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And More**

Howels - Dodge Coaches Polacek & Coach Janata Win the 2026 Class D1 State Basketball Titles



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Addison Arvdal, Sutherland completed an undefeated season, 47-0, in Class B 190 pound bracket at the 2026 NSAA Girls State Wrestling Championships. She was coached by NCA members Conchita Einspahr and Brooke Eden. – Callam Sports Photography

Cover Photo – Callam Sports Photography

Howells-Dodge captured titles in both the girls and boys 2026 Class D1 NSAA State Basketball Championships – both coached by long time NCA members. The girls were coached by Scott Polacek (pictured) and the boys were coached by Kevin Janata.

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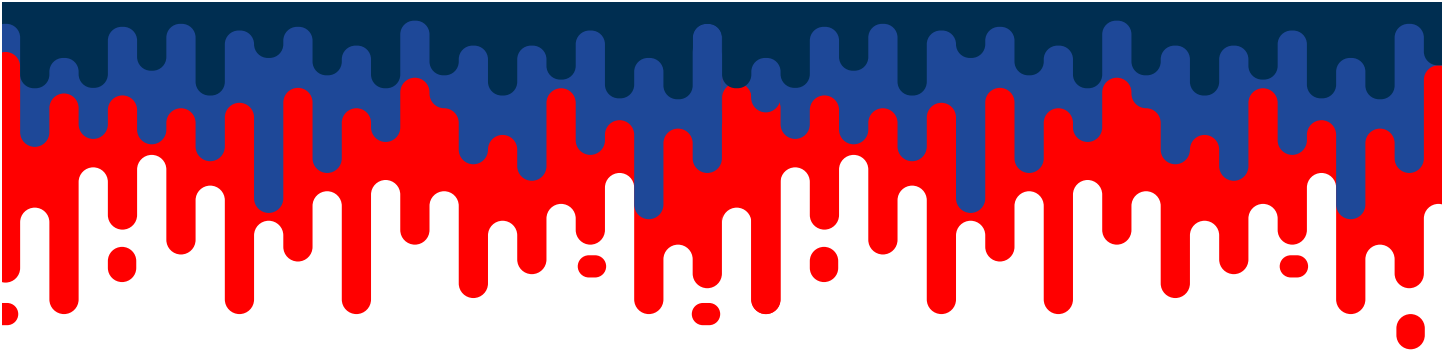
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Blake Smith helped lead Wayne to the 2026 NSAA Class B Boys Bowling State Championship. Wayne is coached by NCA member Josh Johnson. – Callam Sports Photography



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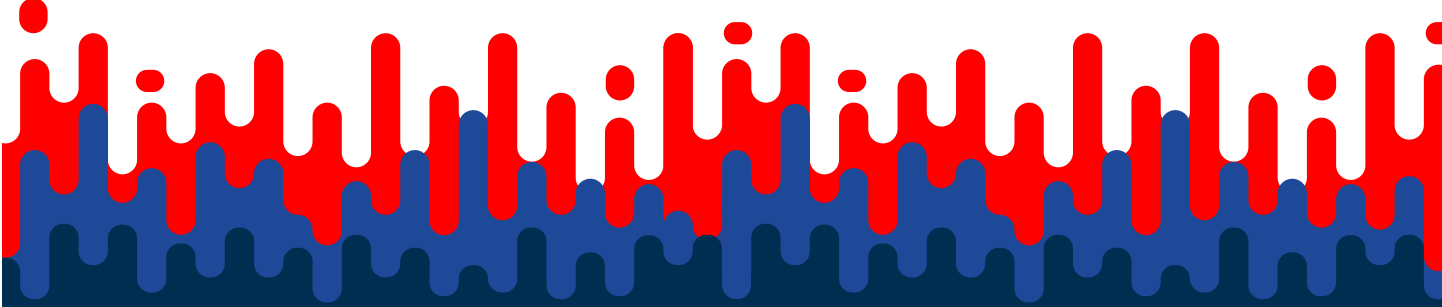
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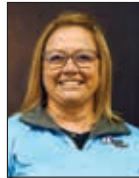
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NEBRASKA COACHES ASSOCIATION UPCOMING EVENTS 2026

April 1, 2026

NCA – Hyatt Place
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NHSACA National Coach of the Year Banquet
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NCA Golf Scramble
Highland Golf Course - Lincoln

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NCA Softball Senior Showcase Game
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July 21-22, 2026

NCA Multi-Sport Clinic
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NCA Volleyball Senior Showcase Match

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NCA Coaches Night Out
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July 22, 2026

NCA Girls & Boys Senior Showcase
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Creating a Team Atmosphere In an Individual Sport

Lee Plath – Lincoln East – Boys Golf

Courtesy Photo



Golf is often labeled the ultimate individual sport. Once a player steps onto the tee, there is no huddle, no substitution, and no teammate to bail them out after a poor decision. Yet anyone who has spent time around a successful

golf program understands that individual performance rarely exists in isolation. Confidence, accountability, resilience, and growth are all developed long before a scorecard is signed and they are developed together.

As coaches, we constantly navigate the balance between honoring individual responsibility and building a sense of collective purpose. In my experience, the strongest teams are not defined solely by low scores or postseason finishes, but by how connected athletes feel to something larger than themselves. When players believe they belong to a team built on shared standards, shared challenges, and shared success, their individual performance improves as a result.

Building a team culture in an individual sport requires intentional planning. At Lincoln East, our goal has been to create an environment where players compete with and for one another. The objective is not to change the individual nature of golf, but to create a team experience within it.

Many of the strategies we use have evolved over time, as each group of athletes has different needs. Golf naturally allows for relationship building, since players spend time together on the course during practice. However, we found that this time alone was not always enough. Players often stayed within their comfort zones socially or focused only on their own games. We realized we needed to be more intentional creating opportunities that required communication, collaboration, and shared decision-making.

One of the most effective ways we do this is by using team-based formats during practice. Our favorite is alternate-shot match play. This format was originally introduced as a way to get all players on the course while limiting the total number of shots being played. Groups of four or six golfers share tee times but play only two or three balls, which helps maintain pace of play.

More importantly, alternate shot forces players to work together. Teammates help each other make decisions, read putts, and determine strategy. They must also decide who tees off first,

knowing that player will hit the opening shot on all odd holes while the partner tees off on even holes. Because tee shots are so important, players must think strategically about course layout and each other's strengths.

As coaches, we are very intentional about how teams are created. We try to make matchups as even as possible so that every group believes it has a chance from the first tee. Sometimes we group our top players together, but we also frequently pair upperclassmen with underclassmen. This encourages leadership, builds relationships, and gives younger players a model for what growth and commitment look like. Over time, we've seen players become more engaged, more competitive, and more purposeful in their practice.

We use a variety of other formats to reinforce teamwork. Best-ball match play allows partners to support each other throughout the hole, especially on the greens. Shambles require groups to play from the best drive or occasionally the worst drive, which adds a fun and challenging twist. Another format we use is "best-worst ball," where the team score is determined by the highest score on the hole. Each of these formats shifts the focus from individual results to shared outcomes.

We also incorporate a competitive post-practice activity we call the Ryder Cup drill. Players are divided into teams of four or five on the putting green. Each player putts in sequence from the same location, and the team must make all putts consecutively to finish. If a player misses, the sequence starts over. This drill creates pressure, accountability, and team investment—especially for the final player when the rest of the group has already made their putts. There have been many practices extended by a few minutes as teams work to complete the challenge, but the competitive energy and team support make it worthwhile.

One of the greatest challenges in coaching an individual sport within a team setting is helping athletes truly feel that they belong to something together. At Lincoln East, we believe that every player should feel like a valued part of the program. By being intentional with how we structure practice and competition, we work to ensure that even in a highly individualized sport, our athletes experience the accountability, connection, and support of a true team.

When athletes compete for one another not just alongside one another the team environment strengthens, and individual performance follows.



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Base Running Drills / Philosophy

Adam Hoffman – Wayne – Baseball



Courtesy Photo

Our program puts a huge emphasis on base running, and we want our players to understand how important this aspect of the game is towards our success. Social media is a big part of the game now, and base running is not something our players usually see as “highlights” being put out on social media as big plays of a game. So, we make sure to stress the importance of it every day in practice. Our practices typically start with base running drills to ensure our players realize the weight that base running holds over the game.

