



NSAA News

February 2021



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Executive Director's Notebook

Jay Bellar, NSAA Executive Director



A month ago, we rang in the new year—a time that historically allows one to pause. A time to reflect. A time to make resolutions. A time to hope. A time to succeed, to do better, to be better. The turn of the calendar gifts us with a blank slate, the year lies ahead of us, pristine and full of possibilities.

Regardless of how you have done with your resolutions thus far, I want, with this writing, to afford school administrators, coaches, students, parents, and fans the opportunity to rededicate ourselves to things in which we truly believe. What do we want this new year to be, what improvements do we want to see in ourselves, our staff, our schools?

With the winter season winding down and championship season preparing to begin, let's resolve to make it a positive and uplifting experience for everyone involved. The past year taught us many lessons, but perhaps one of the biggest was just how quickly normal and routine could change. We learned to take nothing for granted. By dedicating ourselves to model one or more of the following resolutions, perhaps we can pay homage to some of what was lost to last year's malaise.

I resolve to appreciate the opportunity to practice and participate in my chosen activities and I openly embrace the good and the bad; the highs and the lows; the wins and the losses.

I resolve to encourage and support students participating in activities by cheering for them rather than against their opponents.

I resolve to model good sportsmanship. I will respect the officials who are human beings, doing their best and giving of their time so we can compete safely and fairly.

Executive Director's Notebook continued on page 3



NSAA Board of Directors & NSAA Staff



Kathi Wieskamp
District I
Lincoln Public
Schools



Dana Wiseman
District I
Sutton



Thomas Lee
District II
Omaha Northwest



Dr. Bob Reznicek
District II
Boys Town



Dr. Jon Cerny
District III
Bancroft-Rosalie



Dan Keyser
District IV
Sutherland



Robert Drews
District V
Holdrege



Dr. Troy Unzicker
District VI
Alliance



Jay Bellar
Executive Director



Jennifer Schwartz
Associate Director



Ron Higdon
Assistant Director



Jon Dolliver
Assistant Director



Nate Neuhaus
Assistant Director



Dan Masters
Assistant Director



Jeff Stauss
Assistant Director



Ashton Honor
Marketing
Specialist



Megan Huber
Business Manager



Cindy Callaway
Office Manager



Alicia McCoy
Administrative
Assistant



Rick Colgan
Software
Developer



Executive Director's Notebook from page 1

I resolve to take the time to notice and thank the community of people that willingly share their lives and talents to make it possible to play the game, to wrestle, to swim, to speak, to compete.

I resolve to follow the guidelines set in place to keep our students, coaches, officials, and fans safe. I acknowledge these guidelines are set for this reason and enable us to compete, finish seasons, and experience championship tournaments.

Working together we can inspire and promote a positive completion to the winter season. What resolutions would you add to ensure the blank slate that is 2021 is filled with optimistic and enriching experiences?

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

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



The NFHS Voice: High School Student-Athletes Must Be Protected From “Name, Image, Likeness” Issues



Dr. Karissa Niehoff, NFHS Executive Director

Since the COVID-19 pandemic shut down high school sports and performing arts last March, we have been looking forward to that day when normalcy returns. While there are challenging days ahead, the turning of the calendar to 2021 and the approval of vaccines provide the first ray of sunshine in 10 months.

Although it may be summer or fall before anything resembling nationwide normalcy occurs, we believe there will be a day when education-based activities programs return to their previous form.

There is a troublesome issue on the horizon, however, that if not addressed appropriately could have a longer-term negative impact on education-based interscholastic sports and performing arts than the terrible, but more temporary, impact of any novel coronavirus.

While the governance process is still uncertain, it seems possible that at some point in 2021, in some form or another, college athletes could be earning money from their “Name, Image and Likeness” (NIL) through endorsement deals, sponsorships and other opportunities.

At its convention later this month, the NCAA is scheduled to vote on a proposal that would allow college athletes to accept endorsement money starting this summer. Several states have already passed laws allowing NIL benefits without specific definition as to how this might happen – the first of which is due to take effect this summer and would be less restrictive than what the NCAA is proposing.

In addition, there are at least four proposals in Congress to overhaul college sports, the latest of which – the College Athlete Bill of Rights – could force some schools to share revenue with athletes and create a Commission on College Athletics.

Finally, last month, the Supreme Court of the United States agreed to hear the Alston case, which addresses the levels of caps on compensation the NCAA can impose on college football and basketball players. Gabe Feldman, director of the sports law program at Tulane University, said the Supreme Court’s decision could “. . . open the door to significant competition between schools for athletes’ services and ultimately allow schools to pay anything they want to try to attract the athlete. Or it could completely shut down that competition.”

