



# NSAA News

November 2022



500 Charleston St., Suite 1 Lincoln, NE 68508

<https://nsaahome.org/>

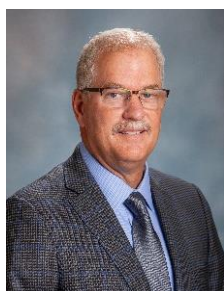
402-489-0386

## Inside This Issue

- 1, 3** Executive Director's Notebook
- 2** NSAA Board of Directors & Staff
- 4** NSAA Respect the Ref
- 5** The NFHS Voice
- 6** 2022-23 Currency Believers & Achievers
- 7** November Currency Believers & Achievers
- 8** 2022-23 District Meetings
- 9** Fall Championship Reimbursement Reminder
- 10** Sportsmanship & Respecting Officials Presentations
- 11** Clear Bag Policies for State Volleyball & Football
- 12** NFHS Spirit of Sport Award
- 13** NFHS Heart of the Arts Award
- 14-18** NSAA Membership Spotlight
- 19** NSAA SAC Spotlight
- 20** NSATA Training Table
- 21** Update School Directory
- 22** Update Eligibility List
- 23** Statement of Principal on Conduct Synopsis
- 24** Coach & Sponsor Certification
- 25** Bison Ad

## Executive Director's Notebook

**Jay Bellar, NSAA Executive Director**



November ushers in the changing of many seasons—weather seasons, holiday seasons, and of course NSAA activity seasons. As fall Championships wrap up and the winter seasons begin, it feels apropos to, in the spirit of thanksgiving, take a moment to acknowledge and thank some of those who help make the NSAA Championships run so smoothly.

While gratitude and thanks should be frequently and freely given, the one caveat that comes with doing so in a newsletter is that inevitably, someone is forgotten. Please, on behalf of myself and the NSAA, know that even if you are not mentioned in this newsletter, you are still a valued and important cog in our Championship process. It would be impossible and arrogant to believe I could thank everyone who plays a role in our success in this limited space.

With this in mind, this month I would like to focus our thanks to three groups of unseen, unnoticed, unsung heroes, if you will, that play important roles in the success of Championship season. These are the people Championship attendees do not think of during the event but notice immediately if their job is not done well.

To begin, thank you to the many volunteers at the gates. When fans attend a Championship event, you are the first to meet and greet them. Thank you for your kindness, good humor, tolerance, and patience. Often the lines are long and those waiting are anxious, but your efficiency, helpfulness, and smiles are the positive first impression needed to start the event off right. Online tickets have added to the stress some attendees feel. Thank you for helping those who are unsure how to purchase their ticket, as well as your gentleness in explaining how they are able to process said ticket. Your positivity, compassion, and benevolence are noticed and appreciated.

For the volunteers who work at the venues, helping people find seats and encouraging fans to exit promptly and safely so the next groups can enter, we say thank you.

*Executive Director's Notebook continued on page 3*

## NSAA Board of Directors & Staff



**Kara Graham**  
District I  
Lincoln Southeast



**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  
Arapahoe



**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



**Taryn Retzlaff**  
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*

Although a challenging task, your job is vital to the efficiency of the tournament. With a quick smile and firm resolve, it is impressive how effectively you direct hundreds of people both out of and back into a venue. Your patience, kindness, and firm determination are noticed and appreciated.

Finally, thank you to those who help keep the event venues clean and safe. The stadium, fields, and arenas where we are privileged to play are impressive, but just as impressive are the lengths the staffs go to in keeping them sparkling clean and stocked with everything needed. Thank you to those working between and after games picking up trash, cleaning restrooms, and preparing playing surfaces, while at the same time making sure things are sanitized and safe for the teams and their fans. This is a huge, time consuming, sometimes unpleasant task, but it is always done and not just “good enough” but to the high expectations the NSAA and its member schools have come to expect. Your hard work, energy, and attention to details are noticed and appreciated.

Again, there are so many individuals who work behind the scenes before, during and after NSAA events, it would be impossible to thank them all. Therefore, my challenge to you this month is this—become aware and notice the little things that are done to make not just at NSAA activities, but all of life better. Once you do notice, take the time to show your appreciation, send a note, shake a hand, give a smile, or simply say thank you. A little appreciation and recognition go a long way in making a big difference in the game of life and spreading gratitude and kindness makes us all champions!