Every program has its own philosophy about base running and how they want to use their style during games. We like to be aggressive on the base paths, and that starts right out of the batter’s box. Our goal is to get our players to have “no fear of failure” on the basepaths by the middle of our season so that we are putting ourselves in a good position for our postseason. So, not only in our drills at the beginning of practice, but during the entire practice, are we constantly harping on our base running philosophy and instilling it into our players. We feel that if our players can execute our style of base running that we will be able to put pressure on opposing defenses.

I’ve been blessed with many colleagues that have collaborated with me about why their programs are successful and what they do to make that happen. One thing I heard

repeatedly was, “if you think it’s important – then you must put an emphasis on it in practice.” One of the drills that we do almost daily is reading ball in dirt when we get to first base. There will be a coach on the mound who will simulate a game-like pitch for them to read the flight of the ball. Our goal is for them to be able to consistently read the flight and know that if that ball is in the dirt, then they can take off right after they get their secondary lead. In this drill, we can work on multiple parts of base running: leadoffs, secondary leads, and reading the flight of the ball. Our players will not be punished for being aggressive with the ball in dirt unless it’s late in the game and we need runs.

The next base running drill that we do is to have our players spread out to each base so that we can go through a series of base-running situations. We will change this up every day so that we hit as many situations as possible. There is no way to touch base on every possible base running scenario – our goal is to touch base on the *most* common and become good at those. We feel that if we can become consistent in these situations, then our team base-running skills will benefit our team’s success overall. For example, one series that we work on with base running practices that players will split up evenly at each base and perform as follows: home plate – run out a hard ground ball, first base – work on straight steal, second base – two out lead and scoring on a base hit, and third base – tagging up on a fly ball and scoring. There will be a coach on the mound motioning a pitch and then everyone goes off that. We will switch that up every day to work in different situations.

Our base running emphasis does not stop when those drills are done at the beginning of practice. We expect our players to take these drills and situations that we worked on into our offensive strategies for that specific drill. There are many different parts of our practice plan that will require our guys to be disciplined and informed on base running tactics. Early on in our season we will either scrimmage or have a controlled scrimmage part of practice that we want our guys to start working on that “no fear of failure” philosophy on the basepaths. As hitters, our goal is to turn a single into a double, a double into a triple, and so forth. If the outfielder bobbles the ball, we should be taking an extra bag.

We, as coaches, must instill this mindset into our players from the beginning of our season through practice. Our players will know the why behind every drill and situation so that the buy-in from them is evident even early in the season. We know that base running is just a small part of what is important in each game, but it is an area that we want to excel in. Base running could lose or gain a team multiple runs each game, so we want to win this component of every competition.

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The 4 x 100 Meter Relay: Building a Culture of Speed Through Efficiency

Mike Spargo – Dundy County-Stratton – Boys Track & Field

Courtesy Photo



In track & field, few events capture both raw speed and precision teamwork like the 4x100 meter relay. It's a spectacle of explosive power, breath-stealing exchanges, and razor-thin margins. And while fans often focus on how fast each runner is, elite relay success relies on something much deeper: efficiency. Exchange type, runner identification, what leg to run, how to align in the zone, drills and other tricks all play a part

in success or failure. The excitement of the 4x100 comes from pushing the boundaries, how fast and efficiently can you get the baton around the track.

For years as an assistant coach, I was a part of track teams in which the culture was built around the 4x400 relay. The mindset was always that a quarter miler can do so much, can go up to the 800 and down to short sprints. I was a believer, I love the 4x400 and the 400. Quarter milers are tough both physically and mentally, so is the training. One thing I noticed as an assistant coach was that our 400 times went down but our 100/200 times didn't really improve. When I took over as Head Boys Track and Field at Dundy County Stratton in 2023, I changed my focus, we emphasized Speed over Endurance. With this change in training philosophy also came a change in how we approached the 4x100. In my 6 years as an assistant in Alliance and my 7 years at DCS as assistant we ran the 4x100 but "The Show" was the 4x400. In my 13 years as an assistant HS Track and Field coach I have been a part of two 4x400 State Champion teams and no State Champ 4x100 teams. Those teams were trained with a philosophy built around endurance. In my 3 years as a Head Track coach we have had two State Champs, two State Runner-Up, a 5th place and 6th place finish in the 4x100 relay along with two State Records (Boys & Girls). The past three years we have used a speed-based training philosophy with a lot of technique and a focus on efficiency. One thing I liked about building our teams around the 4x400 relay was that we tried to emphasize the team aspect in an individual sport. That doesn't change with a 4x100 emphasis. At its core, the 4x100 relay is about unity. Individual stars must sublimate ego for the collective good. The fastest team on paper doesn't always win; the best-coordinated team often does. It's a reminder that in a sport defined by individual achievement, collaboration can be the ultimate advantage.

I believe our success in the 4x100 comes down to a few tricks we use that I don't see other teams use, first one being the Underhand Upsweep Exchange, please hear me out. I'm not saying the Push Pass or Down-sweep Exchange don't work, they are effective and have their pros. However, the Upsweep has less cons than the other two popular exchange styles and the upsweep is also not used much at the Olympic level so many don't think it's a good exchange or it's too hard to teach. The French set a world record in the 4x100 in 1990 without a relay member sub 10 in the 100m. Japan also utilizes the upsweep and placed 2nd in Rio in 2016 also without a relay member under the 10 second mark in the 100. The upsweep exchange is safer, more efficient and very easy to execute. The upsweep allows both runners in the exchange to maintain proper sprint mechanics throughout the exchange. When using the Push Pass or Down-sweep exchange the outgoing runner must alter their sprint mechanics to get their hand in a position to exchange, slowing down the outgoing runner's acceleration. When we teach the exchange on day 1, we use the queue "palm to the ground" for the outgoing runner and the aiming point for the incoming runner is "hand to hand" when exchanging the baton. Upper body mechanics don't change for either runner keeping the baton moving fast and efficient through the exchange zone. Another benefit of using the upsweep exchange is that you can "run up" on the outgoing runner without slowing down the baton, the upsweep is more efficient in a close exchange. You can also exchange with "Free Distance" (the space in-between the two runners) which is an argument used by Push Pass advocates. You can still pass the baton using the upsweep even if you are side by side or run past the outgoing runner. The major con when using the upsweep exchange is the Shrinking Baton Theory. It is common during the exchange that the outgoing runner will receive the baton in the middle or top of the baton which doesn't give much room for the next exchange. There is a simple fix to this, a simple twirl or thumb twist of the baton during the run, never pop the baton on the hip. With a couple of twists in hand the runner will have the baton at the bottom again in time to hand off to the next runner. To practice this, we use a few different drills; Stationary to get used to the technique, during dynamic warmup/sprint drills and during full speed runs (Fly runs for example). We try and put batons in kids' hands as much as possible, so they are comfortable running with batons at full speed.

Another trick we use that we believe makes up more efficient is how we align the 3rd runner in the zone. We align at the top of the lane facing the infield, most common practice is to align the

Continued on page 10

third runner on the inside of the lane facing the bleachers. Most teams align on the inside because the third runner runs on the inside of the lane keeping the baton in the middle of the lane, 2nd leg runs on the outside of the lane. We still run the 3rd leg on the inside of the track, and he carries the baton in his right hand just like everyone else. We start him on the outside and his aiming point is tangent to the curve just like you would set up for a start in the 200. We want him accelerating on a straight line rather than a curve. Aligning on the outside of the lane for the third leg allows us to teach one starting position for all the outgoing runners, making it easy and efficient. The 2nd, 3rd and 4th legs all use the same technique.