What is missing in all of these proposals? The potential effect on high school students in interscholastic education-based sports through completion of their senior years and preservation of the most sacred and fundamental aspect of high school sports in the United States – the concept of amateurism!

At the high school level, athletes cannot benefit from wearing their high school jersey. They cannot earn money based on their identity as a high school student-athlete, and this must be protected!

The NFHS and its state associations are committed to protecting high school student-athletes from being influenced by any misinformation about what they are allowed to do with NIL relative to their identity as a high school student-athlete.

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



February U.S. Bank® Believers & Achievers



Kolby Johnson
Madison



Abby Houk
Milford



David Braun
Millard South



Rylan Aguallo
Mitchell



Annika Harthoorn
Norfolk



Joseph Heirigs
North Platte St. Patrick's



Adi Pillai
Omaha Brownell Talbot



Theodosia Mba
Omaha Gross Catholic



Eva Watson
Omaha Marian



Anou Akot
Omaha Mercy



Brett Thorell
Omaha Westside



Christopher Jennigs
O'Neill



UPDATED 2021 Girls & Boys State Basketball Schedule

At the January NSAA Board of Directors meeting, the Board of Directors voted to move the 2021 NSAA Girls and Boys State Basketball Championships from a three-day format to a five-day format. The updated schedule is available on the NSAA website [here](#).

January NSAA Board of Directors Meeting Notes

The January NSAA Board of Directors meeting was held at the NSAA office in Lincoln on Thursday, January 21st, 2021. The meeting minutes can be found on the NSAA website [here](#).

UPDATED 2021 State Swimming Schedule

At the January NSAA Board of Directors meeting, the Board of Directors voted to approve a modified three-day schedule for the NSAA Swimming & Diving Championships. The updated schedule is available on the NSAA website [here](#).

NSAA Journalism Reminders

The deadline to submit preliminary entries is March 1st. The NSAA Journalism Championships will be held in Norfolk at Northeast Community College on Monday, April 26th. The 2021 Journalism classifications can be viewed on the NSAA website [here](#).

NSAA Board of Director Elections

Ryan Ruhl, Superintendent at Centura, is the alternate for District 4 and will be fulfilling the remainder of Dan Keyser's term beginning the 2021-2022 school year. District 3 Board of Director Dr. Jon Cerny and District 6 Board of Director Dr. Troy Unzicker were re-elected to retain their seats for another four-year term.

IMPORTANT LINKS

[2020-21 NSAA Constitution & Bylaws](#)

[2020-21 NSAA Media Manual](#)

[2020-21 NCPA Academic All-State Information](#)

[NSAA Catastrophic Insurance](#)

[NSAA Sanctioned Events](#)

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

[Become an NSAA Official!](#)

[Coaching Steps to Certification](#)

[NSAA Important Dates & Deadlines](#)

[NSAA Cup Information](#)

[NSAA Publications Order Form](#)



Dr. Jon Cerny
District III
Bancroft-Rosalie



Ryan Ruhl
District IV
Centura



Dr. Troy Unzicker
District VI
Alliance



2021 State Wrestling Information

The NSAA State Wrestling Championships are February 17th-20th at the CHI Health Center in Omaha. Please make sure that your coaches, student-athletes, and fans are aware of the items below prior to attending the Championships.

- **Digital Tickets** – All tickets for the NSAA State Wrestling Championships will be sold and received digitally. To limit potential touchpoints, physical tickets are no longer available.

Tickets will be sent to a purchaser via email. For entry, a guest may either access tickets directly from their email inbox or by utilizing the Ticketmaster smart phone app. CHI Health Center Omaha staff members can scan the QR code directly from a visitor's smart device. Guests will keep their phone(s) in their own possession at all times.

- **Cash Free Facility** – In an effort to further reduce shared touchpoints, MECA is transitioning to a cash-free environment. Please come prepared to pay with a card or mobile device.

For our guest's convenience, there are now four Cash 2 Card machines at CHI Health Center Omaha. On the arena side: there is one near guest services and another near the Lexus Club on the main concourse. On the convention center side: there is one in the grand hallway and another upstairs near the sky walk.

There are no fees to use these machines and any balance left on the card maybe used any place that accepts Visa.

- **Face Coverings Required** – Per mandate from the City of Omaha, face masks must be worn by all event staff, spectators, and non-competing athletes while inside CHI Health Center Omaha.

People who arrive without a face mask maybe supplied one by MECA. Refusal to wear a face mask will result in a denial of building entry.

Face masks must be worn when spectators are talking or cheering and must remain in place when a visitor is not actively eating or drinking. CHI Health Center Omaha event will be roaming on site to answer questions and issue reminders.

