



2025 Nebraska Coaches Association Multi-Sport Clinic

**Lincoln North Star High School
July 22 & 23, 2025**



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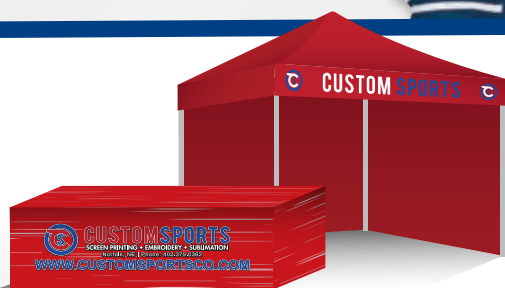
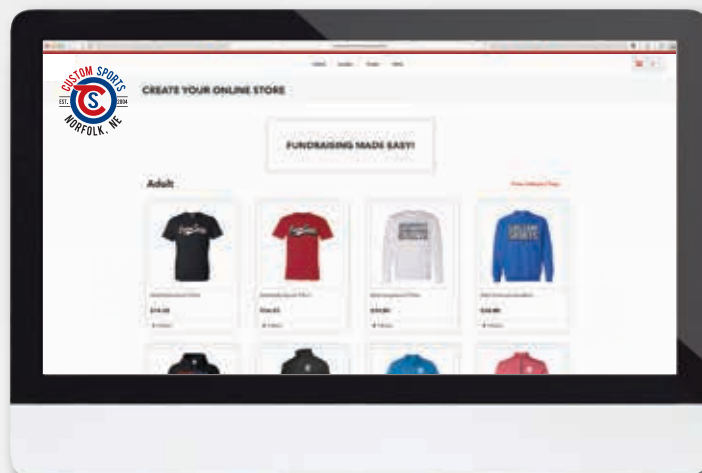
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2025 NCA Multi-Sports Clinic

NCA CONTACT INFORMATION

Mailing & Physical Address:
500 Charleston Street, Suite #2
Lincoln, NE 68508

Phone number:
402-434-5675

Executive Board Members



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District VI
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NCA Staff



Executive Director
Darin Boysen,
darin@ncacoach.org



Coordinator of Programs & Events
Tina Boysen,
staff@ncacoach.org

CLINIC WEEK SCHEDULE OF EVENTS

July 22, 2025

NCA Multi-Sport Clinic
7:30 a.m.

July 22, 2025

District Meetings
11:00 a.m.

July 22, 2025

NSEA Ice Cream Social
1:50 p.m.

July 22, 2025

41st Annual Volleyball All-Star Match
6:00 p.m.

July 22, 2025

NCA Coaches Night Out at Barry's
Presented by Eccell Sports & Nebraska Orthopaedic Center
8:30 p.m.

July 23, 2025

Coaches Care Blood Drive
8:00 a.m.

July 23, 2025

NCA Multi-Sport Clinic
7:30 a.m.

July 23, 2025

Sports Advisory Committee Lunch Meetings &
Exhibitors Lunch
11:30 a.m.

July 23, 2025

45th Annual NCA Girls Basketball All-Star Game
6:00 p.m.

July 23, 2025

56th Annual NCA Boys Basketball All-Star Game
8:00 p.m.



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At Sandhills Global, we know that strong communities are built on strong foundations. For over three decades, we've actively invested in the heart of Nebraska — our youth and high school sports programs. Our commitment runs deep. We believe in every athlete's potential and every coach's dedication, knowing their impact extends far beyond the game.

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- High School Academic All-State Teams
- Coach of the Year & Coaching Milestones Awards
- State Tournament Sportsmanship Awards

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Scholarships & High School Games

Kearney Catholic High School Athletic
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Lincoln Babe Ruth Baseball
(Field Turf Donation)

Lincoln Junior Saltdogs / Lincoln Youth
Baseball

Lincoln Junior Stars Hockey

Lincoln Track Club (Mayor's Run) –
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Lincoln Youth Football:

- Field Development
- Team Sponsorships

Lincoln Youth Track Club (New Equipment
& Tent)

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Nebraska Sports Council (Cornhusker State
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2025 Nebraska Coaches Association Multi-Sport Clinic Partners and Exhibitors

CLINIC PARTNERS – EXHIBITOR’S AREAS

Fundraising University – #1-2

Hudl – #6

Baden Sports – #8

Signature Championship Rings – #10

Sideline Power – #39-40

Nebraska State Education Association – Cafeteria

Lincoln Convention & Visitors Bureau – East Lobby
Scheels

Misko Sports – #3-5

Nebraska Orthopaedic Center – #7

MaxPreps – #9

Custom Sports – #11-13

HITE EQ – #47

Coaches Choice – Cafeteria

American Volleyball Coaches Association

Nebraska Community Blood Bank

VENDORS – MAIN EXHIBITOR’S FLOOR (Level 1)

