hard and maximize their abilities.

It has been an honor to serve as Waverly High School's head track coach these past five years. We have had tremendous success on the track. The championships have been well earned, by the amazing athletes and coaches that have been part of the program. The lasting effect on the lives of these athletes will hopefully be the memories of these successes. It is also my hope the lasting memories will be the messages, the random conversations with coaches, and the jokes as they stretch after practice. Track and Field is truly a cultural sport, a sport that allows you to be around a wide variety of people. It's a sport that as a coach you can take time to get to know your athletes. It's a sport you look back on and see where you stack up. You can look back and see if you are still feeding the “good wolf”.






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The List: Small Things That Will Help Your Soccer Season

Steve Andersen – Lincoln Pius X – Soccer

Courtesy Photograph



In discussing this opportunity to create this article, my son inspired me with this simple statement. “Lists, people like reading lists.” So here we go with a list of small things that I think will make your season go smoother.

1. Shake hands with the opposing head coach before the match. It takes a minute. It sets a tone of civility, and it’s just courteous.
2. Ball shaggers. I know you really don’t have to have them, but it is also a courtesy thing.
3. Player interaction. Keep in mind, that it is quite possible, the interaction your having with a player on your team, may be the only positive interaction with an adult that student-athlete has that day. If you keep that in the back of your mind as much as possible, it will change the way you interact within your team.
4. Coach the team you have, not the team you want. So many times, we as coaches get hung up on what our teams cannot do, we loose sight of what they can do. Celebrate and focus on the positives your players are putting out.
5. Find a mentor. Somewhere in your building, there is a plaque with a picture of an old coach on it. Find a way to meet up with them, and talk. Trust me; if Coach is up there, Coach will totally meet with you over coffee and listen.
6. Be a mentor. Somewhere in your building is a young coach that is under the firm belief that nothing they are doing is right, and they are second guessing everything. Meet up with that coach, buy them a coffee, or a smoothie, or whatever the kids are having these days, and just listen.
7. Med kits. Have one with you at all practices. If you don’t know what to put in it, ask your trainer to make you one. It will save so much time.
8. Read. As much as you can. Not only about your sport, but about coaching. All coaches, all sports. They all have insights about coaching that just might make the difference one day when you least expect it.
9. Invest in a very good, portable ball pump. Don’t be cheap.
10. Shake hands with the opposing head coach before the match. You will build relationships that will pay off some day.

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Quality Tennis Practice: Balancing Fundamentals & Competitiveness

Troy Saulsbury – Kearney – Girls Tennis

Courtesy Photo



The key to structuring quality practices is to ensure the right balance between working on fundamentals to playing practice matches. Practices must promote competitiveness, as well as keep the athletes engaged. With 32-48 athletes practicing at a time, a good way for our team to practice specific skills in a match-like setting is through move up-move down games. During my practices, I like to utilize move up-move down

games in order to keep the energy level high. Sometimes these games are called bump up-bump down. The basic principle of these drills is that athletes compete on multiple courts for a specified duration or to a certain score. Then, the winners move “up” a court, while the losers move the opposite way “down” one court. The benefit of these types of drills/games is that they promote competition as the players are working to get to the highest court. Another benefit is that the athletes are able to face many different opponents in a short period of time. The quickness of the games helps keep the players focused and their energy level high. When utilized with a larger team or more players, it is a great way for players who are lower on the ladder to have a chance to challenge someone stronger than them. These drills/games are also a great way to keep a lot of players active on a limited number of courts. The following are several drills that I use during my practices to keep my players actively engaged and competitive.

2 Ball – 3 Ball (3-8 players per court)

During this drill, the athletes will be playing drop-hit points with quick rotations. This drill can be used with either singles or doubles utilizing the full court. Singles could be played on half the court to get more people playing if you have a limited number of courts. Each player/team starts with 2 tennis balls. One player/team will have a third ball. This person or team will start the drop hit point. Whoever loses the point then must feed in one of their tennis balls to start the next point. Once a player or team is out of tennis balls to feed, they are out. They go off the court and reload with 3 tennis balls and wait for a team to be knocked out on their court to come back in. The next team waiting comes in with 3 tennis balls, however, the team that won does not get to reload and starts with whatever number of tennis balls they have remaining. Each time a team knocks another team out, they receive a point. Once the coach calls time, the team with the highest number of wins moves up a

court, the team with the lowest moves down a court, and the middle team stays on that court.

