



# NSAA News

September 2022



500 Charleston St., Suite 1 Lincoln, NE 68508

<https://nsaahome.org/>

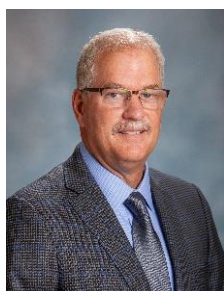
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## Executive Director's Notebook

**Jay Bellar, NSAA Executive Director**



Welcome back to the school year. For many districts, school has been in session for a few weeks and activities and competitions have begun! What an exciting time of year for educators, students and parents. It feels good to get back into a routine and it is fun to look forward to a year filled with possibilities. This month, I want to move away from my usual audience and address our member school parents. To begin, I want to give a sincere thank you to all our parents and guardians. We know that when you have students active in sports and activities you take on a lot of extras as well. There are late meals and meals on the road. There is extra laundry and equipment to purchase. There are the emotional ups and downs of the child that parents shoulder. It is a lot and I want you to know that all you do is appreciated.

Parenting—it is a hard but rewarding job. Everyone wants to be a good parent, but sometimes, especially when caught up in the excitement, adrenaline filled world of high school sports and activities, it is easy to act out and become the parent we would rather not be.

In a recent survey, students were asked who they most liked coming to their games and activities. Their answer was overwhelmingly consistent and rather surprising to many people. So, who do students like coming to their games? The answer was their grandparents because they did not criticize, they did not coach, they just enjoyed watching their grandchild participate, have fun, and thrive. Simply stated, with their grandparents, students felt no extra pressure.

Parents are a child's first teacher and most important role model. Let's challenge ourselves and our fellow parents to do better. This can start at the parent meeting by establishing a good working relationship with the coaching staff. These adults spend a lot of time with your child and influence your child's life. From the beginning of the season, take the time to understand the coach's philosophy about team rules, playtime, travel, practices, etc.

*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**  
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*

Respect the coach's parameters regarding boundaries, especially when it comes to communicating with him or her (email, texting, phone calls). If your child comes to you with an issue, this is a great time to encourage him or her to speak with the coach first. This shows your child that you believe in them and nurtures their independence. If there are still concerns after this, follow the correct chain of command. There is a right time and way to discuss issues and disagreements and you have the opportunity to model the correct procedure.

Do not be afraid to ask appropriate questions at parent meetings or informational sessions. Chances are other parents will benefit from your inquiry as well. When asked with legitimate interest and respect, coaches appreciate getting things out in the open and perhaps heading off future issues. Coaches need the support of parents. Without trust, open dialogue, and an inviting atmosphere, coaching can be a nightmare. It is easy to be supportive when the team is winning, but coaches and players need to know you support and back them even when things are not going their way.

Fans can quickly get caught up in the excitement and action of a game. The article, "How to Be a Positive Parent," reminds parents to think before acting out in the stands or voicing an opinion to a referee or member of the opposing team. Is this role model behavior? If you do become upset over a referee's call or a coaching decision, walk away from the event to cool down and collect your thoughts so your actions remain positive. Remember, you are not only a role model for your child, but you also represent his or her team as well.

The year is fresh and full of possibilities. It is a year for your child to participate, grow, build relationships, learn many life skills and have some fun. Challenge yourself to trust in the coaches, administration and school. You are an important part of the team and if you work as a team—parents with coaches, coaches with team, and everybody with the school, it will be a year filled with positive lessons, outcomes, and memories.

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



**CURRENCY.**





## The NFHS Voice: Emphasis on Sportsmanship in High School Activities Now Extends to Online Behavior



***Dr. Karissa Niehoff, NFHS Executive Director***

With the changes that have occurred in college sports the past couple of years, high school sports is truly the last level of pure amateur competition in our country – and the NFHS and its member state associations want it to remain that way.

As football, volleyball, soccer, field hockey and other sports begin this fall, high school coaches and athletic/activity directors will be involved in preseason meetings to emphasize the expected outcomes of education-based sports, as well as speech, debate, music, theatre and other programs.

Among those fundamental values of education-based activities that must be discussed is sportsmanship, or good sporting behavior. More than winning, more than learning the skills of a sport, a focus on sportsmanship has been one of the defining elements of high school sports and other activities for more than 100 years.

