



# NSAA News

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<https://nsaahome.org/>

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## Executive Director's Notebook

*Jay Bellar, NSAA Executive Director*



Throughout life, I have had many mentors—some I worked with personally, while others I have studied through books, articles, and interviews. Although these mentors had differences—different genders, different cultures, different backgrounds, it was what they had in common that compelled me to seek them out—great leadership, success in their chosen field, positive impact on the world and lives well lived. Through studying these

leaders, three common, driving philosophies emerged: 1. Set clear expectations and follow through. 2. Treat others the way you want to be treated. 3. Apply the K.I.S.S. (Keep It Simple, Stupid) philosophy whenever possible. These basic concepts have launched billion-dollar businesses, propelled athletes and teams to greatness, and changed countless lives for the better. So, what do these philosophies have to do with NSAA activities and our member schools? The simplest answer to that question can be stated in one word: sportsmanship.

Sportsmanship, I believe, is a derivative of the culture expected, nurtured, and tolerated at a school. School personnel needs to genuinely look at their culture and decide if the actions taking place are in line with the expectations of the institution. A positive school culture comes down to the basic principle of treating all people with respect and dignity. All people. Not just the people in your schools. Not just authority figures. Not just those that can do something for you. All people.

A school culture must also exist outside its four walls. Everywhere students, staff, and fans go, they are representing their school. As a school community, we need to simply, but clearly, establish what we expect from not just our students, teachers, and coaches, but also the families of students and outside fans attending events. After expectations are communicated, it is imperative to follow through and to make it clear that acts of disrespect and poor sportsmanship will not be tolerated.

To help in establishing these expectations, the NSAA has developed Activity Event Guidelines that will be sent out to member schools in both flyer and poster form.

*Executive Director's Notebook* continued on page 3

# NSAA Board of Directors & Staff



**Kathi Wieskamp**  
District I  
Lincoln Public  
Schools



**Dana Wiseman**  
District I  
Sutton



**Thomas Lee**  
District II  
Westview



**Dr. Bob Reznicek**  
District II  
Boys Town



**Dr. Jon Cerny**  
District III  
Bancroft-Rosalie



**Ryan Ruhl**  
District IV  
Centura



**Robert Drews**  
District V  
Holdrege



**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



**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

Please read, publish, and discuss these expectations with your students, school personnel, and fanbase. Note that listed after the rules of conduct, in bold, red, underlined print are the consequences for not meeting expectations: **Failure to comply with the above rules will result in the offending spectator being ejected from the game.**

To be clear, no one wants spectators or other personnel ejected from an activity or facility. As school officials, I know you take no joy or satisfaction in escorting a fan from an activity or facility; however, when needed, you must do it. You do it because it is important to show your students that when rules are broken there are consequences. You do it because you want your school to be well represented. You do it because if you had let it go “just this once” or looked the other way or waited for someone else to do it instead, it will only get worse. You can’t expect your students, staff, and community to respect our rules and follow other expectations if we don’t follow through. Although no one wants to eject participants, coaches, or fans, we must be okay with going to this length, thus enabling students to safely participate in the activities that mean so much to them.

After being forced to stop play and activities due to the COVID-19 pandemic, we learned that nothing is promised. Each day the NSAA fields questions from fans worried about the pandemic, hoping students will be able to keep playing. What many do not realize is that there is another reason why play might be impeded and that is the shortage of officials. This shortage has reached a critical level. What happens if there are not enough officials to cover all the games? Schools have already called our office asking for help in finding officials. Some schools this year have been forced to change the nights they play because officials could not be hired. It used to be more common in football, but volleyball is experiencing a shortage as well.

The state of Nebraska is not unique to this problem as it is nationwide. To help promote officials, the NSAA is starting an officials recognition week. This first week will be completed by the time this newsletter goes to print, but I encourage our member schools to brainstorm other ideas on how we can make officials feel appreciated and positive about working high school games. Many people suggest paying them more, but interestingly, money and what they are being paid hardly ever comes up in conversation when discussing why they are quitting. Instead, the feedback revolves around some form of, “It just isn’t worth putting up with the bad sportsmanship,” or “I can no longer take getting yelled at by adults, game in and game out.” It seems lately that our students and coaches have gotten better, but our adult fans, sadly, have gotten worse.

