



NSAA News

November 2019



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

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Executive Director's Notebook

Jay Bellar, NSAA Executive Director



Officials Shortage

We here at the NSAA hope you are having a great school year and are looking forward to the conclusion of fall activities, and the upcoming transition into winter activities. In this month's newsletter, I'd like to address the very real issue of the shortage of officials. I am frequently asked, "Where have all the good officials gone?" My answer, "They've been figuratively and literally run off the playing fields and have decided they are no longer going to take the unwarranted abuse!"

Let's be candid—some officials are better than others, just as some coaches are better than others, some players are better than others, and may I say, some fans are better than others. Many officials study video of themselves as one way (among many others) to improve their role in the game. What would one see if there was a camera on the fans and/or coaches? I believe we would see that all have room for improvement, not just the officials!

Some fans feel the price of admission gives them the right to say or do whatever they feel. This is absolutely incorrect, and I implore our activity directors and school administrators to be present and visible at games and immediately address the unruly fans. Is approaching or removing fans uncomfortable and embarrassing? Absolutely. Ask yourself, though, is it as uncomfortable and embarrassing as your team being represented by these fans? Never.

The NSAA requests a designated school official to attend all contests. I would suggest these designated representatives take a second to introduce themselves to the officials and let them know where they will be sitting or standing for the contest, reassuring them that you are there to help and support them in any and all ways.

Please see *Officials Shortage* 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
Sutherland



Jim Kent
District V
Dundy County Stratton



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



Rick Colgan
Software Developer



Megan Huber
Business Manager



Cindy Callaway
Office Manager

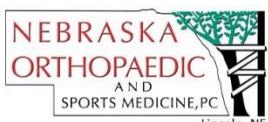


Ronda Schmidt
Administrative Assistant



Alicia McCoy
Administrative Assistant

*The NSAA Would Like to
Thank Our Corporate
Partners*



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

Officials Shortage from page 1

Coaches and administrators, please take the time to address your players, students and fans about the importance of being good sports and well representing your school, as well as the importance of being respectful to the other team and all officials. I encourage you to attend and share this message at the pre-season parent meetings, pep rallies, booster club meetings and include it in your monthly newsletters and other school publications.

The NFHS just added a short video to help parents navigate emotions when watching their kids compete in high school sports – “The Parent Seat.” The video highlights 10 tips parents can use to develop and maintain a calm, respectful demeanor. Hopefully, another avenue to educate parents and our fans. Administrators, please check this out on www.NFHSLearn.com.

Every year we are losing good officials because the focus is on belittling them rather than cheering and positively supporting the hard-working athletes. Together, let's work to change this so, if the cameras really were on our fans, we would witness something of which we could all feel proud.

District Music Contest Adjudicator Training & Music Director Points of Emphasis

Recently approved in the 2019-20 NSAA Music Manual, all NSAA District Music Contest adjudicators will be required to view the NFHS course, *Music Adjudication*, once every three years. Adjudicators will scan/email or fax their certificate of completion to the NSAA office for record keeping. Instructions and information are located [HERE](#).

Also, lead instrumental, vocal and orchestra directors will be required to view the District Music Contest - Points of Emphasis online presentation through their NSAA log-in page prior to contests (January 1st – February 20th). Stay tuned for future instructions for viewing the presentation.

Band Director Salute

You can be a part of the 2021 Rose Parade®! Join the 300 fellow band directors from all over the country in the 2021 Rose Parade through the Saluting America's Band Directors Project. For complete information visit www.banddirectorsalute.org.



The NFHS Voice: Vaping in Crisis Stage and Must be Stopped

Dr. Karissa Niehoff, NFHS Executive Director



The issue of vaping has reached a crisis stage across the United States, and leaders in our nation's schools must take immediate steps to stop the use of these electronic cigarette products by our nation's youth – particularly the more than 12 million participants in high school athletics and performing arts programs.

On Tuesday, CBS News reported that Kansas health officials confirmed the first death in that state linked to vaping. The CBS News release stated that last week, officials in Indiana, California and Minnesota reported deaths in their states linked to vaping. Previous deaths had been reported in Illinois and Oregon.

Yesterday, the Associated Press reported that public health officials confirmed two people in Idaho had developed a serious lung disease linked to vaping. The outbreak of vaping-related lung disease has sickened about 450 people in at least 33 states, according to the Centers for Disease Control and Prevention (CDC), causing the CDC to urge people to consider stopping vaping as the number of cases of severe lung illnesses continues to rise.

In February 2019, the CDC reported a 78 percent increase in high school students vaping from 2017 to 2018. Youth e-cigarette use has been called an epidemic by major public health officials.