- **Clear Bag Policy** – Bags permitted into CHI Health Center Omaha must be clear plastic, vinyl or PVC measuring no larger than 12x12x6 or a one-gallon clear freezer bag maybe used. Small, opaque clutch-sized bags measuring 4.5x6.5 will also be allowed inside the arena after a proper security inspection.

Oversized bags or purses are not permitted and must be returned to a vehicle or discarded before entry. Exceptions will be made for bags of medical necessity.

- **Camera Policy** – Cameras are permitted into the CHI Health Center Omaha for the NSAA State Wrestling Championships. However, their use may not impede the view of other guests or block aisles. Spectator camera bags must adhere to the clear bag policy.



Fall 2020 NCPA Academic All-State Awards



Each year the Nebraska School Activities Association 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.

The NSAA and the NCPA are proud to recognize all of the 2,588 award winners of the 2020 Fall NCPA Academic All-State Award.

This brings the total number of NCPA Academic All-State Award winners to over 81,000 spanning the 15 years of this awards program.

The complete list of the 2020 fall recipients may be viewed [here](#)!

For more information on the requirements for the NCPA Academic All-State Program, [click here](#).

NSAA Sports Medicine Advisory Committee Spotlight – Danielle Kleber



Danielle Kleber, ATC, is currently the Vice-President of Operations at Athletes' Training Center where she oversees operations and marketing in the delivery of physical therapy, adult fitness, and sports performance training services. She has been with the company since it opened in 2009.

Prior to that she served as Head Athletic Trainer at Lincoln Northeast High School for eight years. Danielle graduated from the University of Nebraska Kearney with a Bachelor's degree in Fitness & Leisure Management with emphasis in Athletic Training. She went on to complete her master's coursework at the University of Nebraska at Omaha where her professional experience started as a Graduate Assistant Athletic Trainer where she worked with a variety of sports, including the 2001 National Championship Softball team.

As an active member of the athletic training profession, she has held many volunteer positions over the years, including Treasurer, President and Past President of the Nebraska State Athletic Trainer's Association, State Association Advisory Committee member for the National Athletic Trainers' Association, Board of Director and President of the Omaha Sports Medicine Alliance, and Medical Committee Chair for the Cornhusker State Games. She was awarded the NSATA 2007 George F. Sullivan Athletic Trainer of the Year award. She, her husband Bill, also an athletic trainer, and daughter Ruby reside in Omaha, NE.

Championship Reimbursements

At the September 17th, 2020 Board Meeting, the NSAA Board of Directors voted to suspend State Championship Reimbursements to schools for the 2020-21 school year unless income allows with the priority on reimbursing mileage. For questions regarding reimbursements, please contact NSAA Executive Director Jay Bellar at jbellar@nsaahome.org.



2020 NSAA State Play Production Championship Results

Class A –

Champion – Gretna – Director: Carol Carraher
Runner-up – Omaha Skutt Catholic – Directors: Brent Goetzinger & Jack Hilgert
Outstanding Male Performer – Charles Sams, Gretna
Outstanding Female Performer – Shannon Engel, Fremont
Outstanding Technical Crew – Lincoln High School

Class B –

Champion – York – Director: Becky Stahr
Runner-up – Omaha Concordia – Director: Chase Winter
Outstanding Male Performer – Andrew Baldrige, York
Outstanding Female Performer – Eleanor Klepser, Omaha Concordia
Outstanding Technical Crew – Omaha Concordia High School

Class C1 –

Champion – Wausmond – Directors: Brad & Shelia Hoelsing
Runner-up – Archbishop Bergan – Director: Chris Kabes
Outstanding Male Performer – Grant Gibson, Archbishop Bergan
Outstanding Female Performer – Faith McDonald, Centura
Outstanding Technical Crew – Wausmond

Class C2 –

Champion – Creighton – Director: Deb Van Metre
Runner-up – Loup City – Director: Amy Hostetler
Outstanding Male Performer – Trey Vogt, Creighton
Outstanding Female Performer – Jillian Grovijohn, Howells-Dodge
Outstanding Technical Crew – Elmwood-Murdock High School

Class D1 –

Champion – Pawnee City – Director: Laura Bloss
Runner-up – Stapleton – Director: Deanna Klosen
Outstanding Male Performer – Eben Rosentrater, Paxton
Outstanding Female Performer – Reyana Tegtmeier, Pawnee City
Outstanding Technical Crew – Wynot High School

Class D2 –

Champion – Arnold – Director: Lana Cool
Runner-up – Chambers – Director: Jeremy Woepfel
Outstanding Male Performer – Colbi Smith, Arnold
Outstanding Female Performer – Emma Jonseth, Chambers
Outstanding Technical Crew – St. Mary's High School



Omaha Westside's Krecklow Recognized as National Boys Swimming Coach of the Year



INDIANAPOLIS, IN (January 25, 2021)— Twenty-three high school coaches from across the country have been selected as 2020 National Coaches of the Year by the National Federation of State High School Associations (NFHS) Coaches Association.

