



NSAA News

December 2020



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Executive Director's Notebook

Jay Bellar, NSAA Executive Director



"It's the most wonderful time of the year..."

Oh, the sounds of the season! Although I am sure Andy Williams was referencing the holidays in this refrain, here at the NSAA, we are basking in the joy of crowning fall champions, glowing in completing a season full of unknowns, and eagerly anticipating the upcoming winter sports and activities. It has been quite the year. The 1920s were deemed "The

Roaring 20s" and a hundred years later, 2020 certainly roared in its own way. As is human nature, it is easy to dwell on the negative, but in the spirit of the season, I would like to use this space to shine some light on some positives found in this year.

Looking back, we feel lucky that the NSAA and our member schools were able to complete swimming and diving, wrestling, and both girls' and boys' basketball championships. Although we hated missing the spring sports and activities, students and educators were kept safe.

Communities and schools pulled together, collaborated, and completed the academic year and celebrated graduations and other accomplishments making memories with creative and unforgettable festivities.

The year 2020 brought us the unexpected gift of open schedules and the privilege of time to spend with our families. We learned to appreciate the small things from toilet paper to travel to participating in activities. We gained a new appreciation for everyday gifts that before had been taken for granted. Suddenly, drudgeries like school, practice, and appointments became things we missed and longed to participate in again.

Our member schools accepted every challenge put in front of them and did what needed to be done to not only successfully start the school year, but also complete the fall sport and activity season and start the winter season.

***"NSAA activities...
the other half of education."***

Executive Director's Notebook continued on page 3



NSAA Board of Directors & NSAA Staff



Kathi Wieskamp
District I
Lincoln Public
Schools



Dana Wiseman
District I
Sutton



Thomas Lee
District II
Omaha Northwest



Dr. Bob Reznicek
District II
Boys Town



Dr. Jon Cerny
District III
Bancroft-Rosalie



Dan Keyser
District IV
Sutherland



Robert Drews
District V
Holdrege



Dr. Troy Unzicker
District VI
Alliance



Jay Bellar
Executive Director



Jennifer Schwartz
Associate Director



Ron Higdon
Assistant Director



Jon Dolliver
Assistant Director



Nate Neuhaus
Assistant Director



Dan Masters
Assistant Director



Jeff Stauss
Assistant Director



Ashton Honnor
*Marketing
Specialist*



Megan Huber
Business Manager



Cindy Callaway
Office Manager



Alicia McCoy
*Administrative
Assistant*



Rick Colgan
*Software
Developer*



Executive Director's Notebook from page 1

How lucky we are to have so many things to be positive about this year! Although many cannot wait to say good-bye to 2020 and hello to 2021, I hope you take the opportunity to reflect on the positives hidden in this year.

While we look forward to the new year, remember things are not going to magically change when we wake up on January 1st. It is going to be important to continue to do what is right—wearing masks, social distancing, limiting the number of fans, etc. We have come too far to let this pandemic win now. Staying the course, I believe, will allow us to look back on this season and appreciate that it truly was the most wonderful time of the year!

2020 NSAA State Unified Sports, Bowling Championships Moving to Maplewood Lanes in Omaha

The 2020 NSAA State Unified Sports, Bowling Championships will be held at Maplewood Lanes in Omaha on Monday, December 7th. For more information about the Championships, head over to the Unified Sports, Bowling page on the NSAA website [here](#).

The NSAA would like to thank our corporate partners for their continued support of the NSAA and NSAA activities!



The NFHS Voice: Mitigation Efforts Must Intensify as Winter Sports, Performing Arts Begin



Dr. Karissa Niehoff, NFHS Executive Director

To play or not to play winter high school sports and other activity programs – that is the decision being considered by state high school associations, state health and education departments, and state governments.

While 35 states offered football this fall – with 30 leading to state championships – and another 10 states were able to sponsor other fall sports, the outlook for traditional winter sports and activities held indoors is proving to be one of the toughest decisions since the COVID-19 pandemic wiped out two-thirds of state basketball finals last spring.

According to the [NFHS 2020-21 Basketball Seasons Modifications Map](#), 22 states have plans to conduct high school basketball in a fairly normal timeframe, while 29 (28 states plus the District of Columbia) have announced modifications for the season, many of which include delays to later in the year.

With the number of positive COVID-19 cases rising across the country, two of the core issues in making these winter sports decisions are determining how prevalent the transmission of the virus is in actual competition and the mitigation strategies necessary for indoor activities.

And to make these decisions even more difficult, while the physical health and safety of participants must remain the No. 1 criterion, there continues to be the social, emotional and mental health concerns if students are unable to participate in sports and performing arts. In short, these decisions are about the value of involvement in education-based activities vs. the concerns of no involvement in these life-changing programs.