The goal of the 4x100 is to get the baton around the track as fast as possible. A key to this is keeping the baton fast through the zone, safely. The safety aspect of the event can cause outgoing runners to not accelerate at full speed because there is a fear of running away from the outgoing runner. One drill that we utilize, and think is very beneficial for teaching this, is a sort of tag game. We pair kids up and each pair gets two lanes, we step off (16-22 steps based on speed difference) our go-patch (a 4-5 step visual queue to identify when to go for the outgoing runner), incoming runner in the odd lane and outgoing runner in the even lane. We measure back 20m from the exchange zone for the incoming runner and put down a mark. Then we measure 20m past the exchange zone for the outgoing runner and put down a mark (usually cones), so each kid is going to run 50m. We also put a cone at the end of the exchange zone in the even

numbered lane. The goal of the incoming runner is to tag the hip of their partner, the outgoing runner, the goal of the outgoing runner is not to get caught. Each runner sprints through their respective cone, the incoming runner through the cone at the end of the zone and outgoing runner through the cone 20m out of the exchange zone. We love this drill for a couple reasons. First off, it's fun and it gamifies the activity. We are getting max effort out of our kids while also developing the skill of speed throughout the zone. We want the incoming runner to always sprint through the zone even after the handoff. We want the outgoing runner to accelerate at max effort with the mindset of I'm not getting caught. This drill teaches both aspects, it teaches speed through the zone, and our kids have fun doing it. Each kid will rep both incoming and outgoing runners. We will usually run 4-6 reps total with at least 5-minute rest between reps. Up to 8-minute rest is better, we want full recovery here. Every sprinter participates in this drill; we use it as our Max Speed training day.

Speed is rooted in mechanics — ground contact time, stride length, and power output. But for relay efficiency, it's how those mechanics interact across runners. Teams with the best efficiency don't just train individually; they train together, often obsessively, rehearsing exchanges until timing becomes instinctive. Repetition builds trust. Whether its acceleration mechanics, max velocity mechanics or relay techniques we feel the attention to detail has set the standard of our sprint and team culture at DCS.

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3	Kelsey Wagner	LF		
4	Megan Nelson	OF	5'11"	120
6	Samantha Toy	IF		
10	Nikki Beckman	C	5'8"	120
11	Chelsea Johnson	IF		

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Building a Family in an Individual Sport: The Bennington Badgers Way

Jocelyn Suing & Justin Horner – Bennington – Girls Track & Field



Courtesy Photo

At Bennington, we remind our athletes of a simple truth: track and field may score like an individual sport, but it succeeds like a team sport.

As co-head coaches of the Bennington Badgers Girls Track & Field program, we believe sustained success is not built solely through workouts and meet strategy. It is built through culture. When athletes feel connected, valued, and accountable to something bigger than themselves, performance follows.

Our Mission:

The Bennington Track and Field program provides a positive and safe environment where all student-athletes can achieve their academic and athletic goals. The Badgers in the program will learn the benefits of hard work, perseverance, discipline, competition, responsibility, teamwork, and the joy of achievement. We aspire to achieve excellence at the highest level. Together, we go far. Final line: Together, we go far—guides everything we do.

Recruiting the Right Athletes

One of the biggest challenges in girls track and field is recruitment. The sport is often viewed as grueling and individual. Many athletes hesitate because they associate track with conditioning rather than connection.

We recruit in our hallways, but we look for more than speed. We look for young women who demonstrate work ethic, coachability, academic responsibility, and a positive attitude. Not every athlete will score at the varsity level—but every athlete can influence culture.

Last season, we had 146 boys and girls out for track and field. For the 2026 season, we are expecting approximately 160 athletes. Growth of that kind reflects a culture athletes want to be part of. Talent helps you win meets. Culture helps you sustain success.

Changing the Narrative

If we want athletes excited about track, we must change how they experience it.

Yes, the workouts are demanding. Meets are long. But when athletes feel like they belong, hard work becomes meaningful rather than miserable. We want throwers cheering for distance runners. We want sprinters invested in pole vault. We want teammates lining the fence for the final leg of the 4x400. When athletes see themselves as Badgers first and event specialists second, unity grows. Individual improvement becomes a shared celebration.

Intentional Leadership: Camps

Culture does not happen by accident. It must be structured. Our team is organized into camps, each led by a captain. Captains monitor attendance, communicate expectations, encourage participation in team activities, and check in with absent teammates. Camps create smaller communities within a large roster. Younger athletes immediately have a built-in support system. Upperclassmen gain meaningful leadership experience.

This structure reinforces one of our core standards: Lead by Example to be a Great Teammate. We train together. We push each other. We cheer for each other. We lose together and succeed together.

Continued on page 13

Celebrating Growth and Competitive Excellence

One of the simplest and most impactful traditions in our program is PR candy bars. After every meet—varsity, junior varsity, or freshman—any athlete who achieves a personal record in any event earns a candy bar. Whether it is the 100 meters, high jump, shot put, or 3200m, improvement is celebrated publicly. No meet is small. No event is overlooked. No improvement is insignificant.

In the past four seasons, our girls team has been Class B Runner-Up twice and Class B State Champions in 2025. While championships are exciting, they are a byproduct of daily commitment to growth, accountability, and team unity.

The Bigger Picture

As co-head coaches, we believe success in girls track and field is about balance—individual excellence and collective pride. The workouts will always be hard. The meets will always be long. But when young women feel connected to something bigger than themselves, they commit more deeply. When they commit, they improve. When improvement becomes habitual, championships become possible.

At Bennington, we are proud of the medals and records. But we are most proud of the culture our athletes carry beyond the track. Because we are not just building faster runners or stronger throwers. We are building Badgers. And together, we go far.

A graphic of the state of Nebraska with a thick black outline. Inside the outline, the word 'Nebraska' is written in a large, red, cursive script. Below it, the word 'STRENGTH' is written in large, bold, black, outlined capital letters. Underneath 'STRENGTH', the words 'COACHES ORGANIZATION' are written in a smaller, bold, black, sans-serif font.

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Bringing Out the Best in Those Around You

Ulises Fuentes – Schuyler – Soccer



Courtesy Photo

Being named Coach of the Year isn't just about wins, trophies, or where you finish in the standings. It's about impact. It's about how a coach shapes athletes not only in their sport, but in their mindset, discipline, and personal growth. When other coaches recognize someone for this honor, it says more than ever could. It shows leadership, consistency, integrity, and the ability to bring out the best in the people around them.

Coaching goes way beyond planning drills or running practice. It's about building trust, setting clear standards, and creating an environment where athletes feel pushed but also supported. Great coaches don't lower the bar to make things easier they raise expectations and give their athletes the tools and guidance to meet them.

Outstanding coaches focus on developing individuals, not just winning as a team. Team success matters, but long-term success starts with individual growth. Strong coaches take the time to understand each athlete's strengths and areas for improvement. They adjust their approach because they know everyone learns differently, some need detailed instruction, others learn best by watching, and some improve most through repetition and competition.

Consistency is huge. Athletes perform better when they know exactly what's expected of them. Great coaches set clear standards for effort, attitude, attendance, and preparation and they apply them fairly to everyone with no favorites. That fairness builds credibility, and credibility builds trust. Without trust, coaching is just giving instructions. With trust, it becomes real influence.

Communication is another key piece. Knowing the sport isn't enough you have to be able to teach it clearly. Good coaches give direct instruction, timely feedback, and corrections that help. They don't just point out mistakes; they explain why

something needs to change and how it improves performance or prevents injury. They correct performance, not personality. That balance builds confidence while still holding athletes accountable.

Preparation and organization also matter. Effective practices are structured, purposeful, and efficient. Every drill has a reason. Skills build on each other. Conditioning, technique, strategy, and mental preparation all fit together. Athletes leave practice knowing they got better because every minute was used intentionally.

Leadership doesn't stop at practice. How a coach handles tough losses, bad calls, or adversity sets the tone for the team. Staying composed and professional teaches athletes resilience. They learn as much from what they see as from what they're told.

Adaptability is just as important. Every season brings challenges, injuries, roster changes, setbacks. Strong coaches adjust. They evaluate what's working, what's not, and make changes without making excuses. That growth mindset keeps a program moving forward.

Culture might be the most powerful thing a coach builds. Culture shapes how athletes act, train, and treat each other. It's built on accountability, discipline, respect, and unity. Great coaches reinforce these values daily. They recognize effort and improvement, not just results. When athletes hold themselves and each other accountable, that culture becomes self-sustaining.

In the end, coaching is about mentorship. Long after the season ends, athletes remember how they were treated and what they learned. Confidence, discipline, responsibility, resilience, those lessons last a lifetime. That's the real legacy of a great coach.

When peers recognize a coach for excellence, it means something. Other coaches understand the work, the pressure, and the responsibility that comes with the role. Their recognition reflects respect for preparation, professionalism, and impact.

