

NSAA News

September 2020



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INSIDE THIS ISSUE

- 1-3** Executive Director's Notebook
- 2** NSAA Board of Directors & NSAA Staff
- 4** Believers & Achievers Nominations due Sept. 15th
- 5** From the Chair of the Board of Directors
- 6** Nebraska State Colleges Multi-Activity Student Award
- 7** NSAA Golf Cart Rental Policy
- 8** NSAA Reminders
- 9** NSAA Check Your AED Day September 9th
- 10-15** NSAA Member School Spotlight
- 16** The NFHS Voice
- 17** NSAA Intern Tales
- 18** NSATA Training Table
- 19** Update School Membership Directory
- 20** Statement of Principal on Conduct Synopsis
- 21** Requirements for Ejected Coaches & Players
- 22** Required Courses for ALL Coaches & Activities Sponsors
- 23** Play Production & Speech Judges Registration

Executive Director's Notebook

Jay Bellar, NSAA Executive Director



Dear Coaches, ADs, and Administrators,

This month this is going to be more of a letter than a newsletter article and the people I want to address are those of you who fit into one or more of the three categories listed in my salutation. I want to begin with a sincere and heartfelt thank you. Thank you for all you are doing for our students. Thank you for the extra time and effort you have put into your students,

thank you for the extra mile you've gone to make practices effective yet safe, thank you for taking the time to check in and make sure students are doing well emotionally, thank you for all the decisions you have made with others in mind—thank you, coaches, ADs and administrators, for the hours and hours you have already given to others.

Your dedication to your craft, staff, communities and students is honorable and commendable, and I know you have a lot on your plate, but I'm going to ask you to do one more thing—please, make sure you are also taking care of yourself. Metaphors for the need of self-care can be found all over the internet and social media—a car can't run on an empty tank, you can't pour from an empty pitcher, if the well is dry you can no longer get water—regardless the quote, the sentiment is the same. In order to do your best, you must take care of yourself rather than putting yourself last.

Self-care comes in many forms and there is a plethora of ideas out there. Please take the time and choose one, two or more to help you re-establish balance. Some examples of self-care include taking care of oneself physically (sleep, exercise, eat right, rest), spiritually (time alone, connection), emotionally (stress management, compassion), socially (setting boundaries, fellowship, asking for help), personally (hobbies, meditation, alone time), financially (saving, budget) and professionally (time away, positive workplace). It is important to take some time and think about what you need to do in order to figuratively fill your tank, pitcher, and/or well.

Dear Coaches, ADs, and Administrators continued on page 3

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



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



Dear Coaches, ADs, and Administrators from page 1

I also want to encourage you to give yourself some grace. You are doing the best that you can do. Decision fatigue is a real thing and can negatively affect one's mental and physical health. Trust me, I know we have a lot of responsibilities and feel pressure to be everything to everyone and do more and more and more. However, sometimes we just cannot do more. On these occasions, I want to challenge you to "take one day at a time." Taking one day at a time is defined as dealing with each day's problems as they come instead of worrying/stressing over what problems might arise in the future. Taking one day at a time means not expecting things to change overnight and accepting this and moving on.

We are all coaching and decision making our way through this pandemic. As you can expect, the NSAA office is fielding many, many questions in regards to COVID-19 each and every day—can we play, should we move seasons, should we sit out athletes, and on and on, too numerous to count.

But here is the thing—for many of these questions there are no black and white answers:

Nobody knows what the future may bring.

Nobody knows if we should move seasons around.

Nobody knows what next week will look like, or, next month.

Nobody knows all the ways this virus will affect us.

So, what can we do—we do our best, we make decisions, we put procedures into place while still understanding:

We make plans but know they may quickly change.

We have back up plans when they do change.

We keep hope that what we are doing for our students is best for them.

We keep the faith knowing our activities are the other half of education

In this time of worry and strife we admit we cannot control everything. We admit that not knowing worries us. We realize no one has dealt with anything like this in recent history. We do all we can to mitigate the risk as much as possible—and then we carry on. We live our lives and continue to remind ourselves and others that we will get through this, together, one day at a time.

