



NSAA News

October 2022



500 Charleston St., Suite 1 Lincoln, NE 68508

<https://nsaahome.org/>

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Executive Director's Notebook

Jay Bellar, NSAA Executive Director



Family Time

"NSAA Activities...the other half of education." This tagline for the NSAA has been around for decades. Although the exact date when this motto started to be used is unknown to me, I recently saw a State Basketball program from 1980 with these words emblazoned across the cover. That was forty-two years ago. Why have these words stood the test of time? Because they are bold, meaningful, and, most importantly, accurate. NSAA sports and activities, along with academia, help develop responsible, well-rounded, prepared citizens of our world.

Together, with their families, our participants learn, grow, mature, and transform during their high school years. Lately, however; there has been much discussion of activities taking too much time, perhaps more expressly, interfering with family time.

Time is the one thing all humans constantly chase, yet we never seem to find enough of it. No one is debating the fact that extra-curricular activities and sports commandeer a lot of time. Rehearsals, practices, and games, on top of school, studying and homework can eat up a big portion of the time pie. It is easy to feel like there are not enough hours in the day, which makes what we choose to do within those given times important.

Regardless of what students are doing, the hours are going to pass. Regularly filling fifteen to twenty hours a school week participating in sports and activities is a great choice compared to other ways students could be filling those same hours. Involvement in NSAA sports and activities get students away from their electronic devices, while providing students with a wide range of physical, social, and psychological benefits.

The hours sacrificed help students develop lifelong habits in building and maintaining physical activity. Children who participate in sports are far more likely to continue living a healthy and active lifestyle when they grow up.

Executive Director's Notebook continued on page 3

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
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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

According to the Robert Wood Johnson Foundation, 75 percent of people of the age of 30 who participate in regular physical activity, such as working out, walking, or playing sports, were part of teams in high school. Students involved in activities and sports meet more people, make more friends, and develop a sense of belonging. Rather than sitting at home watching TV or scrolling their phones, students spend after school hours learning to work with others, building their confidence, cheering for others, and discovering a sense of identity while trying new skills and gaining life lessons.

As is often mentioned in this newsletter, the other half of education taught through participation in NSAA activities include many important skills. Participants learn how to build relationships outside of their family. They develop interpersonal skills such as communication and cooperation. Sports and activities provide students the opportunity to practice leadership skills and learn the hard but important lessons of winning fairly and losing gracefully, all while managing their emotions under pressure.

Often people focus on the time participation takes away from family time, but sports and activities can benefit entire families by promoting family involvement. Parents, guardians, grandparents, and siblings can form a strong support system for a student by attending games and encouraging and cheering for the student. Parents, guardians, and other adults have the opportunity to be role models for all children participating.

Situations often arise in competitive events, including good and bad sportsmanship which can become great points of discussion within the family. Positive, nonjudgment support from parents and other adult relatives can make a big difference when it comes to how much the student benefits from time away from home.

When involved in NSAA activities, a student's "community family" expands exponentially. School sports and activities bring a community together. Studies show that families who participate in school sports and activities develop deeper connections with other families and have a greater sense of community. Statistics also show that active students are far less likely to engage in unhealthy behavior such as smoking, taking drugs, or drinking alcohol. Students busy with sports and activities may have less time to get in trouble—but they also feel an obligation to their teammates, coaches, parents, and communities.

Finally, if as a parent you truly have a concern about the amount of time spent on sports and activities, talk to your child and see if there are things you can do to gain family time back—time in the car, special one-on-one time, make family dinner (even if it has to start at a later time) non-negotiable. If there is still concern, reach out to the coach, sponsor, or administration and see if there are changes that can be made to get back some family time while still allowing your child all the benefits that come from participation.

Time is going to pass, let's guide our students and help them to get the most from their time after school by participating in NSAA activities and sports.

***“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!



CURRENCY.



Peru
State
College



National High School Activities Month Celebration to Promote Values, Benefits of Activity Programs



The annual month-long celebration of high school athletics and activities – National High School Activities Month – begins at the onset of October for the National Federation of State High School Associations (NFHS) and its 51 state high school associations. During this special time, the more than 19,500 high schools nationwide are encouraged to promote the values inherent in high school athletics and other activities such as speech, debate, music and theatre.

