



# NSAA News

December 2021



 YouTube

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## Executive Director's Notebook

*Jay Bellar, NSAA Executive Director*



*"Together Everyone Achieves More."*

*"Teamwork makes the dream work."*

We've all heard these quotes on teamwork. You might even call them clichés, but clichés are clichés for a reason—because they are based on more than a modicum of truth. In our classrooms, athletics, and activities, teamwork is a common, maybe even overused theme. Learning to be a good teammate, working toward a common goal, and giving all for the good of the whole has helped many organizations experience success.

Teamwork wins championships—but learning the virtue of teamwork does not stop when the lights go out after the last high school competition. Learning the value of teamwork is a lifelong pursuit that benefits communities, businesses, and life in general.

We preach the concept of teamwork to our students all the time because we know when people work together, good things happen. Essential to the development of successful projects and programs, teamwork propels "teams" forward whether the team is athletes, speech competitors or businesspeople. When teamwork is absent, groups flounder and may even fail. Individually, people feel unappreciated, disconnected, and easily discouraged.

The creating of a strong team does not mean the loss of individuality or diversity. In fact, the best teams come from various upbringings, skill levels, and experiences. When teamwork is a main focus, the differences can strengthen the community as members help and encourage growth while sharing ideas, viewpoints, and goals. As individuals work together in deference and mutual respect, the individual is not weakened; rather the team is strengthened.

*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

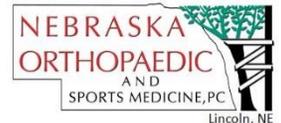
Executive Director's Notebook from page 1

Important life skills are first and often best learned in a team environment. Successful teams frequently possess clear objectives, good communication, and accountability. Teamwork begins with focused goals. Members devise a plan of action and communicate with each other throughout the process. Teams depend on each other and understand that what they do not only affects themselves, but everyone involved.

Perhaps, the biggest benefit of being part of a team is the enjoyment. Working with others, sharing experiences, successes, and even failures boost one's confidence and provides a sense of belonging. Being part of a team means being pushed, encouraged, and supported while creating lifelong friendships, memories, and communities.

No man is an island. Humans need each other. Good teamwork reverberates beyond the individual teams. In Nebraska, our parents and coaches team up to provide support for our student teams, while our member schools join together to work with the parents and coaches. And finally, our team at the NSAA office is here to support and do whatever possible to work with our member schools. Please reach out if we can help in any way. Cliché or not, it really does take a village—how lucky that the teamwork in our village is so strong.

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



## The NFHS Voice: Celebrating 50<sup>th</sup> State Girls Tournaments, Growth of Girls Wrestling



*Dr. Karissa Niehoff, NFHS Executive Director*

In this month when we customarily express our thankfulness for the blessings of life, there is much in the world of high school sports and performing arts for which we are thankful as the 2021-22 series of state championships commence.

First, the almost eight million participants in high school sports – and a similar number of students in performing arts programs – will be able to start and finish state championships in a normal timeframe for the first time since the 2019 fall tournaments concluded almost two years ago.

The pandemic brought 2020 winter championships to a halt, caused the cancellation of 2020 spring championships and created chaos throughout the 2020-21 school year. Although some mitigations such as mask mandates remain in some areas, it appears a full cycle of state championships are on schedule for the first time since 2018-19.

Second, several girls state championships will have an even higher level of significance as they are conducted for the 50th time, having started shortly after the passage of Title IX in June 1972.

The Indiana High School Athletic Association and the Nebraska School Activities Association will be hosting their 50th state championship in girls volleyball this weekend, and others such as the Alabama High School Athletic Association and the Kansas State High School Activities Association celebrated that milestone last year.

After the landmark Title IX legislation was signed into law by President Richard Nixon on June 23, 1972, girls participation in high school sports skyrocketed, and state high school associations began to offer new championships for girls at a furious rate.

