



nebraska coach

September 2025

Shooting Into The 2025 Fall Season

Fall Season Articles

**NCA Annual Awards
And Honors**

**All-Star Action
And More**



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The head coaches Tom Horton, Papillion-La Vista South (Blue Team) and Gary Lytle, Beatrice (Red Team) and the umpires meet at home plate at the University of Nebraska's Bowlin Stadium prior to the 20th NCA All-Star Softball game. – Photo by Callam Sports Photography

Cover Photo – Callam Sports Photography

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The Red Team Coaches Katie Wenz, Lincoln Pius X & Becky Schneider, Clarkson-Leigh are introduced prior to the 41st NCA All-Star Volleyball match at Lincoln North Star High School.

– Photo by Callam Sports Photography




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NEBRASKA COACHES ASSOCIATION UPCOMING EVENTS 2025 – 2026

October 12, 2025

NCA Board of Directors Fall Meeting
Kearney

November 5-8, 2025

State Volleyball Sportsmanship Awards
Lincoln (need evaluators)

November 18, 2025

NCA Sportsmanship/Leadership Summit
Alliance HS – site tentative

November 19, 2025

NCA Sportsmanship/Leadership Summit
Kearney HS – site tentative

November 20, 2025

NCA Sportsmanship/Leadership Summit
Norfolk HS – site tentative

November 21, 2025

NCA Sportsmanship/Leadership Summit
Lincoln Northwest HS – site tentative

November 23, 2025

NCA Football Championships Football Clinic
Embassy Suites, Lincoln

January 25, 2026

NCA Board of Directors Winter Meeting
Zoom

February 7, 2026

NCA Track & Field Clinic
NSAA Building, Lincoln

February 19-21, 2026

State Cheer & Dance Championships
Heartland Events Center, Grand Island

April 12, 2026

NCA Board of Directors Spring Meeting
NSAA/NCA Building, Lincoln

July 19-22, 2026

NCA Multi-Sports Clinic Week Activities
Lincoln



2025 - 2026 NCA Sports Advisory Committees

Two Year Terms – No Term Limits



Cross Country

District 1 – George O'Boyle, Lincoln Pius X; Drew Willis, Lincoln East
District 2 – Sean McMahon, Fremont; Jeremy Haselhorst, Papillion-La Vista South
District 3 – Aaron Sasges, Homer; Courtney Maas, Wayne
District 4 – Matthew Walter, Shelton; Tony Neels, Gothenburg
District 5 – Shawn Wheelock, Minden; Kelli Wiist, Medicine Valley
District 6 – Jim Barker, Morrill; Michael Colerick, Sidney

Softball

District 1 – OPEN; OPEN
District 2 – Janelle Lorsch, Arlington; Morgan Zahnow, Ashland-Greenwood
District 3 – OPEN; OPEN
District 4 – Natalie Staroska, Northwest; Laura Johnson, North Platte
District 5 – Gerald Utterback, Southern Valley; Denise Smith, Chase County
District 6 – OPEN; OPEN

Volleyball

District 1 – Kari Jo Alfs, BDS; Reba Dresen, Diller-Odell
District 2 – Mike Brandon, Gretna East; Renee Saunders, Omaha Skut
District 3 – Samantha Jacobson, Madison; Kim Miller, Plainview
District 4 – Lindsay Harders, Northwest; Mat Koehn-Fairbanks, St. Paul
District 5 – Julie Ratka, Minden; Kimberly Barnet, Southwest
District 6 – Adam Kuntz, Thedford; Amanda Cochran, Gering

Football

District 1 – Brian Blevins, Lawrence-Nelson; Brian Lauck, Lincoln Northwest
District 2 – Ron Mimick, Aquinas Catholic; Doug Goltz, Falls City Sacred Heart
District 3 – Jeff Bellar, Norfolk Catholic; David Stoddard, Stanton
District 4 – Craig Haake, Gothenburg; Andy Seemann, Brady
District 5 – Christan Arterburn, Southwest; Dustin Kronhofman, Arapahoe
District 6 – Timothy Gilmore-Metz, Crawford; Nick Kuxhausen, Mitchell

Wrestling

District 1 – Jake Froscheiser, Lincoln North Star; Jerry Clinch, Lincoln Pius X
District 2 – Justin McDuffee, Scribner-Snyder; Tahner Thiem, David City
District 3 – Cody Wintz, Battle Creek; Les Painter, Pierce
District 4 – Brian Sybrandts, Northwest; Mark Burson, Lexington
District 5 – Jay Helberg, Southwest; Jordan McBride, Bertrand
District 6 – Russ Monette, Mullen; Megan Havorka, Sidney

Boys Basketball

District 1 – Jay Wurtz, McCool Junction; Eric Ausk, Fairbury
District 2 – Jimmy Blex, Cross County; Jeff Bachman, Clarkson-Leigh
District 3 – Ryon Nilson, Creighton; Quin Conner, LCC
District 4 – Zac Foster, Adams Central; Nick Gates, Ord
District 5 – Kristian Freeland, Dundy County-Straton; David Squiers, Loomis
District 6 – Cory Michelman, Potter-Dix; Austin Lewis, Sidney

Girls Basketball

District 1 – Zachary Schlegel, Shickley; Ryan Psota, Lincoln Pius X
District 2 – Andy Gerlec, Papillion-La Vista South; Kandee Hanzel, Humphrey
District 3 – Tim Kassmeier, Norfolk Catholic; Brandon Dittmer, Elkhorn Valley
District 4 – Phil Smith, Wood River; Kole Harrach, Maxwell
District 5 – Richard McDonald, Southern Valley; Preston Blackmore, Arapahoe
District 6 – Amanda Alexander, Creek Valley; Kelsey Scott, Chadron

Boys Track & Field

District 1 – Bill Rice, Lincoln Pius X; Kevin Schrad, Lincoln Southwest
District 2 – Tom Gerdes, Bishop Neumann; Kyle McMahon, Papillion LaVista South
District 3 – Shannon Schumacher, Summerland; Wade Alberts, Ainsworth
District 4 – Shane Fruit, Ogallala; Keith Lloyd, Hershey
District 5 – Tye Spies, Loomis; Tersen Arnold, Southwest
District 6 – Josh Dean, Hemingford; Gregory Gass, Valentine

Girls Track & Field

District 1 – Brian Kabourek, Lincoln East; Colby Smith, Fillmore Central
District 2 – Tom Gerdes, Bishop Neumann; Scott Foster, Boys Town
District 3 – Josh Long, Norfolk; Jeff Meyer, Elkhorn Valley
District 4 – Toni Fowler, Adams Central; Shawn Koehn-Fairbanks, Centura
District 5 – Troy Hauxwell, Chase County; Caleb Wall, Eustis-Farnam
District 6 – Tiffany Johnson, Kimball; Joy Houser, Garden County

Boys/Girls Tennis

District 1 – Nolan DeWispelare, Lincoln Pius X; Chrys Strubel, Beatrice
District 2 – Jon Holtz, Elkhorn; OPEN
District 3 – OPEN; OPEN
District 4 – Troy Saulsbury, Kearney; Rachel May, Gothenburg
District 5 – Matt Wiemers, McCook; OPEN
District 6 – Darren Emerick, Scotsbluff; OPEN

Boys/Girls Golf

District 1 – Jared Blackwell, Sandy Creek; OPEN
District 2 – OPEN; OPEN
District 3 – Brad Lanman, Battle Creek; Daryl Ladeaux, Creighton
District 4 – Kelly Cooksley, Broken Bow; Ashley Lynch, St. Paul
District 5 – Charles Corkern, Eustis-Farnam; Jeremy Epp, Southern Valley
District 6 – Tyler Shaw, Sidney; Berlyn Clear, Alliance

Cheerleading

District 1 – Bryce Marker, Lincoln Lutheran; Amber Beard, Johnson County
District 2 – Taylor Schafer, HTRS; Courtney Kreifels, Falls City
District 3 – Katie Nedela, Norfolk; Samantha Hahn, Norfolk Catholic
District 4 – Mackenzie Brand, Overton; Abigail Mrkvicka, Wood River
District 5 – Amanda Kimble, Chase County; Kristin Weaver, Loomis
District 6 – Carrie Tabor, Kimball; Jennifer Tilghman, Creek Valley

Dance

District 1 – Lindsey Hinze, Lincoln Southwest; OPEN
District 2 – Christy Bourgeois, Logan View; OPEN
District 3 – Brandie Krusemark, Wisner-Pilger; Jordan Moser, West Holt
District 4 – Kylee Kuecker, Lexington; Julia Harrach, North Platte St. Pat's
District 5 – Shelby Borden, Elwood/Hi-Line; OPEN
District 6 – Elly Weimer, Potter-Dix; Regina Schultz, Creek Valley

Strength & Conditioning

District 1 – Stew Venable, Lincoln North Star; Sara Sutherland, Aurora
District 2 – Brandon Mimick, Bennington; Nick Crouse, Plateview
District 3 – OPEN; OPEN
District 4 – Amber Burson, Lexington; Amanda Thober, Shelton
District 5 – Clinton Hosick, McCook; Dexter Becker, Southern Valley
District 6 – Trevor Berry, Sidney; OPEN

Bowling & Unified Bowling

District 1 – Chelsea Richardson, Lincoln Standing Bear; Larry Punteney, Lincoln Pius X
District 2 – Alan Busch, Papillion-La Vista South; OPEN
District 3 – Josh Johnson, Wayne; Leonard Risinger, Plainview
District 4 – Nikki Bradley, Northwest; Bo Berry, Lexington
District 5 – OPEN; OPEN
District 6 – Russ Monette, Mullen; OPEN

Soccer

District 1 – Alex Cerny, Lincoln High; Steve Andersen, Lincoln Pius X
District 2 – OPEN; OPEN
District 3 – OPEN; OPEN
District 4 – Scot Steinbrook, Kearney; Joel Lemus-Leon, Lexington
District 5 – Tyler Kroll, Holdrege; OPEN
District 6 – Krista Wiedeman, Gering; OPEN

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Wahoo Warrior Football

Using Keys & Goals to Measure Success

Chad Fox – Wahoo – Football

Courtesy Photo



At Wahoo, our game plan has always focused on the same key points and goals for every single football game. It doesn't matter if we're playing a team we are favored against or one that's a tough matchup. It doesn't matter if it's the first game of the season or the State Championship game—these key points and goals are always emphasized to our players throughout the week.

