



NSAA News

September 2021



500 Charleston St., Suite 1 Lincoln, NE 68508

<https://nsaahome.org/>

402-489-0386

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Executive Director's Notebook

Jay Bellar, NSAA Executive Director



Normal: the word of the year coming off a year that was anything but. Throughout the summer and beginning of the school year, one phrase I heard over and over was “normal year.” I admit, it’s a phrase I’ve used, possibly even overused, but in retrospect when entire communities, states, and even nations are discussing getting back to *normal*, it might be time to acknowledge that we are truly living in extraordinary times. And

maybe, instead of hoping for “normal” we should hope the upcoming year will be amazing.

As life settles into what is commonly referred to as “our new normal,” we need to remember and appreciate the growth we have experienced since March 2020. Our new normal includes small lifestyle changes that have had big impacts. Wearing masks, social distancing, better handwashing, testing, technology, and awareness of our health, were all things we embraced and learned from the past year. Concepts that are here to stay and are part of our “life toolkit” ready for us to use when needed.

Perhaps even more extraordinary are the not so tangible changes that evolved. We learned how important the little things were to us. We gained a new appreciation for the many things we used to take for granted. We came together as schools and communities and birthed plans and ideas in order to reach the common goal of doing what is best for our students. We sacrificed but we succeeded.

Change is hard. Change is good. Change is inevitable. Even in years of “normal” change happens and in extraordinary years that change brings with it positivity and opportunities. One such change this school year is the inaugural NSAA Girls Wrestling State Championships. This event will be a positive opportunity for female student-athletes in the sport of wrestling. We look forward to hosting this first ever event starting with District competition and culminating with the State Championship tournament. More information including important dates and deadlines can be found on the NSAA website.

Executive Director's Notebook continued on page 3

NSAA Board of Directors & Staff



Kathi Wieskamp
District I
Lincoln Public Schools



Dana Wiseman
District I
Sutton



Thomas Lee
District II
Westview



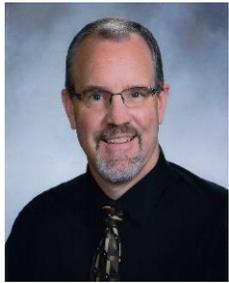
Dr. Bob Reznicek
District II
Boys Town



Dr. Jon Cerny
District III
Bancroft-Rosalie



Ryan Ruhl
District IV
Centura



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



Cindy Callaway
Office Manager



Megan Huber
Business Manager



Ashton Honnor
Marketing Manager



Alicia McCoy
Administrative Assistant



Jakub VanWesten
Administrative Assistant



Rick Colgan
Software Developer

Executive Director's Notebook from page 1

The NSAA is proud to sponsor the inaugural Girls State Wrestling Championships in the same year as we celebrate the milestone anniversary of the passage of Title IX in the Educational Amendments of 1972. This amendment has helped to grow and promote girls' sports and athletic endeavors. Included in this edition of the NSAA newsletter is an excellent article written by Dr. Karissa Niehoff, Executive Director of the NFHS. I want to encourage you to read the article and continue to support the fair and equal treatment of girls, not only in sports and activities, but in all things.

The other milestone celebration that will take place this year is 50th Anniversary of the NSAA State Volleyball Championships. The NSAA will be hosting a season long social media campaign kicking off on August 26th and concluding at the State Championships on November 6th. This campaign will highlight NSAA volleyball history throughout the years. We would encourage our membership to participate by highlighting/honoring former players/teams/coaches throughout the season while educating players and fans about Title IX and the history of girls' sports.

What a year we have ahead of us! Forget normal, this is going to be an extraordinary year! Best of luck to all our member schools—let's celebrate our past and while creating some history of our own.



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



The NFHS Voice: NFHS Begins Yearlong Celebration of 50th Anniversary of Title IX



Dr. Karissa Niehoff, NFHS Executive Director

The NFHS celebrated its 100th anniversary two years ago, and among all the events that have occurred since 1920, perhaps nothing had a more positive impact on high school sports than the passage of Title IX of the Educational Amendments in 1972.

Ironically, the landmark legislation signed by President Richard Nixon on June 23, 1972, did not specifically mention high school athletics:

“No person in the United States shall on the basis of sex, be excluded from participation in, be denied the benefits of, or be subjected to discrimination under any educational program or activity receiving Federal financial assistance.”

