

2025 – NCA Multi-Sports Clinic

Cross Country

E119 unless otherwise noted

Tuesday, July 21

- 7:00 a.m. Registration & Exhibit Areas Open
- 8:30 a.m. – 9:20 a.m. Justin McGill, Norris HS, NE - *Let Them Run*
- 9:00 a.m. – 3:00 p.m. In-Person CPR & AED Training/Certification – Advanced Online Training Required – **LNS Room B108**
- 9:35 a.m. – 9:55 a.m. **NCA Track & Field/Cross Country Sport Meeting:** Advisory Committee Nominations/Selections, Milestone Awards Recognition, Team Academic Excellence Awards – **E117**
- 9:55 a.m. – 10:45 a.m. NSAA Cross Country Meeting
- 11:00 a.m. – 11:30 a.m. **District Meetings & Major Raffle at Mtg.** (Elections of Board Members, Election of Advisory Committee Members, Q&A with NCA Board Members)
Team Academic Excellence Awards Distribution by Schools - **Exhibitor Area Near Library**
- 11:30 a.m. – 1:00 p.m. **Lunch on Your Own – Visit Exhibitors**
- 1:00 p.m. – 1:50 p.m. **Beyond the X's & O's Sessions**
John Underwood, *The Importance of Recovery in Training* – Auditorium
Bennett Widman, *NIL at the High School Level in Nebraska Today & the Possible Future* – Main Gym
- 1:50 p.m. – 2:05 p.m. **Ice Cream Social & NEW: Major Raffle Drawings – Exhibitor Area**
- 2:05 p.m. – 2:55 p.m. Tom Rothenberger, Jesuit HS/Stumptown Running, OR – *Why High School Distance Runners Are Running So Fast*
- 2:05 p.m. – 4:00 p.m. Nebraska Orthopaedic Center - *Sports Medicine & Athletic Taping Walk-In Training* – **Athletic Training Room**
- 3:30 p.m. – 4:20 p.m. Tom Rothenberger, Jesuit HS/Stumptown Running, OR – *High School Running Fast: Doing the Work*

Wednesday, July 22

- 7:00 a.m. Registration & Exhibit Areas Open
- 8:30 a.m. – 9:20 a.m. John Underwood, Life of an Athlete Human Performance Project, NY – *Science Based Training Patterns – Efficiency & Performance, Part 1* - **Joint Sport Session with Track -Field – E117**
- 9:35 a.m. – 10:25 a.m. John Underwood, Life of an Athlete Human Performance Project, NY – *Science Based Training Patterns – Efficiency & Performance, Part 2* - **Joint Sport Session with Track -Field – E117**
- 10:40 a.m. – 11:30 a.m. **Keynote – Juli Burney, *The Power of Humor in Relationships* – Main Gym**
- 11:30 a.m. – 1:00 p.m. **Lunch on Your Own & NCA Sports Advisory Lunch Meetings**
- 1:00 p.m. – 1:50 p.m. Jeff Morris, Perham HS, MN - *Lead First: 7 Traits That Build Championship Culture – Part 1*
- 1:00 p.m. – 2:55 p.m. Nebraska Orthopaedic Center - *Sports Medicine & Athletic Taping Walk-In Training* – **Athletic Training Room**
- 1:50 p.m. – 2:05 p.m. **NEW: Major Raffle Drawings – Exhibitor Area – this space closes at 2:15 p.m.**
- 2:05 p.m. – 2:55 p.m. Jeff Morris, Perham HS, MN - *Lead First: 7 Traits That Build Championship Culture – Part 2*

District Meetings

District I - Small Theater
District IV - Main Gym

District II – Auditorium
District V – E119

District III – E117
District VI – E121