



NSAA News

May 2022



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Executive Director's Notebook

Jay Bellar, NSAA Executive Director



Congratulations to all the graduating seniors! The month of May is an exciting time in Nebraska schools. The hustle, bustle and excitement of award nights, soccer games, banquets, tennis matches, spring concerts, track meets, field trips, golf meets, baseball games and, of course, graduation fills our member schools' days and nights. It is a time for reflection. It is a time for recognition. It is a time for celebration.

Throughout this year, the NSAA has been recognizing and celebrating the 50-year anniversary of the passage of Title IX. Part of the Education Amendments of 1972, Title IX changed the landscape of schools for the better as it lawfully protects people from discrimination based on sex in education programs or activities that receive federal financial assistance.

Although the Civil Rights Act of 1964 addressed discrimination based on sex, religion, race, color, and national origin in employment, it did not address or prohibit gender discrimination in high school or collegiate athletic programs. According to the article, "37 Words That Changed Everything", in 1971, before Title IX passed, only 1% of college athletic budgets went to women's sports programs. At the high school level, male athletes outnumbered female athletes 12.5 to 1. On June 23, 1972, Title IX was signed into law by President Richard Nixon.

Today, we cannot even imagine our world without high school girls' sports and activities. And although 50 years, in the minds of our students, seems like a very long time ago, it is, in actuality, recent history. Title IX was a positive and needed change, but like with most change, it did not come easily or without conflict and opposition. Without bold and courageous leadership—without women and men who were willing to stand up and fight for change—it would not have happened.

Executive Director's Notebook continued on page 3

NSAA Board of Directors & Staff



Kathi Wieskamp
District I
Lincoln Public
Schools



Dana Wiseman
District I
Sutton



Thomas Lee
District II
Omaha Westview



Dr. Bob Reznicek
District II
Boys Town



Dr. Jon Cerny
District III
Bancroft-Rosalie



Ryan Ruhl
District IV
Centura



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



Cindy Callaway
Office Manager



Megan Huber
Business Manager



Ashton Honnor
Marketing Manager



Alicia McCoy
Administrative
Assistant



Jakub VanWesten
Administrative
Assistant



Rick Colgan
Software
Developer

Executive Director's Notebook from page 1

So, during this fun and exciting time of celebration, recognition, and reflection, I challenge the students of our member schools to reflect, recognize and celebrate those who have helped make it possible for them to participate in athletics and activities. Remember those who helped change the world and challenge yourself to be part of change that may be necessary in the future.

The world is constantly evolving. Change is inevitable. Graduates, as you stand at the cusp between high school and your future, we encourage you to boldly go out into this new adventure filled with hope and endless opportunities—make it good, do your best and change the world. We look forward to witnessing all the great things you will accomplish.

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



The NFHS Voice: Leaders at NFHS Officials Consortium Suggest Changes in Attitudes, Behavior



Dr. Karissa Niehoff, NFHS Executive Director

The shortage of officials in high school sports has been well documented. As we noted in this column a couple of months ago, a survey of state high school associations indicated about 50,000 individuals have ended their days as high school officials since the 2018-19 school year.

In addition to trying to interest more people in officiating high school sports, the NFHS and leaders in state associations have been attempting to retain the thousands of men and women who are currently serving as high school sports officials.

However, unacceptable behavior by coaches, parents and other spectators has pushed many officials to the sidelines. After all, why would anyone who is trying to help high school students compete on the fields and courts want to be harassed, ridiculed and abused – sometimes even physically – while trying to do their jobs?

If this current trend is going to be reversed, we must determine why people feel compelled to mistreat officials at high school sporting events.

Some of those possible reasons were discussed last week in Indianapolis at the first NFHS Officials Consortium. With everyone in agreement that the officiating profession – particularly at the youth and high school levels – is in crisis mode, leaders from all levels of sports discussed problems – and shared possible solutions – during the three-day meeting.

After listening to survey results from leaders with the National Association of Sports Officials (NASO) that indicated continued declines in the number of officials, veteran NCAA basketball referee Chris Rastatter offered two thoughts as to why many spectators act in a negative manner toward officials.

First, he said it has become commonplace for individuals involved in covering sports – radio and television announcers and other media – to dissect and judge the work of officials. As a result, with human nature being what it is, the coverage is often slanted in a negative manner.

