



NSAA News

April 2020



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INSIDE THIS ISSUE

- 1, 3** Executive Director's Notebook
- 2** NSAA Board of Directors & NSAA Staff
- 4** The NFHS Voice
- 5** May 1st Transfer List *NEW* Requirement
- 6** Representative Assembly Set for May 21st
- 7** NSATA Training Table
- 8** NSAA Student Advisory Committee Spotlight
- 9** Update School Membership Directory
- 10** Required Courses for All Coaches

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

Executive Director's Notebook

Jay Bellar, NSAA Executive Director



Thank You, Coach

Twenty-four years ago, during the opening ceremonies of the 1996 Olympics, Juan Antonio Samaranch spoke these words, “Sport is friendship. Sport is health. Sport is education. Sport is life. Sport brings the world together.” Presuming this as truth, it is no surprise that during these hard and trying times we turn to sports and activities to support our

students. In this unprecedented time of so much uncertainty, it is inevitable that our students are searching for a sense of reassurance and sources of strength. I believe our students will find this reassurance and strength in their leaders. This is the role coaches have been training for since entering the profession. We can be the constant, the familiar that our students crave.

Now, more than ever, we must lead, instruct, and guide our student-athletes. Regardless of the fact that we cannot connect in a traditional setting, we can, and must, reach out to them encouraging social distancing, while promoting physical and emotional well-being. I encourage you to frequently check in with your students and ask how they are doing. Ask if they are okay. Ask what you can do for them. This can come in the form of a text, email, note or phone call—the possibilities are endless.

NSAA activities are known as the other half of education. This has never been more spot-on. Athletics and activities teach perseverance, determination, teamwork, compassion, loyalty, work ethic, confidence, focus—the list is endless. Good coaches consistently instill and model these behaviors through practice and competition. The COVID-19 pandemic is an opportunity to teach these as life lessons and who better to step up to this challenge than those our students look up to most—their coaches and teachers. Coach is more than a moniker. It is a responsibility and opportunity to provide guidance, strength and hope during this unsure time.

Please see *Thank You, Coach* on page 3



NSAA Board of Directors & NSAA Staff



Kathi Wieskamp
District I
Lincoln Public
Schools



Mark Norvell
District I
Fillmore Central



Thomas Lee
District II
Omaha Northwest



Dr. Bob Reznicek
District II
Boys Town



Dr. Jon Cerny
District III
Bancroft-Rosalie



Dan Keyser
District IV
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Jim Kent
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Dan Masters
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Jeff Stauss
Assistant Director



Ashton Honnor
Marketing
Specialist



Rick Colgan
Software
Developer



Megan Huber
Business Manager



Cindy Callaway
Office Manager



Ronda Schmidt
Administrative
Assistant



Alicia McCoy
Administrative
Assistant



*The NSAA Would Like to
Thank Our Corporate
Partners*



Thank You, Coach from page 1

Everyone is stressed and overwhelmed. I want to personally thank you for your service and all you are doing for each and every student. I know it is not easy, but you are not only doing all that is asked of you, you are doing it well.

Although we are not able to have a spring season, we want to remain hopeful of a promising summer and fall. While we know students are confronting many disappointments and the cancellation of the spring season is one more, we hope they are also gaining life lessons.

You have a challenging task in front of you, but you can do it. Love them through it. Lead them through it. Earn the privilege of being called Coach.

NFHS Learning Center Unveils School Honor Roll Program

National Federation of State High School Associations

The National Federation of State High School Associations (NFHS) has created the NFHS School Honor Roll, a national recognition program designed to promote professional development for high school coaches through the completion of specific courses through the NFHS Learning Center at www.NFHSLearn.com.

“Education-based programs provide ongoing learning for participating students, and the NFHS School Honor Roll program provides a pathway for coaches within schools to be honored for their involvement in professional development,” said Dan Schuster, NFHS Director of Educational Services.

After filling out an online application, schools can achieve three levels of merit within the NFHS School Honor Roll, which are obtained once 90 percent of a school’s coaches – excluding volunteer coaches – complete various course combinations. Participating institutions that earn Level 1, 2 or 3 distinctions receive a large display banner commemorating their accomplishments and their dedication to professional development and education-based athletics.