Sincerely,

JB



Believers & Achievers Nominations due September 15th

The U.S. Bank Believers & Achievers nominations are due on September 15th. Each school receives four submissions and ADs are to submit the nominations through their AD login page. To do so, login to your AD login page and under OTHER FORMS select Believers & Achievers Nomination Form, which will then take you to Submit Application page where you can submit the applications for the four students. Please contact NSAA Marketing Specialist Ashton Honnor at ahonnor@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](#)



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



From the Chair of the Board of Directors

Dr. Bob Reznicek, District II, Boys Town



Every year we are all excited about the start to a new school year. That excitement is shared by students, parents, and all educators. You can usually see it in their eyes and hear it in their voices. But we all know this year is different. Different in many ways yet we do not want to forget the excitement that a new school year brings to our students and staffs.

When we all woke up one day back in March, we did not know that all of our lives were going to change. And, change it did. The coronavirus and COVID-19 have impacted each and every one of our lives. The virus is on our mind virtually every hour of every day. It has changed how we operate. It has changed what we generally do out of habit or everyday life.

Days turned into weeks and weeks turned into months for all school administrators, school boards, teachers, and coaches. I know you constantly hear terms that we basically never used in years gone by. Terms such as social distancing, masking, positivity rates, COVID-19 testing, and so on. Those terms and the virus are with us constantly and most likely will be for a period of time to come. We have all been on so many Zoom and Webex meetings that we have lost count of those numbers. The one thing that is constant from those meetings is the collaboration and respect that all of you have further established among one another as well as your schools and communities. Tough times do truly bring people together. And, we must not forget why we are doing this. It is because all of you care deeply about your students and your staffs and the opportunities that you want to provide your schools, your students and their parents, and your staffs. We often compliment our students for their resiliency. Now we need to follow their lead and be as resilient as they are.

I grew up in the small town of Cedar Bluffs and one never knows where one's journey will take them. My journey has taken me to different parts of this state. My initial teaching position was in Wallace and then my family made stops in Benkelman, Stromsburg, Geneva, Omaha Westside and now as the Superintendent of Schools at Boys Town. Each of those schools and communities is special in their own way. They have their own culture, their own traditions, and their own great people. I have been very fortunate to have had those opportunities and to have met so many great people along the way.

I am beginning my 21st year on the NSAA Board of Directors. Words cannot express the thanks and respect that I have for the member schools of District II to have trusted me and allowed me to represent them for that length of time. I am truly humbled and honored to represent District II. I try to never forget that even though I am elected from District II, we, as board members must never forget there are six NSAA districts. Each district represents a region of this state that is important to the schools and values of those six regions. As board members, we do our best to ensure that we make decisions that will benefit all of our schools and students.

I am humbled and honored to be the Chair of the NSAA Board of Directors for this school year. This year will probably be like none other in the NSAA's long history. As a board we will strive to do our best to provide the proper guidance and governance for the member schools during these trying times.

I wish all of you the best as this new school year begins. I hope all of you stay healthy and safe.



Nebraska State College System Named Title Sponsor of the Nebraska State Colleges Multi-Activity Student Award

The Nebraska School Activities Association (NSAA) is pleased to announce the Nebraska State College System (NSCS) as a supporting partner of the NSAA. The partnership will incorporate all NSAA activities with an emphasis on the Nebraska State Colleges Multi-Activity Student Award.

“We are excited to begin this relationship with the Nebraska State College System,” said NSAA Executive Director Jay Bellar. “This partnership aligns with our vision of associating with Nebraska-based organizations that value our educational mission and commitment to promoting healthy lifestyles for Nebraska participants.”

The Nebraska State College System encompasses the three state colleges comprised of Chadron State, Peru State and Wayne State.

“The State Colleges are excited to partner with the NSAA to create the Nebraska State Colleges Multi-Activity Student Award,” said Chancellor Paul Turman of the Nebraska State College System. “Chadron, Peru, and Wayne State Colleges recognize the important role extracurricular activities play in preparing students for college.”

