



NSAA News

March 2021



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

Executive Director's Notebook

Jay Bellar, NSAA Executive Director



Social awareness, defined simply, is a person's ability to consider the perspectives of other individuals, groups, or communities, and apply that understanding while interacting with others.

Although the definition is simple, the development of social awareness in our children is not. Social awareness is not something that can be taught once in a classroom and forgotten about thereafter. In reality, training our youth to be “socially aware” is something that continues throughout their educations, as well as into and throughout their adult lives.

Even as adults, as we are introduced to new information and experience new events and ideas, we are required to grow and change. We must try and understand new and different views of others. The growth and continual learning and accepting of the diversity in our society helps one to understand how he/she fits into and can best contribute to his/her community and world.

It is important that as adults, we continue to grow, while at the same time, we stay willing to step up to teach social awareness to the younger generation. Being a good and positive role model is perhaps the best way to do this, as we all know children will model the behavior they most frequently witness. Adults also, however; have a responsibility to step in and stop and correct students whose actions are not in line with positive and appropriate social awareness.

Every child is different. They come from different backgrounds and experiences. For these reasons, it is important students be taught social awareness and understand that it is expected from them at all times—in school, outside of school, at home and during NSAA activities. When expectations are not met, adults must correct behaviors while teaching what is acceptable and unacceptable. We must help students identify what they are feeling and teach them appropriate ways to express those feelings while keeping in mind the circumstance and setting.

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

The teaching of social awareness is difficult because there is no set of information to memorize or a problem that can be worked out for a correct answer—it must be continually taught and often referenced. The foundation of social awareness are ideas, abilities, and feelings such as self-motivation, active listening, kindness, empathy, and respect. This takes a village to teach.

Students must understand these values are the expectations set by our schools and communities and the lack of proper social awareness will not be allowed. When inappropriate behavior is seen, one must act swiftly to stop it and make it clear that this will not be tolerated. We must help students understand that the behavior of a few can tarnish the reputation and opinion of the event, the school, and the community.

Thankfully, the state of Nebraska is filled with good examples and positive role models. Let's consistently work together and emphasize good social skills, healthy social awareness, and the proper respect and treatment of all. Everyone trains to win. Training our students to be good, kind, tolerate adults can be our biggest and most important win of all!

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



The NFHS Voice: From Fall Sports in February to Virtual Music Events, Participation Opportunities Continue



Dr. Karissa Niehoff, NFHS Executive Director

Fall sports in February and March? As we all know, anything is possible in the year of COVID-19. The amazing resolve and determination on the part of state high school associations and schools to provide sports and performing arts opportunities for high school students continues – even in unconventional ways and at non-traditional times of the year.

Normally, at this time of year, all fall sports and championships have been completed and states are on the brink of conducting state events in wrestling, basketball, ice hockey and swimming. The pandemic, however, has presented many challenges to keeping those schedules intact. But when it comes to offering as many fall and winter sports as possible, the motto of state associations has been “never say never.”

According to the NFHS Fall Sports Championships Guide, 36 states held football in the traditional fall season, including 29 that were able to conduct state championships. In addition, 30 states were able to conduct state girls volleyball championships this past fall.

Pennsylvania was one of those states that held its state football championship. Bob Lombardi, executive director of the Pennsylvania Interscholastic Athletic Association (PIAA), felt thankful for the support of everyone involved in reaching the finish line.

“I said repeatedly that the biggest mistake we could have made was not to try,” Lombardi said in a recent article in the *Courier-Express* of DuBois, Pennsylvania. “We still have yet to find any transmission (of the virus) from an athlete on one team to another team. We have yet to see that. . . . We haven’t had any reports, so that’s a positive.”

In 10 states, however, football is just beginning. Starting with Washington which opened its season last week, other states with plans for a non-traditional football season are Massachusetts (February 22), Virginia (February 22), North Carolina (February 26), New York (March 1), Oregon (March 1), New Mexico (March 4), Nevada (March 5), District of Columbia (March 18) and Illinois (March 19). California, Hawaii and Rhode Island have also delayed football to 2021 but have yet to announce starting dates.

Excitement abounds in New Mexico as schools finally will be able to compete in football after the fall season was cancelled due to state government and health regulations. And nowhere is that enthusiasm higher than Artesia High School.

