Executive Director’s Notebook

Jay Bellar, NSAA Executive Director

We have all experienced it. If not in a game you coached, you have certainly witnessed it in a game you have watched. The plan has been made. It has been shared with the players. Everyone is on the same page. We are executing it perfectly, down to the tiniest detail. All is going well…and then we become complacent. Let our guards down. Do not go as hard or as intently toward the goal. In mere minutes, the plan begins to break down. The opposition sees an opening and starts making a comeback. Too often, before we know it, we find ourselves back on the losing side, having to start all over again, fighting to gain back all we worked so hard to achieve.

We are all currently playing in the same game, and the opposition is COVID.

Looking back, our member schools did a fantastic job preparing for school to reopen in their districts. The plan was implemented and worked, but we must stay in the game. It is important to take time and reflect on what we talked about a few months ago while planning school openings and extra-curricular activity participation. We asked the question: What do we have to do to be able to be safe, go to school and participate in activities? The answers came in the form of creating small groups, wearing masks, socially distancing ourselves, washing hands regularly, and cleaning and sanitizing frequently.

We realized that if we did these things, students would have the opportunity to learn and the chance to play. Guess what? It worked! Sure, it might not be perfect, and some students have had to miss school and/or competitions, but for the most part, it has kept us in the game! Now we must make the effort to not lose sight of all the hard work everyone has put in to make this happen. Now is not the time to ease up. The flu season is fast approaching, we must prepare for it. Winter/indoor activities are approaching, we must prepare for it.
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Lincoln Public Schools

Dana Wiseman
District I
Sutton

Thomas Lee
District II
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Dr. Bob Reznicek
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COVID is still here, we must continue to prepare for it. So, we ask the question: *What do we have to do to be able to stay safe, stay in school and continue winter indoor activities?* The answer comes by reiterating and enforcing earlier decisions of keeping groups small, wearing masks, and wearing them properly, socially distancing ourselves, washing hands regularly and cleaning and sanitizing frequently.

**Nothing has changed!** We must stick with the game plan, be persistent and follow through with best practices that have proven to work—practices that we have witnessed working. With that said, the NSAA is looking ahead to make decisions on post season plans and what the activities may look like. As always, we need and value your help, not only to host sub districts, districts, and state competitions, but to assist the NSAA with running them well and running them safely. Below are our guidelines for post season play.

### 2020 NSAA Fall Sub-District, District and Playoff Guidelines

As the fall regular season draws to a close, the NSAA calls upon member schools to host sub-districts, districts, and playoffs for the NSAA. In most activities, the team with the highest seed earns the right to host these events. In other activities, member schools volunteer to host.

The health and safety of students, staff, and local communities remain the priority of the NSAA.

The NSAA is implementing the following requirements for host schools of all NSAA fall sub-district, district, and playoff contests:

- Participants are permitted to wear face coverings during competition, but not required.
- Coaches and non-active participants are strongly encouraged to wear face coverings.
- Spectators are required to wear face coverings at all times while attending indoor events.
- Spectators are required to wear face coverings at all times while attending outdoor events when physical distancing (6ft) is not possible.
- The host school may establish additional requirements in consultation with local health departments. Any additional requirements implemented by the host school must be the same for all teams, officials, and spectators.

All participating schools and spectators are expected to adhere to these requirements.

Communication, flexibility, and patience will be key in helping to support our high school student participants as they pursue an NSAA State Championship this fall. Thank you in advance for your cooperation.

We have all been in the game where the game plan is working, but players, coaches, even fans begin to get complacent, start to take short cuts, and not work as hard. We cannot let that happen when the competition is COVID. Stay in the game and together we can win!
October is National High School Activities Month

The National Federation of State High School Associations (NFHS) declared October as National High School Activities Month. It was designed to encourage high schools to promote the values inherent in high school sports and activities. Using #HSActivitiesMonth tag @nsaahome and @NFHS_Org on Twitter showing how your school is getting involved.