Success in football comes down to focusing on 3-4 key points of the game and five

goals for each phase of the game: **Special Teams, Defense, and Offense.** Here's what we have our players focus on:

Special Teams - Keys for the Game

1. Win the field position battle
2. Score or set up a score
3. Play fast and physical

Special teams might not have as many plays as offense or defense, but they're just as important, if not more important. In fact, those few plays can change the entire game's momentum. Field position—where we start our drives or where our opponent starts their drives, can often decide the outcome of a game. Whether it's pinning them deep with a good punt or getting a big return, field position is huge. Big plays like blocked kicks or punts can completely swing the momentum. We can measure our success by the number of special-teams goals we achieve.

Special Teams - Game Goals:

1. No Penalties
2. No Turnovers
3. 100% PAT
4. Give Up No Big Plays
5. Make Big Plays

Defense - Keys for the Game:

1. Play fast
2. Play physical
3. Be disciplined
4. Communicate

There's only one way to play defense at Wahoo, and that is by playing fast and physical. The faster and more physical team will usually win a high school football game. Our defense relies heavily on each player doing their job. We often liken our defense to a puzzle. If we have one piece missing, the puzzle is not complete. Communication is key—it helps everyone stay on the same page and adjust as the play unfolds. Our defensive coordinator, Coach Jayson Iversen, reminds players before every game that communication and discipline need to come first, even though we list them as the last two keys. When you communicate and play with discipline, it allows you to play fast and physical. Again, these 4 defensive keys should allow us to achieve these defensive goals. The following defensive team goals allow us to measure our effectiveness as a defense and how successful we are defensively.

Defense - Goals:

1. < 10 Points a Game
2. > 2 Takeaways
3. No 3rd Down Penalties
4. < 200 Total Yards Offense
5. Give Up No Big Plays

Offense - Keys to the Game:

1. Minimize mistakes
2. Take care of the football
3. Play with great effort
4. Be relentless

On offense, our priority is to avoid beating ourselves with silly mistakes. We know we won't play perfectly, but we can limit errors and learn from them. Taking care of the football is crucial—if we don't turn it over, the other team can't score. We emphasize taking care of the ball on offense and not taking unnecessary risks with passes. We also stress playing with great effort, and we need to be relentless throughout every drive and the entire game. We want to keep the pressure on, score right before halftime, and right after halftime.

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Offense - Goals:

1. >24 Points a Game
2. No Turnovers
3. 90% Redzone Conversions
4. No 3rd Down Penalties
5. Out Yard Opponent

In closing, at Wahoo High School, we would be remiss if we did not mention that the main reason for our success over the years is that we are blessed with great athletes and players. Athletes and great players will always give you a chance to win games. Those athletes and great players who have been involved with our football program also know that success on the football field comes from being prepared, playing disciplined, and being relentless in everything we do. They understand that if we focus on these keys, it will give our football team the greatest chance to achieve those goals. We know as coaches that if we can achieve 3 out of 5 of each of those team goals (in each phase of the game), we should be very pleased with the outcome

of the game. Below is an image of the Goal Board for the 2025 season. We use this to chart our success with these team goals mentioned above. This Goal Board is shared with the kids every week, so they know what areas we need to improve on to get better as a team.

Coach Fox's Warrior team ran the table for the 2024 season, going 13-0. Wahoo defeated Central City 47-4 in the Class C-1 state championship game. In the four playoff games that led to the Wahoo to the state championship – the warriors outscored their opponents 209-28.

	NC	AG	AUR	OG	DCW	MM	LV/SS	FC	OC	1st Rd	2nd Rd	Semis	Finals
OFFENSE													
>24 Points a Game													
No Turnovers													
90% Redzone Conv.													
No 3rd Down Penalties													
Out Yard Opponent													
DEFENSE													
<10 Points a Game													
>2 Take Aways													
No 3rd Down Penalties													
< 200 Total Yards													
No Big Plays													
SPECIAL TEAMS													
No Penalties													
No Turnovers													
100% PAT													
No Big Plays													
Make Big Plays													

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Building a Championship Culture: One Detail at a Time

How intentional leadership shapes lasting success in high school volleyball

Julie Ratka – Minden – Volleyball



Courtesy Photo

In high school volleyball, success isn't built solely on offensive and defensive systems—it's built on culture. Over the years, our team has certainly benefitted from talented athletes, but I believe our sustained success is largely the result of a deliberate focus on culture, communication, and connection.

Having served as an assistant coach for 16 years and head coach for seven years all at Minden, I've witnessed firsthand the power of creating an environment rooted in intentionality, purpose, and shared values. Championship culture is not created overnight—it's crafted detail by detail, season by season.

Culture Starts with Communication

At the heart of our program is a commitment to helping girls develop not only as athletes but as young women. Our culture emphasizes character, life skills, and meaningful relationships. A family-like atmosphere is the cornerstone of our philosophy.

To maintain clarity and consistency, we utilize a comprehensive volleyball handbook that outlines our team's expectations—from attendance and practice policies to social media use and lettering requirements. During our fall sports meeting, parents receive a "Parent Expectations" handout. This document not only outlines what we expect from parents but

also what they can expect from our coaching staff. We also explain the process to follow if concerns arise, helping prevent misunderstandings and ensuring respectful dialogue.

Consistency in communication is key. We utilize team communication apps to distribute documents, share schedule updates, and allow parents to coordinate meals or share photos. Each Sunday, I send out a weekly update that recaps highlights, previews the upcoming week, and includes important logistical information—minimizing confusion and keeping everyone on the same page.

Social media platforms such as Facebook and Instagram, along with our school's digital resources, help us share camp information, promote events, and highlight accomplishments. This not only keeps our families informed but keeps our small community engaged—and their support has been invaluable.

To further personalize communication, players complete goal-setting worksheets early in the season. They reflect on their roles, strengths, areas for growth, and any outside distractions. From there, they establish both skill-based and behavior-based goals. These forms serve as a touchstone throughout the season—we revisit them during midseason check-ins and at our postseason player meetings. These one-on-one conversations offer closure, foster open dialogue, and allow coaches to provide feedback and direction.

Fostering Engagement and Ownership

Each season begins with a unifying theme, displayed prominently outside our locker room. In addition, each player selects "one word"—an idea inspired by speaker and author Jon Gordon—to serve as their personal focus and motivation throughout the year. Players post their word and an accompanying quote on their locker, a simple but powerful visual reminder of their goals.

During preseason two-a-days, we hold a leadership night, which may include personality assessments, team-building activities, video discussions, or the creation of a team TikTok. The goal is to strengthen bonds, cultivate leadership, and collaboratively define our core covenants—the values our team will live out on and off the court.

Instead of designating formal team captains, I allow leadership to emerge through shared responsibility and individual initiative. While I do designate a floor captain, I encourage all players—especially seniors—to take ownership of

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nebraska coach

team decisions and accountability. Seniors are responsible for things such as game day attire, the youth camp shirt design, and special practice schedules. Their leadership is vital to our culture.

Throughout matches, I often ask players what they're seeing on the court during timeouts. This not only keeps them mentally engaged but enhances their volleyball IQ. Our athletes take pride in being students of the game, and this collaborative approach empowers them to take ownership of both strategy and execution.

Celebrating the Journey

While we celebrate wins and records, we remain focused on the process. Fun, connection, and appreciation are woven into everything we do.

We created a "Teammate of the Week" initiative where players submit shout-outs to each other. On Fridays, we read these aloud and draw a name for a \$5 gift card to our local coffee shop. Our annual UNO camp trip, where players stay together in an Airbnb, fosters camaraderie in a way hotels never could—complete with s'mores, movies, and memories.

Our long-standing tradition of holding a mini triathlon (swimming, biking, and running) during conditioning week challenges athletes mentally and physically and despite it being difficult many players would be disappointed if we didn't do it. Meanwhile, our Big Sis/Little Sis program pairs underclassmen with juniors or seniors, providing mentorship, encouragement, and connection.

Before every practice, players receive a small snack and meet in rotating small groups. During this brief time, they respond to a "question of the day," share what they're grateful for, or simply check in about their day. We then gather to reflect as a team. This small ritual helps nourish both body and mind, preparing players to be fully present at practice.

On Wednesdays our seniors choose a practice theme—whether it's "Class Color Wars", "Patriotic Day" or "Anything but a Kneepad." We kick off practice with a relay or game to inject some fun into the grind. These moments—silly or serious—build trust and keep players excited to show up every day.

We also host a youth night, organize postseason meals and video celebrations, and end the year with a potluck and awards presentation. Through fundraising, we're proud to offer scholarships to seniors who end the season in good standing, recognizing their contributions to the program.

Systems and Support Structures

None of this would be possible without a clear structure and committed support. Our coaching staff utilizes shared Google Docs, drill spreadsheets, and video resources to plan and prepare. While I'm still growing in my ability to delegate, I've made progress by creating an expectations document for assistant coaches. This fosters transparency and helps align everyone with our program's philosophy.

Student assistants and managers play an essential role in handling logistics, and digital tools ensure effective communication from top to bottom. Though it requires effort, the time spent on organization directly contributes to our team's overall success.

Including parents in things such as meal planning for away games and breakfasts for early morning practices is really helpful. Our high school and youth parents also help run the concession stand during our club tournament as well as our home tournament in August.

Advice for Young Coaches

If you're on the fence about leadership, take the leap. I never envisioned myself as a head coach. When longtime coach Ed Rowse became our athletic director, I stepped up—not to overhaul the program, but to preserve it. It was one of the best decisions I've ever made.