The shift to indoor sports (basketball, wrestling, ice hockey, swimming and diving) this winter has elevated concerns about virus spread as participants will be in close proximity in enclosed settings. While there have been a few cases of large-scale virus spread reportedly traced to sport contact, we know from communication with state high school association leaders throughout the fall that, in fact, quarantines were more often enacted due to team members contracting the virus in other settings and bringing it into practices or games.

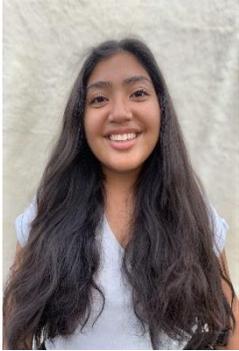
While at least one statewide survey seemed to support these reports from state associations that actual sport contact has not been the primary source of virus transmission, the NFHS Sports Medicine Advisory Committee is involved in gathering national data about the risk of COVID-19 spread from direct contact in sports competition this fall.

Regarding performing arts programs, [the unprecedented aerosol study commissioned by the NFHS](#), the College Band Directors National Association and more than 125 other groups has demonstrated – through scientific research – that music activities can be successfully conducted by following several mitigation strategies.

[Click here](#) for the full article on the NFHS website.



December U.S. Bank® Believers & Achievers



Siana Hernandez-Lango
Fremont



Jenny Bueno
Fullerton



Quinton Chavez
Gering



Jeremiah Merriman
Gretna



Diana Brailita
Hastings



Saylor Rother
Johnson County Central



Deric Goldenstein
Kenesaw



Katelin Schutte
Laurel-Concord-Coleridge



Hayden Christen
Lewiston



Kiley Pham
Lincoln Northeast



Emma Hain
Lincoln Southwest



Valerie Uehling
Logan View



November NSAA Board of Directors Meeting Notes

The November NSAA Board of Directors meeting was held at the NSAA office in Lincoln on Wednesday, November 4th, 2020. The meeting minutes can be found on the NSAA website [here](#).

2020-2021 NSAA Winter Season Guidelines

The 2020-2021 NSAA Winter Season Guidelines are available on the NSAA website [here](#). Please read the entire document for activity specific modifications.

Championship Reimbursements

At the September 17th, 2020 Board Meeting, the NSAA Board of Directors voted to suspend State Championship Reimbursements to schools for the 2020-21 school year unless income allows with the priority on reimbursing mileage. For questions regarding reimbursements, please contact NSAA Executive Director, Jay Bellar, at jbellar@nsaahome.org.

December Moratorium

The December Moratorium is December 23rd-27th. Other important NSAA dates, including future Moratorium dates, can be found on the NSAA Calendar located [here](#).

2021 NSAA District Music Contests

The NSAA District Music Advisory Committee met via zoom on November 12th. The meeting served as a planning meeting in anticipation for the 2021 contests. The committee will continue to gauge the following options while planning for the '21 contests: Plan A) hold contests as they normally are B) hold contests without large groups C) hold virtual contests without large groups.

In the coming months, the District Music Advisory Committee will continue to assess and evaluate the music landscape. Stay tuned for more details.

The [2020-21 music classifications](#) have been posted [HERE](#).

The [2021 District Music Contests sites](#) have been posted [HERE](#).

A reminder that schools have until December 1st to recommend a change in district site assignment. Any school that is interested in opting up a classification must inform the NSAA office by January 1st.

IMPORTANT LINKS

[2020-21 NSAA Constitution & Bylaws](#)

[2020-21 NSAA Media Manual](#)

[2020-21 NCPA Academic All-State Information](#)

[NSAA Catastrophic Insurance](#)

[NSAA Sanctioned Events](#)

[Requests – Contests, Officials, Equipment](#)

[Become an NSAA Official!](#)

[Coaching Steps to Certification](#)

[NSAA Important Dates & Deadlines](#)

[NSAA Cup Information](#)

[NSAA Publications Order Form](#)





**We Need YOU
To Help Us
Keep the Arts
Performing and
the Athletes
Competing**

2020 Fall Postseason Team Participation FACTS

	Total Number of 2020 Postseason Teams	Number of Teams That Did Not Participate in 2020 Fall Postseason Due to COVID-19	Percentage of Teams That Did Not Participate in 2020 Fall Postseason Due to COVID-19
Girls Golf	122	0	0%
Softball	112	1	Less Than 1%
Boys Tennis	50	0	0%
Cross Country	221	0	0%
Volleyball	272	9	3%
Football	152	1	Less Than 1%

WEAR A MASK

WASH YOUR HANDS

SOCIAL DISTANCE

STAY HOME IF YOU ARE SICK

THANK YOU to the NSAA member schools for implementing COVID-19 protocols.