**October 4th-10th**
National Sportsmanship, Fan Appreciation & Public Address Announcers Week

**October 11th-17th**
National Performing Arts Activities & Local State High School Associations Week

**October 18th-24th**
National Coaches, Advisors, Officials, & Sponsors Week

**October 25th-31st**
National Community Service/Youth Awareness Week

The NSAA would like to thank our corporate partners for their continued support of the NSAA and NSAA activities!
U.S. Bank® and the Nebraska School Activities Association (NSAA) are proud to announce the 2020-2021 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 2020 and continuing through March 2021, 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 25th, 2021.

These students will be recognized via an NSAA social media campaign throughout the 2020-2021 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 2020-2021 U.S. Bank Believers & Achievers!

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

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

### Softball & Baseball Helmet Reconditioning

The NFHS recently shared an updated memo from the National Athletic Equipment Reconditioners Association (NAERA) outlining up-to-date recommendations for reconditioning, recertification and sanitization (during COVID-19) of softball and baseball helmets. The memo is posted on the NSAA website on the softball and baseball pages.

### Postseason Bowling

The NSAA Board approved district and state championship competition for bowling during the 2020-21 season. Details will be discussed during the October Board meeting.

Bowling has been added to the NSAA website (https://nsaahome.org/bowling/) where resources and information will be added in the coming weeks.

### NEW – NSAA State Championship Tickets ONLINE Only

In an effort to improve safety at all of our Championship venues, the NSAA is shifting to online only tickets for our State Championship events. The NSAA will use contactless entry into all Championships beginning with the 2020 Fall Championships. Online tickets will be purchased through GoFan, by clicking here. Online tickets must be on your phone, either through the app or your email for redemption – NO PRINTED TICKETS ALLOWED. For questions regarding tickets, please contact NSAA Business Manager, Megan Huber, at mhuber@nsaahome.org.

### Championship Reimbursements

At the September 17<sup>th</sup>, 2020 Board Meeting, the NSAA Board of Directors voted to suspend State Championship Reimbursements to schools for the 2020-21 school year unless income allows with the priority on reimbursing mileage. For questions regarding reimbursements, please contact NSAA Executive Director, Jay Bellar, at jbellar@nsaahome.org.
NSAA Golf Cart Rental Policy for the NSAA Golf Championships

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

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

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

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

3. Those who provide a current DMV authorized handicap card that has the card holder’s name on it, along with a photo ID, will be rented a golf cart, as available. Those carts will be checked out between 8:30 and 9:20 am.

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

4. Those who provide doctor’s notes indicating the need for the use of a cart will be put on a list to be given on a first come first serve basis. At 9:20 a.m. those carts will be rented to those who provide an official doctor’s note if carts still remain.

5. The number of carts is limited at all golf courses. Those who provide the proper documentation are not guaranteed a cart.

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

Class B Girls State Golf Location Change

The 2020 NSAA Class B Girls State Golf Championships will be held at Monument Shadows Golf Course in Gering October 12th-13th. The 2021 Class B Girls State Golf Championships will be held at the Scotts Bluff Country Club. Additional information is available on the NSAA website here.

Updated State Cross Country Awards Schedule

The updated 2020 NSAA State Cross Country race and awards schedule is available on the NSAA website here.
September NSAA Board of Directors Meeting Notes

The September NSAA Board of Directors meeting was held at the NSAA office in Lincoln on Thursday, September 17th, 2020. The meeting minutes can be found on the NSAA website here.

2020-2021 NSAA State Championship
National Anthem Auditions

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

AD Instructions

Music Director Instructions

All applications must be submitted by Friday, October 2nd. Please reach out to NSAA Assistant Director Dan Masters at dmasters@nsaahome.org with questions.

2020-2021 NSAA School Directory

In replacement of the printed school directory, a link titled, 2020-2021 School Directory (printable version), has been placed on each NSAA school’s AD login page under the “Other Forms” section. Please feel free to print this file or save to your computer for your use. Contact NSAA Office Manager Cindy Callaway at ccallaway@nsaahome.org with questions.

2021 NSAA District Music Contests

The NSAA District Music Advisory Committee met via zoom on September 16th. The meeting served as a planning meeting in anticipation for the 2021 contests. The committee landed on three prongs to plan the ’21 contests: Plan A) hold contests as they normally are B) hold contests without large groups C) hold virtual contests without large groups.