While Title IX may not have been targeted to improving the opportunities for girls to participate in high school sports, the numbers indicate that this historic legislation had everything to do with opening the floodgates. Although sports had been a part of high schools for more than 50 years in 1972, those opportunities overwhelmingly were limited to boys.

In an article in *High School Today* magazine in 2012, Dorothy McIntyre, former assistant executive director of the Minnesota State High School League and one of the leaders of girls athletics at the state level in the early 1970s, summarized the challenges prior to the passage of Title IX:

“That attitude (that girls don’t play sports) germinated in the 1920s and 1930s when a national attitude swept the country that the lives of girls and women would be better – and more healthy – if they played for fun and not with the pressure of winning, intense coaching and excited crowds . . . Girls sat on the sidelines and watched. The Girls Athletic Association and its recreational activities were deemed to be ‘sufficient’ for girls, or perhaps they could be cheerleaders for the boys teams.”

Opportunity was the key word. After the passage of Title IX, the rapid rise in girls participation in education-based athletics was remarkable. In the last year prior to the passage of Title IX, there were fewer than 300,000 girls who participated in high school sports, or about one in every 27 girls who attended school. In two years, that figure jumped to 1,300,169, and by the 1977-78 school year, girls participation exceeded 2 million – a remarkable increase of almost 1.7 million in just six years

The number of girls involved in high school sports has continued to increase since those historic years, and currently more than 3.4 million girls are taking advantage of the opportunity to participate in these vital, life-changing programs.

Next year, the 50th anniversary of Title IX occurs on June 23, 2022, and the NFHS has begun a year-long celebration of this historic event. The lives of millions of girls and women have been positively impacted since 1972, and we will be remembering some of those key individuals and events during the next 12 months.

“Title IX at 50 – Celebrating and Growing Opportunities” will highlight the law’s impact by celebrating the inspirational individuals and landmark moments in the history of Title IX, and continuing to grow the educational and competitive opportunities for the future.

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

From the Chair of the Board of Directors

Dr. Jon Cerny, District III, Bancroft-Rosalie



It is an honor to serve as Chair of the NSAA Board of Directors this year. This is my 29th year as Superintendent at Bancroft-Rosalie Community Schools and my third year representing District III on the Board. I graduated from Dorchester High School where I had the opportunity to participate in a variety of activities. My first high school teaching/coaching experience was student teaching at Lincoln Southeast and running the scout team for Coach Chuck Mizerski. I accepted a position at Bancroft-Rosalie as a science teacher and the head football coach and 39 years later, I am still here.

The 2020-21 school year was very challenging and the NSAA staff and Nebraska schools set an example for the rest of the country by providing school activities for our students in a safe and responsible manner. This challenge continues in 2021-22, and the NSAA Board will be gathering information from the Governor's Office, the Nebraska Department of Education, the state and local health departments, and our school administrators as we respond to Covid-19. Schools must keep the close lines of communication that were established last year as we work through the different protocols that may be in place in districts across the state. Let's do this the Nebraska way.

One of the events I look forward to is watching the State Play Production Championships in-person this year. There is nothing like being in the Johnny Carson Theatre enjoying the theatrics of our talented young men and women. I am also excited about the first Girls State Wrestling Championships and presenting awards to these athletes.

The NSAA is a member driven organization, and the Board values the opinions of all our member schools as we set policies and procedures that govern our activities across our large and diverse state. The NSAA Board continues to work on the issues that concern our member schools and their communities. The Summer Bylaw Review Committee is working on a proposal for the September Board meeting to help bring uniformity to summer participation across the state. The Board continues work on Diversity, Equity, and Inclusion, so that every person involved in our activities is treated with dignity and respect. Regardless of the jersey they wear, they are all "our kids."

As we enter this new school year, I want to share something my wife reminds me on occasion. "You (Superintendents, Principals, A.D.'s, event hosts) set the tone." The students and adults respond to your words and actions. The building/spectators can be positive and supportive, or critical, demeaning, out of control. You make the difference. Thank you and have a great year.

