

**2025 – NCA Multi-Sports Clinic**  
**Track & Field**  
**E117 unless otherwise noted**

**Tuesday, July 22**

7:00 a.m.	Registration & Exhibit Areas Open
8:30 a.m. – 9:20 a.m.	Derrick McKenzie, Nebraska Wesleyan University – <i>Sprint Training Energy Systems, Volume, &amp; Intensity</i>
9:35 a.m. – 9:55 a.m.	<b>NCA Track &amp; Field/Cross Country Sport Meeting:</b> Advisory Committee Nominations/Selections, Milestone Awards Recognition, Team Academic Excellence Awards
9:55 a.m. – 10:45 a.m.	Derrick McKenzie, Nebraska Wesleyan University – <i>Starting Blocks &amp; Acceleration</i>
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.	NSAA Track & Field Meeting
2:05 p.m. – 4:00 p.m.	Nebraska Orthopaedic Center - <i>Sports Medicine &amp; Athletic Taping Walk-In Training</i> – Athletic Training Room
3:10 p.m. – 4:00 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>
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.	Justin Wickard, Tier1 Athlete, TX – <i>Building a Short Hurdler</i> – LNS Track
9:35 a.m. – 10:25 a.m.	Justin Wickard, Tier1 Athlete, TX – <i>Key Factors for the Long Hurdles</i> – LNS Track
10:40 a.m. – 11:30 a.m.	<b>Keynote – Stephen Mackey, 2Words Character Development: Six Pillars of Championship Culture - 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.	Ernie Brooks, Crook County HS, OR – 2023-2024 NFHS National Boys Track & Field Coach of the Year – <i>Team &amp; Culture Building - 21 Year Trials</i>
1:00 p.m. – 2:55 p.m.	Nebraska Orthopaedic Center - <i>Sports Medicine &amp; Athletic Taping Walk-In Training</i> – Athletic Training Room
2:05 p.m. – 2:55 p.m.	Ernie Brooks, Crook County HS, OR – 2023-2024 NFHS National Boys Track & Field Coach of the Year – <i>Building a Program on a Shoestring Budget &amp; DIY Equipment - Especially in the Throws</i>
2:15 p.m.	Exhibitor Area Closes
3:05 p.m. – 3:25 p.m.	Final Drawings – Main Gym