Along with maintaining the sound traditions of sports and minimizing the risk of injury, NFHS playing rules encourage sportsmanship, and the first page in all NFHS rules publications includes a statement noting that “each athlete is responsible for exercising caution and good sportsmanship.”

In the past, with an emphasis on conduct on the playing field or court – or in the auditorium or rehearsal hall – sportsmanship has been defined as those qualities of behavior that are characterized by generosity and genuine concern for others. More so than preparing students to play sports or another activity at the next level, one of the significant goals of education-based high school sports and activities is helping the 12 million-plus individuals in these programs to become responsible citizens.

And in today’s online world dominated by hand-held devices, that goal has become more challenging. Now, messages to students in high school sports and other activities about sportsmanship must be communicated before they hit the practice field or court because one inappropriate post, tweet or message could alter their lives forever.

At the recent virtual National Student Leadership Summit hosted by the NFHS, Christina Jontra of Neptune Navigate, one of the newest NFHS corporate partners, discussed the need for good sportsmanship online as much or more so than on the court or field.

In the digital age in which we live, participants in high school activity programs need to be aware that their character and respect for others should be the same, whether in the sport or activity itself, or online.

As the popularity and influence of social media continues to surge, it is imperative that student-athletes, as well as coaches, administrators, parents and everyone involved in education-based athletics, are aware of the ways they can endanger themselves with their online behavior and understand the techniques they can employ to prevent that from happening.

In her recent presentation, Jontra noted five characteristics of good sportsmanship online – honesty, compassion, respect, responsibility and courage. Just as a student would respect an opponent on the field or in the debate room, the same must occur online.

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

## From the Chair of the Board of Directors

**Robert Drews, District V, Arapahoe**



My name is Robert Drews, and I have the privilege of serving as Chair of the NSAA Board of Directors for the 2022-2023 school year. I grew up in Henderson, Nebraska, and was lucky enough to be involved in athletics, music, drama and many other high school activities before graduating. I'm starting my 32nd year as an educator in Nebraska. I've seen the majority of the state in my job as a teacher, coach, or administrator at Rising City, Seward, Valley, Gordon, Holdrege, and now Arapahoe. Though the views and topography may have changed in those moves, I've found that one thing remains the same - we have great educators and great students all over our state!

As we enter a new school year with new activity calendars, students, coaches, and sponsors start thinking about what it will take to have a successful season. We are all searching for success and trying to motivate ourselves and others to work towards it, but we need to be careful not to fall into the trap that restricts success to "wins vs losses" or the "number of trophies" in the case at school. Those measures are important, but they don't get to the heart of why we have school activity programs.

How do you define success? What's your criteria for looking back on a season and deciding it was successful? When a back-up volleyball player recovers from an injury and completes a season, I call that success. When a reserved young man "finds his voice" during Speech season, I call that success. When a Junior who has struggled to follow school rules becomes a leader in a vocal or instrumental group, I call that success. When a withdrawn student who seems to carry the weight of the world on her shoulders can develop trusting, productive connections with coaches during track practice, I call that success. The countless hours put in as competitors don't always end up with trophies and medals, but the character and work ethic built during the process is something that kids will carry with them the rest of their lives.

Ultimately, we want the students in our programs to become confident in their abilities. We want them to be able to set goals and chart a path to reach them. We want them to develop the social skills needed to work on a team so they realize that there's something special about achieving goals as a group. That's what the NSAA is really all about. If it seems like you aren't finding success, look a little closer.

Whether you coach, sponsor, organize, or administer the many activities sponsored by the NSAA, I believe you can find success every day. Educators put in untold hours to make activity experiences the best they can possibly be, because we want our kids to find success. I encourage you to use the opportunities we've been given to show students that success is more than a score. That is the core purpose of the NSAA. We're an association of schools that organizes activities and events, to "cultivate high ideals of citizenship, fair competition, sportsmanship and teamwork." We want programs that are "equitable. . . and promote the health and physical welfare of all participants." This is only possible because of the work you do in our schools. Thank you for all you do to help our kids in Nebraska find success each and every day! Have a great school year!