Surround yourself with people you trust. Your assistant coaches are invaluable—lean into their strengths. Seek out mentors who've walked in your shoes. To this day, I call Coach Rowse when I need guidance or just someone to bounce ideas off.

Never stop learning. I attend the Nebraska Coaches Association Clinic every summer and rarely miss a session. If I walk away with even one new idea, it's worth it.

When challenges arise, be willing to lead with vulnerability. Demonstrating authenticity and humility fosters trust and strengthens relationships with your players. They value seeing the human side of their coach. Acknowledging mistakes requires courage—and often earns deeper respect.

Finally, show appreciation. Fundraising through our large club tournament has allowed us to invest in our athletes, youth program, staff, and supporters. Gratitude goes a long way in sustaining a successful team of any kind.

Final Thoughts

From pre-practice snacks to post-season reflections, from themed practices to shared leadership, every small detail plays a role in building something great. My hope is that leading with intention, connection, and consistency lays the foundation for not just wins—but for a legacy. Because in our program, little things have made big things happen.

Coach Ratka's Whippets squad defeated Wahoo in four sets to capture the 2024 Class C1 State Championship. Minden went 37-1 in the season. This was Minden's second straight volleyball state title and the school's third all time.

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It Takes a Village

Bill Heard – Gretna – Softball



Courtesy Photo. Pictured Left to Right: Todd Mills, Channon Oseka, Bill Heard, McKenna Nixon, Gabe Wurth, Luke Brenn.

The Gretna High School softball program has experienced rapid growth over the past eleven years. Our growth and success would not have been possible without tremendous support from many areas. Our school district has continually worked to provide us anything we could ever need, including one of the better settings for high school softball in Nebraska. Our school administration has shown us continued support and our community, and softball parents in particular, have made playing at Gretna something special – something that carries on past their playing days at GHS. It's become the perfect storm for us and has allowed our program to experience sustained success.

Everything mentioned has allowed for success to happen, but it doesn't guarantee success. Our program has taken off because of the people involved in it. The people have made everything special we have been provided. It's not about the field we play on or the uniforms we wear. It's about the consistent approach our coaches have had in putting the kids in our program first.

Sounds simple. It's not.

I thought this space might be best served to illustrate the role of the people who have truly built this program. If you are reading this, I'm hopeful you can take something out of how we go about our jobs in a way that best serves kids. I should mention that we put a premium on hiring teachers. It's not always possible, but I'm a big believer that great teachers make great coaches. Teachers care about kids first and their subject matter second. Each of the people below fit that definition.

I need to recognize the young ladies who have come through our program as well. They have built this. Not us. Their talent, passion for Gretna softball and commitment are beyond anything a coach could ask for. We have been fortunate to coach some very talented players. Many of those talents are easy to see on the softball field. Some of those talents are harder to see in the dugout and on the practice field. For us it doesn't matter. It takes everyone, and we've been very, very blessed with an unbelievable run of kids.

Matt Curtis: Matt is the athletic director at Gretna High School. He's genuine in his support of our kids. As an example, three years ago our school district split, creating a second high school. I didn't see it coming, but our softball numbers went UP the year after the split. We had sixty-three kids out for softball. We didn't cut one kid. We made it work because it was the right thing to do. There is no way that would happen without Matt Curtis. It wasn't cheap, and it wasn't easy scheduling over ninety games. That is exactly what he did, and lots of kids got to play softball because of it.

Mike Castagnoli and Charles Starkovich: Mike was the groundskeeper at GHS through 2023. Mike not only provided first-class facilities, but he also saw our program through a construction process and helped set us up for the future. Mike was a fierce advocate for our kids, never accepting no when our players or coaches needed something. Charles replaced Mike and has carried on the same care and passion for our kids. Charles spends hours upon hours behind the scenes to make sure our kids have everything they could possibly need.

Todd Mills: Todd has been a part of GHS softball for the past eleven years. His official role is varsity assistant but that really doesn't encompass what he does for us. He's basically involved in all facets of our program. Coach Mills works with our pitchers, coordinating bullpens during practices and calling pitches during games, in addition to various other duties. He is also one of the leaders of our FCA group that many of our kids attend. The best way to describe Coach Mills is that he's the coach that no one wants to let down because his voice means that much to everyone in our dugout.

Channon Oseka: Coach O has been a part of GHS softball for the past eleven years as well. She is a teacher at Gretna Middle school. I'm not really sure how to describe her role. In short, Coach O is the boss. She does everything that no one wants to do (schedules for transportation, coordinates youth camp and uniform inventory, and collects forms/money). I could go on and on here. She's the ultimate in selflessness. She does her job so well that no one else has to do it. The rest of us get to show up and coach softball every day because she does her job so well.

Continued on page 14

McKenna Nixon: McKenna started at GHS in the fall of 2020. She is a Social Studies teacher at Gretna High School. McKenna serves as a Junior Varsity coach and coordinator. It's a role we didn't see coming. That said, when you have sixty-three kids someone must do it. She's done it awfully well. Coach Nix coaches our top JV team and helps with our pitching staff as well. Nix also handles all our social media obligations, and she's awfully good at it. We take a different approach to social media. Everything she posts is about our team and not individual accomplishments. We take a great deal of pride in this. Her role as team counselor may be the most important job. She provides the kids with a trusted ear in a time when they really need it.

Gabe Wurth: Gabe joined us in the fall of 2022. He is a Business teacher at Gretna High and also serves as the assistant baseball coach. Gabe comes from a baseball background, which has been very valuable to us. Seeing the game from a different perspective has proven to be beneficial. During practice, he coaches up our outfielders and helps with our JV teams. Coach Wurth provides the right mix of levity and leadership. His calm influence is very beneficial for our JV teams, and his energy in the Varsity dugout is also contagious.

Luke Brenn: Luke joined our staff in 2023. Luke is an Industrial Technology teacher at Gretna High School. Luke brought with him a long background in coaching from his time at Arlington. Having someone with head coaching experience on staff is

invaluable. During practices, Luke works with all of the JV teams. His calm and positive demeanor are a perfect fit for our staff. It also doesn't hurt to have an industrial tech guy around!

Olivia Aden: Olivia joined our staff earlier this summer. She will be a first-year teacher at Whitetail Creek Elementary. Liv comes to us after finishing her playing career at UNO. She's brought a welcome addition to our staff. Her age, energy, and playing experience are all positive additions to our staff.

I'm hopeful there is something in the roles of our coaches that you can take to your own program. This is something I struggled with in my early days of coaching. I wanted to do it all myself. It doesn't work that way. Getting everyone on the right seats on the bus takes time, but it is worth it and invaluable for our kids and program.

Coach Heard's Gretna Dragon completed an undefeated season going 38-0 for the 2024 season. Gretna outscored their opponents 39-4 over four games at the Class A State Championships, including three shutout victories.



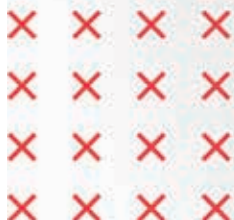
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Three Successful Cross Country Training Concepts

Todd McQuistan – Holdrege – Cross Country

Courtesy Photo



I was lucky enough to attend the 2025 *Nebraska Wesleyan's* Midwest Night of Stars track meet. The showcase event of the night was the boys mile. Nebraska's best two distance runners were attempting to make history by being the first Nebraska high school runners to break 4:00 in the mile. Their strategy was to run 3 sixty second laps and then give everything they can on the last lap.

Although the historic attempt fell short of achieving the 4 minute threshold, the strategy was sound. Even splitting and then speeding up at the end of the race is the best way to run the fastest time possible for every race over 800 meters. This is a concept that is universally accepted, but it is a strategy that can be difficult to execute.

I just completed my first year of being the head cross country coach at Holdrege High School, and our team was lucky enough to win the state championship utilizing even splitting and speeding up. Three concepts that helped us achieve our goals this year were: Grooving Race Pace, Practicing Fast, Faster, Fastest and Race Visualization.

Grooving Race Pace

Pacing a race, workout, or run is a skill that can be improved over time. Running by feel over the summer is a key concept that our runners work on constantly. Over the course of the summer runners can get a sense of what speeds are reasonable for them and the feelings that are associated with those speeds. We do not assign paces over the summer but rather let runners figure out what their sensory data is telling them. They most likely will have a couple workouts or long runs that they wreck, but that is

a learning situation. We try to celebrate a wrecked workout and try to focus on what can be learned from going out too hard at the beginning of their run.

During the cross country season, we start to assign specific repetition time windows to try to hit. These times are based on the average of their top 3 performances from the previous year. As the season goes on, the pace can match the current race paces that they have been running. The runners are certainly capable of running faster times during the workout, but that is not the purpose of our race pace workouts. Times are assigned for distances and then runners are put in racing situations. They "get out" for the first portion of their first couple of repetitions to imitate the beginning of the race. They "groove" the middle repetitions and focus on maintaining their pace throughout these repetitions. They are now feeling discomfort but realizing they can maintain their 5k pace. An example of a race pace workout could be: 6x1000 at race pace. Then 3x200 at near their top speed.

Fast, Faster, Fastest

All runners want to kick at the end of the race. Runners need to be put in a position to know how to execute fast running on tired legs. We always try to finish with our fastest running of the day. We will generally "groove" the first portion of our last race pace repetition and then speed up once or twice during that repetition. This is often followed by 400's or 200's at an even faster pace. There is a large amount of psychological benefit of passing runners during the 2nd half of a race. Our runners often talk about how energizing it can be to move up their position during the latter stages of the race. During the walk through of the race course, athletes pick locations on the course where they would like to speed up and where they will begin their final kick.

Race Visualization

Executing this type of racing plan takes a lot of courage and belief in the process. A runner needs to understand that at the beginning of the race they will most likely be behind runners that they expect to beat. They should expect many runners to get out very fast. Visualizing all portions of the race is an essential part of executing this plan. Runners need to plan ahead on the competition, the terrain and the feelings they will encounter during the race.