In 1972, there were more states hosting girls championships in tennis (27) than any other sport, followed by swimming (17), basketball (16), gymnastics (15), volleyball (14) and golf (14), with only three states offering track and field. A mere two years later, track and field was No. 1 with 43 state championships, followed by tennis (42), basketball (31), gymnastics (30), volleyball (25) and golf (25).

By 1985, all states plus the District of Columbia were offering girls basketball and track and field championships, followed by tennis (49), cross country (49) and volleyball (46); softball (38) and soccer (21) had started to make an impact across the country as well.

Soccer, in fact, has had the most remarkable growth. In 1971, only 700 girls were playing high school soccer. Twenty-five years later, that number had climbed to almost 210,000; and as the 50th anniversary of Title IX approaches, there are now almost 400,000 girls playing high school soccer, and the sport ranks fourth in popularity among girls high school sports – all because of that opportunity in 1972.

While there was not an immediate impact, the passage of Title IX also opened the doors for girls to participate in a couple of traditional boys sports – football and wrestling.

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

# December U.S. Bank® Believers & Achievers



**Paiton Nash**  
Deshler



**Carter Waters**  
Fremont



**Jordan Plumbtree**  
Fullerton



**Brooklyn Kolbet**  
Grand Island Central  
Catholic



**Charles Sams**  
Gretna



**Pauline Jonglertham**  
Hastings



**Delaney Ham**  
Holdrege



**Mackenzie Krull**  
Kearney



**Kanyon Held**  
Leigh



**Helena Occansey**  
Lincoln Pius X



**Daniel Hermanson**  
Loomis



**Samantha Chavira-Prieto**  
Lyons-Decatur Northeast

## 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, [mhuber@nsaahome.org](mailto: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 State Championship Tickets

The NSAA will continue using online tickets for entry into all Fall Championships. Tickets must be purchased through GoFan, [by clicking here](#), and must be on your mobile device, either through the app or your email for redemption – NO PRINTED TICKETS ALLOWED & NO SCREENSHOTS. New this year, the NSAA will offer a Box Office feature for those individuals without a mobile device. Tickets can be purchased through the Box Office feature using a credit/debit card – NO CASH – at the designated location. Specific details regarding locations and ticket information will be released as each Championship nears. For questions regarding tickets, please contact NSAA Business Manager, Megan Huber at [mhuber@nsaahome.org](mailto:mhuber@nsaahome.org).

## 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](#)

## November NSAA Board of Directors Meeting Minutes

The November NSAA Board of Directors meeting was held at the NSAA office in Lincoln on Thursday, November 4<sup>th</sup>, 2021. The meeting minutes can be found on the NSAA website [here](#).

## Speech Online Rules Meeting Schedule

### Speech

October 1, 2021 - December 29, 2021

December 30, 2021 - January 5, 2022

January 6, 2022 - January 7, 2022

No Charge to Judges & Head Coaches

Basic \$25.00 Fee - Judges & Head Coaches

Late/Penalty \$50.00 Fee - Judges & Head Coaches

## 2020-2021 NFHS NSAA State Coaches of the Year

Congratulations to the coaches below who have been named the 2020-2021 NFHS NSAA State Coaches of the Year! These coaches will be honored during halftime of the Class A Girls State Basketball Championship final on Friday, March 11<sup>th</sup> at Pinnacle Bank Arena in Lincoln.

**Chris Ardissono & Mark Rotter**, BDS – Football  
**Tim Cannon**, Millard North – Boys Basketball  
**BJ Christiansen**, Omaha Marian – Girls Swimming & Diving  
**Keith Cunnings**, Fremont – Boys Bowling  
**Nolan DeWispelare**, Lincoln Pius X – Girls Tennis  
**Brock Ehler**, Scottsbluff – Girls Golf  
**Darin Garfield**, Central City – Wrestling  
**Greg Geary**, Millard South – Baseball  
**Troy Hauxwell**, Chase County – Girls Track & Field  
**Digger Hawkins**, Gretna – Girls Soccer  
**Kurt Holliday**, Seward – Girls Cross Country  
**Josh Johnson**, Wayne – Girls Bowling  
**Michele Kontor**, Milford – Boys Cross Country  
**Ron Mimick**, Aquinas Catholic – Boys Track & Field  
**Ross Mueller**, Lincoln Southwest – Boys Swimming & Diving  
**Dan Nelson**, North Bend Central – Unified Sports, Bowling  
**Chase Petersen**, Mount Michael Benedictine – Boys Tennis  
**Todd Petersen**, Papillion-La Vista – Softball  
**Ann Prince**, Elkhorn North – Girls Basketball  
**Renee Saunders**, Omaha Skutt Catholic – Volleyball  
**Pat Sullivan**, Bishop Neumann – Boys Golf  
**Justin Zabawa**, Omaha Skutt Catholic – Boys Soccer

