

NSAA News

February 2020



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Executive Director's Notebook

Jay Bellar, NSAA Executive Director

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Girls Wrestling – Sanctioned Sport vs. Emerging Sport

I hope your school year and winter activities are going well. It seems we just finished Fall Championships, yet here we are preparing for our next round of contests. It is always an exciting time, and we look forward to providing these memory-making competitions. As you know, District meetings

have been completed and many proposals have gone through the process and will be voted on in April to see if they will be adopted for the 2020-2021 school year. Proposals were written that could amend the way we operate in nine different activities.

The most anticipated vote will be whether to add girls wrestling as a sanctioned sport. Initially, there were four proposals. After the January meeting, one proposal made it through to representative assembly and one proposal will advance to the Board of Directors for their vote. In this newsletter I will expound upon these two proposals, to help you better understand what is meant for girls wrestling.

Implementation Girls Wrestling as a Sanctioned Sport – This plan proposes to have a two-year transition period which would permit girls the option of participating in both their school's boy's and girl's lineups during the regular season contests only. If a tournament only hosts a boy's division, girls will have the option of competing in the boy's division. If that tournament offers both a boy's and girl's division, the girls will have the choice of the division in which they will participate depending on the number of participants and opportunities to compete against other wrestlers. From the start of implementation of Girls Wrestling, girls must participate in the girls only postseason. After the two-year transition period, the NSAA Girls Wrestling Advisory Committee will determine if numbers have grown to support a girl's vs girl's only season.

Please see *Girls Wrestling – Sanctioned Sport vs. Emerging Sport* on page 3



NSAA Board of Directors & NSAA Staff



Kathi Wieskamp
District I
Lincoln Public
Schools



Mark Norvell
District I
Fillmore Central



Thomas Lee
District II
Omaha Northwest



Dr. Bob Reznicek
District II
Boys Town



Dr. Jon Cerny
District III
Bancroft-Rosalie



Dan Keyser
District IV
Sutherland



Jim Kent
District V
Dundy County Stratton



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



Ashton Honnor
Marketing
Specialist



Rick Colgan
Software
Developer



Megan Huber
Business Manager



Cindy Callaway
Office Manager



Ronda Schmidt
Administrative
Assistant



Alicia McCoy
Administrative
Assistant



*The NSAA Would Like to
Thank Our Corporate
Partners*



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

Girls Wrestling – Sanctioned Sport vs. Emerging Sport from page 1

If a school chooses not to offer girl's wrestling if it is sanctioned, a girl would have the opportunity to be a member of the boy's wrestling team, based on the equal opportunity for participation bylaw (2.14). A State Championship will be implemented the first season.

Implementation of Girls Wrestling as an Emerging Sport – This plan proposes to have a three-year period of emerging status in which girls would be permitted to participate in both their school's wrestling program and the girl's emerging wrestling program. There would not be a NSAA post-season for girls as a girl only division – girls could participate in the NSAA current state tournament. At any point during the three-year window of being an emerging sport, the NSAA Board of Directors may vote to fully sanction girl's wrestling as an NSAA activity. If a tournament only hosts a boy's division, girls will have the option of competing in the boy's division. Tournament directors would have the opportunity to include a girl's division at their meet to offer the girls a tournament opportunity as well. If that tournament offers a boy's and girl's division, the girls will have the choice of which division they want to participate in depending on the number of participants and opportunities to compete against other wrestlers. If the decision by the NSAA Board is to sanction girls wrestling within the three-year period and the school chooses to offer it, girls will be able to participate in the NSAA hosted postseason and championships for girl's wrestling.

You may be questioning the differences of these two proposals. To try and answer these inquiries, and others, we will address, below, the questions the NSAA office is most frequently asked.

Question - What is the difference between the sanctioned sport proposal and the emerging sport proposal?

Answer - The proposal sanctioning girl's wrestling as an NSAA activity would culminate with a championship for girls. Emerging Sport proposal does not sanction the activity and may or may not have a championship to end the season depending on the number of girls available to wrestle.

Question – If Girls Wrestling is sanctioned and my school doesn't offer girls wrestling, will girls be allowed to be members of the boys wrestling team?

Answer- Yes, NSAA Bylaw 2.14 allows girls the opportunity to participate in the corresponding male sport.

Question – Will girls be able to practice with the boys?

Answer – As an emerging sport, yes, the girls and boys will be allowed to practice together using the same coaching staff.