Dingles (4-6 players per court)

If you didn’t derive it from the name of the game, this is a drill that is a combination of singles and doubles. Players are placed in teams of two that will play against another team of two. Two balls are fed in to start the point. Usually one side will feed to simplify the game. The players then play a half court singles point against their opponent counterpart. Once one of the two players misses, the ball that is still in play becomes a doubles point immediately. The players need to call out “DINGLES,” “DOUBLES,” “LIVE,” or something to signal the start of the doubles point. Scoring can vary by counting each tennis ball as an individual point, or the doubles point could be weighted more. Once a team reaches a predetermined score, all courts stop. The team with the highest score would move up a court and the lowest scoring team would move down a court. Some variations to the game include playing crosscourt singles points or starting with a serve instead of a drop hit.

Last in Line (4-8 players per court)

This game is like “King of the Court” with a little bit of chance thrown in. One person or team starts on the “champion” side. The remaining teams on that court are the “challengers”. I believe three challengers is the ideal number for this drill. The challenger will drop hit a feed in to start the point. The challenger must win two points in a row to take over as champion. If the challenger loses a single point, they go to the back of the challenger’s line. The champion is trying to defeat all the challengers on their court. If they can complete this task, they then call out, “LAST IN LINE.” The champion then moves up to the next highest court by trading places with the person that is at the back of the challenger’s line. This person then becomes the champion of the court that was vacated. This game can be played using half courts to get more players involved or it can be played as a doubles game. Not knowing when a champion may call “last in line” puts more pressure on players to win points to limit the time they spend standing at the back of the line.

Move up-move down games is an excellent way to keep your practice energized and competitive, while focusing on a specific skill. These drills also allow the coach to spend their time evaluating players and giving feedback, not feeding tennis balls. Next time you have a limited number of courts, don’t hesitate to try these drills.

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July 20, 2025

NCA Awards Banquet
 Old Lincoln Train Station

July 21, 2025

NCA Golf Scramble
 Highland Golf Course – Lincoln

July 21, 2025

NCA Softball All-Game
 University of Nebraska – Bowlin Stadium

July 22-23, 2025

NCA Multi-Sport Clinic
 Lincoln North Star HS

July 22, 2025

NCA All-Star Volleyball Match
 Lincoln North Star HS

July 22, 2025

NCA Coaches Night Out
 Site TBA

July 23, 2025

NCA Girls' & Boys' All-Star Basketball Games
 Lincoln North Star HS

Keynote Address - Stephen Mackey

Wednesday, July 23



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Nebraska High School Coaches Named As National Coach Of The Year Finalists

Two Nebraska Prep Coaches / Contributors To Be Inducted Into National Hall Of Fame

The National High School Athletic Coaches Association (NHSACA) and the Nebraska Coaches Association (NCA) announce the advancement of 13 coaches as finalists for the National High School Athletic Coaches Association national coach of the year. The nominations were based on each coach's **career accomplishments through the 2023-2024 athletic seasons** (not retired more than two years prior). Two former Nebraska prep coaches will be honored by being inducted into the national high school coaching hall of fame as well.

Eight finalists from across the nation, in nineteen recognized sports categories will be honored during the National Coach of the Year Awards Banquet which will take place at the NHSACA's national convention) in Rapid City, South Dakota on the evening of June 25. The highlight of the banquet will be the naming of the NHSACA national coach of the year in each sports category.

All Nebraska coaches were nominated for this national honor by the Nebraska Coaches Association. **The selection is based on the following: career longevity, service to high school athletics, honors, championship years, and winning percentage.** The nominees and finalists are evaluated by experts in the field of coaching using sport-specific rubrics to assign points in each category. NHSACA is the oldest coaches' association in the nation formed by coaches, for coaches, and has been recognizing national coaches of the year since 1978.

