

# NSAA News

June 2020



500 Charleston St., Suite 1, Lincoln, NE 68508  
[www.nsaahome.org](http://www.nsaahome.org) 402-489-0386

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***"NSAA activities...  
the other half of  
education."***

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## Executive Director's Notebook

*Jay Bellar, NSAA Executive Director*



### NSAA Return to School Activities

I hope everyone is enjoying the summer so far, although we all know it is quite different this year. There will be many decisions to be made soon when it comes to returning to school and NSAA activities. I do not pretend to have all the answers, but hopefully the NSAA will have our guidelines out shortly, so you can start the planning phases for your school. With

that being said, I believe it is important for our student-athletes, their parents, and the school districts to think about the risk that could occur.

The physical and psychosocial benefits of education-based activity participation are numerous. Students who participate in school activities learn life lessons in an environment that cannot be duplicated. The academic achievements, social and leadership skills, as well as overall mental health are known to be greatly enhanced in students who participate in a school activity compared to those who do not. The coronavirus pandemic has resulted in thousands of Nebraska students missing out on these life-shaping educational experiences over the past several months.

**The risk of coronavirus transmission will still be present to some degree as school activities begin in August.** Students and their families, along with school personnel must recognize these risks and implement best practices to reasonably mitigate these risks. Participation in school activities is voluntary and every individual will need to evaluate the risk versus the benefits of activity participation. Those immunocompromised students and staff, or those who live with family members with elevated health concerns, should evaluate associated risks of participation and may choose not to participate.

Please see *NSAA Return to School Activities* 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



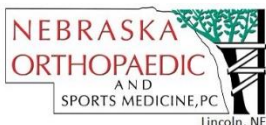
**Alicia McCoy**  
Administrative  
Assistant



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*The NSAA Would Like to  
Thank Our Corporate  
Partners*

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### NSAA Return to School Activities from page 1

The primary means of coronavirus transmission is through respiratory droplets. Risk mitigation strategies should be aimed at reducing the likelihood of a person's respiratory droplets coming into contact with another person. Every school and every activity are different. Certain mitigation strategies may be feasible in one school or for one activity, but not another.

It is recommended all schools designate a point person to disseminate the constantly changing information and oversee their school's risk mitigation strategies. School leaders will need to determine how best to **implement ALL reasonable risk mitigation strategies**. School leaders should remain in consultation with their local health departments and medical personnel to review and evaluate strategies applicable to their unique facilities and activities.

We are hoping that our activities can open on time, only time will tell. We will listen to our local, state, and national health personnel, as well as the governor's office and NDE. Stay well, be safe, and take care. Have a great summer!

## NSAA Contact Information

Please note that we no longer have a P.O. Box and check that the address you have on file for the NSAA is:

Nebraska School Activities Association  
500 Charleston Street, Suite 1  
Lincoln, NE 68508

We may be reached by phone at 402-489-0386 or by fax at 402-489-0934.

The listing of NSAA staff, responsibilities and emails are available on the NSAA website [here](#).

## NFHS Officiating Courses Available for FREE Through July 1<sup>st</sup>

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





## The NFHS Voice: High School Sports, Activities: Opportunity for Everyone to be Included, Accepted



*Dr. Karissa Niehoff, NFHS Executive Director*

Seemingly overnight, the focus across the country is not on the COVID-19 pandemic or the restarting of sports. The horrific tragedy in Minneapolis and the ensuing protests in major cities across our nation have resulted in a sobering wake-up call that there are issues that must be addressed as fervently as the development of a vaccine for the novel coronavirus.

These are worrisome scenes from across the country and are signs that we have much work to do regarding racial injustice and equality for everyone. Many of the cities ravaged this past week are homes to our member state associations, including the city of Indianapolis where the NFHS and the Indiana High School Athletic Association reside.

In due time, the national health crisis will subside, businesses hopefully will be able to re-open and people will be able to return to their jobs. But what is the timetable for an end to racial injustice in our nation? If the clashes of this past week do not provide the necessary signal that these issues are more important than anything we have ever faced and could make or break our nation, nothing will.

