2026 – NCA Multi-Sports Clinic
Track & Field
E117 unless *otherwise noted*

Tuesday, July 21

7:00 a.m.	Registration & Exhibit Areas Open
8:30 a.m. – 9:20 a.m.	NSAA Track & Field Meeting
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.	Ryan Dorshorst, Doane University, NE – *What it Takes to Coach a Pole Vaulter*
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.	Steve Gordon, College of Saint Mary, NE – Simplifying the Long Jump
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.	Steve Gordon, College of Saint Mary, NE – Simplifying the Triple Jump

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 Cross Country – 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 Cross Country – 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.	Erik Whitsitt, University of Nebraska - *Balance, Directional Force & Sublimation of Force In Throws – 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.	Erik Whitsitt, University of Nebraska - *Balance, Directional Force & Sublimation of Force In Throws – Part 2*

District Meetings

District I - Small Theater	District II – Auditorium	District III – E117
District IV - Main Gym	District V – E119	District VI – E121