Johnson Commercial Fitness – #14-16

Nebraska Women’s Athletic Leadership Alliance – #18

Blazer Athletic Equipment – #20

Vertical Raise – #23

Bison Inc. – #25

Leading Edge Fundraising – #27

Varsity Spirit Fashion – #31

Rogers Athletic – #33-34

Hauff Sports – #38

Schutt/Vicis – #17

Snap! Mobile – #19

Champion Teamwear – #21-22

Concordia University-Nebraska – #24

Riddell – #26

BSN Sports – #28-30

San Mar Sports – #32

Game One – #35-36

VENDORS – WEST EXHIBITOR’S AREA (Level 2)

X-Grain Sportswear – #41-42

Nebraska Shrine Bowl – #44

Mid America Sports – #48

Nebraska Fellowship of Christian Athletes – #50-51

FlipSled – #54

4 Seasons Fundraising – #56

Nebraska High School Sports Hall of Fame – #43

Dr. Dish Basketball – #45

Head Set App – #49

AllTeam Sportswear – #52-53

Midland University – #55

Nebraska Coaches Association District Meetings

Tuesday, July 22nd 11:00 a.m. – 11:30 a.m.

Multiple Drawings!

New Locations

District One – Small Theater

District Three – E117

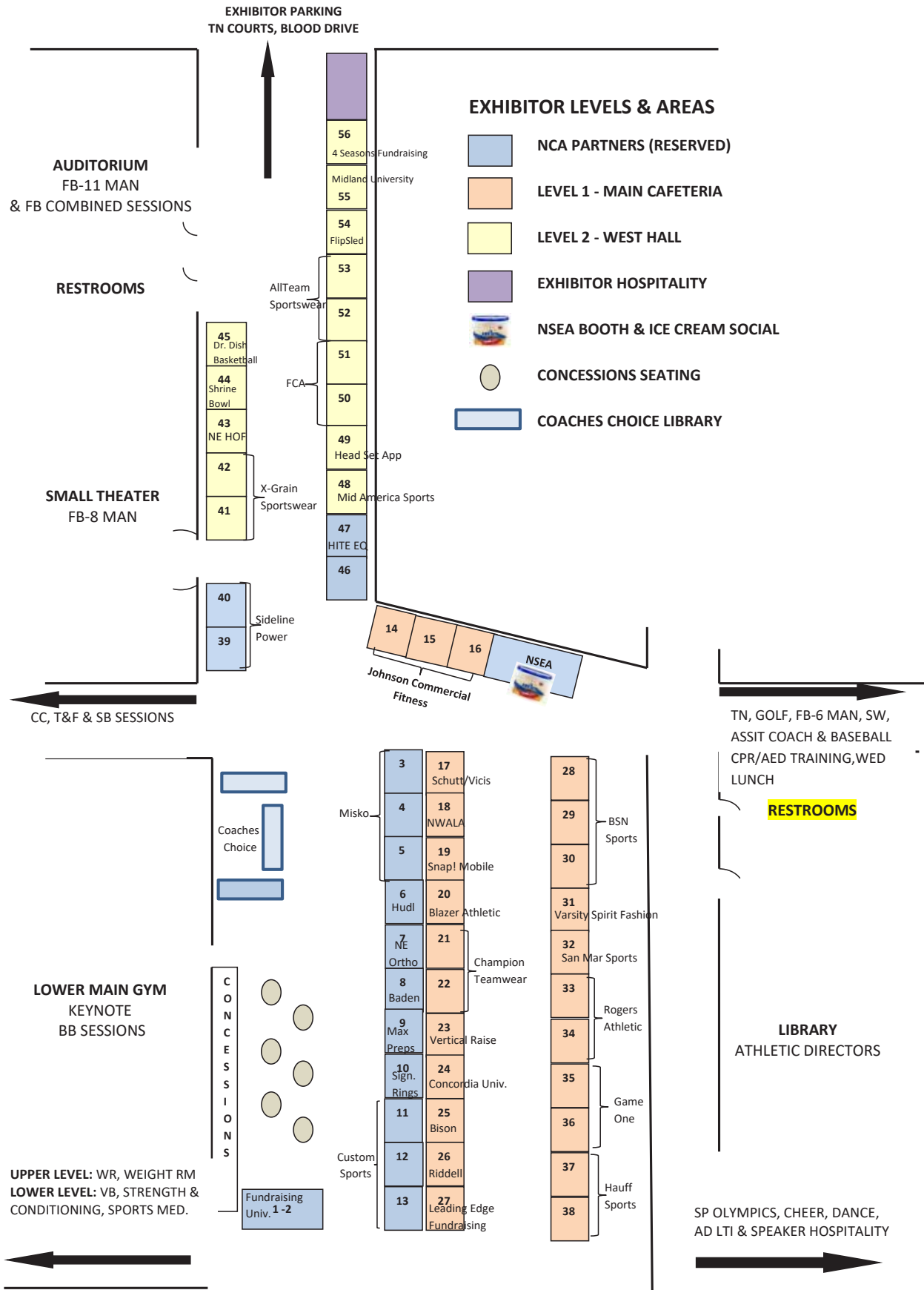
District Five – E119

District Two – Auditorium

District Four – Main Gym **Board of Director Election*

District Six – E121

2025 Nebraska Coaches Association Multi-Sport Clinic Exhibitor Layout



**Tuesday, July 22**

7:00 a.m.	Registration & Exhibit Areas Open
8:30 a.m. – 9:40 a.m.	Jennifer Schwartz, NSAA & NSAA Staff: <i>NSAA Updates & Insights for 2025-2026</i>
9:55 a.m. – 10:45 a.m.	Lennie Waite, HITE EQ, TX - <i>Mental Performance Planning to Support the Mental Well-Being of Young Athletes</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 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
1:00 p.m. – 5:00 p.m.	NIAAA LTI 501 – A104 NIAAA LTI 504 – Library
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
NOTE:	In-Person CPR & AED Training – Advanced Appointment Time Required – LNS Room B108

Wednesday, July 23

7:00 a.m.	Registration & Exhibit Areas Open
8:30 a.m. – 9:20 a.m.	Stephen Mackey, 2Words Character Development – <i>Building a Culture of Character: How to Implement an Intentional Charter Development Plan</i>
9:35 a.m. – 10:25 a.m.	Stephen Mackey, 2Words Character Development & Tim Bennet, Ecsell Sports - <i>Six Themes of an Effective Coach: How to Measure and Develop Coaches that Impact Beyond the Game</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