As this type of repetitive negative coverage has continued over time, it has empowered those watching sports to be judge and jury as well. If the person broadcasting a game can criticize the officials, why can't the spectators do the same?

Second, the boorish behavior of fans attending sporting events is being normalized. What used to be good-natured heckling has turned mean, insulting and violent. National surveys have shown that almost one of every two officials have felt threatened after officiating a game. Unfortunately, this type of behavior is almost anticipated at sporting events.

Others voiced similar sentiments during the consortium and agreed that changes are needed in the general public's perception about men and women who officiate sports in our country. In some cases, people go to sporting events not to watch and enjoy the game but to yell at the officials. This must stop.

While our focus is on high school sports, the criticism of officials and bad behavior of fans at the college and professional levels has a trickle-down effect. The negative perception of officials did not occur overnight and cannot be changed instantaneously, but a shift in a more positive direction must begin now.

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

From the Chair of the Board of Directors

Dr. Jon Cerny, District III, Bancroft-Rosalie



It has been an honor and a pleasure to serve as chairman of the NSAA Board of Directors this year. School activities in Nebraska had a very successful year and that is the result of the work of the administrators, coaches, and sponsors in our member schools.

This year was a return to a normal year of school activities. And there were some interesting changes. Boys and Girls State Basketball was held all in one week to accommodate the University, and it went well, but the membership survey shows the schools want to go to separate weeks of a four-day tournament. We held a very successful Girls State Wrestling Tournament. And the shot clock for Class A varsity basketball starts next year.

Reflect for a moment on how unique our schools are in comparison to the rest of the world. I have visited secondary schools in China, Japan, Czech Republic, and Tanzania, and one major difference from schools in the United States is the lack of school activities. What we think of as our activities programs must be done outside of the school if they can be done at all. Students miss the opportunity to experience “the other half of education.”

As we close out the 2021-22 school year, there are three observations I want to share:

- 1) The need to continue to educate our member schools on the May 1st transfer list, and the difference between a residence and a domicile,
- 2) continue to support diversity, equity, and inclusion for all in our activities, and
- 3) to protect the health and safety of our students by following the recommendations of the SMAC – which means implementing the wet bulb system.

I want to thank Jay Bellar and the NSAA staff for the work they do to manage our programs and continuing to provide high quality State Championship events. I also want to thank my fellow NSAA Board members for their time and efforts, and outgoing Board member Kathi Wieskamp for her many years of service to Nebraska school activities.

As we begin to implement the new summer guidelines next month, take time to enjoy your summer. 2022-2023 is just around the corner.

2022 Representative Assembly Results

The 2022 NSAA Representative Assembly was held at the NSAA Office on Friday, April 8th. The voting results can be found on the NSAA website [here](#).

April NSAA Board of Directors Meeting Minutes

The April NSAA Board of Directors meeting was held at the NSAA office in Lincoln on Thursday, April 7th, 2022. The meeting minutes can be found on the NSAA website [here](#).

NSAA Membership / Activities Registration Form

The NSAA Membership/Activities Registration form for the 2022-23 school year will go live on May 2nd, 2022. 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, 2022. If you have any questions, please contact Megan Huber at mhuber@nsaahome.org.

Spring Championship Reimbursement Reminder

Spring Championship reimbursement deadlines are listed below. The reimbursement forms are on the AD Login Page and must be completed by 11:59 p.m. CT the night of the due date. If you have any questions, please contact Megan Huber, Business Manager, mhuber@nsaahome.org.

Soccer – June 6th, 2022

Baseball – June 6th, 2022

Track & Field – June 6th, 2022

There is no reimbursement for Journalism, Girls Tennis, or Boys Golf.