## 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 1<sup>st</sup>.**

## 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 1<sup>st</sup> – Deadline for Proposals

The deadline to submit proposals for change in NSAA Bylaws/Approved Rulings is October 1<sup>st</sup>. 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](mailto: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](#)

## Currency Named Title Sponsor of Believers & Achievers Program

The Nebraska School Activities Association (NSAA) is pleased to announce Currency as the title sponsor of the Believers & Achievers program.

Believers & Achievers is a state-wide program designed to give recognition to Nebraska's future leaders. The award honors those students who show a commitment to good citizenship and involvement in school and community projects.

"We could not be more excited to begin this partnership with Currency," said NSAA Executive Director Jay Bellar. "The NSAA is thrilled to partner with an organization that values and supports our educational mission to provide opportunities for NSAA member schools and student-participants."

Currency and the NSAA will select 48 high school seniors to honor throughout the 2022-23 academic year. The pictures and profiles of six Believers & Achievers will be featured in the monthly NSAA newsletter on the NSAA website. A poster will be produced and sent to each member high school for display. The 48 individuals selected will be presented with an award at an NSAA Championship contest during the 2022-23 school year. All 48 Believers & Achievers will be invited to attend an end-of-the-year banquet, celebrating their achievements. During the banquet, Currency will announce eight individual scholarship winners.

"On behalf of Currency, we're proud to partner with the NSAA in support of the Believers and Achievers program," said Jared Koch, Currency Director. "Athletics, debate, journalism, and the arts are essential to kids' education, and we're pleased to sponsor the Believers and Achievers award to recognize and encourage the remarkable achievements of our Nebraska students."

Currency is a FinTech company in the Sandhills Global portfolio that specializes in transaction enablement. Currency's technology makes it simple to process big-ticket transactions by connecting buyers, sellers, and lenders through their point-of-sale platform. To learn more about Currency, [click here](#).

# CURRENCY.

## Currency Believers & Achievers Nominations Due September 15<sup>th</sup>

The Currency Believers & Achievers nominations are due on September 15<sup>th</sup>. Each school receives four submissions and ADs are to submit the nominations via their AD login page. To do so, login to your AD login page and under OTHER FORMS select Believers & Achievers Nomination Form, which will then take you to Submit Application page where you can submit the applications for the four students. To learn more about the Currency Believers & Achievers program, [click here](#).

Please contact NSAA Marketing Manager Ashton Honnor at [ahonnor@nsaahome.org](mailto:ahonnor@nsaahome.org) with questions.

[ - ] OTHER FORMS:

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



## 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 13<sup>th</sup>, 2022

Winter – March 21<sup>st</sup>, 2023

Spring – May 1<sup>st</sup>, 2023

Please contact NSAA Marketing Manager Ashton Honnor at [ahonnor@nsaahome.org](mailto:ahonnor@nsaahome.org) with questions.

## 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](#)



## 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](mailto:mhuber@nsaahome.org).

Softball – October 31<sup>st</sup>, 2022

Cross Country – November 7<sup>th</sup>, 2022

Volleyball – November 21<sup>st</sup>, 2022

Play Production – January 9<sup>th</sup>, 2023

*There is no form to fill out for Football.*

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

## NSAA Check Your AED Battery Day – September 7<sup>th</sup>

NSAA Check Your AED Battery Day is Wednesday, September 7<sup>th</sup>! It is vital that the batteries of any AED that you have at your facilities be checked on a regular basis. The NSAA is designating Wednesday, September 7<sup>th</sup> as NSAA Check Your AED Battery Day! We are planning a social media campaign on the 7<sup>th</sup> and encourage all schools to get involved. Using #NSAAHeartSmart, tweet at [@nsaahome](https://twitter.com/nsaahome) pictures of your staff checking the AED in your school. **Schools who submit photos will be put into a drawing to win an NSAA surprise pack. The winning school will be announced via Twitter on Monday, September 12<sup>th</sup>.**

## Sportsmanship & Respecting Officials Presentations

NSAA Supervisor of Officials Nate Neuhaus spoke to students and the community from High Plains Community High School on August 15<sup>th</sup> 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.