11:45 a.m. – 4:30 p.m.	NIAAA LTI 502 – A104 Lunch provided by NSIAAA NIAAA LTI 506 – Library Lunch provided by NSIAAA
1:00 p.m. – 2:55 p.m.	Nebraska Orthopaedic Center - <i>Sports Medicine & Athletic Taping Walk-In Training</i> – Athletic Training Room
2:15 p.m.	Exhibitor Area Closes
3:05 p.m. – 3:25 p.m.	Final Drawings – Main Gym

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SCOTT BAUER

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BASKETBALL

Main Gym unless otherwise noted

Tuesday, July 22

7:00 a.m.	Registration & Exhibit Areas Open
8:30 a.m. – 9:20 a.m.	Todd Raridon, Hastings College, NE (Men) - <i>Hastings Defense</i>
9:35 a.m. – 9:55 a.m.	NCA Basketball Sport Meeting: Advisory Committee Nominations/Selections, Milestone Awards Recognition, Team Academic Excellence Awards
9:55 a.m. – 10:45 a.m.	Todd Raridon, Hastings College, NE (Men) - <i>Hastings Fast Break & Offense</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
	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.	Brett Ballard, Washburn University, KS - <i>Washburn Defensive Principles</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.	Brett Ballard, Washburn University, KS - <i>Question & Demo - Offensive Concepts</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.	NSAA Basketball Rules Meeting
9:35 a.m. – 10:25 a.m.	Jina Douglas, Hastings College (Women) - <i>Favorite Drills</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.	Carrie Eighmey, University of South Dakota (Women) - <i>Building a Half Court Defensive System</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.	Carrie Eighmey, University of South Dakota (Women) - <i>Full Court Defensive Strategies</i>
2:15 p.m.	Exhibitor Area Closes
3:05 p.m. – 3:25 p.m.	Final Drawings – Main Gym

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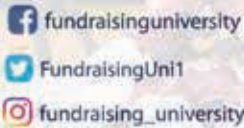


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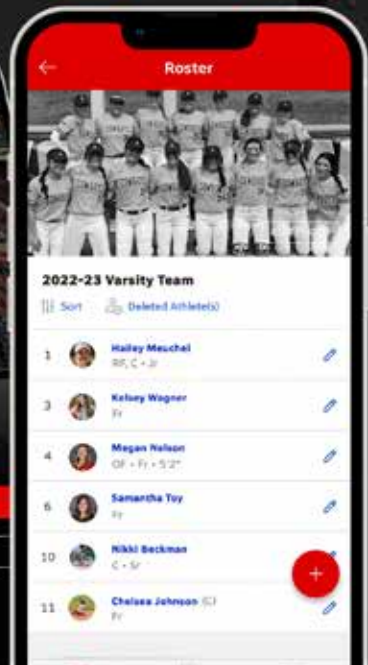
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BOWLING

Room B107 and 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 - <i>The Art of Planning Practice for Your Team</i> – 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

