



# NSAA News

May 2023



500 Charleston St., Suite 1 Lincoln, NE 68508

<https://nsaahome.org/>

402-489-0386

## Inside This Issue

- 1, 3** Executive Director's Notebook
- 2** NSAA Board of Directors & Staff
- 4** NSAA Respect the Ref
- 5** The NFHS Voice
- 6** From the Chair of the Board of Directors
- 7** Spring Championship Reimbursements
- 8** 2022-2023 Multi-Activity Student Award Recipients
- 9** State Golf Cart Rental Policy
- 10** 2022-2023 Student Advisory Committee
- 11-16** NSAA Membership Spotlight
- 17** SAC Spotlight
- 18** NSATA Training Table
- 19** Update School Directory
- 20** Update Eligibility List
- 21** Statement of Principal on Conduct Synopsis
- 22** Coach & Sponsor Certification
- 23** End of the Year AD Checklist
- 24** Beginning of the Year AD Checklist

## Executive Director's Notebook

*Jay Bellar, NSAA Executive Director*



Seconds have turned into minutes, minutes into hours, hours into days, days into months and finally, the months have become the school year. Suddenly, in the blink of an eye, we find ourselves at the end the game, playing in our figurative fourth quarter! Today, whether you feel like you are part of the team that is down and ready to battle and leave it all on the court or the team with the lead who needs to stay strong and maintain, there are

lessons we can take from these experiences to help us successfully close out this fourth quarter be it the school year, a job, or a high school career.

So, what is needed to finish strong and without regret? First, it may just take deciding to adopt a positive fourth quarter attitude and mindset. Simply put, you need to sustain a desire to win—to do your best—to fight off the exhaustion and apathy that can come into play after a long struggle. It is normal to look up at the clock and acknowledge that the game is ending, but don't make the mistake of putting yourself on autopilot. The game is going to end whether you are actively participating, sitting on the bench or hanging out in the locker room. Your involvement is up to you. It is okay to look forward to the next game, but do not make the mistake of looking so far ahead that you don't enjoy the here and now. This particular game may never happen again, decide now to be involved and experience every second up to the final buzzer.

Next, take some time to recognize that no one plays this game alone. Decide who you need to call out, give a high five to, thank. That classmate, friend, and teammate that was always there for you—cheering you, challenging you, standing by you and always having your back—acknowledge all those assists whether by text, snap or an actual, in person, high five! Shake the hand of that teacher that helped coach you when you were struggling, guided you when you were at a loss or encouraged you when they saw greatness in you that you did not see. Give a fist bump to your school personnel—those who aided you while you navigated the playbook of life—helped you understand the rules, called you out when you did something wrong, supported you in your adolescent journey and celebrated you in your growth and maturity.

*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. Nick Wemhoff**  
District II  
Fort Calhoun



**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

Perhaps, most important, give a cheer—no, a standing ovation—to those who have sat in the stands rooting for you. Take time to applaud your parents, grandparents, and the rest of your family and support group who have been there and will continue to be there for you from tip off to the last buzzer of the game and beyond! This group is your team for life. They will be there for many life victories, cheering and celebrating for and with you and they will be there for life's hardest defeats, supporting, caring, and helping you transition from game to game while preparing you for what comes next. The crowd rarely gets acknowledges or seeks to be acknowledge—but I want to challenge you, after this final quarter ends, to take some time and do just that—applaud, praise, and yell from the top of your lungs just how much you appreciate your crowd and how much their support has meant to you.

We are deep into it—this fourth quarter. For some, there are many seasons to look forward to playing. For others, this is it. Regardless, I hope you stay present, work hard, enjoy the ride and leave it all on the playing field with no regrets. The clock is ticking, let's finish strong!

## 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](http://BenchBadBehavior.com)



## Spring Championship Clear Bag Policies

### State Soccer

[Creighton University Clear Bag Policy](#)

[Creighton University Prohibited Items List](#)

### State Baseball

[Werner Park](#)

[UNO's Tal Anderson Field](#)

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](http://nsaahome.org) for more information.

