



NSAA News

March 2023



YouTube

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<https://nsaahome.org/>

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Executive Director's Notebook

Jay Bellar, NSAA Executive Director



March is here, let the madness begin! What a great winter season it has been for our NSAA member schools. Championship season has begun, and we look forward to a month filled with, as broadcaster Jim McKay used to say, "the thrill of victory and the agony of defeat." It is the time of year where high school experiences turn into lifelong memories.

This month, I would like to shine the figurative spotlight on the coaches who spend countless hours working with our students—both in and out of their season. The state of Nebraska is blessed to have great coaches at the high school level. Our Midwestern values of hard work, commitment and integrity is the foundation of this profession and fans have the opportunity to witness this at every contest.

Coaching is unlike any other occupation. At the high school level, it is no one's primary job, but instead, an extra duty which means it takes place outside of school/business hours. No one is getting rich coaching—especially when you take the hours worked divided by the amount paid. Why, then, do people coach? Those who coach genuinely enjoy the students and want to make a difference in their lives, while also sharing their passion for a sport or activity.

Nebraska coaches are a wealth of knowledge. Experts in their given sports, coaches understand the rules, develop strategies, and hone techniques needed for success in their sport or activity. Beyond the sport, coaches are knowledgeable about physical fitness and stay current on best practices to build sports performance while reducing and preventing the chance of injury.

Although it is imperative that coaches be competent in the sport or activity in which they coach, good coaching goes way beyond the X's and O's. Coaches have the ability to empower students and help them mature and grow both as an individual and as a teammate. Coaches promote leadership skills and assist players in discovering themselves and their many talents during an important time of life.

NSAA Board of Directors & Staff

					
Kara Graham District I Lincoln Southeast	Dr. Dana Wiseman District I Sutton	Thomas Lee District II Omaha Westview	Nick Wemhoff District II Fort Calhoun	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

Spending so much time with them beyond the school day, coaches have the unique opportunity to get to know the students outside of the classroom and show interest in their lives as individuals apart from the school or team.

When asked, many people, years after graduating, will reflect on their high school coach as having been a friend, mentor, teacher, or counselor. Coaches have the opportunity to influence, empower and inspire others. Many believe that a coach actually has the chance to impact more lives in a year than people in other professions do their entire career. That is very powerful, and we are lucky to have a collective group doing so in such a positive manner.

It must be recognized, however; that none of this comes without sacrifice on the part of the coach. Hours upon hours are spent on this craft. Preparing practice schedules, watching film, analyzing, and stating past performances, running practices and competing in games and contests—in the evening, on Saturdays, late on school nights, during the summer and school breaks. And often this takes place after a full day of teaching, prepping for classes and grading papers. Doing all of this, and doing it well, comes with another sacrifice—time away from your family and home. Spouses and children of coaches play an important role in this career choice. Sometimes, even when coaches are physically with their families, there is still a part of them mentally coaching, strategizing, worrying, or preparing.

As seasons change and the year winds down, please take a second and recognize the coaches in our state. Stop and thank them for all they do. Tell ones who have positively influenced you that their time and sacrifices made a difference in your life. It's easy to be an armchair quarterback, reflecting on what a coach should have been done with 20/20 hindsight. I challenge you to instead take the time to reach out and celebrate coaches whose encouragement, guidance and inspiration is still with you today.

I want to end by personally thanking all those who have stepped up and taken on the huge responsibility that goes along with coaching. You have done a great job. You have impacted the future. Your influence is felt. No matter the score, you have won. You have earned the honor to be called Coach.

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

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 for more information.

The NFHS Voice: National Coaches of the Year Focused on Making a Difference in Students' Lives



Dr. Karissa Niehoff, NFHS Executive Director

Last week, the NFHS distributed one of its most anticipated releases of the year – the announcement of the 23 National High School Coaches of the Year.

When people are honored with national awards, often the term “great” is tossed around. More often than not, coaching “greatness” is associated with victories and championships. And as you might expect, the accomplishments of this year’s award recipients were amazing.

The 23 coaches selected for this national honor have led their teams to a combined 137 state championships. They all have earned multiple “Coach of the Year” awards in their states, and many of their student-athletes have received individual honors.

Perhaps at the top of the “honors” list is Rickey Baker, who led his boys cross country teams at Hopi High School in Arizona to an amazing 27 consecutive Arizona Interscholastic Association state championships, topped by the 1999 team that scored a perfect 15 in bringing home the crown. Two years ago, Baker was inducted into the NFHS National High School Hall of Fame.