**Tuesday, July 22**

7:00 a.m.	Registration & Exhibit Areas Open
8:30 a.m. – 9:20 a.m.	UCA Staff – <i>Maximizing & Understanding the Score Sheets & the NFHS Rulebook</i>
9:35 a.m. – 9:55 a.m.	NCA Cheerleading Sport Meeting: Advisory Committee Nominations/Selections, State Championship Discussion
9:55 a.m. – 10:45 a.m.	UCA Staff & NCA Cheer Advisory Committee – <i>Open Forum - Developing the Framework to a New Category to Replace Tumbling in the 2026 Nebraska State Championships</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 Provided by Varsity Spirit & NCA - Fashion Show & Varsity Programs
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. – 2:55 p.m.	Kristin Weaver, Loomis HS, NE - <i>Video Review & Discussion of a Championship Traditional Performance Routine</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.	Sarah Chagnon & Zoe Chagnon, Gretna HS, NE - <i>Video Review & Discussion of a Championship Non-Tumbling Routine</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.	JR Dotzler, Cornerstone Christian, NE - <i>Video Review & Discussion of a Championship Non-Tumbling Routine</i>
9:35 a.m. – 10:25 a.m.	Stefani Lane, Millard West HS, NE - <i>Video Review & Discussion of a Championship Game Day Routine</i>
9:35 a.m. – 10:25 a.m.	NCA Unified Cheerleading Forum – <i>Review of Judges Scoring Sheet – Stunting Scoring Discussion/Recommendations</i> – A118A
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 Cheerleading Advisory Lunch Meeting – Finalize Work on New Category for 2026 Nebraska State Championships to Replace Tumbling
1:00 p.m. – 1:50 p.m.	Caycee Hays, Lincoln Pius X HS, NE - <i>Video Review & Discussion of a Championship Traditional Performance Routine</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.	Darin & Tina Boysen, Nebraska Coaches Association – <i>2026 State Championships</i>
2:15 p.m.	Exhibitor Area Closes
3:05 p.m. – 3:25 p.m.	Final Drawings – Main Gym

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

DANCE

Presenting Partner: Varsity Spirit Fashion

Room A103 unless otherwise noted



Tuesday, July 22

7:00 a.m.

Registration & Exhibit Areas Open

9:35 a.m. – 9:55 a.m.

NCA Dance Sport Meeting: Advisory Committee Nominations/Selections, State Championship Discussion

9:55 a.m. – 10:45 a.m.

Erin Martinez, Grand Island Central Catholic HS, NE - *Video Review & Discussion of a Championship Pom & Jazz Routine*

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 Provided by Varsity Spirit & NCA - Fashion Show & Varsity Programs

1:00 p.m. – 1:50 p.m.

Beyond the X's & O's Sessions

Lennie Waite, HITE EQ, TX - *Filling the Gap in Mental Performance* – **Auditorium**

Bob Nielson, Former Head Football Coach University of South Dakota – *Current Issues in Collegiate Athletics that Impact the Recruitment of High School Student-Athletes* – **Main Gym**

1:50 p.m. – 2:05 p.m.

Ice Cream Social – **Exhibitor Area**

2:05 p.m. – 2:55 p.m.

Jessica Fauss, Elkhorn South HS, NE – *Administering a Successful Dance Program While Avoiding the Pitfalls*

2:05 p.m. – 4:00 p.m.

Nebraska Orthopaedic Center - *Sports Medicine & Athletic Taping Walk-In Training* – **Athletic Training Room**

3:10 p.m. – 4:00 p.m.

Kelsey Adkins, Universal Dance - *Maximizing & Understanding the Score Sheets & Dance Rulebook*

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

9:35 a.m. – 10:25 a.m.

Emma Morice, Omaha Westview HS, NE- *Video Review & Discussion of a Championship Hip Hop Routine*

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.

Angie Hinze, Scottsbluff HS, NE - *Video Review & Discussion of a Championship High Kick Routine*

1:00 p.m. – 2:55 p.m.

Nebraska Orthopaedic Center - *Sports Medicine & Athletic Taping Walk-In Training* – **Athletic Training Room**

2:05 p.m. – 2:55 p.m.

Darin & Tina Boysen, Nebraska Coaches Association – *2026 State Championships* – **A102**

2:15 p.m.

Exhibitor Area Closes

3:05 p.m. – 3:25 p.m.