## The NFHS Voice: State High School Championships Filled with Excitement, Emotion



*Dr. Karissa Niehoff, NFHS Executive Director*

Another year of March Madness at the high school level is behind us, and what a year it was. NFHS member state associations held state championships in basketball, wrestling, ice hockey, swimming and diving, indoor track, gymnastics and a few others. In addition, other activities such as drama, debate, speech and music are a central part of the excitement that surrounds this time of year.

Altogether, tens of thousands of participants in high school activity program received that once-in-a-lifetime opportunity to play for a state title. In girls wrestling, many teams had the opportunity to advance to state for the first time as more states continue to add this event. Just five years ago, only six states had state championships in girls wrestling; today that number is 33.

And there were a number of schools that continued their dominance at state championships, perhaps topped by the girls swimming team at Carmel High School in Carmel, Indiana. Not only did Carmel extend its national record by winning its 37th consecutive Indiana High School Athletic Association state championship, the Greyhounds did it with an exclamation mark. Carmel set one national record in the 200-yard medley relay as well as five state records while winning 10 of the 11 swimming events.

In basketball alone, more than 500 teams (girls and boys) were crowned state champions. And, perhaps, some of the players on these championship teams will be able, down the road, to duplicate the feat accomplished by a few participants in this year's NCAA Men's and Women's Basketball Championships.

Among the teams in the men's Final Four, Donovan Clingan of the University of Connecticut won the Connecticut Interscholastic Athletic Conference Division II state title as a senior at Bristol Central High School.

Three members of the San Diego State Aztecs reached the high school championship stage as well. Aguek Arop won a Nebraska School Activities Association Class A state title at Omaha South High School in 2016. Micah Parrish played in the 2019 Michigan High School Athletic Association Division 2 state championship at River Rouge High School, while Lamont Butler reached the California Interscholastic Federation title game two times at Riverside Poly High School. Butler finished his career at Riverside Poly as the school's all-time leading scorer, passing Reggie Miller.

The other men's Final Four teams – Florida Atlantic University and the University of Miami – each had a player attempting the March Madness Double. FAU's Michael Forrest won two Florida High School Athletic Association state championships at Blanche Ely High School in Pompano Beach, and Miami's Jordan Miller won a Virginia High School League state title as a junior at Loudoun Valley High School. Miller, the school's all-time leading scorer, said his best sports memory is "winning a state high school title."

In the women's NCAA tournament, Louisiana State University's Ladazhia Williams and Sa'myah Smith both claimed state high school trophies. Williams helped her Lakewood Ranch High School (Bradenton, Florida) team to the Florida High School Athletic Association Class 7A title as a junior, and Smith was a two-time Texas University Interscholastic League Class 6A champion at DeSoto High School in DeSoto, Texas.

National finalist Iowa's roster included Gabbie Marshall and Addison O'Grady, who were both two-time state champions in high school. Marshall won two Ohio High School Athletic Association titles at Mount Notre Dame High School in Cincinnati, Ohio, and O'Grady was a multiple state champion at Grandview High School in Aurora, Colorado.

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

## From the Chair of the Board of Directors

**Robert Drews, District V, Arapahoe**



As the calendar turns to May, we all begin thinking about the end of another school year, but also pause to consider the road we've traveled since last August when we began the 2022-23 school year. I've had the privilege to serve as the Chair of the NSAA Board of Directors over this time period so it's fitting that I'm given a chance to reflect on the events of this year in terms of our high school activities programs across the state.

As with all other years we have seen numerous changes, such as the division of Bowling into two classes and the addition of Class C for Baseball. We've also tweaked the basketball tournaments one more time by going to a 4-day format, watched as Girls Wrestling continues to grow, and used our legislative process again to make adjustments in our constitution, bylaws and approved rulings that will be implemented next year.

There have also been some new faces connected to the NSAA as Taryn Retzlaff joined the staff in the Lincoln offices and Dr. Nick Wemhoff joined the Board of Directors upon the retirement of Dr. Bob Reznicek (who concluded his service to the NSAA after more than 20 years as a board member). Darren Tobey has been preparing to join the board as well with the retirement of current board member Ryan Ruhl at the conclusion of the school year.