Throughout October, the celebration emphasizes essential areas of high school activity programs with the following weeks: **National Sportsmanship, Fan Appreciation and Public-Address Announcers Week** (October 1-8); **National Performing Arts Activities and Local State High School Associations Week** (October 9-15); **National Coaches, Advisors, Officials, and Sponsors Week** (October 16-22); and **National Community Service/Youth Awareness Week** (October 23-31).

“High school sports and activity programs provide one of the best bargains in our community and nation and will continue to do so as long as our nation supports them as an integral part of the education of our young people,” said NFHS CEO Dr. Karissa Niehoff. “Not only do these programs teach the more than 12 million student participants who engage in them valuable life skills lessons, such as ethics, integrity and healthy lifestyles, they also provide the best entertainment value in our nation.”

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

The NFHS Voice: NFHS Partners with Crisis Text Line to Support Teens' Mental Health



Dr. Karissa Niehoff, NFHS Executive Director

The National Federation of State High School Associations (NFHS) has partnered with Crisis Text Line (CTL) to encourage mental health support for teens across the country. Crisis Text Line provides free, 24/7, high-quality text-based mental health support and crisis intervention in English and Spanish by empowering a community of trained volunteers to support people in their moments of need.

This partnership aligns with the 2021-2025 NFHS Strategic Plan and the NFHS Board of Directors Priorities, both of which have identified Student Mental, Emotional and Physical Wellness as one of the most important areas of concern in high school sports and performing arts programs.

“The last several years have been particularly challenging for many students in high school activity programs, with the pandemic and other pressures felt by students today,” said NFHS CEO Karissa Niehoff. “We are glad to be able to offer another avenue of help for students nationwide through this partnership with Crisis Text Line. We need to let students know there are individuals who can help in times of need.”

Crisis Text Line promotes mental well-being for individuals, wherever they are. Individuals are encouraged to text a keyword to 741741 if they are experiencing a mental health crisis – anything from suicidal thoughts or abusive relationships to difficult conversations with parents or anxiety about school workload. At any time, texters can connect with volunteer Crisis Counselors who will provide confidential support. Crisis Text Line recently expanded its service to include Spanish language support, becoming the first organization to provide free, text-based mental health support for Spanish speakers in the United States.

“We truly admire the work NFHS does for student-athletes by promoting respect, integrity and sportsmanship as well as fostering the inclusion of diverse populations,” said Dena Trujillo, CEO at Crisis Text Line. “Our goal is to provide all teens with text-based mental health support 24/7 so they never feel alone.”

This agreement furthers the relationship between the NFHS and Crisis Text Line that began at the 2019 NFHS National Student Leadership Summit in Indianapolis. Attendees of the Summit were provided bag tags advising those in crisis to text the keyword “SHIELD” to 741741. The NFHS will continue to promote the use of “SHIELD” as its keyword through this agreement.

While individuals of any age can utilize the service, approximately 70 percent of Crisis Text Line’s texters are under the age of 25.

“The NFHS is excited about this relationship because it provides an exceptional resource not only for the young people in our nation’s schools, but for our member state associations who will be able to receive data on the issues affecting students in their states,” said Elliot Hopkins, NFHS Director of Sports and Student Services. “Identifying these issues greatly impact the targeted response. We want to promote this option to those who need support and encouragement.”

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

2022-2023 NSAA District Meetings

District 1

Wednesday, November 9th – 10:00 a.m. – NSAA Office

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

District 2

Tuesday, November 1st – 9:00 a.m. – Boys Town

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

District 3

Tuesday, November 1st – Noon – Northeast Community College in Norfolk

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

District 4

Monday, November 7th – 1:30 p.m. – Kearney High School

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

District 5

Tuesday, November 1st – 1:00 p.m. CST / 12:00 p.m. MST – McCook Christian Church in McCook

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

District 6

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

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

September NSAA Board of Directors Meeting Minutes

The September NSAA Board of Directors meeting was held at the NSAA office in Lincoln on Thursday, September 15th, 2022. The meeting minutes can be found on the NSAA website [here](#).

2022-2023 NSAA State Championship National Anthem Auditions

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

[AD Instructions](#)

[Music Director Instructions](#)

All auditions must be submitted by **11:59 p.m. CST on Saturday, October 1st**.

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](#)

NSAA Golf Cart Rental Policy for NSAA State Golf Championships

The NSAA limits the use of motorized carts during the State Championships. Rules Officials and Media Personnel are allowed to have a cart on the course. Spectators generally are not allowed to rent carts to follow the golfers.

However, individuals meeting the criteria of the Americans with Disabilities Act may be allowed to rent a cart during the State Tournament. Permission must be verified and approved by the NSAA staff member at each course.