Part of our weekly preparation is to look at the map of the course and then lay down, close eyes and talk through the race.

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nebraska coach

We talk through different portions of the race and what they will encounter. They decide on portions of the race where they make moves or allow themselves to separate from other members of their team. We talk through the pain that should be expected during certain portions of the race.

Talking through how to respond to certain types of race situations rather than react to unexpected race scenarios is essential preparation. We also try to understand realistic expectations for the race. Although we don't want to limit what runners think they are capable of, it can be a recipe for disaster if a runner has exaggerated expectations of themselves.

Cross Country is a Team Sport

This strategy is predicated on the belief that cross country is a team sport more so than an individual sport. There will be races where an athlete may lose out on their chance to win the race individually, but the strategy allows all of your runners to have an insurance policy on their outcome. Even pacing is exceptionally difficult without preparation. For the teams that practice it and prepare mentally for situations that may occur, they can have outstanding outcomes.

In just his first year as head coach, Todd McQuistan led the Dusters to a Class C state championship in 2024. Holdrege defeated Lincoln Christian by 19 points, with four runners medaling.



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Omaha Marian Golf: One Team Approach Yielding Success

Robert Davis – Omaha Marian – Girls Golf

Courtesy Photo



One Team, Two Squads: All 12 golfers on the Marian Golf Team have nearly the same golf experience in a season – they practice together, learn together, compete together, and socialize together. There is no separation between the Varsity five and the other seven golfers. Our #12 golfer gets as much (or more!) coaching attention as our #1. For the first six weeks of competition, we encourage movement between the two squads. A typical season will see 7 – 8 of our golfers play at least one event with the Varsity squad. It's wonderful experience for the younger girls, and we have found that taste of varsity golf to be highly motivating. We believe that the unusually strong depth within Marian Golf is a direct product of this **One Team** approach.

Instructional Coaching: Particularly in sports that are more individual – golf, tennis, bowling, swimming – some coaches take a more administrative than instructional role. Since many athletes receive private lessons, the high school coach sometimes provides little in the way of technical instruction. That is not our approach at Marian. We are an instructional / developmental program that actively trains our athletes in proper technique. You may think that you are not qualified to instruct a golfer who is taking private lessons but consider these points: 1) My experience is that very few private golf instructors are good at their craft. 2) We spend about 125 hours with our girls in a golf environment over our 10-week season, including about 60 hours on the golf course. Their private instructor spends maybe 2 – 3 hours with them in that period, almost never on a course. Who understands their golf game better? We have had parents ask us not to instruct their daughter, because she is taking high-priced lessons from a private instructor. Our response is that perhaps their daughter is not a good fit for team golf, and perhaps she should just stick to individual golf. Ideally, we connect with private instructors

to maintain consistency of instruction, but not all private instructors want to be collaborative. Instructional Coaching in a sport like golf does require some expertise but learning golf technique and how to teach it has never been easier.

Shot Tracking: High school coaches in most sports - volleyball, softball, basketball, soccer – see every moment of their teams' competitions. Then they often watch the contest over again on video. Golf is very different. Five golfers are spread out over about 50 acres, and coaches are dashing around on foot or in carts trying to see as much as we can. **At the most, we observe about 20% of each golfer's performance.** . . . and there is no video to watch later. The only way to truly understand how a golfer performed is to use a shot-tracking tool of some kind. There are some high-tech options available, but we use an old-fashioned paper Shot Log. Our golfers record each shot of their round in categories of Drives, Mids, Approach Shots, Short Game, and Putting. Then we analyze the Shot Log after the round to get a clear picture of the story behind the score. The result is a data-driven development program with training that is targeted on a golfer's weakest areas.

Full Swing Concepts: Impact is the instant when the club commands the ball on its flight. That full ball flight – height, distance, spin, starting direction, curvature – is a direct result of this microsecond interaction with the clubface. The most important elements to control at impact are Low Point, Face Angle, Impact Location, and Swing Plane. Of those, Low Point is the one that causes most poor shots (fats and tops) with high school golfers. The Low Point is the point of the downswing where the club stops moving down and starts moving up. For an iron/hybrid shot, that Low Point should be below ground level (i.e. golfer takes a divot) and after ball contact. The Low Point is just the opposite with driver – above ground level and before ball contact. Golfers need to understand this concept and know that their driver swing is supposed to be different from their iron swing, particularly in the setup. Staying in posture through the swing (with torso tilt angle kept the same) keeps the center-of-rotation stable, and gives golfers the best chance for Low Point control. Golfers who straighten up / lose their posture / jump before impact have very little chance of controlling Low Point in the long run. That might work for a shot. . . but not for a season.

Short Game Concepts: Ironically, most high school golfers would rather chip from the rough than from the shorter fairway grass. That's because they have not mastered the club-ground interaction piece of the chipping motion. We teach our golfers about "Skidder" (the sole of the wedge), and "Digger" (the leading edge). When chipping from the short grass, it's

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imperative that Skidder (not Digger) is what hits the ground. Some golfers would call this using the bounce. Chipping in this manner is so forgiving. Golfers can miss their intended low point by up to 2 inches, and the club still skids along the turf into the back of the ball. It might not be their best chip ever, but it's safely on the green! I recommend the book *"Your Short Game Solution"* by Nebraska's own James Sieckmann for all the details. Short Game is an area in which technique and instruction have evolved dramatically over the past 20 years.

Putting Concepts: Putting is the simplest movement in golf, but becoming a great putter is one of the most difficult challenges in golf. That's because the level of precision required is just so high. Distance control is a more important focus area for high school golfers than direction. Most 3-putts happen due to distance problems, not direction. Several different elements influence distance control. First is reading the putt for pace, so that one knows just how much putter velocity is needed to achieve the proper distance. That read involves the putt length, the speed of the green, the slope (up or down and how much), and sometimes even the wind. After the read, the challenge turns to delivering the intended putter velocity while making impact on the "sweet spot" to maximize energy transfer from putter to ball. The best way to deliver a specific putter velocity is for the putter to be coasting at impact – no acceleration or deceleration. Having a symmetric putting stroke, in which backstroke length equals follow-through length, encourages your putter to be on cruise control at impact. Large differences between backstroke and follow-through are a sure sign that unwanted acceleration or deceleration are occurring.

Here are some other elements of Marian's Golf Program:

- A typical week for Marian Golf has three practice-area sessions, one 9-hole training round, and one 18-hole competition. The practice-area sessions are where our technique is made automatic and our skills are honed. These sessions are equal parts full swing, short game, and putting – typically with a fun game at the end. The favorite of the Marian golfers is a two-putt contest.
- We believe that success is achieved through mastering three elements of the sport – Technique, Skills, and Mindset. Our coaching approach is to actively develop all three elements. We diagnose technique problems using video and other measurement technologies, discuss needed changes with our golfers, and pursue improved techniques through drills and feedback.
- The full swing is a complex motor pattern that typically requires 6 – 8 weeks to change. That's pretty much our entire season! As a result, we do not make major full swing technique changes during the season – particularly among our top golfers. We will make changes to short game and

putting technique, as those are simpler motor patterns. Winter is the time of year to make major changes in technique, especially for the full swing.

- We cover the off-nominal shots in our practices. We practice punch shots from heavy rough, bunker shots from sloped lies, and putting from the fringe. Our goal is to never have a shot on the course that we do not regularly train in practice.
- Mindset training is a key part of our program. Unlike many other sports, there's no way to sub out a golfer who is struggling on the course. We teach our golfers to have appropriate expectations for their current performance level. We emphasize staying in the present – focused completely on the shot at hand and not on what happened last hole (the past) or what the final score will be (the future).

I tried to stay "specific to golf" throughout this article but allow me this one final thought about high school coaching in general. The most important experience that our girls have over four years playing Marian Golf is not really about golf at all. **It's about Growing Up.** It's about learning how to learn, handling adversity, being accountable, tackling tough challenges, openly setting goals, building resilience, being a good friend, and putting your team first. That's the true beauty of coaching – we are preparing these kids for life!

Coach Davis' 2024 Omaha Marian Varsity Golf squad capped off an undefeated season with a 24-shot win at the Class A Girls State Championship. Those golfers went on to compete in the PGA National High School Golf Invitational in Pinehurst NC, finishing 13th in a field of 32 state champion teams from across the USA. The 2024 JV squad had a scoring average of 359 and was nearly among the best five teams in Class A Girls Golf. As they prepare for the upcoming 2025 season, ten different Marian golfers have scored below 85 in junior golf competitions over the summer. "We try to be more than just a good high school golf team. We strive to be a comprehensive development program for girls who love golf."

Coach Davis – Omaha Marian.

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Setting Goals for Success

Chase Petersen – Mount Michael Benedictine – Boys Tennis



Courtesy Photo

First, I want to give thanks to Mount Michael for the support and trust in all areas to build a tennis program that changed my life and those I coach.

Over the years, we have had players who joined the team to learn the game, improve their game with more players making it a high priority in life. My greatest lesson is to look at what motivates each player. This creates respect and responsibility for them. The players set personal goals and team goals, which is crucial in finding the best line up for the season.

Our greatest asset has been strong friendships and unity. This has proven to get us through tough times over the years.

Practice consists of technical work, conditioning, consistency drills, match play, and team bonding. I try to set a tone that allows players to choose their path for the day. Understanding that not every day can be the best practice and adjusting to that flow is important. I find ways to create confidence building practice after a tough loss, we get to why you live to play. At the end of the day, I want my team to enjoy tennis and continue to play after high school. It is rewarding as a tennis instructor to see previous players join my club's clinics, play in USTA leagues, and I am extremely proud when they decide to coach. I plan practices knowing each day may change due to the players' energy.

Most days are high energy, so we set up fast paced drills that allow a built in conditioning. Fast Feed (Dirty Feed) is always a fan favorite. This game consists of 3 players on each side of the court playing alternating singles. The first player will feed the ball in at any pace or place they choose on the court. The players will play it out until someone loses the point and quickly the losing sides player next in line will feed the ball in to start the next point. A single player must win three points consecutively in order to earn a team point. The side that gets three points first wins the round. In the past I could have up to ten players on a court and this game allowed me to get my singles players the practice they needed. Those players get to see different styles and strategies that will allow them to be more successful in match play.