Sports often provide an escape from the ugly scenes on the news. With high school sports – like most other sports – sidelined during the pandemic, we cannot “escape” the scenes of the past week. Perhaps, for the moment, that is a good thing as the nation can collectively focus on one goal.

That goal is to treat everyone the same, treat each other with respect, regardless of the color of one’s skin – the very fundamentals of high school sports and activities in our nation’s schools where all genders, all races, all religions – as in teamwork – work together to accomplish a goal. Nationwide, we have much work to do.

Our hearts are broken at what we have seen and heard this past week. Our thoughts, prayers and condolences go out to the families of Dreasjon Reed, Ahmaud Arbery, Breonna Taylor, George Floyd and many other African Americans who have lost their lives in racially motivated tragedies just this year.

We must value the life of every single person in our country, and we must continue to provide opportunities for all people to succeed. Everyone must be a part of the solution, including participants, coaches and others in high school sports and performing arts in our nation’s schools. And to those students, coaches, officials and school administrators who represent these targeted populations, the NFHS stands with these groups for positive change.

By the end of the sixth day of the recent protests, one thing seemed to be crystal clear: the lack of a strong national voice emphatically calling for Americans to value the life of every single person – calling for an end to prejudiced, bigoted behavior.

[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](#)



## Spring 2020 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 2,085 award winners of the 2020 Spring NCPA Academic All-State Award.

This brings the total number of NCPA Academic All-State Award winners to over 79,000 spanning the 14 years of this awards program.

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

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



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[NSAA Important Dates & Deadlines](#)

[NSAA Cup Information](#)

[NSAA Publications Order Form](#)

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## May NSAA Board of Directors Meeting Notes & Rep Assembly Minutes & Voting Results

The May NSAA Board of Directors meeting was held at the NSAA Office in Lincoln on May 21<sup>st</sup>, 2020. The meeting minutes can be found on the NSAA website [here](#).

Representative Assembly was held via Zoom on May 21<sup>st</sup>, 2020. The meeting minutes and voting results can be found on the NSAA website [here](#).

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*NSAA Cup*

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

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## 2019-2020 NSAA Cup Results Released

Each year the NSAA recognizes the most successful activities programs in the state with The NSAA Cup. The NSAA is pleased to announce the final standings for the 2019-20 NSAA Cup. NSAA Cup Information, All-School Standings, Girls Standings, Boys Standings and Points Breakdowns for each classification may be viewed [here](#).

## 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.



## 2020-2021 Officials Information

Officials registration for the 2020-2021 season is now open and is available on the NSAA website [here](#). Please refer to the [Officials Manual](#) and [Registration Requirements](#) located on the Officials tab on the NSAA website for more information.

### Online Rules Meeting, Part 1 Test & Registration Deadlines

Softball – August 14<sup>th</sup>, 2020  
Football & Volleyball – August 21<sup>st</sup>, 2020  
Basketball, Wrestling & Swimming – November 20<sup>th</sup>, 2020  
Baseball, Soccer & Track – March 9<sup>th</sup>, 2021

### Part 2 Test Dates

Softball, Football & Volleyball – September 9<sup>th</sup>-14<sup>th</sup>, 2020  
Basketball & Wrestling – December 9<sup>th</sup>-14<sup>th</sup>, 2020  
Baseball & Soccer – March 24<sup>th</sup>-29<sup>th</sup>, 2021

## NSAA Summer Office Hours

The NSAA summer office hours are observed during June and July and are as follows:

**Monday-Thursday**  
8:00 a.m. – 3:00 p.m.

**Friday**  
8:00 a.m. – Noon

The NSAA office number is 402-489-0386 and the staff emails are available at <https://nsaahome.org/staff/>.

## NSAA Membership/Activities Registration Form

The NSAA Membership/Activities Registration form for the 2020-21 school year went live on June 2<sup>nd</sup>, 2020. The form can be found on the AD login page. Once logged in, scroll to the bottom to the “Other Forms” section and then go to “NSAA Activities Registration Form”. The NSAA Membership/Activities Registration deadline has been extended to July 15, 2020. If you have any questions, please contact Megan Huber at [mhuber@nsaahome.org](mailto:mhuber@nsaahome.org).