Important NSAA Links

[Calendar](#) – [Catastrophic Insurance](#) – [Coaching Steps to Certification](#) – [Constitution & Bylaws](#)

[Contests, Officials, & Equipment Requests](#) – [Media Information](#)

[NCPA Academic All-State Award Information](#) – [NSAA Cup Information](#) – [Publications & Order Forms](#)

Spring Championship Clear Bag Policies

State Soccer

[Creighton University Clear Bag Policy](#)

[Creighton University Prohibited Items List](#)

State Baseball

[Werner Park](#)

[UNO's Tal Anderson Field](#)

New AD / Administrative Outreach Seminar Coming in July

The NEW AD/Administrative Outreach Seminar will be held at two locations this coming July. If your school will have a NEW AD or new support staff, the NSAA highly recommends this seminar! Anyone is welcome that would like a refresher course or learn the new things that will be happening at the NSAA. i.e. administrative assistants, counselors and others involved with student eligibility. There is no cost for this seminar and lunch will be provided.

Tuesday, July 19th, 2022 – Kearney, NE
Thursday, July 21st, 2022 – Lincoln, NE – NSAA Office
10:00 a.m. – 2:00 p.m.

To make your reservation, please contact NSAA Office Manager Cindy Callaway at ccallaway@nsaahome.org.

NSAA Golf Cart Rental Policy for NSAA State 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 8:00 and 8:50 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 8:50 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.

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

RESPECT THE REF



**Cheer loud and proud
for your team but
please be respectful
and let the officials do
their job.**

Using #NSAARespectTheRef, tweet
@nsaahome how your school is
respecting the referees.

Interested in becoming an NSAA official? Head
over to nsaahome.org for more information.

2021-2022 Nebraska State Colleges Multi-Activity Student Award Recipients Announced

The Nebraska School Activities Association (NSAA) and the Nebraska State College System (NSCS) are pleased to announce the 15,969 recipients of the 2021-2022 Nebraska State Colleges Multi-Activity Student Award.

The award recognizes students in grades 9-12 who participate in at least three NSAA sanctioned activities during the academic year. Each high school student who participates in at least three NSAA activities will be recognized and awarded a certificate of achievement by the NSAA and the Nebraska State Colleges. Activity participation will be tracked using student eligibility lists, submitted to the NSAA by each member school. The top schools in four classes will be determined based on the percentage of multi-activity student award winners compared to the total number of students in grades 9-12.

The NSAA and the NSCS are also thrilled to highlight the four high schools with the most multi-activity students. These four high schools will be presented with a banner at the NSAA State Soccer Championships in May to display at their school.

Class A –

Norfolk High School

Class B –

Adams Central High School

Class C –

Pender High School

Class D –

Pope John High School

[Click here](#) to view the complete list of the 2021-2022 recipients. A list of the Top 10 schools in each class is available [here](#).

For more information about the Nebraska State Colleges Multi-Activity Student Award, please [click here](#).



NSAA Student Advisory Committee Members Selected for the 2022-2023 School Year

The Nebraska School Activities Association (NSAA) is pleased to announce the individuals selected to the NSAA Student Advisory Committee for the 2022-2023 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 include 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.

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



NSAA Membership Spotlight

District 1: Heartland

Location: Henderson

K-12 Enrollment: 323

School Mascot: Huskies

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

NSAA Participation

Girls Golf

Volleyball

Football

Play Production

Boys & Girls Basketball

Music

Boys & Girls Track & Field

Boys Golf



NSAA State Championships: 4

What's Happening at Heartland:

"As a parent and educator at Heartland I'm impressed with our student body, and the effort they make to improve the home team atmosphere at games," said Activities Director Erik Wetjen. "Heartland students get together before any games scheduled for the week and come up with the theme for the next contest. The students come up with cheers specific to the theme. Our students also get the junior high involved to make it a fun atmosphere. The alumni come back for a game and play in the pep band. A majority of our alumni have been out of school for 20 plus years."



District 2: Scribner-Snyder

Location: Scribner
PK-12 Enrollment: 178
School Mascot: Trojans
Twitter Handle: N/A

NSAA Participation

Volleyball
 Football
 Play Production
 Boys & Girls Wrestling
 Boy & Girls Basketball
 Speech
 Music
 Journalism
 Baseball
 Boys & Girls Track & Field



What's Happening at Scribner-Snyder:

"This has been an exceptional year for our One Act and Speech programs. Our One Act team ended their season with the District Runner-Up trophy. Our Speech team brought home the District Championship Trophy and 8 of our 12 speech participants qualified in individual events for State Speech. We are very proud of these students and their dedication to both programs," said Activities Director Malia Nemecek.

