



NSAA News

February 2023



 YouTube

500 Charleston St., Suite 1 Lincoln, NE 68508

<https://nsaahome.org/>

402-489-0386

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Executive Director's Notebook

Jay Bellar, NSAA Executive Director



Like many on Sunday, January 2nd, I was glued to my television watching the horrific event taking place during the Bills vs. Bengals game and praying that the right people, protocols, and resources needed to help keep Damar Hamlin safe were in place. Injuries can and will happen during sporting events and activities, but the NSAA takes seriously our role in educating, mandating, and putting in place information, equipment, and people to give the hurt and injured person the best chance.

In this month's newsletter, I am giving a brief rundown on the safety protocols the NSAA has established, mandated, and shared with our member schools over the years.

2014 – NSAA SMAC, in conjunction with a cardiac task force, began the process of educating member schools on the importance of having an Automated External Defibrillator (AED). Schools that did not have an AED were identified and the NSAA worked with an AED supply company (ThinkSafe) to secure grant money to help schools purchase this life saving equipment.

2015 – Started an educational campaign to help member schools develop an emergency action plan (EAP). Through an online program call Anyone Can Save a Life, we provided the resources for schools to develop a site-specific EAP for all of their respective venues. We continue to educate our schools on this.

2016 – Mandated all coaches (head, assistant and/or volunteer) take online courses on sudden cardiac arrest, concussions in sports and heat illness prevention, provided by the NFHS every year. After continued research and feedback, this was amended to once every three years in 2019.

2017 – The NSAA, in conjunction with the Kory Stringer Institute (KSI), created sports-specific heat acclimatization protocols for all fall, outdoor sports. These requirements must be completed prior to full participation in those sporting activities.

Executive Director's Notebook continued on page 3

NSAA Board of Directors & Staff



Kara Graham
District I
Lincoln Southeast



Dr. 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

2018 – Work continued to promote our Head, Heart and Heat initiative by presenting to coaches, athletic directors, superintendents and school board members at each and every opportunity possible. Head – Continuing education on concussion protocol which is mandated by state statute (Concussion Awareness Act) which now has a “Return to Learn” component incorporated into it. Heart – Educating member school on being equipped with the correct number of AEDs as well as proper placement for equipment. Heat – Continuing education on the importance of preventing heat illness. NSAA Board of Directors passed a mandate that all head, assistant, and volunteer coaches take three NFHS courses on an annual basis - Concussion in Sports, Sudden Cardiac Arrest & Heat Illness Prevention. We partnered with our state Athletic Trainer Association to help member schools implement the “Anyone Can Save a Life” program for any school that does not have it or any other Emergency Action Plan in place.

2020 – Mandated that all NSAA activities sponsors (head, assistant and/or volunteer) complete three online courses—sudden cardiac arrest, concussions in sports and heat illness prevention—provided by the NFHS once every three years.

2020-21 – Focused on COVID issues and best practices to keep member schools safe while still allowing students to compete.

2022 – The NSAA, with help from the NFHS foundation, provided every member school with a Web Bulb Globe Thermometer (WBGT) heat stress tracker. Each school received a Kestrel 5400 which gives the most accurate reading for determining when heat-related conditions are unsafe for practice or competition. The NSAA/KSI developed specific modifications for outdoor sports when weather conditions warrant.

We continue to educate and present the importance of venue specific Emergency Action Plans while making sure those venues have adequate access to AEDs. The NSAA presents to coaches, athletic directors, superintendents, and school board members at every opportunity possible.

I hope this information helps give our member schools answers when addressing public questions about what is in place to best serve our participants. I want to challenge our schools to keep practicing so they are prepared for when an accident happens. I know our schools have plans in place, but just like school shootings, if the threat is not recent, it is easy to sometimes let our guard down.

Injuries will never be completely eradicated and that is a reality we will continue to deal with regardless of current mandates and protocols. This is never a one and done, but something that is continually analyzed, researched, and updated. Safety and prevention procedures are always evolving, and we are always keeping current on best practices. If you have questions, please contact the NSAA office. We are here to assist and help!

