



NSAA News

May 2020



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

Executive Director's Notebook

Jay Bellar, NSAA Executive Director



Thank You, Seniors

Dear Class of 2020,

This pandemic has dropped unexpectedly into your world and altered your senior year in significant and profound ways. Traditions, milestones, and competitions you have anxiously anticipated for years were stripped away, suspended and postponed. Although no one person is responsible for this situation, please allow me to express how sorry I am for these lost experiences. As a parent, former coach and school administrator, and current Executive Director of the NSAA, I understand and empathize with you. I know it is painful to lose what should be rites of passage—proms, graduations, spring championships, and so much more. You deserve to be recognized and honored.

With that in mind, allow me to salute and congratulate you for all your accomplishments. You are trailblazers, scholars, and champions. Throughout the last few months, you have shown resilience, intelligence, and grit. You adapted to new learning environments and will not only graduate from your respective high school but also from the School of Hard Knocks. You have mastered two lessons life has thrown at you—nothing is promised and tomorrow is uncertain—at a young and tender age, but, as a result, you will live life being aware and thankful for all you have been given, taking nothing for granted.

While looking to the future, I hope you take some time and embrace the past. Think back to the happy times of high school—the day to day classes, organizations, dances, sporting events, practices, speech meets, play productions, bus rides, band, and choir concerts, and so much more. Those memories are yours to keep!

Please see *Thank You, Seniors* 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
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Ron Higdon
Assistant Director



Jon Dolliver
Assistant Director



Nate Neuhaus
Assistant Director



Dan Masters
Assistant Director



Jeff Stauss
Assistant Director



Ashton Honor
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*



Thank You, Seniors from page 1

Take time to show appreciation for those who helped you in your journey—teachers, coaches, community members, family, and especially your parents and guardians who want nothing but the best for you. They will continue to be in your corner cheering and providing guidance and assistance.

Your journey, Class of 2020, is an unusual story and you will tell it and continue to tell it for years to come. It is yours to speak. You are living through what will become a notable time in history and in doing so, you have already made a mark. I know you will go out and continue to learn and make a positive difference in our world. You have not simply survived; you have thrived and will continue to do so.

Congratulations, graduates, we are all so proud of you!

The NFHS Voice: Despite Grounding of Programs, Education Continues in High School Sports, Performing Arts

Dr. Karissa Niehoff, NFHS Executive Director

Watching non-stop coverage of the Coronavirus pandemic on television or checking out every notification sent to your smartphone can lead to a pretty dismal outlook by the end of the day.

Certainly, we have to keep up with the latest reports from local governments, state health officials and the Centers for Disease Control and Prevention (CDC), but at some point we have to turn our attention to those rays of sunshine all around us.

As leaders in high school sports and performing arts, we have much for which to be thankful – and it starts with the education-based philosophy of these vital programs in our nation's schools. While having sports and other activities within the school setting in more normal times is a complement to the academic curriculum – in essence the other half of education – that connection is even more critical during these times of isolation and separation.

Our educational system – with sports and other activities within the school setting – is commonplace in the United States; however, this structure does not exist in most countries. Throughout most of the world, high school students attend school for academics and participate in sports through clubs, travel teams, camps and clinics.

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



From the Chair of the Board of Directors

Mark Norvell, District 1 - Fillmore Central



This has been a spring to remember! Not necessarily the way I wanted to end my 11th and final year as a member of the NSAA Board of Directors. However, I certainly feel much worse for those Seniors who are missing the final spring of their eligibility, and for those 9th-11th grade participants who are missing a season that will not be replaced, and for the coaches, parents, and spectators that looked so forward to the NSAA competitions that highlight the spring months.

I have been impressed by the way school students, school staff, and parents have handled the sudden changes presented by the spread of the Covid-19 virus. Teachers have adjusted and taught in ways that they never thought possible before. Students have adapted to being at home and on their device with their teacher(s) and have made the transition better than the rest of us! Parents have had to change in many cases their way of life – working from home while trying to help with the teaching and learning or finding different arrangements for childcare and continuing to work. Or even filing for unemployment as employers have had to shut down operations.