## Unified Sports® 2020-21 Unified Champion Schools Grant Money

Unified Sports® 2020-21 Unified Champion Schools Grant Money information was released via email to all athletic directors and is available [HERE](#). If your school will be participating in Unified Sports, Bowling or Unified Sports Track & Field and would like to get more information about the activity or the grant money available, email Dan Masters at [dmasters@nsaahome.org](mailto:dmasters@nsaahome.org). The grant money Google forms are due July 1<sup>st</sup>.



## NSATA Training Table

Scott Martens, ATC & OrthoNebraska Sports Medicine Coordinator



### **Trials and Tribulations of Working with Youth Sports**

Working with youth sports can be very rewarding and can have a significant effect on the young players and parents. Not only are we protecting these young players, but we are introducing our profession to the parents and grandparents thereby providing a better understanding of what an Athletic Trainer is and capable of doing.

When a youth organization request the services of an ATC, they are often unsure of what they need. Often times they feel that the ATC is there to hand out band aids and ice, and unaware of what they truly need.

When preparing to work with youth sports there are several things to consider. You will need to determine what sport is being covered, the number of teams involved, other medical personnel availability, supplies, and number of sites. In determining these things, you also need to look at other items such as EAP's for each site, availability of emergency equipment, i.e. AED, and who is your supervising physician. You will also need to determine is the event is indoor or outdoor and if weather is a concern.

In breaking down some of these items, physician oversight and EAP's are your number one concerns. An EAP for each site will allow your ATC's vital information on where emergency equipment is located, other available medical personnel and who is responsible for different scenarios. Also, inclement weather situations can be addressed in the EAP making for a simplified determination on when to call competition.

EAP's can also address the issue of injury awareness. Often the ATC is expected to cover large venues, with multiple competitions going on at the same time. This makes it difficult to visualize many of the injuries. With a good EAP the ATC can be notified as to where the injury is, type of injury and what is the best way to arrive at the injury site.

Other items to take into consideration when working with youth sports is, who is monitoring injured athletes return to play and who is responsible for handling injury documentation. Also, if multiple sites are involved, they may cross state borders and you will need to be aware of the practice acts for each state.

Lastly, is the ask from the youth sport organization realistic. By that I mean if you are covering, say a soccer tournament with 200 teams played on 20 different fields, is one ATC enough coverage? In this case you need to step up and let them know what an ideal coverage situation would be, and the cost involved with and then make a suitable compromise that will work with your EAP's.

Overall, working with youth sports can be rewarding and a way to either supplement your income or provide community service. A little pre-planning and asking the right questions will go a long way in providing for a smooth competition and good public relations.



## 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.



## 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 the NSAA office at

[ - ] 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](mailto: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 1<sup>st</sup> 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](mailto:ahonnor@nsaahome.org).



# NSAA END-OF-YEAR CHECK LIST

- ☐ 1. Fill out ONLINE the **2020-21 Activities Registration/Membership Form** with \$60 **Fees** for each activity in which your school will participate. This will also include the \$40 **Membership Fee**. *This form is now available and is due **July 15<sup>th</sup>**.* The form can be found on the AD login page, under “Other Forms”.
- ☐ 2. Fill out ONLINE **Application for Hosting** Subdistrict & District Events for 2020-21. Applications for Girls Golf; Cross Country; Volleyball; Unified Sports, Bowling; and Play Production are available now. **Deadlines vary depending on the activity.**  
**Contracts for schools that have been selected to host subdistrict & district events will be posted on the NSAA AD login page. AD's should regularly check the NSAA website for banner notification of the posting of those contracts.**
- ☐ 3. Complete 2020 **Volleyball, Softball & Class A Only-Girls Golf Schedules** on the NSAA website. **(After June 9)**  
*These may be found on the AD login page, under “Activity Select”, choose Volleyball, Softball, Girls Golf.*
- ☐ 4. Check 2020 **Football Game Dates** ONLINE.  
*These may be found on the Football page of the NSAA website. If a date needs to be changed or added, please contact Nate Neuhaus ([nneuhaus@nsaahome.org](mailto:nneuhaus@nsaahome.org)).*
- ☐ 5. Fill out ONLINE all entries for **2020-21 Directory**. **\*\*New this year is a cell phone column. Please do not leave this blank. This is for NSAA USE ONLY!\*\***  
*This may be found on the AD login page, under “Other Forms.” Remember, this form should be periodically updated as new hires and new coaching/sponsorship assignments are made throughout the year.*  
There is a “no change” box by each activity that should be clicked if the coach/sponsor is the same as 2019-20 school year. **Please be sure your email addresses are inputted correctly and are accurate - this is the primary form of NSAA communication.**
- ☐ 6. Notify in writing and remind all varsity coaches of **Fall Online Rules Meeting Dates**.  
*The Rules Meeting dates will be posted on the NSAA AD login page and the NSAA website.  
(Fall meeting free period start dates: Softball July 20<sup>th</sup>, Football & Volleyball July 27<sup>th</sup>)*
- ☐ 7. Notify in writing and remind all high school coaches that all (head, assistant and volunteer) coaches are required to take three NFHS courses at least once every three years: Concussion in Sport, Heat Illness Prevention, and Sudden Cardiac Arrest.
- ☐ 8. Check all **Co-ops** for current contract dates.  
New/renewal Deadlines: Fall Co-ops: July 1<sup>st</sup>, Winter Co-ops: September 1<sup>st</sup>,  
Spring Co-ops: January 1<sup>st</sup>. *(New/renewal forms may be found on the AD login page.)*