For more information about the Nebraska State Colleges Multi-Activity Student Award, please [click here](http://www.nscs.edu).



Nebraska State College System | www.nscs.edu

NSAA Sports Medicine Advisory Committee Supports NFHS Position Statement on Athletic Trainers

Given the coming financial crisis at the state and local levels, the NFHS SMAC fears that athletic trainer positions will be seen as a “luxury” and those positions will be at risk during the budgeting process. It is also assumed that athletic trainers supplied to high schools by hospitals and sports medicine clinics are also at risk as many medical clinics and hospitals have suffered severe revenue loss during the pandemic.

Athletic trainers in high schools are positioned to play a vital role as sports return following this pandemic. As health-care professionals, they can take lead roles in developing and implementing infection control policy throughout the school. Whenever needed, state associations and their SMACs should promote the importance of athletic trainers in high schools and their role in injury evaluation, treatment and risk minimization as well as being a vital component of any return-to-school and athletics plan.



NSAA Golf Cart Rental Policy for the NSAA Golf Championships

The NSAA limits the use of motorized carts during the State Championships. Rules Officials and Media Personnel are allowed to have a cart on the course. Spectators generally are not allowed to rent carts to follow the golfers.

However, individuals meeting the criteria of the Americans with Disabilities Act may be allowed to rent a cart during the State Tournament. Permission must be verified and approved by the NSAA staff member at each course.

1. Cart rental fee shall be \$50 per cart.
2. Cart is for a maximum of two riders only.

NOTE: Due to the limited number of carts those riders who have proper documentation may be assigned to ride with another person who has proper documentation that is following the same tee time.

3. Those who provide a current DMV authorized handicap card that has the card holder's name on it, along with a photo ID, will be rented a golf cart, as available. Those carts will be checked out between 8:30 and 9:20 am.

NOTE: This is the card you carry on your person, NOT the placard that hangs in the car.

4. Those who provide doctor's notes indicating the need for the use of a cart will be put on a list to be given on a first come first serve basis. At 9:20 a.m. those carts will be rented to those who provide an official doctor's note if carts still remain.
5. The number of carts is limited at all golf courses. Those who provide the proper documentation are not guaranteed a cart.
6. All persons who rent a cart must follow all course and tournament rules and be of the age 16 and over.

October 1st – Deadline for Proposals

The deadline to submit proposals for change in NSAA Bylaws/Approved Rulings is October 1st. Proposals must be submitted online using the link found on the NSAA AD's login page. Any questions regarding the legislative process can be directed to NSAA Associate Director Jennifer Schwartz at jschwartz@nsaahome.org.

[-] PROPOSALS FOR CHANGE IN NSAA REGULATIONS:

Submit a Proposal:

- [Submit a New LEGISLATIVE Proposal](#)
- [Submit a New CLASS CAUCUS Proposal](#)

View Proposals:

- [LEGISLATIVE Proposals Submitted to the NSAA](#)
- [CLASS CAUCUS Proposals Submitted to the NSAA](#)



August NSAA Board of Directors Meeting Notes

The August NSAA Board of Directors meeting was held at the NSAA office in Lincoln on Wednesday, August 19th, 2020. The meeting minutes can be found on the NSAA website [here](#).

2020-2021 NSAA State Championship National Anthem Auditions

The NSAA is currently accepting National Anthem auditions from vocal soloists. All auditions must be submitted electronically through the school Activities Director or Music Director NSAA login.

[AD Instructions](#)

[Music Director Instructions](#)

All applications must be submitted by **Friday, October 2nd**. Please reach out to NSAA Assistant Director Dan Masters at dmasters@nsaahome.org with questions.

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](#).

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](#)



NSAA Check Your AED Battery Day – September 9th

NSAA Check Your AED Battery Day is Wednesday, September 9th!

