



NSAA News

November 2021



YouTube

500 Charleston St., Suite 1 Lincoln, NE 68508

<https://nsaahome.org/>

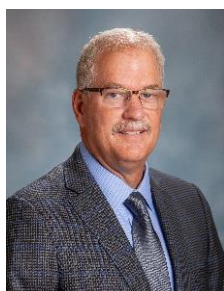
402-489-0386

Inside This Issue

- 1, 3** Executive Director's Notebook
- 2** NSAA Board of Directors & Staff
- 4** The NFHS Voice
- 5** 2021-2022 U.S. Bank® Believers & Achievers
- 6** November U.S. Bank® Believers & Achievers
- 7** 2022 & 2023 Football Scheduling Timeline
- 8** Sportsmanship & Leadership Summit
- 9** State Championship Tickets
- 10** State Volleyball 50th Anniversary Celebration
- 11** Respect the Ref
- 12-17** NSAA Membership Spotlight
- 18** NSAA SAC Spotlight
- 19** NSATA Training Table
- 20** Update School Directory
- 21** Update Eligibility List
- 22** Requirements for Ejections
- 23** Coach & Sponsor Certification
- 24** Bison Ad

Executive Director's Notebook

Jay Bellar, NSAA Executive Director



Although it's been a while since I've been a high school student, I am writing this month's newsletter from the perspective of the student-athlete. I hope I do our outstanding youth justice.

With November comes the changing autumnal colors, mercurial weather, and Thanksgiving reflections. As students in Nebraska, there is much to be thankful for again this year. Last year we were living in uncertainty, doing everything possible to keep ourselves and others safe while gaining a new appreciation for the privilege of practicing, participating, and competing in activities taken for granted only a year earlier.

This year includes its own set of unknowns and worries in the world, but we are thankful to have the normalcy of school and NSAA activities to help balance it all. Practice has again become a sanctuary for many student participants. A place where all other concerns can, for a few hours, take second place to physical activity, time with friends, and shared experiences that turn into lifelong memories.

We are thankful for the opportunity to once again compete and all that goes with it—the bus rides, the concession stands, the fans in bleachers and auditoriums, the close calls, the winning performances, the great plays, the wins and even the losses. Games and performances give us the opportunity to display the talents and skills honed from hours and hours of training and practice. The appreciative cheers and roar of the crowd we once took for granted are now noticed and appreciated.

Thank you to the many people who give us student participants these opportunities. To the activity directors, working tirelessly behind the scenes—scheduling games and performances, contracting officials and judges, finding workers, getting to the games early before anyone else, supervising throughout the game and leaving late after everyone else--we thank you and value your commitment to all of us.

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

Coaches and sponsors, we are grateful for all you do. Thank you for the hours you spend with us. Some weeks we spend more waking hours with you than with our own families which means you spend more time with us than with your family. We appreciate the sacrifice that not only you, but also your family makes for us. Thank you for your patience, your guidance and your teaching. You are role models making impressions that will last a lifetime.

Frequently forgotten, officials and judges deserve to be publicly thanked. Thank you, officials and judges, for giving up your evenings and Saturdays to make it possible for us to compete. Thank you for the encouraging words you share. Thank you for the lessons you teach. Thank you for allowing us to perform and play the game we love. We value you and respect the challenging job you do and do well!

Finally, a heartfelt thank you to our parents, guardians, grandparents, aunts and uncles—all those who love us unconditionally and support us in all our activities. Thank you for providing—transportation, food, cheers, posters, equipment, encouragement, love, and anything else that is asked of you. Even if we do not always show it, we are grateful for all you do and lucky to have you in our corner!

One challenge with thank you lists is the reality that one can never complete a definitive list—scorekeepers, bookkeepers, statisticians, announcers, bus drivers, trainers, teachers, live streamers, volunteers, broadcasters, administrative assistants, custodians, gatekeepers, and all those who make up the inexhaustible list of people it takes to make a season work—please know you play an important role in our experience and we thank you.