The NFHS, which has been recognizing coaches through an awards program since 1982, honors coaches in the top 10 girls sports and top 10 boys sports (by participation numbers), and in two “other” sports – one for boys and one for girls – that are not included in the top 10 listings. The NFHS also recognizes a spirit coach as a separate award category. Winners of NFHS awards must be active coaches during the year for which they receive their award. This year’s awards recognize coaches for the 2019-20 school year.

Recipients of this year’s national awards for boys sports included Douglas Krecklow, the boys swimming & diving coach for Omaha Westside High School during the 2019-20 school year. For a full press release from the NFHS, [click here](#).

2021-2022 NSAA Student Advisory Committee Application

The NSAA Student Advisory Committee is a diverse group of Junior and Senior students who participate in interscholastic athletics/activities and are focused on providing education and leadership through open and honest communication with all member schools and their students, administrators, and coaches. This committee serves as a liaison between students, administrators, the NSAA Staff and Board of Directors. The Student Advisory Committee helps to promote the mission of the NSAA, including leadership, sportsmanship, and integrity.

Candidates should: (1) Show a history of leadership on activity/athletic teams as well as with other extra-curricular activities, community service projects or in the workplace; (2) have an understanding of the role of school activities/athletics; and (3) have ideas for promoting a proper perspective for educational activities/athletics.

Applications for the 2021-2022 NSAA Student Advisory Committee are due Monday, March 1st, 2021, by 4:00 p.m. CT. **All candidates must be a sophomore and agree to a two-year commitment.** A printable template is available on the NSAA website [here](#). All applications must be submitted to the NSAA through the NSAA AD login, under “OTHER FORMS” > “Student Advisory Committee Application.” No other format or submission through regular mail or email will be considered.

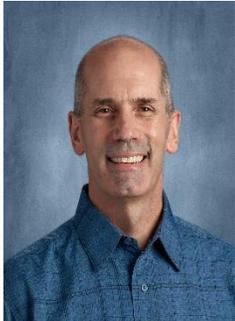
How to Apply

- AD needs to login with the AD passcode on nsasahome.org
- Click On: [+] OTHER FORMS:
 - SELECT “STUDENT ADVISORY COMMITTEE APPLICATION”
 - UPLOADS MUST BE IN “PDF” FORMAT

Candidates will be notified by April 1st, 2021 of their selection. Questions may be directed to NSAA Assistant Director Ron Higdon at rhigdon@nsaahome.org.



Lincoln East High School Orchestra Director Receives Nebraska's 2020-21 Music Educator Award



Del Whitman of Lincoln East High School has been named Nebraska's National Federation of State High School Association's (NFHS) 2020-21 Outstanding Music Educator of the Year.

Whitman 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.

Whitman holds a Bachelor's Degree in Music Education & Cello Performance from Southern Illinois University, and a Master's Degree in Music Education from the University of Nebraska - Lincoln. In 1986 he began teaching in the Lincoln Public Schools system. He is recognized and known for his servant leadership having served in five different associations over a 35-year period. Whitman's humility, professionalism, and excellence have been a beacon of light and support for those he has taught and worked with.

Along with his numerous accolades, Whitman has been a cooperating teacher for 27 student teachers and over 80 practicum teachers from eight colleges/universities. His passion and desire to train future music educators has greatly contributed to the future of music education.

Whitman was honored with the award during a recent presentation at Lincoln East High School.

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



RESPECT THE REF



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

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

Interested in becoming an NSAA official? Head over to nsaahome.org for more information.



NSAA Membership Spotlight

District 1: Raymond Central

Location: Raymond

9-12 Enrollment: 216

School Mascot: Mustangs

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

NSAA Participation:

Softball

Boys & Girls Cross Country

Volleyball

Football

Play Production

Wrestling

Boys & Girls Basketball

Speech

Music

Baseball

Boys & Girls Track & Field



NSAA State Championships: 22

What's Happening at Raymond Central:

"We are comprised of 5 small communities to make up Raymond Central: Valparaiso, Raymond, Ceresco, Davey, Agnew," said Assistant Principal/Activities Director Brian Gralheer.



District 2: Twin River

Location: Genoa
K-12 Enrollment: 417
School Mascot: Titans
Twitter Handle: [@TRActivities](https://twitter.com/TRActivities)

NSAA Participation:

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

**What's Happening at Twin River:**

"In three consecutive school years, Twin River (and other school districts) have experienced major disruptions to school as normal (March 2019 flooding, March-May 2020 Covid, now Covid again). Our students and staff have shown a tremendous amount of adaptability and resiliency in our efforts to continue providing high quality academic and extracurricular opportunities for our students," said Activities Director Spencer Zysset. "Especially notable were the efforts of our students and staff during the flooding in Spring 2019 when our district was split in half and we had to set up a temporary school in Silver Creek to continue educating, while also keeping our inaugural baseball season and our other spring sports up and running."