## 2022-2023 NSAA District Meetings

### District 1

Wednesday, November 9<sup>th</sup> – 10:00 a.m. – NSAA Office

Wednesday, January 11<sup>th</sup> – 10:00 a.m. – NSAA Office

### District 2

Tuesday, November 1<sup>st</sup> – 9:00 a.m. – Boys Town

Wednesday, January 11<sup>th</sup> – 10:00 a.m. – Boys Town

### District 3

Tuesday, November 1<sup>st</sup> – Noon – Northeast Community College in Norfolk

Wednesday, January 11<sup>th</sup> – Noon – Northeast Community College in Norfolk

### District 4

Monday, November 7<sup>th</sup> – 1:30 p.m. – Kearney High School

Wednesday, January 11<sup>th</sup> – 1:00 p.m. – Kearney High School

### District 5

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

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

### District 6

Tuesday, November 1<sup>st</sup> – 8:00 a.m. CST / 9:00 a.m. MST – Alliance Public Library

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

## August NSAA Board of Directors Meeting Minutes

The August NSAA Board of Directors meeting was held at the NSAA office in Lincoln on Wednesday, August 17<sup>th</sup>, 2022. The meeting minutes can be found on the NSAA website [here](#).

## Travis Baker to Join NSAA Sports Medicine Advisory Committee

The NSAA would like to welcome the newest member of the Sports Medicine Advisory Committee (SMAC). Dr. Travis Baker is joining the committee at a chiropractic representative. Travis Baker, DC is the owner of Balanced Body Acupuncture & Chiropractic in Omaha, NE. Dr. Baker is originally from Hoxie, KS and went on to attend the University of Nebraska-Lincoln. At UNL, he was a dual sport student-athlete lettering in wrestling 2001-2002, and track and field 2001-2004. He was member of four Big 12 Track & Field Championship teams and was a 2003 national qualifier in the high jump. He graduated from UNL with a degree in Community Health and a Bachelor of Science in Health Education & Human Science. In 2006, he was nominated as the Kansas 6A Assistant Wrestling Coach of the Year after leading his team at Manhattan High School in Kansas to a Team State Championship under Head Coach, Robert Gonzales. Dr. Baker completed his Doctorate of Chiropractic (DC) at Cleveland Chiropractic College in Kansas City, graduating with Cum Laude honors. In addition to his DC, he is certified through the National Academy of Sports Medicine, completed his fellowship of medical acupuncture through the International Academy of Medical Acupuncture (FIAMA), and is Master of Dry Needling certified.

He is currently serving as a Board of Directors member for the Nebraska Chiropractic Physicians Association (NCPA). His wife Julie is a teacher at Russell Middle School in Millard, and they have two daughters Allison, and Caroline. A few of Dr. Baker's hobbies include watching Husker Football Games and Fly Fishing. We would like to thank Dr. Baker in his support of NSAA activities as he joins the NSAA SMAC.

## 2021-2022 NSAA Cup Presentations

2021-2022 NSAA Cup presentations kicked off in August and will conclude in September. For more information about the NSAA Cup and the 2021-2022 Cup standings, [click here](#).



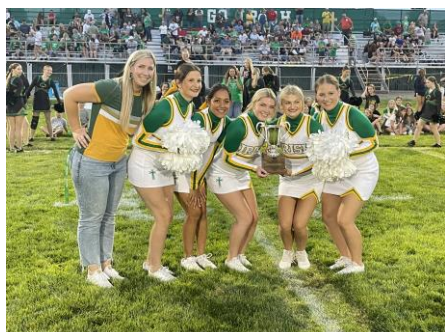
**Lincoln East**  
Class A  
All-School Division  
Boys Division



**Scotus Central Catholic**  
Class C  
Girls Division



**Grand Island Central Catholic**  
Class C  
All-School Division  
Boys Division



**North Platte St. Patrick's**  
Class D  
All-School Division  
Boys Division



**Archbishop Bergan**  
Class D  
Girls Division

## 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.



## 2022 NSAA Officials Summit Recap

On July 30<sup>th</sup>, the NSAA hosted a multi-sport Officials Summit at the Younes Conference Center in Kearney. The Summit was free of charge to all 2022-2023 NSAA registered officials and included speakers, coach and officials' panels as well as NSAA rules meetings. Over 300 softball, football, volleyball, wrestling, swimming & diving, basketball, soccer, and baseball officials were in attendance.



