



NSAA News

May 2021



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Executive Director's Notebook

Jay Bellar, NSAA Executive Director



When turning the calendar to May, we begin to compose the final chapter of this school year. Many may be eager to not only complete this year, but to also put it behind us, forget it, celebrate it being done. This year has been an unusual one. It has been difficult. It has been hard. But it has also been rewarding. Even though things were challenging, it is important to not just write this year off. The state of Nebraska, the NSAA, our member schools and our communities should feel proud of what they accomplished this year.

As often happens in times of adversity, changes are made, growth takes place, and new ideas are birthed. Looking ahead to next year and our return to "normal," we will certainly be glad to see some of the changes left behind, while, at the same time, be happy to keep and incorporate some of the new ideas into the next year and beyond.

Anyone working in education has heard someone say, "Well, because that's the way we've always done it..." Often those tried-and-true ways stick around because they work; however, the pandemic forced us to become innovative and discover new ways to accomplish our goals. We found out there are more than one way to reach our goals, we became creative, open-minded, and determined to make things work. As a result, some of the expanded thinking and brainstorming produced ways better than how it had always been done.

As we look to the new school year, we imagine it without masks, seating limitations, and social distancing being mandated. As happy as we are to see these ideas put to rest, we look forward to keeping some of the changes as well. Many extended family members as well as community members took advantage of the use of technology—Striv, YouTube, etc.—to watch activities and follow students they would have otherwise been unable to watch.

Executive Director's Notebook continued on page 3



NSAA Board of Directors & NSAA Staff



Kathi Wieskamp
District I
Lincoln Public
Schools



Dana Wiseman
District I
Sutton



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



Robert Drews
District V
Holdrege



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



Megan Huber
Business Manager



Cindy Callaway
Office Manager



Alicia McCoy
Administrative
Assistant



Jake VanWesten
Administrative
Assistant



Rick Colgan
Software
Developer



Executive Director's Notebook from page 1

Schools were forced to purchase equipment, train students and staff, and as a result created high caliber productions of not only sporting events but many activities. This, we believe, is a positive that will continue post-pandemic. Communication has always played a vital and important part in school activities, but the level and extraordinary means of communication that took place this last year is another positive that will benefit us to continue into the future. Technology such as Zoom, Google Classroom, Canva, and so many others helped not only teacher and students to connect but became a bridge of conversations between the NSAA and member schools, conference schools, coaches and participants and schools and health districts.

Perhaps, the biggest and most important takeaway that one hopes carries over is the renewed gratitude and appreciation in just being allowed to compete. To participate. To be part of a team. It is important to be thankful for education-based activities. We have remembered how fun it is to participate in activities and how imperative it is to make sure it stays one of our main goals.

The successes of this year came from coming together, working together, and sharing one objective. We live in a great state and per usual, Nebraskans pulled together to ensure our youth was able to participate. This would not have been possible without the cooperation of all involved. Thank you, again, to the governor's office, local health departments, administrators, coaches, teachers, students, and community members—your combined effort during this past year personifies the state slogan, "Nebraska...the good life!"

The NSAA would like to thank our corporate partners for their continued support of the NSAA and NSAA activities!



From the Chair of the Board of Directors

Dr. Bob Reznicek, District II, Boys Town



“The end is in sight, there is light at the end of the tunnel, we can almost see it” are just a few phrases that we have all heard as the school year has progressed. These phrases can usually be heard in the springtime of any school year, but these comments are magnified even more for the 2020-21 school year. This school year has truly been a journey for everyone associated with our schools and this includes our students, parents, teachers, coaches, sponsors, school administrators, and our communities. Never like before has this journey been a cooperative effort.

In March 2020, we had to pivot and make modifications like we had not had to do. We put our immediate concerns on the graduates of 2020 and our school staffs. Their health and safety became our top priority. We all had to become creative in trying to find ways to ensure those graduates were recognized as they lost many milestone events in their school lives. We then turned our focus to this school year and the graduates of 2021. What could we do to ensure our students the best experiences they could have as the pandemic continued. Simply put, but not simple to do, all of you took a step back, took several deep breaths, and made so many opportunities happen for your students. Everyone attempted to make the 2020-21 school the best we could under the circumstances. From what we have all witnessed and heard, ‘thank you’ for all that you have done to make these opportunities happen. Without each of you, this journey could have been more difficult.