District 3: Wausa**Location:** Wausa**K-12 Enrollment:** 232**School Mascot:** Vikings/Lady Vikings**Twitter Handle:** N/A**NSAA Participation:**

Boys & Girls Cross Country

Volleyball

Football

Play Production

Boys & Girls Basketball

Speech

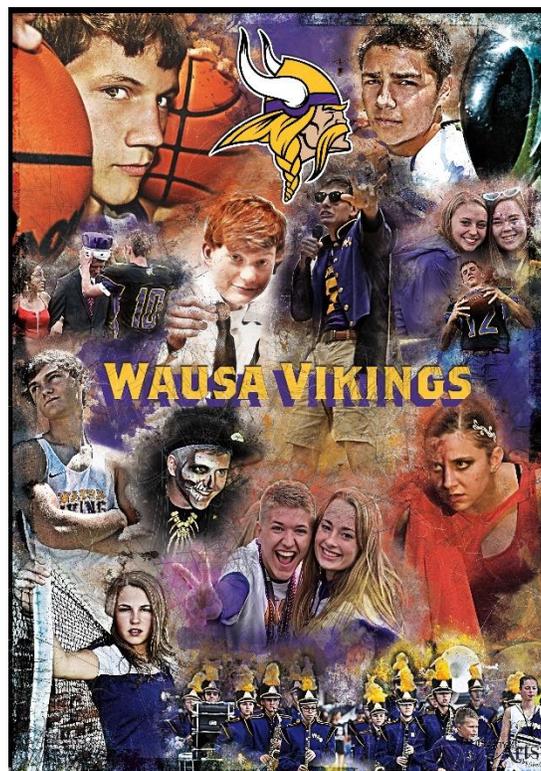
Music

Boys & Girls Track

Boys Golf

**NSAA State Championships:** 16**What's Happening at Wausa:**

“Wausa Public Schools’ Library Media/photography and English Journalism Departments have combined to create the Viking News Network (VNN). This group works on creating a broadcast every two weeks to highlight things that are going on within our school, as well as our community,” said Superintendent Brad Hoelsing. “An example URL of a broadcast is presented below. The VNN news group also has a graphics department, which creates graphic images as shown to highlight our students as well as our community. Wausa Public Schools strives to create opportunities for our students through a variety of programs, both curricular as well as extracurricular. We at WPS are proud of our students, our school, and our community! <https://www.youtube.com/watch?v= 25oH3ZfF34>.”



District 4: Sumner-Eddyville-Miller

Location: Sumner

K-12 Enrollment: 196

School Mascot: Mustangs

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

NSAA Participation:

Boys & Girls Cross Country

Volleyball

Football

Wrestling

Boys & Girls Basketball

Play Production

Speech

Music

Boys & Girls Track



NSAA State Championships: 3

What's Happening at Sumner-Eddyville-Miller:

"Something special at SEM, is that for a small school we have a great number of students participating in NSAA activities," said Athletic Director Scott Franzen. "This year 80% of students are involved in a NSAA activity. If you would include ESports, FBLA, and FFA, it would be very near to 100%."

"Regardless of the outcome, our students always ask the other team to come together and take part in a student lead prayer after games. When tragedies have occurred at neighboring schools or at SEM, our students are always the first to want to step up and help families out in any way they can. Whether it be with raising funds, awareness, or support. Our students and communities are very supportive of SEM and other area schools."



District 5: Southern Valley

Location: Oxford
K-12 Enrollment: 373
School Mascot: Eagles
Twitter Handle: N/A

NSAA Participation:

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



NSAA State Championships: 2

What's Happening at Southern Valley:

"The district has been participating in Unified Bowling and it has had tremendous benefits for our student body. Students are building relationships with students that would not have happened before," said Superintendent Bryce Jorgenson. "Confidence in many different areas of their lives is also growing in those who are participating. It has been an awesome opportunity for our kids."



District 6: Sioux County

Location: Harrison

K-12 Enrollment: 97

School Mascot: Warriors

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

NSAA Participation:

Volleyball

Football

Play Production

Wrestling

Boys & Girls Basketball

Speech

Music

Boys & Girls Track



NSAA State Championship: 1

What's Happening at Sioux County:

"Sioux County Schools is one of the smallest districts in the state and Sioux County High School is the smallest high school still competing on its own. We are in a very rural area with the next closest town 26 miles away," said Principal/Athletic Director Barry Swisher.

