



NSAA News

December 2022



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<https://nsaahome.org/>

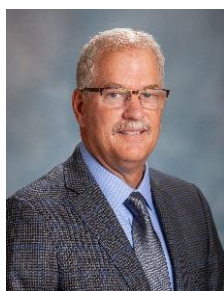
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Inside This Issue

- 1, 3** Executive Director's Notebook
- 2** NSAA Board of Directors & Staff
- 4** NSAA Respect the Ref
- 5** The NFHS Voice
- 6** 2021-2022 NFHS NSAA State Coaches of the Year
- 7** December Currency Believers & Achievers
- 8** Fall Championship Reimbursement Reminder
- 9** State Championship Tickets
- 10** Sportsmanship & Respecting Officials Presentations
- 11** 2022-2023 NFHS NSAA Music Educator of the Year
- 12** NFHS Spirit of Sport Award
- 13** NFHS Heart of the Arts Award
- 14-18** NSAA Membership Spotlight
- 19** NSAA SAC Spotlight
- 20** NSATA Training Table
- 21** Update School Directory
- 22** Update Eligibility List
- 23** Statement of Principal on Conduct Synopsis
- 24** Coach & Sponsor Certification

Executive Director's Notebook

Jay Bellar, NSAA Executive Director



As the old adage reminds us, "The days are long, but the years are short." It seems impossible that the calendar is reading December already. The fall sports are almost completed, and the final fall champions are being crowned. As the beautiful autumn State Football weather departs and cold weather emerges, it is time to prepare for the beginning of winter sports and activities. While the NSAA, along with our member school participants, coaches, and fans are looking forward to the upcoming seasons of bowling, wrestling, swimming & diving, basketball, and speech, this month I would like to focus my newsletter on the NSAA activities.

Every year fans attending games and other athletic contests are able to witness the high level of play and raw athletic talent our member school students possess. Not as frequently do the masses get to experience the incredible, extra-ordinary genius that our member school students display in the performance arts. One of the most enjoyable parts of my job is the privilege of sitting in the audience at NSAA State Play Production and State Speech Championships.

As impressive as our thespians and speakers are, our student musicians are just as remarkable. We are lucky, in the state of Nebraska, to have so many gifted vocalist and bands willing to perform the National Anthem before NSAA contests. The performances of those chosen to sing before State competitions has been one way to try and highlight a few of our talented vocal students. This year, there were over 200 students who auditioned for this honor and although not all can be featured, the NSAA applauds all who tried out and encourage those who were not selected to continue to pursue this opportunity.

Students who participate in speech, debate, drama, music, and journalism are doing more than competing. They are gaining skills that will positively serve them their entire lives. Those who compete in these activities are learning to think on their feet, listen with a critical ear, and speak effectively. Participation teaches preparation and time management as well as teamwork and leadership.

NSAA Board of Directors & Staff

					
Kara Graham District I Lincoln Southeast	Dana Wiseman District I Sutton	Thomas Lee District II Omaha Westview	Dr. Bob Reznicek District II Boys Town	Dr. Jon Cerny District III Bancroft-Rosalie	Ryan Ruhl District IV Centura
					
Robert Drews District V Arapahoe	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	Taryn Retzlaff 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

What confidence and poise these students display! To stand in front of others (the number one fear of most people) and speak, act, react, sing, play an instrument or argue a point is helping these students develop vital life skills that they will use in their post-secondary education as well as in many various careers, not to mention, just in life in general.

My challenge this month is to take the opportunity to go and watch these students perform. Attend State Play Production, go to a speech meet, or attend a local music concert or fine arts evening. The hours and hours the coaches and contestants put into their honing their craft are staggering and merits recognition and support of fans—and trust me, when you attend you will be entertained, impressed and glad you took the time to support such deserving competitors.

2022 NSAA State Play Production Championships

The State Play Production Championships will be held on Wednesday, December 7th through Friday, December 9th at the Johnny Carson Theater in Norfolk.

Tickets will be available for purchase in the coming days via GoFan – <https://gofan.co/app/school/NSAA>.