If the energy is lower, I try to focus more on learning and improving technique. Focusing on technical strokes for a basket or two and then allowing the players to test those newly learned skills in a game can really set the muscle memory. Ten Point Drill starts with two players at the net and two on the baseline. The coach feeds the baseline players who are trying to get ten points, while the net players are trying to stop them from gaining any new points. A clean winner (no one touched the ball) awards the baseline players two points. An unforced error by the net players will award one point to the baseline team. To add some extra skill development, I challenge the baseline team to not just work on driving the ball, I will encourage them to slice, lob, or dip the ball at the net players. This also allows the net players to see different styles of shots and pushes them to be better. Ten point drill is a game I learned from a very successful high school coach Sheryl Vaughn (my mom) that I put my own spin on to push stroke production.

Mount Michael creates a unique environment being such a small school that team unity happens naturally, but when it does not, I have the players set individual and team goals. This gets the team on the same page and gives everyone a similar mindset. Practices should always consist of something that brings them together. Creating a team music playlist, challenging

Continued on page 23

nebraska coach

them to create a state line up as if they were the coach, and doing partner challenges to strengthen bonds. One year when I noticed the team was stressed out before state, I had the boys do yoga as a team to allow for some decompression. They not only found a way to relax from the stretches but found much humor in watching each other try and master the poses. Sometimes you need to allow players opportunities to release stress and remember how much they love playing. Winning is our goal, while accepting failure after you gave it your best is admirable. Success does not come without losing. Tennis is about learning how to cope with failing. A player can hit 100 shots, making 60, yet still be a winner.

My philosophy as a player and coach has been determination, effort and integrity will be your path to great things. I consistently tell players to "Go Get It." This ranges from making early contact with the ball, running down every shot, believing the effort will pay off and stay focused on the goal all season. I have been very fortunate to coach amazing players. I love sharing my passion and knowledge of the game.

Coach Petersen's Knight squad captured the Boys Class B State Championship in 2024, outscoring Elkhorn North by over 16 points. Mount Michael Benedictine finished as the Class B Runner Up the previous year.



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13 Coaches Receive LEVEL IV Award, Highest Honor, in 2025

Dr. Mitchell Stine, Son of the late Jerry L. Stine

This year, 41 coaches received recognition for the Jerry Stine Family Career Milestone Award, with 45 applications submitted in all. During the 2025 Nebraska Coaches Association Multi-Sports Clinic, 27 Level I certificates were awarded, 21 Level II certificates were awarded, and 18 Level III certificates were awarded. Thirteen (13) coaches received the level IV plaque, the highest level in this program, at the NCA Awards Banquet on Sunday, July 20th. The level I (bronze), II (silver), and III (gold) certificates were picked up at the NCA Multi-Sport Clinic or mailed to the coach.

If you are not familiar with this program, it takes 100 wins in team sports (50 in football) to achieve level I and 200 points in individual sports. To achieve level II, it takes 200 wins in team sports (100 in football) and 400 points in individual sports. Accumulating 300 wins in team sports (150 in football) and 600 points in individual sports will get you level III recognition. The level IV plaque is presented to coaches who have coached 400 wins in team sports (200 in football) and have accumulated 800 points in individual sports. Team sports include football, volleyball, basketball, baseball, soccer, and softball. Individual sports include cross country, golf, gymnastics, wrestling,

swimming & diving, tennis, and track & field. You must apply for this award to be recognized, you must be an NCA member, and the sport must be officially sanctioned by the Nebraska Schools Activities Association.

The NCA has invested in the Jerry Stine Family Milestone Award Program by enhancing and upgrading the Jerry Stine Family Milestone Award page on the NCA website. Please go to the website, click on awards, click on NCA – Jerry Stine Family Milestone Award and you can easily filter the 1,607 honored coaches by sport, level, year, etc. Please take time to review the names and if your name should be on the list, if not, print off an application and start the process of applying for next year. Several coaches successfully applied years ago but have not updated their application since. If that is the case, please send Dr. Mitchell Stine an updated application. Baden Sports is the corporate sponsor for the Jerry Stine Family Milestone Award program.

If you have changed schools since receiving your award or have questions about the milestone awards program, please email Dr. Mitchell Stine at mitstine@gmail.com. A milestone application may also be submitted to Dr. Mitchell Stine by email.

2025 NCA Jerry Stine Family Milestone Award - Level IV



Level IV Jerry Stine Family Milestone Award recipients in attendance at the 57th Annual NCA-Hudl Awards Banquet: (from Left to Right) Matt Wiemers, McCook – Girls Tennis; Jodi Craig, Morrill – Volleyball; Keith Kester, Grand Island Central Catholic – Boys Track & Field; Kristian Freeland, Dundy County-Stratton – Boys Basketball; Jay & Tim Knaak – Representing Larry Knaak, Plainview – Boys Golf; Kurt Holliday, Seward – Girls Cross Country; Roy Emory, Aquinas Catholic – Wrestling and Mike Brandon, Gretna East – Volleyball. – Callam Sports Photography.

2025 NCA Jerry Stine Family Milestone Award Honorees



LEVEL I

Art Banderas – Lexington – Girls Wrestling
Shawn Blevins – Gretna East – Football
Kelan Buhr – Doniphan-Trumbull – Boys Basketball
LaTravia Dobson – Riverside High School – Boys Track & Field
Lindsey Harders – Grand Island Northwest – Volleyball
James Kriz – East Butler – Basketball
Dustin Kronhofman – Arapahoe – Football
Kris Pestel – Albion/Boone Central – Boys Track & Field
Brett Scheiding – Tri-County – Football
Cody Whipkey – Wilcox-Hildreth – Basketball

LEVEL II

Josh Johnson (I) – Wayne – Girls Golf
Skylar Morris – Broken Bow – Volleyball
Kris Pestel (I) – Albion/Boone Central – Girls Track & Field
Adam Poulosky (I) – Ponca – Basketball
Rod Ruybalid – Schuyler – Boys Track & Field
Joe Schmidt (I) – Omaha Nation – Basketball
Rob Sweetland – Wayne – Basketball
Kevin Witte (I) – Kearney – Basketball
Dan Zoucha (I) – Albion/Boone Central – Basketball
Dan Zoucha (I) – Albion/Boone Central – Football

LEVEL III

Teresa Christensen (I, II) – Stanton – Volleyball
Toni Fowler (I, II) – Adams Central – Girls Track & Field
Kurt Holliday – Seward – Boys Cross Country
Jeff Jensen – Central City – Football
Terri Neujahr – Waverly – Volleyball
Troy Saulsbury – Kearney – Girls Tennis
Kimberly Stengel – Maywood/Hayes Center – Basketball
Shae Speth (I, II) – Platteview – Volleyball
Brad Vogt (I, II) – Omaha Nation – Basketball

LEVEL IV

Mike Brandon – Gretna East – Volleyball
Jodi Craig (I, II, III) – Morrill/Leyton – Volleyball
Gary Davis (I, II, III) – Neligh-Oakdale – Wrestling
Kevin Dodson – North Platte St. Patrick's – Football
Roy Emory (I, II, III) – Aquinas Catholic – Wrestling
Kris Freeland (I, II, III) – Dundy Country/Stratton – Basketball
Kurt Holliday – Seward – Girls Cross Country
Keith Kester (I, II, III) – Grand Island Central Catholic – Boys Track & Field
Larry Knaak – Plainview – Boys Golf
Bryan Reischmuth – Humphrey St. Francis-Archangels – Basketball
Rob Sweetland – Wayne – Softball
Matt Turman (II, III) – Omaha Skutt – Football
Matt Wiemers (I, II, III) – McCook – Girls Tennis



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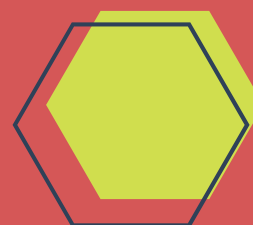
Before the Season

What do Athletes/Kids Really Want?
Releasing Your Son/Daughter to the Experience
Parental Red Flags



During the Game/Event

Modeling Appropriate Behavior
Big Picture
One Instructional Voice



After the Game/Event

Time & Space
Confidence Building
Relationship Building
Six Powerful Words

NEBRASKA COACHES ASSOCIATION

500 Charleston St, Ste 2, Lincoln, Nebraska 68508
402-310-5472 | darin@ncacoach.org

Endorsed by the Following Education Associations:



2025 NCA - Service Awards



NCA 25 Year Service Award recipients in attendance at the 57th Annual NCA-Hudl Awards Banquet: (from Left to Right) Scott Mollring, Schuyler; Brad Vogt, Omaha Nation; Zac Foster, Adams Central; Kevin Witte, Kearney; Shawn Blevins, Gretna East; Scott Steinbrook, Kearney; Jerry Lovell, Creighton Preparatory School; Kyle Royuk, Seward; Kimberly Barnett, Southwest; Kurt Holliday, Seward; Elizabeth Hock, Wallace; Joe Schmidt, Omaha Nation; Kristian Freeland, Dundy County-Stratton and Brian Sybrandts, Northwest.
– Callam Sports Photography.



NCA 35 Year Service Award recipients in attendance at the 57th Annual NCA-Hudl Awards Banquet: (from Left to Right) Kim Hammer, Weeping Water; Jay Helberg, Southwest and Todd Hale, West Holt.
– Callam Sports Photography.



NCA 40 Year Service Award recipient in attendance at the 57th Annual NCA-Hudl Awards Banquet: (from Left to Right) Nancy Lockmon, Giltner; Greg Conn, Wausa; Don Clark, Kearney; Rich Britten, Brady and Michele Kontor, Milford. – Callam Sports Photography.



NCA 45 Year Service Award recipients in attendance at the 57th Annual NCA-Hudl Awards Banquet: Steve Bischof, Elkhorn South.
– Callam Sports Photography.