PLEASE continue to follow all local and state health guidelines so winter co-curricular activities can continue.



RESPECT THE REF



Cheer loud and proud for your team but please be respectful and let the officials do their job.

Using #RespectTheRef, tweet @nsaahome how your school is respecting the referees.

Interested in becoming an NSAA official? Head over to nsaahome.org for more information.



NSAA Membership Spotlight

District 1: Dorchester

Location: Dorchester
PK-12 Enrollment: 240
School Mascot: Longhorns
Twitter Handle: [@dpshorns](https://twitter.com/dpshorns)

NSAA Participation:

Volleyball
 Football
 Play Production
 Wrestling
 Boys & Girls Basketball
 Speech
 Journalism
 Music
 Boys & Girls Track & Field



What's Happening at Dorchester:

"In 2018, we brought football back to Dorchester after being fortunate to have had a coop with Milford Public Schools for the previous 5 years," said Activities Director Brent Zoubek. "We chose to bring football back in the form of 6-man football. It has had a very positive impact on our school and community. At our first game back, we recognized the 1950's 6-man team and were fortunate to have many of those players and head coach back. In just our third year back (2020) we went 6-2 and qualified for the State Football Playoffs!"



District 2: Ashland-Greenwood

Location: Ashland

K-12 Enrollment: 985

School Mascot: Bluejays

Twitter Handle: [@GoBluejays1](https://twitter.com/GoBluejays1)

NSAA Participation:

Softball

Boys & Girls Cross Country

Volleyball

Football

Play Production

Wrestling

Boys & Girls Basketball

Speech

Music

Baseball

Boys & Girls Track

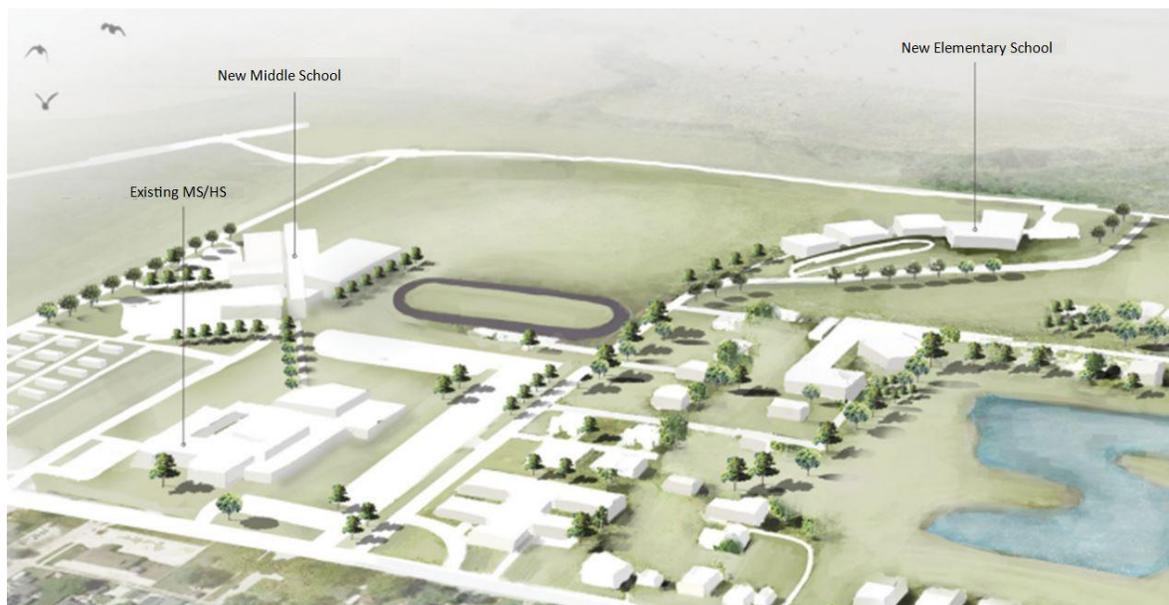
Boys Golf



NSAA State Championships: 2

What's Happening at Ashland-Greenwood:

"The biggest challenge facing our school community right now is growth. Our normal 2-3% growth has now transformed into 5-8% growth over multiple years and Ashland-Greenwood has become one of the fastest growing schools in the state of Nebraska," said Principal Brad Jacobsen. "With growth comes challenges in facilities, programming, and staffing. Our community just approved a bond proposal with over 60% support to build a new PK-2 building and a new 6th-8th building with a competition gym and a new performing arts auditorium. The new 6-8 building will be master planned to eventually flip and become a high school in the future. We are excited about this project and what it will create for our students far into the future."