***“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.



RESPECT the REF



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

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



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

The NFHS Voice: Let's Listen to Student-Athletes and Respect High School Contest Officials



Dr. Karissa Niehoff, NFHS Executive Director

With the 2022-23 high school basketball season in full swing, we have, unfortunately, continued to see reports of unacceptable behavior similar to events this fall – individuals yelling insults and obscenities at officials, and fans tracking down officials after games. A new year, but the same ongoing problems with fan behavior in high school sports.

As soon as one of our state associations signs up another person to officiate, obnoxious behavior by fans drives two or three others away. In fact, the National Association of Sports Officials (NASO) reports that 7 of every 10 first-year officials quit by the end of three years.

Yesterday, the NFHS hosted a [national media session](#) in another effort to bring attention to this critical matter. In addition to Dana Pappas, NFHS director of officiating services, I was joined by Barry Mano, NASO president who founded Referee Magazine nearly 50 years ago, and Erin Trujillo, an active basketball and volleyball official from New Mexico.

It is one thing to read about accounts of unacceptable behavior by fans at high school sporting events; it is another to listen to an official like Trujillo who has experienced mistreatment first-hand.

“People feel like their \$5 entry fee allows them to come in and behave however they would like – that’s cussing, leaning over pointing fingers in the face of officials,” Trujillo said. “People (fans) will say everything from talking about your mother, to your heritage, to your skin color. Whereas, in our perspective, we are trying to call the game equally on both sides the best we can do. We’ve been grilled to leave out everything else. So, that continues to develop into fear of being harmed physically, whether that be during the game or after the game, from coaches, fans and even kids themselves.”

In the webinar yesterday, we noted that we must continue to help everyone – parents, fans, media and others – understand that the institution of sport at the high school level is formative – not performative. Sports are still formative at our level, and if we can bring that focus back, especially for youth sports and scholastic sports, that it is about youth development and not performance development, perhaps that would help with perspective.

Barry Mano has seen about everything in his almost 50-year association with officiating; however, attacks on officials was not a common occurrence when he started in the 1970s.

“Today, we are getting reports in our office every single week of physical assaults against sports officials,” Mano said. “I believe it is important that administrators come to the realization that they are going to have to put some lines in the sand, saying that certain types of behavior are not going to be tolerated.

“And that’s going to have a bad effect not only on those parents, but in some cases, when it gets egregious, it’s going to have an effect on the child that’s playing. You hate to make that link, but the things that have been tried don’t seem to be working. (Those) parents need to get a life.”

The NFHS, state associations, administrators, athletic directors and other leaders have been calling for a change in behavior by parents and other fans for a long time – admittedly with limited success. Maybe if more high school student-athletes like Noah Bjerke-Weiser would speak up, people would listen, and the sounds from the stands would turn from jeers to cheers more consistently.

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

February Currency Believers & Achievers

CURRENCY.



Luke Meis
Bishop Neumann



Isabella Mora
Grand Island



Phoneix Nehls
Millard South



Maci Nemetz
West Holt



Jayda Parker
Bellevue East



Bryant Peck
Wisner-Pilger



Thomas Pisasale
Creighton Preparatory



Connor Reeson
Gretna



Kyla Robinson
Norfolk



Koral Schmidt
Anselmo-Merna



Cole Sharar
Elkhorn North



Scout Simmons
Amherst

December & January NSAA Board of Directors Meeting Minutes

The December NSAA Board of Directors meeting was held at the Lodge in Norfolk on Wednesday, December 7th, 2022. The meeting minutes can be found on the NSAA website [here](#).

The January NSAA Board of Directors meeting was held at the NSAA office in Lincoln on Wednesday, January 25th, 2023. The meeting minutes can be found on the NSAA website [here](#).

Winter Championship Reimbursement Reminder

Winter Championship reimbursement deadlines are listed below. The reimbursement forms are 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, mhuber@nsaahome.org.

Individual Wrestling – March 6th, 2023

Girls Wrestling – March 6th, 2023

Girls Basketball – March 20th, 2023

Boys Basketball – March 27th, 2023

There is no reimbursement for Bowling, Dual Wrestling, Swimming & Diving, or Speech.

NSAA Winter Championship Tickets

The NSAA is continuing to use digital ticketing for the Winter Championships.

Wrestling Championship - Tickets for the Wrestling Championship at the CHI Health Center – Omaha will be handled by their Box Office. You can purchase tickets for [by clicking here](#).

