

2025 – NCA Multi-Sports Clinic
Bowling
B107 or Sun Valley Lanes unless otherwise noted

Tuesday, July 22

7:00 a.m.	Registration & Exhibit Areas Open
8:30 a.m. – 9:20 a.m.	Tony Bilello, Ritger Legacy Bowling Camps, NJ - The Art of Planning Practice for Your Team – B107
9:35 a.m. – 9:55 a.m.	NCA Bowling Sport Meeting: Advisory Committee Nominations/Selections, Milestone Awards Recognition, Team Academic Excellence Awards
9:55 a.m. – 10:45 a.m.	Tony Bilello, Ritger Legacy Bowling Camps, NJ - <i>Using Video to Analyze the Bowling Approach</i> – B107
11:00 a.m. – 11:30 a.m.	District Meetings & Major Raffle at Mtg. (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.	Lunch on Your Own – Visit Exhibitors
1:00 p.m. – 1:50 p.m.	Beyond the X's & O's Sessions 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. – 4:00 p.m.	Nebraska Orthopaedic Center - <i>Sports Medicine & Athletic Taping Walk-In Training</i> – Athletic Training Room
2:20 p.m. – 3:10 p.m.	Tony Bilello, Ritger Legacy Bowling Camps, NJ - <i>Training the Physical Game for the Two-Handed Bowler</i> – Sun Valley Lanes
3:10 p.m. – 4:00 p.m.	Tony Bilello, Ritger Legacy Bowling Camps, NJ - <i>Systems to Shoot Spares More Effectively</i> – Sun Valley Lanes
NOTE:	In-Person CPR & AED Training – Advanced Appointment Time Required – LNS Room B108

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.	Tony Bilello, Ritger Legacy Bowling Camps, NJ - <i>Bowling Ball Layouts & Surface Adjustments to Maximize Performance</i> – B107
9:35 a.m. – 10:25 a.m.	NSAA Bowling Meeting – B107
10:40 a.m. – 11:30 a.m.	Keynote – Stephen Mackey, 2Words Character Development: Six Pillars of Championship Culture - Main Gym
11:30 a.m. – 12:45 p.m.	Lunch on Your Own & NCA Sports Advisory Lunch Meetings
12:45 p.m. – 1:35 p.m.	Tony Bilello, Ritger Legacy Bowling Camps, NJ - <i>Common Problems Bowlers Have... The One-Minute Solutions Coaches Need! (Part 1)</i> – Sun Valley Lanes
1:00 p.m. – 2:55 p.m.	Nebraska Orthopaedic Center - <i>Sports Medicine & Athletic Taping Walk-In Training</i> – Athletic Training Room
1:45 p.m. – 2:35 p.m.	Tony Bilello, Ritger Legacy Bowling Camps, NJ - <i>Common Problems Bowlers Have... The One-Minute Solutions Coaches Need! (Part 2)</i> – Sun Valley Lanes
2:15 p.m.	Exhibitor Area Closes
3:05 p.m. – 3:25 p.m.	Final Drawings – Main Gym