## NFHS Bench Bad Behavior Campaign



**Fans:**

# ENOUGH IS ENOUGH!

Bad behavior at high school athletic events has gotten OUT OF CONTROL.  
Are YOU part of the problem? Always be respectful, encouraging and positive.  
Let's come together to **#BenchBadBehavior** for good!

**BenchBadBehavior.com**



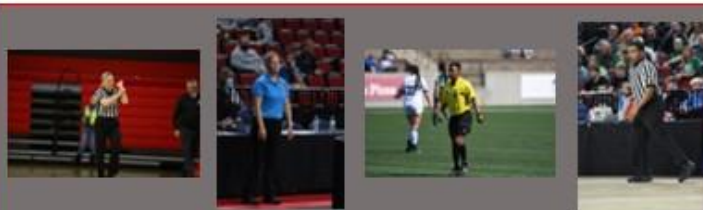
The NSAA would like to thank our corporate partners for their continued support of the NSAA and NSAA activities!



CURRENCY.



# 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](http://nsaahome.org) for more information.

## The NFHS Voice: Performing Arts Programs – Springboard to Successful Lives for Millions of Students



***Dr. Karissa Niehoff, NFHS Executive Director***

The NFHS and its member state high school associations are in the third week of celebrating National High School Activities Month – a time set aside to promote the values and benefits of high school activity programs.

The annual focus on the values of high school sports, performing arts and other activity programs began in 1980 when the U. S. Congress approved the third week of October as National High School Activities Week, which, in 2012, was expanded to National High School Activities Month.

In 1981, as the honorary chairman of National High School Activities Week, former President Gerald Ford had the following to say about the values of activity programs in our nation's schools:

"Can you guess what our nation's most valuable resource is? After 28 years of service in government, I have determined that it's not oil, gold or even government . . . but our youth.

"A handful of state high school associations realized that 60 years ago and banded together to create the National Federation of State High School Associations. Its purpose then, and now, is to encourage high schools around the nation to develop extracurricular activities, which are paramount to youths' total education.

"I ask you to join me in support of National High School Activities Week. Please consider your participation as an investment in today's youth, and ultimately . . . our nation's future."

We would say wholeheartedly some 41 years later that our nation's youth remain our most valuable resource. And the importance of sports, performing arts and other activities in our nation's schools – high schools, middle schools, junior high schools – was never more apparent than two years ago when these programs were shut down because of the pandemic. Suddenly, students, parents and fans of sports and performing arts realized the significance of these activities in their lives.

Sports, performing arts and other afterschool activity programs have been the springboard to successful lives for millions of students for decades. In the case of many students, it is through these programs – more than the classroom and at home – that they have learned important life lessons such as self-discipline, self-confidence, teamwork and handling competitive situations.

Recently, the NFHS released its first Athletics Participation Survey since the pandemic shutdown. While the reported 7.6 million participants in high school sports was down four percent from the last pre-pandemic survey, there are indications that students are returning to these programs. However, sports represent only a portion of the students involved in high school activities. The hidden gem? Performing arts in the form of music, band, theatre, speech and debate.

According to Dr. James Weaver, director of the NFHS performing arts department, about 92 percent of students who were involved in performing arts programs prior to the spring 2020 shutdown have since returned to playing instruments, delivering speeches, producing theatre shows and creating art in their disciplines of choice. This is great news as these activities are just as important, life-changing and career-impacting as sports.

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

## 2022-2023 Currency Believers & Achievers Announced

Currency and the Nebraska School Activities Association (NSAA) are proud to announce the 2022-2023 Believers & Achievers. Believers & Achievers is a state-wide program designed to give recognition to Nebraska's future leaders.

Beginning in October and continuing through April, 48 Nebraska high school seniors will be honored as Believers & Achievers. From those 48 finalists, eight will receive \$500 scholarships from Currency to use for the college or university of their choice at a scholarship banquet to be held on April 23<sup>rd</sup>, 2023.

These students will be recognized at NSAA State Championships throughout the 2022-2023 activities year and on a poster sent to all NSAA member schools.

All of the students nominated for the Believers & Achievers awards program represent the very best of Nebraska's high schools. For more information about the Currency Believers & Achievers Awards Program, [click here](#).