2021-2022 NSAA State Championship National Anthem Auditions

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

[AD Instructions](#)

[Music Director Instructions](#)

All auditions must be submitted by **Friday, October 1st**.

2022 & 2023 NSAA Football Scheduling Timeline

The classification period and schedules will be for two years – the **2022** and **2023** football seasons for Classes A-B-C1-C2-D1-D2-D6.

The scheduling timeline is dependent upon receiving the enrollment figures the NSAA member schools report to the Nebraska Department of Education in the fall of 2021. In past years, these figures have been available to the NSAA sometime in early December.

The TENTATIVE schedule will be as follows:

1. **November 1st, 2021** – Deadline to submit application for a cooperative sponsorship in football for the 2022 and 2023 seasons. **No cooperative sponsorships in football for the 2022 and 2023 football seasons will be accepted or permitted after November 1st, 2021.**
2. **November 2021** – Football coops will be approved for the 2022 and 2023 football seasons at the November NSAA Board of Directors meeting.
3. **November 30th, 2021** – 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 2021 are not eligible for the 8-man football playoffs in 2022 and 2023, unless they're within the one-classification waiver period. A school that is ineligible for the playoffs in the 2022 & 2023 cycle can become eligible in the second season (2023) if their BOY enrollment figure is 47 or lower as submitted in September of 2022. (If you have questions, please contact the NSAA office.)
 - Those schools with a BOY three-grade enrollment (9th-11th grades) in excess of 27 as submitted in September of 2021 are not eligible for the 6-man football playoffs in 2022 and 2023, unless they're within the one-classification waiver period. A school that is ineligible for the playoffs in the 2022 & 2023 cycle can become eligible in the second season (2023) if their BOY enrollment figure is 27 or lower as submitted in September of 2022. (If you have questions, please contact the NSAA office.)
 - A school that opts down in classification and is thus ineligible for the playoffs in the 2022 & 2023 cycle can become eligible in the second season (2023) if their boy enrollment figure as submitted in September of 2022 falls within the appropriate classification enrollment range.
4. **December** – Classifications and district assignments for the 2022 and 2023 football seasons will be released. Schools will then be asked to submit a priority list of non-district schools they would like to have on their 2022 and 2023 football schedules. More detailed information and instructions regarding this process will be provided after classifications and district assignments are released.
5. **January/February 2022** – The NSAA staff will establish the football schedules for the 2022 and 2023 football seasons for all member schools in Classes A-B-C1-C2-D1-D2-D6.
6. **February 9th, 2022** – 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. More detailed instructions will be provided at a later time.

NSAA Golf Cart Rental Policy for NSAA State 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 8:00 and 8:50 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 8:50 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.

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](#)

U.S. Bank 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 via 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. To learn more about the U.S. Bank Believers & Achievers program, [click here](#).

Please contact NSAA Marketing Manager Ashton Honor at ahonor@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](#)



NCPA Academic All-State Award Nomination Due Dates

Each year the Nebraska School Activities Association (NSAA) and the Nebraska Chiropractic Physicians Association (NCPA) recognize students who have been nominated by their schools, based on their individual academic excellence, leadership, and significant contributions made to their NSAA activity. Students who are nominated by their school and meet the program criteria will be recognized and awarded a certificate of achievement by the NSAA and the NCPA. To learn more about the NCPA Academic All-State Award program, [click here](#).

Nomination Due Dates

Nominations must be completed and received by the NSAA by the deadline.

Fall – December 14th, 2021

Winter – March 22nd, 2022

Spring – May 1st, 2022

Please contact NSAA Marketing Manager Ashton Honor at ahonor@nsaahome.org with questions.

Nebraska State Colleges Multi-Activity Student Award Program Changes for 2021-2022

Starting the 2021-2022 school year, the top multi-activity student schools in each of the four classes will be determined based on the percentage of multi-activity student award winners compared to the total number of students in grades 9-12. (Ex. ABC High School has 100 students in grades 9-12, 60 students are multi-activity student award winners = 60%)

To learn more about the Nebraska State Colleges Multi-Activity Student Award program, [click here](#). Please contact NSAA Marketing Manager Ashton Honor at ahonor@nsaahome.org with questions.

Fall Championship Reimbursement Reminder

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, at mhuber@nsaahome.org.