Reflecting on the philosophies of successful leaders mentioned earlier, we can work together to help improve the atmosphere and experience of high school activities while keeping and perhaps, even recruiting more officials. *1. Set clear expectations and follow through.* The NSAA spectator rules of conduct are clear cut—bad behavior leaves the facility. Member schools will be sent these expectations and are asked to both display the posters and discuss the guidelines and consequences with all involved. *2. Treat others the way you want to be treated.* No one wants to be on the receiving end of poor sportsmanship. Help your students, coaches, and fanbase to think before they act, and react, to officials and members of opposing teams—would they want someone yelling those things at them or their children? *3. Apply the K.I.S.S. (Keep It Simple, Stupid) philosophy whenever possible.* The ideals of good sportsmanship are not complex or difficult. Be kind. Treat others well. Know the expectations and follow them. Show appreciation for those who make activities possible, including the officials.

Please do your part to make the rest of this year the best one on the books. Every coach has high expectations for their team, let’s do our part to help students reach their goals in a supportive and positive atmosphere!

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



## The NFHS Voice: Poor Sportsmanship, Pandemic Contribute to Shortage of Officials



*Dr. Karissa Niehoff, NFHS Executive Director*

As high schools begin a third school year of sports and other activities impacted by the COVID-19 pandemic, a familiar issue continues to challenge administrators nationwide: finding enough individuals to officiate all scheduled contests.

In some states, Friday Night Lights have become Thursday or Saturday Night Lights as teams consider playing on alternate dates to accommodate the lack of individuals to officiate games.

The shortage of officials in high school – and middle school – sports has been a growing concern for several years – in large part due to unsportsmanlike behavior by parents and other adult fans. Now, additional sports officials are electing to stay on the sidelines because of health concerns related to COVID-19, or they are uncomfortable wearing a mask during games.

The challenge for schools and state associations remains two-fold: how to recruit more individuals to become officials and how to retain those people currently serving as officials. Short of unexpected events like the coronavirus, if a new official remains active after the first three to five years, the outlook for a long-term career is pretty good.

Hoping to make an impact nationally on the officiating shortage and the sportsmanship issues at hand is Dana Pappas, who joined the NFHS staff last month as the new Director of Officiating Services. Pappas joins the NFHS staff after 24 years with the New Mexico Activities Association, including the past 17 years as commissioner of officials.

Although there was a hope that the post-pandemic behavior of parents and other fans would be improved, Pappas said the jury is definitely still out as sportsmanship issues have continued to exist.

“From some of the early reports, there are still acts of bad sportsmanship occurring,” Pappas said. “There are still people who are going after sports officials after games, during games, and it continues to be an adult problem. I don’t think too many of the issues we see are really the kids. It’s generally the spectators, although it can be coaches at times when their behavior incites the crowd.”

“I think the sportsmanship issue is something that continues to keep individuals from officiating, or we lose them because of poor sportsmanship.”

Pappas noted that in addition to losing officials due to the COVID-19 concerns and poor sportsmanship, others may have changed jobs during the pandemic, and with some games being moved earlier in the day, they are unable to get free from their jobs to handle officiating assignments.

While the loss of officials because of the pandemic is understandable and uncontrollable, losing individuals from the officiating ranks due to the boorish behavior of parents and other adults is unacceptable.

The Kansas State High School Activities Association has implemented a new ejection policy. Any participant (player, coach, spectator) who is ejected for making contact with an official or who is ejected for unsporting behavior directed toward an official shall be subject to a non-appealable suspension from the next contest at that level and for all contests at any level until the suspension has been served.

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

## 2022 & 2023 NSAA Football Scheduling Timeline

The classification period and schedules will be for two years – the **2022** and **2023** football seasons for Classes A-B-C1-C2-D1-D2-D6.

The scheduling timeline is dependent upon receiving the enrollment figures the NSAA member schools report to the Nebraska Department of Education in the fall of 2021. In past years, these figures have been available to the NSAA sometime in early December.