Final Drawings – **Main Gym**

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Tuesday, July 22

7:00 a.m.	Registration & Exhibit Areas Open
8:30 a.m. – 9:20 a.m.	Zane Busekist & Jade Lawrence, University of South Dakota State - <i>Specific Position Drills for All levels of Football – 11, 8 or 6 Man – Auditorium</i>
9:35 a.m. – 9:55 a.m.	NCA Football Sport Meeting: Advisory Committee Nominations/Selections, Milestone Awards Recognition, Team Academic Excellence Awards, Bob Nielson, American Football Coaches Association – Auditorium
9:55 a.m. – 10:45 a.m.	All Things 6-Man Football, X's & O's Chalk Talk, Open Forum #1
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. – 2:55 p.m.	All Things 6-Man Football, X's & O's Chalk Talk, Open Forum #2
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 Football Rules Meeting – Auditorium

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.	Josh Stanaland, Jayton HS, TX – 2025 Texas State Champions – <i>Jayton Jaybird Offense</i> – <i>Presented by Baden Sports</i>
9:35 a.m. – 10:25 a.m.	Josh Stanaland, Jayton HS, TX – 2025 Texas State Champions – <i>Jayton Jaybird Defense</i> – <i>Presented by Baden Sports</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.	Josh Stanaland, Jayton HS, TX – 2025 Texas State Champions - <i>Jayton Jaybird Culture</i> – <i>Presented by Baden Sports</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.	John Stanaland, Jayton HS, TX – 2025 Texas State Champions – <i>Drills</i> – <i>Presented by Baden Sports</i>
2:15 p.m.	Exhibitor Area Closes
3:05 p.m. – 3:25 p.m.	Final Drawings – Main Gym


Tuesday, July 22

7:00 a.m.	Registration & Exhibit Areas Open
8:30 a.m. – 9:20 a.m.	Zane Busekist & Jade Lawrence, University of South Dakota State - <i>Specific Position Drills for All levels of Football – 11, 8 or 6 Man – Auditorium</i>
9:35 a.m. – 9:55 a.m.	NCA Football Sport Meeting: Advisory Committee Nominations/Selections, Milestone Awards Recognition, Team Academic Excellence Awards, Bob Nielsen, American Football Coaches Association – Auditorium
9:55 a.m. – 10:45 a.m.	Jeff Schultz, Superior HS, MT – <i>Spread Attack with Favorite Plays & Drills</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
	Lennie Waite, HITE EQ, TX - <i>Filling the Gap in Mental Performance – Auditorium</i>
	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 – Main Gym</i>
1:50 p.m. – 2:05 p.m.	Ice Cream Social – Exhibitor Area
2:05 p.m. – 2:55 p.m.	Drew Smith, Archie HS, MO - <i>Pin & Pull Offense</i>
2:05 p.m. – 4:00 p.m.	Nebraska Orthopaedic Center - <i>Sports Medicine & Athletic Taping Walk-In Training – Athletic Training Room</i>
3:10 p.m. – 4:00 p.m.	NSAA Football Rules Meeting – Auditorium
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.	Drew Smith, Archie HS, MO - <i>Multiple Shifts/Motions & Still Run the Ball</i>
9:35 a.m. – 10:25 a.m.	Drew Smith, Archie HS, MO - <i>Creating Excitement Within Your Culture</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.	Charlie Crabb, Superior HS, MT – <i>Flexible Defense</i>
1:00 p.m. – 2:55 p.m.	Nebraska Orthopaedic Center - <i>Sports Medicine & Athletic Taping Walk-In Training – Athletic Training Room</i>
2:05 p.m. – 2:55 p.m.	Jeff Schultz & Charlie Crabb, Superior HS, MT - <i>Culture, Toughness & The Secret Sauce</i>
2:15 p.m.	Exhibitor Area Closes
3:05 p.m. – 3:25 p.m.	Final Drawings – Main Gym

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Tuesday, July 22

7:00 a.m.	Registration & Exhibit Areas Open
8:30 a.m. – 9:20 a.m.	Zane Busekist & Jade Lawrence, University of South Dakota State - <i>Specific Position Drills for All levels of Football – 11, 8 or 6 Man</i>
9:35 a.m. – 9:55 a.m.	NCA Football Sport Meeting: Advisory Committee Nominations/Selections, Milestone Awards Recognition, Team Academic Excellence Awards, Bob Nielson, American Football Coaches Association
9:55 a.m. – 10:45 a.m.	Mike Bangston & CJ Pickrel, University of South Dakota State - <i>TBA</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
	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.	Dan Jackson, University of South Dakota State – <i>TBA</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 Football Rules 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.	Michael Buro, San Antonio Johnson HS, TX - <i>Quarterback Development</i>
9:35 a.m. – 10:25 a.m.	Michael Buro, San Antonio Johnson HS, TX - <i>Tailoring Your Offense to Fit Personnel</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.	TP Miller, San Antonio Johnson HS, TX - <i>Practice/Game Planning Philosophy</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.	TP Miller, San Antonio Johnson HS, TX -
2:15 p.m.	Exhibitor Area Closes
3:05 p.m. – 3:25 p.m.	Final Drawings – Main Gym