Billy Bowen has won 18 state baseball championships in Oklahoma – six in the fall and 12 in the spring. Among the coaches of girls sports, Tim Godby has led Milton (Georgia) High School to 15 Georgia High School Association Girls Lacrosse State Championships, and Iona Stookey has won 13 Montana High School Association Class B State Volleyball Championships at Huntley Project High School.

While the “on the field” accomplishments of this year’s National Coaches of the Year are extraordinary, the state titles, career victories and undefeated seasons only begin to tell the story about why these individuals were chosen for this national honor.

When it comes to “great” high school coaches, success is not measured solely on a person’s winning record. If victories and state titles were the primary motives of these individuals, many would have left for positions at the college or professional levels. Instead, this year’s award recipients have been coaching for a collective 678 years – an average of approximately 30 years per person at the high school level of coaching.

A closer look at the coaching philosophies of some of these individuals indicates why they have remained dedicated to coaching high school student-athletes, starting with the aforementioned Rickey Baker.

“One would expect that winning is at the core of Rick’s philosophy and beliefs, but that couldn’t be further from the truth,” said Ricky Greer, athletic director at Hopi High School. “Rick believes that winning takes care of itself. It is a byproduct of hard work, dedication, discipline, attention to detail, a focus on the fundamentals, and the development of meaningful relationships.”

Greg Haagsma has led the Valley Christian high school boys basketball team from Chandler, Arizona, to 20 state tournaments and seven Arizona Interscholastic Association state championships, all while trying to make a difference in his students’ lives.

“Educational athletics play an important role in the overall development of each student at the high school level,” Haagsma said. “The experiences are part of the process by which our young men and women are being taught character qualities and are being molded into the adults that we desire they become.”

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

NSAA's Schwartz to Receive NFHS Citation

NSAA Associate Director Jennifer Schwartz is among thirteen leaders in high school activity programs across the country selected to receive a National Federation of State High School Associations (NFHS) Citation.

An award designed to honor individuals who have made contributions to the NFHS, state high school associations, athletic director and coaching professions, the officiating avocation and fine arts programs, the NFHS Citation is one of the most highly regarded achievements in high school athletics and performing arts. Citations will be presented June 30th at the annual NFHS Summer Meeting in Seattle, Washington.

Jennifer Schwartz's career at the NSAA spans more than two decades after she joined the staff in 2001 as an Assistant Director. During that time, Schwartz has administered numerous sports and activities, including volleyball, soccer, swimming and diving, debate and journalism.

In 2019, Schwartz was promoted to NSAA Associate Director, tasked with overseeing the association's legislative process, coordinating NSAA district meetings and the NSAA Class Caucus. Additionally, she currently assists with eligibility and hardship rulings and negotiating NSAA championship contracts. She also handles activities at the middle school level.

Before joining the NSAA, Schwartz taught and coached volleyball at Arlington High School in Arlington, Nebraska, and was assistant athletic director at Omaha Westside High School.

Nationally, Schwartz served on the NFHS Strategic Planning Committee and coordinates NFHS Coach Education initiatives in Nebraska.

In December, Schwartz was named NSAA Interim Executive Director and will begin serving in that role in July. She will be the second female to lead the NSAA in its 110-year history.



March Currency Believers & Achievers

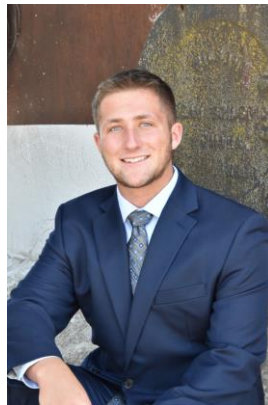
CURRENCY.



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



Alexzandar Wolf
Central Valley



Ryan Zohner
Battle Creek



Dalton Zulkoski
Leigh

February NSAA Board of Directors Meeting Minutes

The February NSAA Board of Directors meeting was held at the NSAA office in Lincoln on Wednesday, February 15th, 2023. The meeting minutes can be found on the NSAA website [here](#).

Class Caucus Review Committee Meeting Minutes

Results and minutes from the February 8th, 2023 Zoom Class Caucus Review Committee meeting can be found [here](#).

Legislative Commission Meeting Minutes

The Legislative Commission meeting was held at the NSAA office on February 15th, 2023. The results and minutes can be found on the NSAA website [here](#).

Winter Championship Reimbursement Reminder

Winter 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.

Individual Wrestling – March 6th, 2023

Girls Wrestling – March 6th, 2023

Girls Basketball – March 20th, 2023

Boys Basketball – March 27th, 2023

There is no reimbursement for Bowling, Dual Wrestling, Swimming & Diving, or Speech.