### The TENTATIVE schedule will be as follows:

1. **November 1<sup>st</sup>, 2021** – Deadline to submit application for a cooperative sponsorship in football for the 2022 and 2023 seasons. **No cooperative sponsorships in football for the 2022 and 2023 football seasons will be accepted or permitted after November 1<sup>st</sup>, 2021.**
2. **November 2021** – Football coops will be approved for the 2022 and 2023 football seasons at the November NSAA Board of Directors meeting.
3. **November 30<sup>th</sup>, 2021** – The deadline for schools to submit their declaration of participation in 11-man, 8-man or 6-man football. **This is also the deadline for schools to submit their intent (via email) to “Opt Up” or “Opt Down” in classification.**
  - Those schools with a BOY three-grade enrollment (9<sup>th</sup>-11<sup>th</sup> grades) in excess of 47 as submitted in September of 2021 are not eligible for the 8-man football playoffs in 2022 and 2023, unless they're within the one-classification waiver period. A school that is ineligible for the playoffs in the 2022 & 2023 cycle can become eligible in the second season (2023) if their BOY enrollment figure is 47 or lower as submitted in September of 2022. (If you have questions, please contact the NSAA office.)
  - Those schools with a BOY three-grade enrollment (9<sup>th</sup>-11<sup>th</sup> grades) in excess of 27 as submitted in September of 2021 are not eligible for the 6-man football playoffs in 2022 and 2023, unless they're within the one-classification waiver period. A school that is ineligible for the playoffs in the 2022 & 2023 cycle can become eligible in the second season (2023) if their BOY enrollment figure is 27 or lower as submitted in September of 2022. (If you have questions, please contact the NSAA office.)
  - A school that opts down in classification and is thus ineligible for the playoffs in the 2022 & 2023 cycle can become eligible in the second season (2023) if their boy enrollment figure as submitted in September of 2022 falls within the appropriate classification enrollment range.
4. **December** – Classifications and district assignments for the 2022 and 2023 football seasons will be released. Schools will then be asked to submit a priority list of non-district schools they would like to have on their 2022 and 2023 football schedules. More detailed information and instructions regarding this process will be provided after classifications and district assignments are released.
5. **January/February 2022** – The NSAA staff will establish the football schedules for the 2022 and 2023 football seasons for all member schools in Classes A-B-C1-C2-D1-D2-D6.
6. **February 9<sup>th</sup>, 2022** – The schedules along with the home and away designations for Classes A-B-C1-C2-D1-D2-D6 will be released to the member schools. More detailed instructions will be provided at a later time.

## NSAA Golf Cart Rental Policy for NSAA State Golf Championships

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

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

1. Cart rental fee shall be \$50 per cart.
2. Cart is for a maximum of two riders only.

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

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

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

4. Those who provide doctor's notes indicating the need for the use of a cart will be put on a list to be given on a first come first serve basis. At 8:50 a.m. those carts will be rented to those who provide an official doctor's note if carts still remain.
5. The number of carts is limited at all golf courses. Those who provide the proper documentation are not guaranteed a cart.

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

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

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

[ - ] PROPOSALS FOR CHANGE IN NSAA REGULATIONS:

Submit a Proposal:

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

View Proposals:

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

## Fall Championship Reimbursement Reminder

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

Softball – November 1<sup>st</sup>, 2021

Cross Country – November 8<sup>th</sup>, 2021

Volleyball – November 22<sup>nd</sup>, 2021

Play Production – January 7<sup>th</sup>, 2022

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

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

## NSAA State Championship Tickets

The NSAA will continue using online tickets for entry into all Fall Championships. Tickets must be purchased through GoFan, [by clicking here](#), and must be on your mobile device, either through the app or your email for redemption – NO PRINTED TICKETS ALLOWED & NO SCREENSHOTS. New this year, the NSAA will offer a Box Office feature for those individuals without a mobile device. Tickets can be purchased through the Box Office feature using a credit/debit card at the designated location. Specific details regarding locations and ticket information will be released as each Championship nears. For questions regarding tickets, please contact NSAA Business Manager, Megan Huber at [mhuber@nsaahome.org](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](#)

## September NSAA Board of Directors Meeting Minutes

The September NSAA Board of Directors meeting was held at the NSAA office in Lincoln on Thursday, September 16<sup>th</sup>, 2021. The meeting minutes can be found on the NSAA website [here](#).