Girls Wrestling – Sanctioned Sport vs. Emerging Sport continued on page 4



Girls Wrestling – Sanctioned Sport vs. Emerging Sport from page 3

As a sanctioned sport, girls are encouraged to practice drills and skills against other girls; however, individual schools can decide whether to allow girls to practice with the boys. Current NSAA bylaws do not allow boys and girls teams to practice together. (i.e. boys/girls basketball) therefore, an exception would have to be made.

Question – What will the girls state wrestling championship look like?

Answer – No matter what proposal passes; it is impossible to answer this question at this time. We will need to know the number of girl wrestlers, how they will qualify, how many weight classes, and the list goes on. The championship date, time and place will be determined when more information is available.

Although these proposals make for exciting new opportunities, we realize it can sometimes be confusing. We want to do whatever we can to help you make the best decision for your school and athletes. Our goal is to share with you any and all the facts that we have, so you can make an informed decision and effectively communicate your thoughts with your managing committee for the upcoming vote in April.

Please feel free to contact the NSAA if we can further assist you in any way.

NFHS Releases “Beyond The Scoreboard,” Second Video Resource for Adult Fan Behavior at Events



National Federation of State High School Associations

INDIANAPOLIS, IN (January 23, 2020) — The National Federation of State High School Associations (NFHS) has released “Beyond The Scoreboard,” the second installment of its new video series centered on correcting negative adult fan behavior at high school events.

Competitive high school events can be a highly emotional experience for the parents of participants and other invested adults, especially during the intense moments when winning and losing hangs in the balance. “Beyond The Scoreboard,” which follows “The Parent Seat” as the second non-course production housed on the NFHS Learning Center website (www.NFHSLearn.com), utilizes a list of 10 “life lessons” fostered by athletics and activities participation that are often forgotten by adult fans during the heated battle for victory.

“There are times when the scoreboard may indicate a loss, but there is actually a whole lot of winning going on,” said NFHS Director of Educational Services Dan Schuster. “As cliché as that sounds, we’re trying to spread the word that this is what our programs are supposed to be about – putting the ‘education’ in education-based athletics and activities programs.”

The participation benefits described in “Beyond The Scoreboard,” which include work ethic, respect, confidence, adaptability and others, are but a small portion of the actual list of invaluable traits developed through high school athletics and activities. For this reason, Schuster feels the most impactful element of the video is the clear, concise descriptions accompanying each term.

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



February U.S. Bank® Believers & Achievers



Jack Nolley
Lincoln Southwest



Reagan Klein
Logan View



Nolan Benjamin
Loomis



Colleen Fulton
Loup City



Creighton Harrington
Loup City



Brayden Anderson
Lyons-Decatur
Northeast



Molly Paxton
Mullen



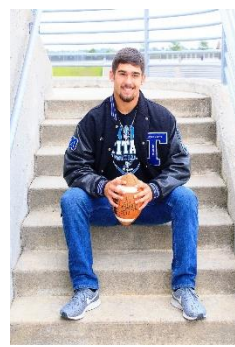
Safiyah Abdessalam
Omaha Central



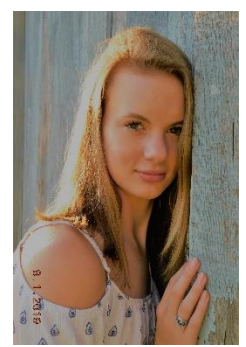
Kylie Hughes
Omaha North



Ella Wedergren
Omaha Westside



Dallas Rogers
Papillion-La Vista
South



Natasha Macholan
Schuyler



Fall 2019 NCPA Academic All-State Awards



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

The NSAA and the NCPA are proud to recognize all of the 2,554 award winners of the 2019 Fall NCPA Academic All-State Award.

This brings the total number of NCPA Academic All-State Award winners to over 75,000 spanning the 14 years of this awards program.

The complete list of the 2019 fall recipients may be viewed [here](#)!

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

Winter Championships Clear Bag Policies

The NSAA Winter Championships are right around the corner! Please make sure that your students, parents and fans are aware of each facility's Clear Bag Policy prior to the Championships. For more information on the clear bag policies, please click the links below.

[Buffalo County Fairgrounds](#)

[CHI Health Center Omaha](#)

[Bob Devaney Sports Center](#)

[Pinnacle Bank Arena](#)



May 1st Transfer List NEW Requirement

At their January 23rd meeting, the NSAA Board of Directors took action to require written authorization and consent prior to placing a student's name on the NSAA May 1st Transfer List. This new requirement is effective immediately. The form is posted on the NSAA AD login page.

