

2026 – NCA Multi-Sports Clinic

Wrestling

Wrestling Room unless otherwise noted

Tuesday, July 21

7:00 a.m.	Registration & Exhibit Areas Open
8:30 a.m. – 9:20 a.m.	Robert Kokesh, University of Nebraska – <i>Short Sit Solves Everything</i>
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 Wrestling Sport Meeting: Advisory Committee Nominations/Selections, Milestone Awards Recognition, NCA Team Academic Excellence Awards
9:55 a.m. – 10:45 a.m.	Robert Kokesh, University of Nebraska – <i>Bars & Wings</i>
11:00 a.m. – 11:30 a.m.	District Meetings & Major Raffle at Mtg. (Elections of Board Members, Election of Advisory Committee Members, Q&A with NCA Board Members) Team Academic Excellence Awards Distribution by Schools - 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, <i>The Importance of Recovery in Training</i> – Auditorium Bennett Widman, <i>NIL at the High School Level in Nebraska Today & the Possible Future</i> – 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.	John Underwood, Life of an Athlete Human Performance Project, NY – <i>Russian Secrets for American Wrestlers</i>
2:05 p.m. – 4:00 p.m.	Nebraska Orthopaedic Center - <i>Sports Medicine & Athletic Taping Walk-In Training</i> – Athletic Training Room
3:30 p.m. – 4:20 p.m.	NSAA Wrestling Meeting

Wednesday, July 22

7:00 a.m.	Registration & Exhibit Areas Open
8:30 a.m. – 9:20 a.m.	Chelsea Dionisio, Midland University (Women) – <i>Two-on-Ones</i>
9:35 a.m. – 10:25 a.m.	Chelsea Dionisio, Midland University (Women) – <i>Front Headlocks</i>
10:40 a.m. – 11:30 a.m.	Keynote – Juli Burney, <i>The Power of Humor in Relationships</i> – 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.	Brock Hardy, University of Nebraska, 4X NCAA All-American – <i>Scramble Situations</i>
1:00 p.m. – 2:55 p.m.	Nebraska Orthopaedic Center - <i>Sports Medicine & Athletic Taping Walk-In Training</i> – 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.	Brock Hardy, University of Nebraska, 4X NCAA All-American – <i>Cradles</i>

District Meetings

District I - Small Theater
District IV - Main Gym

District II – Auditorium
District V – E119

District III – E117
District VI – E121