## Play Production & Speech Online Rules Meeting Schedule

### Play Production

October 1, 2021 - October 12, 2021

October 13, 2021 - October 20, 2021

October 21, 2021 - October 22, 2021

No Charge to Judges & Head Coaches

Basic \$25.00 Fee - Judges & Head Coaches

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

### Speech

October 1, 2021 - December 29, 2021

December 30, 2021 - January 5, 2022

January 6, 2022 - January 7, 2022

No Charge to Judges & Head Coaches

Basic \$25.00 Fee - Judges & Head Coaches

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

## 2021-2022 NSAA District Meetings

### District 1

Tuesday, November 2<sup>nd</sup> – 10:00 a.m. – NSAA Office  
Wednesday, January 12<sup>th</sup> – 10:00 a.m. – NSAA Office

### District 2

Tuesday, November 2<sup>nd</sup> – 9:00 a.m. – Boys Town  
Wednesday, January 12<sup>th</sup> – 10:00 a.m. – Boys Town

### District 3

Tuesday, November 2<sup>nd</sup> – Noon – Northeast Community College Lifelong Learning Center  
Wednesday, January 12<sup>th</sup> – Noon – Northeast Community College Lifelong Learning Center

### District 4

Monday, November 8<sup>th</sup> – 1:30 p.m. – Kearney High School  
Wednesday, January 5<sup>th</sup> – 1:00 p.m. – Kearney High School

### District 5

Tuesday, November 2<sup>nd</sup> – 1:00 p.m. CST – McCook  
Wednesday, January 12<sup>th</sup> – 1:00 p.m. CST – The Tassel, Holdrege

### District 6

TBD

## State Volleyball Championships 50<sup>th</sup> Anniversary Celebration

The NSAA launched the #NSAAVBFirst50 social media campaign on August 26<sup>th</sup>. The campaign will share the history of NSAA volleyball throughout the last 50 years, culminating with the NSAA State Volleyball Championships on Saturday, November 6<sup>th</sup>.

Using #NSAAVBFirst50, fans can tag [@nsaahome](#) on Twitter sharing how they are celebrating this historic volleyball season. Posts featuring pictures or videos of past State Volleyball Championships teams/players/coaches, trophies, uniforms, record boards, and more are encouraged.

To follow #NSAAVBFirst50, stay tuned to the NSAA social media channels throughout the volleyball season:

**Facebook** – [Nebraska School Activities Association](#)

**Twitter** – [@nsaahome](#)

**Instagram** – [nsaahome](#)

For more information about the NSAA State Volleyball Championships, [click 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.

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** 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

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](http://www.nfhslearn.com)). Additionally, the NFHS has several resources [HERE](#).

Stay tuned for more developments as they become available.

## 2021-2022 NSAA State Championship National Anthem Auditions

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

[AD Instructions](#)

[Music Director Instructions](#)

All auditions must be submitted by **Friday, October 1<sup>st</sup>**.

## 2022 NSAA District Music Contests

The 2021-22 music classifications have been posted [HERE](#).

The 2022 District Music Contests sites have been posted [HERE](#).

A reminder that schools have until December 1<sup>st</sup> to recommend a change in district site assignment. Any school that is interested in opting up a classification must inform the NSAA office by January 1<sup>st</sup>.

## 2020-2021 NSAA Cup Presentations

2020-2021 NSAA Cup presentations kicked off in August and will conclude in October. For more information about the NSAA Cup and the 2020-2021 Cup standings, [click here](#).



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



**Millard West**  
Class A  
Boys Division



**Lincoln Southwest**  
Class A  
All-School Division  
Girls Division

## NSAA Intern Tales

**Quinn Keller, Junior at Nebraska Wesleyan University**



Hello, my name is Quinn Keller, and I am a first-year intern at the historic NSAA! In May of 2019, I graduated from Lincoln Northeast High School. While in high school I spent most of my time on the field as well as the pool in the wintertime. With the advice of my two (not so good looking) brothers, Braly and Crew, I decided to take my talents to Nebraska Wesleyan University. As of right now I am currently a Junior Sports Management Major with minors in Marketing and Coaching. So far in my time at Nebraska Wesleyan I have been a key contributor on the gridiron as a part of the football team. At NWU I am a member of the Student Athlete Advisory Committee (SAAC), FCA group, and Football Bible Study. Upon my graduation, I plan to apply to several graduate programs where I can pursue my love for Athletic Administration.

### Goals for My Internship

I applied for this internship because I wanted to step foot in the door of what a job in the athletic administration field entails. As of now, the biggest goal I have for myself is to soak up as much information as I can, while devoting as much effort as possible to this great organization. Another goal I have is to develop relationships with the great people who call the NSAA their home. I am excited for this year and to develop lasting relationships with everyone here!