Tuesday, July 22

7:00 a.m.	Registration & Exhibit Areas Open
8:30 a.m. – 9:20 a.m.	Ryan Norman, PGA Professional & Iowa Western Community College, IA – <i>Utilizing Driving Range Drills</i> – Highlands Golf Course
9:25 a.m. – 9:45 a.m.	NCA Golf Sport Meeting: Advisory Committee Nominations/Selections, Milestone Awards Recognition, Team Academic Excellence Awards – Highlands Golf Course Conference Room
9:50 a.m. – 10:40 a.m.	Ryan Norman, PGA Professional & Iowa Western Community College, IA – <i>Utilizing Practice Green Drills</i> – Highlands Golf Course
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. – 2:55 p.m.	CHANGE: Jim Danson, Doane University (W), 2021 National High School Golf Coach of the Year – B104
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.	CHANGE: Jim Danson, Doane University (W), 2021 National High School Golf Coach of the Year – B104
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.	CHANGE: Jim Danson, Doane University (W), 2021 National High School Golf Coach of the Year – Highlands Golf Course
9:35 a.m. – 10:25 a.m.	CHANGE: Jim Danson, Doane University (W), 2021 National High School Golf Coach of the Year – Highlands Golf Course
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.	NSAA Golf Meeting – B104
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.	Joe Canny & Keenon Davis, University of Nebraska – Highlights & Updates – UNL PGA Golf Management Program – B104
2:15 p.m.	Exhibitor Area Closes
3:05 p.m. – 3:25 p.m.	Final Drawings – Main Gym

Tuesday, July 22

7:00 a.m.	Registration & Exhibit Areas Open
8:30 a.m. – 9:20 a.m.	Alex Cerny, Lincoln HS, NE & Soccer Sport Host – <i>A Discussion on Team Building: What is Your Best Team Building Activity & What Drill Could You Not Live Without?</i>
9:35 a.m. – 9:55 a.m.	NCA Soccer Sport Meeting: Advisory Committee Nominations/Selections, Milestone Awards Recognition, Team Academic Excellence Awards
9:55 a.m. – 10:45 a.m.	Teresa DeGeorge, Omaha Marian HS, NE - <i>Offensive Tactical</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
	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.	Joel Lemus-Leon, Lexington High School, NE - <i>Making Your Practices More Intentional- Small Sided Games & Drills</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 Soccer 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.	CHANGE: Alan Carr, Bellevue University, NE (W) & Bellevue West HS
9:35 a.m. – 10:25 a.m.	CHANGE: Alan Carr, Bellevue University, NE (W) & Bellevue West HS
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.	Rob Breton, University of Nebraska- Kearney - <i>Breaking Lines to Transition Into Final 3rd – Part 1</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.	Rob Breton, University of Nebraska- Kearney - <i>Breaking Lines to Transition Into Final 3rd – Part 2</i>
2:15 p.m.	Exhibitor Area Closes
3:05 p.m. – 3:25 p.m.	Final Drawings – Main Gym

Tuesday, July 22

7:00 a.m.	Registration & Exhibit Areas Open
8:30 a.m. – 9:20 a.m.	April Rosales, Emporia State University, KS - <i>The All-Around Athlete: Developing Good Humans Matters Too</i>
9:35 a.m. – 9:55 a.m.	NCA Softball Sport Meeting: Advisory Committee Nominations/Selections, Milestone Awards Recognition, Team Academic Excellence Awards
9:55 a.m. – 10:45 a.m.	April Rosales, Emporia State University, KS - <i>What Do College Coaches Look for in a Recruit?</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
	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 Softball Rules Meeting
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.	Travis Unzicker, Millard North HS, NE – <i>Infield Play</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.	Brenda Holaday, Washburn University, KS – <i>Build Effective Practice Plans</i>
9:35 a.m. – 10:25 a.m.	Brenda Holaday, Washburn University, KS – <i>The Development & Importance of Team Culture</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.	CHANGE - ZOOM: Ashley Schilling, North Dakota State University - <i>Free 60's - Effective Base-Running Mechanics & Drills</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. – 3:05 p.m.	CHANGE: Steve Kerkman, Millard South HS, NE - <i>"Pressure IS a Privilege" - Learning How to Use Pressure to Build Momentum</i>
3:05 p.m. – 3:25 p.m.	Final Drawings – Main Gym

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Special Olympics
Nebraska

Tuesday, July 22

7:00 a.m.

Registration & Exhibit Areas Open

8:30 a.m. – 9:20 a.m.

Dylan Sendgraff - *Hands On Cornhole & Knowing Special Olympics Rules* – **LNS Football Field**

9:35 a.m. – 9:55 a.m.

Visit Exhibitor Area

9:55 a.m. – 10:45 a.m.

NSAA Unified Bowling Rules Meeting

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 - *Filling the Gap in Mental Performance* – **Auditorium**

Bob Nielson, Former Head Football Coach University of South Dakota - *Current Issues in Collegiate Athletics that Impact the Recruitment of High School Student-Athletes* – **Main Gym**

Ice Cream Social – **Exhibitor Area**

1:50 p.m. – 2:05 p.m.