District 3: Boyd County

Location: Lynch/Spencer/Butte/Naper

K-12 Enrollment: 330

School Mascot: Spartans

Twitter Handle: N/A

NSAA Participation:

Boys & Girls Cross Country

Volleyball

Football

Play Production

Boys & Girls Basketball

Speech

Music

Boys & Girls Track



What's Happening at Boyd County:

"Boyd County Schools which came into existence in 2017 have demonstrated incredible resilience. The 2018-2019 school year was a very tough year due to a horrific bus accident that injured several Boyd County students and staff," said Athletic/Activities Director McKenzie Connot. "Shortly after that, the flooding that occurred in 2019 had a huge impact on the school and communities. For many months Boyd County Public Schools basically existed on an island, nearly disconnected from the rest of the state. Many of Boyd County's communities that have ties to the school didn't have drinkable water until November of that year. The students, staff, and parents though still dealing with the effects of accidents, floods, and now a pandemic are thriving and moving ahead as Boyd County Spartans do."



District 4: Arthur County

Location: Arthur
K-12 Enrollment: 121
School Mascot: Wolves
Twitter Handle: N/A

NSAA Participation:
Volleyball
Football
Boys & Girls Basketball
Play Production
Speech
Music
Boys & Girls Track

NSAA State Championships: 6

What's Happening at Arthur County:

“Arthur County schools is one of the smallest districts in the state and our kids participate in multiple activities and many drive longer distances to get here. We do not have lights on our football field so games are held in the afternoon and the town pretty much shuts down so everyone can attend,” said Principal and Athletic Director Jamie Gorwill. “We don’t have a finished track so with the help of some community members and generous donors, we are working to improve what we do have. The support our school gets from our small community is simply amazing!”



District 5: Bertrand**Location:** Bertrand**K-12 Enrollment:** 234**School Mascot:** Vikings**Twitter Handle:** [@BertrandVikings](https://twitter.com/BertrandVikings)**NSAA Participation:**

Boys & Girls Cross Country

Volleyball

Football

Play Production

Wrestling

Boys & Girls Basketball

Speech

Music

Boys & Girls Track

Boys Golf

**NSAA State Championships:** 10**What's Happening at Bertrand:**

"We renovated our track in the summer/fall of 2019 in anticipation of hosting invitationals and districts in the 2020 track season, only to have the season cancelled. We are (positively) looking forward to using the facility this spring," said Activities Director Craig Newcomb. "We are also in the process of building a new preschool on the same site as our K-12 building."

"Something that we are proud of in our activities program is the high percentage rate of participation at Bertrand. Currently 66 of our 72 high school students (91.7%) participate in at least one NSAA activity; with a lot of them participating in multiple activities. Our highest was 83 out of 85 (97.6%)."



District 6: Bridgeport

Location: Bridgeport

K-12 Enrollment: 465

School Mascot: Bulldogs

Twitter Handle: [@bportNEbulldogs](https://twitter.com/bportNEbulldogs)

NSAA Participation:

Girls Golf

Boys & Girls Cross Country

Volleyball

Football

Play Production

Wrestling

Boys & Girls Basketball

Speech

Journalism

Boys & Girls Track

Boys Golf



NSAA State Championships: 4

What's Happening at Bridgeport:

“Along with our activity record boards, we also have a “30+ ACT Club” board that has all the Bridgeport students that have scored a 30 or higher on the ACT. Over the last 7 years 1 out of every 12 students at Bridgeport scores a 30 or higher on the ACT,” said Superintendent Chuck Lambert. “Bridgeport was one of the first schools in the Panhandle to stream activities on STRIV. Along with this we have 30 sponsors that advertise on our “Big Screen” in the gym, on STRIV and in our programs every year.”



Student Advisory Committee Spotlight

Trinity Hansen, Senior at Stapleton High School



I've spent my entire 12 years of education with Stapleton Public Schools, a small, Class D school in central Nebraska. During my last two years of high school, we formed a sports activities co-op. This was a huge adjustment for the student athletes and both communities. At that time, I was also nominated and selected to be a member of the NSAA Student Advisory Committee. Being a member of the SAC has not only taught me many valuable skills and lessons that I will use for life, but really came at a perfect time for my school and community. The main priority of the NSAA SAC during my tenure is sportsmanship, so I felt it was important to make it a mission to enhance school spirit that had been lacking for a few years, and bring these once separate teams together as one.