## NSAA Membership Spotlight

### District 1: Crete

**Location:** Lincoln

**K-12 Enrollment:** 1,922

**School Mascot:** Cardinals

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

### NSAA Participation

Girls Golf

Softball

Boys Tennis

Boys & Girls Cross Country

Volleyball

Football

Play Production

Unified Bowling

Wrestling

Boys & Girls Basketball

Speech

Music

Boys & Girls Soccer

Baseball

Girls Tennis

Boys & Girls Track & Field

Boys Golf



**NSAA State Championships:** 21

### What's Happening at Crete:

"We are generating more student input for Activities, Athletics, and Academics using our THRIVE surveys," said Activities Director Matt Martin. "The information from the students is used to guide professional development in all areas. Our goals are for more students to be involved at Crete High School to provide a World Class experience for all students."



## District 2: Syracuse

**Location:** Syracuse  
**K-12 Enrollment:** 741  
**School Mascot:** Rockets  
**Twitter Handle:** [@sdarockets](https://twitter.com/sdarockets)

### NSAA Participation

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



**NSAA State Championships:** 9

### What's Happening at Syracuse:

"We have great kids at Syracuse and that goes beyond the fields of competition. I feel that our high school kids do a great job of being great role models for our younger students," said Athletic Director Justin Royal. "They are always willing to help out where needed and take pride in being someone the next generation can look up to. Our athletic booster club has started a junior rocket club and the young members get to have a pizza party with the high school athletes. This is a highlight for all involved both young and old!"



## District 3: Verdigre

**Location:** Verdigre

**K-12 Enrollment:** 141

**School Mascot:** Cougars

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

### NSAA Participation

Play Production

Speech

Music

### Co-op with Niobrara

Boys & Girls Cross Country

Volleyball

Football

Wrestling

Boys & Girls Basketball

Boys & Girls Track & Field

Boys Golf



### NSAA State Championships: 1

### What's Happening at Verdigre:

"Each year we present a special award to the boy or girl who has achieved the highest level of ability in a high school sports activity. The award was first presented in 1972, established by the Bank of Verdigre (now Pinnacle Bank) in memory of Mark Sandoz, a Verdigre High School student that died of leukemia during his junior year of high school," said Athletic Director Patrick Svec.

"Scholarship, good sportsmanship, self-control, and a genuine concern for the welfare of others are all important characteristics deemed necessary to receive this award. It is hoped that each recipient of this award, as well as all others who are aware of its presence, will gain the confidence and inspiration of his or her own achievement and continue to strive for excellence in his or her life's work. The purpose of the award is to inspire each individual boy or girl to apply their greatest possible effort to do their very best in sports competition."



## District 4: Spalding Academy

**Location:** Spalding

**PK-12 Enrollment:** 79

**School Mascot:** Shamrocks

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

### NSAA Participation

Volleyball

Football

Play Production

Boys & Girls Basketball

Speech

Music

Boys & Girls Track & Field



### NSAA State Championships: 1

#### What's Happening at Spalding Academy:

"Spalding Academy is in a very unique situation at the moment, with no girls in any of our high school grades. It is very unusual to not have Volleyball this fall or the thought of not having girl's basketball games this winter," said Activities Director Samuel Polk.

"Our coaches here at Spalding Academy do an excellent job at instilling good sportsmanship and humility into our student athletes. Win or lose on the scoreboard our kids will always win at life because of the great leaders and coaches we have working with our kids on and off the field/court."



## District 5: Minden

**Location:** Minden

**K-12 Enrollment:** 868

**School Mascot:** Whippets

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

### NSAA Participation

Girls Golf

Softball

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:** 22

### What's Happening at Minden:

"At Minden Public Schools we always host a community-based Veterans Day Program. To start off the morning we serve breakfast to our Veterans. Then we have a nice program led by students and a guest speaker," said Assistant Principal/Athletic Director Ed Rowse. "We also have three people connected to our school who are being deployed soon so we had a farewell program for them last week in our middle school and downtown. We are very proud of our Veterans and are very thankful for their service. This year our students will also be decorating all Veterans gravesites at our local cemetery."