Artesia has won a national record 30 New Mexico Activities Association state titles and commemorates each of them in its one-of-a-kind mini-museum known as the Hall of Champions. Situated near the Bulldog Bowl – the school’s 6,500-seat home stadium – the Hall of Champions not only contains an incredible collection of memorabilia, but functions as a detailed journey through the program’s storied history.

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



March U.S. Bank® Believers & Achievers



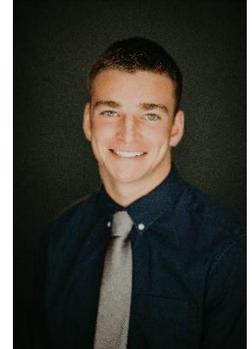
Anhphu Nguyen
Papillion-La Vista South



Abigail Meier
Pierce



Macy Kamler
Shickley



Grant Winkelbauer
St. Mary's



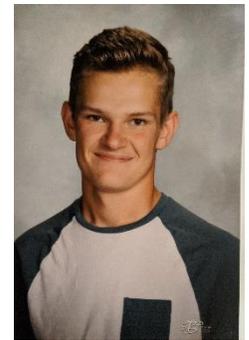
Elizabeth Locke
Stanton



Hope Gustason
Stapleton



Bianca Gonzalez
Sterling



Eli Thiele
Summerland



Lucas Niewohner
Tekamah-Herman



Sahrai Luna
Wakefield



Gerardo Osorio
West Point-Beemer



Magnolia Springer
Wilcox-Hildreth



February NSAA Board of Directors Meeting Notes

The February NSAA Board of Directors meeting was held at the NSAA office in Lincoln on Wednesday, February 17th, 2021. The meeting minutes can be found on the NSAA website [here](#).

Class Caucus Review Committee Minutes

Results and minutes from the February 2nd, 2021 Zoom Class Caucus Review Committee meeting can be found [here](#).

Legislative Commission Minutes

The Legislative Commission meeting was held via Zoom on February 17th, 2021. The results and minutes can be found on the NSAA website [here](#).

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.

District Music Contests COVID-19 Guidelines

The NSAA Board approved the recommended [NSAA District Music Contests Guidelines](#) during the February NSAA Board meeting. Each host site will be building their COVID-19 guidelines and parameters off the framework provided in this document. Much like the NSAA has operated during the fall and winter seasons, the host school will communicate this information ahead of time, prior to contests. March 5th has been set as the deadline for host sites to release their information. If/when the guidelines change schools will be notified.

Inaugural NSAA State Bowling Championships

The NSAA would like to thank the Lincoln CVB and the Sun Valley Lanes & Games staff for a wonderful Bowling Championship. The first NSAA sanctioned bowling season was a success and we hope for more high school teams to join in this new activity in 2021-22.

For more information contact Dan Masters at dmasters@nsaahome.org.

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](#)



2021 State Basketball Information

The NSAA Girls State Basketball Championships are March 2nd-6th and the Boys State Basketball Championships are March 9th-13th in Lincoln. Please make sure that your coaches, student-athletes, and fans are aware of the items below prior to attending the Championships.

- **Digital Tickets**

- Tickets must be purchased online through GoFan (<https://gofan.co/app/school/NSAA>) and redeemed on a mobile device.
- **NO TICKETS WILL BE SOLD AT THE VENUES.**
- **NO PRINTED OR PAPER TICKETS ALLOWED.**
- Ticket links will be available when the Brackets are released.
 - Girls – Saturday, February 27th
 - Boys – Tuesday, March 2nd
- Due to the limited capacity numbers to accommodate social distancing at the high school sites, the tickets for the first-round games at the high schools (C2, D1, D2) AND the tickets for the third-place games at the high schools (C1, C2, D1, D2) will be released to the participating schools first, before releasing to the public.
- This year, Tuesday-Friday and third place games are one game sessions. Championship Finals on Saturday are two game sessions.
- The venue will be cleared after each game/session. (*Saturday's Championship games at Pinnacle Bank Arena will clear after the second game of each session.*)
- Ticket Prices are \$7 for adults & \$5 for students.
- **NEW THIS YEAR** – We will offer an “All-Day Pass” good for multiple entry on a single day for \$25. (Available Tuesday-Friday) **AT PINNACLE BANK ARENA ONLY. All-Day Passes will not be accepted at the High School Sites due to capacity restrictions.**
- If you have purchased a General Admission online ticket, you are guaranteed admittance for that session only at the selected venue.
- If you have purchased an All-Day Pass, you are guaranteed admittance at Pinnacle Bank Arena only.
- There are no Coach/Administrator tickets this year.
- **NCA Gold Cards DO NOT guarantee admittance if the venue is at capacity.**
- **ALL SALES ARE FINAL – NO REFUNDS!**

Couple of Notes for Redeeming Tickets:

1. Tickets must be redeemed through the GoFan App or Email when arriving at the Venue.
2. **DO NOT Validate your ticket(s) until you are at the gate at the Venue. You must validate your ticket(s) in front of the Gate Attendant.**
3. Tickets may be “shared” electronically one time.
4. Tickets are session specific - make sure you buy for the correct game!