My first year with the SAC, I started a project that created "dress-up" themes for games and added an attendance raffle for students to enter for a chance to win a prize at each home game. Student attendance at games improved and the creative dress up themes helped them feel more involved. Local businesses and Stapleton's booster club donated money to help finance prizes at home games and grand prizes at the end of the year.

Unfortunately, COVID-19 slowed things down for my student attendance goals, but I didn't let it stop me. Because of a knee injury, I had to take a new position on our volleyball team my senior year as student manager. However, my favorite "new position" was head cheer coordinator, which also overflowed to football and cross country and will continue with basketball season.

I never missed a time out, initiating cheers or chants for our team, whether we were up or down on the scoreboard. It encouraged others to cheer along. Most of the time it even prompted the opposing team crowd to cheer for their players as well, spreading school spirit to the other team. Because my attendance goals are limited, I am presently working to create a School Spirit Club to help create themes and cheers for future games and to make sure the tradition continues after I graduate.

Being a part of the SAC opened my eyes to how different Class A and D schools are when it comes to issues they encounter. Members shared many examples that helped expand my awareness and some of the scenarios I provided equally amazed those students from larger schools, like the fact some Class D schools don't have a spirit club or cheer team available. I have always felt I am a leader by example, but the NSAA SAC has pushed me to be a more well-rounded leader that isn't afraid to voice, address, and fix problems within my school.

In the beginning, it was a bit nerve wracking to attend meetings or summits with people I didn't know. Being involved helped me realize we are all simply working towards the same goal, even though we may be working on different problems. Through this opportunity, I have learned and accomplished things I might have never initiated on my own. My time as a senior member seems to be flying by and COVID-19 seems to keep rearing its ugly head, but I hope I am able to learn and grow more, continue building the sportsmanship in our schools and communities, and enjoy the remainder of my time as part of the NSAA SAC.

NSAA Fall Championship Results



[GIRLS GOLF](#) – [SOFTBALL](#)
[BOYS TENNIS](#) – [CROSS COUNTRY](#)
[VOLLEYBALL](#) – [FOOTBALL](#)



NSATA Training Table

Jen Krueger, AT at UNL Campus Rec



Be on the Look Out for Mental Health Issues in Athletes

Students are under a lot of pressure these days and student-athletes have an increased amount of pressure managing schoolwork, as well as practice and game schedules. In addition to school requirements, they may have to help with siblings at home or have a part time job to help with expenses. Having these stressors in their lives may be compounded if they also sustain an injury that changes up their routines or changes how they or others view them.

ADHD, behavior problems, anxiety, and depression are the most commonly diagnosed mental disorders in children. Student-athletes may already have a diagnosed disorder, or one may develop over time.

- 9.4% of children aged 2-17 years (approximately 6.1 million) have received an ADHD diagnosis.
- 7.4% of children aged 3-17 years (approximately 4.5 million) have a diagnosed behavior problem.
- 7.1% of children aged 3-17 years (approximately 4.4 million) have diagnosed anxiety.
- 3.2% of children aged 3-17 years (approximately 1.9 million) have diagnosed depression.
- Stats provided by the Centers for Disease Control (<https://www.cdc.gov>)

Athletic Trainers, Coaches and Teachers are not mental health professionals but they can notice signs and symptoms that may lead them to suspect a student-athlete may need some mental health assistance from a school counselor, psychologist or other medical professional. Signs that might point to a student-athlete needing some assistance are: changes in eating/sleeping habits, unexpected weight gain/loss, drug/alcohol use or abuse, withdrawing from social contact, talking about death or dying, problems concentrating/focusing, becoming more irritable/anger management, negative self-talk, mood swings/agitation/irritability, overuse injuries/continually being injured.

If you suspect that an athlete may need mental health assistance, have a plan in place before speaking with them. That plan may include working with your team physician, school counselors, administrators, and the student's parents. Have your facts straight and be prepared to actively listen to the student-athlete to be able to empathize what they are dealing with.

If at any point you feel like the student-athlete is in an emergent mental health situation be ready to activate your school's emergency action plan for a mental health emergency. If a student appears to be violent and wanting to harm themselves or others, notifying campus security or the police may be necessary. If the person appears to be suicidal, but non-violent do not leave them by themselves. Call for further assistance from the National Crisis Line (1-800-273-8255) or your local emergency number.

In all instances remember that a mental health injury is the same as a physical injury in that the patient information is confidential. Reassuring the student athlete that their information will be kept private.

If you would like to learn more about how to handle a mental health event there are resources to help with this. There are Mental health First Aid courses offered in the state, as well as suicide prevention courses such as QPR (Question, Persuade, Refer).