1. Cart rental fee shall be \$50 per cart.

2. Cart is for a maximum of two riders only.

NOTE: Due to the limited number of carts those riders who have proper documentation may be assigned to ride with another person who has proper documentation that is following the same tee time.

3. Those who provide a current DMV authorized handicap card that has the card holder's name on it, along with a photo ID, will be rented a golf cart, as available. Those carts will be checked out between 8:00 and 8:50 am.

NOTE: This is the card you carry on your person, NOT the placard that hangs in the car.

4. Those who provide doctor's notes indicating the need for the use of a cart will be put on a list to be given on a first come first serve basis. At 8:50 a.m. those carts will be rented to those who provide an official doctor's note if carts still remain.

5. The number of carts is limited at all golf courses. Those who provide the proper documentation are not guaranteed a cart.

All persons who rent a cart must follow all course and tournament rules and be of the age 16 and over.

October 1st – Deadline for Proposals

The deadline to submit proposals for change in NSAA Bylaws/Approved Rulings is October 1st. Class Caucus and Legislative proposals must be submitted online using the link found on the NSAA AD's login page. Any questions regarding the legislative process can be directed to NSAA Associate Director Jennifer Schwartz at jschwartz@nsaahome.org.

[-] PROPOSALS FOR CHANGE IN NSAA REGULATIONS:



Submit a Proposal:

- [Submit a New LEGISLATIVE Proposal](#)
- [Submit a New CLASS CAUCUS Proposal](#)

View Proposals:

- [LEGISLATIVE Proposals Submitted to the NSAA](#)
- [CLASS CAUCUS Proposals Submitted to the NSAA](#)

Fall Championship Reimbursement Reminder

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

Softball – October 31st, 2022

Cross Country – November 7th, 2022

Volleyball – November 21st, 2022

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.

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 Honor at ahonor@nsaahome.org with questions.

Judges Online Rules Meeting Schedule

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

Play Production

September 1, 2022 - October 11, 2022

October 12, 2022 - October 18, 2022

October 19, 2022 - October 21, 2022

No Charge to Judges & Head Coaches

Basic \$25.00 Fee - Judges & Head Coaches

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

Speech

October 1, 2022 - December 28, 2022

December 29, 2022 - January 4, 2023

January 5, 2023 - January 6, 2023

No Charge to Judges & Head Coaches

Basic \$25.00 Fee - Judges & Head Coaches

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

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

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.

Unified Bowling

September 26, 2022 - October 11, 2022

October 12, 2022 - October 18, 2022

October 19, 2022 - October 21, 2022

No Charge to Officials & Head Coaches

Basic \$25 Fee – Officials & Head Coaches

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

Winter Sports – Basketball, Bowling, Wrestling, Swimming & Diving

October 24, 2022 - November 8, 2022

November 9, 2022 - November 15, 2022

November 16, 2022 - November 18, 2022

No Charge to Officials & Head Coaches

Basic \$25 Fee – Officials & Head Coaches

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

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

February 10, 2023 to February 26, 2023

February 27, 2023 to March 5, 2023

March 6, 2023 to March 7, 2023

No Charge to Officials & Head Coaches

Basic \$25 Fee – Officials & Head Coaches

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

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

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.

Play Production Judges

November 14th-19th, 2022

Speech Judges

January 9th-14th, 2023

Winter Officials

January 23rd-28th, 2023

Spring Officials

April 3rd-8th, 2023

Music Judges

April 17th-22nd, 2023



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.

2021-2022 NSAA Cup Presentations

The 2021-2022 NSAA Cup presentations concluded in September. For more information about the NSAA Cup and the 2021-2022 Cup standings, [click here](#).



Omaha Skutt Catholic
Class B
All-School Division
Boys Division



Elkhorn North
Class B
Girls Division



Lincoln Southwest
Class A
Girls Division

Click n Clear Music Verification System

Need licensed music for your Show Choir or Marching Band performances? Check out the robust selection offered by [Click n Clear](#), a new copyright verification system through NFHS.



NFHS Section 5 Meeting

The NSAA hosted the NFHS Section 5 meeting at the NSAA office August 31st-September 2nd, 2022. Section 5 consists of the NSAA, the Kansas State High School Activities Association, the South Dakota High School Activities Association, the North Dakota High School Activities Association, the Minnesota State High School League, and the Missouri State High School Activities Association. NFHS Executive Director Dr. Karissa Niehoff and representatives from the Iowa High School Athletic Association and the Iowa High School Girls Athletic Union were also in attendance.