But perhaps the most significant personnel change in our system will be the retirement this summer of Mr. Jay Bellar from his position as Executive Director of the NSAA. Associate Director Jennifer Schwartz is taking over as Interim Executive Director, and she'll have some big shoes to fill. We all owe Mr. Bellar a sincere "THANK YOU" for his leadership over the last 5 years, which has included some difficult times. There was no playbook, no guidelines, no records to reference when the pandemic struck every part of our society, including high school activities. We did have some disruptions, but through the steady hand of Mr. Bellar, our organization kept pushing forward and figured out how to offer opportunities for students, parents and communities; opportunities that we have learned to value even more these last few years. He was cautious and deliberate with his decisions, but through it all, he showed the true heart of an educator by keeping the best interests of the kids at the top of his priorities. With his years on the board preceding his current position, Mr. Bellar has well over a decade of service to schools and students through the NSAA. He will be missed a great deal by this association and its membership, but we wish him good health and happiness in his retirement.

At the end of each year, we need to be able to look back at what we went through and consider what we learned from our experiences. What do we know now that we didn't know before, and how can we put that knowledge to good use? The answers to these questions may vary from person to person, but of one thing I am sure. The NSAA continued to provide tremendous opportunities and great experiences for the students of our state through the many activities our schools offer. Back in the September edition of this newsletter, I wrote about finding "success" even when it may not be obvious on a scoreboard or in a win-loss record. Developing confidence and preparing for the next steps in life is what we hope for all of "our" students. Education-based activities through the NSAA programs allow us a great platform to build those skills.

Congratulations on all the successes you have had as an athlete, performer, participant, manager, coach, sponsor or administrator during this year! Enjoy your upcoming break from school and be glad that we'll have opportunities to find success again in the 23-24 school year!

## 2023 Representative Assembly Results

The 2023 NSAA Representative Assembly was held at the NSAA Office on Friday, April 14<sup>th</sup>. The voting results can be found on the NSAA website [here](#).

## April NSAA Board of Directors Meeting Minutes

The April NSAA Board of Directors meeting was held at the NSAA office in Lincoln on Thursday, April 13<sup>th</sup>, 2023. The meeting minutes can be found on the NSAA website [here](#).

## NSAA Cup Standings

The NSAA Cup standings have been updated through the 2023 Winter Championships and are available on the NSAA website [here](#).

## Spring Championship Reimbursement Reminder

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

Soccer – June 5, 2023

Baseball – June 5, 2023

Track & Field – June 5, 2023

*There is no reimbursement for Journalism, Girls Tennis, or Boys Golf.*

## NSAA Membership/Activities Registration Form

The NSAA Membership/Activities Registration form for the 2023-24 school year will go live on May 1<sup>st</sup>, 2023. The form can be found on the AD login page. Once logged in, scroll to the bottom to the “Other Forms” section and then go to “NSAA Activities Registration Form”. The NSAA Membership/Activities Registration deadline is July 1<sup>st</sup>, 2023.

**NEW THIS YEAR:** You will have the option to join the NSIAAA on your Membership/Activities Registration Form. Watch your email for specific details!

If you have any questions, please contact Megan Huber, [mhuber@nsaahome.org](mailto: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](#)

## 2022-2023 Nebraska State Colleges Multi-Activity Student Award Recipients Announced

The Nebraska School Activities Association (NSAA) and the Nebraska State College System (NSCS) are pleased to announce the 16,167 recipients of the 2022-2023 Nebraska State Colleges Multi-Activity Student Award.

The award recognizes students in grades 9-12 who participate in at least three NSAA sanctioned activities during the academic year. Each high school student who participates in at least three NSAA activities will be recognized and awarded a certificate of achievement by the NSAA and the Nebraska State Colleges. Activity participation will be tracked using student eligibility lists, submitted to the NSAA by each member school. The top schools in four classes will be determined based on the percentage of multi-activity student award winners compared to the total number of students in grades 9-12.

The NSAA and the NSCS are also thrilled to highlight the five high schools with the most multi-activity students. These four high schools will be presented with a banner at the NSAA State Soccer Championships in May to display at their school.