Softball – November 1, 2021

Cross Country – November 8, 2021

Volleyball – November 22, 2021

Play Production – January 7, 2022

There is no form to fill out for Football.

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

NSAA Check Your AED Battery Day – September 8th

NSAA Check Your AED Battery Day is Wednesday, September 8th! 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 8th as NSAA Check Your AED Battery Day! We are planning a social media campaign on the 8th 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 NSAA surprise pack. The winning school will be announced via Twitter on Monday, September 13th.**



2021-2022 NSAA District Meetings

District 1

Tuesday, November 2nd – 10:00 a.m. – NSAA Office
 Wednesday, January 12th – 10:00 a.m. – NSAA Office

District 2

Tuesday, November 2nd – 9:00 a.m. – Boys Town
 Wednesday, January 12th – 10:00 a.m. – Boys Town

District 3

TBD

District 4

Monday, November 8th – 1:30 p.m. – Kearney High School
 Wednesday, January 5th – 1:00 p.m. – Kearney High School

District 5

Tuesday, November 2nd – 1:00 p.m. CST – McCook
 Wednesday, January 12th – 1:00 p.m. CST – The Tassel, Holdrege

District 6

TBD

Important NSAA Links

[Calendar](#) – [Catastrophic Insurance](#) – [Coaching Steps to Certification](#) – [Constitution & Bylaws](#)

[Contests, Officials, & Equipment Requests](#) – [Media Information](#)

[NCPA Academic All-State Award Information](#) – [NSAA Cup Information](#) – [Publications & Order Forms](#)

August NSAA Board of Directors Meeting Minutes

The August NSAA Board of Directors meeting was held at the NSAA office in Lincoln on Wednesday, August 18th, 2021. The meeting minutes can be found on the NSAA website [here](#).

Play Production & Speech Online Rules Meeting Schedule

Play Production

October 1, 2021 - October 12, 2021	No Charge to Judges & Head Coaches
October 13, 2021 - October 19, 2021	Basic \$25.00 Fee - Judges & Head Coaches
October 20, 2021 - October 22, 2021	Late/Penalty \$50.00 Fee - Judges & Head Coaches

Speech

October 1, 2021 - December 29, 2021	No Charge to Judges & Head Coaches
December 30, 2021 - January 4, 2022	Basic \$25.00 Fee - Judges & Head Coaches
January 5, 2022 - January 7, 2022	Late/Penalty \$50.00 Fee - Judges & Head Coaches

Play Production & Speech Workshops

The NSAA office, in conjunction with the NCSTA, hosted workshops for play production on Tuesday, July 27th and speech on Wednesday, July 28th, with over 150 individuals registering for each workshop, either in-person or via Zoom.

I want to extend a BIG thank you to the presentation teams that shared their wealth of play production and speech knowledge to all that attended:

Play Production –

Lana Cool (Arnold), AJ Johnson (Hartington-Newcastle), Chris Kabes (Archbishop Bergan), Chase Winter (Omaha Concordia)

Speech –

Carolyn Enevoldsen (Raymond Central), Steph Hogancamp (Humphrey), Jessica Schlichtemeier (Conestoga), Lukas Ziemba (Norfolk)

Links to the slides for both workshops are available on the NSAA website by clicking these links:

- [Play Production Workshop – Slides](#)
- [Speech Workshop – Slides](#)

All coaches and judges are encouraged to view the workshops in hopes of making everyone a better judge, coach/director or spectator.

I hope you all have a great start to the activities year!

Jeff Stauss
NSAA Assistant Director

2020-2021 NSAA Cup Presentations

2020-2021 NSAA Cup presentations kicked off in August and will conclude in October. For more information about the NSAA Cup and the 2020-2021 Cup standings, [click here](#).



Archbishop Bergan
Class D
All-School Division
Girls Division



Lincoln Lutheran
Class C
Girls Division



Omaha Skutt Catholic
Class B
All-School Division
Boys Division
Girls Division

Music Copyright & Compliance

The NFHS recently shared an update with the NSAA surrounding public performance of music during high school activities and events.

ASCAP: The NFHS and ASCAP have a national provisional license agreement. This agreement assists state activities associations (NSAA) and their member high schools.