John Miller – Boys Basketball – Stuart

Sean McMahon – Boys Cross Country – Fremont

Steve Reeves – Boys Track and Field – Gothenburg

John Bacus – Boys Assistant – Elkhorn

Becky Costello – Girls Assistant – Gothenburg

Tom Tvrdy – Girls Basketball – Omaha Marian

Duane Wilken – Girls Cross Country – Bloomfield

Nancy Lockmon – Girls Track and Field – Giltner

Steve Kerkman – Softball – Millard South

Stefani Lane – Special Sports - Cheer – Millard West

Chris Stock – Tennis – Lincoln East

Kris Conner – Volleyball – Kearney Catholic

Alan Pokorny – Wrestling – Bennington



National Hall Of Fame Inductees

Two legendary Nebraska coaches; Tom McCann, Kearney and Dan Sorge, Shickley will be inducted into the national high school coaching hall of fame at the same NHSACA Convention. Hall of Fame ceremonies will take place in Rapid City, South Dakota on June 24.

Tom McCann – Kearney

Class of 2025 National Hall of Fame Inductee

Dan Sorge – Shickley

Class of 2025 National Hall of Fame Inductee

2025 Dance & Cheer State Champion Coaches



Dance Pom

Class A – Jessica Fauss – Elkhorn South
Class B – Missy Cobb – Gretna East
Class C1 – Erin Martinez – GI Central Catholic
Class C2 – Jacie Hartman – Lincoln Lutheran
Class D – McKenzie Kohler – Amherst

Dance High Kick

Class A – Meggie Rusher – Kearney
Class B – Angie Hinze – Scottsbluff
Class C1 – Kennedy Burns – Holdrege
Class C2/D – Jacie Hartman – Lincoln Lutheran

Dance Jazz

Class A – Jessica Fauss – Elkhorn South
Class B – Missy Cobb – Gretna East
Class C1 – Erin Martinez – GI Central Catholic
Class C2/D – Amy Arganbright – Valentine

Dance Hip Hop

Class A – Emma Morice – Omaha Westview
Class B – Madison Tibke – Bennington
Class C1 – Katherine Bloch – Conestoga
Class C2 – Justice Houston – Shelby-Rising City
Class D – Michelle Ostmann –
Lourdes Central Catholic

Cheer Game Day

Class A – Stefani Lane – Millard West
Class B – Gabby Schneider – Elkhorn North
Class C1 – Makenzie Rossell – Cozad
Class C2 – Justice Houston – Shelby-Rising City
Class D – Amy Wilson – Giltner

Cheer Non-Tumbling

Class A – Shari Burrus – Millard South
Class B – Sarah Chagnon – Gretna
Class C1 – Summer Rieke – Conestoga
Class C2 – JR Dotzler – Cornerstone Christian
Class D – Carrie Tabor – Kimball

Cheer Traditional Performance

Class A – Mary Zumbrennen – Elkhorn South
Class B – Caycee Hays – Lincoln Pius X
Class C1 – Jessica Hallett – Adams Central
Class C2 – Amy Bartek – Bishop Neumann
Class D – Kristin Weaver – Loomis

Cheer Tumbling

Class A/B/C – Stefani Lane – Millard West
Class C2/D – Molly Gillespie – Osceola

Cheer Unified Sideline

Katie Nedela – Norfolk

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NCA Member Honor Roll

State Championships Winter 2024-2025



Boys Wrestling

Class A – Andrew Fisher* – Creighton Preparatory School (Individual)
 Class A – Jeff Rutledge – Lincoln East (Dual)
 Class A – Keenan McCurdy – Lincoln East (Dual)
 Class B – Chas DeVetter* – Omaha Skutt Catholic (Dual & Individual)
 Class C – Cody Wintz – Battle Creek (Dual & Individual)
 Class D – Luke Gideon – Burwell (Dual & Individual)
 Class D – Evan Gideon – Burwell (Dual & Individual)

Girls Wrestling

Class A – Andrew Stowe* – Norfolk (Individual)
 Class B – Dan Krajcek – Yutan (Individual)

Girls Basketball

Class A – Marc Kruger – Millard West
 Class B – Kip Colony – Omaha Skutt Catholic
 Class C1 – Scott Klein – Lincoln Christian
 Class C2 – Scott Guzinski – Oakland-Craig
 Class D1 – Jason Dolliver – Pender
 Class D2 – Luke Santo – Falls City Sacred Heart