Three free offerings from the Learning Center – “Concussion in Sports,” “Sudden Cardiac Arrest” and “Protecting Students from Abuse” – as well as “Fundamentals of Coaching” comprise the required courses for Level 1. To earn the Level 2 title, coaches must navigate the courses that pertain specifically to their sports, as well as “First Aid, Health and Safety,” “Heat Illness Prevention” and “Student Mental Health and Suicide Prevention.”

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



The NFHS Voice: Saluting High School Seniors as Spring Sports and Activities Remain on Hold

Dr. Karissa Niehoff, NFHS Executive Director



A visitor to the local high school in late March would normally find boys and girls engaged in track and field, baseball, softball and lacrosse practices. Inside the building, some students would be involved with speech or debate activities. Unfortunately, this is not a normal year – far from it.

Spring sports playing fields are empty. High school sports and activities, with more than 12 million participants, are on pause, and high school athletes, coaches, athletic directors, parents and other fans are trying to determine when these programs will return.

The ever-changing news we are receiving almost on an hourly basis is more than one can comprehend as we all deal with this global health crisis. Each day, with the spread of the Coronavirus, we try to determine what has changed since the day before. Can we go to work? Can we leave our house to go to the store?

Like every other activity in our nation, high school sports and activity programs are on hold. With all schools closed for varying amounts of time – some to the end of the academic year – millions of participants in spring sports and activities are on the sidelines awaiting the green light for competition to resume.

In past years, our member state associations and the 19,500 high schools across the country have had to postpone or cancel events for short periods of time due to weather or other factors, but this is unprecedented. The reality is that spring sports may never occur in some states – particularly those where schools are closed for the academic year. And this would be doubly disappointing in those states that were not able to conduct or complete state basketball championships.

The possibility of losing spring sports is particularly disappointing for graduating seniors. While everyone is affected by this health crisis and has their own issues to confront, it is important for everyone involved in high school activity programs to salute those seniors – boys and girls in sports and activities programs who have sacrificed for 3½ years but may not be able to reach the finish line.

While they may miss some of the final games and events, the benefits of being involved in these programs will carry them for a lifetime. The early-morning practices, offseason workouts and late-night studying after a day of activities will undoubtedly make them stronger and more dedicated in their future professions.

We thank all high school athletes and performing arts participants for the great memories – especially those who may not be able to complete their races or sing in the music ensemble this year.

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

IMPORTANT LINKS

[2019-20 NSAA Constitution & Bylaws](#)

[2019-20 NSAA Media Manual](#)

[2019-20 NCPA Academic All-State Information](#)

[NSAA Catastrophic Insurance](#)

[NSAA Sanctioned Events](#)

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

[Become an NSAA Official!](#)

[Coaching Steps to Certification](#)



May 1st Transfer List NEW Requirement

At their January 23rd meeting, the NSAA Board of Directors took action to require written authorization and consent prior to placing a student's name on the NSAA May 1st Transfer List. This new requirement is effective immediately. The form is posted on the NSAA AD login page.

The student and his/her legal parent(s) will be required to authorize and give consent to the administration of the school the student is transferring to for the 2020-2021 school year.

The signed consent must be uploaded to the NSAA website in order for the transfer to be recognized. A signed copy of the consent form should be given to the legal parent(s), and the school should retain a copy.

The consent form also provides notice to the student and the legal parent(s), that if the student decides not to transfer after the May 1st deadline, he/she is ineligible for varsity competition for 90 school days at any Nebraska school. The NSAA Board of Directors also determined that the May 1st Transfer List would be made available to all NSAA member schools on the Tuesday following Memorial Day.

The May 1st Transfer List is now open and available on the NSAA AD login page.

If you have any questions, please don't hesitate to contact the NSAA.

[-] Downloads:

- [Football Crew Information](#)
- [2016 NSAA May 1st Transfer List](#)
- [2017 NSAA May 1st Transfer List](#)
- [2018 NSAA May 1st Transfer List](#)
- [2019 NSAA May 1st Transfer List](#)
- [2020 Basketball Coach/Administrator Ticket Order Form](#)
- [BB Scorer and Timer Duties](#)
- [Bill Lewis Scholarship Form](#)
- [Concussion Memo](#)
- [Contract Form for Judges \(Word Doc\)](#)
- [Contract Form for Officials \(Word Doc\)](#)
- [Guide to Hosting Officials](#)
- [May 1 Consent Form](#)
- [NEW ADDRESS](#)
- [NFHS - Concussion In Sports FREE Online Course Information](#)



March NSAA Board of Directors Meeting Notes

The March NSAA Board of Directors meeting was held at the NSAA Office in Lincoln on Wednesday, March 11th, 2020. The meeting minutes can be found on the NSAA website [here](#).