BMI: BMI recently updated and made available a “district wide” version of their license agreement for schools. [Learn more.](#)

SESAC has not agreed to terms with the NFHS.

What does this mean? If your school uses music from the **ASCAP** music catalogue the provisional license agreement covers music played from their catalogue that is legally acquired. Cheer / dance team music mashups would still require proper custom licensing agreements to create the piece that is being used. Music from **BMI** would still require proper permissions for use. BMI music usage requires the obtainment of their “school license.” **SESAC** permissions should be obtained in writing.

BMI: 888-985-6541

SESAC: 615-320-0055

The NSAA encourages member schools to assess their school-wide music use and recommends that Activities Directors, Principals, Music Directors and Cheer / Dance team sponsors view the NFHS course, *Understanding Copyright & Compliance* (www.nfhslearn.com). Additionally, the NFHS has several resources [HERE](#). Stay tuned for more developments as they become available.

Dr. Kody Moffatt, MD Selected to the NFHS SMAC

Dr. Kody Moffatt has recently been selected to serve on the National Federation of State High School Association (NFHS) Sports Medicine Advisory Committee (SMAC). This is quite a distinction and honor for the NSAA as Dr. Moffatt has been a member of the NSAA SMAC and the chair since the creation of the committee in 2005. Dr. Moffatt is a Professor of Pediatrics and practices Pediatric Sports Medicine for Creighton University School of Medicine and Children’s Hospital and Medical Center in Omaha, Nebraska.

Dr. Moffatt received his M.S. in Orthopedic Surgery and his M.D. from the University of Nebraska Medical Center. He completed his residency training in the Joint CU-UNMC Pediatric Residency Program and joined the Creighton University faculty in 2003. He is a Fellow of the American Academy of Pediatrics (AAP) and the American College of Sports Medicine, and is board certified in Pediatrics. Dr. Moffatt was elected to the AAP’s Council on Sports Medicine and Fitness Executive Committee and was selected to help author the current AAP’s Pre-Participation Physical Exam form which is considered the “Gold Standard” form and is the recommended form of the NSAA and numerous other state associations across the nation. He not only chaired the NSAA SMAC, but he has also served as a physician for state championships for the Nebraska School Activities Association for 20 years. Dr. Moffatt has received several honors and awards and is a member of numerous professional organizations as well as being published in peer-reviewed journals and textbooks. His service to the NSAA and member its schools is greatly appreciated.



NSAA Membership Spotlight

District 1: Parkview Christian

Location: Lincoln

K-12 Enrollment: 200

School Mascot: Patriots

Twitter Handle: N/A

NSAA Participation

Volleyball

Football

Play Production

Wrestling

Boys & Girls Basketball

Music

Boys & Girls Soccer

Boys & Girls Track & Field



What's Happening at Parkview Christian:

“Our school maintains an academic, behavioral, and sportsmanship code in order to participate in athletics and activities – these are a privilege, not a right,” said Athletic Directors Jordan Lauterbach and Brenner Keane. “Our students (and adults) make mistakes and we are called to meet them in those moments to follow to discuss and implement steps to redeem the heart of who God calls our students and adults to be. We acknowledge flaws and know that the external world judges harshly. And our young people need leadership and mentoring now more than ever. Our mission and vision focus on empowering young men and women to understand how to take ownership of their walk and graduate with resiliency skills that will produce honorable members of society.”



District 2: Boys Town

Location: Boys Town

4-12 Enrollment: 260

School Mascot: Cowboys

Twitter Handle: N/A

NSAA Participation

Boys & Girls Cross Country

Volleyball

Football

Wrestling

Boys & Girls Basketball

Boys & Girls Soccer

Boys & Girls Track & Field



NSAA State Championships: 23

What's Happening at Boys Town:

"At Boys Town our teams 'Compete With Character.' All of the kids at Boys Town are at-risk and many of them have never played organized sports before coming to Boys Town. We get kids from all over the country who don't know each other and don't know the coaches when they come here," said Associate Principal/Athletic Director Paul Blomenkamp.