As this school year comes to a close, we all need to take time to reflect on where the year started and where we are right now. In August, we wondered if we could complete our fall sports and activities seasons and yes, we did. Then came the winter season and we held our breath and kept a cautious eye on our situations and yes, we made it through that season. Now, we are all hopeful that the spring sports and activities season will also have a successful conclusion. We are almost there, and everyone wants to complete that journey. Plus, there are so many other events and celebrations that our schools and communities look forward to in April and May. Those events include Proms, various Honor’s Programs, Music Concerts, and, of course, Graduations. We truly hope that in early June, we can all take that collective breath and say, “We made it!”

We know challenges may still lie ahead of us. Nothing is certain as each day passes. But we all are better prepared. Everyone has created their own ‘playbook’ as the past 14 plus months have impacted us. One thing for certain is we will all be better prepared if such circumstances happen again. That is a tribute to all of you and your staffs for making the sacrifices to ensure the health, safety, and educational experiences for your students and staff.

As my year as Chairman of the Board of Directors comes to a close, I want to hand out several ‘Thank Yous.’ First and foremost, I want to thank Mr. Jay Bellar, Executive Director of the NSAA. Jay has put in enormous time to help guide us all through this situation. He has tried to keep all of you and your students in the forefront. I am sure some days were not easy, and they were challenging but Jay kept a ‘can do’ attitude throughout the entire past 14 months. Thank you, Jay! The staff of the NSAA has also worked tirelessly to ensure that your students and staffs had quality experiences in the respective sports and activities. They often had to make changes as they went. Modifications came due to capacity regulations. State events were extended beyond the traditional dates. This could not have happened without each of their efforts and thoughts. They are the unsung heroes of our State Championships. Thank you to the NSAA Directors and staff!

From the Chair of the Board of Directors continued on page 5



From the Chair of the Board of Directors from page 4

I want to take this opportunity to thank the NSAA Board of Directors. Thanks to Kathi, Dana, Tom, Jon, Dan, Bob, and Troy. As chair, I was able to have a great view of watching each of you in action this past school year. You stayed student, staff, and school focused throughout. Your leadership was of the highest level imaginable. It was truly an honor to be your Chair this past year.

In conclusion, I wish all of you the best as the summer months approach. I hope you find time to step back, take that deep breath, reflect, and most all enjoy some precious, quality time that you so much deserve. Best wishes to all of you!

District Music Contests Recap

The 2021 NSAA District Music Contests were recently held at twenty-three sites across Nebraska. Two hundred sixty-seven schools participated in the contests. Nebraska is one of six states in the United States to host in-person music contests.

All of the Outstanding Performance & Honorable Mention Award information may be located [HERE](#).

A big “thank you” to all of the host sites, site directors, District Music Coordinators, and the District Managing Committees. The opportunities granted to so many students could not happen with all of your help and leadership. Thank you!

Return to Music

What does music look like in 2021-22? What can it look like during the rest of this current school year? On the heels of hosting in-person District Music Contests, several schools have recently started asking these questions.

Recently the NFHS released Phase I of a series centering on a Return to Music. Phase I focuses on Scheduling, Recruitment, Retention, Advocacy, Performances and Evaluating Your Students.

The [NSAA COVID-19 Music Resources](#) page has been updated to include this resource. Activities Directors are encouraged to share these resources with their music departments and can lean on these resources as their district plans a return to music.

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



The NFHS Voice: What Have We Learned During the Pandemic in High School Sports, Performing Arts?



Dr. Karissa Niehoff, NFHS Executive Director

We are excited about a potential full return to competition this fall for high school athletics and performing arts programs. With the expectation that a majority of adults will have received the COVID-19 vaccine, and perhaps many young people, there is a hope that all states will be able to return to “normalcy” when schools open this fall.