NSAA Sports Medicine Advisory Committee Spotlight – Dr. Corey Campbell



Corey Campbell, DC, is the owner and operator of Omaha Spine & Sport, a functional and evidence-based chiropractic office. Prior to starting Omaha Spine & Sport, Dr. Campbell was the first and only DC to be a part of a large multidisciplinary orthopedic spine center in Nebraska, The Nebraska Spine Center. In the past he was a referee for the NSAA and helped with the State Wrestling Tournament. He graduated cum laude in Human Biology from Chadron State College where he was a two-time academic All-American running back for the CSC football team. He also graduated from UNMC with a Bachelor of Science degree in Medical Technology and received his Doctorate

of Chiropractic from Cleveland Chiropractic College in Kansas City. Dr. Campbell is an instructor and Vice President of the Motion Palpation Institute, an organization that instructs doctors and students in manipulation, functional rehabilitation, soft tissue release, and sport injury care all over the U.S. and internationally. He is credentialed by and serves as a post-graduate faculty instructor for the Chiropractic Rehabilitation Diplomate program.

Corey enjoys watching his four kids compete in various sports, is a self-proclaimed softball dad with two girls that play and his wife coaching softball and helps coach youth wrestling and football for local Gretna teams. His proudest title is Dad.

The NFHS Voice: High School Coaches, Parents Helping Students to the Finish Line

Dr. Karissa Niehoff, NFHS Executive Director

The finish line – a familiar image in high school sports and performing arts. The breaking of the tape in a 100-meter dash. Crossing the goal line with the winning touchdown. Touching the end wall first in the 100-meter freestyle. Claiming the state debate title after a long and grueling season.

Sometime next year, we hope there's a new finish line – one that ends the COVID-19 pandemic and the return of full-scale athletics and performing arts in our nation's schools. In advance of that dream later in 2021, the next four months are critical as schools try to keep these programs going with the start of winter indoor activities.

Soon, it is the hope that all states will be competing in high school sports as the final six states begin play over the next two months. And as the move to winter activities occurs, there are two groups of individuals that will continue to play significant roles in high school sports and performing arts making it to the finish line – coaches and parents.

In addition to their existing workloads, high school coaches have acquired a number of other challenges this year, including serving as mask enforcers, dealing with the weekly loss of players due to COVID-19 quarantine, and connecting with players virtually in those areas of the country where activities have been modified or pushed back to later in the year.

[Click here](#) for the full article on the NFHS website.



Have you followed the NSAA social media channels?

Be sure to follow all of the NSAA social media channels to stay updated on the latest NSAA happenings.



STAY UP-TO-DATE ON ALL OF THE NSAA ACTION!

					
facebook.com/ nsaahome	@nsaahome	@nsaahome	@nsaaevents	Nebraska School Activities Association	nsaahome

www.nsaahome.org

Update Your School Membership Directory

The NSAA utilizes your School Directory to send communication to the administration and coaches listed. Please make sure that this information is correct and updated **at all times**. To do so, login to your AD login page and under OTHER FORMS select School Directory, which will then take you to your School Directory Information page where you can make changes as necessary. This is also where you will go to see if your coaches have completed their online rules meetings. Please contact Cindy Callaway at ccallaway@nsaahome.org with questions.

[-] OTHER FORMS:

- [NCPA Academic All-State Nominations](#)
- [NSAA Activities Registration Form](#)
- [NSAA Cooperative Sponsorship Agreement Forms](#)
- [NSAA Sportsmanship Manual](#)
- [Olympic Development Waiver Request Form \(Word .doc\)](#)
- [Reimbursement Forms for State Championships](#)
- [School Directory](#)
- [Schools' Emergency Contact Number Report](#)
- [State Participation Certificates](#)
- [Believers & Achievers Nomination Form](#)
- [Multi-Activity Student Award](#)
- [Student Advisory Committee Application](#)



Statement of Principle on Conduct Synopsis

Adopted by the NDE, NSAA, NCSA, NASB, NSEA, NRCSA, NCA and NSIAAA

Recently, students in our schools have been experiencing negative, harassing, and bullying conduct during the school day, and at school activities by the spectators attending those events or, and at times by opponents in an activity, that is directed at the school's participants and spectators, often with a racial component. Such conduct is unacceptable and does not reflect the foregoing basic tenants of our society.

It is the responsibility of our organizations to promote and respect the liberty interests of all persons who may participate in or attend any educational endeavor sponsored by our organizations which includes ensuring that common courtesy is shown for all persons, insuring tranquility for all, and being responsible that no one person abuses their liberties to the detriment of other persons.

As the educational leaders of Nebraska's school system, we firmly support Nebraska schools and communities in proactively involving teachers, administrators, students, parents, and community members in developing and maintaining a positive school and community culture that supports learning opportunities for all persons, and ensures that respect and courtesy are shown to all persons.