**\*\*2020-21 NSAA Calendars will be available in mid-July.\*\***

**\*\*2020-21 NSAA School Directory will be available after Labor Day.\*\***

# NSAA BEGINNING-OF-YEAR CHECK LIST

- ☐ 1. Fill out ONLINE all entries for **2020-21 Directory**. **\*\*New this year is a cell phone column. Please do not leave this blank. This is for NSAA USE ONLY!\*\***  
*Remember, this form should be periodically updated as new hires and new coaching/sponsorship assignments are made throughout the year. Please verify all coach/sponsor contact info. There is a “no change” box by each activity that should be clicked if the coach/sponsor is the same as 2019-20 school year. Please be sure your email addresses are inputted correctly and are accurate - this is the primary form of NSAA communication.*
- ☐ 2. Fill out ONLINE **Application for Hosting** Subdistrict & District Events for winter and spring activities. Deadline for Winter – September 1<sup>st</sup>, Spring – January 1<sup>st</sup>.  
**Contracts for schools that have been selected to host subdistrict & district events will be posted on the NSAA AD login page. AD’s should regularly check the NSAA website for banner notification of the posting of those contracts.**
- ☐ 3. Check 2020 **Volleyball, Softball & Class A Only-Girls Golf Schedules** on the NSAA website.  
*These may be found on the AD login page, under “Activity Select”, choose Volleyball, Softball, Girls Golf.*
- ☐ 4. Check 2020 **Football Game Dates** on the NSAA website.  
*These may be found on the Football page of the NSAA website. If a date needs to be changed or added, please contact Nate Neuhaus ([nneuhaus@nsaahome.org](mailto:nneuhaus@nsaahome.org)).*
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Spring Co-ops: January 1<sup>st</sup>. (New/renewal forms may be found on the AD login page.)
- ☐ 7. Notify in writing and remind all high school coaches that all (head, assistant and volunteer) coaches are required to take three NFHS courses at least once every three years: Concussion in Sport, Heat Illness Prevention, and Sudden Cardiac Arrest.
- ☐ 8. **Upload your school’s student database** into NSAA’s online database—for use when marking eligibility, participation, and district & state entry forms. Due August 10<sup>th</sup>.
- ☐ 9. Complete International Transfer Form for each international CSIET student enrolled at your school.  
*This form may be found on the AD login page, under the “Eligibility” section.*
- ☐ 10. Check the May 1<sup>st</sup> Transfer list to verify/confirm eligibility of students who transferred to your school or transferred from your school to another school.  
*The list may be found on the AD login page, under the “Downloads” section.*



It's TIME to Register  
to be an NSAA

Play Production and Speech  
Judge!

<https://nsaahome.org/play-production/> OR <https://nsaahome.org/speech/>

**Registration Deadline:**

Play Production – October 23, 2020

Speech – January 8, 2021



NEBRASKA SCHOOL ACTIVITIES ASSOCIATION

