

**2026 – 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 - <i>Let Them Run</i>
9:00 a.m. – 3:00 p.m.	In-Person CPR & AED Training/Certification – Advanced Online Training Required – <b>LNS Room B108</b>
9:35 a.m. – 9:55 a.m.	<b>NCA Track &amp; Field/Cross Country Sport Meeting:</b> Advisory Committee Nominations/Selections, Milestone Awards Recognition, Team Academic Excellence Awards – <b>E117</b>
9:55 a.m. – 10:45 a.m.	NSAA Cross Country Meeting
11:00 a.m. – 11:30 a.m.	<b>District Meetings &amp; Major Raffle at Mtg.</b> (Elections of Board Members, Election of Advisory Committee Members, Q&A with NCA Board Members) Team Academic Excellence Awards Distribution by Schools - <b>Exhibitor Area Near Library</b>
11:30 a.m. – 1:00 p.m.	<b>Lunch on Your Own – Visit Exhibitors</b>
1:00 p.m. – 1:50 p.m.	<b>Beyond the X's &amp; O's Sessions</b> <b>John Underwood, <i>The Importance of Recovery in Training</i> – Auditorium</b> <b>Bennett Widman, <i>NIL at the High School Level in Nebraska Today &amp; the Possible Future</i> – Main Gym</b>
1:50 p.m. – 2:05 p.m.	<b>Ice Cream Social &amp; NEW: Major Raffle Drawings – Exhibitor Area</b>
2:05 p.m. – 2:55 p.m.	Tom Rothenberger, Jesuit HS/Stumptown Running, OR – <i>Why High School Distance Runners Are Running So Fast</i>
2:05 p.m. – 4:00 p.m.	Nebraska Orthopaedic Center - <i>Sports Medicine &amp; Athletic Taping Walk-In Training</i> – <b>Athletic Training Room</b>
3:30 p.m. – 4:20 p.m.	Tom Rothenberger, Jesuit HS/Stumptown Running, OR – <i>High School Running Fast: Doing the Work</i>

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

**District Meetings**

District I - Small Theater  
District IV - Main Gym

District II – Auditorium  
District V – E119

District III – E117  
District VI – E121