Much like it takes a team effort in activities and athletics to be successful, it has taken a team effort for us to survive this pandemic that none of us were prepared for. Life can be full of surprises and adversity. Team sports and activities are a good “teacher” in how to handle our emotions, decision-making, and focus. I believe we stepped up to the challenge and have been successful; but it’s not over and we need to continue to persevere and follow the health directives given to us, so that we have an opportunity to begin the fall seasons with as much “normalcy” as possible.

I have been blessed to be a part of the NSAA Board for the past 11 years. I have worked with many intelligent and caring Board members and have learned a lot from all of them. The NSAA staff – Jay, Jennifer, Jon, Ron, Nate, Dan, Jeff, Ashton, Rick, Megan, Cindy, Ronda, and Alicia are as good a people as you can find. Their dedication to our schools and participants is outstanding. They are professional people that do a professional job. We are lucky to have them.

Thank you to my fellow board members Bob, Tom, Kathi, Jon, Dan, Jim, and Troy for allowing me to serve as chairman this year. I am proud to have served with you and wish you the best in the future as you help strengthen the NSAA and find more opportunities to serve students.

Keep 2020 Spring Activity Rule Books for 2021

NSAA members schools and officials need to keep your 2020 Spring activity rule books for the 2021 season. The National Federation of State High School Associations will not be printing new books for the 2021 Spring season as there will be no new rule changes.



The NFHS Voice: Stadium Lights Signal Thanks, Hope for High School Sports and Performing Arts

Dr. Karissa Niehoff, NFHS Executive Director



The closing of schools and the cancelling of spring activities is a disappointing end to high school for this year's senior class. However, there is still reason for optimism. We anticipate that senior athletes and activity participants in the class of 2020 will move on to the highest of leadership roles in their chosen professions in the years to come.

Prior to this year, these seniors have accrued the general benefits of high school sports and other activity programs in which students learn self-discipline, build self-confidence and develop skills for practical situations – teamwork, fair play and hard work. Not to mention that many have higher grade-point averages, better attendance records and are set for a higher success rate in their chosen career.

Seniors in this year's class, however, will be among the toughest graduates ever as their lives have been the bookends to two of the worst tragedies in our nation's history. Born sometime during the 2001-02 school year, which began with the horrific events of September 11, 2001, these resilient 2020 graduates had an abrupt ending to their high school days with the ongoing national health crisis.

Understanding their disappointment of not getting to compete this spring, people from coast to coast are expressing their support for these high school students.

With an idea apparently born in Texas, further developed in Colorado and supported by many others during the past several weeks, lights at high school stadiums throughout the country have been brightening the night-time skies. The #BeALight hashtag accompanies post after post of schools participating in this recognition of seniors who are missing their final season of high school sports or performing arts.

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

2019-2020 NSAA Cup Update

The NSAA Cup Points have been updated through the State Journalism Championships. These are not the final '19-'20 results.

Go [HERE](#) for the updated standings.

The plan is to still award the participation points for spring activities. They will be awarded in late May with an announcement to follow highlighting this year's winners.

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](#)



Winter 2019-20 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 1,813 award winners of the 2019-20 Winter NCPA Academic All-State Award.

This brings the total number of NCPA Academic All-State Award winners to over 77,000 spanning the 14 years of this awards program.

The complete list of the 2019-20 Winter recipients may be viewed [here!](#)

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

[NSAA Important Dates & Deadlines](#)

[NSAA Cup Information](#)

[NSAA Publications Order Form](#)

Representative Assembly Set for May 21st

The 2020 NSAA Representative Assembly is set for Thursday, May 21st. A list of the 2020 Delegates can be found on the NSAA website [here](#). The meeting agenda is available by clicking [here](#).

NSAA Cup

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

Unified Sports® 2020-21 Unified Champion Schools Grant Money

Unified Sports® 2020-21 Unified Champion Schools Grant Money information will be released on June 1st via email to all athletic directors. All Unified Sports® questions may be emailed to Dan Masters at dmasters@nsaahome.org.

2020-2021 Activities Registration Update

Due to these unprecedented times and having to postpone our Representative Assembly until May, we are delaying sending the End-Of-Year and the Beginning-Of-Year Checklists, as well as opening up the Activities Registration/Membership Form until June 1st. There are a few things up for vote at the Representative Assembly that could impact the form and information on the checklists. NSAA Business Manager Megan Huber will send an email with the checklists, as well as information on the form when it becomes available.