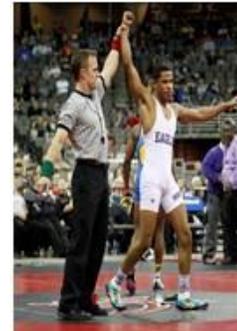
For technical issues with tickets, please contact GoFan Customer Support, service@gofan.co.

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

- **Face Coverings Required**
- [Pinnacle Bank Arena Clear Bag Policy](#)



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: Lawrence-Nelson

Location: Nelson
K-12 Enrollment: 199
School Mascot: Raiders
Twitter Handle: N/A

NSAA Participation:
 Boys & Girls Cross Country
 Volleyball
 Football
 Play Production
 Wrestling
 Boys & Girls Basketball
 Speech
 Music
 Journalism
 Boys & Girls Track & Field
 Boys Golf

NSAA State Championships: 14

What's Happening at Lawrence-Nelson:

“At Lawrence/Nelson, we strive to offer activities to meet the interest levels of all of our students, adding activities such as HOSA, Archery, and Skills USA in the last couple of years, as well as reviving our FCA program,” said Athletic Director Brian Blevins. “This has led to an increase in our student activity involvement and in our academic programs.”

“Research shows that students involved in their school perform better academically, and we have found this to be true at LN. Almost identical to our 97% participation rate in NSAA and other extracurricular activities is the passing rate of our students in their academic coursework at 98%, with many also taking up to 30 college credit hours prior to graduation.”



District 2: Millard West

Location: Omaha

K-12 Enrollment: 2,205

School Mascot: Wildcats

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

NSAA Participation:

Girls Golf

Softball

Boys Tennis

Boys & Girls Cross Country

Volleyball

Football

Unified Bowling

Boys & Girls Bowling

Wrestling

Boys & Girls Swimming & Diving

Boys & Girls Basketball

Speech

Music

Journalism

Boys & Girls Soccer

Baseball

Girls Tennis

Boys & Girls Track & Field

Unified Track & Field

Boys Golf



NSAA State Championships: 33

What's Happening at Millard West:

"Millard West is in the process of adding a STEM academy that is open to all Millard students as well as an AP Capstone program which will allow for an AP designation on the diploma. Both scheduled for implementation this fall," said Assistant Principal/AD Lance Smith. "When combined with our current education academy, wide range of AP offerings, and electives we believe it makes Millard West a premier destination for academic opportunities. Students have the flexibility to explore several different areas of study while maintaining the AP rigor and learning the study skills and research techniques that are vital in their college and career choices."



District 3: Pope John

Location: Elgin

7-12 Enrollment: 56

School Mascot: Crusaders

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

NSAA Participation:

Volleyball

Football

Play Production

Wrestling

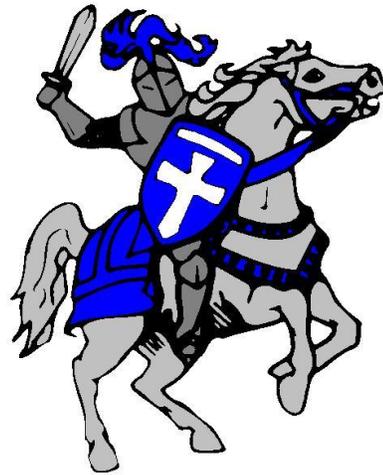
Boys & Girls Basketball

Speech

Music

Boys & Girls Track

Boys Golf



NSAA State Championships: 6

What’s Happening at Pope John:

“Our school is comprised of six parish communities that make up Pope John XXIII Central Catholic. Students ACT scores are consistently above the state average,” said Athletic Director/School Counselor Julie Schiltmeyer. “Students are required to complete 4 community service projects throughout the school year, however many go beyond the requirement.”