# 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](https://nsaahome.org) 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.

### Fall Officials

September 19<sup>th</sup>-24<sup>th</sup>, 2022

### Play Production Judges

November 14<sup>th</sup>-19<sup>th</sup>, 2022

### Speech Judges

January 9<sup>th</sup>-14<sup>th</sup>, 2023

### Winter Officials

January 23<sup>rd</sup>-28<sup>th</sup>, 2023

### Spring Officials

April 3<sup>rd</sup>-8<sup>th</sup>, 2023

### Music Judges

April 17<sup>th</sup>-22<sup>nd</sup>, 2023



## 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.

## NSAA Membership Spotlight

### District 1: Fairbury

**Location:** Beatrice

**PreK-12 Enrollment:** 919

**School Mascot:** Jeffs

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

### NSAA Participation

Girls Golf

Softball

Boys & Girls Cross Country

Volleyball

Football

Play Production

Boys & Girls Wrestling

Swimming & Diving

Boys & Girls Basketball

Speech

Music

Journalism

Baseball

Boys & Girls Track & Field

Boys Golf



**NSAA State Championships:** 11

### What's Happening at Fairbury:

"At Fairbury we answer the same questions many times at every activity. That question being: "What is a Jeff?" In short, our logo and mascot are based on an older comic book character called "Mutt and Jeff," said Assistant Principal/Activities Director David Davis. "Back in the heyday of live mascots it was easy to dress up like the character Jeff from the comic book. To the point that today we have a Large "JeffMan" head and unique costuming for our mascot to come to life. Fairbury is located in Jefferson County and so the "Home of the Jeffs" just stuck. To take things even further with our unique mascot, our new band uniforms are a tribute to the history of the JeffMan at Fairbury Jr. Sr. High School. We take great pride in the uniqueness of our mascot and pride."



**District 2: Columbus Lakeview****Location:** Columbus**K-12 Enrollment:** 962**School Mascot:** Vikings**Twitter Handle:** [@Lakeviewhigh](https://twitter.com/Lakeviewhigh)**NSAA Participation**

Girls Golf

Softball

Boys &amp; Girls Cross Country

Volleyball

Football

Unified Bowling

Play Production

Bowling

Boys &amp; Girls Wrestling

Boys &amp; Girls Basketball

Speech

Music

Boys &amp; Girls Soccer

Boys &amp; Girls Track &amp; Field

Boys Golf

**NSAA State Championships:** 3**What's Happening at Columbus Lakeview:**

"Lakeview is very fortunate to have a small school atmosphere with large school opportunities. Lakeview has something to offer for every student and we take a lot of pride in our school and activities," said 9-12 Assistant Principal/Activities Director Dan Krueger. "The mission at Lakeview is to build a strong foundation in academics, character, and mindset! We focus on the importance of all three phases, and we feel extremely fortunate to have the staff and the resources to support our mission here at Lakeview. We are all about recognizing our students for their amazing accomplishments! Every Friday we play the school fight song over the intercom system and every student knows the Lakeview fight song! There is tremendous community support for our school programs and the students who participate. Overall Lakeview is a great place to be! Go Vikings!"





**District 3: Hartington-Newcastle****Location:** Hartington**PK-12 Enrollment:** 395**School Mascot:** Wildcats**Twitter Handle:** [@H\\_NWildcats](https://twitter.com/H_NWildcats)**NSAA Participation**

Volleyball

Football

Play Production

Boys &amp; Girls Basketball

Speech

Music

Boys &amp; Girls Track &amp; Field

Boys Golf

**Co-op with Cedar Catholic**

Girls Golf

Boys &amp; Girls Cross Country

Boys &amp; Girls Bowling

Wrestling

**NSAA State Championships: 19****What's Happening at Hartington-Newcastle:**

"We currently have an enrollment surge in our elementary. Because of this, we are building an addition to the school," said Superintendent A.J. Johnson. "The addition will have six added classrooms and another gym which will include a bigger stage. This new space will allow us to have the necessary classrooms we need in the elementary to meet our growing student population, have our P. E. classes in separate gyms rather than splitting the current one, give us more room for practices and youth activities, and provide a great place for play and music performances."