[NSAA Important Dates & Deadlines](#)

[NSAA Cup Information](#)

[NSAA Publications Order Form](#)

Representative Assembly Set for May 21st

The 2020 NSAA Representative Assembly has been rescheduled for Thursday, May 21st. More information, including the Representative Assembly agenda and Delegates, will be posted on the NSAA website as it becomes available.

NSAA Cup

Music Publishers Agree to Allow Educational Use of Copyrighted Music

The NFHS recently announced that many prominent music publishers have agreed to temporarily waive copyright restrictions when using their copyrighted music for educational purposes. These guidelines are designed to allow high school musicians to complete their year-end assessments and for classroom instruction while schools are closed due to the COVID-19 outbreak. Visit the [PRESS RELEASE](#) for details.

Information about the NSAA Cup competition and standings can be found on the NSAA website [here](#).

Additionally, the NFHS has posted a number of [RESOURCES](#) for music directors during this time of e-/distance learning. Please share with your music teachers and staff.

30 Days to Slow the Spread

With all of the stress and anxiety surrounding the Coronavirus (COVID-19), helpful resources are available to you as you navigate this unprecedented time.

- [The President's Coronavirus Guidelines for America](#)
- [Centers for Disease Control and Prevention](#)
- [Coronavirus \(COVID-19\)](#)

Resources for supporting and talking to children and teenagers about the Coronavirus are also available on the [NSAA Sports Medicine page](#).

- [Talking to Children About Coronavirus \(COVID-19\)](#)
- [Talking to Children About Coronavirus \(COVID-19\)](#) – 2nd article
- [Supporting Children During the COVID-19 Crisis](#)
- [Supporting Teenagers and Young Adults During the COVID-19 Crisis](#)
- [Self-Care During the COVID-19 Crisis](#)
- [Dealing with Disappointment During Coronavirus Cancellations/Postponements](#) – Specifically for athletes



NSATA Training Table

Andrew Sheridan, ATC



Athletic Trainers' are Still Impacting Health Care Through Action Despite Times of Pandemic

WOW, what a month we have all gone through! National Athletic Training Month has come and gone but Athletic Trainers' are still impacting Health Care through action. Albeit much different action than any of us are accustomed too, no longer are we being seen interacting with our athletes and coaches in the athletic training facilities, practices, or games. Adapting to the ever-changing situation we find ourselves in this Covid-19 pandemic has been challenging for everyone, even on Athletic Trainers' (AT's) who pride ourselves on the ability to adapt to nearly any situation we are presented with. As AT's we are highly skilled in the areas of injury prevention, diagnosis, treatment, and rehabilitation of athletes. What many people may not understand is that we bring much more to the table as well, AT's are the Swiss army knife of health care. We are able to handle triage situations calmly and efficiently, we are cognizant of many general medical conditions, we are very aware of the mental health of our athletes and other team personnel. This list is expansive but those are three that are key for all of us be aware of right now. With our sports seasons postponed for the foreseeable future, we are tapping into all those other skills where our healthcare teams need us the most.

AT's all across the state are being put to work in many different ways. Some are still able to work with their athletes in some capacity, fortunately some are still able to work with athletes in person, and others are reaching out and providing health care via telehealth. The majority of us have been put on the front lines of defense helping with the screening of employees for our hospitals, other employers throughout our communities, and also assisting with patient intake. We are a great fit for this because of our ability to recognize and discern the appearances of general medical conditions. These processes are critical in the prevention of Covid-19 community spread. By taking on these roles we are keeping others who may be suspected or at risk of having Covid-19 away from work and keeping all the other employees safe and able to provide their essential service to the industry, as well as directing those who may be suspected to be sick down the right path for the necessary treatment.

