

NSAA Sports Medicine Advisory Committee



Ross Mathiasen, M.D., Committee Chair,



is an Associate Professor in Emergency Medicine and Sports Medicine at the University of Nebraska Medical Center in Omaha. He completed undergraduate training at UNL and medical school at UNMC. He then completed his residency in Emergency Medicine and fellowship in Primary Care Sports Medicine at the University of Iowa. He is active in teaching from the local level to national conferences, including at The American Medical Society for Sports Medicine annual meetings. He is active in research and has published in peer reviewed journals and textbooks. He continues to be active in event and team medical coverage from the youth to the Olympic level. He lives in Omaha with his wife, Michelle.

Janet Kruse Sellon, M.D.,



is a family medicine physician currently practicing at Lincoln Family Wellness in Lincoln. Originally from Blair, she graduated from UNL in 1992 where she was a member of the Husker volleyball team. After receiving her medical degree from UNMC in 1996, she went on to complete her residency at Lincoln Family Medicine Program in 1999. Dr. Sellon has been helping out with the NSAA Championships since her residency days and has previously helped coordinate medical coverage for Lincoln events. She and her husband Dan have three children, daughter Addison and twin sons Barrett and Braden.

Joslynne Stauss, R.N. BSN,



originally from Alliance, Nebraska, is the Lead District Nurse and a School Nurse for District 145 which serves the communities of Alvo, Eagle, Prairie Home, Walton, and Waverly. She has served and supported the students and staff of District 145 since September of 2013. Joslynne completed her BS in Human Biology from Chadron State College in 2008 and BS in Nursing from the University of Nebraska Medical Center College of Nursing in 2010. She received the Top 40 Under 40 Nurses Award in 2018. She is also an active member in the Central Nebraska School Nurse Association (CNSNA), the Nebraska School Nurse Association (NSNA), as well as the National Association of School Nurses (NASN). She serves on the Board of Directors as Treasurer for the CNSNA. Joslynne also actively participates as a member of the Planning Committee of the CNSNA School Health Conference held annually in Kearney. She currently resides in Waverly with her husband, Jeff, and their two children, Jace and Jayleigh.

Danielle Kleber, ATC,



is the Marketing & Strategy Coordinator for OrthoNebraska, as well as the owner of Rocket Leadership Services & Consulting, where she specializes in contract and short-term project work and Executive Director roles for membership associations. Previously, Danielle was the Vice President of Operations at Athletes' Training Center where she played a key role in its development from its launch in 2009 through its acquisition in 2024. Earlier in her career, she served as the Head Athletic Trainer at Lincoln Northeast High School for eight years, directed N-Lighten Nebraska with the Nebraska Sports Council, and spent two years as a graduate assistant at the University of Nebraska Omaha, where she worked with the 2001 NCAA national championship softball team. A dedicated leader in her field, Danielle has held numerous volunteer board and committee roles with her state, district, and national athletic training associations, as well as with the Omaha Sports Medicine Alliance. In recognition of her contributions to the profession, she was inducted into the Nebraska State Athletic Trainers' Association Hall of Fame in 2021. Danielle resides in Omaha, NE, with her husband Bill, also an athletic trainer, and their daughter Ruby.

Nathan Krug, M.D.,



is a family and sports medicine physician at Twin Rivers Sports and Family Medicine in Grand Island. He is originally from rural Nebraska and graduated from the University of Nebraska at Lincoln while lettering in football for the Cornhuskers. He completed his medical doctorate at the University of Nebraska Medical Center in Omaha. From there he went on to complete his family medicine residency training and one-year primary care sports medicine fellowship at the University of Kansas School of Medicine in Wichita. He currently serves as Medical Director for the NCAA Men's Division I Baseball College World Series in Omaha and serves as a physician for state championships for the NSAA. He is a professor of family and sports medicine and is active in training undergraduate students as well as medical students, residents, and sports medicine fellows. Dr. Krug has been published in peer reviewed journals and has authored sports medicine chapters for medical textbooks. He is actively involved on multiple committees within the American Medical Society for Sports Medicine and provides educational lectures for their national meetings. He currently resides in Chapman, Nebraska with his wife Christi and their four daughters.

