

**2025 – NCA Multi-Sports Clinic**  
**Strength & Conditioning**  
**D023, Aviation Wing or LNS Weight Room unless otherwise noted**

**Tuesday, July 22**

7:00 a.m.	Registration & Exhibit Areas Open
8:30 a.m. – 9:20 a.m.	Lauren Barefoot, Omaha Marian HS, NE – <i>Training the Female Athlete</i> – D023
9:35 a.m. – 9:55 a.m.	<b>NCA Sport Meeting:</b> Advisory Committee Nominations/Selections – D023
9:55 a.m. – 10:45 a.m.	Maggie O’Neil, Ogallala HS, NE & Brandon Mimick, Bennington HS, NE – <i>Foam Rolling: A Hands On Crash Course</i> – Aviation Wing
11:00 a.m. – 11:30 a.m.	<b>District Meetings &amp; Major Raffle at Mtg.</b> (Elections of Board Members, Election of Advisory Committee Members, Q&A with NCA Board Members) Team Academic Excellence Awards Distribution by Schools
11:30 a.m. – 1:00 p.m.	<b>Lunch on Your Own – Visit Exhibitors</b>
1:00 p.m. – 1:50 p.m.	<b>Beyond the X’s &amp; O’s Sessions</b> Lennie Waite, HITE EQ, TX - <i>Filling the Gap in Mental Performance</i> – Auditorium Bob Nielson, Former Head Football Coach University of South Dakota – <i>Current Issues in Collegiate Athletics that Impact the Recruitment of High School Student-Athletes</i> - Main Gym
1:50 p.m. – 2:05 p.m.	Ice Cream Social – Exhibitor Area
2:05 p.m. – 2:55 p.m.	Craig Secora, Omaha Westside HS, NE – <i>Programming Athletic Performance Circuits for Multiple Sports</i> - Weight Room
3:10 p.m. – 4:00 p.m.	Nick Crouse, Platteview HS, NE – <i>Various Programming Methodologies Within a High School Performance Program</i> – D023
NOTE:	In-Person CPR & AED Training - NSAA to offer in a classroom(s) all day by appointment.

**Wednesday, July 23**

7:00 a.m.	Registration & Exhibit Areas Open
8:00 a.m. – 3:00 p.m.	Coaches Care Blood Drive in Partnership with Nebraska Community Blood Bank & Scheels
8:30 a.m. – 9:20 a.m.	Nolan Vandenberg, Boone Central HS, NE – <i>Velocity Based Training</i> – Weight Room
9:35 a.m. – 10:25 a.m.	Bill Nelson. Jamestown HS, ND – <i>Pounding the Pavement with Unconventional Fundraising</i> – Weight Room
10:40 a.m. – 11:30 a.m.	<b>Keynote – Stephen Mackey, 2Words Character Development – Main Gym</b>
11:30 a.m. – 1:00 p.m.	<b>Lunch on Your Own &amp; NCA Sports Advisory Lunch Meetings</b>
1:00 p.m. – 1:50 p.m.	Sport Session #7 – Justin Wickard, Tier1Athlete, TX – <i>Team Sport Speed Training</i> – D023
2:05 p.m. – 2:55 p.m.	Sport Session #8 – Justin Wickard, Tier1Athlete, TX – <i>A Unified LTAD for the Entire School</i> – D023
2:15 p.m.	Exhibitor Area Closes
3:05 p.m. – 3:25 p.m.	Final Drawings – Main Gym

**District Meetings**

District I - Small Theater  
District IV - Main Gym

District II – Auditorium  
District V – E119

District III – E117  
District VI – E121