Cory Piercy - *Knowing the Rules of Special Olympics Basketball*

2:05 p.m. – 2:55 p.m.

Nebraska Orthopaedic Center - *Sports Medicine & Athletic Taping Walk-In Training* – **Athletic Training Room**

2:05 p.m. – 4:00 p.m.

Cory Piercy - *Special Olympics Basketball Practice Design & Implementation*

3:10 p.m. – 4:00 p.m.

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.

Crystal Zabka-Belsky, MS, RDN, CSSD, LMNT, LDN - *Health, Nutrition & Fitness for the Special Olympic Athlete*

9:35 a.m. – 10:25 a.m.

NCA State Unified Cheerleading Forum – *Review of Judges Scoring Sheet* – *Feasibility of Stunt Scoring Discussion/Recommendations*

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.

Mike Sissel - *Knowing the Rules of Special Olympics Powerlifting, Training Programs*

1:00 p.m. – 2:55 p.m.

Nebraska Orthopaedic Center - *Sports Medicine & Athletic Taping Walk-In Training* – **Athletic Training Room**

2:05 p.m. – 2:55 p.m.

Mike Sissel - *Demo of Special Olympics Powerlifting* – **LNS Weight Room**

2:15 p.m.

Exhibitor Area Closes

3:05 p.m. – 3:25 p.m.

Final Drawings – **Main Gym**

STRENGTH & CONDITIONING

Room D023 and 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.	NCA Sport Meeting: 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> – D023
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. – 2:55 p.m.	Craig Secora, Omaha Westside HS, NE – <i>Programming Athletic Performance Circuits for Multiple Sports</i> – Weight Room
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.	Nick Crouse, Platteview HS, NE – <i>Various Programming Methodologies Within a High School Performance Program</i> – D023
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.	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.	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.	Justin Wickard, Tier1Athlete, TX – <i>Team Sport Speed Training</i> – D023
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.	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

COACHING MATTERS.



80%

Of student-athletes feel that their coach cares about them as a person.

77%

Of student-athletes have fun playing the sport because of their coach.

84%

Of student-athletes agree their coach helps them learn from mistakes.



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"Our coaches and I are better leaders as a result of our continued partnership with Ecsell Sports. The Ecsell team has helped us quantify the degree to which we are impacting our athletes, and we have seen clear improvements in our coaching acumen since we partnered with Ecsell Sports."

- DR. MITCHELL S., HIGH SCHOOL ATHLETIC DIRECTOR

TENNIS

Room B105, LNS Tennis Courts, UNL Sid and Hazel Dillon Tennis Center, unless otherwise noted

Tuesday, July 22

7:00 a.m.	Registration & Exhibit Areas Open
8:30 a.m. – 9:20 a.m.	Coaches Hands On Forum - <i>Serve, Stroke & Volley, Part 1</i> – LNS Tennis Courts
9:35 a.m. – 9:55 a.m.	NCA Tennis Sport Meeting: Advisory Committee Nominations/Selections, Milestone Awards Recognition, Team Academic Excellence Awards
9:55 a.m. – 10:45 a.m.	Coaches Hands On Forum - <i>Serve, Stroke & Volley, Part 2</i> – LNS Tennis Courts
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. – 2:55 p.m.	Coaches Forum - <i>Tennis Dual Format</i> – B105
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 Tennis Meeting – B105
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.	Coaches Hands On Forum - <i>Drills Part 1</i> – LNS Tennis Courts
9:35 a.m. – 10:25 a.m.	Coaches Hands On Forum - <i>Drills Part 2</i> – LNS Tennis Courts
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.	Peter Kobelt, University of Nebraska – <i>Master the Basics</i> - Sid and Hazel Dillon Tennis Center, 2400 North Antelope Parkway
1:00 p.m. – 2:55 p.m.	Nebraska Orthopaedic Center - <i>Sports Medicine & Athletic Taping Walk-In Training</i> – Athletic Training Room
2:00 p.m. – 2:30 p.m.	Peter Kobelt, University of Nebraska – <i>Tour of the University of Nebraska Tennis Facility</i> - Sid and Hazel Dillon Tennis Center, 2400 North Antelope Parkway
2:15 p.m.	Exhibitor Area Closes
3:05 p.m. – 3:25 p.m.	Final Drawings – Main Gym



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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, & Intensity</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
9:55 a.m. – 10:45 a.m.	Derrick McKenzie, Nebraska Wesleyan University – <i>Starting Blocks & Acceleration</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
	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 & 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> – Moved Inside to E117 Due to Track Construction & Heat
9:35 a.m. – 10:25 a.m.	Justin Wickard, Tier1 Athlete, TX – <i>Key Factors for the Long Hurdles</i> – Moved Inside to E117 Due to Track Construction & Heat
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.	Ernie Brooks, Crook County HS, OR – 2023-2024 NFHS National Boys Track & Field Coach of the Year – <i>Team & Culture Building - 21 Year Trials</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.	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 & 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



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**Tuesday, July 22**

7:00 a.m.