NCA 50 Year Service Award recipient in attendance at the 57th Annual NCA-Hudl Awards Banquet: (from Left to Right) Tim & Jay Knaak – Representing Larry Knaak, Plainview; Randy Jochum, Osmond and Bill Mimick, Lindsay Holy Family. – Callam Sports Photography.

FUNDRAISING UNIVERSITY IS A PROUD SPONSOR OF THE NEBRASKA COACHES ASSOCIATION

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2024-2025 NCA Member State Champion Coaches



Football

Class B – Matt Turman – Omaha Skutt Catholic
Class C1 – Chad Fox – Wahoo
Class C2 – Jeff Bellar – Norfolk Catholic
Class D1 – Andrew Kuta – Sandy Creek
Class D2 – Chip Bartos – Central Valley

Volleyball

Class A – Katie Tarman – Papillion-La Vista South
Class B – Christina Boesiger – Norris
Class C1 – Julie Ratka – Minden
Class C2 – Sue Ziegler – Lincoln Lutheran
Class D1 – Jessica Diehl – Superior
Class D2 – Misti Potter – Shelton

Boys Cross Country

Class A – Sean McMahon – Fremont
Class B – Bill Rice – Lincoln Pius X
Class C – Todd McQuistan – Holdrege
Class D – Seth Burge – Perkins County

Girls Cross Country

Class B – Jordan Fuglestad – Elkhorn North
Class C – Mark Oliver – Auburn
Class D – Ryan Underwood – McCool Junction

Softball

Class A – Bill Heard – Gretna
Class B – Gary Lytle – Beatrice
Class C – David Brabec – Bishop Neumann

Boys Basketball

Class A – Joel Hueser – Papillion-La Vista South
Class B – Kyle Jurgens – Omaha Skutt Catholic
Class C1 – Jacob Mohs – Ashland-Greenwood
Class C2 – Ryan Mlnarik – Archbishop Bergan
Class D1 – Lucas Dalinghaus – Johnson-Brock

Girls Basketball

Class A – Marc Kruger – Millard West
Class B – Kip Colony – Omaha Skutt Catholic
Class C1 – Scott Klein – Lincoln Christian
Class C2 – Scott Guzinski – Oakland-Craig
Class D1 – Jason Dolliver – Pender
Class D2 – Luke Santo – Falls City Sacred Heart

Boys Wrestling

Class A – Jeff Rutledge – Lincoln East (Dual)
Class A – Keenan McCurdy – Lincoln East (Dual)
Class C – Cody Wintz – Battle Creek (Dual & Tournament)
Class D – Luke Gideon – Burwell (Dual & Tournament)
Class D – Evan Gideon – Burwell (Dual & Tournament)

Girls Wrestling

Class B – Dan Krajicek – Yutan (Tournament)

Bowling & Unified Bowling

Girls B – Nikki Bradley – Northwest

Swimming & Diving

Girls – B.J. Christiansen – Omaha Marian

Boys Track & Field

Class A – Broc Howard – Kearney
Class B – Brian Benson – Waverly
Class C – Shayne Hite – Perkins County
Class D – Mike Spargo – Dundy County Stratton

Girls Track & Field

Class B – Justin Horner – Bennington
Class B – Jocelyn Suing – Bennington
Class C – Todd Russell – Kearney Catholic

Baseball

Class C – Zach Wehner – Malcolm

Boys Soccer

Class B – Ulises Fuentes – Schuyler

Girls Soccer

Class A – Chace Hutchison – Gretna East

Boys Golf

Class A – Lee Plath – Lincoln East
Class D – Daryl Ladeaux – Creighton

Girls Golf

Class A – Robert Davis – Omaha Marian
Class C – Josh Johnson – Wayne

Boys Tennis

Class A – Chris Stock – Lincoln East

Girls Tennis

Class A – Chris Stock – Lincoln East
Class B – Matt Wiemers – McCook

2024-2025 NCA - Hudl Coaches Of The Year



2024-2025 NCA-Hudl Coaches of Year in attendance at the 57th Annual NCA-Hudl Awards Banquet (Left to Right): Mark Oliver, Auburn – Girls Cross Country; Matt Wiemers, McCook – Tennis; Cody Wintz, Battle Creek – Wrestling; Mike Spargo, Dundy County-Stratton – Boys Track & Field; Jocelyn Suing & Justin Horner, Bennington – Girls Track & Field; Scott Guzinski, Oakland-Craig – Girls Basketball; Zach Wehner, Malcolm – Baseball; Jessica Fauss, Elkhorn South – Dance; Lee Plath, Lincoln East – Golf; Christina Boesiger, Norris – Volleyball; Chad Fox, Wahoo – Football; Nikki Bradley, Northwest – Bowling; Todd McQuistan, Holdrege – Boys Cross Country; Amber Burson, Lexington – Strength & Conditioning; Ulises Fuentes, Schuyler – Soccer and Casey Clements, Elmwood Murdock – Cheerleading. – Callam Sports Photography

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2025 NCA-FCA Doyle Denney Heart of a Coach Legacy Award



Joe Benson, Scottsbluff.
Pictured with Melanie VerMaas, wife of the late Doyle Denney.
– Callam Sports Photography

2025 NCA Friends of High School Sports Award

CURRENCY.



Jim Ayres
Ogallala
– Callam Sports Photography

2025 NCA Jim Farrand Memorial Award

CURRENCY.



Amy Johnson, Kearney Catholic
Brian Kounovsky, Elkhorn
– Callam Sports Photography

2025 NCA Media Award

CURRENCY.



Bob King
Holdrege Daily Citizen
– Callam Sports Photography

NCA Career Awards



Richard Britten, Brady – Binnie & Dutch Award

For 40 years, Coach Richard Britten has been the heart and soul of Brady High School Track & Field, leading both the boys' and girls' programs with unwavering dedication and passion. A fixture in Class D athletics, Coach Britten's teams have consistently represented Brady with excellence, highlighted by the Girls State Runner-Up finish in 2017. Under his leadership, the Eagles captured four girls district championships and two boys district titles, and he coached numerous individual state champions who proudly stood atop the podium in Omaha. His efforts and impact on the sport were recognized with the Level III Milestone coaching honor, reflecting a career marked by success and commitment to young athletes. Among the many memories built over four decades, one stands out above the rest—the 2016 State Meet, where Emery Swan's victory in the 800 meters and the boys' back-to-back triumphs in the 4x400 relay created an unforgettable moment of pride and celebration for the Brady community. Coach Britten and his wife Tia have seven children and 16 grandchildren.



Kevin Asher, Aurora – Ed Johnson Award

For over three decades, Coach Kevin Asher has left a lasting mark on Nebraska high school basketball. From 1988 to the present, he has led programs across the state—including Pleasanton, Elm Creek, Norfolk Catholic, Millard West, Pender, Wood River, St. Cecilia, and Aurora—building a reputation rooted in excellence, leadership, and a deep love for the game. Coach Asher's career highlights include 6 Conference Championships, 10 District Titles, and 4 State Championships in 2009, 2010, 2015, and 2016. His impact hasn't gone unnoticed—he was named Nebraska Coaches Association Coach of the Year and Nebraska Basketball Directors Association Coach of the Year in 2015, Grand Island Independent Coach of the Year in 2016, and a four-time Huskerland Prep Coach of the Year. While the titles and accolades are meaningful, Coach Asher reflects on something even more powerful—the relationships. Sharing the 2015–2018 State Tournaments and Championships with his sons and their classmates remains one of his greatest thrills. Yet, it's seeing the lives his former players now lead, even dating back to his early years in 1986, that brings him the most pride: *"The memories over the years and seeing the young men I coached now, and the life they have, is the most rewarding part of why this is all worth it."* Coach Asher is a proud husband to Jackie, his wife of 28 years, and father to Brooks, Trey, and Makenna.



Dennis Oliver, Pender – Guy Mytty Award

With an incredible 41 years (and counting), Coach Dennis Oliver has become a legendary figure in Nebraska wrestling. His career spans multiple sports—including football and track & field—but it's on the wrestling mat where his lasting legacy has been built. Since joining Pender High School in 2000, Coach Oliver has led the program with passion and precision, compiling an impressive 158-88 dual record. Under his leadership, Pender has become a consistent state contender.

His teams have: qualified for the State Duals twice, including a state runner-up finish; finished State Tournament runner-up three times; and earned a top-three team finish once and placed in the top 10 three additional times. Perhaps most impressive is the individual success he's helped cultivate: 101 State Qualifiers, 61 State Medalists, 31 State Finalists, and 22 Individual State Champions. Pender has etched its name in the record books, holding a Class D State Tournament record with 5 individual state champions—a feat unmatched in class history. Coach Oliver has been named Nebraska Coaches Association Coach of the Year twice, earned two Guy Mytty Award winners for Class D, and was inducted into the Hall of Fame. Off the mat, Coach Oliver is a proud husband to Brenda, and father to Benny (wife Molly, 2 children) and Brady (wife Hanna, 1 child). He also shares his home with the family dog, Lu.