If you have any questions, please contact Megan at mhuber@nsaahome.org.



State Journalism Virtual Awards Ceremonies

The NSAA was proud to partner with Striv to bring you the results of the 2020 NSAA State Journalism Championships via three virtual awards ceremonies. The awards ceremonies were held April 22nd, 23rd and 24th with each day revealing the top eight finishers in each of the 25 categories in addition to the team sweepstakes.

For the results and replays of the ceremonies, head over to...

Class A Replay – <https://striv.tv/nsaa/journalism/>

Class A Results – <https://nsaa-static.s3.amazonaws.com/textfile/journ/a2020.pdf>

Class B Replay – <https://striv.tv/nsaa/journalism/>

Class B Results – <https://nsaa-static.s3.amazonaws.com/textfile/journ/b2020.pdf>

Class C Replay – <https://striv.tv/nsaa/journalism/>

Class C Results – <https://nsaa-static.s3.amazonaws.com/textfile/journ/c2020.pdf>

Congratulations to the 2020 NSAA State Journalism Champions!

Class A – Omaha Westside

Class B – Scottsbluff

Class C – Yutan

30 Days to Slow the Spread

With all of the stress and anxiety surrounding the Coronavirus (COVID-19), helpful resources are available to you as you navigate this unprecedented time.

- [The President's Coronavirus Guidelines for America](#)
- [Centers for Disease Control and Prevention](#)
- [Coronavirus \(COVID-19\)](#)

Resources for supporting and talking to children and teenagers about the Coronavirus are also available on the [NSAA Sports Medicine page](#).

- [Talking to Children About Coronavirus \(COVID-19\)](#)
- [Talking to Children About Coronavirus \(COVID-19\)](#) – 2nd article
- [Supporting Children During the COVID-19 Crisis](#)
- [Supporting Teenagers and Young Adults During the COVID-19 Crisis](#)
- [Self-Care During the COVID-19 Crisis](#)
- [Dealing with Disappointment During Coronavirus Cancellations/Postponements](#) – Specifically for athletes



NSATA Training Table

Thomas Ksiazek, ATC



Athletic Trainers in Rodeo

Rodeo is a niche setting for athletic trainers that offers a wide spectrum of acute and chronic injuries similar to that of other collision sports like football or hockey. Increased trauma potential exists due to forces rarely seen in human sport and can provide unusual logistical difficulties. Examples of logistical problems with rodeo involve livestock in the arena, difficult and inconsistent footing for clinicians and ambulance personnel, environmental cleanliness, and poor healthcare infrastructure in general.

The daily routine for an average rodeo starts with arriving to morning slack one hour early for treatments. Slack is a term for the excess contestants that are not able to fit within the limited performance schedule. Several different timed events compete in slack and injury rates are much lower than rough stock events per capita therefore, fewer athletes require treatment. Reduced staff numbers are needed for slack coverage as acute traumatic incidents are rare. A full staff for a large professional rodeo ranges but often we are satisfied with three athletic trainers and two orthopaedic physicians. Staff combinations can feature massage therapists, chiropractors, physical therapists and non-orthopaedic specialty physicians. The full staff generally arrives around two hours before a performance to begin pregame treatments. Often judges, rodeo production crew, stock contractors, and pickup men will get treated two hours before the event to avoid the oncoming rush. Each event frequents the sports medicine room in a mostly predictable pattern related to the event order. Postgame treatments mix with pregame treatments throughout the night but finish after the bull riding between twenty-five minutes to an hour post performance.

Rough stock contestants are excellent with self-treatments due to our constant effort to train them how to best utilize tape, foam rollers, lacrosse balls, and stretches. Our athletic trainers treat their rodeo athletes more aggressively than their other athletes due to the nature of the sport. I liken the rodeo athlete to the hockey player during a deep playoff run; little to nothing will stop them so our clinicians must push themselves to adapt into this mentality. A thorough understanding of the equine aspect and biomechanics of specific events allow our clinicians to be rodeo experts. The sports medicine team emphasizes the importance of patient education and home exercise programs since often the contestants compete in events without sports medicine services available. Available modalities are similar to the traditional college or professional athletic training room but are often in a more primitive setup like a trailer or locker room.