## December Moratorium

The December Moratorium is December 22<sup>nd</sup>-26<sup>th</sup>. Other important NSAA dates, including future December Moratorium dates, can be found on the [NSAA Calendar](#).

## Fall 2021 NSAA Cup Standings

NSAA Cup Standings have been updated through State Volleyball and are available on the [NSAA website](#).

### Class A

[All-School](#) | [Girls](#) | [Boys](#) | [Points Breakdown](#)

### Class B

[All-School](#) | [Girls](#) | [Boys](#) | [Points Breakdown](#)

### Class C

[All-School](#) | [Girls](#) | [Boys](#) | [Points Breakdown](#)

### Class D

[All-School](#) | [Girls](#) | [Boys](#) | [Points Breakdown](#)

## Lincoln Public Schools Music Supervisor Receives Nebraska's 2021-2022 Music Educator Award



Dr. Lance Nielsen of Lincoln Public Schools has been named Nebraska's National Federation of State High School Association's (NFHS) 2021-22 Outstanding Music Educator of the Year.

Dr. Nielsen was nominated for the NFHS award by the Nebraska School Activities Association (NSAA) in collaboration with the Nebraska Music Educators Association (NMEA). Nominations are based upon outstanding service and unselfish devotion to interscholastic music by high school or college music educators. The NFHS Outstanding Music Educator Award was first given in 1989.

Nielsen obtained his Educational Administration Certificate and Doctor of Philosophy in Music from the University of Nebraska-Lincoln. Nielsen's career began in Kimball Public Schools in 1991 teaching 5-12 instrumental music. His career path includes stops at the Norris School District, Lincoln East High School and Doane College. In 2014 he became the Music Supervisor for Lincoln Public Schools where he oversees the district preK-12 music programs.

Dr. Nielsen has greatly contributed to music education in Nebraska, nationally and abroad. In addition to anchoring award-winning music programs within his district, Nielsen continues to impact music education as a clinician, speaker, and author. Nielsen is praised for his innovative and servant leadership that drew high remarks during the past year in working through the pandemic.

Nielsen was honored with the award at the Nebraska Music Educators Association annual awards banquet held on November 18<sup>th</sup>.

### Nebraska's NFHS Music Educator Award Winners since 2002

- 2002 - Bryan Johnson, Oakland-Craig High School
- 2003 - Dean Dahlke, Bertrand High School
- 2004 - Gene Torrens, Elkhorn High School
- 2005 - Dr. Michelle Bluford, Elkhorn High School
- 2006 - Fred Ritter, Columbus High School
- 2007 - Sharon Hoffman, Bayard Public Schools
- 2008 - Byron Braasch, Lewis & Clark Middle School
- 2009 - Stan Johnson, Shickley Public Schools
- 2010 - Dave Klein, Kearney Public Schools
- 2011 - Cheri Helmer-Riensche, Papillion-La Vista South High School
- 2012 - William Reichert, Broken Bow High School
- 2013 - Cheri Helmer-Riensche, Regional Winner, Papillion-La Vista South
- 2013 - Rita Stinner, Western Nebraska Community College
- 2014 - Rex Barker, Millard South High School
- 2015 - Patricia Ritchie, Millard West High School
- 2016 - Denise Cotton, Lincoln Southwest High School
- 2017 - Tom Jaworski, Regional Winner, Adams Central High School
- 2018 - Debbie Martinez, Millard North High School
- 2019 - Brad Ronne, Scottsbluff High School
- 2020 - Del Whitman, Lincoln East High School
- 2021 - Dr. Lance Nielsen, Lincoln Public Schools