Conduct by any person that does not show respect for and courtesy of other persons in Nebraska schools and any school activity is prohibited and shall not be tolerated – period.

A Reminder to Compete with Respect

Concerns have been expressed regarding the lack of respect being afforded to students, coaches, officials, spectators, and host staff. Schools should understand the seriousness of their responsibility to everyone and the privilege of representing their school and community. As educators, we must recommit ourselves to the preservation of respect. Unfair acts prohibited by the spirit and intent of the rules include the use of disconcerting acts or words.

Deliberately disrespecting the rules and fellow participants in the hope or expectation of gaining an advantage is deplorable and indefensible. It is imperative that administrators, coaches, officials, and students make an extra effort to model the type of behavior that illustrates the educational values of activity participation. Conduct that berates, intimidates, or threatens anyone, based on gender, ethnicity, or sexual preference is unacceptable.

Medical Personnel at Regular Season Contests

Severe injuries, sudden illnesses and other critical incidents do not often occur during school activities, but it is important for every school to have an emergency action plan (EAP) for administrators, faculty, coaches, and staff members to follow should emergencies occur. Due to lack of universal availability of medical coverage and other logistical reasons, NSAA does not require that schools have a physician, trainer or ambulance on-site at regular season activities; however, each school should have a plan in place should there be an emergency involving students, coaches, officials or spectators requiring medical attention.



Requirements for Ejected Coaches & Players

Enforcement of the “sit-out rule” for ejections from high school contests for unsportsmanlike conduct is a responsibility of the member school. Failure to properly enforce this rule could result in other sanctions by the NSAA.

Administrators will be expected to promptly file a report with the NSAA whenever a participant or coach from their school has been ejected from any high school contest. Such filing must be done online under the AD login section of the NSAA website.

Enforcement of the “sit-out rule” is expected to begin immediately, regardless whether it is regular-season or tournament play.

Any athlete ejected from a contest for unsportsmanlike conduct shall be ineligible for the next athletic contest at that level of competition and any other athletic contest at any level during the interim. Any athlete ejected for a second time during a season from a contest for unsportsmanlike conduct shall be ineligible for the next two contests at that level of competition and all other athletic contests at any level during the interim. Any athlete ejected for a third time during a season from a contest for unsportsmanlike conduct shall be ineligible for the next three contests at that level of competition and all other athletic contests at any level during the interim, in addition to other penalties the NSAA or school may assess. During the time of their “sit-out” suspension, athletes who are ejected for unsportsmanlike conduct may not suit up or participate, but it is the school’s discretion whether such athlete is able to travel with the team or sit on the team bench. (The athlete is permitted to practice per school’s discretion.)

Coaches who are ejected for the first time will be required to sit-out the next contest at that level, plus all other contests at any level during the interim. Coaches may not be present at the contest site during the time of their “sit-out” suspension. The coach will also be required to successfully complete the NFHS online course “TEACHING AND MODELING BEHAVIOR” within 10 days of the ejection.

Coaches who are ejected a second time in a season will be required to sit-out the next two contests at that level, plus all other contests at any level during the interim. Coaches may not be present at the contest site during the time of their “sit-out” suspension. The coach will also be required to successfully complete the NFHS online course “FUNDAMENTALS OF COACHING” within 10 days of the ejection.

Are your officials on the NSAA Officials Roster?

3.12.2 Officials for Varsity Contests.

Only those officials who are registered with the Association may be used by member high schools to officiate varsity competition in football, baseball, basketball, wrestling, soccer, softball and volleyball competition, and start track & field meets.

Athletic Directors are expected to confirm that all officials hired to officiate varsity contests have been classified by the NSAA. The NSAA Officials Roster is available on your AD login page under “**NSAA OFFICIALS & JUDGES.**”



Are your head and assistant coaches C.E.R.T.I.F.I.E.D?

NSAA Bylaw 2.12 stipulates, “*In order to serve as a head or assistant coach or sponsor of any activity sponsored by the NSAA, the individual must possess a valid Nebraska Teaching Certificate or Nebraska Administrative and Supervisory Certificate and have a written contract of employment as a coach or sponsor with the schools in which he/she is to perform these duties.*” Yes, this does include coaches/directors/sponsors/advisers in the non-athletic activities as well: Play Production, Music, Speech and Journalism.

Individuals that do not possess either of the certificates listed above, may serve as a head or assistant as long as they successfully complete the requirements for a Special Services Coaching Permit (*NSAA Bylaw 2.12.2*). This information can be found on the NSAA webpage under the Coaches tab. It is important to remember that certification is not complete until the individual has applied and received their certificate from the Nebraska Department of Education Certification Office. Schools should request a copy of the certificate and have it on file at the school.