Students in our nation's schools have been sold a false bill of goods that vaping is a safe alternative to cigarette smoking – particularly by industry giant JUUL, which held a 76 percent share of the e-cigarette market at the end of 2018 and has wooed the youth market with its products that contain flavors such as cotton candy, chocolate, gummy bear, strawberry and many others.

While the U.S. Food and Drug Administration (FDA) is giving e-cigarette companies until sometime next year to demonstrate that their products can help people stop smoking cigarettes, leaders in our nation's school activities programs must do everything possible to stop the use of these products by our nation's youth now – not in 2020.

One educational tool that schools can use immediately is the online course "Understanding Vaping and E-Cigarettes" created by the NFHS with support from the Office of the U.S. Surgeon General. The free course is available on the NFHS Learning Center at www.NFHSLearn.com.

Several articles related to vaping will appear in the September issue of *High School Today*, which will be posted this week on the NFHS website (www.NFHS.org).

NFHS Course: Understanding Copyright & Compliance

The NFHS recently updated the *Understanding Copyright & Compliance* course. The new revised edition contains five different tracks in the following areas: Music, Speech & Debate, Theatre, Spirit and Administrator. The NSAA encourages member schools to assess their school-wide music use and recommends that Activities Directors, Principals, Music Directors, Speech & Debate Directors and Cheer / Dance team sponsors view the NFHS course, *Understanding Copyright & Compliance* located at www.nfhslearn.com. Stay tuned for more developments as they become available.



November U.S. Bank® Believers & Achievers



Micah Gengenbach
Adams Central



Madison Schuller
Alma



McKenna Cruikshank
Arcadia



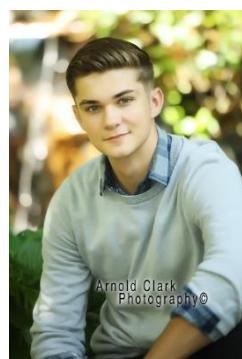
Thomas Haberman
Bishop Neumann



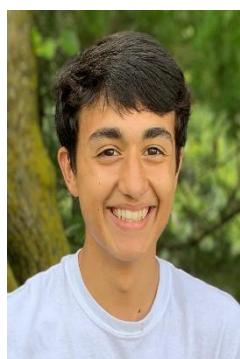
Braden Eisenhauer
Bloomfield



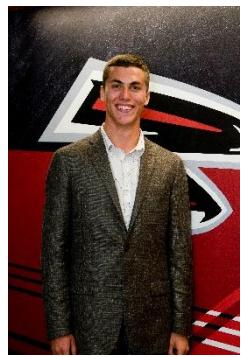
Isaac Else
Bruning-Davenport



Ethan Goldfish Vinson
Columbus Lakeview



Gabriel Estrada
Cozad



William Maca
Douglas County West



Amanda Aerts
East Butler



Hallie Gutzwiller
Elm Creek



Chloe Hosier
Elmwood-Murdock

October NSAA Board of Directors Meeting Notes

The October NSAA Board of Directors meeting was held at the NSAA Office in Lincoln on Thursday, September 10th, 2019. The meeting minutes can be found on the NSAA website [here](#).

NSIAAA Fall Convention

The NSIAAA Fall Convention will take place November 2nd-4th in Kearney at the Kearney Younes Center. For more information about the convention, visit the NSIAAA website at <http://nsiaaa.org/>.

NCA Sportsmanship & Leadership Summit

The NCA Sportsmanship & Leadership Summit will be held on November 19th at Alliance High School, November 20th at Kearney High School, November 21st at Norfolk High School and November 22nd at Lincoln North Star High School. For more information about the summit and how to register, visit the NCA website at <https://www.ncacoach.org/>.

Championship Reimbursement Dates

Fall Championship reimbursement deadlines are listed below. If your school participates in any of the NSAA Championships below, please be sure to complete the reimbursement form before the deadline. The reimbursement forms are found on the AD Login Page and must be completed by 11:59 p.m. CT the night of the due date. If you have any questions, please contact Megan Huber, Business Manager, mhuber@nsahome.org.

Softball – November 8th, 2019

Cross Country – November 15th, 2019

Volleyball – December 2nd, 2019

Play Production – January 10th, 2020

There is no form to fill out for Football.

There is no reimbursement for Girls Golf, Boys Tennis, or Unified Sports, Bowling.

Class Caucus Committee Meeting Minutes

The Class Caucus Review Committee met on October 8th, 2019 via a telephonic meeting. The meeting minutes may be viewed [here](#).