### Congratulations to the 2022-2023 Currency Believers & Achievers!

Mariano Perez Armendariz, Dorchester – Kaleb Baker, St. Paul – Samuel Bennett, Syracuse –  
 Linden Biskup, Alma – Samantha Bonifas, Silver Lake – Natalie Briggs, Plattsmouth –  
 Emma Bullerman, Aurora – Ella Cooper, Fremont – Kyler Cox, Hayes Center –  
 Aaliyah Farmer, Omaha North – Alex Farwell, Pawnee City – Blair Fiala, Howells-Dodge –  
 Ruthie Loomis-Goltl, Bridgeport – Deema Haidle, Callaway – Madison Hammer, Thayer Central –  
 Anna Janvrin, Elkhorn – Grace Johnson, Bancroft-Rosalie – Kaia Johnson, Ravenna –  
 Emma Krusemark, Pender – Ian Kuchar, Bloomfield – Maynard Larweh, Elkhorn South –  
 Sarah Lasso, Columbus – Pamela Castaneda Martinez, Ralston – Leighton Medina, Plainview –  
 Luke Meis, Bishop Neumann – Isabella Mora, Grand Island – Phoenix Nehls, Millard South –  
 Maci Nemetz, West Holt – Jayda Parker, Bellevue East – Bryant Peck, Wisner-Pilger –  
 Thomas Pisasale, Creighton Preparatory – Connor Reeson, Gretna – Kyla Robinson, Norfolk –  
 Koral Schmidt, Anselmo-Merna – Cole Sharar, Elkhorn North – Scout Simmons, Amherst –  
 Jenason Spady, Garden County – Harley Stark, Niobrara – Greyson Stengel, Sutton –  
 Dalton Svoboda, Pierce – Blaine Tewahade, Chadron – Tyler Theiman, Malcolm – Chiana Tubbs, Stuart –  
 Thomas Vasquez, Omaha Burke – Seth Wiese, Lindsay Holy Family – Alexandar Wolf, Central Valley –  
 Ryan Zohner, Battle Creek – Dalton Zulkoski, Leigh

# CURRENCY.

# November Currency Believers & Achievers

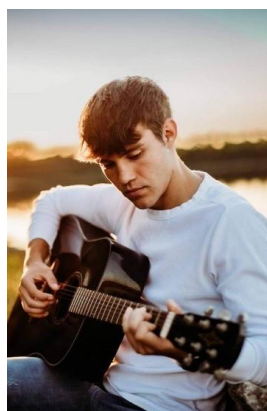
CURRENCY.



**Mariano Perez Armendariz**  
Dorchester



**Kaleb Baker**  
St. Paul



**Samuel Bennett**  
Syracuse



**Linden Biskup**  
Alma



**Samantha Bonifas**  
Silver Lake



**Natalie Briggs**  
Plattsmouth



**Emma Bullerman**  
Aurora



**Ella Cooper**  
Fremont



**Kyler Kox**  
Hayes Center



**Aaliyah Farmer**  
Omaha North



**Alex Farwell**  
Pawnee City



**Blair Fiala**  
Howells-Dodge

## 2022-2023 NSAA District Meetings

### District 1

Wednesday, November 9<sup>th</sup> – 10:00 a.m. – NSAA Office

Wednesday, January 11<sup>th</sup> – 10:00 a.m. – NSAA Office

### District 2

Tuesday, November 1<sup>st</sup> – 9:00 a.m. – Boys Town

Wednesday, January 11<sup>th</sup> – 10:00 a.m. – Boys Town

### District 3

Tuesday, November 1<sup>st</sup> – Noon – Northeast Community College in Norfolk

Wednesday, January 11<sup>th</sup> – Noon – Northeast Community College in Norfolk

### District 4

Monday, November 7<sup>th</sup> – 1:30 p.m. – Kearney High School

Wednesday, January 11<sup>th</sup> – 1:00 p.m. – Kearney High School

### District 5

Tuesday, November 1<sup>st</sup> – 1:00 p.m. CST / 12:00 p.m. MST – McCook Christian Church in McCook

Wednesday, January 11<sup>th</sup> – 1:00 p.m. CST / 12:00 p.m. MST – The Tassel in Holdrege

### District 6

Wednesday, November 9<sup>th</sup> – 8:00 a.m. CST / 9:00 a.m. MST – Alliance Public Library

Wednesday, January 11<sup>th</sup> – 8:00 a.m. CST / 9:00 a.m. MST – Alliance Public Library

## October NSAA Board of Directors Meeting Minutes

The October NSAA Board of Directors meeting was held at the NSAA office in Lincoln on Thursday, October 6<sup>th</sup>, 2022. The meeting minutes can be found on the NSAA website [here](#).

## Class Caucus Committee Meeting Minutes

The Class Caucus Review Committee met on Tuesday, October 4<sup>th</sup>, 2022 via Zoom. The meeting minutes can be viewed [here](#).