In the coming months, the District Music Advisory Committee will continue to assess and evaluate the music landscape. Stay tuned for more details.

The 2020-21 music classifications have been posted HERE.

The 2021 District Music Contests sites have been posted HERE.

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

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.
2019-2020 NSAA Cup Winners

NSAA Cup presentations were made this September to several of the 2019-2020 NSAA Cup recipients. For a full listing of the 2019-2020 Cup standings and for more information about the NSAA Cup, click here.

Lincoln Southwest
Class A All-School Division

Millard North
Class A Girls Division
Class A Boys Division

Omaha Skutt Catholic
Class B All-School Division
Class B Boys Division

Scottsbluff
Class B Girls Division

Grand Island Central Catholic
Class C All-School Division

Lincoln Lutheran
Class C Girls Division

Aquinas Catholic
Class C Boys Division

Bancroft-Rosalie
Class D All-School Division
Class D Boys Division

Archbishop Bergan
Class D Girls Division
High Schools Conducting Sports Officiating Classes for High School Students Starting in 2020-2021

Ron Higdon, NSAA Assistant Director

I do not think that it is a secret that there is a shortage in the number of officials in almost every NSAA sponsored sport. Every year there are several occasions when schools have fewer officials than recommended for a varsity contest. We have even had situations where there have been varsity contests canceled due to the lack of registered officials to work the competition.

This issue is not confined to a specific geographical area of the state and is more widespread than most people are aware of. We are informed on a regular basis of incidents across the nation involving conflict between officials and coaches, athletes, or fans. Society in general has taken the stance that the official can be a verbal punching bag for anyone who wants to take a shot. That may not be something new, but it has escalated to the point that becoming an official is not a desirable activity for most.

Over the last several months, we were contacted by a couple of schools that wanted to develop a curriculum and offer a sports officiating class in their respective high school. With help from other state associations that already offer these classes at the high school level, we were able to provide resources and sample curriculums as a guide for developing their own.

“We felt that this is a class that can teach students that have an interest in physical activity and sports a relevant skill that they could use to help earn some additional income while they are in school and after they are out of school,” said Ord Athletic Director Derry Trampe. “We want our students to have a better understanding of the game and the rules involved and to look at it from the officials’ perspective. Our hope is that with this insight, our students will not only look to staying involved in the game after their playing days are over but also be more understanding of what officials encounter when they officiate. Ultimately, we want them to appreciate the job that officials do for them every time they have a game. In the end we want them to respect the officials for the job they do which will lead to improved sportsmanship from students and fans. With any luck we will have kids who want to officiate and help reduce the shortage of officials we see in the state. This will not only help with varsity contests but with our lower level contests as well.”

Ogallala Athletic Director Scott Rezac adds, “We started the class with the idea that it would help bridge the need for officials. We have a lot of former players that would make good officials but lack the guidance and/or confidence to pursue officiating as they move on with life after high school. The class is only offered to Juniors and Seniors. We have it set up to focus on 3 areas: 1. Classroom - Rules and mechanics. With guest speakers that are NSAA Certified Officials. 2. Applied Practice - Officiating lower level activities with experienced officials. 3. Evaluation - Review video of their performance.”

From the NSAA perspective, we feel that this will also help students better understand the importance of sportsmanship as they view the game, match, or set from the official’s eyes. We also believe that, as they move on from high school and become coaches, parents, and fans, they will have more respect for the job that officials do.

We want to commend both schools for their ideas and willingness to work toward a solution to this ongoing issue.