## 2021-2022 NSAA District Meetings

### District 1

Wednesday, January 12<sup>th</sup> – 10:00 a.m. – NSAA Office

### District 2

Wednesday, January 12<sup>th</sup> – 10:00 a.m. – Boys Town

### District 3

Wednesday, January 12<sup>th</sup> – Noon – Northeast Community College Lifelong Learning Center

### District 4

Wednesday, January 5<sup>th</sup> – 1:00 p.m. – Kearney High School

### District 5

Wednesday, January 12<sup>th</sup> – 1:00 p.m. CT – The Tassel, Holdrege

### District 6

Wednesday, January 5<sup>th</sup> – 9:00 a.m. MT – Alliance Public Library

# RESPECT THE REF



**Cheer loud and proud  
for your team but  
please be respectful  
and let the officials do  
their job.**

Using #NSAARespectTheRef, tweet  
@nsaahome how your school is  
respecting the referees.

Interested in becoming an NSAA official? Head  
over to [nsaahome.org](http://nsaahome.org) for more information.

## NSAA Membership Spotlight

### District 1: Lincoln Pius X

**Location:** Lincoln

**9-12 Enrollment:** 1,091

**School Mascot:** Thunderbolts

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

#### NSAA Participation

Girls Golf

Softball

Boys Tennis

Boys & Girls Cross Country

Volleyball

Football

Play Production

Wrestling

Boys & Girls Swimming & Diving

Boys & Girls Basketball

Journalism

Boys & Girls Soccer

Baseball

Girls Tennis

Boys & Girls Track & Field

Boys Golf



**NSAA State Championships:** 83

#### What's Happening at Lincoln Pius X:

"In recent years, Pius X started a student organization called Ambassadors. This has become one of our most successful groups as it is our most inclusive organization in our school," said Athletic Director Greg Lesiak. "Anyone can be a member. Students receive multiple trainings by adults in and out of the building in how to work with students at Pius who may be struggling, may be new to the school, or may not feel a sense of belonging. Goals of the group include identifying and helping students who are bullied or hurt by others, helping new students integrate into our school, identifying and helping students who may not feel connected to the school, and helping students appreciate and celebrate diversity and cultural differences. This group is led by our counseling department and its director, Shelly Pick, and since its inception, has truly been seen by students, parents, and staff as one of the strongest connectors for our students. We also feel that it has allowed our relationships with other schools to strengthen, as it has taught our students awareness of all those around them."



## District 2: Cedar Bluffs

**Location:** Cedar Bluffs

**K-12 Enrollment:** 436

**School Mascot:** Wildcats

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

### NSAA Participation

Girls Golf

Boys & Girls Cross Country

Volleyball

Football

Play Production

Boys & Girls Wrestling

Boys & Girls Basketball

Speech

Journalism

Music

Boys & Girls Track & Field

Boys Golf



### NSAA State Championships: 2

#### What's Happening at Cedar Bluffs:

"At Cedar Bluffs we emphasize a Kids First environment. For a smaller school we have many opportunities for families and children in our school and in our community," said Athletic Director Tom Brinkman. "We offer a number of different youth sports and activities free of charge to local families hoping to increase participation in high school sports. Our coaches focus on developing the student-athlete as a whole. In the classroom, we are a 1 to 1 school that implements technology and innovation into our everyday curriculum. We make it our focus to provide everything students need for a positive learning environment."