District 4: Loup County

Location: Taylor
K-12 Enrollment: 73
School Mascot: Wolves
Twitter Handle: N/A

NSAA Participation:
Boys & Girls Cross Country
Volleyball
Football
Wrestling
Boys & Girls Basketball
Speech
Music
Boys & Girls Track

NSAA State Championships: 3

What's Happening at Loup County:

"We co-op all of our Junior High and High School sports and music with Sargent Public School and participate in NSAA activities as the Twin Loup Wolves," said K-12 Principal Ken Sheets. "Like many of the small towns in Nebraska, the greatest issue we face is declining enrollment."

"We are very proud of the way our fans and our players conduct themselves at activities. The adults' model good sportsmanship and the students pick up on that. Developing community minded, responsible students has always been a top priority at Loup County."



District 5: Holdrege**Location:** Holdrege**K-12 Enrollment:** 984**School Mascot:** Dusters**Twitter Handle:** [@HoldregeDusters](https://twitter.com/HoldregeDusters)**NSAA Participation:**

Girls Golf

Softball

Boys Tennis

Boys & Girls Cross Country

Volleyball

Football

Play Production

Wrestling

Boys & Girls Basketball

Speech

Music

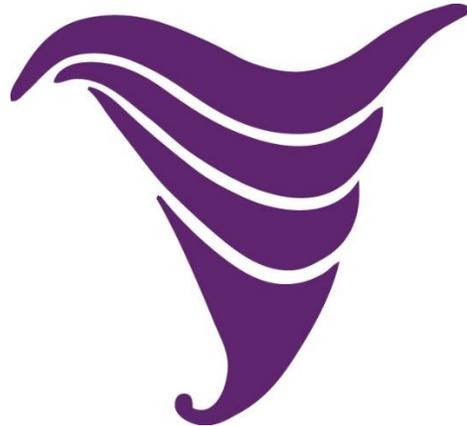
Journalism

Boys & Girls Soccer

Girls Tennis

Boys & Girls Track

Boys Golf

**NSAA State Championships:** 20**What's Happening at Holdrege:**

"The global COVID-19 pandemic has brought challenges in the last year. We held our first ever virtual Honors Night and virtual Graduation last spring," said Technology Integration Specialist James Reed. "Due to limited fan attendance this school year, we have expanded our streaming services to include most Middle School, Reserve, and Junior Varsity events. Despite the challenges of the pandemic, we have not lost any school days during the 2020-21 school year."



District 6: Leyton

Location: Dalton/Gurley
K-12 Enrollment: 141
School Mascot: Warriors
Twitter Handle: N/A

NSAA Participation:

Volleyball
 Football
 Play Production
 Wrestling
 Boys & Girls Basketball
 Speech
 Music
 Boys & Girls Track
 Boys Golf



NSAA State Championship: 1

What's Happening at Leyton:

“At Leyton, our 5th grade students were inspired to create a “Welcome to Leyton” committee after reading the story, *The New Kid at School* by Lisa Oram. This group of 5th graders created “welcome kits” for new Leyton students,” said Principal Nick Brost. “Each kit includes a Leyton student handbook, a map of the school, a coloring book created by our Digital Design Class, a notebook, pencil, and eraser, along with a Warrior bracelet, and Warrior baggage tag. The welcome committee also gives tours of the school to welcome our newest Warriors to Leyton. These students are showing what the WARRIOR WAY means, and making it easier for our new students in their transition to a new school.”



Student Advisory Committee Spotlight

Alexa Sandman, Junior at Wauneta-Palisade High School



My name is Alexa Sandman, I'm a junior at Wauneta-Palisade High School (Class D2) in Wauneta, Nebraska. Our elementary and high school are located in two different locations and time zones. PreK-5 is located in Palisade which is on central time and 6-12 is located in Wauneta is on mountain time. I first heard about the NSAA Student Advisory Committee about a year ago. My guidance counselor told me about this opportunity and suggested I should apply. I didn't really know a lot about it, but once I did more research it was something I wanted to be a part of. I have gained more leadership and communication skills and it has also given me a great opportunity to meet new faces.

Besides being a member of NSAA's Student Advisory Committee, I am involved in Volleyball, Basketball, Track, Student Council, Quiz Bowl, National Honor Society, and Junior Class President. The beauty of a small school is that you have the opportunity to be involved in everything you want. I have had the privilege to be involved in cheerleading, One Act, and band.