Registration & Exhibit Areas Open

8:30 a.m. – 8:55 a.m.

NCA Volleyball Sport Meeting: Advisory Committee Nominations/Selections, Milestone Awards Recognition, NCA-AVCA Coach Jean Groth Team Academic Excellence Awards, Kennedy Wells, American Volleyball Coaches Association

9:00 a.m. – 9:50 a.m.

Renee Saunders, Omaha Skutt Catholic HS, NE - *Winning the Sideout Game*

9:55 a.m. – 10:45 a.m.

NCA All Star Practice

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 SessionsLennie Waite, HITE EQ, TX - *Filling the Gap in Mental Performance* – **Auditorium**

Bob Nielson, Former Head Football Coach University of South Dakota – *Current Issues in Collegiate Athletics that Impact the Recruitment of High School Student-Athletes* – **Main Gym**

1:50 p.m. – 2:05 p.m.

Ice Cream Social – **Exhibitor Area**

2:05 p.m. – 2:55 p.m.

Trish Siedlik, Bellevue University, NE – 2024 NAIA National Runner Up - *ABCs of a Great Team Culture & What I've Learned Over 20+ Years of Coaching*

2:05 p.m. – 4:00 p.m.

Nebraska Orthopaedic Center - *Sports Medicine & Athletic Taping Walk-In Training* – **Athletic Training Room**

3:10 p.m. – 4:00 p.m.

Trish Siedlik, Bellevue University, NE – 2024 NAIA National Runner Up - *Change in Title: Coaching 101: Sharing our secrets developing a national powerhouse program*

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.

8:30 a.m. – 9:20 a.m.

Coaches Care Blood Drive in Partnership with Nebraska Community Blood Bank & Scheels

9:35 a.m. – 10:25 a.m.

Renee Saunders, Omaha Skutt Catholic HS, NE - *Holding Serve to Create Separation From Your Opponent*

10:40 a.m. – 11:30 a.m.

NSAA Volleyball Rules Meeting

11:30 a.m. – 1:00 p.m.

Keynote – Stephen Mackey, 2Words Character Development: Six Pillars of Championship Culture – **Main Gym**

1:00 p.m. – 1:50 p.m.

Lunch on Your Own & NCA Sports Advisory Lunch Meetings

1:00 p.m. – 2:55 p.m.

Kelly Hunter, University of Nebraska – 2024 NCAA Final Four - *Passing: Development, Drills & Strategy*

2:05 p.m. – 2:55 p.m.

Nebraska Orthopaedic Center - *Sports Medicine & Athletic Taping Walk-In Training* – **Athletic Training Room**

2:15 p.m.

Kelly Hunter, University of Nebraska – 2024 NCAA Final Four - *Setting: Development, Drills & Strategy*

3:05 p.m. – 3:25 p.m.

Exhibitor Area Closes

Final Drawings – **Main Gym**

Tuesday, July 22

7:00 a.m.	Registration & Exhibit Areas Open
8:30 a.m. – 9:20 a.m.	Bryan Snyder, University of Nebraska, Associate Head Coach – <i>Building Culture into Your Practice Plan</i>
9:35 a.m. – 9:55 a.m.	NCA Wrestling Sport Meeting: Advisory Committee Nominations/Selections, Milestone Awards Recognition, Team Academic Excellence Awards
9:55 a.m. – 10:45 a.m.	Bryan Snyder, University of Nebraska, Associate Head Coach – <i>Rides & Turns</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
	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.	Antrell Taylor, University of Nebraska, 2025 NCAA National Champion – <i>Scoring From Underhooks</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.	Antrell Taylor, University of Nebraska, 2025 NCAA National Champion – <i>Scoring From Collar Tie</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.	NSAA Wrestling Rules Meeting
9:35 a.m. – 10:25 a.m.	Dan Krajicek, Yutan HS, NE (Class B Girls State Champions) - <i>Coaching Adjustments & Techniques for Women's Wrestling</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.	Cody Wintz, Battle Creek HS, NE (2024 & 2025 NCA Coach of the Year) - <i>The Practice Room: Our System of Progress and Peaking</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.	Cody Wintz, Battle Creek HS, NE (2024 & 2025 NCA Coach of the Year) - <i>#BuiltDifferent: Creating a Culture that Resonates</i>
2:15 p.m.	Exhibitor Area Closes
3:05 p.m. – 3:25 p.m.	Final Drawings – Main Gym

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