NSAA Fall Championship Results



GIRLS GOLF
SOFTBALL
BOYS TENNIS
CROSS COUNTRY



2019-2020 NSAA District Meetings

District 1

Wednesday, November 6th – 10:00 a.m. – NSAA Office, Lincoln

Wednesday, January 8th – 10:00 a.m. – NSAA Office, Lincoln

[NSAA Important Dates & Deadlines](#)

District 2

Wednesday, November 6th – 9:00 a.m. – Boys Town Conference Center

Wednesday, January 15th – 10:00 a.m. – Boys Town Conference Center

[NSAA Cup Information](#)

[NSAA Publications Order Form](#)

District 3

Wednesday, November 6th – 12:00 p.m. – Norfolk Country Club

Wednesday, January 15th – 12:00 p.m. – Norfolk Country Club

[NSAA Cup](#)

District 4

Monday, November 4th – 1:30 p.m. – ESU #10, Kearney

Wednesday, January 8th – 1:00 pm – ESU #10, Kearney

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

District 5

Tuesday, November 5th – 1:00 p.m. CST/12:00 p.m. MST – McCook High School

Wednesday, January 15th – 1:00 p.m. CST/12:00 p.m. MST – The Tassel, Holdrege

District 6

Wednesday, November 6th – 9:00 a.m. MST – Alliance Public Library

Wednesday, January 8th – 9:00 a.m. MST – Alliance Public Library

Volleyball Championship Tickets

Avoid the wait and pre-purchase your tickets for the 2019 NSAA Volleyball Championships now! The Volleyball Championships will be November 7th, 8th and 9th in Lincoln.

To purchase tickets ahead of time through the NSAA Office, go to <https://nsaahome.org/wp-content/uploads/2019/10/VBTICKETORDER.pdf>.

Tickets may also be purchased [here](#).

 Tickets

Online Tickets may be purchased through GoFan, [by clicking HERE](#). Online tickets must be on your phone, either through the app or your email for redemption – NO PRINTED TICKETS ALLOWED.

You may still purchase hard tickets at the Volleyball Championship venues.

For questions regarding tickets, please contact Megan Huber, mhuber@nsaahome.org.

- [2019 State Volleyball Championships Ticket Order Form](#)



2020 & 2021 Football Scheduling Timeline

The classification period and schedules will be for two years – the **2020** and **2021** football seasons for Classes A-B-C1-C2-D1-D2-D6.

The scheduling timeline is dependent on receiving the enrollment figures the NSAA member schools report to the Nebraska Department of Education on the School District Membership Report in the fall of 2019. These figures historically have been available to the NSAA sometime in early December.

The TENTATIVE schedule will be as follows:

1. **November 1st, 2019** – Deadline to submit application for a cooperative sponsorship in football for the 2020 and 2021 seasons. **No cooperative sponsorships in football for the 2020 and 2021 football seasons will be accepted or permitted after November 1st, 2019.**
2. **November, 2019** – Football coops will be approved for the 2020 and 2021 football seasons at the November NSAA Board of Directors meeting.
3. **November 30th, 2019** – The deadline for schools to submit their declaration of participation in 11-man, 8-man or 6-man football. **This is also the deadline for schools to submit their intent (via email) to “Opt Up” or “Opt Down” in classification.**
 - Those schools with a BOY three-grade enrollment (9th-11th grades) in excess of 47 as submitted in September of 2019 are not eligible for the 8-man football playoffs in 2020 and 2021, unless they're within the one-classification waiver period. A school that is ineligible for the playoffs in the 2020 & 2021 cycle can become eligible in the second season (2021) if their BOY enrollment figure is 47 or lower as submitted in September of 2020.
 - Those schools with a BOY three-grade enrollment (9th-11th grades) in excess of 27 as submitted in September of 2019 are not eligible for the 6-man football playoffs in 2020 and 2021, unless they're within the one-classification waiver period. A school that is ineligible for the playoffs in the 2020 & 2021 cycle can become eligible in the second season (2021) if their BOY enrollment figure is 27 or lower as submitted in September of 2020.
 - A school that Opt's Down in classification and is thus ineligible for the playoffs in the 2020 & 2021 cycle can become eligible in the second season (2021) if their boy enrollment figure as submitted in September of 2020 falls within the appropriate classification enrollment range.
4. **December** – The NSAA staff will release the classification and district assignments for the 2020 and 2021 football seasons. Once these are completed and the schools are notified via the Internet, the schools will be asked to submit a priority list of non-district schools they would like to have on their 2020 and 2021 football schedules – Classes A-B-C1-C2-D1-D2-D6. The NSAA will email schools with more detailed information on this process in December.
5. **January/ February 2020** – The NSAA staff will establish the football schedules for the 2020 and 2021 football seasons for all member schools in Classes A-B-C1-C2-D1-D2-D6.
6. **February 12th, 2020** – The schedules along with the home and away designations for Classes A-B-C1-C2-D1-D2-D6 will be released to the member schools at 9:00 AM central standard time and will be posted on the NSAA website (www.nsaahome.org) at 12:00 P.M. central standard time.