Non-certified personnel may be contracted by the school, but such personnel shall be Coaches Aides. (*NSAA Bylaw 2.12.3*). There are restrictions and limitations for Coaches Aides. Refer to the respective Bylaw for a complete listing in regard to Coaches Aides.

If you should have questions in regard to coaching requirements, contact NSAA Associate Director Jennifer Schwartz at jschwartz@nsaahome.org.

Required Courses for ALL Coaches & Activities Sponsors

Starting with the 2020-2021 school year the NSAA will add “Activity Sponsors” to the requirement of taking the three NFHS courses at least once every three years. The bylaw now states:

All coaches and volunteers and activity sponsors are required to complete the NFHS Concussion in Sports, Heat Illness Prevention and Sudden Cardiac Arrest Training courses at least once every three years. First year coaches and sponsors are required to complete all three courses prior to the start of the activity season which they are to coach.

Get Schooled on Concussions

Half of Nebraska teachers responded in a 2018 survey that they did not know how to manage concussions in the classroom and the same amount noticed an academic decline from students after sustaining a concussion or head injury. But finding a way to offer differentiated instruction to a student can be a challenge, especially with full classrooms and limited free time in a teacher’s schedule. Most concussions (80%) resolve within a four-week timeframe if it is immediately managed properly both in and out of the classroom.

Brain Injury Alliance of Nebraska is providing a free statewide subscription for Nebraska educators to ‘Get Schooled on Concussions’ and ‘TACT’ (Teacher Acute Concussion Tool). Nebraska educators and school nurses have access to free videos, tip sheets, and a customized plan for students returning to the classroom after a concussion. For access to this tool, please email BIA–NE Executive Director, Peggy Reisher, at peggy@biane.org and include your district name and role. For free resources for all, [visit the Get Schooled on Concussion Nebraska page](#).



NSAA Speech Judges Registration

ADMINISTRATORS: PLEASE REMIND YOUR COACHES OF THE EARLIER RULES MEETING DEADLINE THIS YEAR.

The NSAA Speech judges application for the 2020-2021 school year is available online at <https://nsaahome.org/speech/>.

Activity	Fee	Deadline
Speech	\$25.00	January 8, 2021

Judges Manuals will not be mailed. Please refer to the NSAA website to view the manuals.

2020-2021 Speech Rules Meeting Schedule

All judges and head coaches are **REQUIRED** to complete the online rules meeting.

Attendance at the summer workshop qualifies for rules meeting credit.

Speech

October 1 to December 29
December 30 to January 6
January 7 to January 8

No Charge to Head Coaches & Judges
Basic \$25 Fee – Head Coaches & Judges
Late/Penalty \$50 Fee – Head Coaches & Judges

****Make sure to pay specific attention to the [rules meeting schedule](#) to avoid additional fees.**

Attendance at the July Speech Workshop fulfills the rules meeting requirement.

Questions? Contact Cindy Callaway at ccallaway@nsaahome.org or 402-489-0386.



2020 Fall Championship National Anthem Performers

Cross Country



Karlee McBride
Burwell

Unified Bowling



Mia Linder
Oakland-Craig



Volleyball



Mark Vogel
Logan View



Avery Cheatum
Summerland

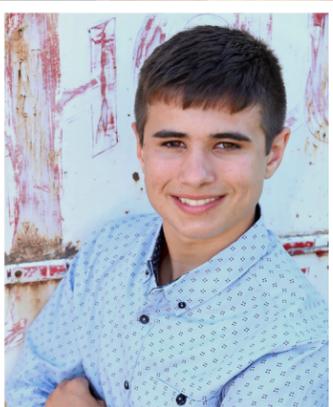


Jayden Fuchs
Winside



James Rasser
Papillion-La Vista

Football



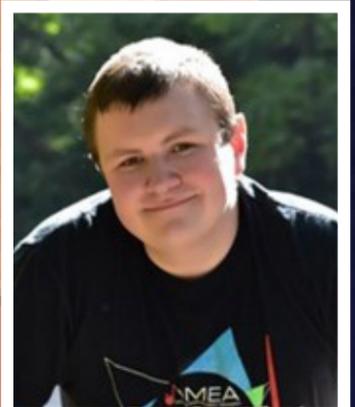
Jeremy Oswald
Aurora



Matthew Kielian
Creighton Prep



Larissa Tegtmeier
Pawnee City



Anthony Blickenstaff
Wayne



Aubrey Falter
Lincoln Southwest



Amy Birkhofer
Kimball



Katelyn Glinsmann
Norris