## 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](#)

## Fall Championship Reimbursement Reminder

Fall Championship reimbursement deadlines are listed below. If your school participates in any of the NSAA Championships below, please be sure to complete the reimbursement form before the deadline. The reimbursement forms are found 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, at [mhuber@nsaahome.org](mailto:mhuber@nsaahome.org).

Cross Country – November 7<sup>th</sup>, 2022

Volleyball – November 21<sup>st</sup>, 2022

Play Production – January 9<sup>th</sup>, 2023

*There is no form to fill out for Football.*

*There is no reimbursement for Girls Golf, Boys Tennis, or Unified Sports, Bowling.*

## NCPA Academic All-State Award Nomination Due Dates

Each year the Nebraska School Activities Association (NSAA) and the Nebraska Chiropractic Physicians Association (NCPA) recognize students who have been nominated by their schools, based on their individual academic excellence, leadership, and significant contributions made to their NSAA activity. Students who are nominated by their school and meet the program criteria will be recognized and awarded a certificate of achievement by the NSAA and the NCPA. To learn more about the NCPA Academic All-State Award program, [click here](#).

### Nomination Due Dates

Nominations must be completed and received by the NSAA by the deadline.

Fall – December 13<sup>th</sup>, 2022

Winter – March 21<sup>st</sup>, 2023

Spring – May 1<sup>st</sup>, 2023

Please contact NSAA Marketing Manager Ashton Honnor at [ahonnor@nsaahome.org](mailto:ahonnor@nsaahome.org) with questions.

## NSAA State Championship Tickets

The NSAA will continue using online tickets for entry into all Championships. Tickets must be purchased through GoFan, [by clicking here](#), and must be on your mobile device, either through the app or your email for redemption – NO PRINTED TICKETS ALLOWED & NO SCREENSHOTS. There will be a Box Office feature for those individuals without a mobile device. Tickets can be purchased through the Box Office feature using a credit/debit card at the designated location(s). Specific details regarding locations and ticket information will be released as each Championship nears. For questions regarding tickets, please contact NSAA Business Manager, Megan Huber, at [mhuber@nsaahome.org](mailto:mhuber@nsaahome.org).

## Sportsmanship & Leadership Summits

The NCA, NSIAAA, NSAA Sportsmanship & Leadership Summit will be held on November 15<sup>th</sup> at Alliance High School, November 16<sup>th</sup> at Kearney High School, November 17<sup>th</sup> at Norfolk High School, and November 18<sup>th</sup> at Lincoln North Star High School. For more information about the summit and how to register, [click here](#).

## Sportsmanship & Respecting Officials Presentations

NSAA Supervisor of Officials Nate Neuhaus has been on the road speaking to students and their school communities about sportsmanship and respecting officials.

NSAA Member Schools - If you are interested in having the NSAA come to your school to conduct a sportsmanship and respecting officials presentation, please call the NSAA office.



## Officials Online Rules Meeting Schedule

**Rules meetings must be completed prior to midnight CST of the due date.**

### Winter Sports – Basketball, Bowling, Wrestling, Swimming & Diving

October 24, 2022 - November 8, 2022

No Charge to Officials & Head Coaches

November 9, 2022 - November 15, 2022

Basic \$25 Fee – Officials & Head Coaches

November 16, 2022 - November 18, 2022

Late/Penalty \$50 Fee – Officials & Head Coaches

### Spring Sports – Baseball, Soccer, Track & Field, Unified Track & Field

February 10, 2023 to February 26, 2023

No Charge to Officials & Head Coaches

February 27, 2023 to March 5, 2023

Basic \$25 Fee – Officials & Head Coaches

March 6, 2023 to March 7, 2023

Late/Penalty \$50 Fee – Officials & Head Coaches

Interested in becoming an NSAA official? [Click here](#) for more information.

## Judges Online Rules Meeting Schedule

**Rules meetings must be completed prior to midnight CST of the due date.**

### Speech

October 1, 2022 - December 28, 2022

No Charge to Judges & Head Coaches

December 29, 2022 - January 4, 2023

Basic \$25.00 Fee - Judges & Head Coaches

January 5, 2023 - January 6, 2023

Late/Penalty \$50.00 Fee - Judges & Head Coaches

Interested in becoming an NSAA judge? [Click here](#) for more information.

## Officials & Judges Appreciation Weeks

Mark your calendars for the 2022-2023 NSAA Officials and Judges Appreciation Weeks and stay tuned to the NSAA social media accounts for more information.