"Many of them come to Boys Town with behavioral challenges due to issues or trauma in their past. When they get to Boys Town, they are taught many different life skills. Some of the skills that are taught through sports are teamwork and competing with character. The expectation for our athletes is to compete hard but also with great sportsmanship and class towards the other team. For the most part we achieve this goal because it is the expectation our coaches have in practice every single day. Our coaches teach these athletes how to meet these expectations on and off the athletic field. Students are taught life skills through all aspects of sports. Our boy's basketball team has won the sportsmanship award at the State Basketball Tournament three times. As the Athletic Director, I am extremely proud of the way our teams conduct themselves."



District 3: Elgin

Location: Elgin

K-12 Enrollment: 191

School Mascot: Elgin Eagles/EPPJ Wolfpack

Twitter Handle: [@ElginPublic](#) and [@EPPJ_athletics](#)

NSAA Participation

Play Production

Speech

Music

Co-op with Pope John

Volleyball

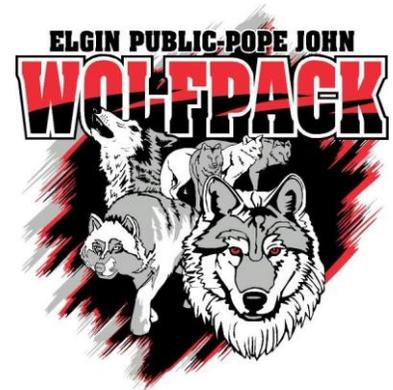
Football

Wrestling

Boys & Girls Basketball

Boys & Girls Track & Field

Boys Golf



NSAA State Championships: 3 (Elgin) and 2 (EPPJ co-op)

What's Happening at Elgin:

"Elgin High School has been competing in the high school level of the CyberPatriot competition for 5 years. CyberPatriot is the National Youth Cyber Education Program created by the Air Force Association to inspire K-12 students toward careers in cybersecurity or other science, technology, engineering, and mathematics disciplines critical to our nation's future," said Athletic Director Michael Becker.

"At the center of CyberPatriot is the National Youth Cyber Defense Competition, which puts teams of high school and middle school students in the position of newly hired IT professionals tasked with managing the network of a small company. Through a series of online competition rounds, teams are given a set of virtual operating systems and are tasked with finding and fixing cybersecurity vulnerabilities while maintaining critical services. The top teams in the nation compete in the National Finals Competition where they can earn national recognition and scholarship money."



District 4: Central Valley

Location: Greeley (grades 7-12) and Scotia (grades K-6)

K-12 Enrollment: 270

School Mascot: Cougars

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

NSAA Participation

Girls Golf

Softball

Boys & Girls Cross Country

Volleyball

Football

Play Production

Unified Bowling

Wrestling

Boys & Girls Basketball

Speech

Music

Boys & Girls Track & Field

Boys Golf



What's Happening at Central Valley:

“Our student body consists of students from four separate communities,” said Activities Director Kevin Wood. “The students have done a great job of forming Central Valley’s school spirit and identity by meshing each community’s traditions and heritages.”

“The administration and staff have done a wonderful job of encouraging students to be active in our communities. This includes volunteering during town celebrations, church festivals and other community services throughout the year.”



District 5: Cambridge

Location: Cambridge
K-12 Enrollment: 290
School Mascot: Trojans
Twitter Handle: N/A

NSAA Participation

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



NSAA State Championships: 23

What's Happening at Cambridge:

"Cambridge Public School has many special things happening within our walls. Our administration, staff, and community work endlessly to enhance education, promote activities across all areas, and afford our students a sense of safety and belonging," said Activities Director Margo Kent.

"We are a 1-to-1 district with either iPads or MacBook Pros which was a true blessing in 2020 when learning became virtual. Outside of NSAA sponsored activities, we encourage students to partake in FFA, FBLA, FCCLA, Quiz Bowl, Science Olympiad, Summer Honors Program, and Academic Decathlon. Being a small school, many of our students are involved in at least one activity and most are involved in three or more. Our small community also lends to the ability to give extra support to those students walking our halls for whom it is needed. We offer a Backpack Program, Teammates Mentoring, and implement our district wide PBIS Program to name a few. CHS students are well-rounded and encouraged to be life-long learners."