### District 3: Emerson-Hubbard

**Location:** Emerson  
**K-12 Enrollment:** 227  
**School Mascot:** Wolfpack  
**Twitter Handle:** [@EH\\_Pirates](https://twitter.com/EH_Pirates)

#### NSAA Participation

Football  
 Play Production  
 Speech  
 Music

#### Co-op with Allen (Tri County Northeast)

Volleyball  
 Wrestling  
 Boys & Girls Basketball  
 Boys & Girls Track & Field  
 Boys Golf

#### Co-op with Pender, Bancroft-Rosalie, and Lyons-Decatur Northeast (Thurston-Cuming County)

Baseball

#### NSAA State Championships: 2

#### What's Happening at Emerson-Hubbard:

"Emerson-Hubbard JH/SR High School has currently started an activities coop with Allen Consolidated Schools last year," said Athletic Director Doug Mackling. "This was the last year for football on our own and we will be joining them next season in football. We have seen a decline in participation numbers and overall numbers in our school district, so the merger was the right decision and has turned out to be an exciting time for our two schools."



**District 4: Cozad****Location:** Cozad**K-12 Enrollment:** 869**School Mascot:** Haymakers**Twitter Handle:** [@CozadSchools](https://twitter.com/CozadSchools)**NSAA Participation**

Girls Golf

Softball

Boys &amp; Girls Cross Country

Volleyball

Football

Play Production

Wrestling

Boys &amp; Girls Basketball

Speech

Music

Boys &amp; Girls Track &amp; Field

Boys Golf

**NSAA State Championships:** 24**What's Happening at Cozad:**

"Cozad Maker Fair is an original, successful school program started seven years ago. The two-day program is offered between winter and spring sports, and courses can vary from half-day to two full-day offerings. Over the course of these days, students are given the opportunity to take classes in over 60 areas that are outside of the regular curriculum," said Assistant Principal/Activities Director Jeremy Yilk. "A wide gamut of topics are included. Ideally, they are designed to peak the interests of students in fields that include possible career options, hobbies, health and wellness theories, as well as giving teachers the ability to share some of their talents with students. We have generous community members that volunteer their time, supplies, and facilities for the courses as well."



## District 5: Medicine Valley

**Location:** Curtis

**K-12 Enrollment:** 198

**School Mascot:** Raiders

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

### NSAA Participation

Boys & Girls Cross Country

Volleyball

Football

Wrestling

Swimming & Diving (co-op with McCook)

Boys & Girls Basketball

Speech

Music

Boys & Girls Track & Field

Boys Golf



### What's Happening at Medicine Valley:

"Through the NSAA Student Advisory committee and with the help of a former Student Advisor and our attendance at the NCA Sportsmanship Summit, we created our own Medicine Valley 'Student Ambassador' group," said Athletic Director Shawna Guthrie-Johnsen.

"Student Ambassadors are selected based on their leadership skills in the classroom and activities. Ambassadors are responsible for a multitude of tasks which include reading daily announcements, leading the pledge of allegiance, creating graphics and posting to the school social media accounts, welcoming visitors to our school, reading the sportsmanship readings before games, thanking the officials that com to officiate our sports, hang up the MV flags on the street for home games and have created a kindness program that recognizes other students for doing acts of kindness."



## District 6: Potter-Dix

**Location:** Potter and Dix

**K-12 Enrollment:** 160

**School Mascot:** Coyotes

**Twitter Handle:** [@pd\\_schools](https://twitter.com/pd_schools)

### NSAA Participation

Volleyball

Football

Play Production

Boys & Girls Basketball

Speech

Music

Boys & Girls Track & Field

Boys Golf



**NSAA State Championships:** 19

### What's Happening at Potter-Dix:

"During the 2021-22 school year, Potter-Dix Schools is focusing academically on the On To College/John Baylor program. Our goal is to get our students to think about life after high school and the options that are out there," said Activities Director Cory Michelman. "These include trade schools, 2-year college programs, 4-year programs, and military options. Monthly guest speakers from our communities and the surrounding areas share their educational stories with our students and answer questions about jobs, careers and entrepreneurship."

"Potter-Dix also prides itself in student participation in activities. Currently, 36 out of our 51 students in grades 9-12 are involved in more than one NSAA sponsored activity. This student involvement bolsters pride in our school and community and leads to a family atmosphere that small schools provide. The overlap in participation between academics, athletics and activities allows students to support each other and keep the entire school moving in a positive direction."