Dual Wrestling, Bowling, Swimming/Diving & Basketball Championships – Tickets for these Championships 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. We will offer a Box Office feature for those individuals without a mobile device. *Ticket prices at the Box Office are the same price as purchasing on your mobile device.* Tickets can be purchased through the Box Office feature using a credit/debit card at the designated location. 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, mhuber@nsaahome.org.

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 2022 NCPA Academic All-State Awards



Each year the Nebraska School Activities Association and the Nebraska Chiropractic Physicians Association (NCPA) recognize students who have been nominated by their schools, based on their individual academic excellence, leadership and significant contributions made to their NSAA activity.

The NSAA and the NCPA are proud to recognize all of the 2,743 award winners of the 2022 Fall NCPA Academic All-State Award.

This brings the total number of NCPA Academic All-State Award winners to over 93,700 spanning the 17 years of this awards program.

The complete list of the 2022 fall recipients may be viewed [here!](#)

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

NSAA Board of Director Elections

Darren Tobey, Superintendent at Broken Bow High School, has been elected the next District 4 NSAA Board of Director. He will begin his four-year term on August 1st, 2023. District 5 Board of Director Robert Drews of Arapahoe was re-elected to retain his seat for another four-year term.



Darren Tobey
District IV
Broken Bow



Robert Drews
District V
Arapahoe

Watt Named 2021-2022 NFHS National Softball Coach of the Year

Former Lincoln Southwest High School head softball coach Mark Watt was named the 2021-2022 NFHS National Softball Coach of the Year. The full NFHS press release is available [here.](#)



Carraher Named 2022-2023 NFHS Section 5 Outstanding Theatre Educator Award Winner

Retired Gretna High School play production director Carole Carraher was named the 2022-2023 NFHS Section 5 Outstanding Theatre Educator Award winner. The full NFHS press release is available [here](#).



2022 - 2023 NFHS OUTSTANDING
THEATRE EDUCATOR AWARD

**CAROLE
CARRAHER**

SECTION WINNER

LIFELONG THEATRE EDUCATOR
SECTION 5 - NEBRASKA







**NOW ACCEPTING APPLICATIONS
NSAA Student Advisory Committee**

*Open to current sophomores
A leader in activities and/ or athletics
Cares about leadership, sportsmanship, and integrity
Applications close at 4:00 p.m. CST on March 1*

See your Activities
Director for more
information on how to
apply!

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.

NSAA Journalism Reminders

The deadline to submit preliminary entries is Wednesday, March 1st.

- 2023 Journalism Classifications can be found [HERE](#).
- 2023 Journalism Manual (pending board approval) can be found [HERE](#).
- The member school media links can be found [HERE](#).

2023-2024 NSAA Student Advisory Committee Application

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

Candidates should:

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

HOW TO APPLY

Activities Directors need to login with their AD passcode on nsasahome.org

CLICK ON: [+] OTHER FORMS:

- SELECT “STUDENT ADVISORY COMMITTEE APPLICATION”
- UPLOADS MUST BE IN “PDF” FORMAT

Applications are due by March 1st at 4 p.m. CST. Candidates will be notified by April 1st of their selection. Questions may be directed to NSAA Assistant Director Taryn Retzlaff at tretzlaff@nsaahome.org.

Winter Championship Clear Bag Policies

State Dual Wrestling
[Buffalo County Fairgrounds](#)

State Wrestling
[CHI Health Center Omaha](#)

State Swimming & Diving
[Husker Athletics](#)

State Girls & Boys Basketball
[Husker Athletics](#)
[Pinnacle Bank Arena](#)

NSAA Cup Standings

The NSAA Cup standings have been updated through the 2022 Fall Championships and are available on the NSAA website [here](#).

Music Copyright & Compliance

The NFHS recently shared an update with the NSAA surrounding public performance of music during high school activities and events.

ASCAP: The NFHS and ASCAP have a national provisional license agreement. This agreement assists state activities associations (NSAA) and their member high schools.

BMI: BMI recently updated and made available a “district wide” version of their license agreement for schools. [Learn more.](#)

SESAC has not agreed to terms with the NFHS.

GMR (Global Music Rights) allows for a “school license” with their music to be purchased by schools.

What does this mean? If your school uses music from the **ASCAP** music catalogue the provisional license agreement covers music played from their catalogue that is legally acquired. Cheer / dance team music mashups would still require proper custom licensing agreements to create the piece that is being used.