The student and his/her legal parent(s) will be required to authorize and give consent to the administration of the school the student is transferring to for the 2020-2021 school year.

The signed consent must be uploaded to the NSAA website in order for the transfer to be recognized. A signed copy of the consent form should be given to the legal parent(s), and the school should retain a copy.

The consent form also provides notice to the student and the legal parent(s), that if the student decides not to transfer after the May 1st deadline, he/she is ineligible for varsity competition for 90 school days at any Nebraska school. The NSAA Board of Directors also determined that the May 1st Transfer List would be made available to all NSAA member schools on the Tuesday following Memorial Day.

The May 1st Transfer List is now open and available on the NSAA AD login page.

If you have any questions, please don't hesitate to contact the NSAA.

[-] Downloads:

- [Football Crew Information](#)
- [2016 NSAA May 1st Transfer List](#)
- [2017 NSAA May 1st Transfer List](#)
- [2018 NSAA May 1st Transfer List](#)
- [2019 NSAA May 1st Transfer List](#)
- [2020 Basketball Coach/Administrator Ticket Order Form](#)
- [BB Scorer and Timer Duties](#)
- [Bill Lewis Scholarship Form](#)
- [Concussion Memo](#)
- [Contract Form for Judges \(Word Doc\)](#)
- [Contract Form for Officials \(Word Doc\)](#)
- [Guide to Hosting Officials](#)
- [May 1 Consent Form](#)
- [NEW ADDRESS](#)
- [NFHS - Concussion In Sports FREE Online Course Information](#)



January NSAA Board of Directors Meeting Notes

The January NSAA Board of Directors meeting was held at the NSAA Office in Lincoln on Thursday, January 23rd, 2020. The meeting minutes can be found on the NSAA website [here](#).

[NSAA Important Dates & Deadlines](#)

[NSAA Cup Information](#)

[NSAA Publications Order Form](#)

Championship Reimbursement Dates

Winter Championship reimbursement deadlines are listed below. The reimbursement forms are on the AD Login Page and must be completed by 11:59 p.m. CT the night of the due date. If you have any questions, please contact Megan Huber, Business Manager, mhuber@nsaahome.org.

Individual Wrestling – March 13th, 2020
Girls Basketball – March 27th, 2020
Boys Basketball – April 3rd, 2020

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

NSAA Cup

Information about the NSAA Cup competition and standings can be found on the NSAA website [here](#).

2020 & 2021 Football Information

Football classifications for the 2020 and 2021 seasons are available on the NSAA website [here](#).

District assignments for the 2020 and 2021 football seasons can be viewed [here](#).

The 2020 and 2021 football schedules along with the home and away designations for Classes A-B-C1-C2-D1-D2-D6 will be released to the member schools at 9:00 AM central standard time on Wednesday, February 12th and will be posted on the NSAA website at 12:00 P.M. central standard time.

NSAA Board of Director Elections

Dana Wiseman, Superintendent of Sutton Public Schools, has been elected the next District 1 NSAA Board of Director. She will begin her four-year term on August 1st, 2020. District 2 Board of Director Dr. Bob Reznicek was re-elected to retain his seat for another four-year term.



Dana Wiseman
District 1
Sutton Public Schools



Dr. Bob Reznicek
District 2
Boys Town



Winter Championship Ticket Order Forms

Ticket order forms for the Winter Championships are now available using the links below.

Girls Basketball Championships – Lincoln – March 5th-7th

Orders must be received by Friday, February 21st.

<https://nsaahome.org/wp-content/uploads/2020/01/GBBTicketOrder.pdf>

Boys Basketball Championships – Lincoln – March 12th-14th

Orders must be received by Friday, February 21st.

<https://nsaahome.org/wp-content/uploads/2020/01/BBBTicketOrder.pdf>

For more information on Championship tickets, please contact Megan Huber, Business Manager, at mhuber@nsaahome.org.

Youth Group Ticket Packages

The Winter Championships are fast approaching! Again this year, the NSAA is offering Youth Group Ticket Packages for Dual Wrestling & Individual Wrestling.

For more information on these ticket packages, view the following links:

Dual Wrestling Championships @ Buffalo County Fairgrounds, Kearney – February 8th

Orders must be received by Monday, February 3rd.

<https://nsaahome.org/wp-content/uploads/2020/01/2020-DWR-Youth-Ticket-Info.pdf>

Individual Wrestling Championship Finals @ CHI Health Center, Omaha – February 22nd

Orders must be received by Monday, February 17th.

