



NSAA News

November 2020



500 Charleston St., Suite 1, Lincoln, NE 68508
www.nsaahome.org 402-489-0386

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***“NSAA activities...
the other half of education.”***

Executive Director's Notebook

Jay Bellar, NSAA Executive Director



Happy November! In Jon Gordon's *The Energy Bus*, he introduces an interesting life formula.

$$E + P = O$$

The *E* stands for events in your life, the *P* stands for perception and the *O* stands for outcome. Gordon goes on to explain that we cannot control the *events* in our life, but we can control how we perceive them and our *perception* and response to the events will in effect determine our *outcome*.

When we started the fall activities season, I was not sure what to expect. The big *E* in our lives, of course, was how we were going to handle the pandemic while still providing our member schools and more importantly, our students, with safe, quality activities. To be candid, there were times when I simply hoped we would be able to get a few contests played for the sake of our students. However, because of you and your positive and stellar perception, our *O* was amazing. We have been able to complete some fall sports, crown champions, and are optimistically hopeful that the rest will follow.

The NSAA knows that we only achieve with the help and input of others. With that, I would like to commit the rest of this newsletter to expressing my gratitude and appreciation to those who helped us along this journey.

Thank you, first and foremost, students. You were thrust into events beyond your control. Unknown and sometimes scary situations and you rose to the top. You protected yourself, your teammates, your opponents, and others. You made adjustments as needed. Your fluidity and willing to change made things work!

Thank you, parents. Dealing with the uncertainty as well as the children forced to ride this emotional roller coaster could not have been easy, but you succeeded.

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 Honor
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

Thank you for being good examples. Thank you for supporting the decisions that were made, even if you did not personally agree with them. You were the role models our children needed.

Thank you, fans. Thank you for accepting the limitations that were sometimes necessary to put in place. Thanks for showing up even when that meant watching the game streamed or listening on the radio. Regardless of the means, you consistently showed up, even if it meant cheering long distance! Your support, whether near or far, was obvious and appreciated.

Thank you, coaches and administrators. We understand that your already full to do list became even fuller. The time and effort you gave, although perhaps not always recognized, was always felt, and appreciated. Thank you for your financial support of activities as well as the planning and adjusting of schedules. You have gone above and beyond your job descriptions to help our students get what they deserved—a chance to participate and be kids!

Finally, thank you to the many others behind the scene that do what they do to make things run so well. Thank you, officials, scorekeepers, book keepers, statisticians, announcers, bus drivers, trainers, teachers, live streamers, broadcasters, administrative assistants, custodians, gatekeepers, and all the others that make up the inexhaustible list of people it takes to make a season work. A special thanks to the NSAA staff members, who work tirelessly to make sure our fall activities took place. I can tell you, they always had the safety of our student- participants in mind.

During this time of thanksgiving, I hope you pause and take time to reflect and realize that although we are going through unprecedented times, we are still so very blessed. Do not let difficult times make you forget all you have to be thankful for! We are blessed to be living where we do. To have the opportunity to attend top-notch schools. To learn from teachers, coaches and administrators who will do whatever it takes to keep our students safe, to educate them, and to provide them every chance to maximize their potential. We have so much for which to give thanks!

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



The NFHS Voice: Communities Nationwide Benefit from High School Sports, Performing Arts



Dr. Karissa Niehoff, NFHS Executive Director

What seemed improbable in any state several months ago is closing in on the finish line – the successful implementation of fall sports and activities in high schools across the country.

Never before have we been tasked to track which states are conducting fall activities and whether all the schools in a particular state are able to play football or volleyball – or participate in speech or music activities.

Amazingly, student-athletes in 31 states have had opportunities to participate in all of their usual fall sports, which includes 14 states that have been able to provide fall sports offerings without any scheduling delays.

Participation opportunities were established in 19 other states plus the District of Columbia, although delayed to varying degrees because of the COVID-19 pandemic. Six state associations pushed back fall sports altogether to later in the year, while 14 other states offered some sports this fall but were forced to delay others to winter or spring seasons.

In addition to providing students the opportunity to participate in sports and other activities, and, secondarily, the hope of conducting region and/or state championships, leaders have mainly been driven to keep these programs alive so that students are connected in an education-based setting after the school day.