Coaching excellence isn't about being perfect. It's about commitment to athletes, to standards, and to constant improvement. It's about building something meaningful that lasts beyond one season. Championships matter, but the real measure of a coach is the people they help grow up and the lives they positively influence.

Most important is that you have the support from your assistant coaches, parents, and school staff.

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CHAMPIONS**
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KEARNEY
HIGH SCHOOL
Dance



CREIGHTON
Basketball



STUART
HIGH SCHOOL
Football



SKUTT CATHOLIC
Volleyball



GRETNA EAST
Dance



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Summer Youth Tennis Camp

Jon Hotlz – Elkhorn – Girls Tennis

Courtesy Photo



A very integral part of our team's development is Youth Summer Camps. We host the Antler Tennis Camp, which is vital to the improvement of the player, recruitment, and just the love of the game. It also helps me build relationships with players that will be in our program and those who will not. It is always fun cheering on kids from other teams that have been to our camps for several years. This last year we had over 200 kids in our two-week camps. We really focus on the basic strokes of forehands, backhands, volleys, and depending on the age we talk and work on the serve. In our camp we do use red and orange balls for the appropriate age to give kids some success with hitting the tennis balls over the net. We break up our camps with the following format:

Two sessions of lessons:

Session 1

Ages 5 to 8 9:00 a.m. – 9:50 a.m.
Ages 9 to 12 10:00 a.m. – 10:50 a.m.
Ages 13 and up 11:00 a.m. – 11:50 a.m.
OR

Session 2

Ages 5 to 8 9:00 a.m. – 9:50 a.m.
Ages 9 to 12 10:00 a.m. – 10:50 a.m.
Ages 13 and up 11:00 a.m. – 11:50 a.m.

Drill and Play League

10 Weekdays (There are no rain make up days) For intermediate level players 12:00–1:30

I have lots of coaches on the courts so that we can really work with the participants more one on one if needed. We usually have 3 to 4 coaches on a court with about 8-10 kids. We have high school players, college players, and alums that come back just for the summer to help at camp. I always talk about inspiring those around us to love the game. The coaches that work at our camp are the true reason the camps are so successful. They are personable and great at working with

kids. We teach the importance of stroke technique but also make it fun. We want the kids to fall in love with tennis. I have seen many players come to summer camp for one week in the summer and love the sport so much that they move on to other clinics and coaches around the area.

What a normal week looks like at Antler Tennis Camp:

this looks a bit different for different age groups

Day 1: We work with the forehand groundstroke. We play many games with the forehands like jail, 21, and much more. We really look at the grip and how they are hitting the ball. With the younger kids, we always look to celebrate a great shot or if it goes over the net.

Day 2: We review the forehand and play some games. Then we move on to the backhand. When we are teaching the backhand groundstroke, we try to break it down so that we can teach it in steps. Then we play the games we did with forehands. At the end of the day, we introduce the ready stance and give them feeds of both forehands and backhands, always having coaches on their side correcting grips and technique things.

Day 3: We review forehand and backhand groundstrokes and play some games with those groundstrokes. We then move on to the volley. We talk about stepping with the opposite foot and giving the ball a high five. We then play volley zombie -which is one of the kids' favorite games.

Day 4: We review all strokes from the last three days and play games. This is the day when I go to every court and teach the serve. As I stated earlier, it looks different for each court and even each session. I like to break it down completely. At the end of the day, we hand out a camp t-shirt to help our team brand and give back to the kids.

Day 5: All day five is game day. We play all the games and introduce some new games to sessions that are really improving fast. This day is when the kids get to dictate what the day looks like. It is so fun! We just like to laugh and have fun on this day. At the end of the day, we hand out a slushie or popsicles and thank them for coming out!

When it comes to age 13 and up camps (more beginners or middle school aged) we work on the strokes of tennis, how to play and score, and some simple rules. With this group we

Continued on page 18

usually have fewer kids, so we can spend more quality time with them. I still have 4 coaches so we break the kids up into skill groups so we can really tailor to what they need. We also show them how to play tennis or if they already know we have them play tennis so that they feel comfortable with the game.

The last group goes from 12:00–1:30pm and we call that the Drill and League group. This group really has all ages in it for the most part. Our high school players come to this group. We also have players from other schools attend. To play in this group, you need to have some experience and know how to score. We always start with a group warmup and then move into skill level

grouping. We use our four courts and have a different drill on each court. We strategically make sure that each drill covers specific strokes or strategies. At the end we then play a group game on each court.

There are lots of ways of conducting summer youth camps, but hopefully this gives you a snapshot of how we run ours. We make it fun and inviting for all ages. Our main goal is to spread the love of the game and have the attendees wanting to come back next year. As always, reach out if you have any questions about summer programming.

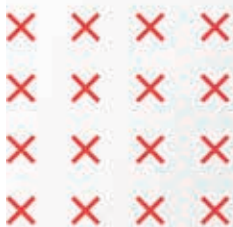
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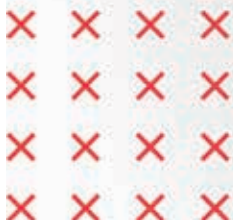


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NEBRASKA COACHES ASSOCIATION
**2026 MULTI-SPORT
 CLINIC WEEK**

July 19, 2026

NCA-Hudl Awards Banquet
 Old Lincoln Train Station

July 20, 2026

NCA Golf Scramble
 Highland Golf Course – Lincoln

July 20, 2026

NCA Softball Senior Showcase Game
 University of Nebraska – Bowlin Stadium

July 21-22, 2026

NCA Multi-Sport Clinic
 Lincoln North Star HS

July 21, 2026

NCA Volleyball Senior Showcase Match
 Lincoln North Star HS

July 21, 2026

NCA Coaches Night Out
 Site TBA

July 22, 2026

NCA Girls & Boys Basketball Senior
 Showcase Games
 Lincoln North Star HS

**Keynote Adress - Juli Burney
 The Power of Humor in Relationships**

Wednesday, July 22



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Nebraska High School Coaches Named As National Coach Of The Year Finalists

Two Nebraska Prep Coaches To Be Inducted Into National Hall Of Fame

The National High School Athletic Coaches Association (NHSACA) and the Nebraska Coaches Association (NCA) announce the advancement of 14 coaches as finalists for the National High School Athletic Coaches Association national coach of the year. The nominations were based on each coach’s **career accomplishments through the 2024-2025 athletic seasons** (not retired more than two years prior). Two former Nebraska prep coaches will be honored by being inducted into the national high school coaching hall of fame as well.

Eight finalists from across the nation, in nineteen recognized sports categories will be honored during the National Coach of the Year Awards Banquet which will take place at the NHSACA’s national convention) in Coralville, IA on the evening of July 1. The highlight of the banquet will be the naming of the NHSACA national coach of the year in each sports category.

All Nebraska coaches were nominated for this national honor by the Nebraska Coaches Association. **The selection is based on the following: career longevity, service to high school athletics, honors, championship years, and winning percentage.** The nominees and finalists are evaluated by experts in the field of coaching using sport-specific rubrics to assign points in each category. NHSACA is the oldest coaches’ association in the nation formed by coaches, for coaches, and has been recognizing national coaches of the year since 1978.

- Jim Weeks – Boys Basketball – Auburn
- Sam Jilka – Boys Cross Country – Lexington
- Keth Kester – Boys Track and Field – Grand Island Central Catholic
- Rick Petri – Girls Basketball – Kearney Catholic
- Kurt Holliday – Girls Cross Country – Seward
- Todd Hale – Golf – West Holt
- Chad Fox – Football – Wahoo
- Teresa DeGeorge – Soccer – Omaha Marian
- Bill Heard – Softball – Gretna
- Erin Martinez – Special Sports / Dance – Grand Island Central Catholic
- B.J. Christiansen – Swimming & Diving – Omaha Marian
- Stephen Bischof – Tennis – Elkhorn South
- Sue Ziegler – Volleyball – Lincoln Lutheran
- Cody Wintz – Wrestling – Battle Creek



National Hall Of Fame Inductees

Two legendary Nebraska coaches, long-time rivals and friends on and off the basketball court; Tim Cannon, Millard North and Doug Woodard, Bellevue West will be inducted into the national high school coaching hall of fame at the same NHSACA Convention. Hall of Fame ceremonies will take place in Coralville, IA on June 30.