Thank you, readers, for allowing me to write in the voice of our student participants. During this time of thanksgiving, I hope you share this newsletter with your students and encourage them to take a moment to thank those making a difference in all aspects of their lives. Gratitude and recognition of all there is to be thankful for is a life lesson worthy of students and adults alike.

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



The NFHS Voice: Title IX Continues to Fuel Growth of Girls and Women's Sports, Olympic Dominance



Dr. Karissa Niehoff, NFHS Executive Director

To say that American female athletes dominated the recent Olympics in Tokyo would be an understatement.

Among the 66 medals earned by American female Olympians – most by any country in the history of the Games – were gold-medal performances by the U.S. basketball, volleyball, water polo and beach volleyball teams. Eighteen medals were earned by the U.S. women swimmers, female track and field athletes claimed 15 medals, and the U.S. women's softball and soccer teams won silver and bronze medals, respectively.

In the past 30 years of the Olympic Games, the United States has dominated the women's team sports of basketball (nine golds), soccer (four golds, one silver, one bronze) and softball (three golds, two silvers)—not to mention the untold number of medals in track and field. And this past summer, the U.S. women's volleyball team claimed its first gold medal.

These performances by some of our nation's most skilled female athletes never would have been possible without the passage of Title IX and the offerings of these sports through our nation's schools. With the chance to play afforded by the landmark Title IX legislation in 1972, girls participation in several high school sports skyrocketed in the years that followed.

When the NFHS conducted its first participation survey in 1971, basketball and outdoor track and field were the primary girls sports, comprising about two-thirds of the 294,000 total. However, with the opportunity to play additional sports, girls flocked to volleyball and softball first, along with cross country and eventually soccer.

Soccer, in fact, has had the most remarkable growth. In 1971, only 700 girls were playing high school soccer. Twenty-five years later, that number had climbed to almost 210,000; and as the 50th anniversary of Title IX approaches, there are now almost 400,000 girls playing high school soccer – a staggering 56,200 percentage increase in 50 years. Soccer now ranks fourth in popularity among girls high school sports – all because of that opportunity in 1972.

There are many other success stories, however. The pre-Title IX survey in 1971 indicated that 1,719 girls were participating in cross country. With increases every year until 2015, today, there are 219,345 girls competing in high school programs and the sport ranks sixth in popularity.

Although participation numbers have leveled a bit the past 10 years, fast-pitch softball is another sport that flourished after the passage of Title IX. With fewer than 10,000 participants in 1971, the numbers quickly rose to 220,000 by 1985 and 343,000 by 2000, and softball is currently fifth among girls sports with 362,038 participants.

Since track and field and basketball were the primary sports in the early days of girls sports programs, increases in those sports have not been as dramatic; however, they remain the first and third most-popular sports, respectively, today. Volleyball, however, much like soccer, continues its upward climb.

Without a doubt, volleyball has seen the steadiest increases among girls high school sports the past 50 years. After starting with 17,952 participants in 1971, the numbers jumped to 300,810 by 1990 and 409,332 by 2010 and 452, 808 by 2018. During its climb, volleyball surpassed basketball as the No. 2 girls sport.

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

2021-2022 U.S. Bank Believers & Achievers Announced

U.S. Bank® and the Nebraska School Activities Association (NSAA) are proud to announce the 2021-2022 Believers & Achievers. Believers & Achievers is a state-wide program designed by U.S. Bank® and the NSAA to give recognition to Nebraska's future leaders.

Beginning in October 2021 and continuing through March 2022, 48 Nebraska high school seniors will be honored as Believers & Achievers. From those 48 finalists, eight will receive \$500 scholarships from U.S. Bank® to the college or university of their choice at a scholarship banquet to be held on April 24th, 2022.