Music from **BMI** and **GMR** would still require proper permissions for use. BMI music usage requires the obtainment of their “school license.” **SESAC** permissions should be obtained in writing.

BMI: 888-985-6541

SESAC: 615-320-0055

GMR: 844-827-5467

The NSAA encourages member schools to assess their school-wide music use and recommends that Activities Directors, Principals, Music Directors and Cheer / Dance team sponsors view the NFHS course, *Understanding Copyright & Compliance* (www.nfhslearn.com). Additionally, the NFHS has several resources [HERE](#).

Sportsmanship & Respecting Officials Presentations

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

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



Officials Online Rules Meeting Schedule

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

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

February 10, 2023 to February 26, 2023

No Charge to Officials & Head Coaches

February 27, 2023 to March 5, 2023

Basic \$25 Fee – Officials & Head Coaches

March 6, 2023 to March 7, 2023

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

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

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.

Spring Officials

April 3rd-8th, 2023

Music Judges

April 17th-22nd, 2023



NSAA Membership Spotlight

District 1: Norris

Location: Firth

9-12 Enrollment: 753

School Mascot: Titans

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

NSAA Participation

Girls Golf

Softball

Boys & Girls Cross Country

Volleyball

Football

Wrestling

Boys & Girls Swimming & Diving (co-op with Beatrice, Fairbury, Freeman)

Boys & Girls Basketball

Speech

Music

Journalism

Boys & Girls Soccer

Baseball

Boys & Girls Track & Field

Unified Track & Field

Girls Tennis

Boys Golf



NSAA State Championships: 20

What's Happening at Norris:

"We are blessed at Norris High School to be a part of the Norris Community. It is a special place with individual towns coming together to support the entire Norris School District #160," said Assistant Principal and Activities Director Dr. Mitchell Stine. "We have great kids arriving daily to our K-12 campus coming from wonderful families. The community support is always felt and is also on full display at many of our high school activities. Norris High School has been blessed to represent the Norris Community on the state's biggest stages and it is consistently evident how well our community supports our students in activities."



District 2: Plattsmouth

Location: Plattsmouth

9-12 Enrollment: 482

School Mascot: Blue Devils

Twitter Handle: [@PCSD_Activities](#)

NSAA Participation

Girls Golf

Softball

Boys & Girls Cross Country

Volleyball

Football

Wrestling

Boys & Girls Basketball

Speech

Music

Journalism

Boys & Girls Soccer

Baseball

Boys & Girls Track & Field

Boys Golf



NSAA State Championships: 10

What's Happening at Plattsmouth:

“Plattsmouth High School is a nationally recognized Wall to Wall Academy School. All students have the opportunity to choose an Academy and participate in small learning communities as they pursue their college and/ or career future,” said Activities Director Luke Chadwell.



District 3: St. Edward**Location:** St. Edward**PK-12 Enrollment:** 171**School Mascot:** Beavers**Twitter Handle:** [@StEdBeavers](https://twitter.com/StEdBeavers)**NSAA Participation**

Boys & Girls Cross Country

Volleyball

Football

Play Production

Boys & Girls Basketball

Speech

Music

Boys & Girls Track & Field

**NSAA State Championships: 3****What's Happening at St. Edward:**

"Like other small rural schools, our numbers allow us to have students participate in multiple activities and sports. We have some smaller teams, but they perform and play to the best of their abilities," said Secondary Principal/Athletic Director Darren Luebbe. "We've been excited about the success that our speech and play production teams have had the past couple of years, with both of the teams competing at the state level. This is something that our community has really started to enjoy."



District 4: Pleasanton**Location:** Pleasanton**K-12 Enrollment:** 292**School Mascot:** Bulldogs**Twitter Handle:** [@BulldogsPHS](https://twitter.com/BulldogsPHS)**NSAA Participation**

Boys & Girls Cross Country

Volleyball

Football

Play Production

Wrestling

Girls Wrestling (co-op with Ansley-Litchfield)

Boys & Girls Basketball

Speech

Music

Boys & Girls Track & Field

Boys Golf

**NSAA State Championships:** 5**What's Happening at Pleasanton:**

"Pleasanton has been on a five-year journey of updating our activities and facilities in our school. During the past five years, we have updated our school's scoreboards in our gymnasium and football field. We placed updated record boards in our hallways to highlight our current and former students' achievements," said Activities Director Casey Loomis. "We created a Wall of Champions where we hang photos of individual students who won an individual state championship in their respective activity and highlight our teams that have won a state championship. One of our biggest projects will take place this spring when we replace the bleachers in our gymnasium. These new bleachers will enhance our gym's atmosphere by allowing spectators to view our activities from a luxurious location and make it one of the best gyms in the area."