Please contact NSAA Assistant Director Nate Neuhaus at nneuhaus@nsaahome.org with questions.



#RespectTheRef

Start the movement – we want to hear what your school is doing to #RespectTheRef! Using #RespectTheRef, tweet @nsaahome on [Twitter](#) or tag @nsaahome on [Facebook](#) or [Instagram](#) how your school and fans are modeling respectful behavior toward the referees!



#RespectTheRef



Hey, referees are people, too!

**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.**

The NFHS Voice: Veteran Officials ‘Hanging it Up’ Because of Unruly Behavior by Parents

Dr. Karissa Niehoff, NFHS Executive Director



About four weeks ago, we distributed an op-ed suggesting that inappropriate behavior by parents and other adult fans at high school sporting events was causing many officials to quit before they even reached two years on the job.

Although we received mostly positive support from this article, some people thought we went too far in telling parents to “act your age” and “stay in your own lane.” On the contrary, perhaps we should have been more direct.

Last week, one of our member state associations shared a resignation letter it had received from a 20-year veteran soccer official who had taken all the abuse he could handle. A portion of that letter follows:

“Soccer parents: you are absolutely 100% the reason we have a critical refereeing shortage and games are being cancelled left and right. And you are at least a part of the reason I’m done here. The most entitled among you are the ones that scream the loudest. And every time you do this, you tell your son or daughter the following:

“I do not believe in you, I do not believe in your team, I do not believe in your collective ability to overcome your own adversity and you absolutely will not win and cannot do this without me tilting the table in your favor.

“On behalf of myself and so many other referees – and I say this with every ounce of my heart and soul – shut up about the referees, and let your kids rise or fall as a team, as a FAMILY. Because the vast majority of you truly have no idea what you’re talking about, and even if you have a legitimate gripe about one play or one decision, you’re not fixing anything.”

And if that wasn’t enough, last week the Eastern Panhandle Youth Football League in West Virginia released the following statement:

“Unfortunately, it has come to the point that because of the abuse, negativity and utter disrespect shown to our officials from parents, coaches and most recently from our players, the Eastern Panhandle Officials Association president stated today that the association will no longer schedule officials for our league games at any field. This means effective immediately all remaining games are cancelled.”

This statement is from a youth league, which means the coaches are likely also parents of players, and the players are sons and daughters who are emulating their parents’ behavior.

[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](#)



Clear Bag Policies for State Volleyball & State Football

Planning on attending the NSAA State Volleyball or State Football Championships? Please make sure that your students, parents and fans are aware of each facility's Clear Bag Policy **prior** to the Championships. For more information on the clear bag policies, click the links below.

State Volleyball

[Pinnacle Bank Arena](#)

[Bob Devaney Sports Center](#)

State Football

[Memorial Stadium](#)

The NSAA State Volleyball schedule is available on the NSAA website [here](#) and the NSAA State Football schedule is located [here](#).



NSAA Membership Spotlight

District 1: Wilber-Clatonia

Location: Wilber

K-12 Enrollment: 763

School Mascot: Wolverine

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

NSAA Participation:

Boys & Girls Cross Country

Softball

Football

Volleyball

Play Production

Unified Bowling

Wrestling

Boys & Girls Basketball

Speech

Music

Girls Tennis

Boys & Girls Track & Field



NSAA State Championships: 2

What's Happening at Wilber-Clatonia:

"Our school is currently in the construction phase of a new Agricultural Science Building. The funding for this building was through a donation by a local farmer in the community," said Assistant Principal/Activities Director Jeff Hatcliff. "This building will feature a Meat Science Lab and a Live Animal barn as well as a new classroom. These spaces will allow students the ability to see the entire animal production process from birth to retail cuts of meat served as food."

"The meat science lab will allow students to divide wholesale cuts of meat into retail cuts and experiment and evaluate quality and various meat production processes. Students will also create their own recipes and conduct blind taste tests. The live animal barn will allow students to be able to care for animals including feeding, breeding, vaccinations, and all areas of animal care. Students will be able to conduct insect, reptile and small animal studies. Animal waste will be collected, composted and used in the District greenhouse and vegetable garden. This building will allow for further growth of our Agricultural Curriculum and FFA program and support science, technology, English and math standards."