These students will be recognized at NSAA State Championships throughout the 2021-2022 activities year and a poster sent to all NSAA member schools and U.S. Bank® branches throughout the state.

All of the students nominated for the Believers & Achievers awards program represent the very best of Nebraska's high schools. For more information on the U.S. Bank® Believers & Achievers Awards Program, [click here](#).

Congratulations to the 2021-2022 U.S. Bank® Believers & Achievers!

Alyssa Erthum, Ainsworth – Carlee Stuhmer, Alma – Faith Bierman, Arnold – Emma Ohm, Arthur County – Callie White, Broken Bow – Isabelle Stallbaumer, Callaway – Grace Williams, Cedar Bluffs – Faith McDonald, Centura – Mitchel Beeson, Clarkson – Joshua Janssen, Columbus Lakeview – Grace Timm, Creek Valley – Jordyn Coe, Crete – Paiton Nash, Deshler – Carter Waters, Fremont – Jordan Plumbtree, Fullerton – Brooklyn Kolbet, Grand Island Central Catholic – Charles Sams, Gretna – Pauline Jonglertham, Hastings – Delaney Ham, Holdrege – Mackenzie Krull, Kearney – Kanyon Held, Leigh – Helena Occansey, Lincoln Pius X – Daniel Hermanson, Loomis – Samantha Chavira-Prieto, Lyons-Decatur Northeast – Tucker Gillespie, McCook – Allyson Kort, Meridian – Anvitha Boosani, Millard North – Samuel Coble, Mullen – Riley Martensen, Neligh-Oakdale – Maddox Weckerle-Dietz, Norfolk – Laci Havlat, Norris – Ashton Guo, North Platte St. Patrick's – Daniel Dickinson, Ogallala – Akshay Mehta, Omaha Brownell Talbot – Hannah Ajogbeje, Omaha Burke – Cadence Sweetmon, Omaha Gross Catholic – Kaden Hughes, Omaha North – Jiya Chaudhari, O'Neill – John Mentgen, Scottsbluff – Jillian Dames, Scribner-Snyder – Ashlynn Garcia, South Sioux City – Sylvia Cunningham, Stanton – Garrett Hier, Sterling – Jackson Sinsel, Sutherland – Sean Springer, Valentine – Aishah Valenzuela, Wakefield – Chase Johnson, Wilcox-Hildreth – Beau Ruskamp, Wisner-Pilger



November U.S. Bank® Believers & Achievers



Alyssa Erthum
Ainsworth



Carlee Stuhmer
Alma



Faith Bierman
Arnold



Emma Ohm
Arthur County



Callie White
Broken Bow



Isabelle Stallbaumer
Callaway



Grace Williams
Cedar Bluffs



Faith McDonald
Centura



Mitchel Beeson
Clarkson



Joshua Janssen
Columbus Lakeview



Grace Timm
Creek Valley



Jordyn Coe
Crete

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 1st, 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 1st, 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 30th, 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 (9th-11th 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 (9th-11th 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 9th, 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.

Class Caucus Committee Meeting Minutes

The Class Caucus Review Committee met on October 5th, 2021 via Zoom. The meeting minutes may be viewed [here](#).

Clear Bag Policies at State Volleyball & State Football

Make sure that your students, parents/guardians, and fans are aware of each facility's clear bag policy prior to attending the NSAA State Volleyball and State Football Championships.

State Volleyball

[Pinnacle Bank Arena](#)

[Bob Devaney Sports Center](#)

State Football

[Memorial Stadium](#)

Additional event information can be found on the [NSAA Volleyball Championships HQ page](#) and the [NSAA Football page](#) on the NSAA website as it becomes available. **Please also note that per the Lancaster County DHM, face coverings are REQUIRED indoors.**

Sportsmanship & Leadership Summit

The NCA, NSIAAA, NSAA Sportsmanship & Leadership Summit will be held on November 16th at Alliance High School, November 17th at Kearney High School, November 18th at Norfolk High School, and November 16th at Lincoln North Star High School. For more information about the summit and how to register, [click here](#).