District 5: Wauneta-Palisade

Location: Wauneta

PK-12 Enrollment: 231

School Mascot: Broncos

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

NSAA Participation

Volleyball

Football

Play Production

Wrestling

Boys & Girls Basketball

Speech

Music

Boys & Girls Track & Field

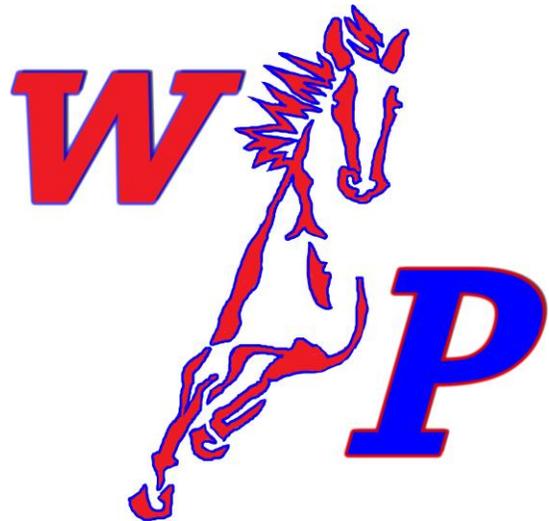
NSAA State Championships: 5

What's Happening at Wauneta-Palisade:

"We have a high percentage of students that participate in NSAA and other school activities. Our district includes portions of four counties and splits two time zones. The Elementary in Palisade operates on central time, and our JH/HS in Wauneta operates on mountain time," said Superintendent Randy Geier.

"Communication is key to ensure people are on time and events start on time! With busy schedules and long distances to travel, our students' time is valuable. In order to help, we provide an "intervention" period once a week. This period is during regular school hours and gives students an opportunity to work directly with teachers or catch-up assignments/reading without having to cut into the already cramped hours outside of the school day."

"We are very proud of the strong community support and involvement our school & students receive. We have multiple youth activities throughout the school year led by various community members. In recent years, we have renovated our weight room, gymnasium, and built a new greenhouse for our FFA program. Currently, plans are in place to begin this spring on an addition in Wauneta and to renovate the current Wauneta building, which will eventually house all of our students (Pre K-12)."



WAUNETA



PALISADE

District 6: Valentine

Location: Valentine
9-12 Enrollment: 162
School Mascot: Badgers
Twitter Handle: [@VCSBadger](https://twitter.com/VCSBadger)

NSAA Participation

Girls Golf
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 Valentine:

"Valentine High School has Victor E. Days (our mascot is named Victor E. Badger), which involves faculty/community members presenting a hobby/occupation to our student body. We have had everything from taxidermy to turf management presented to our students. It's a great way to show our students different career paths/hobbies," said Assistant Principal/Activities Director Blake Beebout.

"We have started Badger Dens last period of each day. Each teacher has a group of 7-8 students for 30 minutes. They focus on everything from school spirit, John Baylor, and mental health to different competitions with other Badger Dens. The students and faculty have really taken pride in their Badger Dens. We also have Snack Attack, which involves students and faculty highlighting positive aspects of either themselves or different students/faculty members. The list is read at the end of the day, and students are provided a snack or two by faculty. It is another way to highlight the great things our students and faculty accomplish, while also crushing a cupcake or two!"



Student Advisory Committee Spotlight

Creyton Line, Senior at Sumner-Eddyville-Miller High School



My name is Creyton Line, and I am a Senior at Sumner-Eddyville-Miller Public Schools. Being from a small school, I am involved in many activities such as football, basketball, track, FCA (Fellowship of Christian Athletes), and serve as President in both FFA (Future Farmers of America) and National Honor Society. The NSAA student advisory committee was first introduced to me by our school's Athletic Director. I jumped on the opportunity to apply, hoping to bring new ideas to the group from my small school perspective.