### Play Production Judges

November 14<sup>th</sup>-19<sup>th</sup>, 2022

### Speech Judges

January 9<sup>th</sup>-14<sup>th</sup>, 2023

### Winter Officials

January 23<sup>rd</sup>-28<sup>th</sup>, 2023

### Spring Officials

April 3<sup>rd</sup>-8<sup>th</sup>, 2023

### Music Judges

April 17<sup>th</sup>-22<sup>nd</sup>, 2023



## Clear Bag Policies at State Volleyball & State Football

Make sure that your students, parents/guardians, and fans are aware of each facility's clear bag policy prior to attending the NSAA State Volleyball and State Football Championships.

### State Volleyball

[Pinnacle Bank Arena](#)

[Bob Devaney Sports Center](#)

### State Football

[Memorial Stadium](#)

Additional event information can be found on the [NSAA Volleyball Championship HQ](#) page and the [NSAA Football Finals HQ](#) page on the NSAA website as it becomes available.

## Head Coach Passcodes for Online Rules Meetings

**Athletic Directors: Do your head coaches know their passcode to view the required online rules meeting?**

Please make sure that your head coaches have their passcodes readily available to login to their individual coach's page and view the rules meeting before the deadline. Athletic Directors have full access to their school's passcodes by logging into the AD login page, clicking on the school directory link under "Other Forms."

*\*Passcodes cannot be duplicated. Each activity must have its own specific password.* Please reach out to Cindy Callaway at [ccallaway@nsaahome.org](mailto:ccallaway@nsaahome.org) with questions.

## NFHS Spirit of Sport Award

The NFHS has developed its “National High School Spirit of Sport Award,” which will be conferred to eight section winners as well as one national winner. The recipient must be an individual from a high school that is a member of an NFHS-member athletic or activity association.

The recipient could be a coach, athletic administrator, administrator, contest official, trainer, student-athlete or any others associated with the school or the school’s athletic program.

This award seeks to recognize those individuals who exemplify the ideals of the positive spirit of sport that represent the core mission of education-based athletics. The award may be given in recognition of a specific act or for an activity of longer duration.

For example, it could be awarded to an individual (or group) that:

- \*has demonstrated exemplary sportsmanship and/or citizenship in playing the game as it should be played;

- \*has exceeded normal expectations in assisting others within the school or community; or

- \*has overcome adversity or a challenging circumstance.

In the instance of a student, that student must be (or have been, if graduated) in good academic standing within his or her respective high school. Among the qualifying criteria that will be used are the student’s grade-point average, the activities in which he or she is involved, and community involvement. Other candidates should possess similar positive character traits, such as a high level of integrity and ethics.

The nomination must be for something that occurred between January 1<sup>st</sup>, 2022 and January 31<sup>st</sup>, 2023. Nominated individuals do not necessarily need to still be enrolled in high school at the time of the nomination.

The NFHS seeks to identify worthy award recipients by nominations submitted by the membership. Those nominations may be made by member high school associations or by high schools working through the member high school associations. In the instance of a nomination originating from a high school, it must be forwarded to the high school association within its particular state.

The member state association would then review all nominations, select the one nomination it deems worthy, sign the nomination form indicating its endorsement and approval and forward it to the NFHS. Each state association may submit just one nominee to the NFHS.

The section winners and the national winner will be publicized in an NFHS press release, as well as in the “High School Today” magazine. In addition, the national winner will be recognized in person at the NFHS Summer Meeting in Seattle in June of 2023.

If you have someone that is deserving of a nomination, please contact NSAA Marketing Manager Ashton Honnor at [ahonnor@nsaahome.org](mailto:ahonnor@nsaahome.org). Nominations are due by January 16<sup>th</sup>, 2023.

## NFHS Heart of the Arts Award

The NFHS has developed its “National High School Heart of the Arts Award,” which will be conferred to eight section winners as well as one national winner. The recipient must be an individual from a high school that is a member of an NFHS-member athletic or activity association.

The recipient could be any student, adult or group associated with the school's performing arts program. This award, which is similar to the Spirit of Sport Award, covers a plethora of performing arts disciplines: Music, Speech, Debate, Theatre, Visual Arts and other performing arts activities that state associations may sponsor.

This award seeks to recognize those individuals who exemplify the ideals of the positive heart of the arts that represent the core mission of education-based activities. The award may be given in recognition of a specific act or for an activity of longer duration.