### Class A

Kearney High School  
Norfolk High School

### Class B

Seward High School

### Class C

Aquinas Catholic High School

### Class D

Arcadia High School

[Click here](#) to view the complete list of the 2022-2023 recipients. A list of the Top 10 schools in each class is available [here](#).

For more information about the Nebraska State Colleges Multi-Activity Student Award, please [click here](#).





## 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.

## New AD / Administrative Outreach Seminars in July

The NEW AD/Administrative Outreach Seminar will be held at two locations this coming July. If your school will have a NEW AD or new support staff, the NSAA highly recommends this seminar! Anyone is welcome that would like a refresher course or learn the new things that will be happening at the NSAA. i.e. administrative assistants, counselors and others involved with student eligibility. There is no cost for this seminar and lunch will be provided.

**Tuesday, July 18<sup>th</sup>, 2023 – Location TBD**  
**Thursday, July 20<sup>th</sup>, 2023 – Location TBD**

To make your reservation, please contact NSAA Office Manager Cindy Callaway at [ccallaway@nsaahome.org](mailto:ccallaway@nsaahome.org).

## NSAA Student Advisory Committee Members Selected for the 2023-2024 School Year

The Nebraska School Activities Association (NSAA) is pleased to announce the individuals selected to the NSAA Student Advisory Committee for the 2023-24 and 2024-25 school years. These new members will join the 10 seniors serving their second term:

Ainsworth – Emma Kennedy  
 Bertrand – Emma Brown  
 Burwell – Calah Archibeque  
 Fairbury – Karelin Deras-Hernandez  
 Malcolm – Tristen Boehle  
 Lexington – Christian Burton  
 Mount Michael Benedictine – John Mohs  
 Norfolk – Jay Koozer  
 Omaha South – Charlotte Gregor  
 South Platte – Cordell Frerichs



Out of many outstanding applicants, ten were selected to serve for their junior and senior years. These students were selected from the Nebraska's six NSAA districts. The selection process was extremely competitive and focused on recommendations by school personnel, participation in various interscholastic activities and athletics as well as gender, school classification, and minority representation.

The Student Advisory Committee helps to promote the mission of the NSAA, encompassing leadership, sportsmanship, and integrity. The focus is on providing education and leadership through open and honest communication with all member schools and their students, administrators and coaches. All recipients were nominated by their Activities Director.

Duties and responsibilities are discuss current student and Association issues; assist with various Association functions; help to maintain an avenue of communication between the Association and the student participants themselves; create and implement initiatives within schools, communities and/or school conferences.

Additional responsibilities include:

- Students provide input, help to develop, and attend the sportsmanship and leadership summits in conjunction with the Nebraska Coaches Association.
- Students record public service announcements (PSAs), through our media partner STRIV.TV.

Congratulations to the new members of the Student Advisory Committee!

## NSAA Membership Spotlight

### District 1: Heartland

**Location:** Henderson

**9-12 Enrollment:** 150

**School Mascot:** Huskies

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

#### NSAA Participation

Girls Golf

Volleyball

Football

Play Production

Boys & Girls Basketball

Music

Boys & Girls Track & Field

Boys Golf

#### NSAA State Championships: 1

#### What's Happening at Heartland:

"Heartland Community will begin new construction that will include a new weight room and additional locker rooms," said Activities Director Josh Struckman. "Our student section does a fantastic job of being positive in the crowd. They have done a great job of representing our school."



## District 2: Platteview

**Location:** Springfield

**9-12 Enrollment:** 387

**School Mascot:** Trojans

**Twitter Handle:** [@Platteview\\_HS](https://twitter.com/Platteview_HS)

### NSAA Participation

Girls Golf

Softball

Boys & Girls Cross Country

Volleyball

Football

Play Production

Boys & Girls Wrestling

Boys & Girls Swimming & Diving (co-op with Bellevue East)

Boys & Girls Basketball

Speech

Music

Journalism

Boys & Girls Soccer

Baseball

Boys & Girls Track & Field

Unified Track & Field

Girls Tennis

Boys Golf



**NSAA State Championships:** 2

### What's Happening at Platteview:

"This year we won the sportsmanship award at boys state basketball. While we are close to the Omaha area, we still keep a lot of small-town traditions alive such as our homecoming parade through downtown followed by a pep rally at the Sarpy County Fair Grounds," said Athletic Director/Assistant Principal Josh Siske.