Boys Basketball

Class A – Joel Hueser – Paillion-La Vista South
 Class B – Kyle Jurgens – Omaha Skutt Catholic
 Class C1 – Jacob Mohs – Ashland-Greenwood
 Class C2 – Ryan Minarik – Archbishop Bergan
 Class D1 – Lucas Dalinghaus – Johnson-Brock
 Class D2 – Luke Bulau* – St. Mary's

Girls Bowling

Class A – Michael Wright* – Norfolk
 Class B – Nikki Bradley – Northwest

Boys Bowling

Class A – Bob Jaster* – Columbus
 Class B – Larry Puntene* – Lincoln Pius X

Unified Bowling

Class A – Jackie Eickhoff* – Columbus
 Class B – Candice Bridgford* – Seward

Girls Swimming & Diving

BJ Christiansen – Omaha Marian

Boys Swimming & Diving

Gabby Baratta* – Lincoln East

*Not a 2024-2025 member of the Nebraska Coaches Association

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2025 Girls State Basketball Sportsmanship Award Winners



Class A – Bellevue West



Class B – Gretna East



Class C1 – Lincoln Christian



Class C2 – Johnson-Brock



Class D1 – Southwest



Class D2 – Silver Lake



2025 Boys State Basketball Sportsmanship Award Winners



Class A – Papillion-La Vista South



Class B – Norris



Class C1 – Ashland-Greenwood



Class C2 – West Holt



Class D1 – Bancroft-Rosalie



Class D2 – Silver Lake

Fall 2024 Nebraska Coaches Association Team Academic Excellence Award Listing



Criteria: 3.30 Team Cumulative GPA for the Fall 2024 Semester – Unweighted

Football Criteria: 3.00 Team Cumulative GPA for the Fall 2024 Semester – Unweighted – In Conjunction with The National Football Foundation