District 2: Lourdes Central Catholic**Location:** Nebraska City**K-12 Enrollment:** 310**School Mascot:** Knights**Twitter Handle:** [@lourdesknight](https://twitter.com/lourdesknight)**NSAA Participation:**

Softball
Girls Golf
Boys Tennis
Boys & Girls Cross Country
Volleyball
Football
Play Production
Wrestling
Boys & Girls Basketball
Speech
Music
Boys & Girls Soccer
Baseball
Girls Tennis
Boys & Girls Track
Boys Golf

**NSAA State Championships: 6****What's Happening at Lourdes Central Catholic:**

"Most of our students are involved in a more than one activity at our school ranging from athletics to play production, to music, to speech," said Activities Director/Assistant Principal Jon Borer. "Almost one hundred percent of our students in grades 6-12 are involved in something outside the classroom."



District 3: Umo'Ho' Nation

Location: Macy
K-12 Enrollment: 195
School Mascot: Chief
Twitter Handle: N/A

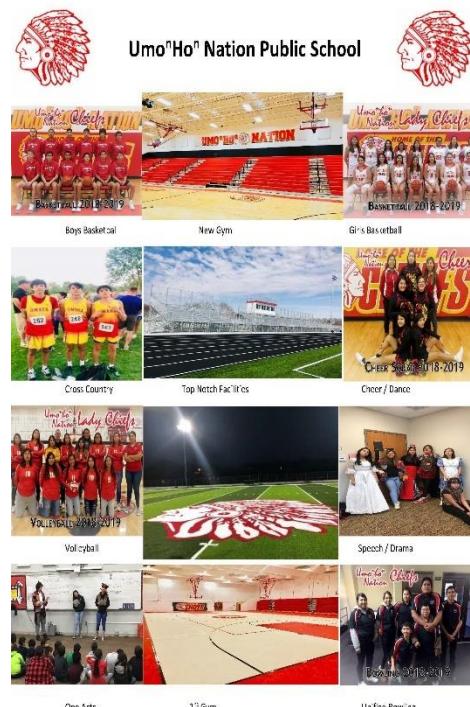
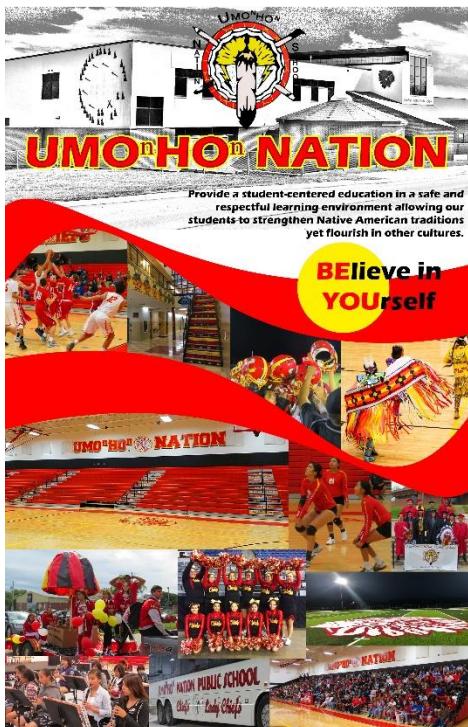
NSAA Participation:
 Boys & Girls Cross Country
 Volleyball
 Football
 Play Production
 Unified Bowling
 Boys & Girls Basketball
 Speech
 Boys & Girls Track



What's Happening at Umo'Ho' Nation:

"There are amazing things happening at Umo'Ho' Nation with academics and activities," said Principal Jon T. Pickinpaugh. "This past year we have implemented new programs to help our students be more successful. Due to these programs, our high school graduation rate increased by 22%."

"Our new programs consist of Jobs for American Graduates (J.A.G.), a high school academy to help students who are behind in credits, and an achievement center where students get extra help on subjects at any time throughout the school day. Our J.A.G. program is one of the first of its kind in Nebraska. We are only one of three schools who have partnered with the Nebraska department of labor to start this program. Not only have our academics increased, we have also been fortunate to build some new athletic facilities for our students. This past year we have built a new football complex including new track and field facilities, and gave both of our basketball gyms a new fresh look. With all of these great things happening over the course of this year we have been able to implement new NSAA programs such as cross country, speech, one acts, and unified bowling."