"Sioux County High School is located in Harrison which is located in the northwest corner of the state and is at an elevation of 4,865 feet which makes it "Nebraska's Top Town." 100% of our high school students compete in at least one NSAA activity. We also have students who are in high school rodeo and FFA. Sioux County is a close-knit community that goes out of their way to support our students. It is not uncommon for us to have more fans at road games compared to the home team's crowd. We do not have lights on our football field so afternoon football and volleyball home games turn into a weekly community outing usually sponsored by a local business who provides lunch for the community and students. On top of that, we have the best concession stand in the panhandle. We serve everything from pizza and homemade pies to brisket sandwiches and arguably have the best popcorn in the state."



Student Advisory Committee Spotlight

Sophie Talero, Junior at Norris High School



My name is Sophia Talero. I attend Norris High School, located south of Lincoln, Nebraska. Although Norris is a Class B school, we uniquely have many students participating in a range of activities, many with multi-club and multi-sport involvement. This helps the community feel knit together and increases school spirit overall. Throughout my time at Norris, I have participated in many sports and activities including: Cross Country, Basketball, Soccer, Student Council, Show Choir, National Honor Society, Fellowship of Christian Athletes, Youth Group at First Evangelical Free Church, Spanish Club, and Youth Salute Omaha. I first heard about the NSAA Student Advisory Committee about a year ago. Our athletic director and one of my teachers, who is also the Student Council sponsor, suggested I apply. I didn't know what to expect at first, but once I read more about the committee it sounded like an environment I would thrive in. SAC is an opportunity for students to represent their schools, communities, and peers to the NSAA. Not only have I gained leadership and communication skills, but I am also given an opportunity to speak for people who can't speak for themselves. I also have gained perspective from other students my age from all around Nebraska. I enjoy being a part of something that can make a difference in people's lives and create positive impacts throughout our state and in our schools.

One of my favorite experiences so far in SAC was the Nebraska Sportsmanship Summit. As members of SAC we helped provide perspective and topics for the speakers during discussion sessions. I was grateful to be able to be at the event in-person to listen to the speakers and gain insight.

One of the things that has stuck with me from the summit was the phrase "Quality over Quantity." This means that whatever you are doing, you focus on making it a quality experience rather than letting distractions affect that time. I try to apply this to my everyday life by focusing on the moment I am in presently and making the most of it. While I am at sports practices, I think it is important to use the time I have there to make it the best it can be by always giving 100% and having a positive attitude. Similarly, while at school every day it is key to be mentally ready to learn and prepare myself for my future. This mindset can help to make the most out of where I am whether that be at church or spending time with family. It is important to slow down and appreciate life while making quality experiences.

From the events throughout the last year relating to COVID-19, we have all learned how quickly life can change. Worrying about the time ahead of us is a normalcy. The challenge is to not focus on how much time we will have but how to make the most out of that time. Being a part of SAC has shown me valuable life skills and given me a chance to gain perspectives from people who I would never have encountered otherwise.



NSATA Training Table

Josh Salinas, ATC at Central City



Student-Athletes and Dietary Supplements

For as long as there has been athletic competition, athletes in every sport at every level have looked for and used a wide variety of different methods to boost their performance. Some of these methods, such as diet modification, strength and conditioning programs, and sleep performance, have been shown to have positive results with limited negative side-effects. The use of dietary supplements, however, has not been shown to have the same low-risk rewards as other methods. Student-athletes involved in high school athletics put themselves at risk when they use supplements for performance enhancement.

For one, dietary supplements are not heavily regulated by the Food and Drug Administration (FDA). Since supplements are considered food products, they are not put through the same stringent vetting process that drugs are. Because of this, ingredients that cause similar physiologic changes that drugs do can be included during production. Since these drug-like ingredients have not been approved by the FDA, numerous adverse effects could occur for those that use these supplements.

One of the adverse effects that impacts student athletes involves drug testing. Since supplement labels are not required to list every ingredient, it is possible the product contains ingredients that fall within the banned substance list. The most common of these substances include stimulants, steroids, and growth hormones. Ingestion of any of these substances, or others on the banned list, could trigger a positive drug test. Not only does this impact the student in the form of suspension or dismissal from team activities, but it could also impact the student's coaches, school, or other support personnel.

Another adverse effect that occurs from supplement use involves the health and well-being of the student-athlete. Since most high school athletes are still maturing, their body chemistry is in a constant state of change. As a result, using supplements could potentially alter a student's natural ability to produce certain hormones. This could lead to a disruption of an athlete's growth and development and could also result in the development of life-threatening issues like heart disease.