While there is great optimism about having students back in their favorite sport or activity, and fans back to support these student participants, we must be careful not to forget what we have learned during this unprecedented pandemic. The struggles we have faced over the past year have reminded us of many significant aspects of participation in sports and performing arts activities.

So, what must we remember?

- **The Importance of Participation.** Participation in high school activity programs provides students many benefits beyond what they learn in the classroom. They learn teamwork – how to work together to produce positive outcomes. Through participation in athletics and other activities, students learn self-discipline, build self-confidence, and develop skills to handle competitive situations. All of these experiences support growth and development. While success and playing in state championships is an extra benefit of education-based activity programs, nothing is more important than students having the opportunity to interact with their peers in sports and performing arts programs.
- **The Mental and Emotional Health of Students is Tied to Participation.** In a study conducted by the University of Wisconsin’s School of Medicine examining the impact of school closures on the health of more than 3,000 Wisconsin high school athletes, 65 percent of those surveyed reported symptoms of anxiety, and 68 percent reported symptoms of depression. There was a 50 percent reduction in physical activity, and a significantly lower report of quality of life. Involvement in high school sports and activities is absolutely vital to the social, emotional, and mental health of high school students.
- **We Must Be Thankful and Appreciative.** The pandemic hopefully has helped us to become better people – thankful and appreciative for what we have. For the first time in the lives of most individuals, normal daily activities were essentially gone – in an instant – and for a period of time the future regarding return to “normal” life was uncertain, and a bit scary. Hopefully, those who may have held critical perspectives about education-based activities will now have more compassionate perspectives, and we all will realize the incredible blessing we have to be involved in high school athletics and activities programs.
- **There is More Than One Way to Accomplish Goals and Dreams.** The adage “we’ve always done it that way” did not apply during the pandemic. The shutdown and eventual return to play forced everyone to find new ways of accomplishing tasks. We all had to stretch beyond our comfort zone and into our creative zone, and, on the other side, we realized there were other ways to handle situations.

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



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

The April NSAA Board of Directors meeting was held at the NSAA office in Lincoln on Thursday, April 8th, 2021. The meeting minutes can be found on the NSAA website [here](#).

Representative Assembly was held via Zoom on April 9th, 2021. The meeting minutes and voting results can be found on the NSAA website [here](#).

NSAA Membership/Activities Registration Form

The NSAA Membership/Activities Registration form for the 2021-22 school year will go live on May 1st, 2021. 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 is July 1st, 2021. If you have any questions, please contact Megan Huber at mhuber@nsaahome.org.

Championship Reimbursements

At the September 17th, 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.

2020-2021 NSAA Cup Recipient Reveal Show

The NSAA will be announcing the 2020-2021 NSAA Cup recipients on Friday, June 25th via an awards presentation show by Striv. Stay tuned to the NSAA social media accounts for more information as it becomes available.

The NSAA Cup recognizes high schools having the most successful interscholastic activities programs in the state for that year. The divisions of competition include a Girls Division, a Boys Division, as well as an All-School Division. Schools in each division are divided into four classes (A, B, C, and D), determined each activities year, based on enrollment.

The winners of the NSAA Cup are determined by a point system based on performance in State Championship events within each division and class. Music, which does not have a State Championship, earns points based on District Music contest participation.

For more information about the NSAA Cup [click here](#).

IMPORTANT LINKS

[2020-21 NSAA Constitution & Bylaws](#)

[2020-21 NSAA Media Manual](#)

[2020-21 NCPA Academic All-State Information](#)

[NSAA Catastrophic Insurance](#)

[NSAA Sanctioned Events](#)

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

[Become an NSAA Official!](#)

[Coaching Steps to Certification](#)

[NSAA Important Dates & Deadlines](#)

[NSAA Cup Information](#)

[NSAA Publications Order Form](#)



State Journalism Virtual Awards Ceremony

The NSAA was proud to partner with Striv to bring you the results of the 2021 NSAA State Journalism Championships via a virtual awards ceremony. The awards ceremony was held on April 30th 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/a21.pdf>

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

Class B Results – <https://nsaa-static.s3.amazonaws.com/textfile/journ/b21.pdf>

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

Class C Results – <https://nsaa-static.s3.amazonaws.com/textfile/journ/c21.pdf>

Congratulations to the 2021 NSAA State Journalism Champions!