District 4: Kenesaw**Location:** Kenesaw**K-12 Enrollment:** 264**School Mascot:** Blue Devils**Twitter Handle:** [@kenesawbludevil](https://twitter.com/kenesawbludevil)**NSAA Participation:**

Boys & Girls Cross Country

Volleyball

Football

Play Production

Wrestling

Boys & Girls Basketball

Speech

Music

Boys & Girls Track

**What's Happening at Kenesaw:**

"Kenesaw Public School has some exciting things happening this year. We have started an FFA Chapter, focusing on agriculture and leadership," said Principal Rod Richardson. "FFA is something the students have been asking to add for a long time, and we are excited to be able to offer it at KPS. Skills USA is another group that was recently organized. Skills USA is a career and technical skills student organization which provides educational programs, events and competitions that support career and technical education in the nation's classrooms."

"For the first time, Kenesaw Elementary now has its very own principal to provide leadership and administration to the Pre-K through 6th grade, providing the best possible opportunities for student growth and development, as well as motivating superior instruction and supporting personnel."

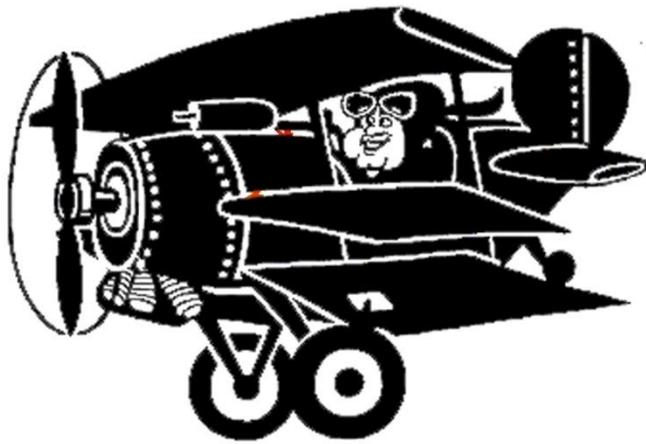


District 5: Franklin

Location: Franklin
9-12 Enrollment: 268
School Mascot: Flyers
Twitter Handle: [@fpsflyers](#)

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:** 10**What's Happening at Franklin:**

"Each year at the beginning of school the school year our staff both Elementary and High School stand out in front of the school cheering, meeting, and greeting the students as they are arriving for the first day," said Principal/Athletic Director Adam Boettcher. "This is something we have started doing more and more in attempts to help our students feel welcome at school along with giving students Flyer t-shirts to help boost school pride."

"One thing we have been trying to improve upon over the past few years is improving our overall school pride and sportsmanship. During the basketball season you will see students going into the stands to clean up the area that our fans were sitting, as a gesture to the school that we were visiting. This has helped to make strides in our show of sportsmanship, and our students see it as a service to our school and the schools we visit."



District 6: Hemingford

Location: Hemingford

9-12 Enrollment: 408

School Mascot: Bobcats

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

NSAA Participation:

Boys & Girls Cross Country

Volleyball

Football

Play Production

Wrestling

Boys & Girls Basketball

Speech

Music

Boys & Girls Track

Boys Golf



NSAA State Championships: 1

What's Happening at Hemingford:

"Bobcat Nation is privileged to have a very supportive group of parents that comprise an active booster club," said Superintendent Charles Isom. "They are busy all year starting in early August planning the opening kickoff barbecue for the school season. Memberships are filled out, fall scrimmages are played, and parent meetings are held. During football games, auctioned parking spaces generate a small income, while booster parents volunteer to operate the concession stand. On every home activity, booster club alumni hang red and black bobcat flags along the main street of Hemingford in front of the school and along the football field. Bobcat Nation is at its finest during game days promoting spirit, sportsmanship, and camaraderie."



NSATA Training Table

Jennifer Krueger, MA, ATC, NSATA Social Media Chair



Feeling Like Fall, Injury Prevention Tips for Changing Environmental Conditions

It seems like the fall sport pre-season was a week ago, but time flies when you are having fun. We are heading into October already which has Fall Sport State Championships beginning for Boys Tennis, Girls Golf, Girls Softball and Boys and Girls Cross Country. As we head into fall, it is a great time to remember that as temperatures lower and daylight dwindles there are some great, cool weather safety tips to utilize.