2020-2021 NSAA Cup Presentations

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

Yutan
Class D
Boys Division



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, mhuber@nsaahome.org.

Softball – November 1, 2021

Cross Country – November 8, 2021

Volleyball – November 22, 2021

Play Production – January 7, 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 – NO CASH – 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.

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](#)

October NSAA Board of Directors Meeting Minutes

The October NSAA Board of Directors meeting was held at the NSAA office in Lincoln on Thursday, October 7th, 2021. The meeting minutes can be found on the NSAA website [here](#).

Speech Online Rules Meeting Schedule

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 2nd – 10:00 a.m. – NSAA Office
Wednesday, January 12th – 10:00 a.m. – NSAA Office

District 2

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

District 3

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

District 4

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

District 5

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

District 6

Tuesday, November 2nd – 9:00 a.m. MST – Alliance Public Library

State Volleyball Championships 50th Anniversary Celebration

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

Using #NSAAVBFirst50, fans can tag [@nsaahome](https://twitter.com/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](https://www.facebook.com/nsaahome)

Twitter – [@nsaahome](https://twitter.com/nsaahome)

Instagram – [nsaahome](https://www.instagram.com/nsaahome)

For more information about the NSAA State Volleyball Championships, [click here](#).



Hudl Named Exclusive Video Analysis and State Exchange Program of the NSAA



The Nebraska School Activities Association (NSAA) is pleased to announce Hudl as the Exclusive Video Analysis and State Exchange Program of the NSAA.

The 304 NSAA member schools are encouraged to use Hudl as a means to exchange game film in volleyball, football, and girls and boys basketball. This partnership will also provide film aid to officials for continued education purposes.

“We are very excited to begin this partnership with Hudl,” said NSAA Executive Director Jay Bellar. “The NSAA is excited to partner with a Nebraska-based organization that will support our educational mission to provide opportunities for NSAA member schools and student participants.”

The NSAA will also become a member of Hudl’s Innovation Lab, in which the Association will have access to and test new products and prototypes as well as collaborate on product features and upgrades.

“Hudl is thrilled to partner with the Nebraska School Activities Association,” said Greg Nelson, Hudl Competitive Senior Vice President and General Manager. “Our goal is to provide the technology for coaches, athletes and their athletic departments to perform at their best. To align with the NSAA and all they do for high school sports here in Nebraska is pretty special.”

To learn more about Hudl, [click here](#).

RESPECT THE REF



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

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

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

NSAA Membership Spotlight

District 1: Sutton

Location: Sutton

K-12 Enrollment: 390

School Mascot: Mustangs and Fillies

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

NSAA Participation

Volleyball

Football

Wrestling

Boys & Girls Basketball

Speech

Music

Boys & Girls Track & Field

Boys Golf



NSAA State Championships: 9

What's Happening at Sutton:

"Sutton High School offers a diverse internship program that allows students to partner with businesses of their choosing to complete hands-on, work-based learning opportunities for the betterment of their future education and career decisions," said Activities Director Steve Ramer. "Partnered with over 65 businesses in the Sutton community and many other locations outside of Sutton, students have a significant amount of opportunities, some as many as 100 plus hours, to witness possible future careers for themselves in our small rural community."



District 2: Omaha Brownell Talbot**Location:** Omaha**Early Years-12 Enrollment:** 421**School Mascot:** Raiders**Twitter Handle:** [@BTraiders](https://twitter.com/BTraiders)**NSAA Participation**

Girls Golf

Softball

Boys Tennis

Boys & Girls Cross Country

Volleyball

Football

Play Production

Boys & Girls Basketball

Boys & Girls Swimming & Diving

Speech

Music

Boys & Girls Soccer

Baseball

Girls Tennis

Boys & Girls Track & Field

Boys Golf

**NSAA State Championships:** 10**What's Happening at Omaha Brownell Talbot:**

"Brownell Talbot is a compassionate community of diverse learners empowered and determined to reach their unique potential and positively impact the world. Besides what students learn in the classroom, they also have an opportunity to grow through athletics and activities," said Activities Director Jeff Rohrig. "BT provides an abundance of offerings for our students in Early Years - grade 12. We encourage our students to explore all interests in a supportive environment. Through their successes and failures, our students celebrate their accomplishments, learn from their mistakes, and work collectively as a team."