For example, it could be awarded to an individual (or group) that:

- \*has demonstrated exemplary “heart,” sportsmanship and/or citizenship in participation as it should occur;
- \*has exceeded normal expectations in assisting others within the school or community; or
- \*has overcome adversity or a challenging circumstance.

In the instance of a student, that student must be (or have been, if graduated) in good academic standing within his or her respective high school. Among the qualifying criteria that will be used are the student's grade-point average, the activities in which he or she is involved, and community involvement. Other candidates should possess similar positive character traits, such as a high level of integrity and ethics.

The nomination must be for something that occurred between January 1<sup>st</sup>, 2022 and January 31<sup>st</sup>, 2023. Nominated individuals do not necessarily need to still be enrolled in high school at the time of the nomination.

The NFHS seeks to identify worthy award recipients by nominations submitted by the membership. Those nominations may be made by member high school associations or by high schools working through the member high school associations. In the instance of a nomination originating from a high school, it must be forwarded to the high school association within its particular state.

The member state association would then review all nominations, select the one nomination it deems worthy, sign the nomination form indicating its endorsement and approval and forward it to the NFHS. Each state association may submit just one nominee to the NFHS.

The section winners and the national winner will be publicized in an NFHS press release, as well as in the “High School Today” magazine. In addition, the national winner will be recognized in person at the NFHS Summer Meeting in Seattle in June of 2023.

If you have someone that is deserving of a nomination, please contact NSAA Marketing Manager Ashton Honnor at [ahonor@nsaahome.org](mailto:ahonor@nsaahome.org). Nominations are due by January 16<sup>th</sup>, 2023.

## NSAA Membership Spotlight

### District 1: Waverly

**Location:** Waverly

**9-12 Enrollment:** 686

**School Mascot:** Vikings

**Twitter Handle:** [@145activities](#)

### NSAA Participation

Girls Golf

Softball

Boys Tennis

Boys & Girls Cross Country

Volleyball

Football

Play Production

Boys & Girls Wrestling

Boys & Girls Basketball

Speech

Music

Journalism

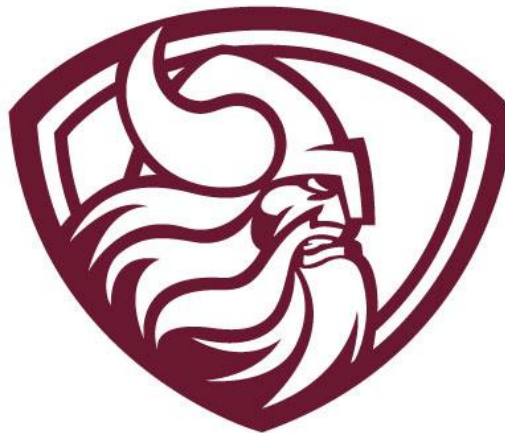
Boys & Girls Soccer

Baseball

Girls Tennis

Boys & Girls Track & Field

Boys Golf



### NSAA State Championships: 5

### What's Happening at Waverly:

"Waverly is celebrating its inaugural year with our "Beef in Schools" program. It's a community connecting as family through agriculture. That was the dream a local 13-year-old had when proposing District 145 Beef in Schools to school leadership in March 2022," said Assistant Principal/Activities Director Brad McMillan.

"Since then, the project has blossomed to 45 donors consisting of individuals, families, and local organizations. Seven of those 45 donors are local livestock producers that contributed beef animals. While the tangible results were easy to see as students enjoyed "Beef it Up" school lunches in October, the intangible results were perhaps more important. All beef served at the school is good, but it was extra special for kids to connect to local producers and get excited about agriculture, which is very vital to their everyday life. In addition, beef education was provided during home room classes and as fliers at lunch tables. One teenager's vision would not be possible without the community coming together as donors, educators, school leadership, janitors, students, livestock producers, and last but certainly not least, school lunch personnel who have been excited, supportive, and gone the extra mile for "Beef it Up" days."



**District 2: Humboldt-Table Rock-Steinauer****Location:** Humboldt**K-12 Enrollment:** 257**School Mascot:** Titans**NSAA Participation**

Girls Golf

Volleyball

Football

Play Production

Boys &amp; Girls Wrestling

Boys &amp; Girls Basketball

Speech

Music

Boys &amp; Girls Track &amp; Field

Boys Golf

**NSAA State Championships:** 1**What's Happening at Humboldt-Table Rock-Steinauer:**

"Our school system is unique geographically, as the square mileage of our district is one of the largest in the state. Many communities are included in the HTRS System. It is awesome to see these communities come together to support our school.," said Activities Director Kara Engles.