The use of dietary supplements to boost athletic performance has been gaining popularity over the last 15 to 20 years and is gaining even more traction in the high school setting. However, many high school students using these supplements are doing so without proper guidance or education. Many of these supplements are not adequately regulated and could potentially contain ingredients that trigger a positive drug test. Not only are these student-athletes risking their athletic career, but they are also risking their own health and well-being by ingesting ingredients that could potentially lead to the development of life-threatening conditions. Before taking dietary supplements, student-athletes should consult with their physician or certified athletic trainer about the potential risks involved with the products their interested in using.



Have you followed the NSAA social media channels?

The NSAA Winter Championships are right around the corner! Be sure to follow all of the NSAA social media channels to stay updated on the latest NSAA happenings.



STAY UP-TO-DATE ON ALL OF THE NSAA ACTION!

					
facebook.com/nsaahome	@nsaahome	@nsaahome	@nsaaevents	Nebraska School Activities Association	nsaahome

www.nsaahome.org

Update Your School Membership Directory

The NSAA utilizes your School Directory to send communication to the administration and coaches listed. Please make sure that this information is correct and updated **at all times**. To do so, login to your AD login page and under OTHER FORMS select School Directory, which will then take you to your School Directory Information page where you can make changes as necessary. This is also where you will go to see if your coaches have completed their online rules meetings. Please contact Cindy Callaway at ccallaway@nsaahome.org with questions.

[-] OTHER FORMS:

- [NCPA Academic All-State Nominations](#)
- [NSAA Activities Registration Form](#)
- [NSAA Cooperative Sponsorship Agreement Forms](#)
- [NSAA Sportsmanship Manual](#)
- [Olympic Development Waiver Request Form \(Word .doc\)](#)
- [Reimbursement Forms for State Championships](#)
- [School Directory](#)
- [Schools' Emergency Contact Number Report](#)
- [State Participation Certificates](#)
- [Believers & Achievers Nomination Form](#)
- [Multi-Activity Student Award](#)
- [Student Advisory Committee Application](#)



Statement of Principle on Conduct Synopsis

Adopted by the NDE, NSAA, NCSA, NASB, NSEA, NRCSA, NCA and NSIAAA

Recently, students in our schools have been experiencing negative, harassing, and bullying conduct during the school day, and at school activities by the spectators attending those events or, and at times by opponents in an activity, that is directed at the school's participants and spectators, often with a racial component. Such conduct is unacceptable and does not reflect the foregoing basic tenants of our society.

It is the responsibility of our organizations to promote and respect the liberty interests of all persons who may participate in or attend any educational endeavor sponsored by our organizations which includes ensuring that common courtesy is shown for all persons, insuring tranquility for all, and being responsible that no one person abuses their liberties to the detriment of other persons.

As the educational leaders of Nebraska's school system, we firmly support Nebraska schools and communities in proactively involving teachers, administrators, students, parents, and community members in developing and maintaining a positive school and community culture that supports learning opportunities for all persons, and ensures that respect and courtesy are shown to all persons.

Conduct by any person that does not show respect for and courtesy of other persons in Nebraska schools and any school activity is prohibited and shall not be tolerated – period.

A Reminder to Compete with Respect

Concerns have been expressed regarding the lack of respect being afforded to students, coaches, officials, spectators, and host staff. Schools should understand the seriousness of their responsibility to everyone and the privilege of representing their school and community. As educators, we must recommit ourselves to the preservation of respect. Unfair acts prohibited by the spirit and intent of the rules include the use of disconcerting acts or words.

Deliberately disrespecting the rules and fellow participants in the hope or expectation of gaining an advantage is deplorable and indefensible. It is imperative that administrators, coaches, officials, and students make an extra effort to model the type of behavior that illustrates the educational values of activity participation. Conduct that berates, intimidates, or threatens anyone, based on gender, ethnicity, or sexual preference is unacceptable.

Medical Personnel at Regular Season Contests

Severe injuries, sudden illnesses and other critical incidents do not often occur during school activities, but it is important for every school to have an emergency action plan (EAP) for administrators, faculty, coaches, and staff members to follow should emergencies occur. Due to lack of universal availability of medical coverage and other logistical reasons, NSAA does not require that schools have a physician, trainer or ambulance on-site at regular season activities; however, each school should have a plan in place should there be an emergency involving students, coaches, officials or spectators requiring medical attention.



Requirements for Ejected Coaches & Players

Enforcement of the “sit-out rule” for ejections from high school contests for unsportsmanlike conduct is a responsibility of the member school. Failure to properly enforce this rule could result in other sanctions by the NSAA.

Administrators will be expected to promptly file a report with the NSAA whenever a participant or coach from their school has been ejected from any high school contest. Such filing must be done online under the AD login section of the NSAA website.