Cheer Class A – Elkhorn South Class A – Lincoln East Class A – Lincoln North Star Class A – Lincoln Northeast Class A – Lincoln Southeast Class A – Millard North Class A – Millard South Class A – Millard West Class A – Norfolk Class A – North Platte Class A – Omaha Central Class A – Omaha Marian Class A – Papillion-La Vista South Class B – Alliance Class B – Beatrice Class B – Bennington Class B – Blair Class B – Elkhorn North Class B – Gretna Class B – Gretna East Class B – Hastings Class B – Lincoln Northwest Class B – Lincoln Standing Bear Class B – Nebraska City Class B – Omaha Gross Catholic Class B – Omaha Mercy Class B – Omaha Skutt Catholic Class B – Ralston Class B – Waverly Class C1 – Adams Central Class C1 – Arlington Class C1 – Ashland-Greenwood Class C1 – Auburn Class C1 – Broken Bow Class C1 – Central City Class C1 – Chase County Class C1 – Conestoga Class C1 – Cozad Class C1 – Douglas County West Class C1 – Falls City Class C1 – Fort Calhoun Class C1 – Gothenburg Class C1 – Hershey Class C1 – Holdrege Class C1 – Kearney Catholic Class C1 – Lincoln Christian Class C1 – Logan View Class C1 – Louisville Class C1 – Malcolm Class C1 – Mitchell Class C1 – North Bend Central Class C1 – Omaha Concordia Class C1 – Palmyra Class C1 – Pierce Class C1 – Raymond Central Class C1 – Scotus Central Catholic Class C1 – Wahoo Class C1 – Wilber-Clatonia Class C2 – Arcadia/Loup City Class C2 – Archbishop Bergan Class C2 – Bishop Neumann Class C2 – Cedar Bluffs Class C2 – Cornerstone Christian Class C2 – Elmwood-Murdock	Class C2 – Freeman Class C2 – Gordon-Rushville Class C2 – Hastings St. Cecilia Class C2 – Homer Class C2 – Humphrey-Lindsay Class C2 – Johnson County Central Class C2 – Johnson-Brock Class C2 – Lincoln Lutheran Class C2 – North Platte St. Patrick's Class C2 – Omaha Brownell Talbot Class C2 – Perkins County Class C2 – Shelby-Rising City Class C2 – Southern Valley Class C2 – Thayer Central Class C2 – Valentine Class C2 – Wood River Class D – Alma Class D – Elm Creek Class D – Giltner Class D – Hampton Class D – Heartland Lutheran Class D – Humboldt-Table Rock-Steinauer Class D – Kimball Class D – Loomis Class D – Minatare Class D – Omaha Christian Academy Class D – Osceola Class D – Overton Class D – Weeping Water	Class B – Ralston Class B – Scottsbluff Class B – Sidney Class B – Waverly Class C1 – Adams Central Class C1 – Clarkson/Leigh Class C1 – Conestoga Class C1 – Cozad Class C1 – Fort Calhoun Class C1 – Grand Island Central Catholic Class C1 – Hershey Class C1 – Holdrege Class C1 – Laurel-Concord-Coleridge Class C1 – Lincoln Christian Class C1 – Logan View Class C1 – Louisville Class C1 – Milford Class C1 – North Bend Central Class C1 – Ogallala Class C1 – Omaha Roncalli Catholic Class C1 – Raymond Central Class C1 – St. Paul Class C1 – Syracuse Class C1 – Wahoo Class C2 – Archbishop Bergan Class C2 – Bishop Neumann Class C2 – Cross County Class C2 – Doniphan-Trumbull Class C2 – Elgin Public/Pope John Class C2 – Elkhorn Valley Class C2 – Hastings St. Cecilia Class C2 – Homer Class C2 – Humphrey-Lindsay Class C2 – North Platte St. Patrick's Class C2 – Oakland-Craig Class C2 – Ord Class C2 – Ravenna Class C2 – Shelby-Rising City Class C2 – Tekamah-Herman Class C2 – Valentine Class C2 – West Holt Class C2 – Wood River Class D – Creek Valley Class D – Elm Creek Class D – Friend Class D – Hi-Line Class D – Kenesaw Class D – Loup City Class D – Lourdes Central Catholic Class D – Osceola Class D – Overton Class D – Pender Class D – Randolph Class D – St. Mary's Class D – Stuart Class D – Superior	Class B – Gretna East Class B – Lincoln Pius X Class B – Scottsbluff Class B – Waverly Class C1 – Adams Central Class C1 – Ashland-Greenwood Class C1 – Auburn Class C1 – Columbus Lakeview Class C1 – Cozad Class C1 – Falls City Class C1 – Gothenburg Class C1 – Lincoln Christian Class C1 – Milford Class C1 – Minden Class C1 – Mount Michael Benedictine Class C1 – Omaha Concordia Class C1 – Omaha Brownell Talbot Class C1 – Wahoo Class C2 – Archbishop Bergan Class C2 – Cedar Catholic Class C2 – Fillmore Central Class C2 – Hastings St. Cecilia Class C2 – Norfolk Catholic Class C2 – North Bend Central Class C2 – Ponca Class C2 – Raymond Central Class C2 – Tekamah-Herman Class D1 – David City Class D1 – East Butler Class D1 – Elkhorn Valley Class D1 – Freeman Class D1 – Hartington-Newcastle Class D1 – Hemingford Class D1 – Kimball Class D1 – Stanton Class D1 – Summerland Class D1 – Tri County Class D1 – Wausa-Osmond Class D1 – West Holt Class D2 – Bancroft-Rosalie Class D2 – Central Valley Class D2 – Fullerton Class D2 – Kenesaw Class D2 – Loomis Class D2 – Maxwell Class D2 – Mullen Class D2 – Niobrara-Verdigre Class D2 – Winside Class D6 – Arthur County Class D6 – Hampton Class D6 – Southwest Class D6 – Sterling
nebraska coach	Dance Class A – Columbus Class A – Elkhorn South Class A – Fremont Class A – Grand Island Class A – Kearney Class A – Lincoln East Class A – Lincoln Northeast Class A – Lincoln Southeast Class A – Lincoln Southwest Class A – Millard North Class A – Millard West Class A – Norfolk Class A – North Platte Class A – Omaha Marian Class A – Omaha South Class A – Omaha Westside Class A – Omaha Westview Class A – Papillion-La Vista Class B – Beatrice Class B – Bennington Class B – Blair Class B – Elkhorn Class B – Elkhorn North Class B – Gering Class B – Gretna Class B – Gretna East Class B – Lincoln Northwest Class B – Lincoln Pius X Class B – Lincoln Standing Bear Class B – Omaha Duchesne Academy Class B – Omaha Gross Catholic Class B – Omaha Skutt Catholic Class B – Plattsmouth	Football Class A – Creighton Preparatory School Class A – Fremont Class A – Kearney Class A – Lincoln East Class A – Norfolk Class A – North Platte	Girls Golf Class A – Columbus Class A – Fremont Class A – Lincoln East Class A – Omaha Marian Class A – Omaha Westside Class B – Alliance Class B – Gering Class B – Gretna East Class B – Lincoln Pius X Class B – Lincoln Standing Bear