- Tim Cannon – Millard North**
National Hall of Fame Inductee
- Doug Woodard – Bellevue West**
National Hall of Fame Inductee

2026 Dance & Cheer State Champion Coaches



Dance Pom

Class A – Andrea Feltz – Millard North
Class B – Missy Cobb – Gretna East
Class C1 – Megan Saratella – Wahoo
Class C2 – Amy Arganbright – Valentine
Class D – McKenzie Kohler – Amherst

Dance High Kick

Class A – Lindsey Hinze – Lincoln Southwest
Class B – Angie Hinze – Scottsbluff
Class C1 – Kennedy Burns – Holdrege
Class C2/D – Brianna Brown – Doniphan-Trumbull

Dance Jazz

Class A – Andrea Feltz – Millard North
Class B – Missy Cobb – Gretna East
Class C1 – Megan Saratella – Wahoo
Class C2/D – Amy Arganbright – Valentine

Dance Hip Hop

Class A – Emma Morice – Omaha Westview
Class B – Marlando Sparks – Gretna
Class C1 – Madison Bastian – Louisville
Class C2 – Stacie Roberts – Bergan Catholic
Class D – Kasey DuVal – Lourdes Central Catholic

Cheer Traditional Non-Tumbling

Class A – Sydney Mickells – Lincoln East
Class B – Sarah Chagnon – Gretna
Class C1 – Joellen Hamann – Auburn
Class C2 – JR Dotzler – Cornerstone Christian
Class D – Abigail Drake – Weeping Water

Cheer Traditional Tumbling

Class A – Stefani Lane – Millard West
Class B – Kristen McCrillis – Bennington
Class C1 – Jaime Zweep – Louisville
Class C2 – Andrea Wilson – Hershey
Class D – Kristin Weaver – Loomis

Cheer Game Day

Class A – Stefani Lane – Millard West
Class B – Large Squad – Sarah Chagnon – Gretna
Class B – Small Squad – Kristen Ewing – Omaha Gross Catholic
Class C1 – Large Squad – Summer Rieke – Conestoga
Class C1 – Small Squad – Hannah Peterson – Wahoo
Class C2 – Large Squad – Lisa Troshynski – North Platte St. Patrick's
Class C2 – Small Squad – Carrie Tabor – Kimball
Class D – Amy Wilson – Giltner

Cheer Unified Sideline

Katie Nedela – Norfolk

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NCA Member Honor Roll

State Championships Winter 2025-2026



Boys Wrestling

- Class C – Cody Wintz – Battle Creek (Individual)
- Class C – Tyler Legate – Pierce (Dual)
- Class D – Dean Boyer – Plainview (Individual)
- Class D – Evan Gideon – Burwell (Dual)
- Class D – Luke Gideon – Burwell (Dual)

Girls Wrestling

- Class A – Bob Mulligan – Omaha Westside (Individual)

Girls Basketball

- Class A – Tommy Johnson – Lincoln North Star
- Class B – John O'Connor – Bennington
- Class C1 – Bryce Roth – Milford
- Class C2 – Jason Dolliver – Pender
- Class D1 – Scott Polacek – Howells-Dodge
- Class D2 – Matt Schaub – Dundy County Stratton

Boys Basketball

- Class A – Alex Bahe – Lincoln Southwest
- Class B – Scott Gullion – Scottsbluff
- Class C1 – Jacob Mohs – Ashland-Greenwood
- Class C2 – Ryan Mlnarik – Bergan Catholic
- Class D1 – Kevin Janata – Howells-Dodge
- Class D2 – Eric Kessler – Archangels Catholic

Girls Bowling

- Class A – Brad Earnest – Grand Island
- Class B – Frank Schmal – Waverly

Boys Bowling

- Class A – J.J. Mastny – Fremont
- Class B – Josh Johnson – Wayne

Unified Bowling

- Class A – Marc Duvall – Grand Island
- Class B – Kristin Gray – York

Girls Swimming & Diving

- BJ Christiansen – Omaha Marian

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2026 Girls State Basketball Sportsmanship Award Winners



Class A – Lincoln North Star



Class B – Bennington



Class C1 – Holdrege



Class C2 – Elkhorn Valley



Class D1 – Bloomfield



Class D2 – Dundy County Stratton

2026 Boys State Basketball Sportsmanship Award Winners



Class A – Papillion-La Vista South



Class B – Wahoo



Class C1 – Lincoln Christian



Class C2 – Freeman



Class D1 – McCool Junction



Class D2 – Pleasanton





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

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- Coach of the Year & Coaching Milestones Awards
- State Tournament Sportsmanship Awards

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Sponsor, KFOR Sportscasters Club: Scholarships & High School Games

Kearney Catholic High School Athletic Complex

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Lincoln Junior Saltdogs / Lincoln Youth Baseball

Lincoln Junior Stars Hockey

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Lincoln Youth Football:

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- Team Sponsorships

Lincoln Youth Track Club (New Equipment & Tent)

Sandhills Youth Baseball Complex (Lead Sponsor)

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City of Seward Ball Field Project

YMCA Lincoln (Various Sports Projects)

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Fall 2025 Nebraska Coaches Association Team Academic Excellence Award Listing



Criteria: 3.30 Team Cumulative GPA for the Fall 2025 Semester – Unweighted

Football Criteria: 3.00 Team Cumulative GPA for the Fall 2025 Semester – Unweighted – In Partnership with the National Football Foundation and Sideline Power

Cheer

Class A – Columbus
Class A – Elkhorn South
Class A – Fremont
Class A – Kearney
Class A – Lincoln East
Class A – Lincoln North Star
Class A – Lincoln Northeast
Class A – Lincoln Southeast
Class A – Lincoln Southwest
Class A – Millard South
Class A – Millard West
Class A – North Platte
Class A – Omaha Central
Class A – Omaha Marian
Class B – Adams Central
Class B – Alliance
Class B – Beatrice
Class B – Bennington
Class B – Blair
Class B – Columbus Lakeview
Class B – Elkhorn
Class B – Elkhorn North
Class B – Gretna
Class B – Gretna East
Class B – Lexington
Class B – Lincoln Northwest
Class B – Lincoln Pius X
Class B – Lincoln Standing Bear
Class B – Norris
Class B – Omaha Duchesne Academy
Class B – Omaha Gross Catholic
Class B – Omaha Skutt Catholic
Class B – Plattsmouth
Class B – Scottsbluff
Class B – Sidney
Class C1 – Arlington
Class C1 – Ashland-Greenwood
Class C1 – Auburn
Class C1 – Boone Central
Class C1 – Central City
Class C1 – Chase County
Class C1 – Conestoga
Class C1 – Cozad
Class C1 – David City
Class C1 – Douglas County West
Class C1 – Falls City
Class C1 – Fort Calhoun
Class C1 – Grand Island Central Catholic
Class C1 – Homer
Class C1 – Kearney Catholic
Class C1 – Lincoln Christian
Class C1 – Lincoln Lutheran
Class C1 – Logan View
Class C1 – Louisville
Class C1 – North Bend Central
Class C1 – Omaha Brownell Talbot
Class C1 – Omaha Concordia
Class C1 – Pierce
Class C1 – Scotus Central Catholic
Class C1 – Wahoo
Class C1 – Wilber-Clatonia
Class C2 – Alma
Class C2 – Aquinas Catholic
Class C2 – Arcadia-Loup City

Class C2 – Bergan Catholic
Class C2 – Cedar Bluffs
Class C2 – Cornerstone Christian
Class C2 – Doniphan-Trumbull
Class C2 – Elmwood-Murdock
Class C2 – Freeman
Class C2 – Gibbon
Class C2 – Gordon-Rushville
Class C2 – Heartland & Hampton
Class C2 – Hastings St. Cecilia
Class C2 – Hershey
Class C2 – Humphrey-Lindsay Academy
Class C2 – Johnson-Brock
Class C2 – Kimball
Class C2 – Mitchell
Class C2 – Norfolk Catholic
Class C2 – North Platte St. Patrick's
Class C2 – Perkins County
Class C2 – St. Paul
Class C2 – Thayer Central
Class C2 – Valentine
Class C2 – Wood River
Class D – Anselmo-Merna
Class D – Bancroft-Rosalie
Class D – Creek Valley
Class D – Exeter-Milligan-Friend
Class D – Giltner
Class D – Hi-Line/Elwood, Eustis-Farnam
Class D – HTRS
Class D – Hyannis
Class D – Loomis
Class D – Lourdes Central Catholic
Class D – Minatare
Class D – Omaha Christian
Class D – Osceola
Class D – Overton

