

2025 – NCA Multi-Sports Clinic
Cross Country
E119 unless otherwise noted

Tuesday, July 22

7:00 a.m.	Registration & Exhibit Areas Open
8:30 a.m. – 9:20 a.m.	Shawn Wheelock, Minden HS, NE - <i>The Whippet Way: Sustaining Success-Program Building & Culture-Part 1</i>
9:35 a.m. – 9:55 a.m.	NCA Track & Field/Cross Country Sport Meeting: Advisory Committee Nominations/Selections, Milestone Awards Recognition, Team Academic Excellence Awards – E117
9:55 a.m. – 10:45 a.m.	Shawn Wheelock, Minden HS, NE - <i>The Whippet Way: Sustaining Success-Program Training-Part 2</i>
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 Dr. 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.	Dr. Lennie Waite, HITE EQ, TX – Represented Great Britain in the 2016 Summer Olympics in the 3000m Steeplechase - <i>Beyond the Finish Line: Coaching for Confidence, Focus, and Growth</i>
2:05 p.m. – 4:00 p.m.	Nebraska Orthopaedic Center - <i>Sports Medicine & Athletic Taping Walk-In Training</i> – Athletic Training Room
3:10 p.m. – 4:00 p.m.	NSAA Cross Country Meeting
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.	Sean McMahon, Fremont HS, NE – <i>Fremont Cross Country – Developing the Athlete Over Four Years, Part 1</i>
9:35 a.m. – 10:25 a.m.	Sean McMahon, Fremont HS, NE - <i>Fremont Cross Country – Developing the Athlete Over Four Years, Part 2</i>
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. – 1:00 p.m.	Lunch on Your Own & NCA Sports Advisory Lunch Meetings
1:00 p.m. – 1:50 p.m.	Jeremy Haselhorst, Papillion-La Vista South - <i>Keys to Developing a Fast Freshman Girl into a Faster Senior</i>
1:00 p.m. – 2:55 p.m.	Nebraska Orthopaedic Center - <i>Sports Medicine & Athletic Taping Walk-In Training</i> – Athletic Training Room
2:05 p.m. – 2:55 p.m.	Brian Kabourek, Lincoln East HS - <i>The Devil is in the Details: The Minute Extras of XC</i>
2:15 p.m.	Exhibitor Area Closes
3:05 p.m. – 3:25 p.m.	Final Drawings – Main Gym