The competition schedule is available on the NSAA website and can be found [here](#).

NFHS Bench Bad Behavior Campaign

A graphic with a pink background and a yellow border. At the top, the word "Fans:" is in a yellow box. Below it, the text "ENOUGH IS ENOUGH!" is in large, bold, white capital letters. Underneath, in smaller white text, it says: "Bad behavior at high school athletic events has gotten OUT OF CONTROL. Are YOU part of the problem? Always be respectful, encouraging and positive. Let's come together to #BenchBadBehavior for good!" At the bottom, in a yellow box, is the website "BenchBadBehavior.com".



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



CURRENCY.



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 for more information.

The NFHS Voice: NFHS Addresses Name, Image and Likeness (NIL) with New Course, User Experience



Dr. Karissa Niehoff, NFHS Executive Director

The National Federation of State High School Associations and ADVANCE, powered by Anomaly and TeamAltemus, have partnered to address Name, Image and Likeness (NIL) with a new, free course by the NFHS Learning Center that details the expectations and realities of NIL in the current interscholastic landscape.

Since July 1, 2021, at which time college student-athletes could officially profit from their name, image and likeness, the topic of NIL has remained at the forefront of discussion for interscholastic athletics and activities. The NFHS and ADVANCE designed the “Name, Image and Likeness” course to not only define NIL, but to also provide examples of how it can be leveraged by high school students, identify misconceptions that various stakeholders have about NIL, and highlight aspects that students and families should consider when interested in pursuing NIL opportunities.

“The NFHS Learning Center is excited to bring increased awareness of name, image and likeness to the interscholastic community and beyond,” said Dan Schuster, NFHS director of educational services. “We believe that this course will help people better understand what NIL is, and, maybe more importantly, what it is not.”

The “Name, Image and Likeness” course suggests ways in which student-athletes can leverage NIL to promote their own identity via a brand or business. The course also addresses intellectual property such as shirts, flyers and artwork, which belong to the student-athlete who is promoting his or her own identity. Permitted profit from NIL is absent of promotion of direct competition or performance. In addition to providing other examples of ways to leverage NIL, the course explores differences in NIL and “Pay-for-Play,” a forbidden practice that occurs when a student-athlete earns money for competing.

The launch of “Name, Image and Likeness” coincides with the unveiling of a new user experience that Schuster said will “better showcase” the NFHS Learning Center’s accredited content. It features improved navigation, resources, transcripts, higher quality videos and a larger screen.

“The upgrades to course-taking will enhance the experience and better showcase the high-quality accredited content to learners across the country,” Schuster said.

The NFHS Learning Center’s development of the course took place in concert with ADVANCE, the contributor of the course’s content. ADVANCE provides comprehensive advisory and strategic NIL solutions that educate, empower and equip all stakeholders in the collegiate and high school athletics ecosystem. Its work with NIL curriculum development includes in-depth evaluation and collaborative solutions designed to maximize on-campus resources, knowledge, athlete instruction and live data.

“The NFHS recognized an increasing need for insightful, thorough education on name, image and likeness for its members across the education-based activities landscape,” said Dr. Karissa Niehoff, CEO of the NFHS. “Since NIL’s emergence, ADVANCE has been committed to providing individuals with education and strategies to succeed in the world it’s introduced us to. Thanks to that expertise, we are able to develop and offer this much-needed course at a time when NIL is beginning to trickle down to our high school student-athletes.”

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

2021-2022 NFHS NSAA State Coaches of the Year Announced

The National Federation of State High School Associations (NFHS) and the Nebraska School Activities Association (NSAA) are pleased to announce the 2021-2022 NFHS NSAA State Coaches of the Year.