Please contact the NSAA office if your school is interested in the resources that we have available.
NSAA Membership Spotlight

District 1: Superior

Location: Superior
9-12 Enrollment: 125
School Mascot: Wildcats
Twitter Handle: @SuperiorNESD

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

NSAA State Championships: 5

What’s Happening at Superior:
“Superior High School, along with our booster organization known as the Red Caps, purchased a new bus for our students to travel in to the various activities we compete in,” said Athletic Director Kevin Miller. “The bus is wrapped with our school colors and also includes our Wildcat mascot and the words Superior Wildcats on both sides, along with our Wildcat paw on the back. The bus also has air conditioning and USB plugins for charging students’ devices during activity trips.”
District 2: Wahoo

Location: Wahoo
K-12 Enrollment: 1022
School Mascot: Warriors
Twitter Handle: @wahoopublic

NSAA Participation:
Girls Golf
Softball
Boys & Girls Cross Country
Volleyball
Football
Unified Bowling
Play Production
Wrestling
Boys & Girls Basketball
Speech
Music
Baseball
Boys & Girls Track
Unified Track & Field
Boys Golf

NSAA State Championships: 18

What’s Happening at Wahoo:
“At Wahoo Public Schools we feel that we have an extremely strong culture of participation,” said Assistant Principal and Activities Director Robert Barry. “We are fortunate to have many students who are involved in multiple of our extracurricular activities, fine arts, clubs, peer-mentoring, etc. Our students value the opportunities that they have to compete and make the most of those by being relentless, accountable, having a competitive spirit, & giving forth great attitudes and effort.”
District 3: West Holt

Location: Atkinson
K-12 Enrollment: 412
School Mascot: Huskies
Twitter Handle: @WestHoltHuskies

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

NSAA State Championships: 5

What’s Happening at West Holt:
“Our school fosters the Husky Way in all grades K-12. Although focused on more in the elementary school, the Husky Way is 16 “ways” to be the best student/person possible,” said Superintendent Paul Pistulka. “This is adopted from Ron Clark’s Essential 55. All of our staff attend the Ron Clark Academy in Atlanta, Georgia for professional development at least once during their time at West Holt. The Husky Way is a great character-building tool for our teachers and students.”
District 4: Sutherland

Location: Sutherland  
PK-12 Enrollment: 339  
School Mascot: Sailors  
Twitter Handle: @spssailors

NSAA Participation:
Boys & Girls Cross Country  
Volleyball  
Football  
Play Production  
Wrestling  
Boys & Girls Basketball  
Speech  
Boys & Girls Track  
Boys Golf

NSAA State Championships: 2

What’s Happening at Sutherland:
“Through our Positive Behavior Interventions and Supports (PBIS) Initiative we have developed Sailor Crews. Sailor Crews consist of teams of students in Kindergarten through 12th grade averaging about 20-25 students per team,” said Athletic/Activities Director Shannon Staggs. “These teams meet once a month and work on teambuilding, developing relationships, and conflict resolution. Our Sailor Crews have also prepared posters for our local businesses and nursing home residents as part of our outreach program. Overall, this program has allowed our students to develop relationships with individuals outside of the school as well as our local businesspeople. We hope to continue making these positive connections in the future so that our students, residents, and businesses continue to work together to better our community.”
District 5: Southwest

Location: Bartley (6th-12th) & Indianola (PreK-5th)
PreK-12 Enrollment: 305
School Mascot: Roughriders
Twitter Handle: N/A

NSAA Participation:
Boys & Girls Cross Country
Girls Golf
Volleyball
Football
Play Production
Wrestling
Swimming & Diving
Boys & Girls Basketball
Speech
Music
Boys & Girls Track
Boys Golf

What’s Happening at Southwest:
“Following our merger in 2009, Southwest completed a new 6-12 building in Bartley, NE. Our facility includes a 1200 seat gymnasium and a 330-seat auditorium with adjacent music, speech, and art classrooms that can all enter onto the stage,” said Athletic Director Les Roggenkamp. “Our performing arts and athletic facilities are a proud feature of our school system allowing us to host conference and district Play Production and other district championships.”