### District 3: Battle Creek

**Location:** Battle Creek

**9-12 Enrollment:** 192

**School Mascot:** Braves/Bravettes

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

#### NSAA Participation

Girls Golf

Boys & Girls Cross Country

Volleyball

Football

Play Production

Boys & Girls Wrestling

Boys & Girls Basketball

Speech

Music

Boys & Girls Track & Field

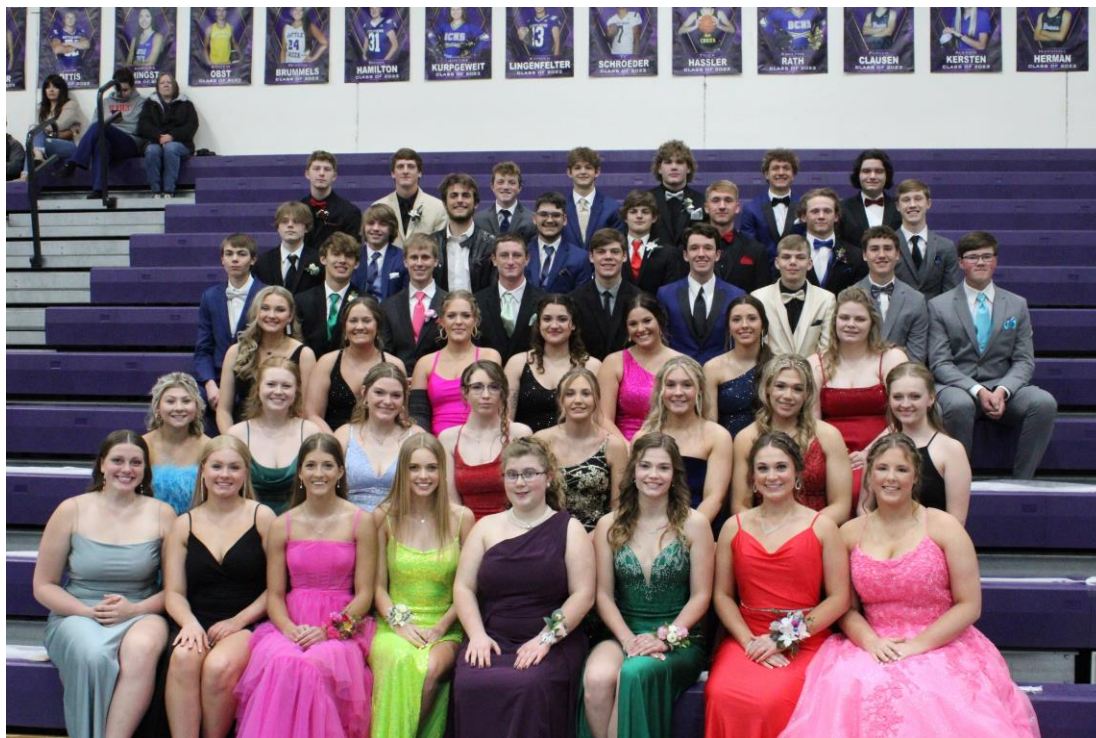
Boys Golf



**NSAA State Championships:** 16

#### What's Happening at Battle Creek:

"Battle Creek has a strong participation rate in all of our activities. Our district provides students with opportunities to be involved in many activities," said Activities Director Cody Wintz. "Participation in NSAA activities has always been strong here, but we have seen recent growth in participation in our FFA and FCCLA programs as well. Our students are supported with a strong and caring staff, top-notch strength and conditioning facilities, and a community that understands what participation in extracurricular activities can do for our students. We take great pride in all of our programs!"