Evan Bohnet, South Sioux City – Girls Wrestling
Kelly Cooksley, Broken Bow – Girls Golf
Brian Fleischman, Overton – Boys Golf
Steve Frey, Millard West – Baseball
Joe Hesse, Humphrey/Lindsay Holy Family – Boys Basketball
Jon Holtz, Elkhorn – Boys Tennis
Chace Hutchison, Gretna – Girls Soccer
Sam Jilka, Lexington – Boys Cross Country
Josh Johnson, Wayne – Girls Bowling
Lance Kush, Elkhorn North – Girls Tennis
Paul Lee, Grand Island – Boys Bowling
Joel Lemus-Leon, Lexington – Boys Soccer
Matt McKay, Sidney – Boys Track & Field
Ryan Mraz, Sutherland – Boys Wrestling
Ross Mueller, Lincoln Southwest – Swimming & Diving
Melinda Nielsen, Ogallala – Unified Sports, Bowling
Kevin Schrad, Lincoln Southwest – Girls Track & Field
Mike Spiers, Howells-Dodge – Football
David Stallings, Millard South – Unified Sports, Track & Field
Aaron Sterup, North Bend Central – Girls Basketball
Mark Watt, Lincoln Southwest – Softball
Donna Wiedeberg, Sidney – Girls Cross Country
Sue Ziegler, Lincoln Lutheran – Volleyball

These coaches will be honored during halftime of the Class A Girls State Basketball Semifinal game on Friday, March 3rd, 2023 at Pinnacle Bank Arena in Lincoln.



Head Coach Passcodes for Online Rules Meetings

Athletic Directors: Do your head coaches know their passcode to view the required online rules meeting?

Please make sure that your head coaches have their passcodes readily available to login to their individual coach's page and view the rules meeting before the deadline. Athletic Directors have full access to their school's passcodes by logging into the AD login page, clicking on the school directory link under "Other Forms."

**Passcodes cannot be duplicated. Each activity must have its own specific password. Please reach out to Cindy Callaway at ccallaway@nsaahome.org with questions.*

December Currency Believers & Achievers

CURRENCY.



Ruthie Loomis-Goltl
Bridgeport



Deema Haidle
Callaway



Madison Hammer
Thayer Central



Anna Janvrin
Elkhorn



Grace Johnson
Bancroft-Rosalie



Kaia Johnson
Ravenna



Emma Krusemark
Pender



Ian Kuchar
Bloomfield



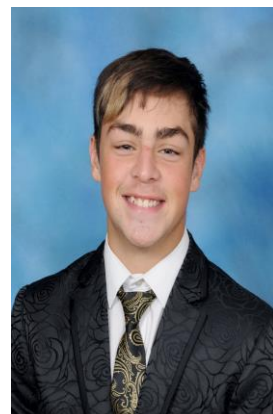
Maynard Larweh
Elkhorn South



Sarah Lasso
Columbus



Pamela Castaneda Martinez
Ralston



Leighton Medina
Plainview

2022-2023 NSAA District Meetings

District 1

Wednesday, January 11th – 10:00 a.m. – NSAA Office

District 2

Wednesday, January 11th – 10:00 a.m. – Boys Town

District 3

Wednesday, January 11th – Noon – Northeast Community College in Norfolk

District 4

Wednesday, January 11th – 1:00 p.m. – Kearney High School

District 5

Wednesday, January 11th – 1:00 p.m. CST / 12:00 p.m. MST – The Tassel in Holdrege

District 6

Wednesday, January 11th – 8:00 a.m. CST / 9:00 a.m. MST – Alliance Public Library

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 3rd, 2022. The meeting minutes can be found on the NSAA website [here](#).

Fall Championship Reimbursement Reminder

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

Play Production – January 9th, 2023

There is no form to fill out for Football.

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

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](#)

NCPA Academic All-State Award Nomination Due Dates

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

Nomination Due Dates

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

Fall – December 13th, 2022

Winter – March 21st, 2023

Spring – May 1st, 2023

Please contact NSAA Marketing Manager Ashton Honnor at ahonnor@nsaahome.org with questions.

NSAA State Championship Tickets

The NSAA will continue using online tickets for entry into all 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. There will be 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 at the designated location(s). 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.

Officials & Judges Appreciation Weeks

Mark your calendars for the 2022-2023 NSAA Officials and Judges Appreciation Weeks and stay tuned to the NSAA social media accounts for more information.