“In 2017 Southwest Public Schools completed a renovation of its outdoor athletics facilities. A four-lane practice track, pole vault pit, runways, and throwing rings were completed with adjoining concession stand and press box. This outdoor renovation gives Southwest excellent facilities for the development of athletics and in hosting events within the proud RPAC Conference.”
District 6: South Platte

Location: Big Springs  
K-12 Enrollment: 212  
School Mascot: Blue Knights  
Twitter Handle: @southplattehs

NSAA Participation:  
Boys & Girls Cross Country  
Volleyball  
Football  
Play Production  
Unified Bowling  
Boys & Girls Basketball  
Speech  
Music  
Boys & Girls Track  
Boys Golf

NSAA State Championships: 1

What’s Happening at South Platte:  
“Our school has seen some fantastic growth over the last few years. The increase in enrollment, outstanding effort, and work ethic of our athletes has led to incredible success in the classroom and in our activities,” said Principal and Athletic Director Seth Ford. “We have had several teams do well, including our Girls Basketball team which has qualified for sub state the last two years. We have also had state qualifiers in Speech, Track, and Golf. We look for even more success in all of our activities this year. Our students have come up with a student resilience program that we have implemented over the last three years, and we feel it has been a positive addition to our culture. Students are very willing to put in the work necessary to be successful, and we learn and become stronger every time we fall short of our goals. This strong culture that is building helps students in class, in activities, and we hope will help them lead successful lives when they leave our building.”
The strangest beginning to a high school sports season in recent memory continues across the country. In some states, sports and other activity programs have been underway for several weeks. In other states, discussions continue on a fall starting date for some higher-risk sports. And in seven states plus the District of Columbia, the starting date for all sports has been pushed farther into the school year.

The swing of emotions continued last week as state associations, in concert with state government, health and education leaders, continued to reassess the need for students’ involvement in school activities and adjust their plans to the ever-changing situations related to the coronavirus.

On the positive side, cheers and high-fives (among family members) were in order in Michigan, where football, soccer and volleyball were reinstated for the 2020 fall season after initially being moved to spring. Details of the Michigan High School Athletic Association’s latest changes, along with return-to-play plans for all states, are available on the Sports Seasons Modifications Map on the NFHS website.

The news was not as positive in Connecticut and Rhode Island, however. In Connecticut, the Connecticut Interscholastic Athletic Conference cancelled football for the fall season on the recommendation of the Connecticut Department of Public Health. With no plans for playing football in the spring, the CIAC is developing some lower-risk options for players this fall. Volleyball will be allowed in Connecticut this fall, although in New Jersey, opposite plans have been developed – football will be played this fall while girls volleyball has been moved to the spring.

In response to the governor’s orders, the Rhode Island Interscholastic League is moving football and girls volleyball to the spring season. In two other Northeast states – Maine and New York – discussions about playing higher-risk sports this fall continue.

At the local level in the Olathe (Kansas) School District, there was an interesting twist to the subject of allowing sports to be played if students are learning virtually. In that suburban Kansas City school district, football will be allowed this fall ONLY if students are learning virtually throughout the season. Borrowed from the Wichita (Kansas) School District, this plan mimics the bubble concept of professional basketball and hockey.

Many states, many plans and approaches. There are no single right or wrong decision made by school districts, state associations and state government, health and education leaders. However, with some of the recent developments, perhaps the new motto should be “never say never.” While decisions to delay fall sports until later in the year were made in some states many weeks ago, changes in COVID-19 positivity rates may allow for reconsideration of decisions.

Because of the value of these programs – sports, speech, music, theatre – to the more than 12 million high school participants, we must continue to remain hopeful and look for new opportunities for students to connect through high school activity programs.

Click here for the full article on the NFHS website.
NSAA Intern Tales

*Cody Mroczek, NSAA Intern*

I am back for round two! As some of you may know, I am an intern last year here at NSAA. For those that do not know me, I am Cody Mroczek and am grateful to have another year interning with the NSAA. I graduated from Columbus Scotus, am currently attending the University of Nebraska-Lincoln, and am competing for the Huskers on the track team. I am double majoring in Business Education and Coaching with the hopes and dreams of being an Athletic Director someday. I was a three-sport athlete in high school competing in cross country, basketball, and track. I was fortunate enough to attend the state championships all my years of competition, so I was able to see first-hand how the NSAA impacted athletes at the state championships. Now, being on the flip side of things and being able to help the NSAA staff put on these championships for high school athletes is such a surreal experience.