Amy Hostetler and Taryn Retzlaff Join NSAA AMAC

The NSAA would like to welcome the two newest members of the Activities Medicine Advisory Committee (AMAC): Amy Hostetler, PreK-12 Principal at Creek Valley Public Schools, and Taryn Retzlaff, NSAA Assistant Director. Amy and Taryn will bring a wealth of experience and expertise to the committee.

Amy has been involved in NSAA Speech and Play Production by serving as a District Representative for NSCTA, sitting on numerous Speech/Play Production committees, presenting at workshops, and leading in numerous roles at the NSAA Speech Championships.

Taryn joins the NSAA staff following 17 years in education. Most recently Taryn taught English at Norfolk High school, was the yearbook adviser, and directed theatre. She believes that activities connect students with their communities, provide significant opportunities for growth, and help them learn skills they will benefit from for the rest of their lives.

[Click here](#) to learn more about the members of the NSAA Activities Medicine Advisory Committee.

NSAA Membership Spotlight

District 1: Lincoln East

Location: Lincoln

9-12 Enrollment: 2,261

School Mascot: Spartans

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

School Promo Video: <https://drive.google.com/file/d/1MUa5aypLV8Muu3OjvTkhc-EXJ05wKrU/view>

NSAA Participation

Girls Golf

Softball

Boys Tennis

Boys & Girls Cross Country

Volleyball

Football

Unified Bowling

Play Production

Boys & Girls Wrestling

Boys & Girls Bowling

Swimming & Diving

Boys & Girls Basketball

Speech

Music

Journalism

Boys & Girls Soccer

Baseball

Girls Tennis

Boys & Girls Track & Field

Unified Track & Field

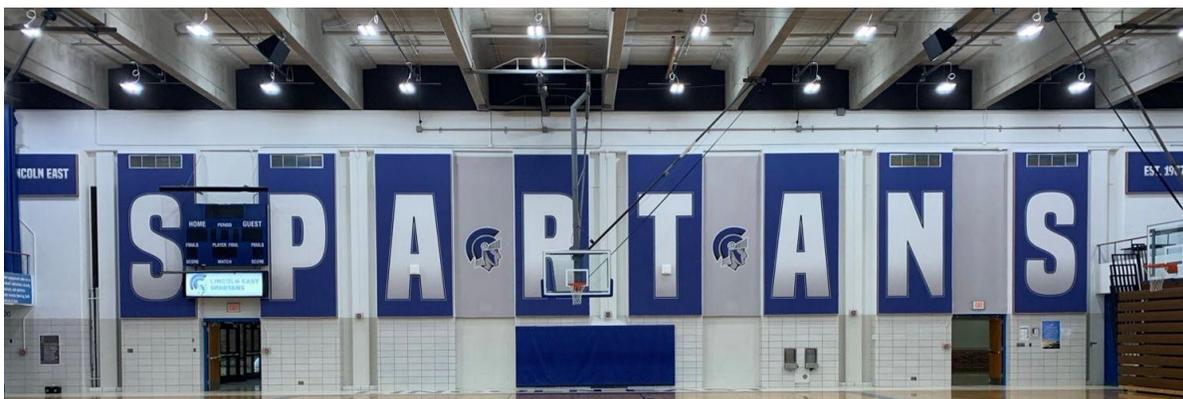
Boys Golf



NSAA State Championships: 113

What's Happening at Lincoln East:

"East High, home of the Spartans, is the pinnacle in opportunities realized through sports and activities: championships won, diplomas earned, leaders equipped and launched to impact the world after high school," said Athletic/Activities Director Zach Limbach. "Well over 75% of our student population take part in athletics/activities. We have tremendous overall support from our booster club, parents, teachers, coaches and community stakeholders. We have established active student leadership groups that continue to encourage and support all of our programs. It's Good to be a Spartan!"



District 2: Quest Forward Academy

Location: Omaha
9-12 Enrollment: 87
School Mascot: The Swarm

NSAA Participation

Play Production
Speech
Music
Journalism

Co-Op with Omaha Brownell-Talbot
8-Man Football



What's Happening at Quest Forward Academy:

“Quest Forward Academy Omaha approaches school differently from most. We are a skill-forward, project-based school. Since we are small our NSAA offerings are limited, but we hope to continue to create partnerships with other schools to provide our students with more activity opportunities,” said Director of Marketing Edward Vogel. “We are excited to see our enrollment numbers increase in the coming years so that we can be more active in the NSAA community.”