District 6: Cody-Kilgore

Location: Cody (secondary school) and Kilgore (elementary school)

PK-12 Enrollment: 164

School Mascot: Cowboys

Twitter Handle: N/A

NSAA Participation

Volleyball

Football

Play Production

Boys & Girls Basketball

Speech

Music

Boys & Girls Track & Field

NSAA State Championships: 1

What's Happening at Cody-Kilgore:

"Cody-Kilgore has a history of coming together and helping each other to accomplish tasks. We have passed this ethic on to our children. Our kids come from a very large area. Some of them travel an hour to get to school," said Athletic Director Allie O'Neill. "Something that I feel is very unique is that our parents and our students are so committed to the activities are students get to do as well as the academics. Parents drive all over the country just to be present as their students participate in activities and competitions. For most of these activities it is an entire day that is lost due to travel. However, everyone chips in and helps to make it work."

"Also, in our small town and school everyone has to wear many hats. People don't just say that's not my job, instead they roll up their sleeves and help get the job done. Another unique thing about our small school is that the teacher to student ratio is excellent and our kids are provided the opportunity to have more one-on-one teaching than a lot of kids have the opportunity to have. You can see that this makes a difference in our children. Many of our alumni are very present for games and other activities that go on at Cody-Kilgore. Our alumni are also very dedicated and supporting our school where it needs support and contributing in any way they can to help us."



Student Advisory Committee Spotlight

Garrett Hansen, Junior at McCool Junction High School



My name is Garrett Hansen. I am currently attending McCool Junction Public Schools, located just south of York, Nebraska. I am just kicking off my junior year in hopes to get back into a somewhat regular routine similar prior to COVID-19. As we are such a small school, we are combined all into one building. This insinuated so much more heartbreak when COVID came making our daily norm become extinct. I know just that short time away from each other was very devastating to not just the staff, but our younger generations as well. Whether it was being separated by a mask or household, I know our younger generation looks heavenly upon their peers. It is our notorious school quote, the “Mustang Family”, so having this opportunity of school, we are going to make the most of it. With our small school it is easy to become quickly involved not just in the school itself, but the towns as well. I have taken on the responsibilities of so many different opportunities which I am so thankful for. I am currently serving as the Student Council Vice President, FBLA Vice President, and FFA parliamentarian. Alongside the officer roles, I was or currently am participating in cross country, track & field, Hope Squad (suicide prevention group), quiz bowl, one act, speech, bowling, yearbook, and National Honor Society. Being able to give back and make a small difference is the least I could do for my Mustang Family.

I first found out about the NSAA Student Advisory Committee from my school’s activities director; therefore, the credit of me writing this blurb goes to him. He strongly encouraged me to try out for this position. I wrote the essay, received my recommendations, and waited for the results. It was just over a month later when I was pulled out of class to be informed that I was accepted in. This committee has brought me so much joy and creativity, which I cannot wait to keep using in order to make a better change for the future. Most of that change comes from the members inside of the committee. Each member of the committee was required to create a personal goal they would like to set for their school to achieve. Mine was simple, to grow the sport of bowling, not just in my school, but other surrounding areas. I am in great hopes that I keep trying to further my goal and make sure that it turns into a reality.



Members of the NSAA Student Advisory Committee met on August 4th at the NSAA office to plan for the upcoming 2021-2022 school year.

NSATA Training Table



Brooke Hughes, ATC, NSATA Public Relations Committee Chair

2021 Nebraska State Athletic Trainers Association Safety in Football Campaign

Fall Sports are in full swing and across the state of Nebraska, athletic trainers are providing their clinical skills and expertise each and every day to improve the health and safety of their athletes. According to a study conducted by the American Academy of Pediatrics, the presence of athletic trainers in the secondary school lowers overall injury rates, improves diagnosis and return-to-play decisions, and reduces the risk for recurrent injuries. The placement of athletic trainers in every secondary school that offers an athletic program is recommended by both the American Academy of Family Physicians and the American Medical Society for Sports Medicine. In other words, *Safety in Athletics begins with having an Athletic Trainer.*

Each year we seem to hear more and more about injuries in the sport of football. Concerns about concussions, head and neck injuries, and rare fatalities have brought nationwide attention to the safety of the sport. The annual Nebraska State Athletic Trainers Association Safety in Football Campaign ran from August 23rd through September 10th this year. During these weeks, high schools and colleges/universities across the state participated in this campaign by donning a small helmet sticker on the back of each player's helmets. The sticker represents the cumulative efforts of these schools and the Nebraska State Athletic Trainers' Association towards improving the overall safety of all sports in Nebraska.