Class A – Papillion-La Vista

Class B – Columbus Scotus

Class C – Yutan

2021 NSAA New AD/Administrative Outreach Seminars

The NSAA highly recommends NEW AD's, COUNSELORS, and ADMINISTRATIVE SUPPORT STAFF attend this seminar along with other school members that would like a refresher course on eligibility, bylaws, international students and hardships, NSAA website, forms, deadlines, sports medicine classes, and much more. New things are happening at the NSAA for 2021-2022 school year, and you do not want to miss out!

Tuesday, July 20th

North Platte High School, Career Center

1220 West 2nd Street, North Platte, NE

10:00 a.m. - 2:00 p.m. CST

Thursday, July 22nd

NSAA Office – Media Room

500 Charleston Street, Lincoln, NE

10:00 a.m. - 2:00 p.m. CST

There is no cost for this seminar and lunch will be provided. To make your reservation, please click on the link below: <https://www.surveymonkey.com/r/NSAAOutreachSeminar>. Please contact NSAA Office Manager Cindy Callaway with questions at ccallaway@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.

2022 NSAA Girls & Boys State Basketball Championships

The 2022 Nebraska School Activities Association (NSAA) Girls and Boys Basketball Championships will be held Monday, March 7 through Saturday, March 12 in Lincoln. The University of Nebraska will be hosting the 2022 Big Ten Conference Wrestling Championships March 5 and March 6 in Lincoln at the Pinnacle Bank Arena.

The NSAA, Lincoln Convention and Visitors Bureau, University of Nebraska, Pinnacle Bank Arena and Lincoln Public Schools are committed to providing a championship experience for Nebraska's best in girls and boys basketball.

All of the 2022 NSAA Girls and Boys Basketball Championship Finals will be televised live on NET on Friday, March 11th and Saturday, March 12th. A full schedule for the 2022 girls and boys basketball postseason and state championship events will be released at a later date.

Questions can be directed to NSAA Executive Director, Jay Bellar or NSAA Basketball Director, Jon Dolliver.



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.



NSAA Membership Spotlight

District 1: Lewiston

Location: Lewiston
K-12 Enrollment: 152
School Mascot: Tigers
Twitter Handle: N/A

NSAA Participation:

Volleyball
Football
Play Production
Boys & Girls Basketball
Speech
Music
Boys & Girls Track & Field
Boys Golf



NSAA State Championships: 4

What's Happening at Lewiston:

"Lewiston Consolidated is in the beginning stages of construction on a new track and football facility, as well as a new Ag building. These new facilities will allow us to better serve our students, athletes and surrounding communities," said Activities/Athletic Director Greg Iverson.

"Facing the challenges that 2020-21 and COVID brought about, as a school district we were very pleased with our students and their family's ability to adapt to the changes that were made in the name of public safety. Every season brought about new challenges and we were able to complete every season with little incident."



District 2: Tekamah-Herman**Location:** Tekamah**K-12 Enrollment:** 513**School Mascot:** Tigers**Twitter Handle:** [@THTigers2](https://twitter.com/THTigers2)**NSAA Participation:**

Softball

Volleyball

Football

Play Production

Wrestling

Boys & Girls Basketball

Speech

Music

Journalism

Boys & Girls Track & Field

Boys Golf

**NSAA State Championships:** 8**What's Happening at Tekamah-Herman:**

"Tekamah-Herman Schools provides a long list of extracurricular activities for our students to explore, and i-Help is one of those options. Started in 2011, i-Help, THS's community service club, has offered numerous opportunities for our students to serve their school and community, thanks to the support of our school district and local citizens," said Athletic Director Zach Rosenboom.