“Our students come from a small and very diverse community, so they have a strong sense of respect and sportsmanship. Having a small community requires everyone to trust each other and demonstrate respect to keep our community healthy. We are proud of our students and the amount of support they give each other, to their communities, and to students from other schools.”



District 3: Summerland

Location: Ewing
PK-12 Enrollment: 422
School Mascot: Bobcats

NSAA Participation

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



What's Happening at Summerland:

Our Activities Program has adopted the "10 Bobcat Pillars To Successful Programs," said Superintendent Kyle Finke.

- Student-Athlete:** "Student" Comes 1st – Then The "Athlete"
- Organization:** All programs shall be organized to fully maximize the potential of all student-athletes.
- Commitment:** Coaches and student-athletes will make a commitment to their sport or activity.
- Class & Character:** Each Coach will emphasize the building of class, character, and sportsmanship in their programs.
- Sportsmanship:** Win or lose with class and integrity, and always demonstrate respect for self, opponent, coaches, & officials.
- Discipline:** Develop teams that have self-discipline, and model that self-discipline as coaches in all situations.
- Preparation:** Preparation is the key to confidence and success. Be prepared for every meeting, practice, and game.
- Communication:** Communication will be emphasized in all aspects of running our program. Communicate with student-athletes, parents, other coaches, teachers, media, and administration.
- Compete – Execute – Develop** Coaches and student-athletes are expected to compete and play hard in all competitions. Player and team development in the off-season and in-season are VITAL to improvement.
- Have Fun – It's A Game!!** Enjoy being a part of Bobcat Athletics. While competing your tails off, make it fun for all involved. Don't Forget – It's A Game!!



District 4: Ravenna

Location: Ravenna

K-12 Enrollment: 419

School Mascot: Bluejays

NSAA Participation

Girls Golf

Boys & Girls Cross Country

Volleyball

Football

Play Production

Wrestling

Boys & Girls Basketball

Speech

Music

Boys & Girls Track & Field

Boys Golf



NSAA State Championships: 13

What's Happening at Ravenna:

"We have a really cool mentoring program that we call our "friends" program that pairs a high school student with an elementary school student as a mentor for the year," said Athletic Director Tony Schirmer. "Our big friends and little friends meet at least once a week and hang out during the school day. It is really neat to observe our big friends and little friends interact with each other."



District 5: Wilcox-Hildreth**Location:** Wilcox**9-12 Enrollment:** 66**School Mascot:** Falcons**Twitter Handle:** [@whfalcons](https://twitter.com/whfalcons)**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:** 2**What's Happening at Wilcox-Hildreth:**

"We have recently completed a new gym that holds over 1,150 people," said Principal Shannon Lovin. "We also added a new cafeteria, locker rooms, new classrooms, and office spaces."

"We highlight student and staff successes on our school social media platforms, through verbal recognition, and by presenting them with a symbol of recognition."



NSAA Intern Tales

Taylor Stout, Senior at Nebraska Wesleyan University



How I got here:

My name is Taylor Stout, and this is my first year as an intern for the NSAA. I graduated in 2018 from Lee's Summit High School in Lee's Summit, Missouri. I am currently at Nebraska Wesleyan University pursuing a Business Administration degree with a minor in Human Resource Management. I started playing volleyball when I was twelve years old and by high school, I was playing volleyball year-round. I played volleyball for Nebraska Wesleyan my first year, but as I grew older, I wanted to be more involved in the sport on the outside instead of as a player. The plus side of this decision is I can go home more often and watch my sister Jordan play and break all my records. I am also a third-degree black belt in taekwondo.

Why I love volleyball:

Volleyball is how our parents met, so it is only fitting that my siblings and I love volleyball. I would attend my parents' volleyball matches from an early age. After several years, they stopped playing but my dad started coaching and refereeing. He was my volleyball coach for the first few years of my career and then went on to coach Jordan as well. Even though I may not be playing the sport I love anymore, I want to still be involved in volleyball like my dad.

What I want to do:

I haven't decided what I want to do once I graduate, but I know I want to be involved with sports. I have taken numerous courses at Nebraska Wesleyan that have helped prepare me for the administrative and marketing side of high school sports. Now, as an intern at the NSAA, I will be able to help young athletes enjoy the sport they love.

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.