1. Autumn weather in Nebraska means harvest time for farmers, but for many others it means season allergies and asthma due to a lot of dust or pollen particles in the air. For the severely allergic this would be a great time to check your prescription medications, such as inhalers and epi pens, for expiration dates to make sure you have the most useful medications available during an emergency. For others, it is a great reminder to shower after practice. This not only helps prevent skin infections (ringworm, impetigo or staph) and other communicable disease (colds, influenza, etc.), it is also a great way to wash off all that dust and pollen that might irritate your allergies.
2. Temperatures are cooling off so this might mean wearing extra layers for outside practices. Adding long sleeve shirts and tights can help keep your body warm. You want to make sure your clothes wick the sweat away so that the accumulating moisture doesn't make you cold. For athletes that don't wear helmets, adding a stocking hat or earmuffs to retain body heat and keep your ears warm is also helpful. For football players, this is a great time to check the air in your helmets (if it has a bladder). As temperatures fluctuate air pressure decreases which may affect the fit of the helmet. Proper equipment fit is ideal to keep you safe and to prevent injuries.
3. Hydration is just as important in cooler weather as it is during the heat of summer. As we head into fall and winter the humidity in the air tends to dissipate and becomes drier. You often don't feel as thirsty in cooler weather because you might not be sweating as much but it is still important to drink. Dry skin, lightheadedness and darker urine are all signs of dehydration.
4. For more serious cold weather injuries like hypothermia and frost bite, the National Athletic Trainers Association has a great infographic to check out with additional tips.
[\(https://www.nata.org/sites/default/files/environmental-cold-injuries-handout.pdf\)](https://www.nata.org/sites/default/files/environmental-cold-injuries-handout.pdf)

Finally, we want to thank the NSAA, the Nebraska Coaches Association, partner schools and community members for all their help with the #2019NSATASafetyinFootball Campaign. We appreciate all that you do to advocate for your student-athletes safety and getting the word out to more communities about the importance of having athletic trainers and emergency action plans available on the sidelines of sport events.



NSAA Intern Tales

Cody Mrocze, NSAA Intern



In the three months I have been here at the NSAA, it has been a fantastic experience and very eye opening to me. Getting a look at the behind the scene process has been wonderful and getting to help out with that process just makes it that much better. In the time I have been here, I have done an abundance of tasks. I have helped out with updating the NSAA record archives, updated out of state records for volleyball wildcard points, have helped send out mailing packets to officials, and have helped get various championship materials ready for the State Championships this fall. It was also one of my tasks to hopefully get Cory Eikmeier, an 8-man football legend from Dodge, inducted in the National High School Hall of Fame.

I also attended and worked the Class B Boys State Tennis Championships. It was my first experience watching tennis and not being an athlete at the State Championships. I was tasked with documenting who won and who loss on the brackets posted at the site. It was cool for me to see how the NSAA puts on a State Championship and what all goes into preparing for one. I plan on attending Cross Country, Volleyball, and Football State Championships in the coming month.

NFHS Adds Resource for Parent Behavior at Events with “The Parent Seat”

National Federation of State High School Associations



To help parents navigate emotions when watching their kids compete in high school sports, the National Federation of State High School Associations (NFHS) developed “The Parent Seat” – a short video that suggests 10 tips parents can use to develop and maintain a calm, respectful demeanor.

“The Parent Seat,” which is the first non-course offering on the NFHS Learning Center (www.NFHSLearn.com), is a tremendous addition to the more than 70 online education courses for administrators, coaches, parents and students covering topics from music adjudication to NCAA eligibility to heat illness and concussion prevention.

“We know it’s an emotional situation,” said Dan Schuster, NFHS director of educational services. “Whether you’re a parent, guardian, grandparent, aunt, uncle or neighbor, you have an emotional attachment to someone playing in that contest or performing on that stage. We wanted a relatable, quick-hitting video that gets people to think about their actions before they attend an event and creates expectations for how they should behave.”

Unlike the courses, “The Parent Seat” video can be shared on many different platforms. Downloaded directly from the NFHS Learning Center website, the piece can easily be shared on social media, shown as part of a welcome message at events, or discussed as a point of emphasis at parents’ meetings.

“We were looking to do something different,” Schuster said. “The NFHS Learning Center has always really been about courses, and it’s been a very successful initiative for us. But in today’s world, where brevity and social media sharing are crucial aspects of communication, we wanted something for parents that fit that profile.”

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



Student Advisory Committee Spotlight

Jake Seip, Junior at Lincoln North Star High School



This past spring, I was chosen to be a member of the NSAA Student Advisory Committee. At our first meeting, myself and three others were chosen to attend the National Leadership Summit in Indianapolis. I was surprised and nervous, as this would be the first trip I would take without my family or close friends, and it would be with people I barely knew.

This was no small conference. It brought together the best leaders from around the U.S., including Canada, into one hotel to share and create an amazing experience. From the first minute in the hotel, I knew this would be something I would never forget. The summit pushed me outside my comfort zone and challenged me in ways I could never imagine.