“The opportunity to have athletic trainers attend the Nebraska High School Rodeo qualifying rodeos has been an amazing opportunity for our members to get skilled athletic care at the arena. Great Plains Health and OrthoNebraska have attended to our members prior to their competition, so, they can compete to the best of their abilities. The sport of rodeo can have some unpredictable injuries. Just having the sports medicine team at the arena gives us one more medical professional to look after our members.” – Tricia Schaffer President of the National High School Rodeo Association

NFHS Officiating Courses Available for FREE Through July 1st

The NFHS is offering FREE officiating courses through July 1st on the NFHS Learning Center. For more information head over to the [NFHS website](#).



NSAA Student Advisory Committee Members Selected for the 2020-2021 School Year

The Nebraska School Activities Association (NSAA) is pleased to announce the individuals selected to the NSAA Student Advisory Committee for the 2020-21 school year. These new members will join the 10 seniors serving their second year.

Out of over 75 outstanding applicants, 10 were selected to serve for their junior and senior years. These students were selected from the Nebraska's six NSAA districts. The selection process was extremely competitive and focused on the representation of gender, school classification, minority representation, and participation in interscholastic athletics/activities. This group collectively represents all the NSAA sponsored activities.

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

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

Additional responsibilities include:

- Students providing input, helping to develop and attending the sportsmanship and leadership summits in conjunction with the Nebraska Coaches Association.
- Students recording public service announcements (PSAs), through our media partner STRIV.TV.



Student Advisory Committee Spotlight

Shane Horwart, Junior at Cambridge High School



Fueling Your Mind

I am sure you have heard the old adage “you are what you eat” countless times. This is a phrase commonly used to encourage people to eat healthier in order to properly fuel their body. While it is important to eat healthy, I believe it is even more important to consume media wisely in order to fuel your mind properly.

In today’s day and age, misleading articles and negative news cycles run rampant on all social media platforms. Creators will do whatever it takes to rack up the maximum amount of views and likes. As our president likes to remind us, fake news is a real problem. A recent example of this was a fake news article that claimed the first test patient for the COVID-19 vaccine had died. This news story was shared in many anti-vax groups, and quickly made its way to mainstream media. This false reporting is not only detrimental to the medical field, but also to the mental health of the everyday person.

This is why it’s important to limit the amount of time one spends on social media. Not only is there a large amount of false reporting, but there is also a lack of human connection on these platforms. Social media is a great resource to keep in touch with friends and relatives, but studies show that overuse of social media can lead to increased anxiety and depression, especially in teenagers.

Many teenagers do not get enough sleep due to social media use. I have often found myself endlessly scrolling through Twitter instead of getting my recommended eight hours of sleep. This leads to me being lethargic for the rest of the day. Sleep is important to the productivity of teenagers, including their athletic performance. Studies have shown that NBA players who are active on social media between 11 p.m. and 7 a.m. perform worse in their upcoming games. It is important for coaches and parents to encourage kids to get off their phones and get to sleep.

As our society transitions further into a technology-based system, it will become harder and harder to control our screen time. I find myself using screens to do everything; I am using a screen to write this article. It is still integral to everyone’s mental health to limit screen time, and responsibly consume media.

There is a ton of focus on properly fueling your body in athletics; there needs to be more focus on properly fueling your mind. Athletic directors and coaches need to stress the importance of limiting social media use. Not only will it improve athletic performance, but it will also improve students’ grades and self-esteem.

NFHS Network Offering a FREE Digital Download

For a limited time, the NFHS Network is offering a FREE digital download of ANY eligible game from the NFHS Network archives! To redeem the free download head over to <https://www.nfhsnetwork.com/landing/event/free-download> and follow the instructions on the page.

The offer is available until May 31st, 2020 and some limitations may apply.



Have you followed the NSAA social media channels?

Be sure to follow all of the NSAA social media channels to stay updated on the latest NSAA happenings and updates.



STAY UP-TO-DATE ON ALL OF THE NSAA ACTION!

					
facebook.com/ nsaahome	@nsaahome	@nsaahome	@nsaaevents	Nebraska School Activities Association	nsaahome

www.nsaahome.org

Update Your School Membership Directory

The NSAA utilizes your School Directory to send communication to the administration and coaches listed. Please make sure that this information is correct and updated **at all times**. To do so, login to your AD login page and under OTHER FORMS select 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](#)



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.