Student Advisory Committee Spotlight

Garrett Hansen, Senior at McCool Junction High School



My name is Garrett Hansen. This year I will be serving for my second year in the NSAA student advisory committee. I can say with pleasure that this committee has been one of the most amazing experiences I have had by far. I have grown in so many ways through my leadership skills along with my wellbeing. For my goal this last year, I attempted to bring bowling into my school as well as other surrounding schools nearby. I can firmly say that after just one year in the student advisory council that I have accomplished my goal. I was able to attend multiple school board meetings and bring a new team sport for our high school students to participate in. After our first year of the team, we had a total of twenty kids enjoy this sport as much as I do. It was unbelievable to me the amount of improvement and skill they gained in such a short amount of time. I never knew that being a part of this organization would bring so many opportunities in my school as well as the state.

I had the pleasure of attending the National Federation of State High School Associations located in Indianapolis. This camp had representatives from all over the country including two other countries. The kids at this camp were fellow students that had the same goal as the Student Advisory Committee. These kids were driven to make a difference in their school and state. It was with kids like them that I was able to bring back new ideas and learn various information to help me achieve my goals. One of the main ideas that inspired me was over acceptance. Being in a small part of Nebraska, it is often hard to find the difference in people. One of the keynote speakers I got the chance to listen to, talked greatly about how we need to do a better job at informing people like myself. Melissa Crum was an amazing speaker and helped me to better understand the differences in people. I was able to better open my eyes on how much I do not fully appreciate what I have. My situation can be a lot worse and sometimes it is easy to get caught up in the things you don't have. One of the main takeaways from this talk was over the different terminology we may find in today's culture. There were words that I had never even heard before and Mrs. Crum was a great communicator when it came to explaining them.

Being aware of your surroundings can help in so many aspects of your life. With attending the NFHS camp this summer, my self-awareness has risen to another level. I know what it feels like to be not included, and after what I have learned, I want to make sure no kid feels the same. Even simply knowing what words mean can vastly change how a peer may respect you. "Don't just invite someone to a party, invite them to dance." Be inclusive and respectful to everyone as you may not know how much they need it.

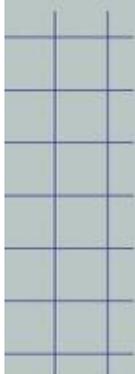


NSATA Training Table



THE KOREY STRINGER INSTITUTE HAS ANNOUNCED THAT APPLICATIONS ARE OPEN FOR THE INNOVATE PROJECT AND WILL CLOSE OCTOBER 31, 2022.

THE GOAL OF THE INNOVATE PROJECT IS TO INCREASE ATHLETIC TRAINING SERVICES IN SECONDARY SCHOOLS.



It's a critical step in promoting safety and injury prevention for secondary student athletes participating in all sports.

- 1** The innovATe project will provide support to 10-14 school districts currently without athletic training services to enhance health care for student athletes.
- 2** innovATe is a collaborative project being administered by the Korey Stringer Institute and is funded by the Education Fund established as part of the settlement of the NFL Concussion Litigation
- 3**

If you would like to apply or know anyone who may be interested in applying, you can access the pre-proposal application here:



IF YOU HAVE QUESTIONS, PLEASE CONTACT NSATA PRESIDENT MARSHALL AT PRESIDENT@NSATA.ORG

Have you followed the NSAA social media channels?

Fall 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.



The graphic is a promotional poster for NSAA social media. On the left, it features the NSAA logo (a red outline of Nebraska with 'NSAA' in a blue circle) and the text 'Let's Get Social!' in large white letters on a grey background. On the right, it lists social media handles: Facebook (@nsaahome), YouTube (Nebraska School Activities Association), Twitter (@nsaahome, @nsaaevents, @nsaahome), and Instagram (@nsaahome). At the bottom, it includes the website URL https://nsaahome.org/.

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"

All Activities

Required Courses for ALL Coaches & Activities Sponsors

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

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

Medical Personnel at Regular Season Contests

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

A Reminder to Compete with Respect

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

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

Statement of Principle on Conduct Synopsis

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

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

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

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

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

Requirements for Ejected Coaches & Players

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

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

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

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

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

Coach & Sponsor Certification

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

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

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

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

Are your officials on the NSAA Officials Roster?

3.12.2 Officials for Varsity Contests.

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

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

NFHS Bench Bad Behavior Campaign



Fans:
ENOUGH IS ENOUGH!

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!

BenchBadBehavior.com