It is vital that the batteries of any AED that you have at your facilities be checked on a regular basis. The NSAA is designating Wednesday, September 9th as NSAA Check Your AED Battery Day! We are planning a social media campaign on the 9th and encourage all schools to get involved. Using #NSAAHeartSmart, tweet at [@nsaahome](https://twitter.com/nsaahome) pictures of your staff checking the AED in your school.

Schools who submit photos will be put into a drawing to win an AED cabinet for their school. The winning school will be announced via Twitter on Monday, September 14th.



The NFHS Voice: From Masks to Transfers Across States, High School Sports Have Different Look

Dr. Karissa Niehoff, NFHS Executive Director

How do we begin to describe the past six months in high school sports and performing arts? Strange, bizarre and unprecedented all come to mind.

Many adjustments and re-adjustments have occurred in an effort to restart high school athletics and performing arts in our nation's schools, not the least of which is that masks are being required almost universally at this point. And while wearing masks may be inconvenient, this act alone can hasten the return of high school activities.

This issue has caused tension and raised stress levels in all parts of society. However, with the knowledge that masks decrease the spread of COVID-19 and could enable more high school student-athletes to participate this year, it is difficult to understand the opposition to wearing a mask. In our view, if it is a local or state rule to wear a mask, the rule needs to be enforced. If the requirement is to have masks on, that requirement should be enforced.

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



NSAA Membership Spotlight

District 1: Deshler

Location: Deshler

K-12 Enrollment: 238

School Mascot: Dragons

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

NSAA Participation:

Boys & Girls Cross Country

Volleyball

Football

Play Production

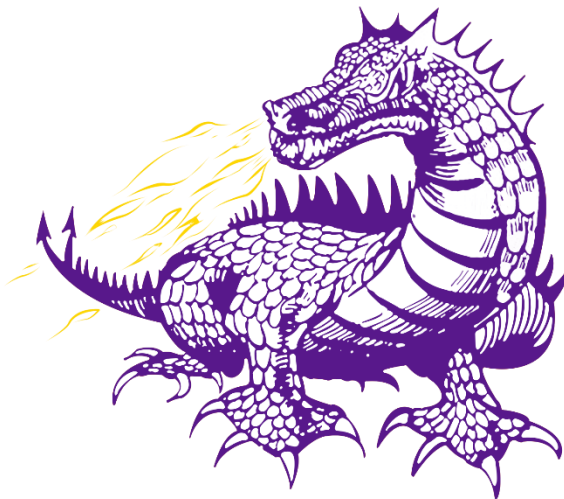
Boys & Girls Basketball

Speech

Music

Boys & Girls Track & Field

Boys Golf



NSAA State Championships: 1

What's Happening at Deshler:

"Our school has an excellent relationship with the Deshler Recreation board which organizes and promotes youth activities in our community," said Activities Director Josh Nash. "Their leadership works in cooperation with our school administration, staff, and facilities to provide a positive youth sport experience for kids which helps grow our high school programs. In addition, our music department presents a unique musical performance each year with a light and sound production that rivals much larger schools."



District 2: Arlington**Location:** Arlington**K-12 Enrollment:** 721**School Mascot:** Eagles**Twitter Handle:** [@ArloEaglesSport](https://twitter.com/ArloEaglesSport)**NSAA Participation:**

Girls Golf

Softball

Boys & Girls Cross Country

Volleyball

Football

Play Production

Wrestling

Swimming (Co-Op with Fremont)

Boys & Girls Basketball

Speech

Music

Journalism

Baseball

Boys & Girls Track

Boys Golf

**NSAA State Championships: 8****What's Happening at Arlington:**

"We are extremely proud of our sportsmanship within all 14 activities we host at Arlington. We pride our self on being 'One School One Team'," said Assistant Principal and Activities Director James Shada.

"What 'One School One Team' means to us is that no matter what team you are on and we are all a part of a greater team that represents the students' families, the athlete themselves, our school, and our community. Our coaching staff works extremely hard to instill that our number one goal is for our athletes to grow into quality young woman and men that have faced challenges that will prepare them be great leaders for our society!"