Shane Fruit, Ogallala – George O'Boyle Award

For nearly three decades, Coach Shane Fruit has been a driving force in Nebraska cross country. After 8 years at St. Paul, Coach Fruit found a long-term home at Ogallala, where he spent 27 seasons and counting, building one of the state's most respected programs. Over the course of his career, he compiled a remarkable 2976-798 record, a testament to the consistency and excellence he brought to the sport. Under his leadership, Ogallala cross country reached the highest levels of success with three State Championships (2006, 2008, 2010), a State Runner-Up in 2009, and three Individual State Champions: Dillon McKeag (2012), Lucy McKeag (2019), and Lindee Henning (2023). Coach Fruit's dedication and character have earned him widespread recognition, including: three-time finalist for National Cross Country Coach of the Year; recipient of the prestigious Doyle Denney Heart of a Coach Award (2023); and was named NCA Boys Cross Country Coach of the Year in 2009. As a 44-year member of NCA, Coach Fruit has published articles for the NCA Magazine, has presented at the NCA Multi-Sports Clinic, served on the NSAA Cross Country Advisory Committee and helps administer the Fellowship of Christian Athletes cross country camp for the last 19 years. While the championships and honors are meaningful, Coach Fruit says his greatest coaching memory was winning the 2006 state championship with his son on the team—a moment that combined personal pride with professional fulfillment. Coach Fruit and his wife Taine are the proud parents of Tanner, Shayna, and Tayler. His legacy is one of leadership, integrity, and a deep belief in Jesus that have led him to try to excel in every area of his life.

nebraska coach



Jerry Stracke, Guardian Angels Central Catholic – Ken Cook Award

Coach Jerry Stracke began his coaching journey in 1993 at Scribner-Snyder, followed by a stop in Beemer, before finding his longtime home at Guardian Angels Central Catholic (GACC). Over the span of his career, he built one of the most dominant girls basketball programs in Nebraska, compiling an extraordinary 568-142 record. Coach Stracke led his teams to 21 consecutive state tournament appearances with two Class D1 State Championships (2012, 2017) and three consecutive Class C2 State Championships (2003, 2004, 2005) leading to a three-time state-record winning streak. Jerry was awarded the Dominant Dynasties Award in 2006 and the Fischer Family Hall of Fame Award in 2018. Coach Stracke's most cherished memory came during the legendary winning streak: *"Coaching the group of girls that broke the consecutive win streak was unforgettable. Fans brought old record albums and, as we neared the milestone, they began a countdown—smashing the albums when we broke the record. It was such a special experience for the girls to be a part of."* Coach Stracke's career continues to serve as an example of what long-term dedication and leadership can achieve.



Larry Knaak, Plainview – Swede Hawkins & Del Schoenfish Award

For an extraordinary 50 years, Coach Larry Knaak was the face of boys and girls golf at Plainview Public Schools, dedicating his entire coaching career to the community he proudly served. His decades of leadership, teaching, and passion for the game have impacted generations of athletes. During his storied tenure, Coach Knaak guided Plainview golf to nine State Tournament appearances with three Boys State Runner-Up finishes, three Boys 3rd Place team finishes, and three Girls 3rd Place team finishes. His excellence was recognized with the prestigious Level III and Level IV Jerry Stine Family Milestone Award in Boys Golf, a testament to his long-term success and dedication to student-athletes. For Coach Knaak, the most rewarding moments weren't just the trophies—it was the people. *"Getting to coach all three of my sons, and later their children, was a special joy. In 50 years, I've had hundreds of students in the golf programs. Even after graduation, many would come back asking for a quick fix on their swing or a short chipping or putting lesson."* Coach Knaak is a devoted husband to Janice and proud father to Jay, Tim, and Bruce. His half-century of coaching is marked not just by competitive success, but by lifelong relationships, mentorship, and a legacy that will remain etched in Plainview's history.



Terri Neujahr, Waverly – Phyllis Rice-Honnor Award

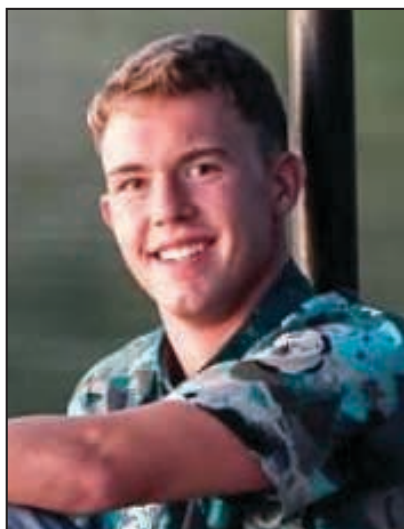
Coach Terri Neujahr began her volleyball coaching journey in 1987 as an assistant coach at the University of Nebraska–Lincoln, laying the foundation for a remarkable career in the sport. She later brought her passion and leadership to Waverly High School, where her coaching legacy continues to grow. Over the course of her career, Coach Neujahr has compiled an impressive 409-199 record, guiding her teams to three Conference Championships, nine District Championships, and nine State Tournament appearances. Her impact extends far beyond wins and losses. She has coached two Gatorade Nebraska Volleyball Players of the Year, three High School All-Americans and numerous athletes who went on to play at the collegiate level. Recognized by her peers, Coach Neujahr was selected as a NCA All-Star Assistant Coach, earned Level III Jerry Stine Family Milestone status, and has been a proud 19-year member of the NCA. She has served on the NCA Volleyball Advisory Committee, is a member of the AVCA High School Leadership Council and will take on a prominent leadership role as the NCA President-Elect for 2025–2026. While her list of accolades is impressive, Coach Neujahr's true joy comes from the relationships built through the game. *"My most precious memories are all about the players I've coached and the coaches I've worked with. The moments in and out of the gym—laughing, crying, celebrating big and small victories—those are the special ones. Watching these women grow into amazing individuals who accomplish more than they ever thought possible, on and off the court, is what thrills me most."* Coach Neujahr and her husband Loren are the proud parents of two children and doting grandparents to four grandchildren. Her career is a testament to the power of sport to inspire growth, build community, and transform lives.



Skip Olds, Alliance – Skip Palrang Award

With a career spanning 26 years, Coach Skip Olds made a lasting impact on Nebraska high school football through his leadership, determination, and ability to turn programs around. His coaching journey included stops at Banner County, Gordon, Millard, and Alliance, compiling an impressive 145-83-5 career record. One of the defining highlights of his career came in 1976 at Gordon High School, when Coach Olds led his team to a perfect 10-0 season, earning the title of Mythical State Champions in the inaugural year of official state playoffs—and securing the State Championship trophy. He would go on to win 5 District Championships and 12 Conference Championships, building a reputation for excellence wherever he coached. His honors and service include Shrine Bowl Assistant and Head Coach, East-West All-Star Game Coach, NHSACA Regional Football Coach of the Year, Nebraska Coaches Association Football Coach of the Year, Clinic Speaker, 25-year member and President of the NSIAAAA, and 26-year member of the Nebraska Coaches Association (NCA). Reflecting on his career, Coach Olds shares his greatest source of pride: *"My most rewarding memories include coaching my own son and serving at four different schools that had struggling football programs with losing records. When I left each school, all four had been turned into winning programs. I accepted the challenge, battled ahead, and left them a winner."* Coach Olds' legacy is built not just on championships and accolades, but on his tireless work ethic, transformational leadership, and his enduring belief in the power of perseverance and mentorship in shaping young athletes and programs.

2025 NCA Hyatt Place Hotel Scholarship Recipients



Kevin Bantam
Medicine Valley



Zaili Benish
Leyton



Kamryn Kasner
Omaha Skutt Catholic



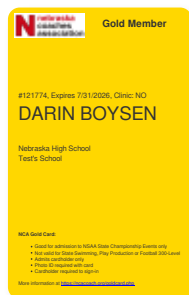
Claire Mlnarik
Archbishop Bergan

2025-2026 Digital Membership Cards & Gold Cards

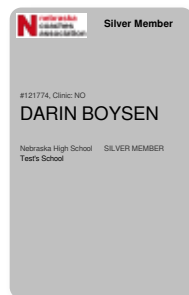
Member Only



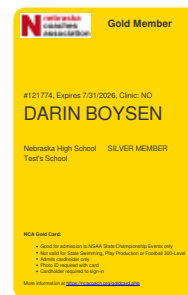
Member & Gold Card Holder



Silver (Retired) Member Only



Silver (Retired & Gold Card Holder)



State Colleges Recognize NCA/NSIAAA Membership Cards For Admission

You are reminded that the following schools will recognize the membership cards of the Nebraska Coaches Association and the Nebraska State Interscholastic Athletic Administrators Association for admission to college-sponsored sporting events. This program was originally proposed in the fall of 1992, and ALL college Athletic

Directors responded quickly and to the affirmative. Our proposal gave them several options, including a pass gate, an advance call-in, etc., but each institution was slightly different in their acceptance. Below is a list of how each school would like to handle the program.

Bellevue University

Any gate
Membership card required
Admit member + one
Good for all sports

Good for most sports – regular season
Tickets subject to availability
Excludes some games

Central Community College – Columbus Campus

Any gate
Membership card required
Admit member + one
Good for all sports

Doane University

Pass gate
Membership card required
Admit member + one
Good for all sports, tickets are free
Advanced call-in is appreciated 402-826-8583

Chadron State College

Any gate
Membership card required
Admit member + one
Good for all sports

Hastings College

Membership card and photo ID
Good for all sports
Admit member

College of St. Mary

Advance call-in 402-399-2358
Admit member + one
Good for all sports
Tickets are free

Midland University

Any gate
Membership card and photo ID
Admit member + one
Good for all sports

Concordia University

Use any gate
Membership card and photo ID
Admit member + one
Good for all sports
Tickets are free

Nebraska Wesleyan University

Any gate
Membership card and photo ID
Admit member + one
Good for all sports, tickets are free

Creighton University

Advance call-in 402-280-5297
Please contact in advance
Admit member + one no charge
Membership Card Required

Northeast Community College

Main gate
Membership card required
Admit member + one
Good for all sports
Tickets are free

North Platte Community College

Advance call-in 800-658-4308.3701
Ask for Jackie Briley
Use main door
Membership card required
Admit member + one
Good for all sports

Peru State College

Pass gate – main gate
Advance call-in is appreciated 402-872-2350
Call 2 days prior to game
Membership card and photo ID
Admit member + one
Good for all sports
Tickets are free

Southeast Community College-Beatrice

Main gate
Advance call-in appreciated
1-800-233-5027 ext 1232
Good for all sports
Admit member + one
Tickets are free
Membership card required

University of Nebraska-Kearney

Advance e-mail required: smithsj3@unk.edu
Admit member only
Must present membership card, Photo ID & sign for ticket
Good for all sports regular season
Ticket is free
Football: Main Gate
Health & Sports Center: West Gate