One of the greatest challenges I faced was communication. I believed I was one of the best communicators I could be and thought I was extremely social. But through participating in some of the activities, I found I could improve in so many ways and make others feel more welcome. One particular activity made me see this even better. Everyone in the room were strangers. We had to go around and hug each other and ask how each person has been, like we were family or old friends. This was very awkward, but as we continued to hug each other the activity became a lot easier. When all was done, the session leader pointed out that none of us had hugged her. She explained that in our daily lives we don't always see the bigger picture and sometimes leave people out that we don't notice.

I wanted this to be something I could help change at my home school, North Star. I am the president of the Gator Athletic Leadership Association (GALA) and we recently cleaned up our campus. We used the hour of PLC time after school before our practices started. Some students showed up that I didn't even know because word had spread so much and they wanted to help. We took a small club of typically 15 that met after school, and more than tripled the attendance to the campus cleanup, bringing more people together and coming closer as an athletic family by breaking boundaries.

I also realized that not everything we do needs to be a big, organized event. I have started to greet almost everyone I make eye contact with walking down the hallways at our school. You would be surprised how a simple "Hey" or "Good morning" makes people react. They either smile and say something back or keep walking, feeling uncomfortable. But, by doing this every day, I have built relationships with people I would otherwise have never met. Feeling wanted or even noticed is so much better than any other feeling and that person will almost definitely give more effort and enjoy participating so much more.

The National Student Leadership Summit was a gateway to my understanding of leadership to help people around me become as successful as possible in athletics and so much more.



Have you followed the NSAA social media channels?

The Fall Championships are in full swing! Be sure to follow all of the NSAA social media channels to stay updated on the latest NSAA happenings and Championship scores and updates.



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](#)



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

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.



NFHS Heart of the Arts Award

The NFHS has developed its “National High School Heart of the Arts Award,” which will be conferred to eight section winners as well as one national winner. The recipient must be an individual from a high school that is a member of an NFHS-member athletic or activity association.

The recipient could be any student, adult or group associated with the school’s performing arts program. This award, which is similar to the Spirit of Sport Award, covers a plethora of performing arts disciplines: Music, Speech, Debate, Theatre, Visual Arts and other performing arts activities that state associations may sponsor.

This award seeks to recognize those individuals who exemplify the ideals of the positive heart of the arts that represent the core mission of education-based activities. The award may be given in recognition of a specific act or for an activity of longer duration.

For example, it could be awarded to an individual (or group) that:

- *has demonstrated exemplary “heart,” sportsmanship and/or citizenship in participation as it should occur;
- *has exceeded normal expectations in assisting others within the school or community; or
- *has overcome adversity or a challenging circumstance.

In the instance of a student, that student must be in good academic standing within his or her respective high school. Among the qualifying criteria that will be used are the student’s grade-point average, the activities in which he or she is involved, and community involvement. Other candidates should possess similar positive character traits, such as a high level of integrity and ethics.

The nomination must be for something that occurred between January 1st, 2019 and December 31st, 2019. Nominated individuals do not necessarily need to still be enrolled in high school at the time of the nomination.

The section winners and the national winner will be publicized in an NFHS press release, as well as in the “High School Today” magazine. In addition, the national winner will be recognized in person at the NFHS Summer Meeting in Denver in June of 2020.

If you have someone that is deserving of a nomination, please contact NSAA Assistant Director Ron Higdon at rhigdon@nsahome.org. Nominations are due by February 1st, 2020 to the NSAA. Please contact Ron with questions.



NSAA Speech Judges Registration & Rules Meeting

The NSAA Speech judges application for the 2019-2020 school year is available online at <https://nsaahome.org/speech/>.

Activity	Fee	Deadline
Speech	\$25.00	January 24, 2020

Rules Meeting. All judges must view the online rules meeting to meet the rules meeting requirement. Attendance at the July Speech Workshop fulfills this requirement.

HEAD COACH AND JUDGE Rules Meeting Schedule

All HEAD COACH and JUDGES are **REQUIRED** to complete an online rule meeting.
*Make sure to pay specific attention to the [rules meeting schedule](#) to avoid additional fees.

2019-20 Online Rules Meeting Dates

Speech

October 1 to January 15

No Charge to Head Coaches & Judges

January 16 to January 22

Basic \$25 Fee – Head Coaches & Judges

January 23 to January 24

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

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



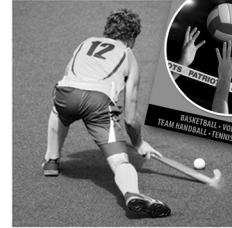
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