Speech Judges

January 9th-14th, 2023

Winter Officials

January 23rd-28th, 2023

Spring Officials

April 3rd-8th, 2023

Music Judges

April 17th-22nd, 2023



December Moratorium

The December Moratorium is December 23rd-27th. Other important NSAA dates, including future December Moratorium dates, can be found on the [NSAA Calendar](#).

Sportsmanship & Respecting Officials Presentations

NSAA Supervisor of Officials Nate Neuhaus has been on the road speaking to students and their school communities about sportsmanship and respecting officials.

NSAA Member Schools - If you are interested in having the NSAA come to your school to conduct a sportsmanship and respecting officials presentation, please call the NSAA office.



Officials Online Rules Meeting Schedule

Rules meetings must be completed prior to midnight CST of the due date.

Spring Sports – Baseball, Soccer, Track & Field, Unified Track & Field

February 10, 2023 to February 26, 2023

No Charge to Officials & Head Coaches

February 27, 2023 to March 5, 2023

Basic \$25 Fee – Officials & Head Coaches

March 6, 2023 to March 7, 2023

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

Interested in becoming an NSAA official? [Click here](#) for more information.

Judges Online Rules Meeting Schedule

Rules meetings must be completed prior to midnight CST of the due date.

Speech

October 1, 2022 - December 28, 2022

No Charge to Judges & Head Coaches

December 29, 2022 - January 4, 2023

Basic \$25.00 Fee - Judges & Head Coaches

January 5, 2023 - January 6, 2023

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

Interested in becoming an NSAA judge? [Click here](#) for more information.

Omaha Westside High School Vocal Director Receives Nebraska's 2022-2023 Music Educator Award

Doran Johnson of Omaha Westside High School has been named Nebraska's National Federation of State High School Association's (NFHS) 2022-23 Outstanding Music Educator of the Year.

Johnson 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.

Johnson obtained his Bachelor of Music in Education from the University of Northern Iowa and a master's degree in Music Education from the University of Nebraska-Omaha. Johnson's career began in Grundy Center, Iowa in 1988 teaching 6-12 vocal music. In 1998 Johnson moved to Omaha Westside High School to lead the 9-12 vocal department.

Johnson's primary goals have remained constant through 35 years of teaching. He prides himself in using music to make a difference in the lives of his students and inspire them to reach excellence in their personal lives. Additionally, Johnson strives to motivate his students to enjoy their music journey, whether the novice or mastery experience. He is known for creating an environment where students can become leaders and provide a voice in the learning process.

Johnson was honored with the award at the Nebraska Music Educators Association annual awards banquet held on November 17th.

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-Riensch, Papillion-La Vista South High School
- 2012 - William Reichert, Broken Bow High School
- 2013 - Cheri Helmer-Riensch, 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
- 2022 - Doran Johnson, Omaha Westside High School

NFHS Spirit of Sport Award

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

The recipient could be a coach, athletic administrator, administrator, contest official, trainer, student-athlete or any others associated with the school or the school’s athletic program.

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

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

- *has demonstrated exemplary sportsmanship and/or citizenship in playing the game as it should be played;

- *has exceeded normal expectations in assisting others within the school or community; or

- *has overcome adversity or a challenging circumstance.

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

The nomination must be for something that occurred between January 1st, 2022 and January 31st, 2023. Nominated individuals do not necessarily need to still be enrolled in high school at the time of the nomination.

The NFHS seeks to identify worthy award recipients by nominations submitted by the membership. Those nominations may be made by member high school associations or by high schools working through the member high school associations. In the instance of a nomination originating from a high school, it must be forwarded to the high school association within its particular state.

The member state association would then review all nominations, select the one nomination it deems worthy, sign the nomination form indicating its endorsement and approval and forward it to the NFHS. Each state association may submit just one nominee to the NFHS.

The section winners and the national winner will be publicized in an NFHS press release, as well as in the “High School Today” magazine. In addition, the national winner will be recognized in person at the NFHS Summer Meeting in Seattle in June of 2023.