District 3: Bloomfield

Location: Bloomfield
K-12 Enrollment: 265
School Mascot: Bees
Twitter Handle: [@BeesBHS](https://twitter.com/BeesBHS)

NSAA Participation:

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



NSAA State Championships: 3

What's Happening at Bloomfield:

"Bloomfield Community Schools is very rural; however, we do an excellent job of feeding our opponents during their extended travel games," said Activities Director Kirk Hamm. "During the football playoffs our BEE booster club always makes a complete meal for our athletes and for all of our opponents, win or lose, everyone, managers, bus drivers, etc. get a meal before they ride/drive home. We feel that this is important since most fast food chains are closed by the time they arrive or over an hour away when they leave our school."



District 4: Arcadia**Location:** Arcadia**K-12 Enrollment:** 111**School Mascot:** Huskies**Twitter Handle:** [@ArcadiaSchools](https://twitter.com/ArcadiaSchools) & [@ALCRebels](https://twitter.com/ALCRebels)**NSAA Participation:**

Play Production

Speech

Music

Co-Op with Loup City:

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 Arcadia:**

"Last year we started a mentor program with our 7-12 teachers and students. Each teacher has around four students that they meet with periodically," said Principal and Athletic Director Craig Trampe. "The teacher helps students set goals for the year and checks up on their progress. The teacher also goes over their homework and helps the student set a schedule to keep them on task. The goal of this program is to create a sense of belonging in all of our students and to help each student develop a relationship with at least one teacher. One benefit we have realized in the first year is a decrease in our absences."



District 5: Axtell**Location:** Axtell**PreK-12 Enrollment:** 305**School Mascot:** Wildcats**Twitter Handle:** [@axtellwildcats](https://twitter.com/axtellwildcats)**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 Axtell:**

"Axtell recently started a program to recognize a student of the quarter and a workhorse student each quarter," said Athletic Director Brad Nelson. "Teachers nominate a student based on work ethic, classroom performance, and attitude. At the end of each quarter, we hold an all school assembly to recognize a K-4, 5-8 and 9-12 student based on the nominations. The student receives a certificate and a spotlight in the school newsletter. The program has been successful in helping to recognize student achievements in the classroom."



District 6: Bayard**Location:** Bayard**K-12 Enrollment:** 362**School Mascot:** Tigers**Twitter Handle:** [@AthleticsBayard](https://twitter.com/AthleticsBayard)**NSAA Participation:**

Girls Golf

Boys & Girls Cross Country

Volleyball

Football

Play Production

Wrestling

Boys & Girls Basketball

Speech

Music

Journalism

Boys & Girls Track

Boys Golf

**NSAA State Championships: 8****What's Happening at Bayard:**

"Something special that we do at Bayard Public Schools is empower our students to use their talents and insights to help drive improvements in our schools," said Assistant Principal and Activities Director James Miller. "We currently have a group of students called the "LEAD Team" who have the opportunity to meet with students, listen to their concerns, and then share and advocate for the students to the administration. We also have a member of the student body who serves as school board student representative and serves as a liaison between the board of education and the student body as well."



The NFHS Voice: High School Coaches to Play Key Roles in Connecting Students This Year



Dr. Karissa Niehoff, NFHS Executive Director

The jigsaw puzzle of education-based high school athletics and performing arts programs in our nation's schools is nearing completion for the 2020-21 school year. Although there are no two plans alike from Alaska to Wyoming, sports in every state are still on the calendar at some point during the coming year.

The latest [return-to-play map](#) indicates that 37 states have modified their sports seasons for 2020-21, although individual school districts in some of the other 14 associations have delayed or postponed certain activities. In addition, 16 states have moved football to their winter or spring seasons, and eight associations will not permit any sports until at least November.

While 2020 has been one of the most stressful years in our nation's history with the COVID-19 pandemic, the importance of high school sports and other activity programs to millions of our nation's young people has been revealed to a larger national audience.