"We are proud of the high percentage rate of participation at SSCS. Currently, 28 of our 48 high school students (58%) participate in at least one NSAA activity; with many of them participating in multiple activities. Indicative of this is the fact that we have 18 students who have received the NSCS Multi-Activity Student Award. Adding our strong FFA, FCCLA, and eSports programs, those participation numbers increase to 70% of our high school population participating in an activity."



District 4: Shelton**Location:** Shelton**K-12 Enrollment:** 247**School Mascot:** Bulldogs**Twitter Handle:** [@SPSBulldogs](https://twitter.com/SPSBulldogs)**NSAA Participation**

Boys & Girls Cross Country

Volleyball

Football

Play Production

Wrestling

Boys & Girls Basketball

Speech

Boys & Girls Track & Field

Boys Golf

**NSAA State Championships: 1****What's Happening at Shelton:**

"Issues that we have faced in recent times, and something that I think more and more schools are starting to face, is participation in activities. We have struggled with our participation numbers in specific sports, causing us to look at various coop options in the past," said Activities/Athletic Director Ryan Province. "Despite those issues, we compete hard! Our lack of numbers hasn't hampered our ability to have success in various activities. We work hard and we play hard, and I'm proud of the product our kids put out there. Our community support is off the charts! They show up, they are loud, and they are so proud of what our kids have been able to accomplish. We are so grateful for the support they have shown our school and our kids!"



District 5: Maywood**Location:** Maywood**K-12 Enrollment:** 176**School Mascot:** Tigers (Maywood) & Wolves (Maywood-Hayes Center)**Twitter Handle:** [@MaywoodSchool](https://twitter.com/MaywoodSchool)**NSAA Participation**

Boys & Girls Cross Country

Volleyball

Football

Play Production

Boys & Girls Basketball

Speech

Music

Boys & Girls Track & Field

Boys Golf

**NSAA State Championships: 1****What's Happening at Maywood:**

"Maywood Public Schools face the same challenges with student attendance and behaviors that many other districts are experiencing. We continue to work very hard at building relationships with our students and families to help improve these areas. We feel this has made a difference in our school and community," said Athletic Director Kolby Hamilton. "Our school district works to celebrate student successes of all sizes and in all areas. We want students to feel supported in their learning through all activities and academic successes."



District 6: Morrill**Location:** Morrill**K-12 Enrollment:** 397**School Mascot:** Lions**Twitter Handle:** N/A**NSAA Participation**

Boys & Girls Cross Country

Volleyball

Football

Play Production

Wrestling

Boys & Girls Basketball

Music

Boys & Girls Track & Field

Boys Golf

**NSAA State Championships:** 8**What's Happening at Morrill:**

"It is an exciting time in our school district right now. Everyone is currently focused and driven on creating an energetic and positive environment for our students to succeed," said Athletic Director Josh Guerue. "There is a new standard that has been set for behavior and academic expectations that is paving the way for great things for Morrill Public Schools. There are many new ideas and programs being introduced. Just one of them is the Wining Mindset Program. They are coming to our school four times a year for the next two years to work with our students and staff to create a winning mindset when it comes to academics and test taking."



Student Advisory Committee Spotlight

Camilla Ibrahimova, Lincoln Southeast High School



My name is Camilla Ibrahimova. I am currently a senior at Lincoln Southeast High School. Being at the end of my senior year has been a mix of emotions with being ready to close the yearbook some days but also not being ready to let go of my high school years. With my class, we had a lot of different experiences and situations that we had to go through like our COVID year and adapting to many different changes like not finishing our sophomore year at school completely, being on zoom, not going to school in person every day and even not being able to go to school at all. But with that, going through those difficult times, made our senior year so much more special because we were finally able to do the “normal” again and be able to experience the thing that we had missed out on for a year. Specifically in our school building, you could really see the excitement from both students and staff when things started to get back to normal and everyone being able to be together again, and it was a very special time to be living in and we truly made the most of what we had despite how difficult and awful it seemed from time to time.