## Student Advisory Committee Spotlight

*Lauryn Scott, Junior at Adams Central High School*



My name is Lauryn Scott, and I am currently a junior at Adams Central Jr/Sr High School in Hastings. I remember being asked by my athletic director last year if I was interested in applying for the NSAA Student Advisory Committee and I had never heard of this group before, but I am so glad I applied and was selected.

That being said, I think that more students should know about the Student Advisory Committee. When I was selected, I was asked by many other students what this committee was. At first, I didn't really know what to say because, while I had a good idea, I didn't quite know everything. Being a part of this group has been a great opportunity for me to step up as a leader and represent my school. I have enjoyed coming to all the meetings, meeting students from other schools who also strive to be leaders in their schools and being a part of something bigger than myself and my high school. My favorite part about being in this group is coming together and hearing all the different perspectives. I never thought much about how other schools may do things differently. I also love being able to share the things I love most about my school with other students and hearing what they love most about their schools.

I am incredibly thankful for the opportunity to be on this committee. It has brought me out of my comfort zone, and I have grown as a leader because of it. I would encourage any student who is a leader or wants to be a leader in their school to apply.

## 2021 Fall Championship Results

Click the links to view the results of the completed Fall Championships listed below.

[GIRLS GOLF](#)  
[SOFTBALL](#)  
[BOYS TENNIS](#)  
[CROSS COUNTRY](#)  
[VOLLEYBALL](#)  
[FOOTBALL](#)



# NSATA Training Table



*Josh Salinas*

## Understanding An Athletes Nutrition

While getting bigger, faster, and stronger is the goal of all strength and conditioning programs, these results cannot be achieved without fueling the body utilizing proper nutrition practices. Popular diets like keto or Paleo often provide quick results but are challenging to maintain as they do not meet the nutritional needs of a growing athlete. Dietary supplementation has also become commonplace in high school athletics. Similar to dieting, supplementation can provide some athletes with quick results. However, due to the limited regulation that occurs in the supplement industry, athletes that utilize supplements are putting their health and eligibility at risk.

When trying to put together meals for a growing athlete, caloric balance has to be considered. If an athlete is trying to gain weight, the amount of calories that they take in must exceed the amount that they use during their daily sport activities. If an athlete is trying to lose weight, the amount of calories that they take in must be less than the amount they use during their daily sport activities. If maintaining their current weight is the goal, then calories consumed need to match the calories used. Utilizing a meal tracking app could prove to be very helpful to estimating how many calories an athlete eats each day.

In terms of what kinds of foods should be part of an athlete's diet, a parent or coach could look to the current dietary guidelines. Fruits and vegetables should make up a large portion of each meal, with an emphasis on variety in both color and type. For protein, athletes should try and consume a variety of lean types of meat. This includes lean beef, chicken, fish, and turkey among others. Fats and sugars can be consumed within a reasonable amount, with an emphasis on healthy sources of fat.

When planning for a game day or an intense day of training, meal composition and timing can play a big role in an athlete's ability to perform and recover. Pre-game meals should ideally be eaten three to four hours before the start of a game or training session. The pregame meal should contain plenty of carbohydrates to provide energy, as well as a moderate amount of protein. Another small carbohydrate-rich snack should also be consumed about one hour before the game or training session. Immediately following the game, replace lost fluids from sweating with a mixture of electrolyte-based sports drinks and water. Post-game meals should be made up of good amounts of carbohydrates and protein to promote energy restoration and muscle repair. Ideally, no more than one to two hours should pass before eating a post-game meal.

There are many areas of nutrition to consider for athletes. Understanding what the athlete's goals are and then utilizing resources is key. Between athletic trainers, dietary guidelines and food tracking apps, achieving nutritional goals can be easily accomplished.

## Have you followed the NSAA social media channels?

The 2021 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.

## 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](mailto: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](mailto: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**.

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

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