Enforcement of the “sit-out rule” is expected to begin immediately, regardless whether it is regular-season or tournament play.

Any athlete ejected from a contest for unsportsmanlike conduct shall be ineligible for the next athletic contest at that level of competition and any other athletic contest at any level during the interim. Any athlete ejected for a second time during a season from a contest for unsportsmanlike conduct shall be ineligible for the next two contests at that level of competition and all other athletic contests at any level during the interim. Any athlete ejected for a third time during a season from a contest for unsportsmanlike conduct shall be ineligible for the next three contests at that level of competition and all other athletic contests at any level during the interim, in addition to other penalties the NSAA or school may assess. During the time of their “sit-out” suspension, athletes who are ejected for unsportsmanlike conduct may not suit up or participate, but it is the school’s discretion whether such athlete is able to travel with the team or sit on the team bench. (The athlete is permitted to practice per school’s discretion.)

Coaches who are ejected for the first time will be required to sit-out the next contest at that level, plus all other contests at any level during the interim. Coaches may not be present at the contest site during the time of their “sit-out” suspension. The coach will also be required to successfully complete the NFHS online course “TEACHING AND MODELING BEHAVIOR” within 10 days of the ejection.

Coaches who are ejected a second time in a season will be required to sit-out the next two contests at that level, plus all other contests at any level during the interim. Coaches may not be present at the contest site during the time of their “sit-out” suspension. The coach will also be required to successfully complete the NFHS online course “FUNDAMENTALS OF COACHING” within 10 days of the ejection.

Are your officials on the NSAA Officials Roster?

3.12.2 Officials for Varsity Contests.

Only those officials who are registered with the Association may be used by member high schools to officiate varsity competition in football, baseball, basketball, wrestling, soccer, softball and volleyball competition, and start track & field meets.

Athletic Directors are expected to confirm that all officials hired to officiate varsity contests have been classified by the NSAA. The NSAA Officials Roster is available on your AD login page under “**NSAA OFFICIALS & JUDGES.**”



Are your head and assistant coaches C.E.R.T.I.F.I.E.D?

NSAA Bylaw 2.12 stipulates, “*In order to serve as a head or assistant coach or sponsor of any activity sponsored by the NSAA, the individual must possess a valid Nebraska Teaching Certificate or Nebraska Administrative and Supervisory Certificate and have a written contract of employment as a coach or sponsor with the schools in which he/she is to perform these duties.*” Yes, this does include coaches/directors/sponsors/advisers in the non-athletic activities as well: Play Production, Music, Speech and Journalism.

Individuals that do not possess either of the certificates listed above, may serve as a head or assistant as long as they successfully complete the requirements for a Special Services Coaching Permit (*NSAA Bylaw 2.12.2*). This information can be found on the NSAA webpage under the Coaches tab. It is important to remember that certification is not complete until the individual has applied and received their certificate from the Nebraska Department of Education Certification Office. Schools should request a copy of the certificate and have it on file at the school.

Non-certified personnel may be contracted by the school, but such personnel shall be Coaches Aides. (*NSAA Bylaw 2.12.3*). There are restrictions and limitations for Coaches Aides. Refer to the respective Bylaw for a complete listing in regard to Coaches Aides.

If you should have questions in regard to coaching requirements, contact NSAA Associate Director Jennifer Schwartz at jschwartz@nsaahome.org.

Required Courses for ALL Coaches & Activities Sponsors

Starting with the 2020-2021 school year the NSAA will add “Activity Sponsors” to the requirement of taking the three NFHS courses at least once every three years. The bylaw now states:

All coaches and volunteers and activity sponsors are required to complete the NFHS Concussion in Sports, Heat Illness Prevention and Sudden Cardiac Arrest Training courses at least once every three years. First year coaches and sponsors are required to complete all three courses prior to the start of the activity season which they are to coach.

Get Schooled on Concussions

Half of Nebraska teachers responded in a 2018 survey that they did not know how to manage concussions in the classroom and the same amount noticed an academic decline from students after sustaining a concussion or head injury. But finding a way to offer differentiated instruction to a student can be a challenge, especially with full classrooms and limited free time in a teacher’s schedule. Most concussions (80%) resolve within a four-week timeframe if it is immediately managed properly both in and out of the classroom.

Brain Injury Alliance of Nebraska is providing a free statewide subscription for Nebraska educators to ‘Get Schooled on Concussions’ and ‘TACT’ (Teacher Acute Concussion Tool). Nebraska educators and school nurses have access to free videos, tip sheets, and a customized plan for students returning to the classroom after a concussion. For access to this tool, please email BIA–NE Executive Director, Peggy Reisher, at peggy@biane.org and include your district name and role. For free resources for all, [visit the Get Schooled on Concussion Nebraska page](#).