Last year I was able to attend most of the state championships in the fall and winter seasons. I attended Cross Country, Boys Tennis, Volleyball, Football, Wrestling, and Girls and Boys Basketball. Each event was unique, and it was a cool experience to see how the NSAA operated from each State Championship to the next.

What does the NSAA intern do exactly? A little bit of everything. At the state championships my tasks involved handing out team packets, updating brackets, taking pictures and videos for the NSAA Snapchat, grabbing stats, setting up post-game interviews, and helping with team trophies and medals. Not to mention, shoveling snow off Memorial Stadium field was one I will not forget either.

I am excited to be back this year even with the circumstances of COVID. It will be fun to learn and see how the NSAA handles everything related with COVID as I got a glimpse of that problem with Boys State Basketball last year. Hope everyone can stay healthy and safe and I hope to get to see you at the upcoming State Championships.

Student Advisory Committee Spotlight

*Chloe Irwin, Junior at Gretna High School*

My name is Chloe Irwin, a junior at Gretna High School and a member of the NSAA’s Student Advisory Committee. My biggest passion in life is theatre. I have done community theatre all my life and recently became more involved in my high school theatre program. Other NSAA activities I participate in are One Act and Forensics. I have been participating in both activities since freshman year. I also participate in Student Council, the Gay Straight Alliance, Service Club, and National Honor Society. I am also president of the Drama Club, a State Student Thespian officer, a member of the Governor’s Youth Advisory Council, and I participate in Kara Eastman’s Campaign Team. Politics are one of my biggest passions. I think it is very important to discuss important topics that may make us feel uncomfortable. I really hope to use the privilege I possess for good and use my voice to uplift others. I have been getting really excited for all the NSAA Activities still happening this year, especially One Act. I am ecstatic we can still participate in our favorite activities while staying safe and smart. Gretna High is going full time, in person. We have been wearing masks consistently and we have been social distancing as much as possible. It has been very nice to have some normalcy in these bizarre times. This year I am hoping to invite the middle and elementary school students to Gretna’s fall One Act to get them more involved in theatre. I also want to encourage more sportsmanship for the less attended activities. I am interested in what this year will hold and hope it will be filled with new experiences.
NSATA Training Table

Justin Eggleston, ATC from Lincoln North Star High School

Return to Athletics after having a positive COVID-19 Test

The discussion surrounding COVID-19 and student athletes has been focused on stopping the spread of the virus but also finding ways to continue activities as safely and frequent as possible. The reality of having a positive COVID-19 student athlete has started to affect many schools in our state. How to return a previously positive student athlete back to activity safely, needs to be the new discussion topic among health care professionals, Athletic Directors, coaches, athletes, and parents.

A new set of policies and procedures needs to be written to address this situation. Like other policies, consulting with the appropriate professionals to return athletes back from COVID-19, is a must. There has been considerable conversation about the short- and long-term effects this virus has on individuals. When will it truly be safe for a student athlete to return to their activity after contracting the COVID-19 virus?

Something to consider when an athlete is returning back after being infected by the virus, is to have them consult with their physician to obtain clearance to return to activity. Just like an athlete returning from a concussion, there should be an appropriate return to play progression for a student athlete coming back from COVID-19. There is an increasing amount of resources that are becoming available for this situation. Below is a sample return to play after COVID-19 that is being used by a high school in Nebraska. Each school should consult with physicians and other health professionals on what an appropriate return to play protocol should be adopted for each school.

The progression shall begin following 14 days after symptoms have subsided and athlete has been cleared by physician.