Continued on page 28

Class B – Northwest
 Class B – Scottsbluff
 Class B – Sidney
 Class B – York
 Class C – Archbishop Bergan
 Class C – Arlington
 Class C – Ashland-Greenwood
 Class C – Auburn
 Class C – Broken Bow
 Class C – Central City
 Class C – Chadron
 Class C – Clarkson/Leigh
 Class C – Cozad
 Class C – Elmwood-Murdock
 Class C – Exeter-Milligan-Friend
 Class C – Gothenburg
 Class C – Laurel-Concord-Coleridge
 Class C – Lincoln Christian
 Class C – Minden
 Class C – Omaha Brownell Talbot
 Class C – Scotus Central Catholic
 Class C – Wayne
 Class C – West Holt
 Class C – Wood River

Boys Tennis

Class A – Columbus
 Class A – Elkhorn South
 Class A – Grand Island
 Class A – Kearney
 Class A – Lincoln East
 Class B – Beatrice
 Class B – Lincoln Christian
 Class B – Lincoln Standing Bear
 Class B – McCook
 Class B – Omaha Brownell Talbot/
 Concordia
 Class B – Waverly

Boys Cross Country

Class A – Columbus
 Class A – Fremont
 Class A – Kearney
 Class A – Lincoln East
 Class A – Lincoln North Star
 Class A – Lincoln Southeast
 Class A – North Platte
 Class A – Omaha Westside
 Class A – Papillion-La Vista
 Class A – Papillion-La Vista South
 Class B – Beatrice
 Class B – Bennington
 Class B – Blair
 Class B – Gering
 Class B – Grand Island Northwest
 Class B – Gretna East
 Class B – Gretna
 Class B – Hastings
 Class B – Lexington
 Class B – Lincoln Northwest
 Class B – Lincoln Pius X
 Class B – Lincoln Standing Bear
 Class B – Norris
 Class B – Omaha Skutt Catholic
 Class B – Platteview
 Class B – Plattsmouth
 Class B – Scottsbluff
 Class B – Seward
 Class C – Adams Central
 Class C – Arlington
 Class C – Auburn
 Class C – Battle Creek
 Class C – Bishop Neumann
 Class C – Bloomfield-Wausa
 Class C – Central City

Class C – Chadron
 Class C – Chase County
 Class C – Conestoga
 Class C – Cozad
 Class C – David City
 Class C – Douglas County West
 Class C – Falls City
 Class C – Gothenburg
 Class C – Hartington-Newcastle
 Class C – Hershey
 Class C – Holdrege
 Class C – Johnson County Central
 Class C – Lincoln Christian
 Class C – Milford
 Class C – Minden
 Class C – North Bend Central
 Class C – Ogallala
 Class C – O'Neill
 Class C – Palmyra
 Class C – Raymond Central
 Class C – Sidney
 Class C – St. Paul
 Class C – Wahoo
 Class C – Wayne
 Class C – West Point-Beemer
 Class D – Ainsworth
 Class D – Alma
 Class D – Bertrand/Loomis
 Class D – Blue Hill
 Class D – Boyd County
 Class D – Cambridge
 Class D – Cedar Bluffs
 Class D – Centennial
 Class D – Elkhorn Valley
 Class D – Exeter-Milligan/Friend
 Class D – Fullerton
 Class D – Hi-Line
 Class D – Homer
 Class D – Kimball
 Class D – Laurel-Concord-Coleridge
 Class D – Maywood-Hayes Center
 Class D – McCool Junction
 Class D – Medicine Valley
 Class D – Norfolk Catholic
 Class D – North Platte St. Patrick's
 Class D – Oakland-Craig
 Class D – Osmond
 Class D – Perkins County
 Class D – Ravenna
 Class D – Sutherland
 Class D – Wallace
 Class D – West Holt
 Class D – Wilcox-Hildreth
 Class D – Wisner-Pilger
 Class D – Wood River