<https://nsaahome.org/wp-content/uploads/2020/01/2020-WR-Youth-Ticket-Info.pdf>

For more information on these ticket packages, please contact Megan Huber, Business Manager, at mhuber@nsaahome.org.

New NOCSAE Chest Protect Pad – Baseball

Recently, the NFHS released a [MEMO](#) outlining a new NOCSAE certified chest pad option offered by several manufacturers. The memo outlines three options for schools as they prepare for the upcoming season and staying compliant with the new chest/body protector rule. Information will also be included in the 2020 NSAA Baseball Online Rules Meeting for coaches and umpires.

NSAA Journalism Reminders

The deadline to submit preliminary entries is March 1st. The NSAA Journalism Championships will be held in Norfolk at Northeast Community College on Monday, April 27th.

The 2020 Journalism classifications can be viewed on the NSAA website [here](#).



North Platte's Orcutt Recognized as National Boys Golf Coach of the Year



INDIANAPOLIS, IN (January 16, 2020)— Twenty-three high school coaches from across the country have been selected as 2019 National Coaches of the Year by the National Federation of State High School Associations (NFHS) Coaches Association.

The NFHS, which has been recognizing coaches through an awards program since 1982, honors coaches in the top 10 girls sports and top 10 boys sports (by participation numbers), and in two “other” sports – one for boys and one for girls – that are not included in the top 10 listings. The NFHS also recognizes a spirit coach as a separate award category. Winners of NFHS awards must be active coaches during the year for which they receive their award. This year’s awards recognize coaches for the 2018-19 school year.

Recipients of this year’s national awards for boys sports included Jim Orcutt, the boys golf coach for North Platte High School during the 2018-19 school year. For a full press release from the NFHS, [click here](#).

2020-2021 NSAA Student Advisory Committee Application

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

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

Applications for the 2020-2021 NSAA Student Advisory Committee are due Sunday, March 1st, 2020, by 4:00 p.m. **All candidates must be a sophomore and agree to a two-year commitment.** A printable template is available on the NSAA website [here](#). All applications must be submitted to the NSAA through the NSAA AD login, under “OTHER FORMS” > “Student Advisory Committee Application.” No other format or submission through regular mail or email will be considered.

How to Apply

- AD needs to login with the AD passcode on nsasahome.org
- Click On: [+] OTHER FORMS:
 - SELECT “STUDENT ADVISORY COMMITTEE APPLICATION”
 - UPLOADS MUST BE IN “PDF” FORMAT

Candidates will be notified by April 1st, 2020 of their selection. Questions may be directed to NSAA Assistant Director Ron Higdon at rhigdon@nsaahome.org.



2019 NSAA State Play Production Championship Results

Class A –

Champion – Gretna - Director: Carol Carraher
Runner-up – Norfolk - Director: Taryn Retzlaff
Outstanding Male Performer – Zacharia DeLoach, Kearney
Outstanding Female Performer – Chloe Irwin, Gretna
Outstanding Technical Crew – North Platte High School

Class B –

Champion – Omaha Concordia - Director: Chase Winter
Runner-up – Minden – Director: Jeffrey Horner
Outstanding Male Performer – William Cook, Omaha Concordia
Outstanding Female Performer – Taylor Srygley, Omaha Concordia
Outstanding Technical Crew – York High School

Class C1 –

Champion – Aquinas Catholic - Director: Ann Heermann
Runner-up – Wausmond – Directors: Brad & Shelia Hoesing
Outstanding Male Performer – Travis Roh, Aquinas Catholic
Outstanding Female Performer – Jaelyn Gross, Centura
Outstanding Technical Crew – Wausmond

Class C2 –

Champion – Hartington-Newcastle - Directors: A.J. Johnson, Linda Kathol, Lindsey Stappert
Runner-up – Loup City - Director: Amy Hostetler
Outstanding Male Performer – Sam Harms, Hartington-Newcastle
Outstanding Female Performer – Colleen Fulton, Loup City
Outstanding Technical Crew – Sutherland High School

Class D1 –

Champion – Paxton – Director: Tomas England
Runner-up – Callaway – Director: Darin Ellis
Outstanding Male Performer – Caleb Jalas, Deshler
Outstanding Female Performer – Jade Evens, Callaway
Outstanding Technical Crew – Paxton High School

Class D2 –

Champion – St. Mary's – Director: Christina Spader
Runner-up – Arnold – Director: Lana Cool
Outstanding Male Performer – Alias Schumacher, St. Edward
Outstanding Female Performer – Betsy Crumly, St. Mary's
Outstanding Technical Crew – Arnold High School



#RespectTheRef

Start the movement – we want to hear what your school is doing to #RespectTheRef! Using #RespectTheRef, tweet @nsaahome on [Twitter](#) or tag @nsaahome on [Facebook](#) or [Instagram](#) how your school and fans are modeling respectful behavior toward the referees!