Being a somewhat large school and a “well known” school, there are so many different things that you are able to be a part of at Lincoln Southeast, whether it is a sport, club, performing arts, speech and debate, band, and so many more. Southeast has so many options and gives their students so many opportunities to be involved. Personally, I am a part of “SHIELD”, which is our leadership group at our school and also play tennis. Being a part of SHIELD is really awesome because you meet together as a group often and discuss many different things that we can do better, can focus on, and contribute to a conversation so that we all see eye to eye on what we are focusing on and are able to hear each other and all the different ideas that each student has to offer, and these can be about anything. For example, I was able to experience going to Pound Middle School a couple times and being able to talk to the younger kids who will soon be in high school and be able to share my experiences and walk them through what the life at Southeast is like and seeing how excited they were to be able to be involved in certain things was really exciting. They would ask questions and were able to get real answers from students themselves. Being on SHIELD also ties in really well with being an athlete because I am able to take things from the meetings we have and apply them to our tennis team environment and practice the things that I learn and want to work on. Being a good leader and teammate is very important to have in a team setting because it helps the team environment and also sets the bar well for the younger girls on the team because soon, they will be the “older” ones and have to play that role. That is also something that makes Southeast really special because I truly feel like all the groups of people whether it’s a sport, club, team, or anything else, we all show good leadership and we make the “team” environments really special.

Being on the NSAA Student Advisory Committee has been such an amazing experience. Being able to meet so many new people and make great friends from being put in a group with other students who have the same goals and desires is really special. It’s been really exciting hearing about other schools and being able to share what each school does for certain things and being able to give each other ideas on how we can do better in certain aspects and hearing everyone’s goals and being able to help each other achieve them is amazing. I had heard about the Student Advisory Committee from my older sister because she was on it while she was in high school, so I was able to see her experience and how much she enjoyed it and I wanted to be able to experience something like that. My school’s athletic director had encouraged me to apply and then hearing that I was accepted was really exciting. It has been amazing to see every member on the committee share what they would like to do in their schools environment and see how each member was going to do that and see them accomplish their goals. This committee has such a special bond and meeting everyone, we all just clicked. We are all able to help each other and all want to see each other succeed and it is nothing short of the best.

NSAAdministrator Being Developed

In 2003, NSAA contracted to begin development of a database system that would facilitate the operations of the NSAA and its member schools. Over the course of the last 19 years, more features have been added, more data has been created, and more security threats have emerged.

Toward that end, NSAA has partnered with the University of Nebraska-Lincoln's Raikes Design Studio to begin development of a new software system for NSAA and its members. This is a planned three-year partnership to move our current system (aka Web 1.0) to what will be known as *NSAAdministrator*. Many changes will be developed in the new software – both under the hood and for the user.

New changes being made under the hood include:

- **Test driven development.** Tests are developed before a feature is added to ensure the feature works and provides the expected results. When changes and updates are made to the code, a test suite is automatically executed on the changes. No more unintended consequences sneaking into the server!
- **Updated database engine.** The database will do a lot of the heavy lifting for the user now. As database systems have developed over the past 20 years, we will be able to eliminate thousands of lines of code because the database engine will check for good data automatically.
- **Activities as apps.** Each sport and activity will have its own app now. This aids development because common features to all sports will be kept in a global area while functions specific to certain activities will be kept in its app.

Things our end users will notice (and hopefully love/appreciate) include:

- The **user interface has changed** so it will be mobile friendly. With more and more people using their phones and tablets to access the internet, ADs will be able to enter their schedules from their phones if they choose.
- **Users won't need separate passwords** for each sport any longer. When you login with your email and password, the system will grant the necessary permissions. If you are the vocal music instructor, you will only see the vocal music options. If you are the boys and girls cross country coach, the boys track coach, and the speech coach, you will see boys and girls cross country information, boys track information, and speech information on the same screen now.
- **Typing in the URL address will immediately take you to the activity you need.** You don't have to click 14 times to get to where you want to go. For example, you can type in: <https://nsaahome.org/basketball/boys/> and it will take you to the page you need to submit rosters, schedules, etc., for boys basketball.

A demonstration of some of the features so far will be given at the summer Administrative Assistants Conference.

If you would be interested in helping us test the system as it is developed, please contact NSAA Software Developer Rick Colgan at rcolgan@nsaahome.org.