Girls Cross Country

Class A – Columbus
 Class A – Fremont
 Class A – Kearney
 Class A – Lincoln East
 Class A – Lincoln North Star
 Class A – Lincoln Southeast
 Class A – Norfolk
 Class A – North Platte
 Class A – Omaha Central
 Class A – Omaha Marian
 Class A – Omaha Westside
 Class A – Papillion-La Vista South
 Class B – Beatrice
 Class B – Bennington
 Class B – Blair
 Class B – Gering
 Class B – Grand Island Northwest
 Class B – Hastings
 Class B – Lexington

Class B – Lincoln Northwest
 Class B – Lincoln Pius X
 Class B – Lincoln Standing Bear
 Class B – Nebraska City
 Class B – Norris
 Class B – Omaha Mercy
 Class B – Platteview
 Class B – Plattsmouth
 Class B – Scottsbluff
 Class B – Seward
 Class C – Arlington
 Class C – Auburn
 Class C – Battle Creek
 Class C – Bishop Neumann
 Class C – Boone Central
 Class C – Boys Town
 Class C – Central City
 Class C – Chadron
 Class C – Chase County
 Class C – Columbus Lakeview
 Class C – Conestoga
 Class C – Cozad
 Class C – David City
 Class C – Douglas County West
 Class C – Falls City
 Class C – Gothenburg
 Class C – Hartington-Newcastle
 Class C – Hershey
 Class C – Holdrege
 Class C – Lincoln Christian
 Class C – Milford
 Class C – Minden
 Class C – North Bend Central
 Class C – Ogallala
 Class C – Palmyra
 Class C – Pierce
 Class C – Raymond Central
 Class C – Sidney
 Class C – St. Paul
 Class C – Wahoo
 Class C – Wayne
 Class C – West Point-Beemer
 Class D – Alma
 Class D – Bertrand/Loomis
 Class D – Blue Hill
 Class D – Boyd County
 Class D – Brady
 Class D – Cambridge
 Class D – Cedar Bluffs
 Class D – Centennial
 Class D – Crofton
 Class D – Elkhorn Valley
 Class D – Exeter-Milligan/Friend
 Class D – Fullerton
 Class D – Hi-Line
 Class D – Homer
 Class D – Kenesaw
 Class D – Laurel-Concord-Coleridge
 Class D – Maxwell
 Class D – Maywood-Hayes Center
 Class D – McCool Junction
 Class D – Mullen
 Class D – North Platte St. Patrick's
 Class D – Oakland-Craig
 Class D – Paxton
 Class D – Pender
 Class D – Perkins County
 Class D – Ravenna
 Class D – Sandhills Valley
 Class D – Sandy Creek
 Class D – Summerland
 Class D – Wallace
 Class D – West Holt
 Class D – Wilcox-Hildreth
 Class D – Wisner-Pilger
 Class D – Wood River

Softball

Class A – Columbus
 Class A – Fremont
 Class A – Gretna
 Class A – Lincoln Northeast
 Class A – Lincoln Northstar
 Class A – Lincoln Southwest
 Class A – Millard North
 Class A – Millard South
 Class A – Millard West
 Class A – Norfolk
 Class A – Omaha Marian
 Class A – Omaha Westview
 Class B – Bennington
 Class B – Blair
 Class B – Blue River
 Class B – Crete
 Class B – Grand Island Central Catholic
 Class B – Elkhorn
 Class B – Gering
 Class B – Gretna East
 Class B – Hastings
 Class B – Lincoln Pius X
 Class B – Lincoln Standing Bear
 Class B – Norris
 Class B – Northwest
 Class B – Omaha Skutt Catholic
 Class B – Platteview
 Class B – Plattsmouth
 Class B – Wahoo
 Class B – Wayne
 Class C – Arlington
 Class C – Ashland-Greenwood
 Class C – Auburn
 Class C – Bayard
 Class C – Bishop Neumann
 Class C – Boone Central
 Class C – Centennial
 Class C – Central City
 Class C – Chase County
 Class C – Cozad
 Class C – Douglas County West
 Class C – Fairbury
 Class C – Falls City
 Class C – Fort Calhoun
 Class C – Gothenburg
 Class C – Hastings St. Cecilia
 Class C – Malcolm
 Class C – Milford
 Class C – NEN
 Class C – Ord
 Class C – St. Paul
 Class C – Twin River
 Class C – Wilber-Clatonia

Volleyball

Information Released in the Summer –
 Entire School Year GPA is Calculated

CURRENCY.