#RespectTheRef



Hey, referees are people, too!

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

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

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



The NFHS Voice: Wake-up Call for Increased Security at High School Sports Events

Dr. Karissa Niehoff, NFHS Executive Director



Given the increase in school-related shootings since the Columbine massacre 20 years ago, perhaps it is not surprising that these acts of violence are no longer confined to regular school hours.

The tragic shooting – and eventual death of an innocent 10-year-old – at a New Jersey high school football game last month made headlines across the country and was a somber reminder that events occurring after school hours are subject to the same type of senseless violence.

This was not the first shooting at a high school sporting event this year – actually it was the 23rd according to the National Center for Spectator Sport Safety and Security (NCS4) – but the death of Micah Tennant and the eventual conclusion of the game five days later at the Philadelphia Eagles' stadium drew nationwide coverage.

Camden High School and Pleasantville High School finished the playoff game at a nearly empty Lincoln Financial Field before a few hundred family members and friends as the stadium was closed to the public. Larry White, New Jersey State Interscholastic Athletic Association executive director, said the decision to finish the game was made by both schools "to provide closure and send a powerful message that acts of violence and those who perpetrate them will not win."

High school sporting events traditionally have been safe gathering places for fans to attend and celebrate the accomplishments of high school student-athletes – particularly the sport of football. And we must do whatever is necessary to make sure these venues remain safe and secure.

Reports have been encouraging about attendance as state football playoffs concluded in some states last weekend and continue in other states this coming weekend. In Indiana, about 20,000 people attended the Class 5A championship at Lucas Oil Stadium in Indianapolis on the day after Thanksgiving.

We want to ensure that our stadiums remain open for everyone to attend. The fans – students, parents, other family members, friends, community residents – are what make education-based athletics different from non-school sports.

More intense security plans have been in existence at college and professional sports venues for many years; it is essential that leaders in high school sports move after-school safety and security to the top of their priority lists.

In addition to school athletic events that typically start in early evening hours, security plans also should be in place for practices inside and outside the school building.

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

IMPORTANT LINKS

[2019-20 NSAA Constitution & Bylaws](#)

[2019-20 NSAA Media Manual](#)

[2019-20 NCPA Academic All-State Information](#)

[NSAA Catastrophic Insurance](#)

[NSAA Sanctioned Events](#)

[Requests – Contests, Officials, Equipment](#)

[Become an NSAA Official!](#)

[Coaching Steps to Certification](#)



NSAA Membership Spotlight

District 1: Thayer Central

Location: Hebron

9-12 Enrollment: 110

School Mascot: Titans

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

NSAA Participation:

Boys & Girls Cross Country

Volleyball

Football

Wrestling

Boys & Girls Basketball

Speech

Music

Journalism

Boys & Girls Track

Boys Golf



NSAA State Championships: 4

What's Happening at Thayer Central:

“Thayer Central Community School takes a great deal of pride in helping our students reach their full potential and become well-rounded people of character,” said Activities Director Mark Leonard. “In 2017, our school was recognized as one of the best high schools by the U.S. News and World Report. Students at Thayer Central are offered and encouraged to get involved in a variety of different extra-curricular activities ranging from athletics and fine arts to other areas of interest such as FFA and Skills USA. Recently, our school purchased land and helped with utilities to start an Agricultural Lot Project for our FFA chapter. Titan Beef Boosters was started at Thayer Central in 2015 and provides beef for our school lunches with many local businesses paying the processing costs for the beef.”



District 2: Weeping Water

Location: Weeping Water

K-12 Enrollment: 279

School Mascot: Indians

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

NSAA Participation:

Softball

Boys & Girls Cross Country

Volleyball

Football

Play Production

Wrestling

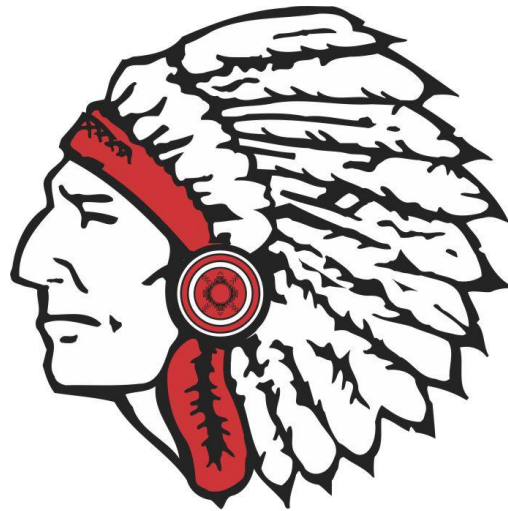
Boys & Girls Basketball

Speech

Music

Journalism

Boys & Girls Track



NSAA State Championships: 3

What's Happening at Weeping Water:

"Weeping Water Public School was selected to receive a grant for implementing the College, Career, and Community Writers Program (C3WP) in our district. C3WP was developed by the National Writing Project and is defined by that entity as "an intensive professional development program that provides teachers with instructional resources and formative assessment tools for the teaching of evidence-based argument writing" (National Writing Project, 2019)," said Assistant Principal/Activities Director Mike Barrett.

"We are currently in year two of our cycle. In the first year, a team of secondary teachers from across content areas including English, social studies, science, business, family consumer science, and library media teamed with other classroom teachers from area schools already using C3WP successfully. In year two, secondary team members have continued professional development and collaboration to infuse evidence-based argument writing into standing curriculum. In addition, upper-elementary teachers have formed a team and began training to introduce C3WP with 4th and 5th grade students. We are teaching young writers to analyze multiple points of view discerned from several reliable evidence sources so they can navigate our information dense world. As informed citizens, they will be prepared to join the conversations already in progress to participate and strengthen our communities, our nation, and our world."



District 3: Winside**Location:** Winside**K-12 Enrollment:** 195**School Mascot:** Wildcats**Twitter Handle:** [@WinsideWildcats](https://twitter.com/WinsideWildcats)**NSAA Participation:**

Boys & Girls Cross Country

Volleyball

Football

Play Production

Wrestling

Boys & Girls Basketball

Speech

Music

Boys & Girls Track

**NSAA State Championships:** 6**What's Happening at Winside:**

"A small community located between Norfolk and Wayne, founded in 1890, offers instruction to a variety of children. Considered a rural school, some do live in townships," said Athletic Director Mark Tonniges.

"Numbers have declined in recent years, with changes of the economy facing other communities as well, there tends to be a resurgence in enrollment. Our parents feel very strong in maintaining our school, with plans for improvement and support its instructional well-being. Two new programs have begun in our school, one being TEAMMATES a mentoring program for students who desire some guidance and FCCLA for those interested to family consumer science. Administration, instructors, board members and community members want to move to the 21st century with a school that has in the past produced: business leaders, educators, medical professionals, agricultural specialists, and professional specialists."



District 4: Wallace**Location:** Wallace**K-12 Enrollment:** 175**School Mascot:** Wildcats**Twitter Handle:** [@WallaceSchools](https://twitter.com/WallaceSchools)**NSAA Participation:**

Boys & Girls Cross Country

Volleyball

Football

Play Production

Boys & Girls Basketball

Speech

Music

Boys Golf

Boys & Girls Track

**NSAA State Championships:** 6**What's Happening at Wallace:**

"All of our students, K-12, participate in Paw Pals. Paw Pals is our mentorship program where a 7th-12th grade student is paired up with a younger K-6th grade student," said Principal/Athletic Director Eric Miller. "Our monthly activities vary and can range from a community trash pick-up, a game of BINGO, or even a coloring contest. Students, young and old, benefit from these interactions and help foster positive relationships within our one-building school."

"At each home activity, members of our student council serve as associate AD's for the day. Their main task is to greet the visiting team and to provide hospitality for our guests and officials. Not only is their assistance invaluable, but it provides them with additional opportunities for growth within the school setting."



District 5: Wauneta-Palisade**Location:** Wauneta**K-12 Enrollment:** 218**School Mascot:** Broncos**Twitter Handle:** [@WPBroncos](https://twitter.com/WPBroncos)**NSAA Participation:**