Through the committee, I was selected to travel to Indianapolis to attend the NFHS national leadership conference. At the conference I expanded my knowledge on topics such as social media safety, first impressions, career opportunity, and so much more. My favorite part of the conference was the opportunity we had to spend an afternoon with the Special Olympics-Indiana Unified Sports teams. We played football, basketball, and ran relays. These amazing people gave me a chance to use my love for sports to make a positive impact on a community. This conference in whole made a positive impact on my life. I made so many great connections and friends who I still keep in contact with.

Another great experience I have had through the Student Advisory Committee was helping host one of the Nebraska Sportsmanship Summits. I got the chance to lead activities and give instructions from the stage. I have gone to plenty of similar events, but to be one of the people who helped put it on was a great experience. I learned so much about what it means to be a great teammate and got some insight on the need for more officiating crews statewide for athletic contests.

All in all, I am super thankful for the opportunity to be on this committee. I am glad my school pushed me to apply and supported me through the process. This committee has provided me with great opportunities to push myself to become a better leader.

NSAA Intern Tales

Grant Engel, Senior at Nebraska Wesleyan University



Hello, my name is Grant Engel and I am a first-year intern at the NSAA! I am from Holdrege, Nebraska and attended Holdrege High School and graduated in 2019. During my time in high school, I participated in Cross Country, Basketball and Track. After graduation, I made the decision to attend Nebraska Wesleyan University. I am currently a senior at Nebraska Wesleyan with plans to graduate this coming May. I currently run Cross Country and Track at Wesleyan while majoring in Sports Management and a minor in Coaching. I am also involved with intramural sports (co-assistant supervisor), FCA group, Track Bible study and I am an ambassador. After graduation, I want to find a job that involves me being around sports and I also want to be a coach!

Goals for my Internship:

When I first was told that I needed to do an internship, I immediately thought of the NSAA. I have a love for high school sports and there was no better place to try and get into. My main goal I have set for myself is to just take in all the information and experiences I get while I am here. It makes me excited to understand what it is really like to run and organize all the high school sports that goes on in the state of Nebraska. I am also very excited to meet and be able to work with all the amazing people who are a part of this great organization!

NSATA Training Table

Mackenzie Mertz, ATC



Understanding Common Skin Infections

Skin infections are very common among the athletic population, but they can be easily prevented and contained. The following recommendations come from the National Athletic Trainers Association (NATA) position statement on skin disease. These recommendations are key factors in preventing and limiting the spread of skin infections in athletic populations. Institutions should provide enough financial and human resources to competently create an infectious disease control policy. Maintaining clean facilities and athletic clothing/equipment is paramount. Hand and body hygiene should be stressed and discussed with each sport. Finally, athletes should be educated on how to perform daily skin checks and report any suspicious lesions. These recommendations can make a positive impact on the number of skin infections in athletics.

Understanding the different types of skin diseases and how to treat them is the next essential step in preventing the spread of infection. There are three basic categories of skin disease: fungal, viral and bacterial. Fungal skin infections include ringworm, athlete's foot and jock itch. Treatment of fungal infections typically involve a topical antifungal. However, in some cases where the fungal infection is more resistant, a prescription antifungal drug is required. Ringworm and athlete's foot can spread very easily through skin-to-skin contact and should be treated as soon as possible. Viral skin infections include herpes and molluscum contagiosum. Both are very contagious and should be referred to the athletes primary care physician for treatment with antiviral medication. There are several bacterial skin infections including impetigo, folliculitis/furunculosis and MRSA (staph). Bacterial infections are primarily attained through poor hygiene. MRSA can be extremely destructive and needs to be treated as soon as possible. If an athlete is suspected to have a bacterial infection, they need to see their primary care doctor to start antibiotic therapy.

Skin infections are preventable and treatable but must be detected early to prevent further spread among the athletic population. If the following recommendations stated above are put in place by the institution, athletic teams can drastically reduce their risk of contracting a skin infection. For more detailed information on skin diseases, please visit the NATA position statement on skin diseases.

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



Have you followed the NSAA social media channels?