District 3: Niobrara

Location: Niobrara
PK-12 Enrollment: 182
School Mascot: Cougars
Twitter Handle: N/A

NSAA Participation

Play Production
 Speech
 Music

Co-op with Verdigre

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



What's Happening at Niobrara:

“MTSS Process - We work together to meet the needs of all our learners. Our focus this year is on engagement, knowing that a key to learning is being engaged,” said Athletic Director Kandi Eisenhauer. “We have SEL K-12, which is a key part to learning also. Also, in our school we have hired a couple full time subs, which makes it easier to keep the learning consistent if a teacher is out. “

“Hospitality and working together is what our school community strives for. ‘When you are here you are home,’ is a saying we have. Sportsmanship is a sign of respect on and off the field, including the classroom. You work hard, play fair, follow rules, respect judgement of others, and treat others with respect.”



District 4: Hastings St. Cecilia

Location: Hastings

K-12 Enrollment: 401

School Mascot: Bluehawks

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

NSAA Participation

Softball

Boys & Girls Cross Country

Volleyball

Football

Play Production

Wrestling

Boys & Girls Basketball

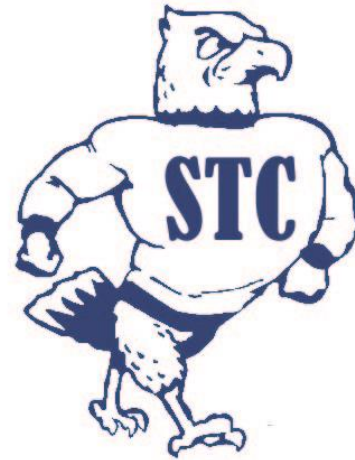
Speech

Music

Girls Tennis

Boys & Girls Track & Field

Boys Golf



Co-op with Hastings

Bowling

Swimming & Diving

NSAA State Championships: 40

What's Happening at Hastings St. Cecilia:

"Hastings Catholic Schools is kicking off the Our Faith, Our Future, Our Time School Campaign October 27, 2021," said Director of Marketing and Events Danielle Wagoner. "This five-year campaign will provide funds for the Teacher Pay Endowment Fund and a full renovation with possible new construction for St. Cecilia High School. Funds will also be used for upgrades at St. Michael Elementary as well as given to St. Michael Parish and St. Cecilia Parish. The 2021-22 school year also brought an exciting addition of FFA and Agricultural Education to the curriculum."



District 5: Chase County

Location: Minden

K-12 Enrollment: 611

School Mascot: Longhorns

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

NSAA Participation

Softball

Boys & Girls Cross Country

Volleyball

Football

Play Production

Boys & Girls Wrestling

Boys & Girls Basketball

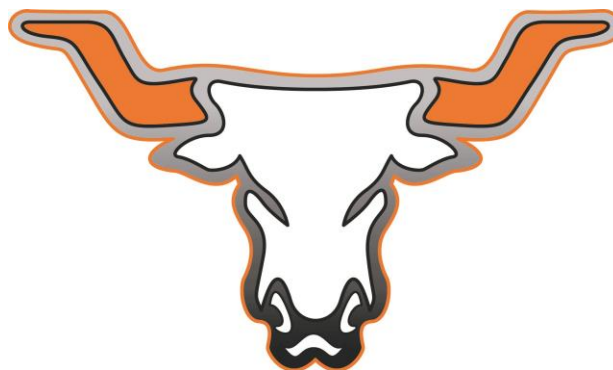
Speech

Music

Journalism

Boys & Girls Track & Field

Boys Golf



NSAA State Championships: 3

What's Happening at Chase County:

"Chase County Schools promotes sportsmanship and teamwork in all of its programs, using mentoring and relationships to develop student athletes from grade school and beyond. Parents and high school athletes are integral in coaching youth programs, and the community hosts several youth tournaments and opportunities throughout the year," said Activities Director Troy Hauxwell. "In addition, 27% of our student population is Hispanic and 9.5% are ELL students. Chase County values dual literacy skills and has implemented a Spanish for Native Speakers class in the high school. This year eight Chase County students will graduate with the Nebraska State Seal of Biliteracy."



District 6: Crawford**Location:** Crawford**9-12 Enrollment:** 50**School Mascot:** Rams**Twitter Handle:** N/A**NSAA Participation**

Girls Golf

Boys & Girls Cross Country

Volleyball

Football

Play Production

Wrestling

Boys & Girls Basketball

Speech

Music

Journalism

Boys & Girls Track & Field

Boys Golf

**NSAA State Championships:** 1**What's Happening at Crawford:**

"Crawford High School recently updated its football field with new bleachers, opponents bleachers, long/triple jump runway, scoreboard, and officially named our field Robert Osmotherly Field," said Activities Director Rick Barry.



Student Advisory Committee Spotlight

Mason Mandernach, Senior at Kearney Catholic High School



Picture it in your head... loudspeaker booming; gym bursting with energy; the announcer bellows into the microphone, "For Kearney Catholic, #13, junior... MASON MANDERNACH!" and the crowd goes wild. That - along with so many other things - didn't happen last year due to COVID (technically, it was also due to my playing ability, but that is another story). Compared to the first year of the pandemic when everything was canceled, we were fortunate to get to go back to school last year. While I hate to admit it, I actually missed school when everything went online - or, more specifically - I missed participating in

activities. Because Kearney Catholic is a small school (class C-1), it is easy to get involved. I am a part of the football, basketball, and track teams along with participating in One Act, Quiz Bowl, and National Honors Society. Although the school year is just getting started, I have already noticed that the Kearney community is beginning to shift from the chaos that was the COVID-19 era back to something even better than our normal, pre-COVID-19 lifestyle.

Everyone talks about wanting to "get back to normal" but I would argue that our new normal is far better than the one we had prior to the pandemic. All the shutdowns and regulations of the past year and a half have really opened my eyes to not take the little things for granted. There are many things that I took for granted: being in person at school, going to social events and public venues, and being able to see everyone's face. One example that really stands out to me (probably because it is football season) was our pre-COVID 5th Quarter Party tradition after every home football game. At these parties, everyone (from 6th graders to the seniors) was invited. Prior to COVID, everyone would attend these parties but would just hang out with their regular friend group. Then we spent a year with no 5th Quarter Parties. Now that the 5th Quarter Parties are back, everyone seems to go out of their way to talk to new people and interact with people from different grades. The reality is that we are not "back to normal" but rather we are fully appreciating these parties in a way that is "better than normal."

This same "better than normal" principle also applies to my experience on the NSAA Student Advisory Committee (SAC). Prior to COVID, I viewed many of my activities simply as a means to an end. Each extracurricular activity was a good opportunity to build my resume. While I wanted to participate, I wasn't overly invested. So my first year on the SAC, when COVID struck and we had to do everything remotely, I didn't really realize what I was missing. This year, between being face-to-face and having a greater appreciation for my extracurricular activities, my experience on SAC is completely different. Despite us only meeting in person for a few short months, I am much more involved and connected with my fellow members than last year. The appreciation I gained through the pandemic has motivated me to be more involved and this involvement has translated into a much more fulfilling experience. I am looking forward to having a "better than normal" year as a SAC member. I encourage any current sophomores to apply to NSAA SAC to help shape our "new normal."