Volleyball

Football

Play Production

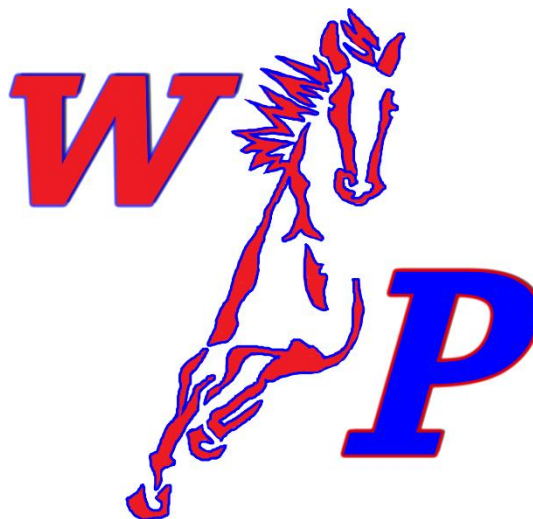
Wrestling

Boys & Girls Basketball

Speech

Music

Boys & Girls Track

**NSAA State Championships:** 5**What's Happening at Wauneta-Palisade:**

"We have a high percentage of students that participate in multiple NSAA and other school activities. We are a large district that has patrons in four different counties and splits the mountain and central time zone," said Principal/Athletic Director Joseph Frecks. "Our elementary school operates in Palisade on central time, and our JH/HS operates in Wauneta on mountain time. Buses meet in between Wauneta and Palisade in the community of Hamlet to switch drivers and transport students both directions for school each day. Communication is key to ensure people are on time and events start on time! With busy schedules and long distances to travel our students time is valuable. In order to help, we provide an "intervention" period once a week. This period is during regular school hours and gives students an opportunity to work directly with teachers in an area where they may need extra help, or just time to catch up without having to cut into the already cramped hours outside of the school day."



District 6: Thedford

Location: Thedford
K-12 Enrollment: 120
School Mascot: Knights
Twitter Handle: [@STKnights](https://twitter.com/STKnights)

NSAA Participation:

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

**What's Happening at Thedford:**

"Thedford schools puts on an annual cancer fundraiser called Superheroes of the Sandhills. In one day we do a 5K (all ages) and then a 3 on 3 basketball tournament to raise funds for local people fighting cancer," said Activities Director Bec Ray. "There are also card games and then a huge Runza fundraiser sale. We also recently teamed up with Mullen, our rivalry to the west, in a cancer black out night during a volleyball/football game day. Together, we raised close to \$2,000 for Rusty Moore as he still battles his brain cancer. During these times, we put our rivalry aside and come together for a bigger cause in our lives. We all fight together for this man and his family, and for all those battling cancer in our small communities. Last year we did a black out night with Ansley/Litchfield and all those proceeds went to 3 local people battling cancer. Our small communities really do a lot for families in need – so many unselfish people in the Sandhills – it's an amazing area/world to be a part of."



NSATA Training Table

Jennifer Krueger, MA, ATC & NSATA Social Media Chair



Whose Got the Funk? Common Skin Infections Among Athletes

While most people associate the sport of wrestling with skin infections, anyone can be susceptible to a skin infection. Winter seems to be a popular time for these infections to spread as people are in close quarters with one another.

A few examples of skin infections are:

Herpes Viruses: There are three common forms of herpes. Herpes simplex 1, 2 and Zoster (Shingles). Simplex 1 is often related back to the common cold sore but also includes Herpes Gladiatorum (often referred to as Mat Herpes). Herpes Simplex 2 is a sexually transmitted infection. Herpes Zoster is Shingles.

Herpes Gladiatorum is contagious and can be spread by skin to skin contact but also spread through sharing beverages, lip gloss, and personal items (towels, razors, etc.) when lesions are present. Athletes shouldn't practice when they have open lesions and should refer to the NSAA for rules about return to play.

Impetigo is a bacterial infection caused by the *Staphylococcus aureus* bacteria that usually shows up on the face around the mouth. It is characterized by honeycomb shaped clusters that are crusty. Treatment for this infection is typically antibiotics either in a cream or orally.

MRSA (*Staphylococcus aureus*) is another bacterial infection that often presents itself as looking like a spider bite or an ingrown hair, problem is there usually isn't a spider around to take credit for a bite. Complicating matters this infection is resistant to antibiotic treatment. If you suspect someone of having a MRSA infection, they need to be seen by a physician right away so that they can culture the wound for confirmation and treatment.

Tinea Fungi (capitis (ringworm on the scalp), corporis (ringworm), cruris (jock itch) and pedis (athlete's foot): are all fungal infections that happen due to direct contact with an infection but also can happen from secondary contact with an infection. They are itchy, scaly and red. Ringworm has a signature red ring. This can happen from sitting on a bench or showering barefoot in an area a person infected has been in contact with. If you suspect you have a fungal infection there are over the counter or prescription medications that can be used to treat it. Utilize the NSAA rules for return to play.

Skin infections happen but there are ways to prevent them from occurring.

