

**NSAA videos rent for \$5.00 and are available for two-day rentals. Place your orders early to guarantee availability.**

### **BASEBALL**

High School Baseball, A Better Understanding of the Game, (2004, 17 min., 1 copy). Captures actual "game-like" realism from the pre-game coach/umpire conference, balks, and catch and carry situations to help umpires and coaches understand the game. Also covered in this video are the umpire/coaches confrontations and helmet care.

### **DEBATE**

Lincoln-Douglas Debate (1985, 45 min., 2 copies). Debate techniques, speaker responsibilities, organization and strategy.

### **FOOTBALL**

Prevent Paralysis: Don't Hit With Your Head (1991, 12 min., 5 copies).

Demonstrates 20 actual injuries and explains why they occurred and how they could have been prevented.

### **PLAY PRODUCTION**

Play It Safe--Introduction to Theatre Safety, (2000, 82 min., 1 copy). Produced by Theatre Arts Video Library, the video covers the following issues: Current Safety Laws and How They Apply to Theatres, General Safety Practices, Chemical Hazards and Personal Protection Equipment, State Lighting Safety, Costume Shop Safety, and Scene and Prop Shop Safety.

### **SOCCER**

Soccer Rules Changes 2001 (2001, 18 min., 1 copy).

Soccer Rules Changes 2000 (2000, 11 min., 1 copy).

Soccer Rules Changes 1999 (1999, 17 min., 1 copy). This film covers a variety of topics and concerns in high school soccer. Any recent rules changes in high school soccer are covered in this 17-minute production by the NFHS.

### **SOFTBALL**

1998 Softball Rules Changes, (1998, 14 min., 1 copy). Includes coefficient of restitution of softballs and labeling, restriction concerning thrown or hit balls during the pre-game conference, fighting, on-deck batter to remain in on-deck circle while pitcher is warming up, ejected coach, time frame or circumstances that may warrant a forfeit (as determined by State assoc.) when a team is late in arriving, and requiring umpires to wear gray slacks beginning in 1999. Points of emphasis--catcher's protective equipment, charged offensive and defensive conferences, three-foot running lane and pitching (illegal replant, drag, leap, stepping backward off the pitcher's plate, etc.).

### **SWIMMING**

Swimming & Diving Rules Review, (2001, 17 min. 1 copy). Deals with rules that have changed since the last production. Starts, turns, relay take-offs and analysis of each stroke are included. The section on diving illustrates what judges generally look for in judging dives. Duties and positions of other meet officials are also covered.

### **WRESTLING**

Wrestling Weight Management, (2001, 48 min., 4 copies). The National Wrestling Coaches' Association (NWCA) along with the National Federation of State High School Associations (NFHS) produced the "Championship Performance and Safe Weight Management" video. This video outlines the basic concepts of the NFHS recommended weight certification guidelines. Wrestling Nutrition and Weight Control, (1994, 15 min., 6 copies).

### **MISCELLANEOUS**

Sportsmanship, Ethics & Integrity, (1998, 1 hr., 55 min. 3 copies). National Federation teleconference video which involves audience interaction as well as actual situations regarding sportsmanship, ethics and integrity which administrators, coaches, parents and students are confronted with daily. The video includes a segment by Dr. Sharon Stoll, Director for the Center for Ethics at the University of Idaho defining ethics in activities.

Winning Respect, (1998, 15 min., 3 copies). Help your coaches introduce their athletes to important concepts of winning respect, both inside and outside the sports arena. Winning Respect, hosted by Stedman Graham, is a powerful tool that coaches can use during parent meetings and pre-and early season meetings with their athletes. The video takes a revealing look at how student-athletes feel about sportsmanship and respect. It mixes student-athletes' commentary with clips of well known professional, college, and Olympic athletes exhibiting first-class behavior

"Student Activities," an Integral Part of Education, (1996, 5 min., 2 copy). Includes 48 color slides, carousel, and script for the presenter. Slides and script provide evidence and reasoning to demonstrate the value of athletics and activities. The videotape depicts the emotional impact high school activities have on participants, parents and communities. School officials may use these materials to build support for their programs.

**NEBRASKA SCHOOL ACTIVITIES ASSOCIATION**  
**8230 Beechwood Drive, P.O. Box 5447**  
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**402-489-0386**  
**FAX 402-489-0934**

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