University of Nebraska-Omaha

E-mail no later than 48 hours in advance: jsecunda@baxterarena.com or brcarey@omavs.com
Membership card and photo ID Admit member + one
Tickets are free
Excludes Hockey

Wayne State College

Pass gate
Membership card and photo ID
Admit member only
Ticket is free
Good for all sports (excluding NSIC/NCAA Championships)

Western Nebraska Community College

Membership Card Required
Advance call in – 308-635-6151

York College

Pass gate – front door
Membership card and photo ID
Admit member + one
Good for all sports
Ticket is free

Join The Nebraska Coaches Association Today

Take Advantage of these Benefits:

- Year-round **\$2,000,000** coaching and classroom liability coverage
- ²25 Gold Card: Good for Admission to most NSAA State Championships – **Deadline October 1**
- Free admission for two to the NCA All-Star Games
- Reduced Registration Cost to Sports Clinics
- Free admission to the annual Shrine Bowl Football Game
- Free admission, with membership card, to select college-sponsored games
- *Nebraska Coach* Magazine online (Fall, Winter, Spring Editions)
- NCA-Currency Team Academic Excellence Awards
- Sport Advisory Committees to make recommendations regarding sports rules changes
- Recognition for coaching accomplishments and achievements through NCA & NHSACA
- Eligibility to coach in the Annual All-Star Games
- Jerry Stine Family Milestone Award Program
- Coaching Service Award Program (25, 35, 40, 45 & 50 year recognition – self nomination)
- Dual Membership to the National High School Athletic Coaches Association

Please fill out the registration page and return with your check to:

Nebraska Coaches Association
500 Charleston Street, Suite #2
Lincoln, NE 68508
-OR-
Go to <http://www.ncacoach.org> – Online Membership Registration is Available

2025 - 2026 NCA Membership Registration

Name:
Gender: ☐ Male ☐ Female
Date of Birth: / /
NSAA High School:
Middle School/
College/Youth Org/Club:
Home Address: (Please do not enter school address)
City, State Zip: ,
Phone: () - E-mail:

Individual Payment With Check:

Print completed form & mail to:

NCA
500 Charleston St, Ste 2
Lincoln, NE 68508

Enter # of years in coaching/
administration through 2024-2025:

Coaching Assignments 2025-2026:

For each sport you are coaching in
2025- 2026, indicate in the table to the
right if you are the Head Coach or
Assistant Coach as well as which level
you are coaching.

SPORT	HS VARSITY		HS NON-VARSITY		MIDDLE SCHOOL		YOUTH/CLUB		COLLEGE	
	Head	Asst	Head	Asst	Head	Asst	Head	Asst	Head	Asst
Boys Cross-Country	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Girls Cross-Country	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Football	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Girls Golf	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Softball	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Boys Tennis	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Volleyball	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Boys Basketball	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Girls Basketball	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Boys Swimming	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Girls Swimming	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Boys Wrestling	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Girls Wrestling	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Baseball	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Boys Golf	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Boys Soccer	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Girls Soccer	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Girls Tennis	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Boys Track and Field	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Girls Track and Field	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Unified Track & Field	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Cheer/Dance (Circle 1)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Boys Bowling	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Girls Bowling	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Unified Bowling	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Strength & Conditioning	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Administrative Assignments 2025-2026: Please indicate any administrative positions you hold for 2025-2026 for this high school.

☐ Athletic Director ☐ Assistant Athletic Director ☐ Activities Director ☐ Principal ☐ Assistant Principal ☐ Superintendent

☐ Registrant is a **Past President of the NCA Board** (membership fee waived).

☐ Registrant is an **Undergraduate College Student - Does not Apply for Active Coaches** - (membership fee waived).

FEES:

NCA Membership: ☐ \$55.00

Additional Option: ☐ NCA Gold Card \$25 (Must be Purchased by 10/1)

Total Amount Due: \$

Credit Card Number:
(Mastercard, VISA, Discover)

Expiration Date: (Mo/Yr) /

CVV 3-Digit Code on Back of Card:

Signature:

2025 NCA Boys Golf Super State & All State Girls Tennis First and Second Team All State

Presented by:



Boys Golf Super State

Max Moss, Lincoln East
Miles Elgert, Lincoln Southeast
Thomas Kelley, Creighton Preparatory School
Carter Honnens, Lincoln East
Trevor Gutschewski, Omaha Westside
Owen Barte, Kearney
Thomas Bryson, Lincoln Southeast

Boys Golf Class A All-State

No Selections, top 15 + Ties are within Super-State

Boys Golf Class B All-State

Andrew Nietfeldt, Elkhorn North
Jaxson Hinze, York
William Barth, Gretna East
Grey Klucas, Waverly
Grady Friedrichsen, Elkhorn

Boys Golf Class C All-State

Nash Malone, Kearney Catholic
Tate Redinger, Kearney Catholic
Jackson Luebbe, Archbishop Bergan
Jaydn Friesen, Sutton
Zephyr Mowinkel, Milford
Jett Hollister, Doniphan-Trumbull

Boys Golf Class D All-State

Calvin Wilmes, Creighton
Micah Gerlach, Cambridge
Tyson Essex, Loomis
Lukas Armstrong, Red Cloud
Brady Haake, Sandhills/Thedford

Girls Tennis Class A First Team All-State

Briana Rademacher, Sophomore, Lincoln East – Captain
Rhana Kang, Junior, Elkhorn South
Grace Greenwald, Sophomore, Omaha Westside Corinne
Barber, Senior, Lincoln Southeast
Belinda Qiao, Freshman, Lincoln East
Kyler Garcia, Junior, Lincoln East

Girls Tennis Class A Second Team All-State

Stella Stempson, Junior, Lincoln East
Kate Felt, Sophomore, Lincoln Southwest
Meenakshi Variyam, Senior, Lincoln Southwest
Emma Heacock, Senior, Kearney
Stacia Jacobsen, Senior, Lincoln East
Tatum Lewis, Senior, Lincoln East

Girls Tennis Class B First Team All-State

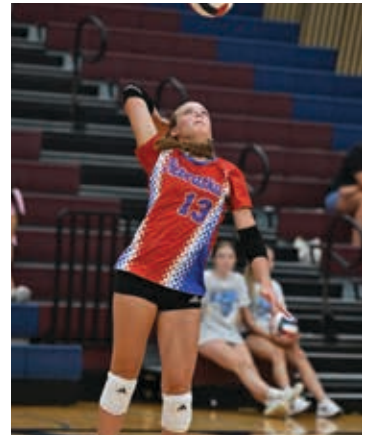
Zoe Katsavelis, Freshman, Gretna East – Captain
Aubrey Phonephakdy, Junior, Elkhorn North
Kit Schrock, Junior, Kearney Catholic
Isabelle Clause, Senior, McCook
Roslyn Wiemers, Senior, McCook
Tvisha Rohatgi, Sophomore, Duchesne Academy

Girls Tennis Class B Second Team All-State

Brooklyn Gillen, Senior, McCook
Agata Pacchiella, Sophomore, Gretna East
Anne Holtze, Senior, Duchesne Academy
Margaret Sauer, Sophomore, Duchesne Academy
Kate Baumert, Junior, Skutt Catholic
Victoria Leu, Junior, Skutt Catholic



All-Star Softball





All-Star Boys Basketball

All-Star Girls Basketball



All-Star Photos by Callam Sports Photography



GENERAL LIABILITY INSURANCE PROGRAM

As a membership benefit, coverage is provided by the Commercial General Liability Policy issued to the National Organization of Coaches Association Directors. This policy will provide general liability coverage to the Nebraska Coaches Association and its members.

CARRIER

HDI Global Specialty (A Rated)

POLICY PERIOD

August 1, 2025 – August 1, 2026

LIMITS OF INSURANCE

\$1,000,000	Each Occurrence
\$2,000,000	General Aggregate (per Member)
\$1,000,000	Products/Completed Operations
\$1,000,000	Personal & Advertising Injury
\$ 300,000	Fire Damage
\$ 50,000	Sexual Abuse (per Member)
Excluded	Medical Payments

COVERAGES

- ❖ Educator Professional Liability
- ❖ Participant Legal Liability for insured members
- ❖ Liability assumed under insured written contract
- ❖ Defense Cost outside limits

EXCLUSIONS

- ❖ The use of automobiles, buses, watercraft and aircraft
- ❖ Property of others in the care, custody, and control of the insured.
- ❖ This insurance does not apply to members that coach at an All-Star game that is not approved by your state coaches association.
- ❖ This insurance does not apply to any loss, cost or expense arising out of infectious or communicable disease.

CAMP INSURANCE

Today, most Coaches are involved in some type of sports camp. Please note that our General Liability Program follows insured members while working at camps and/or conducting their own personal camp.

In addition, Participant/Accident Coverage is required for coaches and/or participants. Should an accident occur during a camp, clinic or event, this secondary coverage helps offset the loss suffered by families affected by such accidents.

PROCEDURE FOR CAMP INSURANCE

As a member benefit of your state coaches association, all members in good standing have a \$1,000,000 per occurrence General Liability policy limit that provides coverage for their coaching activities. In order to protect the General Liability policy from potential claims, the insurance company has mandated that all coaches must obtain signed waivers and provide Participant/Accident insurance for their participants.

In order to obtain a certificate of insurance showing proof of insurance or naming an additional insured, the following must be in place:

- ❖ **Waivers:** Signed waivers showing indemnification language
- ❖ **Participant/Accident Insurance:** You must have Participant/Accident coverage in place for all participants attending sports camps.

PURCHASE INSURANCE

- ❖ Camp Insurance Request form is available on our website: <https://www.loomislapann.com/page/camp-insurance-2.html>

INSURANCE ADMINISTRATOR



www.loomislapann.com
(P) 800-566-6479 | (F) 518-792-3426

Greg Joly
Lori George

gjoly@loomislapann.com
lgeorge@loomislapann.com

Disclaimer: This is an insurance overview for summary purposes only; for complete policy terms and conditions please refer to the NOCAD Master Policy.