1. Hygiene (showering after practice, proper handwashing) and washing your practice clothes/uniforms regularly.
2. Do not share personal items such as towels, clothes, razors or water bottles with other people.
3. If you suspect you have a skin infection reporting it right away to your athletic trainer, coach and/or physician so that proper cleaning measures can be taken for the area. This could also prevent the spread of a skin infection if stopped early.



Student Advisory Committee Spotlight

Bridget Duffy, Junior at Omaha Duchesne High School



Finding a Balance

Growing up, students are encouraged to exercise for sixty minutes per day and to play sports because it is important to move your body and stay active. Exercise and physical activities are vital to the development of a healthy body. Ohio University published an article titled *Stress and School Sports*. It articulated the benefits of sports, statistics behind reducing stress through exercise, and how outer stress affects one's inner body. Although exercise and participating in athletics is proven to reduce stress, intense club sports and training create mental and physical pressures.

In an ESPN article by Baxter Holmes, he draws an eye to the extreme strains on athletes due to full-year stresses on young players' bodies. Holmes describes the disastrous effects that can occur due to the body's overuse. In 2014, Julius Randle, a 6'9" Lakers forward, during his first NBA appearance, drove to the hoop, passed, landed, and collapsed. Randle's rookie season ended in fourteen minutes with a broken leg. As trainers and coaches looked back at the tape reels, there was no evidence of Randle landing wrong or foul play. The break was caused from the wear and tear on his body before he reached the NBA.

In recent years, injuries like stress fractures and random breaks have become more and more prevalent because of the overuse and pressures caused by the rigors of specialized teams. Specializing in one sport, and only working on the muscles needed for that specific sport can be catastrophic to many young athletes. Muscles, joints, and bones become worn out faster and are more susceptible to pulls, tears, and breaks.

Emory Healthcare's Director of Sports Medicine Research, Dr. Neeru Jayanthi, ran a clinical trial on 1,200 athletes, ages twelve to sixteen, studying their risk of injury. Jayanthi's team compared the athletes who had gone to a doctor for injuries and those who hadn't, over a three-year period. The athletes who were specialized in a year-round program were at a 125 percent greater risk of injury than the athletes who were not exclusive to one sport.

This article is in no way trying to dissuade students from athletics. Sports are an excellent source of leadership, confidence, and competition. Overall, there are many benefits to exercise and athletics, but however high the reward is—college scholarships and professional sports—extreme specialized athletics might not be worth the risk.

NFHS Music Resources

The NFHS has been busy building and sharing new music education resources including new and improved music education courses. Visit the [NFHS Music](#) page to learn more about the courses including the updated *Music Adjudication* course which NSAA District Music Contest Adjudicators will be required to view once every three years. *Band Safety*, *Introduction to Interscholastic Music* and *Interscholastic Music Event Management* are a few other notable topics.

[NFHS Learn Materials Flyer](#)



Have you followed the NSAA social media channels?

The Winter Championships are on the horizon! Be sure to follow all of the NSAA social media channels to stay updated on the latest NSAA happenings and Championship scores and updates.



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 School Directory, which will then take you to your School Directory Information page where you can make changes as necessary. This is also where you'll go to see if your coaches have completed their online rules meetings. Please contact the NSAA office at 402-489-0386 with any questions.

[-] OTHER FORMS:

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



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.

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.

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.



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.

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.**”



Are your head and assistant coaches C.E.R.T.I.F.I.E.D?

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.

Required Courses for All Coaches

This is a reminder that **ALL** head, assistant and volunteer coaches are required to take the three online NFHS courses at least once every three years:

Concussion in Sports, Heat Illness Prevention and Sudden Cardiac Arrest.

These courses can be accessed on the NFHS website, and all three courses are free. These courses should be taken prior to any preseason or regular season physical workouts in which the coach would be present for or involved in administering.

Any course taken after May 1st would be considered valid to the following school year.

Social Media Handles Needed

NSAA Marketing Specialist Ashton Honnor is in need of your school's main activities account social media handles. Below you will find the three accounts that we are in search of if your school utilizes those platforms. If your school does not utilize the social media platforms listed below, please let Ashton know regardless.

- Twitter Handle (ex. [@nsaahome](https://twitter.com/nsaahome))
- Facebook Handle (ex. [Nebraska School Activities Association](https://www.facebook.com/NebraskaSchoolActivitiesAssociation))
- Instagram Handle (ex. [@nsaahome](https://www.instagram.com/nsaahome))

Social media handle information can be sent to Ashton at ahonnor@nsaahome.org.