Each year coaching staffs across the state spend numerous hours coaching, teaching, and mentoring football athletes on skill development, technique, and safety in the game of football. Unfortunately, these efforts in themselves are not sufficient to mitigate the inherent risks of the sport. This is why athletic trainers are such vital components of safe and successful football teams.

“Athletic trainers are highly qualified, multi-skilled health care professionals who collaborate with physicians to provide preventative services, emergency care, clinical diagnosis, therapeutic intervention and rehabilitation of injuries and medical conditions.” – National Athletic Trainers' Association

The screenshot shows the NSATA website header with the logo and social media icons (Facebook, Twitter, LinkedIn, Instagram). Below the header is a navigation menu with the following items: About Us, Education Conference, Public, AT Students, Athletic Trainers, Links, and Contact. The main content area features a photograph of football players in blue uniforms on a field at night. Overlaid on the image is the text: "2021 Safety in Football Sticker Campaign" followed by a thank-you message: "Thank you for joining us in this campaign effort! All across the state of Nebraska, athletic trainers are providing their clinical skill and expertise each and every day to improve the overall health and safety of their athletes. According to..." and a "Read More" button. Navigation arrows are visible in the bottom right corner of the image area.

Have you followed the NSAA social media channels?

The 2021-2022 school year is off and rolling! Be sure to follow all of the NSAA social media channels to stay updated on the latest NSAA happenings.



The graphic features the NSAA logo at the top left, which consists of a red outline of the state of Nebraska with the letters 'NSAA' in blue and yellow inside. Below the logo, the text 'Let's Get Social!' is written in large, white, bold letters on a dark grey background. To the right of this text is a dark grey panel containing social media icons and handles: Facebook (@nsaahome), YouTube (Nebraska School Activities Association), Twitter (NSAA @nsaahome, NSAA Events @nsaahome, NSAA @nsaahome), and Instagram (NSAA @nsaahome). At the bottom of the panel is the NSAA logo and the website URL <https://nsaahome.org/>.

Update Your School Membership Directory

The NSAA utilizes your School Directory to send communication to the administration and coaches listed. Please make sure that this information is correct and updated **at all times**. To do so, login to your AD login page and under OTHER FORMS select your school's School Directory Page, 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](#)
- [2021 NSAA School Directory \(Printable Version\)](#)
- [Lincoln Southeast School Directory Page](#)
- [Viewable Online School Directory](#)
- [Schools' Emergency Contact Number Report](#)
- [State Participation Certificates](#)
- [Believers & Achievers Nomination Form](#)
- [Nebraska State Colleges Multi-Activity Student Award](#)
- [Student Advisory Committee Application](#)



Update Your School Eligibility List

The NSAA utilizes your school eligibility list not only for awards programs but for participation numbers as well. Please make sure that this information is correct and updated **at all times**. To do so, login to your AD login page and select Eligibility.

[-] ELIGIBILITY:

- Manage your Eligibility Lists:

[Eligibility List Advanced Search](#)

-OR-

[Eligibility List Workaround](#)

-OR-

Select an Activity or "All Activities" and click "Go"

All Activities

Required Courses for ALL Coaches & Activities Sponsors

All coaches and activities sponsors are required to take 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.

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.

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.

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.

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.

Coach & Sponsor Certification

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.

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**.

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

Baden CELEBRATES

This year marks the 50th Anniversary of Title IX. To celebrate, Baden Sports would love to recognize softball **Coach Todd Petersen** of Papillion-La Vista High School and volleyball **Coach Kari Jo Alfs** of Bruning-Davenport-Shickley High School for their many years of service. Baden celebrates coaches like Coach Petersen and Coach Alfs who are committed to female athletics, committed to excellence, and dedicated to making their community a better place. Coach Petersen will receive a custom Baden Softball and Coach Alfs will receive a custom Baden Volleyball recognizing their achievements. Baden is proud to be the Official Ball of NSAA Activities, to learn more visit badensports.com.



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