## District 4: Grand Island Central Catholic

**Location:** Grand Island

**9-12 Enrollment:** 159

**School Mascot:** Crusaders

**Twitter Handle:** [@GICC\\_Crusaders](https://twitter.com/GICC_Crusaders)

### NSAA Participation

Girls Golf

Softball

Boys Tennis

Boys & Girls Cross Country

Volleyball

Football

Play Production

Boys & Girls Wrestling

Boys & Girls Basketball

Speech

Music

Journalism

Boys & Girls Soccer

Baseball

Girls Tennis

Boys & Girls Track & Field

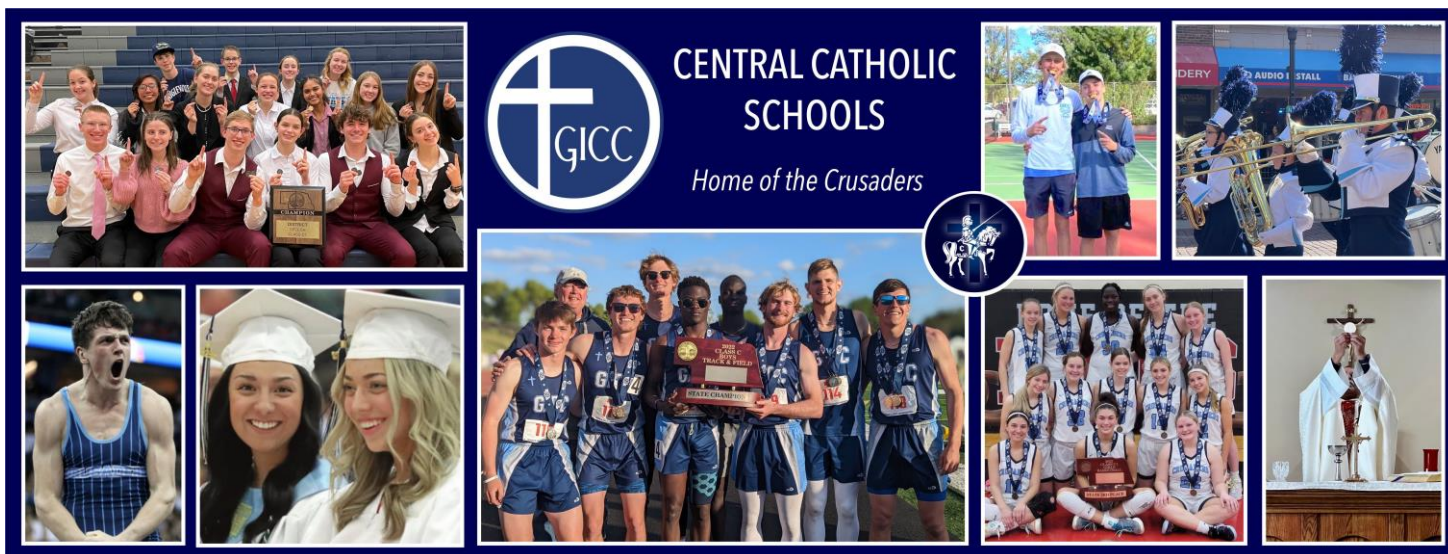
Boys Golf



**NSAA State Championships:** 34

### What's Happening at Grand Island Central Catholic:

"We are in the process of building a new elementary school. We haven't had an elementary school in over 45 years everybody is excited about getting a new school," said Activities Director Dick Ross. "We are fortunate enough to offer many activities at our school that many schools can't do with the many different co-op activities. We also encourage students to be involved at the different contests and show good sportsmanship."



**District 5: Alma****Location:** Alma**K-12 Enrollment:** 359**School Mascot:** Cardinals**Twitter Handle:** [@almacardinals](https://twitter.com/almacardinals)**NSAA Participation**

Softball

Boys &amp; Girls Cross Country

Volleyball

Football

Play Production

Wrestling

Boys &amp; Girls Basketball

Speech

Music

Boys &amp; Girls Track &amp; Field

Boys Golf

**NSAA State Championships:** 13**What's Happening at Alma:**

"Alma Public Schools hosts a community wide cleanup day every spring. Our school has been doing this for over 20 years," said Activities Director Isaac Frecks. "Originally, it was a community service project for our senior class, however, it has grown into something that almost all of our high school organizations and most of our high school students participate in. On community cleanup day our students use pickups and flatbed trailers to clean up our community. Community members know when the community cleanup day is and either call or leave items by the street for the students to pick up. This teaches our students the importance of community service and is something many continue with even after high school."