**District 4: Adams Central****Location:** Hastings**9-12 Enrollment:** 277**School Mascot:** Patriots**Twitter Handle:** [@goacpatriots](https://twitter.com/goacpatriots)**NSAA Participation**

Girls Golf

Softball

Boys Tennis

Boys &amp; Girls Cross Country

Volleyball

Football

Play Production

Boys &amp; Girls Wrestling

Swimming &amp; Diving

Boys &amp; Girls Basketball

Speech

Music

Journalism

Baseball

Boys &amp; Girls Track &amp; Field

Girls Tennis

Boys Golf

**NSAA State Championships: 3****What's Happening at Adams Central:**

"Adams Central has multiple groups/clubs that provide service to our community in a variety of ways. Servant leadership is an expectation, as students are asked to clean after games and help staff with post game duties," said Activities Director/Assistant Principal Alan Frank. "This incorporates all students, which promotes a strong sense of community and commitment to being well rounded. In 2022, Adams Central was the Class B Multi Activity Student Award Champion. Our school size requires efforts from all students for our school to be successful at the state level, and we have a high level of students that are involved in a variety of activities."



## District 5: Southwest

**Location:** Bartley

**9-12 Enrollment:** 289

**School Mascot:** Roughriders

### NSAA Participation

Girls Golf

Boys & Girls Cross Country

Volleyball

Football

Play Production

Boys & Girls Wrestling

Swimming & Diving (co-op with McCook)

Boys & Girls Basketball

Speech

Music

Journalism

Boys & Girls Track & Field

Boys Golf



SOUTHWEST ROUGHRIDERS

### What's Happening at Southwest:

"The Southwest school district is the result of a large number of schools consolidating over a 30-year period to make one of the largest physical districts in the state of Nebraska. The district has land in three different counties and combined they make up approximately 600+ square miles which causes a lot of travel for students and parents," said Athletic Director Les Roggenkamp. "The student athletes at Southwest are not only very dedicated to extra-curricular sports, but also participate in play production, speech, quiz bowl, band, music, FFA, FBLA, cheerleading, and ACADECA. The majority of students are involved in multiple activities and that requires a very dedicated student population and teaching staff."



## District 6: Thedford

**Location:** Thedford  
**K-12 Enrollment:** 112  
**School Mascot:** Knights  
**Twitter Handle:** [@STKnights](https://twitter.com/STKnights)

### NSAA Participation

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



### What's Happening at Thedford:

"Something special that Thedford does each year is an event called Superheroes of the Sandhills," said Activities Director Bec Ray. "Our entire school and most staff are involved with putting on a 5K and extra events like 3 on 3 basketball, ping pong tournament, kids crafts and a free will donation soup cook-off. Students go out and get donations from businesses for winners. We raise money for a cancer fund for those in our area who need extra help with expenses while going through treatment. It has helped so many families in need – a way our community can support and help those. Sadly, our small community has been hit with very close personal dealing with later stages of cancer. That's one thing our community and school knows how to do best is be there and support all our families when going through tough times."





## Student Advisory Committee Spotlight

### *Madison Davis, Junior at West Holt High School*



My name is Madison Davis and I am a junior at West Holt Public Schools located in Atkinson, Nebraska. I am an involved student-athlete at my school and participate in cross country, track, girls wrestling, FFA, marching band, pep band, softball, and I am in the National Honors Society.

One of the things that the SAC members do throughout the year is come up with goals to achieve. My goal this year was to help build and promote girls wrestling at my school. In the 2021-22 wrestling season I was the only girl on my team. My goal was to get other girls involved in the sport as well. This last winter we had 8 girls on the team, one senior, one junior, and six freshmen. During my first wrestling season when I was the only girl on the team I did not get to have a home meet. Another part of my goal to build and promote the sport was to host a girls meet at West Holt. In order to try and reach this goal I asked for some help from my school's AD. We came up with the date and start time and I sent out over 300 emails to schools across Nebraska. Sadly, we ran into several difficulties with this. Many schools in my area did not have girls wrestling, and the ones that did just didn't have the numbers yet. Another issue was the scheduled date. I have not given up on this goal and I am still hoping to have a home meet for my senior season. My AD and I have been working on it all winter and we came up with a different date to host the meet. We already have several schools interested in the tournament and things are looking good so far.