Dance

Class A – Bellevue West
Class A – Elkhorn South
Class A – Fremont
Class A – Grand Island
Class A – Kearney
Class A – Lincoln East
Class A – Lincoln North Star
Class A – Lincoln Northeast
Class A – Lincoln Southeast
Class A – Lincoln Southwest
Class A – Millard North
Class A – Millard South
Class A – Millard West
Class A – Norfolk
Class A – North Platte
Class A – Omaha Marian
Class A – Omaha South
Class A – Omaha Westside
Class A – Papillion-La Vista
Class A – Papillion-La Vista South
Class B – Adams Central
Class B – Bennington
Class B – Blair
Class B – Columbus Lakeview
Class B – Elkhorn
Class B – Elkhorn North

Class B – Gering
Class B – Gretna
Class B – Gretna East
Class B – Lexington
Class B – Lincoln Northwest
Class B – Lincoln Pius X
Class B – Lincoln Standing Bear
Class B – Northwest
Class B – Omaha Duchesne Academy
Class B – Omaha Skutt Catholic
Class B – Plattsmouth
Class B – Ralston
Class B – Scottsbluff
Class B – Sidney
Class B – Waverly
Class C1 – Arlington
Class C1 – Ashland-Greenwood
Class C1 – Bishop Neumann
Class C1 – Boone Central
Class C1 – Central City
Class C1 – Clarkson-Leigh
Class C1 – Conestoga
Class C1 – David City
Class C1 – Fort Calhoun
Class C1 – Grand Island Central Catholic
Class C1 – Holdrege
Class C1 – Homer
Class C1 – Kearney Catholic
Class C1 – Lincoln Christian
Class C1 – Lincoln Lutheran
Class C1 – Logan View
Class C1 – North Bend Central
Class C1 – Ogallala
Class C1 – Omaha Roncalli Catholic
Class C1 – Pierce
Class C1 – Plattsmouth
Class C1 – Raymond Central
Class C1 – Syracuse
Class C1 – Wahoo
Class C2 – Bergan Catholic
Class C2 – Centennial
Class C2 – Doniphan-Trumbull
Class C2 – Elkhorn Valley
Class C2 – Hastings St. Cecilia
Class C2 – Hershey
Class C2 – Humphrey-Lindsay Academy
Class C2 – North Platte St. Patrick's
Class C2 – Oakland-Craig
Class C2 – Ord
Class C2 – Ravenna
Class C2 – Shelby-Rising City
Class C2 – St. Paul
Class C2 – Superior
Class C2 – Tekamah-Herman
Class C2 – Valentine
Class C2 – West Holt
Class C2 – Wisner-Pilger
Class C2 – Wood River
Class D – Amherst
Class D – Anselmo-Merna
Class D – Creek Valley
Class D – East Butler
Class D – Elgin Public / Pope John
Class D – Exeter-Milligan-Friend
Class D – Hi-Line/Elwood, Eustis-Farnam

Class D – Kenesaw
Class D – Lourdes Central Catholic
Class D – Osceola
Class D – Overton
Class D – Stuart

Football

Class A – Columbus
Class A – Creighton Preparatory School
Class A – Elkhorn South
Class A – Fremont
Class A – Grand Island
Class A – Kearney
Class A – Lincoln East
Class A – Lincoln North Star
Class A – Millard South
Class A – Norfolk
Class A – North Platte
Class B – Beatrice
Class B – Gretna East
Class B – Lincoln Northwest
Class B – Lincoln Pius X
Class B – Lincoln Standing Bear
Class B – Norris
Class B – Plattsmouth
Class B – Scottsbluff
Class B – Waverly
Class B – York
Class C1 – Adams Central
Class C1 – Ashland-Greenwood
Class C1 – Auburn
Class C1 – Central City
Class C1 – Chadron
Class C1 – Columbus Lakeview
Class C1 – Cozad
Class C1 – Douglas County West
Class C1 – Fort Calhoun
Class C1 – Lincoln Christian
Class C1 – Logan View
Class C1 – Millford
Class C1 – Minden
Class C1 – Mount Michael Benedictine
Class C1 – Omaha Brownell Talbot
Class C1 – Scotus Central Catholic
Class C1 – Wahoo
Class C2 – Arlington
Class C2 – Bergan Catholic
Class C2 – Cedar Catholic
Class C2 – Doniphan-Trumbull
Class C2 – Fillmore Central
Class C2 – Grand Island Central Catholic
Class C2 – Hershey
Class C2 – Malcolm
Class C2 – Norfolk Catholic
Class C2 – Ponca
Class C2 – Raymond Central
Class C2 – Superior
Class C2 – Tekamah-Herman
Class C2 – West Point-Beemer
Class C2 – Wood River
Class D1 – Alma
Class D1 – Bloomfield
Class D1 – Centennial
Class D1 – Crofton

Class D1 – David City
 Class D1 – Dundy County Stratton
 Class D1 – East Butler
 Class D1 – Elkhorn Valley
 Class D1 – Exeter-Milligan-Friend
 Class D1 – Freeman
 Class D1 – Hartington-Newcastle
 Class D1 – Hemingford
 Class D1 – Lourdes Central Catholic
 Class D1 – Madison
 Class D1 – McCool Junction
 Class D1 – Niobrara-Verdige
 Class D1 – North Platte St. Patrick's
 Class D1 – Pender
 Class D1 – Southern
 Class D1 – Southern Valley
 Class D1 – Stanton
 Class D1 – Thayer Central
 Class D1 – Twin River
 Class D1 – Wausa
 Class D1 – Wisner-Pilger
 Class D2 – Ainsworth
 Class D2 – Anselmo-Merna
 Class D2 – Bancroft-Rosalie
 Class D2 – Bayard
 Class D2 – Central Valley
 Class D2 – Deshler
 Class D2 – Falls City Sacred Heart
 Class D2 – Fullerton
 Class D2 – Giltner
 Class D2 – Howells-Dodge
 Class D2 – HTRS
 Class D2 – Hyannis
 Class D2 – Kenesaw
 Class D2 – Loomis
 Class D2 – Lyons-Decatur Northeast
 Class D2 – Maxwell
 Class D2 – Mullen
 Class D2 – Neligh-Oakdale
 Class D2 – North Central-Rock County,
 Keya Paha County
 Class D2 – Overton
 Class D2 – Randolph
 Class D2 – Riverside, Spalding Academy
 Class D2 – St. Mary's
 Class D2 – Twin Loup
 Class D2 – Wilcox-Hildreth
 Class D6 – Diller-Odell
 Class D6 – Hampton
 Class D6 – Medicine Valley
 Class D6 – Meridian
 Class D6 – Silver Lake
 Class D6 – South Platte
 Class D6 – Southwest
 Class D6 – Sterling
 Class D6 – Wallace

Girls Golf

Class A – Fremont
 Class A – Grand Island
 Class A – Lincoln East
 Class A – Omaha Marian
 Class B – Alliance
 Class B – Aurora
 Class B – Elkhorn
 Class B – Gering
 Class B – Lincoln Pius X
 Class B – Lincoln Standing Bear
 Class B – Northwest
 Class B – Sidney
 Class B – York
 Class C – Arlington
 Class C – Ashland-Greenwood
 Class C – Auburn
 Class C – Bergan Catholic
 Class C – Boone Central
 Class C – Broken Bow

Class C – Central City
 Class C – Chadron
 Class C – Clarkson-Leigh
 Class C – Cozad
 Class C – Elmwood-Murdock
 Class C – Exeter-Milligan-Friend
 Class C – Fullerton
 Class C – Gothenburg
 Class C – Grand Island Central Catholic
 Class C – Heartland & Hampton
 Class C – Johnson County Central
 Class C – Laurel-Concord-Coleridge
 Class C – Lincoln Christian
 Class C – Lincoln Lutheran
 Class C – Minden
 Class C – Mitchell
 Class C – Ogallala
 Class C – Omaha Brownell Talbot
 Class C – Sandy Creek
 Class C – Scotus Central Catholic
 Class C – Shelby-Rising City
 Class C – Wayne
 Class C – West Holt
 Class C – Wood River