State Basketball Clear Bag & Ticket Policies

Clear Bag Policies

[Husker Athletics](#)

[Pinnacle Bank Arena](#)

Ticket Policies

[NSAA Basketball Championship Ticket Policies](#)

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](#)

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 13th, 2022

Winter – March 21st, 2023

Spring – May 1st, 2023

Please contact NSAA Marketing Manager Ashton Honnor at ahonor@nsaahome.org with questions.

NSAA Journalism Reminders

The deadline to submit preliminary entries is Wednesday, March 1st.

- 2023 Journalism Classifications can be found [HERE](#).
- 2023 Journalism Manual can be found [HERE](#).
- The member school media links can be found [HERE](#).

2023-2024 NSAA Student Advisory Committee Application

Student Advisory Committee is a diverse group of students who participate in interscholastic athletics/activities and are focused on providing education and leadership through open and honest communication with all member schools and their students, administrators and coaches. The committee serves as a liaison between students, administrators, the NSAA Staff and Board of Directors. The Student Advisory Committee helps to promote the mission of the NSAA, including leadership, sportsmanship and integrity.

Candidates should:

- (1) Show a history of leadership on activity/athletic teams as well as with other extracurricular activities, community service projects or in the workplace
- (2) have an understanding of the role of school activities/athletics
- (3) have ideas for promoting a proper perspective for educational activities/athletics.

HOW TO APPLY

Activities Directors need to login with their AD passcode on nsasahome.org

CLICK ON: [+] OTHER FORMS:

- SELECT "STUDENT ADVISORY COMMITTEE APPLICATION"
- UPLOADS MUST BE IN "PDF" FORMAT

Applications are due by March 1st at 4 p.m. CST. Candidates will be notified by April 1st of their selection. Questions may be directed to NSAA Assistant Director Taryn Retzlaff at tretzlaff@nsaahome.org.

State Speech Spotlight: Open Division

The Nebraska School Activities Association (NSAA) will be adding the “State Speech Spotlight: Open Division” to the NSAA State Speech Championships. Spotlight will be speech competition for students with physical and/or intellectual disabilities. Starting this year, each of the six classes of competition could have up to two additional sections of Spotlight.

Students participating in Spotlight may perform from any of the following individual events: Informative, Persuasive, Entertainment, Poetry, Program Oral Interpretation, Humorous, or Serious. An NSAA-registered judge will provide feedback to all those that participate. All participants will also receive an NSAA medal as a part of the awards ceremony in each class.

To learn more about the eligibility requirements, [click here](#).

To view the State Speech Spotlight: Open Division application, [click here](#).

NFHS Unveils Speech and Debate Credential Through Learning Center

NFHS News

The National Federation of State High School Associations (NFHS) has unveiled a new professional development pathway for speech and debate educators through the NFHS Learning Center.

The NFHS Speech and Debate Credential is designed to help speech and debate coaches, teachers, and educators guide students through these programs by encouraging additional education in the areas of implicit bias, first aid, afterschool security, mental health, and many more.

Speech and debate educators can earn a NFHS Level 1 Credential by completing a set of courses on the [NFHS Learning Center](#). Required courses are “Adjudicating Speech and Debate,” “Implicit Bias,” “Protecting Students from Abuse” and “Student Mental Health and Suicide Prevention.”

Educators will then select two courses from the following: “Coaching Speech and Debate,” “Understanding Copyright and Compliance – Speech/Debate track,” “Speech and Debate Event Management” and “Engaging Effectively with Parents.” The final step to the Level 1 credential is completing at least two of the following courses: “Concussion in Sports,” “First Aid, Health and Safety,” “Bullying, Hazing and Inappropriate Behaviors,” “Afterschool Security” and “Teaching and Modeling Behavior.”

“We believe that educators who take eight of these courses will have a well-rounded view of what it means to not only coach speech and debate, but take care of their students as well,” said Dr. James Weaver, NFHS director of performing arts and sports. “The credential is designed for new and veteran coaches alike and provides flexibility to choose what is most beneficial for each individual.”

There are many benefits to taking performing arts courses on NFHSLearn, including leadership, skill building and growth. NFHSLearn courses are a convenient, self-paced, online learning environment built for any device.

“This new national credential for speech and debate professionals is one of many credentials offered at the NFHS Learning Center,” said Dan Schuster, NFHS director of educational services. “We also offer national credentials for coaches, parents, and music professionals. We are excited to welcome speech and debate coaches and adjudicators to be able to earn this new national credential with the NFHS.”

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

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.