Re-connecting high school athletes with their coaches, whether that connection is virtually or in-person, has been crucial for so many students. And beyond actual participation in a sport or activity, keeping teams intact has allowed students to continue to experience other benefits of education-based activities, such as service within the community.

Community service is an integral part of a complete educational experience. It continues the extension of education from the classroom to the athletic field or rehearsal hall to the community.

Community service connects students to their communities and provides an opportunity for them to practice and apply their academic and social skills in preparation for their chosen careers. These connections through activity programs are crucial for many students, especially this year with the uncertainties surrounding the pandemic.

Education-based coaches and administrators have used high school athletics and activities as a way of teaching students how to give back to those individuals in need. Community service projects have provided students a chance to rise to this occasion and assist others.

This year, despite the ever-present challenges of coronavirus within their own programs, some individuals and schools have been helping others in ways directly related to the pandemic.

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



November U.S. Bank® Believers & Achievers



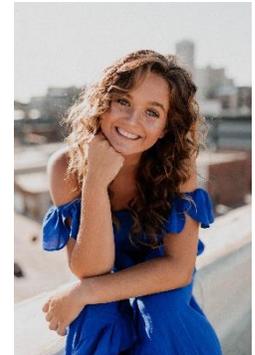
Seth Chandler
Anselmo-Merna



Shea Gossett
Archbishop Bergan



Nick Starns
Ashland-Greenwood



Taylor Ryan
Bennington



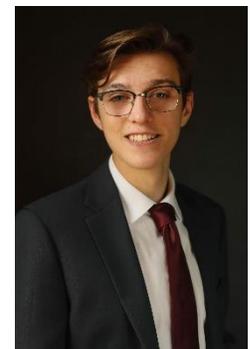
Dominic Philippi
Bruning-Davenport



Alexis Butterfield
Chambers



Katheryn Rice
Cornerstone Christian



Landry Geiger
Cozad



Erica Stratman
Cross County



Ethan Maline
Douglas County West



Marvin Larweh
Elkhorn South



Jaiden Papik
Exeter-Milligan



October NSAA Board of Directors Meeting Notes

The October NSAA Board of Directors meeting was held at the NSAA office in Lincoln on Thursday, October 8th, 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.

Class Caucus Committee Meeting Minutes

The Class Caucus Review Committee met on October 6th, 2020 via Zoom. The meeting minutes may be viewed [here](#).

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.

2020-2021 NSAA District Meetings

District 1

Thursday, November 12th – 10:00 a.m. – Centennial High School

District 2

Thursday, November 12th – 9:00 a.m. – Bellevue East High School

District 3

Monday, November 2nd – 12:00 p.m. – Northeast Community College

District 4

Monday, November 2nd – 1:30 p.m. – Kearney High School

District 5

Monday, November 2nd – 1:00 p.m. CST – McCook Christian Church

District 6

Wednesday, November 18th – 9:00 a.m. MST – Alliance High School

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](#)



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.



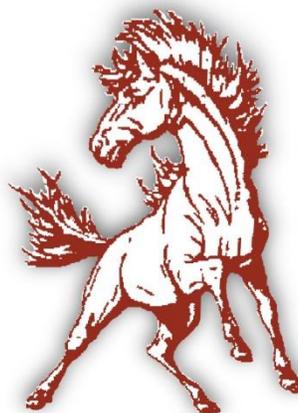
NSAA Membership Spotlight

District 1: Meridian

Location: Daykin
K-12 Enrollment: 210
School Mascot: Mustangs
Twitter Handle: [@MeridianMustang](https://twitter.com/MeridianMustang)

NSAA Participation:

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



What's Happening at Meridian:

“Meridian is proud of our facilities and the sportsmanship shown by our students. Meridian was proud to add an addition of a second gym to use for activities and practice space. This has given our students the opportunity to practice immediately after school and have a regular time to focus on studies in the evening,” said Superintendent Randy Kort. “We also replace the crow’s nest, restrooms and scoreboard at our football facilities that demonstrates the pride we have here at Meridian.”