If you have someone that is deserving of a nomination, please contact NSAA Marketing Manager Ashton Honnor at ahonnor@nsaahome.org. Nominations are due by January 16th, 2023.

NFHS Heart of the Arts Award

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

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

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

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

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

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

The nomination must be for something that occurred between January 1st, 2022 and January 31st, 2023. Nominated individuals do not necessarily need to still be enrolled in high school at the time of the nomination.

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If you have someone that is deserving of a nomination, please contact NSAA Marketing Manager Ashton Honnor at ahonor@nsaahome.org. Nominations are due by January 16th, 2023.

NSAA Membership Spotlight

District 1: Giltner

Location: Giltner

K-12 Enrollment: 216

School Mascot: Hornets

Twitter Handle: [@GHS_Hornets](#)

NSAA Participation

Volleyball

Football

Play Production

Boys & Girls Basketball

Speech

Music

Boys & Girls Track & Field



NSAA State Championships: 18

What's Happening at Giltner:

"We have the best student sections in the state of Nebraska! Our students travel extremely well to all activities home and away," said PK-12 Principal/Activities Director Christopher Pietrzak. "We have been complimented numerous times this year by other schools, their fans, and administrators on how well-behaved and supportive we are for our Hornets. Between student lead theme nights and how well we support each other, we couldn't be any prouder of our Hornets."

"We are building an AG program and FFA from the ground up including the classroom space. Our community has come together to help make this possible by forming a foundation outside of the school, to help fund and build this program. We are very excited to have this program and our new teacher here next year!"



District 2: Conestoga**Location:** Murray**9-12 Enrollment:** 211**School Mascot:** Cougars**Twitter Handle:** [@ConestogaAD](https://twitter.com/ConestogaAD)**NSAA Participation**

Softball

Boys & Girls Cross Country

Volleyball

Football

Play Production

Boys & Girls Wrestling

Boys & Girls Basketball

Speech

Music

Journalism

Boys & Girls Soccer

Boys & Girls Track & Field

**NSAA State Championships:** 3**What's Happening at Conestoga:**

"Conestoga has operated on a 4-day school week since 2006. We go to school Tuesday-Friday most weeks. This allows our students and teachers an extra day of rest and recovery," said Assistant Principal/Athletic Director Cole Wills. "It also allows our sports teams an opportunity on Mondays to get in early work for practices. Students and teachers embrace the 4-day week, and it has become a staple of Conestoga."

"One of our district goals is 100% of our students participate in an activity. As we encourage each of our students to be involved, that means our coaches and sponsors share a lot of students. Being a small school, our students do a great job of taking advantage of all the opportunities they can be involved in. We take great pride in having our students compete in multiple activities and sometimes even on the same day."



District 3: Homer**Location:** Homer**K-12 Enrollment:** 399**School Mascot:** Knights**NSAA Participation**

Boys & Girls Cross Country

Volleyball

Football

Play Production

Wrestling

Boys & Girls Basketball

Speech

Music

Boys & Girls Track & Field

Boys Golf

**NSAA State Championships:** 2**What's Happening at Homer:**

"At Homer, we believe sportsmanship is established by our coaches, who model sportsmanship daily at practice and at all contests," said Athletic Director Dan Schmitt.

"In the past three years, we have added cross country and wrestling to our athletic program. We are in the process of extensive elementary and secondary classroom additions."



District 5: Axtell**Location:** Axtell**PK-12 Enrollment:** 337**School Mascot:** Wildcats**Twitter Handle:** [@axtellwildcats](https://twitter.com/axtellwildcats)**NSAA Participation**

Boys & Girls Cross Country

Volleyball

Football

Play Production

Boys & Girls Wrestling

Boys & Girls Basketball

Speech

Music

Boys & Girls Track & Field

Boys Golf

**NSAA State Championships:** 9**What's Happening at Axtell:**

"Axtell has become a fast-growing village. Due to that growth, our school is facing shortages in space and staffing," said Athletic Director Brad Nelson. "The district numbers grew by 23 students last year. That number reflects the growth in our community. Due to the increasing numbers, we are looking at building projects and more staffing. The projects would add needed classroom space and additional staff to handle the increased student numbers. When the funding is secured, we will be able to construct these needed spaces for our district."