"Their efforts have resulted in over 10,000 service hours. From mentoring elementary students before or after school to helping the local veterans display American flags for Memorial Day and the Fourth of July, i-Help encourages our students to recognize a need and then offer assistance whenever possible. Throughout the past decade, students have organized various fundraising efforts to benefit flood victims, families during the holidays, the local foodbank, etc. In 2013-2014, the group also raised money to professionally landscape THS's front lawn, and they continue to replace the mulch and flowers each spring (except in 2020). Additionally, the club recognizes local citizens who go above and beyond for the community by writing articles for the local newspaper about their efforts. Throughout their various forms of outreach, i-Help members learn about empathy, pride, leadership, teamwork, follow-through, and, most importantly, themselves."



District 3: Wakefield**Location:** Wakefield**PK-12 Enrollment:** 545**School Mascot:** Trojans**Twitter:** [Wakefield High School Trojans](#)**NSAA Participation:**

Volleyball

Football

Play Production

Wrestling

Boys & Girls Basketball

Speech

Music

Boys & Girls Track & Field

Boys Golf

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

"I am extremely proud of how all of our athletic coaches are supportive of all the individual sports and the athletes that compete in them. You will hear coaches in the hallways passing on words of encouragement to the in-season athletes, no matter what the sport is," said Athletic Director Matt Brenn.

"I am also proud of the support that our student athletes give to one another throughout all the sports seasons. It doesn't matter what the sport is or if it is boys or girls, we will always have a student section at a home or road contest. These students can be seen standing and cheering the entire game in a positive and respectful manner."



District 4: Stapleton

Location: Stapleton

PK-12 Enrollment: 195

School Mascot: Broncos & Mavericks (Sandhills Valley Sports Cooperative)

Twitter Handle: N/A

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: 4

What's Happening at Stapleton:

"Stapleton Public Schools has recently approved of a building project to our current facilities that will include new locker rooms, a new office, music room, handicap accessible restrooms, a new concession stand, and a more spacious lobby area," said 7-12 Social Studies/Activities Director Jason Wehnes.

"In addition, Stapleton is currently in its second year of the Sandhills Valley Sports Cooperative with McPherson County Public Schools. I am extremely proud of our student-athletes' maturity to come together to establish a strong foundation for our young sports cooperative. They truly are the building blocks for the future. Furthermore, I believe our athletic co-op has seen great success within the first two years which include qualifying for NSAA Football Playoffs each year, the first Cross-Country team to qualify for the NSAA State Cross Country Meet, and the first Sandhills Valley Wrestler to place at the NSAA State Wrestling Championships."



District 5: Red Cloud**Location:** Red Cloud**K-12 Enrollment:** 240**School Mascot:** Warriors**Twitter Handle:** [@rcwarriors1](https://twitter.com/rcwarriors1)**NSAA Participation:**

Boys & Girls Cross Country

Volleyball

Football

Wrestling

Boys & Girls Basketball

Speech

Music

Boys & Girls Track & Field

Boys Golf

**NSAA State Championship: 1****What's Happening at Red Cloud:**

"Red Cloud Schools have "Tribe Time" where small groups of students of varying grades are paired with staff members. The idea is that the students and staff member develop a relationship and have a "tribe" to which they belong," said Principal/Athletic Director Jason Heldt. "Next year we are incorporating "Tribe Time" into a 25-minute block during the day. It is a time to help kids with their academics. Kids that are lagging in math skills will be placed with teachers that have strong math skills. Kids falling behind in science will be put with a teacher who has strong science skills. All teachers will have a tribe. It is great time to be a Warrior!"