“Meridian takes pride in always competing and working hard until the final, whistle, buzzer or horn. We feel our opponents know that our students work hard and play hard no matter what the situation is and that when playing Meridian you are going to get our best competitive effort. Yet, after the game or match, we are going to show sportsmanship, shake hands (when that was possible) and wish our opponents good luck with the remainder of the season. We feel lucky to be a part of the Crossroads Conference (CRC) and MUDECAS. Our athletes know their athletes and that helps grow the sportsmanship and relationships between the teams. We have the opportunity to be playing for or playing the teams that are continuing to play for the state championships. This caliber of competition continues to make our programs stronger and builds the comradery of our area athletes. Meridian is proud of the sportsmanship shown by our athletes and the schools we play.”



District 2: Mead**Location:** Mead**PreK-12 Enrollment:** 255**School Mascot:** Raiders**Twitter Handle:** [@meadraiders](https://twitter.com/meadraiders)**NSAA Participation:**

Girls Golf

Softball

Volleyball

Football

Play Production

Boys & Girls Basketball

Speech

Music

Baseball

Boys & Girls Track

**NSAA State Championships: 6****What's Happening at Mead:**

“Mead Public Schools is fortunate to have a caring and devoted staff and strong community support,” said Athletic Director Terry Hickman. “The district strives to focus on learning and is guided by Four Core Statements:

- MPS will prepare students socially and academically for life after school.
- Students and staff should feel valued and safe at school.
- All students can learn.
- Teachers will create an engaging learning environment.

A prominent goal for Mead Public Schools is to provide a high-quality education to each and every student. The emphasis on equity will be essential to current and future school improvement efforts as we use data to determine causes of educational inequity and the appropriate solutions.”



District 3: Plainview

Location: Plainview

K-12 Enrollment: 331

School Mascot: Pirates

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

NSAA Participation:

Boys & Girls Cross Country

Volleyball

Football

Play Production

Bowling

Wrestling

Boys & Girls Basketball

Speech

Music

Boys & Girls Track

Boys Golf



NSAA State Championships: 11

What's Happening at Plainview:

"One of the things that we have started at Plainview is a Hall of Fame that is open to all NSAA activities. This spring will be the first induction of individuals or teams that have been nominated by community members or alumni. We have also made the addition of a State Championship wall with this to recognize our team champions," said 7-12 Principal and Activities Director Kyle Schmidt.

"We wanted to create something special to recognize the great individuals and teams that we have had come through Plainview High School. With more recognition we are also working to build on our participation numbers and develop a culture of leadership and an environment where activities are packed with participation and students are involved in multiple activities. The other part of this is to reconnect our alumni with our school. When you graduate from Plainview High School you become part of the "Forever Pirates." We always want our alumni to feel part of Pirate Nation and stay connected with the school and the progress that we are making while recognizing those that have helped to build our tradition."



District 4: Loup City

Location: Sherman County

K-12 Enrollment: 320

School Mascot: Red Raiders

Twitter Handle: [@LoupCityPS](#) & [@ALCRebels](#)

NSAA Participation:

Play Production

Speech

Music

Co-Op with Arcadia Public Schools:

Girls Golf

Boys & Girls Cross Country

Volleyball

Football

Wrestling

Boys & Girls Basketball

Boys & Girls Track

Boys Golf



NSAA State Championships: 1

What's Happening at Loup City:

"Loup City schools are continually working toward offering our students the best chance to succeed both academically and within the many activities we offer," said Athletic Director Paul Henry. "Possibly our biggest challenge facing this is the current Covid-19 situation that all schools are addressing. Two major positives for Loup City Schools have come when we went remote this past spring and were up and running with students in only one day and the second being that our school system did not have a positive case in the entire first quarter this fall. We are doing the best we can to be united throughout our school in regards to fighting Covid and believe we are putting students in position to be successful."



District 5: Hitchcock County

Location: Trenton (7th-12th) & Culbertson (PreK-6th)

K-12 Enrollment: 281

School Mascot: Falcons

Twitter Handle: N/A

NSAA Participation:

Boys & Girls Cross Country

Volleyball

Football

Play Production

Wrestling

Boys & Girls Basketball

Speech

Music

Boys & Girls Track

Boys Golf



What's Happening at Hitchcock County:

"Like all schools right now, our biggest challenge is maintaining in-person to person teaching and learning due to the COVID-19 pandemic and keeping everyone safe so that we can remain in school and not have a lot of sickness," said Superintendent Robert Sattler. "Something special that has happened is that 95 to 98 percent of our students are wearing face coverings without it being mandatory on school property in order to keep everyone as safe as possible. The students are doing other things that are out of the ordinary, too, such as disinfecting desk tops between classes, wiping down lunch tables, distancing appropriately, etc. in order to stay in school. It is special to our school community because we see how much our kids really want to learn and participate in all the activities our school offers."