"Though HTRS is a small school system, we offer many activities. Our students have the opportunity to enhance their high school experience with a wide variety of choices. Close to 75% of our students participate in at least one sport or activity and most of those are multi-sport/activity participants. We work hard to encourage our students to become as involved as possible at HTRS."



**District 4: North Platte****Location:** North Platte**9-12 Enrollment:** 1,223**School Mascot:** Bulldogs**Twitter Handle:** [@nphs\\_bulldogs](https://twitter.com/nphs_bulldogs)**NSAA Participation**

Girls Golf

Softball

Boys Tennis

Boys &amp; Girls Cross Country

Volleyball

Football

Unified Bowling

Play Production

Boys &amp; Girls Wrestling

Boys &amp; Girls Basketball

Speech

Music

Journalism

Boys &amp; Girls Soccer

Girls Tennis

Boys &amp; Girls Track &amp; Field

Unified Track &amp; Field

Boys Golf

**NSAA State Championships:** 13**What's Happening at North Platte:**

"The past few years have been a great time of growth, particularly for our Unified Bowling program. We have 40+ students participating in this activity, with the lanes full at practices," said Assistant Principal/Activities Director Jimmie Rhodes. "This type of inclusion within our students is an outstanding element to view, and it demonstrates a true We > Me mentality that we strive to emulate within the entire district. The success of Unified Bowling has also led to the addition of Unified Track & Field, further demonstrating the value our students and district place on inclusivity within all areas of education and activities."



## District 5: Franklin

**Location:** Franklin

**7-12 Enrollment:** 150

**School Mascot:** Flyers

### NSAA Participation

Boys & Girls Cross Country

Volleyball

Football

Play Production

Boys & Girls Wrestling

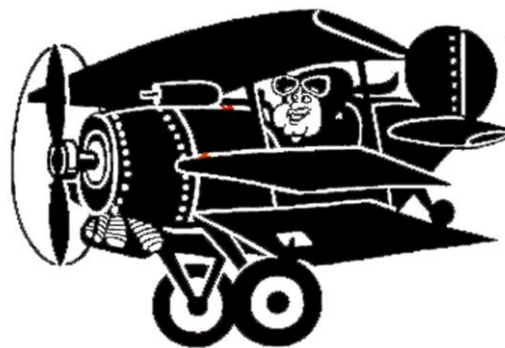
Boys & Girls Basketball

Speech

Music

Boys & Girls Track & Field

Boys Golf



**NSAA State Championships:** 10

### What's Happening at Franklin:

"Franklin is a school district that like many small schools continually sees a fluctuating enrollment. We are a district that continually hovers on between D2, D1, and even C2 at times. Throughout the continual changing though our students and school community continue to find ways to be successful throughout our various activities," said 7-12 Principal/Activities Director Adam Boettcher. "From qualifying our first ever boys' team to state in Cross Country in 2022, to qualifying our first ever One-Act to the State tournament a few years ago, it seems like we are always finding ways to persevere."

"Over the past few years our community has rallied around our booster club and cheer squad in trying to purchase a new mascot. Our original mascot had been around for a long time and was originally hand made. With it being time to renew our Franklin Flyer, the community and the cheer squad rallied together to purchase a new mascot that since we have got it, we have students eagerly volunteering to wear it at games. Our younger students love seeing the Franklin Flyer, and our older students love getting the chance to wear it."



**District 6: Gordon-Rushville****Location:** Gordon**K-12 Enrollment:** 496**School Mascot:** Mustangs**Twitter Handle:** [@grmustangs](https://twitter.com/grmustangs)**NSAA Participation**

Boys &amp; Girls Cross Country

Volleyball

Football

Unified Bowling

Play Production

Boys &amp; Girls Wrestling

Boys &amp; Girls Basketball

Speech

Music

Journalism

Boys &amp; Girls Track &amp; Field

**What's Happening at Gordon-Rushville:**

"At Gordon-Rushville, we offer 4 in-house dual credit courses, Humanities, Composition I & II, College Algebra, and Applied Statistics," said Activities Director Casey Slama. "During the 2021-2022 school year, our average ACT score was 20.6. We consistently have a higher percentage of students proficient on the ACT than the state average. 86% of our students participate in at least one activity. An issue we are facing is facility updates, specifically our track."