Boys Tennis

Class A – Columbus
 Class A – Creighton Preparatory School
 Class A – Elkhorn South
 Class A – Kearney
 Class A – Lincoln East
 Class A – Lincoln Northeast
 Class A – Norfolk
 Class B – Beatrice
 Class B – Elkhorn
 Class B – Grand Island Central Catholic
 Class B – Gretna
 Class B – Gretna East
 Class B – Lincoln Christian
 Class B – Lincoln Pius X
 Class B – Lincoln Standing Bear
 Class B – McCook
 Class B – Omaha Brownell Talbot-
 Omaha Concordia
 Class B – Scottsbluff
 Class B – Waverly

Boys Cross Country

Class A – Bellevue West
 Class A – Fremont
 Class A – Grand Island
 Class A – Kearney
 Class A – Lincoln East
 Class A – Lincoln North Star
 Class A – Norfolk
 Class A – North Platte
 Class A – Omaha Westview
 Class A – Papillion-La Vista
 Class A – Papillion-La Vista South
 Class B – Aurora
 Class B – Beatrice
 Class B – Bennington
 Class B – Blair
 Class B – Gering
 Class B – Gretna
 Class B – Hastings
 Class B – Lexington
 Class B – Lincoln Northwest
 Class B – Lincoln Pius X
 Class B – Lincoln Standing Bear
 Class B – Norris
 Class B – Northwest
 Class B – Platteview
 Class B – Plattsmouth
 Class B – Scottsbluff

Class B – Seward
 Class B – Waverly
 Class C – Adams Central
 Class C – Auburn
 Class C – Battle Creek
 Class C – Bishop Neumann
 Class C – Bloomfield-Wausa
 Class C – Central City
 Class C – Chadron
 Class C – Chase County
 Class C – Conestoga
 Class C – Cozad
 Class C – David City
 Class C – Douglas County West
 Class C – Falls City
 Class C – Fillmore Central
 Class C – Fort Calhoun
 Class C – Gothenburg
 Class C – Grand Island Central Catholic
 Class C – Hartington-Newcastle
 Class C – Holdrege
 Class C – Johnson County Central
 Class C – Lincoln Christian
 Class C – Logan View
 Class C – Milford
 Class C – Minden
 Class C – Mitchell
 Class C – O'Neill, St. Marys
 Class C – Palmyra
 Class C – Pierce
 Class C – Raymond Central
 Class C – Scotus Central Catholic
 Class C – Sidney
 Class C – St. Paul
 Class D – Ainsworth
 Class D – Alma
 Class D – Amherst
 Class D – Blue Hill
 Class D – Boyd County
 Class D – Crofton
 Class D – Doniphan-Trumbull
 Class D – Elkhorn Valley
 Class D – Freeman
 Class D – Fullerton
 Class D – Gordon-Rushville
 Class D – Hemingford
 Class D – Homer
 Class D – Kenesaw
 Class D – Kimball
 Class D – Laurel-Concord-Coleridge
 Class D – Maxwell
 Class D – Maywood-Hayes Center
 Class D – McCool Junction
 Class D – Medicine Valley
 Class D – Norfolk Catholic
 Class D – North Central-Rock County,
 Keya Paha County
 Class D – North Platte St. Patrick's
 Class D – Oakland-Craig
 Class D – Osmond
 Class D – Overton
 Class D – Perkins County
 Class D – Riverside, Spalding Academy
 Class D – South Loup
 Class D – Sutherland
 Class D – Thayer Central
 Class D – Twin Loup
 Class D – Wallace
 Class D – Weeping Water
 Class D – West Holt
 Class D – Wilcox-Hildreth
 Class D – Wisner-Pilger
 Class D – Wood River

Class A – Grand Island
 Class A – Kearney
 Class A – Lincoln East
 Class A – Lincoln North Star
 Class A – Norfolk
 Class A – North Platte
 Class A – Omaha Central
 Class A – Omaha Marian
 Class A – Papillion-La Vista
 Class A – Papillion-La Vista South
 Class B – Aurora
 Class B – Beatrice
 Class B – Bennington
 Class B – Blair
 Class B – Gering
 Class B – Gretna
 Class B – Hastings
 Class B – Lexington
 Class B – Lincoln Northwest
 Class B – Lincoln Pius X
 Class B – Lincoln Standing Bear
 Class B – Norris
 Class B – Northwest
 Class B – Platteview
 Class B – Plattsmouth
 Class B – Scottsbluff

Class A – Bellevue West
 Class A – Fremont

Girls Cross Country

Class A – Bellevue West
 Class A – Fremont

Class D – Lyons-Decatur Northeast
 Class D – Maxwell
 Class D – Maywood-Hayes Center
 Class D – McCool Junction
 Class D – Norfolk Catholic
 Class D – North Platte St. Patrick's
 Class D – Oakland-Craig
 Class D – Overton
 Class D – Paxton
 Class D – Perkins County
 Class D – Riverside, Spalding Academy
 Class D – Sandy Creek
 Class D – South Loup/Arnold, Callaway
 Class D – Southern Valley
 Class D – Thayer Central
 Class D – Wallace
 Class D – Weeping Water
 Class D – West Holt
 Class D – Wilcox-Hildreth
 Class D – Wisner-Pilger

Softball

Class A – Bellevue East
 Class A – Columbus
 Class A – Fremont, Bergan Catholic
 Class A – Grand Island
 Class A – Gretna
 Class A – Lincoln North Star
 Class A – Lincoln Northeast
 Class A – Lincoln Southwest
 Class A – Millard South
 Class A – Millard West
 Class A – North Platte
 Class A – Omaha Marian
 Class A – Omaha Westview
 Class A – Papillion-LaVista South
 Class B – Ashland-Greenwood
 Class B – Bennington
 Class B – Blair
 Class B – Blue River
 Class B – Columbus Lakeview
 Class B – Crete
 Class B – Douglas County West
 Class B – Elkhorn
 Class B – Gering
 Class B – Grand Island Central Catholic
 Class B – HWY 6-Holdrege, Minden
 Class B – Lincoln Northwest
 Class B – Lincoln Pius X
 Class B – Lincoln Standing Bear
 Class B – Nebraska City
 Class B – Northwest
 Class B – Omaha Gross Catholic
 Class B – Omaha Skutt Catholic
 Class B – Platteview, Weeping Water
 Class B – Plattsmouth
 Class B – Ponca, Homer
 Class B – Ralston
 Class B – Seward
 Class B – Wahoo
 Class B – Wayne
 Class B – York
 Class C – Arlington
 Class C – Auburn
 Class C – Bishop Neumann
 Class C – Boone Central
 Class C – Central City
 Class C – Centura
 Class C – Chase County
 Class C – Cozad
 Class C – Fairbury
 Class C – Falls City
 Class C – Fillmore Central
 Class C – Fort Calhoun
 Class C – Freeman, Lewiston
 Class C – Gothenburg
 Class C – Kearney Catholic

Class C – Logan View/Scribner-Snyder
 Class C – Malcolm
 Class C – Milford
 Class C – Southern, Diller-Odell
 Class C – Southern Valley/Alma
 Class C – St. Paul
 Class C – Yutan-Mead