Jamie Gorwill,

is the 7-12 Principal/Activities Director at Arthur County High School in Arthur, NE. Jamie grew up in western Nebraska graduating from Ogallala High School and receiving her Bachelor of Arts degree with endorsements in Vocational Business Education and English from Chadron State College. In 2014 she obtained a Master of Arts in Educational Administration from the University of Nebraska-Kearney. Jamie is in her 16th year at Arthur and her 4th year as the Principal/AD. In that time she has coached volleyball, basketball, assisted with Junior High track and sponsored various other activities. She also serves as a director for the Nebraska High School Rodeo Association and is a participant in the Sherwood Foundation catalyst program for rural community leaders. He and her husband, Shane, have two children; daughter Payton and son Grady.

Crystal Kjar, ATC,



is currently the Head Athletic Trainer at Lincoln Southwest High School and has been in this position since 2004. Prior to that she served as an Assistant Athletic Trainer at both Lincoln East for 3 years and Lincoln Southwest for 1 year. Crystal graduated from the University of Nebraska-Lincoln with a Bachelor's degree in Exercise Science with an emphasis in Athletic Training. She is active in the athletic training profession serving as Secretary of the Nebraska State Athletic Trainers' Association (NSATA) from March 2014 to March 2018, is currently a member of the Secondary School Committee for the NSATA, and provides athletic training coverage for NSAA State events. Crystal is also a member of the Nebraska Youth Concussion Coalition. In 2013, Crystal received the NSATA George F. Sullivan Athletic Trainer of the Year Award. She and her husband Tony reside in Lincoln and have two daughters, Evyn and Hayden.

Tyler Oberlander, MS, LAT, ATC, NREMT,



is an Athletic Trainer and interdisciplinary healthcare team member with Great Plains Health in North Platte, NE. He joined Great Plains Health in 2015. Originally from Elm Springs, SD, he attended South Dakota State University where he completed his undergraduate degree in athletic training (2013) and a Master of Science degree in Sports Administration (2015). Tyler's specific professional interests in acute care/emergency strategies, sport-concussion, and rodeo medicine. He has completed training to become an Emergency Medical Technician and has published research pertaining to concussion assessment in the Journal of Athletic Training. His work at Great Plains Health has allowed him to create a niche in rodeo by developing the Great Plains Health rodeo sports medicine program as well as being an assistant for the Justin Boots Sports Medicine Team. Tyler is also a firefighter/EMT for the Hershey Volunteer Fire Department.

Travis Baker, DC,



is the owner of Balanced Body Acupuncture & Chiropractic in Omaha, NE. Dr. Baker is originally from Hoxie, KS and went on to attend the University of Nebraska Lincoln. At UNL, he was a dual sport student-athlete lettering in wrestling 2001-2002, and track and field 2001-2004. He was member of four Big 12 Track & Field Championship teams and was a 2003 national qualifier in the high jump. He graduated from UNL with a degree in Community Health and a Bachelor of Science in Health Education & Human Science. In 2006, he was nominated as the Kansas 6A Assistant Wrestling Coach of the Year after leading his team at Manhattan High School in Kansas to a Team State Championship under Head Coach, Robert Gonzales. Dr. Baker completed his Doctorate of Chiropractic (DC) at Cleveland Chiropractic College in Kansas City, graduating with Cum Laude honors. In addition to his DC, he is certified through the National Academy of Sports Medicine, completed his fellowship of medical acupuncture through the International Academy of Medical Acupuncture (FIAMA), and is Master of Dry Needling certified. He is currently serving as a Board of Directors member for the Nebraska Chiropractic Physicians Association (NCPA). His wife Julie is a teacher at Russell Middle School in Millard, and they have two daughters Allison, and Caroline. A few of Dr. Baker's hobbies include watching Husker Football Games and Fly Fishing.