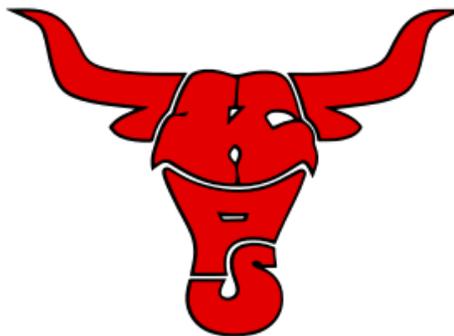


District 6: Kimball

Location: Kimball
7-12 Enrollment: 166
School Mascot: Longhorns
Twitter Handle: N/A

NSAA Participation:

Girls Golf
Boys & Girls Cross Country
Volleyball
Football
Play Production
Wrestling
Boys & Girls Basketball
Speech
Music
Boys & Girls Track
Boys Golf



NSAA State Championships: 3

What's Happening at Kimball:

"Kimball High School is in the process of updating different parts of our school. We have updated our football stadium and are currently working on our auditorium. Over the past few years, we have used our art program to create murals throughout the school," said Student Council Sponsor Stephanie Kitchens. "We implemented a new program this year called Longhorn Country with the idea that we would be building an inclusive and fun climate for our students, giving each student a sense of belonging. Longhorn Country includes activities throughout the year with the winning group earning a trip at the end of the year."



Student Advisory Committee Spotlight

Carson Miller, Senior at Pender High School



My name is Carson Miller. I go to Pender Public Schools in Pender, Nebraska. Pender is a small, class D1 school in northeast Nebraska. I am a senior in a class of 20 kids. Like I said, small school. Besides being a member of the Nebraska School Activities Association Student Advisory Committee, I am involved in a wide variety of activities both inside and outside of the NSAA. I participate in softball, basketball, track and field, one act, FFA, quiz bowl, band, jazz band, National Honor Society, and musicals to name a few. The case is similar for many of my school mates at PPS. Recently, our students have been participating in many fall activities. Volleyball and football are still in full swing while softball, cross country, and golf wrapped up in the last few weeks. The dance team, one act cast, and E-sports team are all hard at work as well. With everything going on in such a short time, there has been no shortage of accomplishments by PPS students. Recently, the NEN Vipers softball team (composed of girls from Pender, Wisner, Bancroft-Rosalie, and Lyons-Decatur) won the EHC conference championship for the third year in a row.

As a member of this team, I can tell you the title was a true testament to our hard work and how much we had come together as a team. The Viper season ended upon falling just short of a wildcard to a district final game. In cross country, junior student Alexis Bodlak finished in the top 15 at the district meet held in Pender this year. This qualified her for the state meet in Kearney on Friday, October 23rd. The Pender volleyball team placed third at the EHC conference tournament on Saturday, October 17th. In a huge upset, the girls swept the number one seed Clarkson-Lee to put them in position to take home some hardware. The volleyball team will begin their sub-district tournament on Monday the 26th. Everyone at Pender will be cheering them on to success.

Finally, the Pender Pendragons football team has enjoyed quite a bit of success this year. They are 5 and 3 heading into the first round of playoffs later this week. They will play undefeated Osceola in Osceola on Thursday, October 22nd.

As you can see, the students at Pender Public Schools are hard at work. Our students and staff have been thankful to be able to be in our school building as we handle the Covid-19 pandemic. Our spirits are high as we head into the second semester. Our students, athletes, and staff will continue to work hard to demonstrate our Pendragon P.R.I.D.E: Preparation, Respect, Integrity, Determination, and Excellence.