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



The graphic is a promotional poster for NSAA social media. On the left, there is a large white box with the NSAA logo at the top and the text "Let's Get Social!" in a large, bold, white font. On the right, there is a dark grey box containing social media icons and handles. At the top is the Facebook icon with the text "Nebraska School Activities Association @nsaahome". Below that is the YouTube icon with the text "Nebraska School Activities Association". In the middle row, there are three Twitter icons with handles: "NSAA @nsaahome", "NSAA Events @nsaaevents", and "NSAA @nsaahome". At the bottom is the Instagram icon with the handle "NSAA @nsaahome". At the very bottom of the dark grey box is the NSAA logo and 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**.

Head Coach Passcodes for Online Rules Meetings

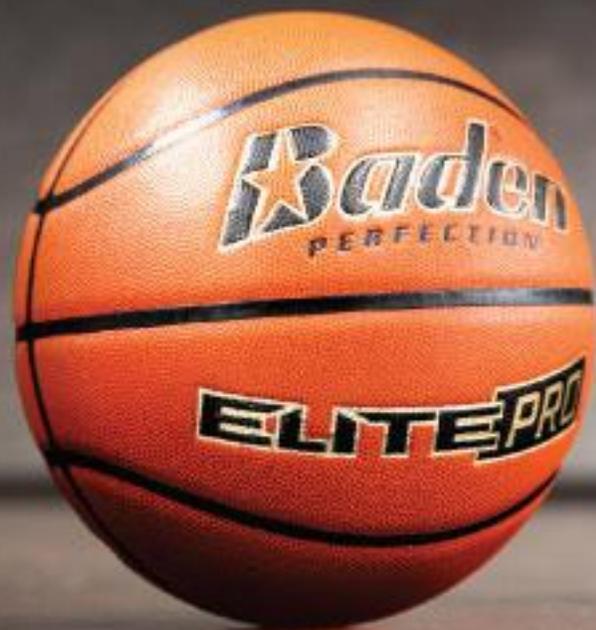
Athletic Directors: Do your head coaches know their passcode to view the required online rules meeting?

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

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

Baden CELEBRATES

Baden Sports would love to recognize basketball **Coach Dave Bollish** of Scottsbluff High School and basketball **Coach Zac Foster** of Adams Central High School for their many years of service. Baden celebrates coaches like Coach Bollish and Coach Foster who are committed to high school athletics, committed to excellence, and dedicated to making their community a better place. Coach Bollish and Coach Foster will receive a custom Baden Basketball recognizing their achievements. Baden is proud to be the Official Ball of NSAA Activities, to learn more visit badenteamstore.com.



sales@badensports.com | 1.800.544.2998

Since 1979, we've believed that the equipment we make belongs to the athlete. That's why we do things differently — from our manufacturing process, to the materials we use, to our relationship with the athletes who depend on us, we're dedicated to making a better ball.

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2022 Fall Championship National Anthem Performers

**Cross
Country**



Malayna Lozo
Arlington



Emma Lowther
Seward

**Unified
Bowling**

Volleyball



Samantha Hall
Weeping Water



Madison Fender
Pawnee City



Jordan Tweedy
Arlington



Rachel Kearney
Lexington

Football



Kourtney Keller, Deanna Horst, Rylee McManis, Audrey Splichal, Jesse Cortney,
Riley Hardin, Micah Schneider, Luke Uhler
Sidney Octet



Seth Rogers, Jack Thielen, Steven Dao, Jackson Keele, Aubrey Falter,
Ava Strunk, Ellie Baumert, Addison Stelzer
Lincoln Southwest Octet



Rachael Kearney, Adrianna Hendricks, Genesis Torres, Evette Francisco-Cortez,
Jaime Lopez-Velasquez, Hector Jr. Ramirez, Josue Lucas-Reynoso, Bryan Juarez-Guido
Lexington Octet



Leah Davis, Dannika Lamberty, Claire Uhler, Emma Uhler, Ethan Montgomery,
Boe Fraser, Dawson Schwarz
York Septet



Veronica Reimers, Rachel Wacker, Grace Reiter, Mara Vindrick,
Tate Hain, Noah Grady, Luke Reiter
Lincoln Pius X Sextet



Araya Nielsen, Elizabeth Wortmann, Jack Schieffer, Jeffrey Birger
Crofton Quartet



Andrew Cota, Joseph Mertins, Liam McCann, Sean Alger
Omaha Westside Quartet