NCA Award Programs Benefit Coaches & Students

Jerry Stine Family Milestone Awards – Presented by Baden Sports – Deadline June 1

This program recognizes different levels of coaching achievement in both individual and team sports. The Level I, II, and III certificates will be presented at the NCA Multi-Sport Clinic in July. The Level IV winners receive a plaque presented at the NCA Award Banquet on July 20 in Lincoln.

More information regarding the NCA Milestone Award program, including the application form can be found at: <http://www.ncacoach.org/milestone.php>. This web page also includes a formatted search for coaches that have achieved any level within the program.

NCA Service Awards – Presented by Currency – Deadline June 1

The NCA Coaches Association Service Award is designed to recognize and honor coaches who have achieved 25, 35, 40, 45, and 50 years of coaching service. This is a self-nominating award.

More information regarding the NCA Service Award program, including the application for self-nomination can be found at: <http://www.ncacoach.org/service.php>

Service Award Criteria:

- NCA member for at least 10 years
- 75% of coaching and/or athletic administration must have been in Nebraska including the last 5 years

Nebraska Coaches Association – Hyatt Place Scholarship – Deadline April 10

This fully funded scholarship program will award four recipients \$1,000 after successfully completing one semester at an accredited college or university. The scholarship is only available to current (2024–25) NCA member son or daughter.

More information regarding the NCA/Country Inn & Suites Scholarship including the application form can be found at: <http://www.ncacoach.org/nca-scholarship-award/>

Scholarships Criteria:

- 1) Upper 25% of class – OR – 3.75 Cumulative GPA
- 2) Must be at least a 2-year participant in 2 sports
- 3) Must have earned varsity letter in 2 sports
- 4) Must include at least two letters of recommendation from high school coaches

Scholarship winners will be announced in May.

Ed Johnson Scholarship – Deadline April 10

The award is given to a senior boy who is a member of a high school varsity basketball team in the State of Nebraska. A medal and \$300 cash award will be presented to the recipient at the halftime of the NCA All-Star Boys' Basketball Game (July 23, 2025). For more information:

<http://www.ncacoach.org/edjohnson.php>

The student athlete nominated need not be a starter on the team but must be a senior boys' basketball player. Coaches are encouraged to nominate a player or players who they feel would qualify for this award. When submitted, the nomination form should include any letters of recommendation from counselors, teachers, administrators, etc. that the coach feels would help with the selection of the recipient of this award.

*The nominating coach must be a current NCA member.

Scholarship Criteria:

- Excellence in Scholarship
- Leadership
- Sportsmanship
- Loyalty
- Citizenship.

Career Sport Specific Awards & Career Junior High – Assistant Coach Award

Committees Select Finalists in April, Board Selects Winner at April Board Meeting.

- Binnie & Dutch Award – Track & Field
- Ed Johnson Award – Basketball
- Ken Cook Award – Girls Basketball
- Guy Mytty Award – Wrestling
- Phyllis Rice Honnor Award – Volleyball
- Skip Palrang Award – Football

- George O'Boyle Award – Cross Country
- Hawkins & Schoenfish Award – Golf
- Jim Farrand Award – Jr. High or Assistant Coach of the Year Award

More information regarding each award can be found at: <http://www.ncacoach.org/awards.php>

Special NCA Awards – Presented by Currency – Deadline April 12

The Nebraska Coaches Association award programs are available for members of the NCA. Some deadlines for the programs are approaching. We encourage you to explore the various award programs as a membership benefit. If you have questions visit the NCA website or contact the NCA office at (402) 434-5675. More information regarding each award can be found at: <http://www.ncacoach.org/awards.php>

nebraska coach

- Friends of High School Sports Award
- Media Person of the Year Award



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

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