## District 6: Scottsbluff

**Location:** Scottsbluff  
**K-12 Enrollment:** 1,070  
**School Mascot:** Bearcats  
**Twitter Handle:** N/A

### NSAA Participation

Girls Golf  
 Softball  
 Boys Tennis  
 Boys & Girls Cross Country  
 Volleyball  
 Football  
 Unified Bowling  
 Play Production  
 Wrestling  
 Boys & Girls Swimming  
 Boys & Girls Basketball  
 Speech  
 Music  
 Journalism  
 Boys & Girls Soccer  
 Girls Tennis  
 Boys & Girls Track & Field  
 Unified Track & Field  
 Boys Golf



**NSAA State Championships:** 54

### What's Happening at Scottsbluff:

“Scottsbluff Public Schools takes pride and values our coaches and sponsors in activities. In the spring of 2020, SBPS made the decision to fully implement the 3D Coaching Framework and provide each of our coaches the opportunity to fulfill the steps to 3D Certification,” said Activities Director Dave Hoxworth. “Currently, we have 68% of our coaches/sponsors that have completed the certification process. Our goal is to be at 100% by the end of this year. Here are a couple of our best Transformational Coaching Statements:”

“To serve athletes by leading them to see and understand the potential for joy in their sport and their life.”

“As a husband, father, teacher and coach, I want to encourage people to have a strong sense of faith, honesty and respect for themselves, their families, and others.”



## Student Advisory Committee Spotlight

*Kierra Miller, Junior at Bayard High School*



My name is Kierra Miller. I am currently a junior attending Bayard High School, a class C school out west. Being from a small school, I'm involved in almost everything. I participate in volleyball, basketball, track and field, band, choir, one acts, show choir, FFA, Lead Team, student council, DI, and National Honor Society. The chance to serve on the NSAA SAC was presented to my classmates and I through an announcement from our athletic director. With his help, I applied and was elated when I read the email saying I was selected. At the first meeting, we were told that we needed to come up with a goal that would benefit our school or community. My competitive side instantly flared up. My dad has done many great things at Bayard, and I wanted to do something better than he ever had. Though it will take a while before I can reach that level, I have a starting point.

My goal is to bring our community into our activities. One day, I was in the gym with a coach and our custodian, Mr. Erdman. Mr. Erdman mentioned that we had this beautiful gym and bleachers and it was a shame that they were never full. This comment sparked my idea, so thanks Mr. Erdman! To bring our community into our activities we are recognizing different groups of people or organizations at nearly every home game. The couple of themes that we have had have been very successful. We had a little league baseball night, where any kid who wore their jersey received a free \$1 item ticket to the concession stand. We did a speech for them before the volleyball game, and they loved it. Another special recognition was Military night where we honored the active military and veterans in the stands. We asked them to rise and as I read a speech, the cheerleaders and members of the Leadership team handed out thank you cards. A memorable night for me was the little girls' travel volleyball night. It ran like the baseball night presentation, and afterwards my mom sent me a message. A parent had made a Facebook post about how their daughter and her friends loved the recognition and thanking whoever had set up the night. It was a very satisfying moment knowing that someone had fun and appreciated our efforts. Some of our future themes include: city council night, pink out, and first responders night.

In response to bringing our community to our activities, I want to take our activities back to the community. Though I do not have as great of a start as I would like, I am hoping to build upon what we have started. Having our teams and extra curriculums run a food bank weekly and help with community events are some of the goals I have in mind. I believe that the amount of support we receive should be returned, and I feel this is one way I and others can show our gratitude. These goals will be my main focus throughout the year, and I'm hoping that they are successful.



## Have you followed the NSAA social media channels?

The 2021 Fall Championships are right around the corner! Be sure to follow all of the NSAA social media channels to stay updated on the latest NSAA happenings.



The graphic is a promotional poster for NSAA social media. On the left, there is a large NSAA logo (a blue circle with 'NSAA' in yellow and red, set against a red map of Nebraska) above 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: Facebook (@nsaahome), YouTube (Nebraska School Activities Association), Twitter (NSAA @nsaahome, NSAA Events @nsaahome), and Instagram (NSAA @nsaahome). At the bottom right, there is a small NSAA logo and the URL <https://nsaahome.org/>.