## District 6: Hay Springs

**Location:** Hay Springs

**K-12 Enrollment:** 195

**School Mascot:** Hawks

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

### NSAA Participation

Boys & Girls Cross Country

Volleyball

Football

Play Production

Boys & Girls Wrestling

Boys & Girls Basketball

Speech

Music

Journalism

Boys & Girls Track & Field

Boys Golf



### What's Happening at Hay Springs:

"Hay Spring High School has several new and exciting happenings. Our FFA chapter is going strong as we are currently entering our fourth year with over half the high school students participating. The FFA created a Boer goat operation in which members are able to use the herd goats to show at the county fairs," said Athletic Director Linda Kudrna. "This provides all members the opportunity to show goats. The chapter is currently in the process of expanding the program to incorporate large livestock species and have purchased a new shed to house the animals. Students will fatten yearlings to sell as butcher beef. Our "Beef to School" program is doing well thanks to the support of our community. Several of our local producers have been donating cattle and hogs for the lunch program."

"To show appreciation to the community, our students participate in a food drive and help unload trucks for the local food pantry. Students also participate in a community clean-up day. Another popular activity is our Veteran's Day program. In conjunction with this, we dedicate one of our football games to recognize Veterans with a "Salute the Troops Night". Players from both teams honor Veterans from their community."



## Student Advisory Committee Spotlight

**Kierra Miller, Senior at Bayard High School**



**“And then I realized adventures are the best way to learn.” – Anonymous**

This summer, I had a grand adventure and learned so much! In July, I had the privilege of traveling to Indianapolis for the NFHS National Student Leadership Summit. These two electrifying days were ones I will never forget. There were attendees representing thirty states, Puerto Rico, and Canada! Can you imagine all the accents and different lifestyles? The first couple of hours can be described in two words: culture shock.

Being from a small, rural town (Bayard), I don't often see many new things or people. This perspective made for an enhanced experience at the summit. Everything new was a beautiful experience. I made friends from New Mexico, Ohio, Iowa, South Dakota, and even Kentucky. All of these people made an impact in my life in just two days.

During the summit, we listened to five amazing speakers.

**Harvey Alston.** He spoke about “self-motivation”, which was phenomenal. Self-motivation is something that people are currently struggling with. This speech gave me many ideas to take back to my school and community.

**Omari Pearson.** His topic was “future preparation”. He reminded us all that we need to have mentors, but not depend on them. He also showed us how much love and passion you need to have towards a career before you know what you want to do with your life.

**Deb Hult.** She taught us how to “make connections” and display our emotions through body language. This session was one that will impact me forever, because I can use the skills taught every day.

**Christina Jontra.** She explained “the importance of social media posts”. One little word or phrase can ruin many opportunities in your life.

**Melissa Crum.** Her topic was “inclusion through education”. She taught us definitions for terms that are typically scary in Nebraska. Gender and sexuality terms can be intimidating but educating yourself on their meanings will prevent you from unintentionally offending someone. Additionally, she explained the difference between diversity and inclusion. One way to remember the difference between the two is: Diversity is inviting everyone to the party. Inclusion is inviting everyone to dance.

Overall, this experience was life changing. I am so thankful for the opportunity to improve myself as a leader and bring new skills back to Nebraska.





# NSATA Training Table

*Jen Krueger, MA, LAT, ATC*



## Safety in Football: Documentation

Documentation is a very important part of an Athletic Trainer's job. Documentation can be used for different things (keeping track of injuries, maintaining equipment safety checks (AEDs, AED batteries, AED pads, calibration of rehab equipment, etc.), and communication (administration, coaches, parents, and athletes).

There is an old adage with documentation that if you didn't write it down, you didn't do it. The meaning behind this saying is pretty straight forward. We live in a litigious society and if you don't have a record of the care that you have provided, can you prove that you really provided that care.

