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LINCOLN, NE — The Nebraska School Activities Association is proud to recognize Ms. Sara Kellogg of Bergan Catholic as this week's Above and Beyond Award nominee. A coach, mentor, and fierce advocate for student growth, Sara has gone the extra mile—quite literally—to open new doors for young women in athletics.

Last year, Sara, alongside two fellow coaches, launched Bergan Catholic's first-ever Junior High Girls Wrestling program. Beginning with just nine girls—some with wrestling experience, others with none—Sara poured her heart into this pioneering effort. From day one, she believed in their potential, committed herself to their progress, and created an environment where every athlete felt valued, supported, and empowered.

For Sara, it wasn't just about takedowns and technique. She helped her athletes discover self-confidence, discipline, and resilience—qualities that extend far beyond the mat. Her compassion and consistency created a space where girls could thrive, not just as wrestlers, but as young women finding strength in themselves and each other.

This program added more than a sport to Bergan—it added a meaningful opportunity for girls to compete, grow, and lead. And that doesn't happen



without someone like Sara—a coach willing to go out on a limb, build something from the ground up, and invest deeply in her team.

The impact hasn't gone unnoticed. Other female wrestlers have commented that Bergan's girls are lucky—lucky to have a coach like Sara, a mentor who not only teaches the sport, but leads with empathy and vision. Many have said they wish they had a female coach who believed in them the way Sara believes in her athletes.

Sara's dedication extends far beyond wrestling season. She is a constant presence and supporter of the girls across other sports and school activities, always showing up, cheering loud, and celebrating their growth in all areas of life.

The NSAA proudly honors Ms. Sara Kellogg for going above and beyond—not just in launching a new program, but in shaping confident, capable young women who will carry her lessons with them long after the final whistle.

The NSAA's Above and Beyond Program is designed to recognize the hidden gems of communities across Nebraska. [Click here to nominate someone today!](#)