During these uncertain times it can be very mentally draining on our families, coworkers, and ourselves. Even though we are no longer working with our athletic teams, we are all part of a greater team in this fight against the virus. We have to provide counsel to others who have had a long day at work or are struggling to balance work and life now that many parents are helping with schooling their children and daycares are shut down. We all must not forget to take a few moments for ourselves to maintain our sanity. In athletics we are always putting our team before ourselves, at this time it is paramount that we also do this by taking care of ourselves. If each of us individually can take charge and be the best version of ourselves, it will directly assist our team to do the same. We look forward to the recovery of this pandemic and hope to see everyone competing again as soon as safely possible.

NFHS Officiating Courses Available for FREE Through July 1st

The NFHS is offering FREE officiating courses through July 1st on the NFHS Learning Center. For more information head over to the [NFHS website](#).



Student Advisory Committee Spotlight

Dallas Rogers, Senior at Papillion-La Vista South High School



The Velvet Covered Brick

Throughout high school I have learned many lessons in many ways, but one of my favorites by far is The Velvet Covered Brick. I was taught this lesson in my high school's leadership academy and it has stuck with me ever since. The greatest leaders are velvet covered bricks. They are firm and strong on the inside, but soft and pleasant on the outside. Some leaders are just too distant and refuse to make an emotional connection with others. Some leaders rely on scare tactics and authority. They threaten punishments if their expectations are not met, such as extra conditioning if it's a coach, or less shifts at

your job if it's your boss. Regardless, if you are too much Brick you will never have a truly flourishing culture that you need to be a successful team.

Other leaders value their image more than anything else. They go the extra mile to be considered the "good guy." They are too soft on their team and avoid healthy confrontation just to protect their friendly image. This is too much velvet, and just like too much brick, too much velvet will never create a championship culture whatever area it may be in. It doesn't matter if it is the football team, the choir, or even at your job, you need to find a happy median of both.

As successful leaders, who want to create a championship culture anywhere and everywhere, we need to become velvet covered bricks. We need to be able to stay strong to who we are, make tough choices, and take advantage of the times we are able to have healthy confrontation.

We also need to prioritize the fact that to have a great culture, you need to create an emotional connection with those around you. We need to encourage athletes and help inspire our teams. Do not fear instilling discipline, but never forget to show love to those around you as well.

As I look back on my own life and experiences, I was too much brick. This lesson really helped me to slow down, take a good look in the mirror, and make it a priority to add more velvet into my life.

I think we can help develop this kind of thinking in everyone. If you are an athletic director who sees a coach being too much brick or too much velvet, view this as an opportunity for healthy confrontation where you can also be vulnerable and end your message with an encouraging tone to try and build a stronger relationship with that coach. So, ask yourself the question, "Am I too much brick, or am I too much velvet?" and if you believe you are the perfect combination of both, what can you do to continue building that championship culture? How can you help create other leaders, and how can you help them become velvet covered bricks?

NSAA Winter Championship Results



[DUAL WRESTLING](#) – [WRESTLING](#)

[SWIMMING & DIVING](#)

[GIRLS BASKETBALL](#) – [BOYS BASKETBALL](#)



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 and updates.



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'll go to see if your coaches have completed their online rules meetings. Please contact the NSAA office at 402-489-0386 with any 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](#)



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

This is a reminder that **ALL** head, assistant and volunteer coaches are required to take the three online NFHS courses at least once every three years:

Concussion in Sports, Heat Illness Prevention and Sudden Cardiac Arrest.

These courses can be accessed on the NFHS website, and all three courses are free. These courses should be taken prior to any preseason or regular season physical workouts in which the coach would be present for or involved in administering.

Any course taken after May 1st would be considered valid to the following school year.

Social Media Handles Needed

NSAA Marketing Specialist Ashton Honnor is in need of your school's main activities account social media handles. Below you will find the three accounts that we are in search of if your school utilizes those platforms. If your school does not utilize the social media platforms listed below, please let Ashton know regardless.

- Twitter Handle (ex. [@nsaahome](https://twitter.com/nsaahome))
- Facebook Handle (ex. [Nebraska School Activities Association](https://www.facebook.com/NebraskaSchoolActivitiesAssociation))
- Instagram Handle (ex. [@nsaahome](https://www.instagram.com/nsaahome))

Social media handle information can be sent to Ashton at ahonnor@nsaahome.org.