More than ever before, there is a recognition of the value of these education-based programs – athletics, speech, debate, music, theatre and others – in our nation's schools. Many parents and students have voiced the need for a return to activities. Leaders in communities across the country who previously played high school sports or were a part of the debate team know the value of participating in these activities.

Although decisions on reopening sports and other activities have been shared by government and education leaders in many states, our member state associations have done everything possible to retain high school activities this year, and we applaud their efforts.

As the 2020-21 activities calendar begins – although the landscape is different from state to state – there is an **opportunity** for everyone to engage in high school activities in some way. While football may be delayed in some states, there may be an **opportunity** to compete in another sport or activity this fall.

In those virtual learning settings where all sports have been delayed due to higher spread of COVID-19, it is essential that a virtual connection to students in sports and performing arts continues. Virtual belonging is so important, and there is no better **opportunity** than the education-based environment.

The NFHS and state associations are exploring the possibility of hosting virtual competition through the NFHS Network in some sports as another avenue to participate in high school activities. This would be another unique **opportunity** for students to experience the positive spirit and creative energy of participation until in-person competition returns.

The pandemic has revealed many heroes during the past five months – most notably those frontline health-care workers and emergency first responders – but we believe the heroes of the 2020-21 school year will be the thousands of education-based teacher-coaches in our nation's schools.

Re-connecting high school athletes with their coaches, whether that connection is virtually or in-person, is crucial for so many students. In some situations, a coach may be the most significant mentor in a student-athlete's life, so keeping that relationship intact is paramount.

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



NSAA Intern Tales

Jakub VanWesten, NSAA Intern



Hi, I'm Jakub VanWesten and I'm an NSAA intern this year. I graduated from Meridian Public School and am currently a senior at Wayne State College. At Wayne, I'm majoring in Sport Management with a Coaching minor. In my free time, I enjoy restoring and driving classic cars and playing recreational league volleyball. At WSC, I was involved with S.P.O.R.T.S. club and I also worked for the college at their sporting events. In high school, I competed in football, basketball, and Legion baseball. I became interested with interning at the NSAA because a fellow Meridian High graduate, Jeff Stauss, an Assistant Director here at the NSAA, showed me that even kids from rural areas can have an impact on sports throughout the state. I also have many family members that work with high schools and high school sports around the state, ranging from coaches to superintendents.

I've currently been with the NSAA for about two months and the experience that I've had has been extremely beneficial. Learning what goes on in the background of high school sports has shown me how much work it takes that you don't originally expect. I'm hoping to get more involvement with each individual fall sport now that the school year has started and I'm excited to further my knowledge of what it takes to run the NSAA.

Student Advisory Committee Spotlight

Macey Boggs, Senior at Gering High School



I was first introduced to the NSAA Student Advisory Committee my freshman year at a leadership summit in Alliance. I was so intrigued by what the members were doing that I couldn't help but want to be a part of it. I was so excited for the opportunity to get involved in something that was greater than myself.

On the Student Advisory Committee, I was given the challenge to create a goal and achieve it for the following school year. This year, I chose to focus on increasing community involvement through sports and activities offered at my high school. Since I am from a small town in Western Nebraska, I was able to reach out to other high school clubs and activities to create a list of all the service projects we could accomplish. Thus far, we have come up with some great ideas for service projects. Since July 1, we have put on a community "Mask-a-rade" prom for the students who did not get one because of the pandemic. The prom was especially special for the seniors. Next, we went from business to business to obtain sponsorships for T-shirts that we bought to give out to community members at sporting events.

Assuming that we can play this fall, I wanted to raise school spirit by giving out T-shirts. On July 15, we gave out water and food at Old West Balloon Fest, a national hot air balloon competition. Finally, I was also fortunate enough to put together a group of volleyball players and dancers to clean up after events in our local event center. For example, a group of girls and I went in from 12:00 A.M to 3:00 A.M. after a wedding to clean and flip the event center for a funeral the next morning. Moving forward, we have plans to landscape in front of our high school, organize a senior service day, and paint paw prints on the side walks around our community.

Overall, I am super thankful for the opportunity to be part of this amazing organization. I have been taught so many life lessons and leadership skills that I cannot wait to implement in the future.