NSATA Training Table

Josh Salinas, ATC



Youth Sports and Specialization

In the quest for athletic excellence, a growing number of adolescent athletes are choosing to specialize in a given sport at an early age. These athletes are attending elite skills camps sponsored by sport-specific trainers, playing for multiple travel teams, and gearing training towards their selected sport demands. All of this is being done in an attempt to perform at their highest level while still in school, with the most common goal being a college scholarship. While this does turn out to be the reward for some specialized athletes, this does not ring true for all athletes who choose to specialize at an early age.

With an increase in specialization, chronic and overuse injuries have also seen a dramatic rise in the youth athlete population. Choosing to specialize often leaves an athlete with little time to rest and recover. During a normal school-sponsored sport season, excluding some sports that typically only compete once per week, an athlete could participate in up to three or four games per week. Including the practice days, this could leave the athlete potentially only one day to rest and prepare themselves for the following week of practices and games. Specialization often extends that schedule past the end of the school season, and well into the summer and fall as well. Without the adequate time to rest and recover, muscles, tendons and ligaments all begin to breakdown, leading to chronic pain and limitation, as well as traumatic injuries. One systematic review found that specialized athletes suffered overuse injuries at nearly double the rate of their non-specialized peers.

Not only are there concerns with a youth athlete's growing body, but there is also growing concern over an athlete's mental health. Burnout occurs in a large number of youth athletes that choose to specialize. The constant stress of a continuous sport season can lead to issues with memory and concentration, changes in eating and sleeping patterns, feeling overwhelmed or isolated, and loss of enjoyment from participating in sports. It is reported that approximately one in three youth athletes will quit playing sports at some point before they are fully matured, with up to 80 percent having quit by the time they are 15 years old.

In order to limit both the physical and emotional stress that comes with specializing in a single sport, there are a number of things a youth athlete can do to lower their injury risk and maintain their mental health. These include delaying specialization, limiting participation to one team per season, participating in a single sport for only eight months per year, limiting hours per week participating in sport-specific activities, and ensuring adequate rest and recovery both weekly and over the course of the year.

These recommendations have been endorsed by the National Athletic Trainers' Association, as well as other sports medicine organizations at both the collegiate and professional levels.

Have you followed the NSAA social media channels?

The 2022 Spring Championships are on the horizon! 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 the School Directory information to communicate throughout the year to administrators and coaches. ***It is important that this information is accurate and updated at all times.*** Please login to your AD login page, go to the OTHER FORMS section and click on your school's directory page. A viewable and a printable link are also available for those who prefer to print a copy of the directory or save a file to their desktop for quick reference. Coaches' passcodes and rules meeting verification can also be found on this page. 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](#)
[2022 NSAA School Directory \(PRINTABLE Version\)](#)
[NORRIS 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](#)



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

Required Courses for ALL Coaches & Activities Sponsors

All coaches and activities sponsors are required to take 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.

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.

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.

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.

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.

Coach & Sponsor Certification

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.

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**.

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

NSAA END-OF-YEAR CHECK LIST

- ☐ 1. Fill out ONLINE the **2022-23 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 2nd 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 2022-23. 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 2022 **Volleyball, Softball & Class A Only-Girls Golf Schedules** on the NSAA website. **(After June 9th)**
These may be found on the AD login page, under “Activity Select”, choose Volleyball, Softball, Girls Golf.
- ☐ 4. Check 2022 **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 **2022-23 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.
NEW: There is a “vacant” position checkbox by each activity that should be clicked if the coach/sponsor is vacant. Clicking this box will delete the coach and password for that activity until a new one is assigned. 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 18th, Football & Volleyball July 25th)*
- ☐ 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.)

****2022-23 NSAA Calendars will be available in early August.****

NSAA BEGINNING-OF-YEAR CHECK LIST

- ☐ 1. Fill out ONLINE all entries for **2022-23 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.
NEW: There is a “vacant” position checkbox by each activity that should be clicked if the coach/sponsor is vacant. Clicking this box will delete the coach and password for that activity until a new one is assigned. **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 2022 **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 2022 **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).
- ☐ 5. Notify in writing and remind all varsity coaches of **Fall Online Rules Meeting Dates**.
The Rules Meeting dates will be posted on the AD login page and the NSAA website.
(Fall meeting free period start dates: Softball July 18th, Football & Volleyball July 25th)
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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.)*
- ☐ 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 8th.
- ☐ 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.