In the beginning I was mainly focusing on high school girls wrestling, but as the season approached I started thinking about junior high as well. My school did not offer girls wrestling for junior high yet and I wanted to see if we could get that started. I was shot down a few times because we did not have a coach, and nobody thought we would have any interest in it. We held a meeting open for any junior high girls that would be interested in the sport and 11 girls showed up. After seeing the number of girls interested, our high school girls coach along with a teacher from West Holt offered to help coach. Once the season started for them we had 16 junior high girls join the sport and they had three meets during their season. I was lucky enough to get to help coach them and demonstrate moves.

My goal of building and promoting girls wrestling at my school proved to be challenging and I ran into many obstacles along the way, but it was very rewarding. Getting to watch this sport grow at my school this year was super fun. I was super lucky to see the results and the numbers because I know it's not like this everywhere. I'm looking forward to continuing to build this sport in my school next year as well as reaching for more goals to achieve. I am very thankful for this opportunity to be on the NSAA SAC and looking forward to the second year of my term.



## NSATA Training Table

*Andrew Sheridan, ATC*



### Heat Illness Recovery Tanks (HIRT)

Nebraska State Athletic Trainers' Association (NSATA) partnered with Behlen Manufacturing and Columbus Motor Company to distribute Heat Illness Recovery Tanks (HIRT) (cold water immersion tubs) throughout the state of Nebraska to secondary school and collegiate settings for athletic trainers to use as a heat illness prevention tool during sports participation and games.

Behlen donated 100 tanks to the NSATA for the campaign in July. Out of that allotment, NSATA secondary schools committee members delivered 60 tanks before September 1<sup>st</sup>. In order to be eligible to receive a tank, schools had to provide an emergency action plan for exertional heat stroke (EHS), and the athletic trainer had to be a member of the NSATA.

**Exertional Heat Stroke (EHS)** is the leading cause of preventable death in high school athletics. Students participating in high-intensity, long-duration or repeated same-day sports practices and training activities during the summer months or other hot-weather days are at greatest risk. The HIRT tank is an amazing collaborative effort between the NSATA and Behlen Manufacturing Co, to provide cold water immersion tubs at no cost to schools across Nebraska. Thank you to Columbus Motor Company for supplying a truck to deliver the HIRT Tanks to all the participating schools.



## Have you followed the NSAA social media channels?

The Spring Championships are on the horizon! 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 NSAA logo at the top, followed by a grey box with the text "Let's Get Social!" in white. On the right, there is a dark grey background with social media icons and handles. At the top right 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: "@nsaahome", "@nsaaevents", and "@nsaahome". To the right of these is the Instagram icon with the handle "@nsaahome". At the bottom right is a small NSAA logo and the 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](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**.

---

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

---

# NSAA END-OF-YEAR CHECK LIST

1. Fill out ONLINE the **2023-24 Activities Registration/Membership Form** with \$60 **Fees** for each activity in which your school will participate. This will also include the \$40 **Membership Fee**. *This form will available May 1<sup>st</sup> and is due July 1<sup>st</sup>.* The form can be found on the AD login page, under “Other Forms”.
2. Fill out ONLINE **Application for Hosting** Subdistrict & District Events for 2023-24. Applications for Girls Golf; Cross Country; Unified Sports, Bowling; and Play Production are available now. **Deadlines vary depending on the activity.**  
**Contracts for schools that have been selected to host subdistrict & district events will be posted on the NSAA AD login page. AD’s should regularly check the NSAA website for banner notification of the posting of those contracts.**
3. Complete 2023 **Volleyball, Softball & Class A Only-Girls Golf Schedules** on the NSAA website. **(After June 8<sup>th</sup>)**  
*These may be found on the AD login page, under “Activity Select”, choose Volleyball, Softball, Girls Golf.*
4. Check 2023 **Football Game Dates** ONLINE.  
*These may be found on the Football page of the NSAA website. If a date needs to be changed or added, please contact Nate Neuhaus ([nneuhaus@nsaahome.org](mailto:nneuhaus@nsaahome.org)).*
5. Fill out ONLINE all entries for **2023-24 Directory**. **\*\*Reminder that there is a cell phone column. Please do not leave this blank. This is for NSAA USE ONLY!\*\***  
**Remember, this form should be periodically updated as new hires and new coaching/sponsorship assignments are made throughout the year.**  
**NEW: There is a “vacant” position checkbox by each activity that should be clicked if the coach/sponsor is vacant. Clicking this box will delete the coach and password for that activity until a new one is assigned. Please be sure your email addresses are inputted correctly and are accurate - this is the primary form of NSAA communication.**
6. Notify in writing and remind all varsity coaches of **Fall Online Rules Meeting Dates**.  
*The Rules Meeting dates will be posted on the NSAA AD login page and the NSAA website.  
(Fall meeting free period start dates: Softball July 17<sup>th</sup>, Football & Volleyball July 24<sup>th</sup>)*
7. Notify in writing and remind all high school coaches and activity sponsors that all (head, assistant and volunteer) coaches are required to take three NFHS courses at least once every three years: Concussion in Sport, Heat Illness Prevention, and Sudden Cardiac Arrest.
8. Check all **Co-ops** for current contract dates.  
New/renewal Deadlines: Fall Co-ops: July 1<sup>st</sup>, Winter Co-ops: **October 1<sup>st</sup>**,  
Spring Co-ops: January 1<sup>st</sup>. (*New/renewal forms may be found on the AD login page.*)