<table>
<thead>
<tr>
<th>Exercise</th>
<th>Duration</th>
<th>Intensity</th>
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<tbody>
<tr>
<td>Step 1.</td>
<td></td>
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<tr>
<td>Stationary Cycle</td>
<td>10 minutes</td>
<td>40 RPMs or above</td>
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<tr>
<td>Jumping Jacks</td>
<td>10 reps</td>
<td></td>
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<tr>
<td>Push Ups</td>
<td>5 reps</td>
<td></td>
</tr>
<tr>
<td>Sit Ups</td>
<td>5 reps</td>
<td></td>
</tr>
<tr>
<td>Step 2.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Stationary Cycle</td>
<td>10 Minutes</td>
<td>40 seconds 40 RPMs / 20</td>
</tr>
<tr>
<td>Jumping Jacks</td>
<td>25 reps</td>
<td>seconds sprint (10 repetitions)</td>
</tr>
<tr>
<td>Push Ups</td>
<td>10 reps</td>
<td></td>
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<tr>
<td>Sit Ups</td>
<td>10 reps</td>
<td></td>
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<tr>
<td>Step 3.</td>
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<td></td>
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<tr>
<td>Stair Climber</td>
<td>15 minutes</td>
<td>Level 3 or greater</td>
</tr>
<tr>
<td>Mountain Climbers</td>
<td>20 reps</td>
<td></td>
</tr>
<tr>
<td>Burpees</td>
<td>10 reps</td>
<td></td>
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</table>

Step 4. Return to Limited Practice. No full contact or scrimmage. Condition with the team if applicable.

Step 5. Return to Full Participation in Practice.
Have you followed the NSAA social media channels?

The 2020 Fall Championships are right around the corner! Be sure to follow all of the NSAA social media channels to stay updated on the latest NSAA happenings.

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 will go to see if your coaches have completed their online rules meetings. Please contact Cindy Callaway at ccallaway@nsaahome.org with questions.
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 & Activities Sponsors

Starting with the 2020-2021 school year the NSAA will add “Activity Sponsors” to the requirement of taking 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.

Get Schooled on Concussions

Half of Nebraska teachers responded in a 2018 survey that they did not know how to manage concussions in the classroom and the same amount noticed an academic decline from students after sustaining a concussion or head injury. But finding a way to offer differentiated instruction to a student can be a challenge, especially with full classrooms and limited free time in a teacher’s schedule. Most concussions (80%) resolve within a four-week timeframe if it is immediately managed properly both in and out of the classroom.

Brain Injury Alliance of Nebraska is providing a free statewide subscription for Nebraska educators to ‘Get Schooled on Concussions’ and ‘TACT’ (Teacher Acute Concussion Tool). Nebraska educators and school nurses have access to free videos, tip sheets, and a customized plan for students returning to the classroom after a concussion. For access to this tool, please email BIA–NE Executive Director, Peggy Reisher, at peggy@biane.org and include your district name and role. For free resources for all, visit the Get Schooled on Concussion Nebraska page.
NSAA Play Production & Speech Judges Registration

The NSAA Play Production and Speech judges application for the 2020-2021 school year is now available online at https://nsaahome.org/play-production/ and https://nsaahome.org/speech/.

<table>
<thead>
<tr>
<th>Activity</th>
<th>Fee</th>
<th>Deadline</th>
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<tr>
<td>Play Production</td>
<td>$25.00</td>
<td>October 23, 2020</td>
</tr>
<tr>
<td>Speech</td>
<td>$25.00</td>
<td>January 8, 2021</td>
</tr>
<tr>
<td><strong>DUAL – Play Production &amp; Speech</strong></td>
<td>$40.00</td>
<td>October 23, 2020</td>
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(Must register for both activities at same time to get discount)

Judges Manuals will not be mailed. Please refer to the NSAA website to view the manuals.

2020-2021 Play Production and Speech Rules Meeting Schedules

All judges and head coaches are REQUIRED to complete the online rules meeting.

Attendance at the summer workshop qualifies for rules meeting credit.

**Play Production**
- October 1 to October 13: No Charge to Head Coaches & Judges
- October 14 to October 21: Basic $25 Fee – Head Coaches & Judges
- October 22 to October 23: Late/Penalty $50 Fee – Head Coaches & Judges

**Speech**
- October 1 to December 29: No Charge to Head Coaches & Judges
- December 30 to January 6: Basic $25 Fee – Head Coaches & Judges
- January 7 to January 8: Late/Penalty $50 Fee – Head Coaches & Judges

**Make sure to pay specific attention to the rules meeting schedule to avoid additional fees.**

Questions? Contact Cindy Callaway at ccallaway@nsaahome.org or 402-489-0386.

Registration Deadline

Play Production – October 23, 2020
Speech – January 8, 2021