District 6: Sidney

Location: Sidney

9-12 Enrollment: 364

School Mascot: Red Raiders

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

NSAA Participation:

Girls Golf

Boys & Girls Cross Country

Volleyball

Football

Play Production

Wrestling

Boys & Girls Basketball

Speech

Music

Boys & Girls Track & Field

Boys Golf



NSAA State Championship: 19

What's Happening at Sidney:

"A changing school and community have afforded us the opportunity to get creative as we investigate ways to establish and maintain connections between our faculty and staff and the students of Sidney Public Schools, and even the public at large," said Activities Director Paul Newland. "In order to facilitate that process, this year the high school added an Advisory period. Some examples of Advisory period activities include weekly grade checks, discussions on how to handle stress, door decorating competitions, games of Pictionary, and celebrating national Eat Ice Cream for Breakfast Day with Dilly Bars from our local Dairy Queen. These activities give students and staff the chance to really get to know each other and establish bonds that make us stronger as a school community. They also illustrate our commitment to one of our most important educational values: Every single kid matters. Just one authentic connection with an adult can change a student's life and we seek to make and strengthen those connections."



WELCOME TO THE RAIDERNATION



NSAA Student Advisory Committee Members Selected for the 2021-2022 School Year

The Nebraska School Activities Association (NSAA) is pleased to announce the individuals selected to the NSAA Student Advisory Committee for the 2021-2022 school year. These new members will join the 10 seniors serving their second year.

Out of a number of 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.

A full list of the 2021-2022 NSAA Student Advisory Committee members can be found [here](#).



Student Advisory Committee Spotlight

Mikayla DeBaets, Senior at Malcolm High School



My name is Mikayla DeBaets, I'm a senior at Malcolm High School (Class C1) in Malcolm, Nebraska. At my school, the sport activities that I have been involved in are Softball, Basketball, Unified Bowling, and Unified Track. The club activities I have been involved in include FBLA Vice President, Student Council, One Act Play, and National Honor Society. Our elementary, middle, and high school are all combined together as one school, with us being such a small school. That has allowed the staff, students, and community to really feel connected as one, which I think is a perk of going to a small school. Sadly, due to COVID-19, we have had to keep our distance with the elementary. It put a damper on our school, since we were unable to interact with the younger kids like we are normally able to

do. I'm hoping in the next school year that things will change, and we will be able to start those activities with elementary kids again.

I heard about the NSAA Student Advisory Committee through one of my teachers and thought it would be a great way to listen and take notes on what other schools do to promote good sportsmanship. I have enjoyed being a part of this committee and have influenced others in my school to apply to be a part of this committee so Malcolm High School can continue to develop good sportsmanship qualities.

One of my personal goals coming into the committee was to gain some more leadership skills throughout the activities I was involved in. Through the committee I was given the opportunity to go to a sportsmanship and leadership summit at Lincoln North Star. Coming from such a small school I was a little overwhelmed but shortly became comfortable with it and was much more active with the activities we did. From this I felt it helped me learn the importance of how to be a good leader.

I took the leadership skills I had learned from the summit and used them to help lead my softball team to state. Softball has been a big part of my life and making it to state my senior year was a dream of mine. With being a previous captain my junior year and then named captain again my senior year, I was excited to use the skills I had learned. I knew for me to achieve this goal I would have to make sure my teammates wanted the same goal and would be willing to help the team achieve it. By encouraging and pushing my teammates to do their best, we had qualified for state my senior year.

The NFHS Voice: More Officials, Better Fan Behavior Needed in High School Sports

Dr. Karissa Niehoff, NFHS Executive Director

After months of working with state government, education and health leaders, schools in all 50 states have been given the go-ahead to resume high school sports at some level of competition. Schools in the District of Columbia were the last to receive the green light on April 1. This is great news and signals that a return to normalcy may be on the horizon by the time schools begin sports and activities this fall.

Unfortunately, there is an ever-increasing issue that could put a kink in the return-to-play plans across the country – a shortage of officials, as in referees and umpires, that borders on catastrophic in some sports and in some parts of the nation.

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



NSATA Training Table

Becky Docter, ATC



Pediatrics and Overuse Injuries

Kids are more susceptible to injury due to their rapid rate of growth and soft spongy bones. Growth occurs at the end of bone called the “growth plate” or the epiphyseal plate. Soft tissue grows at an increased rate compared to bone tissue, and when combined with increased repetitive activities such as youth sports, injuries can occur.