Volleyball

Class A – Columbus
 Class A – Fremont
 Class A – Grand Island
 Class A – Lincoln East
 Class A – Lincoln North Star
 Class A – Lincoln Northeast
 Class A – Lincoln Southwest
 Class A – North Platte
 Class A – Omaha Marian
 Class A – Omaha Westview
 Class A – Papillion-LaVista South
 Class B – Alliance
 Class B – Aurora
 Class B – Columbus Lakeview
 Class B – Elkhorn
 Class B – Gering
 Class B – Gretna East
 Class B – Lexington
 Class B – Lincoln Pius X
 Class B – Lincoln Standing Bear
 Class B – Northwest
 Class B – Omaha Duchesne Academy
 Class B – Omaha Skutt Catholic
 Class B – Seward
 Class B – Waverly
 Class C1 – Adams Central
 Class C1 – Arlington
 Class C1 – Auburn
 Class C1 – Battle Creek
 Class C1 – Bishop Neumann
 Class C1 – Boone Central
 Class C1 – Broken Bow
 Class C1 – Central City
 Class C1 – Chase County
 Class C1 – Conestoga
 Class C1 – Cozad
 Class C1 – David City
 Class C1 – Douglas County West
 Class C1 – Falls City
 Class C1 – Fillmore Central
 Class C1 – Fort Calhoun
 Class C1 – Gothenburg
 Class C1 – Grand Island Central Catholic
 Class C1 – Lincoln Lutheran
 Class C1 – Logan View/Scribner-Snyder
 Class C1 – Louisville
 Class C1 – Malcolm
 Class C1 – Milford
 Class C1 – Minden
 Class C1 – North Bend Central
 Class C1 – Omaha Brownell Talbot
 Class C1 – Omaha Concordia
 Class C1 – Platteview
 Class C1 – Scotus Central Catholic
 Class C1 – Syracuse
 Class C1 – West Point-Beemer
 Class C2 – Aquinas Catholic
 Class C2 – Arcadia-Loup City
 Class C2 – Bergan Catholic
 Class C2 – Cedar Bluffs
 Class C2 – Centennial
 Class C2 – Doniphan-Trumbull
 Class C2 – Elkhorn Valley
 Class C2 – Elmwood-Murdock
 Class C2 – Freeman
 Class C2 – Gordon-Rushville
 Class C2 – Hastings St. Cecilia
 Class C2 – Hemingford

Class C2 – Humphrey-Lindsay Academy
 Class C2 – Johnson County Central
 Class C2 – Kimball
 Class C2 – Laurel-Concord-Coleridge
 Class C2 – Maxwell
 Class C2 – Mitchell
 Class C2 – Norfolk Catholic
 Class C2 – Oakland-Craig
 Class C2 – Ponca
 Class C2 – Ravenna
 Class C2 – Sandy Creek
 Class C2 – Shelby-Rising City
 Class C2 – St. Paul
 Class C2 – Stanton
 Class C2 – Summerland
 Class C2 – Superior
 Class C2 – Tekamah-Herman
 Class C2 – Thayer Central
 Class C2 – Valentine
 Class C2 – West Holt
 Class C2 – Wisner-Pilger
 Class C2 – Wood River
 Class D1 – Ainsworth
 Class D1 – Ansley-Litchfield
 Class D1 – Arapahoe
 Class D1 – Axtell
 Class D1 – Bancroft-Rosalie
 Class D1 – Bloomfield
 Class D1 – Blue Hill
 Class D1 – Brady
 Class D1 – Cedar Catholic
 Class D1 – Central Valley
 Class D1 – Deshler
 Class D1 – Elgin Public-Pope John
 Class D1 – Exeter-Milligan-Friend
 Class D1 – Hi-Line-Eustis-Farnam, Elwood
 Class D1 – HTRS
 Class D1 – Kenesaw
 Class D1 – Lourdes Central Catholic
 Class D1 – Lyons-Decatur Northeast
 Class D1 – McCool Junction
 Class D1 – Medicine Valley
 Class D1 – Morrill Lions
 Class D1 – Niobrara-Verdigre
 Class D1 – North Central-Rock County,
 Keya Paha County
 Class D1 – Overton
 Class D1 – Plainview
 Class D1 – Pleasanton
 Class D1 – Riverside, Spalding Academy
 Class D1 – Shelton
 Class D1 – South Loup
 Class D1 – Southern Valley
 Class D1 – Southwest
 Class D1 – Sutton
 Class D1 – Tri County Northeast
 Class D2 – Anselmo-Merna
 Class D2 – Bruning-Davenport-Shickley
 Class D2 – Diller-Odell
 Class D2 – Elba
 Class D2 – Giltner
 Class D2 – Leyton
 Class D2 – Mead
 Class D2 – Meridian
 Class D2 – Mullen
 Class D2 – Nebraska Lutheran
 Class D2 – Omsond
 Class D2 – Paxton
 Class D2 – Randolph
 Class D2 – Red Cloud
 Class D2 – Silver Lake
 Class D2 – South Platte
 Class D2 – St. Mary's
 Class D2 – Twin Loup
 Class D2 – Wallace
 Class D2 – Wausa
 Class D2 – Wilcox-Hildreth
 Class D2 – Winside

Unified Bowling

Class A – Lincoln Standing Bear
 Class B – Hemingford
 Class B – North Bend Central
 Class B – Northwest
 Class B – Osmond
 Class B – Raymond Central
 Class B – Waverly
 Class B – Wayne

CURRENCY.

NCA Award Programs Benefit Coaches & Students

Jerry Stine Family Milestone Awards – Presented by Baden Sports – Deadline June 1

This program recognizes different levels of coaching achievement in both individual and team sports. The Level I, II, and III certificates will be presented at the NCA Multi-Sport Clinic in July. The Level IV winners receive a plaque presented at the NCA Award Banquet on July 20 in Lincoln.

More information regarding the NCA Milestone Award program, including the application form can be found at: <http://www.ncacoach.org/milestone.php>. This web page also includes a formatted search for coaches that have achieved any level within the program.

NCA Service Awards – Presented by Currency – Deadline June 1

The NCA Coaches Association Service Award is designed to recognize and honor coaches who have achieved 25, 35, 40, 45, and 50 years of coaching service. This is a self-nominating award.

More information regarding the NCA Service Award program, including the application for self-nomination can be found at: <http://www.ncacoach.org/service.php>

Service Award Criteria:

- NCA member for at least 10 years
- 75% of coaching and/or athletic administration must have been in Nebraska including the last 5 years

Nebraska Coaches Association – Hyatt Place Scholarship – Deadline April 1

This fully funded scholarship program will award four recipients \$1,000 after successfully completing one semester at an accredited college or university. The scholarship is only available to current (2025-26) NCA member son or daughter.

More information regarding the NCA/Country Inn & Suites Scholarship including the application form can be found at: <http://www.ncacoach.org/nca-scholarship-award/>

Scholarships Criteria:

- 1) Upper 25% of class – OR – 3.75 Cumulative GPA
- 2) Must be at least a 2-year participant in 2 sports
- 3) Must have earned varsity letter in 2 sports
- 4) Must include at least two letters of recommendation from high school coaches

Scholarship winners will be announced in May.

Ed Johnson Scholarship – Deadline April 1

The award is given to a senior boy who is a member of a high school varsity basketball team in the State of Nebraska. A medal and \$300 cash award will be presented to the recipient at the halftime of the NCA All-Star Boys' Basketball Game (July 22, 2026). For more information:

<http://www.ncacoach.org/edjohnson.php>

The student athlete nominated need not be a starter on the team but must be a senior boys' basketball player. Coaches are encouraged to nominate a player or players who they feel would qualify for this award. When submitted, the nomination form should include any letters of recommendation from counselors, teachers, administrators, etc. that the coach feels would help with the selection of the recipient of this award.

*The nominating coach must be a current NCA member.

Scholarship Criteria:

- Excellence in Scholarship
- Leadership
- Sportsmanship
- Loyalty
- Citizenship.

Career Sport Specific Awards & Career Junior High – Assistant Coach Award

Committees Select Finalists in April, Board Selects Winner at April Board Meeting.

- Binnie & Dutch Award – Track & Field
- Ed Johnson Award – Basketball
- Ken Cook Award – Girls Basketball
- Guy Mytty Award – Wrestling
- Phyllis Rice Honnor Award – Volleyball
- Skip Palrang Award – Football

- George O'Boyle Award – Cross Country
- Hawkins & Schoenfish Award – Golf
- Jim Farrand Award – Jr. High or Assistant Coach of the Year Award

More information regarding each award can be found at: <http://www.ncacoach.org/awards.php>

Special NCA Awards – Presented by Currency – Deadline April 1

The Nebraska Coaches Association award programs are available for members of the NCA. Some deadlines for the programs are approaching. We encourage you to explore the various award programs as a membership benefit. If you have questions visit the NCA website or contact the NCA office at (402) 434-5675. More information regarding each award can be found at: <http://www.ncacoach.org/awards.php>

- Friends of High School Sports Award
- Media Person of the Year Award
- NCA-FCA Doyle Denney Heart of a Coach Award

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