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

February 10, 2023 to February 26, 2023

February 27, 2023 to March 5, 2023

March 6, 2023 to March 7, 2023

No Charge to Officials & Head Coaches

Basic \$25 Fee – Officials & Head Coaches

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

Interested in becoming an NSAA official? [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.

Spring Officials

April 3rd-8th, 2023

Music Judges

April 17th-22nd, 2023



NSAA Membership Spotlight

District 1: Harvard

Location: Harvard
K-12 Enrollment: 221
School Mascot: Cardinals
Twitter Handle: N/A

NSAA Participation

Boys & Girls Cross Country
Volleyball
Football
Play Production
Wrestling
Boys & Girls Basketball
Speech
Music
Journalism
Boys & Girls Track & Field



What's Happening at Harvard:

"Harvard Public School is in its second year of engaging staff in fun team building and extra events throughout the year as members of the Harvard Squad," said District Treasurer/Athletic Director Stephanie Williamson. "This group is intended to facilitate health and well being by offering colleagues enjoyable activities with one another. Activities have included a movie night where the staff reserves a local theater for just our staff to view a recently released movie, a scavenger hunt around town, a timed lego building contest, and much more."

"Harvard is frequently a host site for a variety of activities. Regularly hosting school, conference, and district events ranging from play production, cross country, wrestling to other activities not sanctioned by NSAA such as Harvard Math Day and the Harvard Show Choir Competition. Harvard students continue to have options to participate in a wide variety of academic and athletic extracurricular activities. Our staff continues to look for ways to offer students rewarding experiences both in and out of the classroom."



District 2: Humphrey

Location: Humphrey

PK-12 Enrollment: 286

School Mascot: Bulldogs

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

NSAA Participation

Softball

Boys & Girls Cross Country

Volleyball

Football

Boys & Girls Bowling

Boys & Girls Basketball

Speech

Boys & Girls Track & Field

Boys Golf



NSAA State Championships: 11

What's Happening at Humphrey:

"Humphrey Public is experiencing growth in class size and exploring the idea of a new school campus," said Athletic Director Kandee Hanzel. "Humphrey Public has been competitive at the state level in many sports and activities. Sportsmanship is at the forefront of all we do. Students have won two sportsmanship awards and enthusiastically participate in pep band and support all activities."



District 3: Keya Paha County

Location: Springview

K-12 Enrollment: 82

School Mascot: Knights

Twitter Handle: N/A

NSAA Participation

Boys & Girls Cross Country

Volleyball

Football

Play Production

Wrestling

Boys & Girls Basketball

Speech

Music

Boys & Girls Track & Field

Boys Golf



NSAA State Championships: 3

What's Happening at Keya Paha County:

"Since the fall of 2008 we have been co-oping all our Sports with Rock County," said Athletic Director Mike Stephen. "This partnership has allowed our teams the ability to play and be competitive in all sports. Two counties have come together to follow and support the "Knights of North Central"! We (North Central, our Sports Cooperative with Rock County) were awarded the 2017 and 2018 Sportsmanship Awards at the State Girls D1 Basketball Tournaments."



District 4: Ord**Location:** Ord**K-12 Enrollment:** 513**School Mascot:** Chanticleers**Twitter Handle:** [@OrdChanticleers](https://twitter.com/OrdChanticleers)**NSAA Participation**

Softball

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 Ord:**

"Ord Jr. Sr. High School offers a leadership opportunity for Junior and Seniors called the Chanticleer Committee. To be a part of this committee students must exhibit at least a 3.0 GPA, refrain from drugs and alcohol, participate in at least 2 activities, and exhibit leadership qualities," said Activities Director Derry Trampe. "Students are voted onto the committee by the teachers and coaches of all activities. Throughout the year the Chanticleer Committee welcomes elementary and high school students to school on Fridays, mentors all incoming 7th graders, leads student sections at games, and visits elementary recess during the springtime. The Chanticleer Committee gives students the opportunity to grow their leadership skills throughout the school."



District 5: Bertrand**Location:** Bertrand**K-12 Enrollment:** 234**School Mascot:** Vikings**Twitter Handle:** [@BertrandVikings](https://twitter.com/BertrandVikings)**NSAA Participation**

Boys & Girls Cross Country

Volleyball

Football

Play Production

Wrestling

Boys & Girls Basketball

Speech

Music

Boys & Girls Track & Field

Boys Golf

**NSAA State Championships:** 10**What's Happening at Bertrand:**

"We started doing Feel Good Fridays this year for Grades 7-12. Teachers are to nominate students who have done well in their class, helped out a friend or them, or done a good deed for someone," said Activities Director Craig Newcomb. "Anything showing acts of kindness. K-6 students are recognized with a similar Citizenship Award for being good students and school citizens. We like to recognize students for the good things they are doing and present the students with a Bertrand Community School #SAIL T-shirt."