NSAA Fall Championship Results



GIRLS GOLF
SOFTBALL
BOYS TENNIS
CROSS COUNTRY



NSATA Training Table

Melissa Bulin, MS, LAT, ATC



The Changing of the Seasons

As athletic trainers, we provide care for all of our athletes. However, to include all athletes this means a multitude of sports, venues, seasons, and at times, levels of competition. While each separate sport has its different needs, for the most part they share similarities within their own designated seasons. Often times we go from sport to sport without hesitation like the professionals we are. Thursday afternoon cross country meet going into a five match Thursday night thriller volleyball game. Finishing the week with Friday night football followed by a Saturday morning softball tournament. This is the norm. But what about the transition from our fall sports to our winter sports? How do we 'winterize' ourselves and our athletic training facilities to get us ready for the next round of teams and competition?

The majority of fall athletics are spent outdoors while 100% of winter sports are now indoor. Making sure all of the Emergency Action Plans (EAPs) are up to date and mounted where they are visible. Many times, high school coaches overlap from one season to the next. It is important to go over the changes or rehearse these new EAPs. Another key difference from fall to winter is the weather. Lightning delays can be put on hold during the winter. Trying to track every team on the golf course, softball field, football field to get inside to safety has now gotten significantly easier with everyone condensed to either the gym or wrestling room. While we still need our warm layers, at least now we don't have to prepare to withstand all of the elements in a single day. Now we have to worry about winter weather snowstorms impeding our travel or postponing our games.

When going from one season to the next, do you change how you pack your medkit? Being inside means having the athletic training room closer for many athletic trainers. Preparing for basketball and wrestling versus football, softball, and cross country can look different while anticipating what supplies you will need the most. On the other hand, there are some equipment and tools that are not needed for a while. Perhaps the trainer's angel and other facemask removal tools can be put back on the shelf. Waterboys can be flushed out for good and taken apart. "Outdoor" coolers can be cleaned and disinfected and stored away along with all those bottles and racks. Maintenance can be done on the gator and it can be tucked safely away for the winter months.

New season, new sports, new athletes also means another round of preseason testing. Not every athlete who participates in a winter sport was a fall athlete as well. Scheduling times to complete concussion testing for each team along with hydration testing the wrestlers. On top of all that, making sure each student athlete has turned in their required paperwork to allow them to participate. Coming into a fall season, we might have a little more time to get everything and everyone in order. Going into the winter sports season, we get to do all of this while still taking care of our fall athletes. Crossover season is a whirlwind of maintaining an already hectic schedule of injury evaluations, treatments, rehabbing, documenting, and practice coverage while tackling extra essential tasks on top. Why do we do it? For the love of the game and our athletes.



NSAA Sports Medicine Advisory Committee Spotlight – Dr. Kody Moffatt, Chair



Dr. Kody Moffatt is the current chair for the NSAA SMAC. He has been a member of the committee since the creation of the committee in 2005.

Dr. Moffatt is a Professor of Pediatrics and practices Pediatric Sports Medicine for Creighton University School of Medicine and Children's Hospital and Medical Center in Omaha, Nebraska.

Dr. Moffatt received his M.S. in Orthopedic Surgery and his M.D. from the University of Nebraska Medical Center. He completed his residency training in the Joint CU-UNMC Pediatric Residency Program and joined the Creighton University faculty in 2003. He is a Fellow of the American Academy of Pediatrics and the American College of Sports Medicine, and is board certified in Pediatrics. Dr. Moffatt was elected to the AAP's Council on Sports Medicine and Fitness Executive Committee. He not only chairs the SMAC, but he has also served as a physician for state championships for the Nebraska School Activities Association for 20 years.

Dr. Moffatt has received several honors and awards and is a member of numerous professional organizations as well as being published in peer-reviewed journals and textbooks. His service to the NSAA and member its schools is greatly appreciated.

Clear Bag Policies at State Volleyball & State Football

Please make sure that your students, parents, and fans are aware of each facility's Clear Bag Policy prior to attending the NSAA State Volleyball and State Football Championships.

State Volleyball – [Pinnacle Bank Arena Clear Bag Policy](#)

State Football – [Memorial Stadium Clear Bag Policy](#)

Additional event information can be found on the [NSAA Volleyball Championships HQ page](#) and the [NSAA Football Championships HQ page](#) on the NSAA website as it becomes available.



Have you followed the NSAA social media channels?

The 2020 Fall Championships are rolling! 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.



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