District 6: Alliance**Location:** Alliance**9-12 Enrollment:** 435**School Mascot:** Bulldogs**Twitter Handle:** [@DefendTheA](https://twitter.com/DefendTheA)**NSAA Participation**

Girls Golf

Softball

Boys Tennis

Boys & Girls Cross Country

Volleyball

Football

Unified Bowling

Play Production

Wrestling

Boys & Girls Basketball

Speech

Music

Journalism

Girls Tennis

Boys & Girls Track & Field

Unified Track & Field

Boys Golf

**What's Happening at Alliance:**

"We started a new tradition this fall that we will do again in the winter and spring. We did a thing called "high five friday" on the Friday morning of our homecoming game we had all fall sport athletes and our drumline load up on buses and go to our elementary schools," said Assistant Principal/Activities Director Anita James. "The idea was to have them form tunnels at the entrance of the school and greeted and gave high fives to the kids as they came into the schools, however because it was too cold out, the high school students lined the halls and gave high fives as the kids came into the school as our drumline played jungle music through the halls. The elementary students loved it!"



Student Advisory Committee Spotlight

Grace Johnson, Senior at Bancroft-Rosalie High School



As a senior in a very small high school, I frequently feel the pressure to be a good leader to my peers. While being a role model is something I am so passionate about, it can be challenging at times. Luckily, being a part of the SAC has provided me with so many great resources and opportunities to influence those around me in a positive way.

One of these opportunities was attending the NFHS National Student Leadership Summit. This took place in Indianapolis over the span of 2 days, but the lessons I learned will last forever. I met hundreds of students from different states and got to see how they promote good leadership in their states. We also got to bounce ideas off of each other and attend five breakout sessions. If you'd like to learn more about each session, please read the 'SAC Spotlight' in the September, October, and November NSAA News.

While the whole summit was great, our participation with the Special Olympic members was definitely my favorite part. When I was a sophomore, I took a sign language class. If I'm being honest, I don't remember most of it, but I do still remember a couple of words and the alphabet. One of the Special Olympic members I talked to was hard of hearing, so I decided to try to communicate with ASL. She got so excited when she realized we could have a conversation.

This interaction with Brianna has inspired me to take every possible ASL class I can. It was amazing to see how something that I would maybe overlook was so appreciated by multiple people. The whole day was a great opportunity to work on inclusion and respect, which is something we discussed in one of our sessions. This is definitely an experience I will never forget.

Another opportunity has been the two sportsmanship summits I've not only attended, but also had the chance to speak at. Last year, we really focused on how sportsmanship from your team, students, fans, and families impacted your school and your community. We also learned about the shortage of refs and how respecting them is vital to the future of high school activities. This year we focused on digital sportsmanship, doors of opportunity, building relationships, and more. What stuck with me most from this year was the digital sportsmanship section. It was eye-opening to see just how much social media affects people's lives.

While the other two experiences have meant so much to me, just being a member of the SAC has been the best resource. I have the chance to ask the multiple adults who attend our meetings for advice on being a leader, applying for colleges and scholarships, and life in general. Being able to brainstorm with 19 other students that live in the same state as I do has been incredible. We each have different goals for ourselves and hearing what the other members have accomplished has set the bar higher for what I hope to do.



NSATA Training Table

Ashley Conrad, ATC



Coaches and Concussions: Getting the Athlete Back into Sport

"Hey Ashley. John here was participating in tackling drills and went head-to-head with a teammate. He looks pretty dinged up. Can you check him out?" said Coach Smith. After an evaluation, it was determined that John does have a concussion and must be put on the concussion protocol. "So, when can John get back to playing?"