District 6: Hemingford**Location:** Hemingford**K-12 Enrollment:** 374**School Mascot:** Bobcats**Twitter Handle:** [@HemingfordDist](https://twitter.com/HemingfordDist)**NSAA Participation**

Softball (co-op with Alliance)

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: 2****What's Happening at Hemingford:**

"Hemingford High School is dedicated to utilizing a restorative practice discipline model where students are held to high standards of accountability. Staff and students are mindful of maintaining an environment where being safe, responsible, and respectful guides our school's culture," said Activities Director Todd Westover. "Mission Monday is an initiative our National Honor Society has taken on to support weekly challenges that encourage empathy, mindfulness, and community building. Hemingford High School also utilizes Bobcat Time as a mentor program that provides students with academic support and relationship building opportunities."



Student Advisory Committee Spotlight

McKenzie Smith, Junior at Tri County High School



Hello! I'm McKenzie Smith from DeWitt, Nebraska. I am a junior at Tri County High School and I am serving in my first year on the Student Advisory Committee. Because my school is one of those consolidated schools in Nebraska that doesn't include any community names, I am often asked where Tri County is. The easiest explanation is to say "just west of Beatrice." Technically, I'm not too far from Lincoln either, but when I attend SAC Meetings, and visit with my peers from really large schools, my small school situated out in the country, can feel like a million miles away! However, that is one of the reasons I feel so lucky to have been selected to serve on this committee—hearing the thoughts and ideas of my fellow committee members has truly been an eye-opening learning experience!

One of the first challenges we were given was to come up with ideas we could implement at our own schools. I have always been active in sports, but I have developed a real passion for other activities supported by the NSAA. Like many of my SAC peers, I wanted to improve participation at my school. I feel like I have worked really hard this year in both One-Act Play Production and on the Speech Team to try to "recruit" new team members and encourage them to see the excitement that stems from participating in these highly competitive activities. It's been awesome to see a new group of freshmen at my school, who are really embracing the ideals I try to model in these activities!

Attending and speaking at the sportsmanship summit was really exciting for me too; I felt so positively supported and encouraged by that experience that I wanted to combine what I've learned so far in my position on the SAC, with my work on my school's Speech Team, bringing awareness to issues faced by Indigenous students in Nebraska. As a young Native American woman, and one of very few minority students at my school, I have been on a mission throughout this speech season to encourage listeners to recognize the need for change. I'm hoping to inspire others to see how detrimental using Native American mascots as school mascots can be to the very students many of these schools serve. Because of the many lessons I'm learning from the SAC, I feel like I can give a voice to the voiceless.

I am so appreciative of the time I've been able to spend learning from my SAC peers, getting to know them personally, and hearing all of their ideas. I also appreciate the time I have had with all of the adults who work to support us. My first year on the NSAA SAC has been amazing so far, and I'm really looking forward to seeing what's in store for next year—and I'm so excited that I get to continue to be a part of it!

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



NSATA Training Table



NEED CARE FOR AN INJURY/ILLNESS? YOUR ATHLETIC TRAINER CAN HELP YOU NAVIGATE YOUR OPTIONS!

EMERGENCY ROOM

- Heart symptoms
- Stroke symptoms
- Uncontrolled bleeding
- Complex fractures
- Coughing/vomiting blood
- Seizures
- Loss of consciousness
- Difficulty breathing
- Poison ingestion



URGENT CARE

- Abdominal pain
- Cuts that require stitches, burns
- Flu symptoms, high fever
- Minor injuries
- Rashes/hives
- Vomiting or diarrhea



ORTHO URGENT CARE



- Possible broken bone
- Minor dislocation
- Sprained/Strained muscle/tendon or ligament
- A minor blow to the head that is causing mild symptoms
- Any non life-threatening orthopedic/ sports related injury

PRIMARY CARE PHYSICIAN

- Non life-threatening conditions
- Wellness visit (physical)
- Vaccinations
- Mild fever, flu, cough, nausea, vomiting, diarrhea, headache
- Minor burns and scrapes/cuts



PHARMACY MINUTE CLINIC

- Minor illnesses
- Health screenings and monitoring
- Vaccinations and injections
- Wellness checks and physicals



TELEHEALTH



- You are on vacation
- The doctor's office is closed
- A prescription needs to be refilled
- Need to hear lab results
- Can't take time off from work

CHECK YOUR LOCAL TOWN FOR AVAILABLE OPTIONS

Have you followed the NSAA social media channels?

The Winter 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 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**.

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 with questions.

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