2021 Fall Championship Results

Click the links to view the results of the completed Fall Championships listed below.

[GIRLS GOLF](#)
[SOFTBALL](#)
[BOYS TENNIS](#)
[CROSS COUNTRY](#)

NSATA Training Table



Kelsey Bahe, MS, LAT, ATC

How to Find the Right Fit? Footwear is Fundamental for Each Athlete

From Nike to Air Jordan to Brooks to Adidas, the options are endless for footwear for athletes. Many companies even offer the ability to custom design shoes with whatever color you want and whatever saying you feel necessary. When approaching the decision of which shoe to purchase for an athlete, many factors come in to play. Although many athletes number one priority is how the shoe looks, the factors that should be considered include: the sport the athlete is participating in, proper fit specific to the athlete's foot and any past injuries that athlete has suffered from.

Often young athletes look up to professional players as role models. They may seek out a "cool" looking shoe or a shoe that an NBA star wears regularly, rather than footwear that is unique to their situation. It is important to explain and remind the young athletes that the proper footwear needs to be specific to their athletic goals, promote support and comfort, and help reduce injury.

When purchasing footwear, the shoe should provide support and comfort for the activity the athlete will be participating in, the athlete's foot type, and athlete's gait analysis. It is vital to consider all aspects of the sport when choosing footwear. Is there a need for spikes or cleats? A high-top shoe versus a low top shoe? Will the athlete be running multiple miles or at a shorter distance? The athlete's foot type should also be considered during the selection process. The types of feet can range from a wide foot versus a narrow foot to a foot with a high arch versus a foot that has excessive pronation. The shoe should provide support and absorb shock for the heel. It is essential to account for the athlete's gait when choosing a shoe as well. Speaking to a professional about the athlete's gait is recommended.

Understanding the skills of the sport and the role the shoe has in performing those specific skills is important to reduce injury. For example, in distance running, an athlete will be following a running regimen that will require them to run a specific amount of miles to reach their goal. It is important to select a shoe that is comfortable while they run and is specific to their foot. It is also important for the athlete to track the mileage in the specific shoes to know when to replace them in order to avoid overuse injuries.

NSAA Intern Tales

Grant Oden, Senior at Nebraska Wesleyan University



My name is Grant Oden and I am currently a senior at Nebraska Wesleyan University. I am majoring in sport management while also minoring in business administration and coaching. I went to Norris High School and while I was there, I participated in basketball for three years and golf for four years. I earned four academic all-state awards as well as three EMC academic all-conference awards during my time at Norris.

This will be my second semester interning at the NSAA and I am excited to be back. I look forward to continuing working alongside the entire NSAA staff and I could not be more thankful for this incredible opportunity.

Have you followed the NSAA social media channels?

The 2021 Fall Championships are in full swing! Be sure to follow all of the NSAA social media channels to stay updated on the latest NSAA happenings.

Update Your School Membership Directory

The NSAA utilizes 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 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.

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.”*

Made in Nebraska by Nebraskans

PROUD
SUPPORTERS
OF NSAA & NFHS
HIGH SCHOOL
SPORTS



800-247-7668
www.bisoninc.com

for over 30 years

*Did you know . . .
Husker basketball & volleyball
teams play on Bison systems?*



**BASKETBALL • VOLLEYBALL • SOCCER • FOOTBALL • LACROSSE • FUTSAL • TEAM HANDBALL
RUGBY • TENNIS • TETHERBALL • BADMINTON • HOCKEY • PICKLEBALL • FIELD HOCKEY**



A GOAL FOR EVERY GAME



Building or renovating a gymnasium?
Select IPI by Bison for your custom ceiling and wall mounted basketball backstops and divider curtains.
Visit www.IPIbyBison.com or call 800-637-7968.