I was hoping to organize a mentoring program for our high school students and elementary students. My goal was to have our student athletes build relationships with the lower elementary students teach them about the importance of good sportsmanship, leadership, and teamwork. I was also hoping they would build relationships with these students that would grow into a lifelong friendship. My hope was that these young students would begin to show interest in our sports programs and attend our games.

The pandemic had other plans for my goal, and rather we would be social distancing and limiting fan attendance to our games. Our high school students have been able to help with our junior high students either in the classroom or on the court. While this isn't what I had envisioned, it has been better than I originally anticipated. We are slowly getting back to normal with increased fan attendance and haven't been affected in our classrooms with COVID.

NSAA Intern Tales

Grant Oden, NSAA Intern



My name is Grant Oden, and I am currently a junior at Nebraska Wesleyan University. I am majoring in sport management while also minoring in business administration and coaching. I went to Norris high school and while I was there, I participated in basketball for three years and golf for four years. I earned four academic all-state awards as well as three EMC academic all-conference awards during my time at Norris. This semester I have had the privilege to be chosen to be an intern at the NSAA. I am excited to work with the entire staff and cannot wait to learn as much as I can while I am here.



NSATA Training Table

Alej Brekke-Diaz, ATS & Jennifer Krueger, MA, LAT, ATC



The Female Athlete Triad

All athletes are susceptible to stress due to the high stress sports can cause on their bodies. Women can expose themselves to injuries that are worsened by their sport due to the female athlete triad. This triad consists of disordered eating, amenorrhea, and osteoporosis.

Disorder eating is used in place of eating disorders because the eating habits of an athlete don't need to be clinically diagnosed to cause harm to the body. It takes energy (food) to keep an athlete moving and at their peak. If the athlete isn't properly re-fueling their body for the energy lost during activity it can impact their bone health. The reasons an athlete develops disorder eating habits vary for each individual, and it is crucial for this to be recognized to allow them to get assistance and education on proper fueling for their sport.

You can visit the National Eating Disorders Awareness (NEDA) website to get a list of signs related to disordered eating. Remember, while this article is about the Female Athlete Triad, male and nonbinary athletes can also have disordered eating patterns that need to be monitored (<https://www.nationaleatingdisorders.org/warning-signs-and-symptoms>).

Amenorrhea is the loss of menstruation and is very common among young females. This can be caused by the lack of fueling for the body. This condition can easily be reversed by increasing caloric intake, decreasing physical activity, and in rare cases hormone therapy can be utilized.

Unfortunately, issues with the bone such as, stress fractures, can be one of the first signs of the triad. Osteoporosis, which is a condition where the bones become brittle is very severe since it can impact the athlete later on in life.

Overall, the female athlete triad is very serious and not only impacts the athlete now, but later on in life, especially during future reproduction. Correctly fueling and educating the athlete during their sport is crucial to the overall health of the athlete now, and later.

If you suspect an athlete might have an issue pertaining to the female athlete triad, most commonly first seen with signs of disordered eating or repetitive stress fractures, please refer on to a healthcare provider. It takes a team approach. This could be the athlete's physician, a registered dietician or the school psychologist depending on the resources available to you.



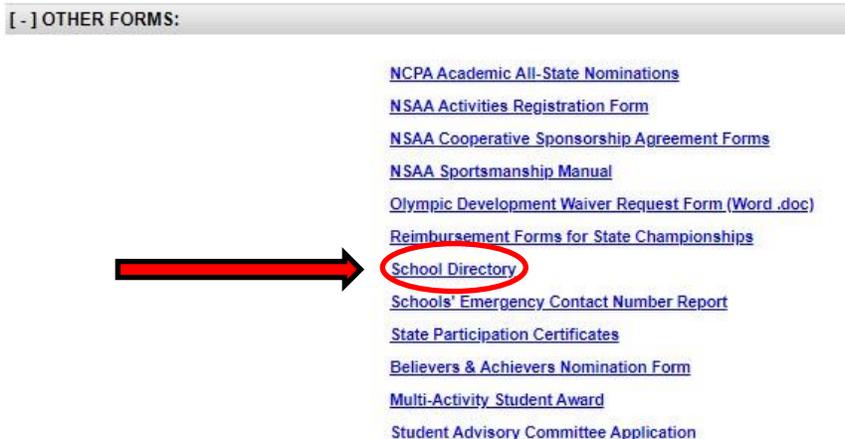
Have you followed the NSAA social media channels?

The NSAA Winter 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 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.



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](#).



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