NSATA Training Table

Brian Haas, AT from Kearney High School



The Importance of Pre-Participation Physical Exams

In the midst of the COVID-19 epidemic, the Nebraska School Activities Association Sports Medicine Advisory Committee approved a one-year exemption from Pre-participation Physical Exams for returning high school athletes. COVID-19 has placed a tremendous strain on the healthcare system and non-essential wellness, and maintenance visits have been postponed to relieve some of the burden. While the exemption does not include incoming freshman or new athletes without a PPE from the 19-20 school year, it is essential not to lose focus on the importance of Pre-participation Physical Exams for safe athletic participation. PPEs communicate current and previous health histories to the school members working directly with athletes, ensure fitness for safe athletic participation, and promote wellness by screening medical and mental health conditions.

The purpose of the Pre-participation Physical exam is to promote the health and wellbeing of the athlete and ensure safe participation. Under normal circumstances, the NSAA requires that athletes have a yearly PPE turned in and on file at the school prior to actual athletic participation. In order for the PPE to be valid for a school year, the NSAA states that the exam cannot take place any earlier than May 1st for the upcoming school year. The physical exam must be performed and signed by an individual that is licensed to diagnose, treat, or recommend treatment of all the areas covered in the approved physical form.

The information gathered during a pre-participation physical exam is intended to provide the overall health status of an athlete. The PPEs are used by athletic trainers, school nurses, coaches, and teachers to ensure the necessary healthcare plans are in place to promote health and wellness for all participating athletes. This includes demographics such as name, height, weight, gender, and what sports will the athlete participate in. A medical history provides information about allergies, current medications, and any current or past medical conditions. A mental health tool is completed to evaluate the mental health of the athlete. The athlete will also have their vitals recorded as well as their general medical health, heart health, skin, vision, posture, and musculoskeletal function screened. The completed form includes recommendations and/or restrictions regarding athletic participation, shared medical information, and emergency contacts. This information is used by school personnel to ensure the health and wellbeing of each athlete and allows them to communicate effectively if the circumstances are warranted. The pre-participation physical exam not only protects and monitors the health of the athlete, it also protects schools by meeting the requirements of insurance companies and legal representatives.

The current global pandemic has added stress to individuals and the healthcare system as they find a way to manage the increased patient load. To alleviate this demand on the system, non-essential visits have been placed on the backburner. While helpful to the physicians and clinics in the immediate future, the long-term importance of the pre-participation exam cannot be understated. PPEs communicate current and previous health histories to the school members working directly with athletes, ensure fitness for safe athletic participation, and promote wellness by screening medical and mental health conditions.



Have you followed the NSAA social media channels?

The 2020-2021 school year is under way! Be sure to follow all of the NSAA social media channels to stay updated on the latest NSAA happenings.



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.

Social Media Handles Needed

In preparation for the 2020-2021 school year, 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.



NSAA Play Production & Speech Judges Registration

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

Activity	Fee	Deadline
Play Production	\$25.00	October 23, 2020
Speech	\$25.00	January 8, 2021
**DUAL –Play Production & Speech (Must register for both activities at same time to get discount)		
	\$40.00	October 23, 2020

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

2020-2021 Play Production and Speech Rules Meeting Schedules

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

Attendance at the summer workshop qualifies for rules meeting credit.

Play Production

October 1 to October 13

No Charge to Head Coaches & Judges

October 14 to October 21

Basic \$25 Fee – Head Coaches & Judges

October 22 to October 23

Late/Penalty \$50 Fee – Head Coaches & Judges

Speech

October 1 to December 29

No Charge to Head Coaches & Judges

December 30 to January 6

Basic \$25 Fee – Head Coaches & Judges

January 7 to January 8

Late/Penalty \$50 Fee – Head Coaches & Judges

****Make sure to pay specific attention to the rules meeting schedule to avoid additional fees.**

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

Registration Deadline

Play Production – October 23, 2020

Speech – January 8, 2021