Determining return to play is one of the main questions coaches ask athletic trainers about concussions. Every concussion is different and there is not one set timeline for return to participation. Coaches want the athlete to be safe, but they have to make competition plans, and adjust accordingly. Coaches need to work with athletic trainers and physicians to ensure the athlete gets back onto the field in a safe manner.

The current return to play process is a six-step graduated exercise plan that takes symptoms and neurocognitive ability into account. The six steps are: 1) rest, 2) light aerobic activity (no weightlifting), 3) sport specific activity, 4) non-contact practice, 5) full contact practice, and 6) full participation. Athletic trainers and physicians will help guide the process, but coaches should be aware of what each step of the process entails.

The most important step a coach should be involved in starts before the return to play process. Coaches are the eyes when athletic trainers are not on the field. Coaches are pivotal in recognizing the signs of a concussion, removing the athlete from play, and getting the athlete to the appropriate healthcare professional.

After the athlete is put on the concussion protocol, the rest stage begins. Athletes are instructed to stop physical activity and may need to rest from mental/academic activity as well. As a coach, it is important to communicate with the athletic trainer or physician about the severity of symptoms and encourage the athlete to rest. Many athletes have jammed pack lives and feel like they need to do everything. Coaches can help communicate the importance of rest, and how that will impact their recovery.

As symptoms allow, the athlete will move into light aerobic exercise and sports specific activity. Light aerobic activity could include stationary biking, walking and light jogging. Sports specific activity will depend on the nature of the sport. For example, football sport specific drills could include agility footwork or throwing the football. Tennis sport specific drills might include hitting the ball over the net with no return service, or agility line work. The attending healthcare provider will work with the athlete to develop an individualized exercise plan. Many times, the athlete will be exercising in the same space as the team. It is essential as a coach to understand the exercise plan and make sure the athlete does not do too much. Coaches can help the athlete feel included on the team and assign them tasks to help keep them involved.

When cleared by the physician, the athlete will be allowed to participate in practices. The athlete will start with non-contact drills. This is differentiated among the sports. A soccer non-contact practice would eliminate any heading and scrimmaging. However, a dance non-contact practice could include a full routine. It is important for coaches to know what element of their practice plans include contact drills, and work with the athlete on a daily plan. Once the athlete returns to full practices, the coach has a responsibility to recognize any issues the athlete may have. They should be aware if any symptoms return, and if the athlete looks like they are back to their normal playing ability. Any discrepancies need to be reported to the athletic trainer or healthcare provider.

Finally, the athlete fully recovered and is back into full competition. Coaches helped the athlete by recognizing the signs of a concussion, being a support system, and working with the athletic trainer or physician to complete the return to play process in a safe manner.

Have you followed the NSAA social media channels?

Fall Championships are just about wrapped up! 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 the School Directory information to communicate throughout the year to administrators and coaches. ***It is important that this information is accurate and updated at all times.*** Please login to your AD login page, go to the OTHER FORMS section and click on your school's directory page. A viewable and a printable link are also available for those who prefer to print a copy of the directory or save a file to their desktop for quick reference. Coaches' passcodes and rules meeting verification can also be found on this page. 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](#)
[2022 NSAA School Directory \(PRINTABLE Version\)](#)
[NORRIS 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"

Required Courses for ALL Coaches & Activities Sponsors

All coaches and activities sponsors are required to take the three NFHS courses at least once every three years. The bylaw now states:

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

Medical Personnel at Regular Season Contests

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

A Reminder to Compete with Respect

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

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

Statement of Principle on Conduct Synopsis

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

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

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

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

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

Requirements for Ejected Coaches & Players

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

Administrators will be expected to promptly file a report with the NSAA whenever a participant or coach from their school has been ejected from any high school contest. Such filing must be done online under the AD login section of the NSAA website. Enforcement of the "sit-out rule" is expected to begin immediately, regardless whether it is regular-season or tournament play.

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

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

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

Coach & Sponsor Certification

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

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

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

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

Are your officials on the NSAA Officials Roster?

3.12.2 Officials for Varsity Contests.

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

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

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