Natalie Ronshaugen, M.D. FAAP,



is an Assistant Professor of Pediatrics and Orthopedic Surgery at UNMC and is triple boarded in Pediatrics, Internal Medicine, and Sports Medicine. She works at Children's Hospital & Medical Center, Sports Medicine Department and at Nebraska Medicine Sports Medicine. Originally from McCook, she completed her undergraduate degree at Nebraska Wesleyan University, where she was a member of the Women's Tennis team. She received her medical degree at UNMC and finished a residency in Internal Medicine and Pediatrics at the Baystate Medical Center in Massachusetts. She did a fellowship in Sports Medicine at the University of Colorado before returning to her home state of Nebraska. She is a fellow of the American Academy of Pediatrics and serves as physician for state championships for the NSAA.

Rene Pretorius-Parks, LIMHP, LMFT,



is a Licensed Independent Mental Health Practitioner and Licensed Marriage and Family Therapist. She is currently in private practice at Perspective Behavioral Health in Omaha, NE. Prior to this move, Rene worked as a staff therapist in the Behavioral Health Clinic at Children's Nebraska for 15 years. Rene is originally from Cape Town, South Africa and moved to Lincoln, NE in 1997 to be a student-athlete at the University of Nebraska-Lincoln (UNL). In 2002, Rene graduated with her bachelor's degree in psychology from UNL whilst also being a member of the Husker Track and Field team. In 2004 Rene graduated from UNL with a Master's Degree in Marriage and Family Therapy as well as a post-degree certificate in Medical Family Therapy. Outside of her outpatient mental health practice, Rene has served on the Children's Advocacy Team (CAT); and provided behavioral health consultation to the Foster Care Clinic treatment team at Children's Nebraska. Rene currently provides therapy to children and adolescents with a variety of mental health needs; and continues to see athletes and their families who come to her from the Sports Medicine Clinic at Children's Nebraska. Rene has also served as President of the Nebraska Association for Marriage and Family Therapy. She and her husband, Trevor, have two children: son, Braxton and daughter, Addison.

Chris Arent, Ed.S



is the Superintendent and 7-12 Principal at Potter-Dix Public Schools, where he has been since July of 2022. A native of Lincoln, he began his career with Lincoln Public Schools after graduating from the University of Nebraska-Lincoln in May of 1994. Chris earned endorsements in K-12 Physical Education and Coaching 7-12. Chris was also an assistant coach in football, basketball and baseball, at Lincoln East from 1993-2001. During this time he was also a scoreboard operator and announcer for Lincoln Public Schools, where he worked many NSAA District and State Events for Football, Soccer and Baseball. In 2001 he began work on a masters degree. He attained his endorsement from the University of Nebraska-Lincoln to be a 7-12 Principal in May of 2003. Chris began his administrative career at Elkhorn High School as an assistant principal from 2003-2006 before moving to Wahoo as a principal from 2006-2012. Chris then made the move to western Nebraska at Sidney High School where he was principal for 10 years. Under his leadership, along with the efforts of a great staff, Sidney High School was named a National Blue Ribbon School in 2019. Chris has 3 grown children who have also blessed him and his wife Lori with 5 grandchildren, with number 6 on the way this coming September.



Taryn Retzlaff, NSAA,

graduated from Rushville High School where she participated in three sports and many activities. Taryn attended Doane University, graduating in 2005 and Chadron State College, graduating in 2009. She taught for seventeen years with her last nine at Norfolk High School. At Norfolk, Taryn served as the yearbook adviser, directed theatre, and taught English. She joined the NSAA staff in the summer of 2022 as an Assistant Director and is responsible for play production, music, speech, and journalism.