This can be just as important for coaches. Are you, as the coach or the school, keeping track of equipment maintenance, purchasing, and replacement? This is important, especially with an equipment intensive sport like football, because if an athlete were to get hurt and proper records were not kept about the maintenance of the helmet or shoulder pads, how would you know if the equipment was supposed to be replaced, refurbished or safe to use?

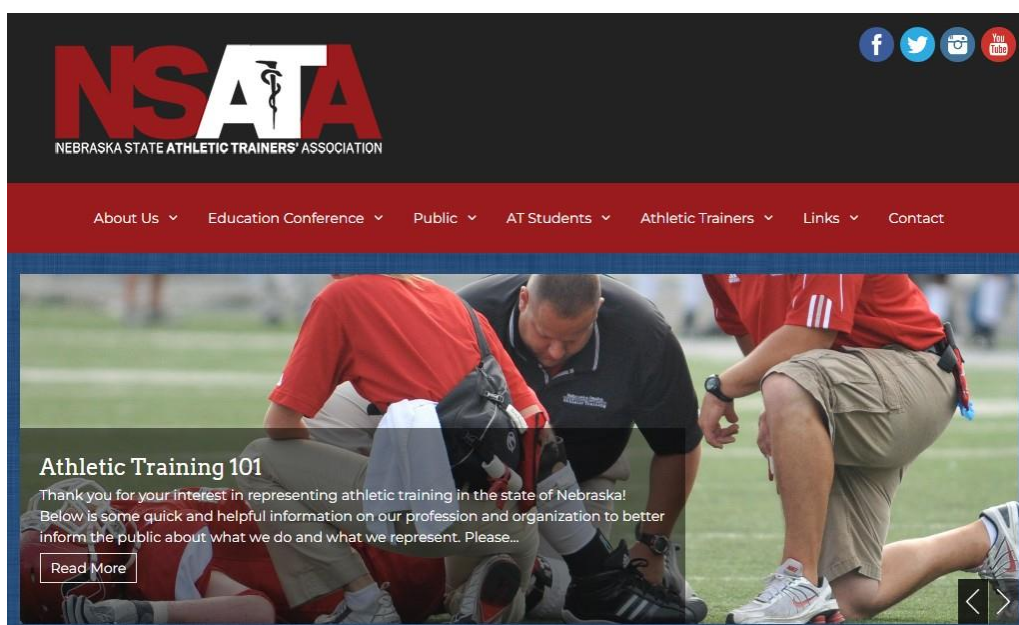
Documentation of student athlete injuries, whether it is coming from the athletic training staff or coaching staff, should be kept confidential unless permission is granted by the athlete or parent if the athlete is a minor. Otherwise, this could be a violation of FERPA or HIPAA Standards depending on your setting.

I have included some helpful articles if you would like more information on what should be included in your documentation.

<https://www.bocatc.org/blog/appropriate-documentation-in-athletic-training>

<https://www.nata.org/sites/default/files/Documentation-and-Coding-Guidelines-2011.pdf>

<https://www.shapeamerica.org/standards/coaching/>



## 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.



## 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](mailto:ccallaway@nsaahome.org) with questions.

### [ - ] OTHER FORMS:

[NCPA Academic All-State Nominations](#)  
[NSAA Activities Registration Form](#)  
[NSAA Cooperative Sponsorship Agreement Forms](#)  
[NSAA Sportsmanship Manual](#)  
[Olympic Development Waiver Request Form \(Word .doc\)](#)  
[Reimbursement Forms for State Championships](#)  
[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](mailto:jschwartz@nsaahome.org).

## Are your officials on the NSAA Officials Roster?

### 3.12.2 Officials for Varsity Contests.

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

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

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

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# Baden CELEBRATES

Baden Sports would love to recognize softball **Coach Keith Engelkamp** of Omaha Skutt Catholic High School and volleyball **Coach Sue Ziegler** of Lincoln Lutheran High School for their many years of service. Baden celebrates coaches like Coach Engelkamp and Coach Ziegler who are committed to female athletics, committed to excellence, and dedicated to making their community a better place. Coach Engelkamp will receive a custom Baden Softball and Coach Ziegler will receive a custom Baden Volleyball recognizing their achievements. Baden is proud to be the Official Ball of NSAA Activities, to learn more visit [badenteamstore.com](http://badenteamstore.com).



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