**\*\*2023-24 NSAA Calendars will be available late Summer.\*\***

# NSAA BEGINNING-OF-YEAR CHECK LIST

1. Fill out ONLINE all entries for **2023-24 Directory**. **\*\*Reminder that there is a cell phone column. Please do not leave this blank. This is for NSAA USE ONLY!\*\***  
**Remember, this form should be periodically updated as new hires and new coaching/sponsorship assignments are made throughout the year.**  
**NEW: There is a “vacant” position checkbox by each activity that should be clicked if the coach/sponsor is vacant. Clicking this box will delete the coach and password for that activity until a new one is assigned. Please be sure your email addresses are inputted correctly and are accurate - this is the primary form of NSAA communication.**
2. Fill out ONLINE **Application for Hosting** Subdistrict & District Events for winter and spring activities. Deadline for Winter – **October 1<sup>st</sup>**, Spring – January 1<sup>st</sup>.  
**Contracts for schools that have been selected to host subdistrict & district events will be posted on the NSAA AD login page. AD’s should regularly check the NSAA website for banner notification of the posting of those contracts.**
3. Check 2023 **Volleyball, Softball & Class A Only-Girls Golf Schedules** on the NSAA website.  
*These may be found on the AD login page, under “Activity Select”, choose Volleyball, Softball, Girls Golf.*
4. Check 2023 **Football Game Dates** on the NSAA website.  
*These may be found on the Football page of the NSAA website. If a date needs to be changed or added, please contact Nate Neuhaus ([nneuhaus@nsaahome.org](mailto:nneuhaus@nsaahome.org)).*
5. Notify in writing and remind all varsity coaches of **Fall Online Rules Meeting Dates**.  
*The Rules Meeting dates will be posted on the AD login page and the NSAA website.  
(Fall meeting free period start dates: Softball July 17<sup>th</sup>, Football & Volleyball July 24<sup>th</sup>)*
6. Check all **Co-ops** for current contract dates.  
New/renewal Deadlines: Fall Co-ops: July 1<sup>st</sup>, Winter Co-ops: **October 1<sup>st</sup>**,  
Spring Co-ops: January 1<sup>st</sup>. *(New/renewal forms may be found on the AD login page.)*
7. Notify in writing and remind all high school coaches and activity sponsors that all (head, assistant and volunteer) coaches are required to take three NFHS courses at least once every three years: Concussion in Sport, Heat Illness Prevention, and Sudden Cardiac Arrest.
8. **Upload your school’s student database** into NSAA’s online database—for use when marking eligibility, participation, and district & state entry forms. Due August 7<sup>th</sup>.
9. Complete International Transfer Form for each international CSIET student enrolled at your school.  
*This form may be found on the AD login page, under the “Eligibility” section.*
10. Check the May 1<sup>st</sup> Transfer list to verify/confirm eligibility of students who transferred to your school or transferred from your school to another school.  
*The list may be found on the AD login page, under the “Downloads” section.*