More of the common overuse injuries occur at joints such as shoulders, elbows, and knees. Common injuries about the shoulder and elbow are referred to as “little league” elbow or “little league” shoulder, due to the demographic of a baseball or softball “thrower” while knee overuse injuries are commonly called “jumpers knee” due to its mechanism of injury. The most common age for overuse injuries can be seen in youth as early as 8 years but can also occur in athletes up to 13-15 years of age before the growth plate closes in those joints during development.

These injuries present with pain in the joint that increases with activity and decreases during rest. On X-ray these injuries show an increase in joint space between the growth plates on the involved limb as compared bilaterally.

Conservative treatment consists of shutting down the body part that often includes limiting activity in that sport for a period of weeks, to months, in severe cases. In severe cases a fracture can occur if conservative measures are not followed. Fractures can begin as a stress fracture to the growth plate, an avulsion fracture; in which a piece of bone breaks off that is attached to a tendon, or a complete break through the bone. Surgery may be required in severe cases.

Prevention: A typical rule of thumb to help decrease the chance of overuse injuries in youth is to limit the amount of sports participation to the number of hours of the age of the child. For example, a 7-year-old, should not be practicing in a specialized sport more than 1 hr/day, or 7 hrs. per week. An increase in activity higher than the amount of hours/age increases chance of overuse injuries. The benefits of youth sports participation far outweigh the risk of these overuse injuries; however, it is good to maintain safe practice and play guidelines to keep our young athletes on the field of competition.

Update Your School Eligibility List

The NSAA utilizes your school eligibility list not only for awards programs but for participation numbers as well. Please make sure that this information is correct and updated **at all times**. To do so, login to your AD login page and select Eligibility.

[-] ELIGIBILITY:

- Manage your Eligibility Lists:

[Eligibility List Advanced Search](#)

-OR-

[Eligibility List Workaround](#)

-OR-

Select an Activity or "All Activities" and click "Go"

All Activities



Have you followed the NSAA social media channels?

The NSAA Spring 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 your school's School Directory Page, 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.

[-] 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](#)
[2021 NSAA School Directory \(Printable Version\)](#)
[Lincoln Southeast School Directory Page](#)
[Viewable Online School Directory](#)
[Schools' Emergency Contact Number Report](#)
[State Participation Certificates](#)
[Believers & Achievers Nomination Form](#)
[Nebraska State Colleges Multi-Activity Student Award](#)
[Student Advisory Committee Application](#)



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 END-OF-YEAR CHECK LIST

- ☐ 1. Fill out ONLINE the **2021-22 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 will be available May 1st and is due **July 1st**.* The form can be found on the AD login page, under “Other Forms”.
- ☐ 2. Fill out ONLINE **Application for Hosting** Subdistrict & District Events for 2021-22. Applications for Girls Golf; Cross Country; 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 2021 **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 2021 **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).
- ☐ 5. Fill out ONLINE all entries for **2021-22 Directory**. ****Reminder that there 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.
There is a “no change” box by each activity that should be clicked if the coach/sponsor is the same as 2020-21 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 19th, Football & Volleyball July 26th)*
- ☐ 7. Notify in writing and remind all high school coaches and activity sponsors 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 1st, Winter Co-ops: September 1st,
Spring Co-ops: January 1st. *(New/renewal forms may be found on the AD login page.)*

****2021-22 NSAA Calendars will be available in early August.****

NSAA BEGINNING-OF-YEAR CHECK LIST

- ☐ 1. Fill out ONLINE all entries for **2021-22 Directory**. ****Reminder that there 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.
There is a “no change” box by each activity that should be clicked if the coach/sponsor is the same as 2020-21 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 1st, Spring – January 1st.
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 2021 **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 2021 **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).
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Spring Co-ops: January 1st. *(New/renewal forms may be found on the AD login page.)*
- ☐ 7. Notify in writing and remind all high school coaches and activity sponsors 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 9th.
- ☐ 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 1st 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.