## Student Advisory Committee Spotlight

***Rita Ceballos, Senior at Johnson County Central High School***



My name is Rita Ceballos, and I am serving my second term with the NSAA Student Advisory Committee. Last year we came up with goals for our own schools and my goal was to increase the number of participants in activities, and make sure that everyone had an activity that they enjoyed at our school. At Johnson County Central, which is my school, we just started a Bowling team since I knew that some students that aren't involved in Wrestling or Basketball would enjoy it. My goal for this year is similar, I want to raise the number of students involved in activities, but I want to make sure that everyone in my school finds an activity that they enjoy and can be passionate about.

This summer I was given the opportunity to attend the National Leadership Summit hosted by the National Federation of State High School Association down in Indianapolis, Indiana. My favorite part of the whole conference was being able to meet people from all over the United States. I was able to talk to other high school students about the activities that they are involved in and how they are similar and different from my state. I did enjoy the sessions as well. My favorite session was the social media one presented by Christina Jontra. I thought she was very enthusiastic and kept all of our attention throughout the presentation. Mrs. Jontra made it very realistic by giving us real life examples of how social media can affect your life with a bad post.

I am very grateful for all the opportunities that I have had by participating in this committee. I have met many different types of people by being on this committee which has improved my communication skills. I hope to keep on meeting new people and get to know them for the rest of my term with this committee.



# NSATA Training Table

*Nicole, Lee ATC*



## Nutrition: A Building Block to Athletic Performance

What is nutrition? Nutrition is a basic human need to achieve and maintain a healthy lifestyle. Good nutrition is important for all humans, but especially for athletes who are trying to achieve their training goals. Nutrition and proper dieting for athletes is important so that they are able to maintain enough energy and nutrients to meet the demands of their training and workouts. Not only does a good diet help athletes maintain their energy for top performance, but it also helps them aid in recovery.

Each type of athlete will vary in nutritional needs based on sport. However, there are three main components in an athlete's diet that will be similar: carbohydrates, proteins, and fat.

Carbohydrates, commonly known as carbs, work as the body's main source of energy to help fuel muscle function. Carbohydrates help give our bodies the extra boost to sprint down the field or to slam dunk a basketball. Carbs also help our bodies in a non-energy function to help use fats effectively. A young athlete's diet should consist of about 50% of carbohydrates. Great sources of carbs are whole grain breads, pasta, and dried beans. Some snack ideas consist of Greek yogurt, oatmeal, and peanut butter and jelly sandwiches.

Protein will make up 10-30% of your energy intake. Protein's role in the athlete's diet is to help build and repair muscles. It also helps in aiding off infections and supplying energy when needed. Sources of protein include lean meat, eggs, beans, nuts, and legumes. Snack ideas include beef jerky, mixed nuts, string cheese, and chocolate milk.

The last component is fat. We all think of fats as something we don't want or need in our bodies. Unsaturated fats are the "good" fat that help give us the concentrated energy source needed. Fats' role is to help absorb vitamins that are essential to our diet. Fats provide about 30% of total energy needed. Limit fatty foods close to training and competition because those are harder to digest, leaving you feeling sluggish. Fatty fish and nuts are good sources of fats. Snack ideas include almonds, pistachios, sunflower seeds, and peanut butter.

As you can see, all of these components are equally important to help an athlete achieve and maintain good nutrition. Carbs, proteins, and fats all work together to give the athlete the most amount of energy needed to reach training goals. Providing athletes with the knowledge of nutrition and its importance in athletics will help build a foundation for that athlete to achieve their top training goals.

## Have you followed the NSAA social media channels?

Fall Championships are in full swing! 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](mailto: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](mailto: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.”***

---

# Made in Nebraska by Nebraskans

PROUD  
SUPPORTERS  
OF NSAA & NFHS  
HIGH SCHOOL  
SPORTS



800-247-7668  
www.bisoninc.com

## for over 30 years

*Did you know . . .  
Husker basketball & volleyball  
teams play on Bison systems?*



**BASKETBALL • VOLLEYBALL • SOCCER • FOOTBALL • LACROSSE • FUTSAL • TEAM HANDBALL  
RUGBY • TENNIS • TETHERBALL • BADMINTON • HOCKEY • PICKLEBALL • FIELD HOCKEY**



## A GOAL FOR EVERY GAME



**Building or renovating a gymnasium?**  
Select IPI by Bison for your custom ceiling and wall  
mounted basketball backstops and divider curtains.  
Visit [www.IPIbyBison.com](http://www.IPIbyBison.com) or call 800-637-7968.