## Update Your School Membership Directory

The NSAA utilizes your School Directory to send communication to the administration and coaches listed. Please make sure that this information is correct and updated **at all times**. To do so, login to your AD login page and under OTHER FORMS select your school's School Directory Page, which will then take you to your School Directory Information page where you can make changes, as necessary. This is also where you will go to see if your coaches have completed their online rules meetings. 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](#)
- [2021 NSAA School Directory \(Printable Version\)](#)
- [Lincoln Southeast School Directory Page](#)
- [Viewable Online School Directory](#)
- [Schools' Emergency Contact Number Report](#)
- [State Participation Certificates](#)
- [Believers & Achievers Nomination Form](#)
- [Nebraska State Colleges Multi-Activity Student Award](#)
- [Student Advisory Committee Application](#)



## Update Your School Eligibility List

The NSAA utilizes your school eligibility list not only for awards programs but for participation numbers as well. Please make sure that this information is correct and updated **at all times**. To do so, login to your AD login page and select Eligibility.

[ - ] ELIGIBILITY:

- Manage your Eligibility Lists:

[Eligibility List Advanced Search](#)

-OR-

[Eligibility List Workaround](#)

-OR-

Select an Activity or "All Activities" and click "Go"

All Activities

## Required Courses for ALL Coaches & Activities Sponsors

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

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

## Medical Personnel at Regular Season Contests

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

## A Reminder to Compete with Respect

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

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

## Statement of Principle on Conduct Synopsis

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

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

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

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

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

## Requirements for Ejected Coaches & Players

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

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

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

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

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

## Coach & Sponsor Certification

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

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

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

If you should have questions in regard to coaching requirements, contact NSAA Associate Director Jennifer Schwartz at [jschwartz@nsaahome.org](mailto:jschwartz@nsaahome.org).

## Are your officials on the NSAA Officials Roster?

### 3.12.2 Officials for Varsity Contests.

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

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

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

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## NEBRASKA

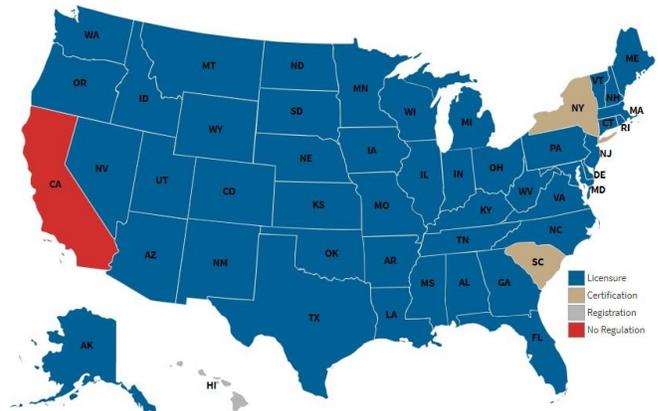
The National Athletic Trainers' Association (NATA) is the professional membership association for certified athletic trainers and others who support the athletic training profession. Founded in 1950, the NATA has grown to more than 45,000 members worldwide today. NATA's mission is to represent, engage and foster the continued growth and development of the athletic training profession and athletic trainers as unique health care providers.

### WHO ARE ATHLETIC TRAINERS?

Health care professionals who, in Nebraska, currently render service or treatment under guidelines established with, or a referral from, a licensed physician, in accordance with their education and training and the states' statutes, rules and regulations. As a part of the health care team, services provided by athletic trainers include injury and illness prevention, wellness promotion and education, emergent care, examination, therapeutic intervention, and rehabilitation of injuries and medical conditions.

#### Quick Facts About Nebraska's Athletic Trainers

- 417 Certified Athletic Trainers
- 5 Accredited Athletic Training Education Programs
- 14 Safe Sports School Awards



### CDC STATISTICS ON MEDICAL CONDITIONS EVALUATED BY ATHLETIC TRAINERS:

- **Traumatic Brain Injury (TBI) and Concussion:**
  - ❖ In 2014, approximately 2.87 million TBI-related emergency department visits, hospitalizations, and deaths occurred in the United States, including over 837,000 of these health events among children. TBI contributed to the deaths of 56,800 people, including 2,529 deaths among children.\*
- **Sudden Cardiac Arrest:**
  - ❖ Each year, more than 350,000 people experience out-of-hospital cardiac arrest (OHCA) Approximately 70% - 90% of individuals with OHCA die before reaching the hospital.\*
- **Opioid Abuse:**
  - ❖ 67,367 drug overdose deaths occurred in the United States in 2018. Opioids were involved in 46,802 (69.5%) of those deaths.\*