Taryn's passions lie within diversity and the arts. She believes that activities connect students with their communities, provide significant opportunities for growth, and help them learn skills they will benefit from for the rest of their lives.



Ron Higdon, NSAA,

formerly the wrestling coach at the University of Nebraska Omaha (UNO) for 19 years (15 as an assistant and 4 as the Associate Head Coach). In his coaching tenure at UNO, they won 6 NCAA II wrestling team titles (2004, 2005, 2006, 2009, 2010 & 2011). During his coaching career, 123 UNO wrestlers earned NCAA II All-American honors, including 24 National Champions. Ron is the Director for the sports of softball, girls tennis, boys & girls wrestling, boys & girls soccer. He is the liaison for the NSAA Sports Medicine Advisory Committee and also oversees the assigning of medical personnel for all NSAA Championships. Ron is in charge of the NFHS Hall of Fame applicants for the state of Nebraska. He developed and implemented a wrestling official mentoring program. Starting in the 2016-17 school year, Ron has developed and implemented the NSAA Student Advisory Committee. He serves on the NFHS Wrestling Rules Committee and served on the NFHS Spirit of Sport and Heart of Heart Committees.

Ron is also on the Executive board for National Wrestling Coaches Association (NWCA) as the national scholastic representative. Originally from Amarillo, Texas, he moved to Omaha in 1987 to wrestle at UNO. He was a 2-time collegiate All-American in wrestling prior to coaching. Ron is married to Sandy Derby-Higdon and proud parent to Kalee and Ryder.



Jeff Stauss, NSAA,

graduated from Meridian High School in 2005, where he participated in football, basketball, track & field and speech. Jeff attended the University of Nebraska-Lincoln, graduating with honors in 2009. He joined the NSAA staff in July of 2011 as the Technology Specialist and was promoted to an Assistant Director position in July of 2016. He has served on the NFHS National Records Committee and currently is the Section 5 representative on the NFHS Technology Committee. Jeff is currently responsible for Volleyball, Swimming & Diving, while also coordinating the NSAA internship program, NSAA media operations and office technology.



Zainab Rida, Ph.D, RD

is the Student Services Officer and Administrator for the Nebraska Department of Education's Office of Coordinated Student Support Services, where she leads statewide efforts related to school health services, nutrition programs, mental health, school safety, whole child, and physical wellness. A registered dietitian with over 20 years of experience in public health, education, and policy, Dr. Rida has led numerous state and federal initiatives addressing childhood obesity, nutrition education, physical activity, and school wellness environments. Dr. Rida earned her Ph.D. in Human Sciences with a specialization in Nutrition and Health Sciences and a minor in Educational Psychology. She has served as an adjunct professor at the University of Nebraska-Lincoln, Southeast Community College, and Northeast Community College-Norfolk, where she taught undergraduate and graduate courses in nutrition, public health, community wellness, and obesity prevention. Her teaching experience complements a strong research and publication record focused on advancing student health and equity.



Kody Moffatt, M.D., ATC, NFHS SMAC Liaison,

is an Associate Professor of Pediatrics at Creighton University School of Medicine and is the Director of Pediatric Sports Medicine at Children's Hospital and Medical Center in Omaha, Nebraska. Dr. Moffatt received his M.S. in Orthopaedic Surgery and his M.D. from the University of Nebraska Medical Center. He completed his residency training in the Joint CU-UNMC Pediatric Residency Program and joined the Creighton University faculty in 2003. He is a Fellow of the American Academy of Pediatrics and the American College of Sports Medicine, and is board certified in Pediatrics. Dr. Moffatt was elected to the AAP's Council on Sports Medicine and Fitness Executive Committee which is the body that sets policy and practice standards for the field nationwide. He serves as physician for state championships for the Nebraska School Activities Association. Dr. Moffatt has received several honors and awards and is a member of numerous professional organizations as well as being published in peer-reviewed journals and text books. His main research interests are in pediatric sports medicine and vaccine medicine.