



NSAA News

April 2023



 YouTube

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Executive Director's Notebook

Jay Bellar, NSAA Executive Director



Over the past five years, many pages of this newsletter have been dedicated to expounding on our tagline—NSAA activities, the other half of education. During that time, I have written and spoken about how the NSAA plays a role in developing Nebraska students beyond the classroom setting, giving students the opportunity to learn, grow, and mature in nonacademic areas such as time management, responsibility, leadership and so many more. Although I truly believe participation in NSAA sports and activities genuinely develops the whole person, there is another entire aspect gained through participation—friendship.

Students who participate in NSAA activities have the important opportunity to be part of something bigger than themselves. They have the chance to be a part of a team. Research from Ohio State recently a study verifying that teaming up with others often leads to friendship and, equally as interesting, friends perform better with group tasks than strangers.

As the origin of many friendships is common interest and shared experiences, it is easy to see how teammates naturally evolve into friends over time. From preschool to elementary to high school through college and beyond, humans gravitate towards those who have similar interests, values and face challenges similar to ourselves. Working toward a common goal while facing and working to overcome adversity builds deep connections, regardless if the end result is the exhilaration of accomplishment or the anguish of defeat. The relevance does not come from the final result, but in the shared experience which provides the fertile ground upon which the seeds of friendship are planted, grown and sown—even decades later.

Just as good teammates sacrifice for each other—so do good friends. High school teammates spend many waking hours together. They work together in the classroom, on the practice field, in competition and in social situations. Students who are part of a team are more likely to think about others and work towards mutual success.

NSAA Board of Directors & Staff



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District I
Sutton



Thomas Lee
District II
Omaha Westview



Nick Wemhoff
District II
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Ashton Honnor
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Alicia McCoy
Administrative
Assistant



Jakub VanWesten
Administrative
Assistant



Rick Colgan
Software
Developer

Executive Director's Notebook from page 1

When conflicts inevitably arise, those who are a part of a team, care about their friends and problem solve together. These shared experiences provide the opportunity to put themselves in one another's shoes. This empathy, in turn, becomes the building blocks of a strong foundation of friendship.

Over four decades ago, I was lucky enough to have teammates who became lifelong friends. Sure, we spent a lot of time learning together in a classroom, but we also shared massive parts of lives running drills together on the gridiron, shooting thousands of baskets together in the gym, riding miles and miles together on the bus, forming a band of brothers outside of school, hanging out together at each other's homes. Together we shared common goals, overcame adversities, held each other accountable, fought, laughed, and established private jokes that still make us laugh today.

During my senior year my teammates and I played in the state championship basketball game. For the past several years we have attended the state tournaments together, celebrating our shared experiences. The seed planted as teammates so many years ago has blossomed into a yearly trip between eight to ten high school teammates/friends—the only stipulation for the trip being that you graduated from our alma mater. This ritual gives us the occasion to celebrate our hometown, catch up on our families and lives, reminisce, tell the same old stories—time to honor our connection and our past.

All of these interactions sparked years ago with the help of NSAA activities. This month my challenge to you is to reach out to your old teammates. Hit the links, plan a reunion, send a text, make the call, tell the stories—celebrate what other half of education gifted you—lifelong friends, shared history and great memories.

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 for more information.

The NFHS Voice: True Fans Unite to Promote Positive Behavior in High School Sports



Dr. Karissa Niehoff, NFHS Executive Director

Attention, high school sports fans!

Not those of you who are disrespectful, volatile and even violent at athletic events. No, we're talking to parents and fans who behave appropriately and understand the true purpose of high school sports.

This message is for you, but we hope all will listen.

First off, we want to thank you: For not yelling at the officials every time you don't like a call. For not ruining high school sports for your child by making it all about you. For not contributing to the bad fan behavior epidemic that is putting high school sports at risk.

In other words, thank you for setting a positive example of what a true high school sports fan looks like.

Like you, we're tired of seeing games canceled because of brawls in the stands. We're tired of entitled fans who think they can say and do anything they want. We're tired of high school athletic events being clouded by negativity, immaturity and aggressive behavior.

Let's not let a few bad apples spoil the bunch. They may be a loud minority, but let's make sure our actions speak louder.

Consider this your rallying cry—to continue setting the tone for your school community, to continue being role models and positive behavior trailblazers, to continue being part of the solution and not part of the problem.

For those of us who just want to watch our kids play and grow, there's strength in numbers. It's time to stand up and say enough is enough. It's time to proclaim what our schools stand for—and what they won't. It's time to protect high school sports!

- *Let's unite to restore civility in our schools and make it clear we will not accept bad behavior as the norm.*
- *Let's join together to represent the values, standards and life lessons that high school sports teach like integrity, respect and empathy.*
- *Let's preserve the environment where our students learn, grow and compete. When bad fan behavior rears its ugly head in our schools and games are canceled, everyone loses – especially our students.*

The bottom line: This is about character. The way we behave at high school athletic events says a lot about who we are.

Ready to stand together? The NFHS has partnered with state high school associations across the country to promote the #BenchBadBehavior campaign. Visit **BenchBadBehavior.com** to get free resources like social media posts, videos, flyers and more to help set the tone for your school community. Together, we can urge everyone to #BenchBadBehavior at high school athletic events for good!

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

Winter 2022-2023 NCPA Academic All-State Awards



Each year the Nebraska School Activities Association 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.

The NSAA and the NCPA are proud to recognize all of the 2,278 award winners of the 2022-2023 Winter NCPA Academic All-State Award.

This brings the total number of NCPA Academic All-State Award winners to over 99,572 spanning the 17 years of this awards program.

The complete list of the 2022-2023 winter recipients may be viewed [here!](#)

For more information on the requirements for the NCPA Academic All-State Program, [click here](#).

NSAA District Music Contests

The [2023 NSAA District Music Contests \(DMCs\)](#) are quickly approaching and slated for the week of April 17th. All the entries have been submitted and host sites are now creating their contest schedule.

Since 1949, the basis for District Music Contests, NSAA Article 7, has been the foundation in which these contests have been governed. The structure and objectives set before the District Managing Committee enable the contests to occur allowing 20,000+ students across the state to participate. A big thank you to the District Managing Committees, District Music Coordinators, host Directors and host schools for all your time and effort.

Participating schools will once again be given the opportunity to participate in the Large Ensemble Live Critique. This enhancement to the DMC experience will allow for schools to gain direct feedback from an adjudicator that should enhance and enrich their ability to perform the music. Schools can opt-in or out of the critique.

The NSAA continues to encourage school administrators to look into the future, preferably the next two spring school schedules, and keep an eye on how many additional activities are scheduled that overlap and affect the ability for your students to participate in this activity. Keep this in mind as you schedule musicals, prom, and other NSAA-sanctioned activities.

The NSAA District Music Coordinators and District Managing Committee do an outstanding job in securing dates and sites 2-3 years in advance. This information is very helpful and available upon request.

Best of luck to all schools participating in the 2023 District Music Contests!

2023 NSAA State Speech Results

The 2023 NSAA State Speech Championships were held at Kearney High School on March 15th, 16th, and 17th. Championship results are available on the NSAA website [here](#).

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 Honor at ahonor@nsaahome.org with questions.

March NSAA Board of Directors Meeting Minutes

The March NSAA Board of Directors meeting was held at the NSAA office in Lincoln on Wednesday, March 8th, 2023. The meeting minutes can be found on the NSAA website [here](#).

NSAA Cup Standings

The NSAA Cup standings have been updated through the 2023 Winter Championships and are available on the NSAA website [here](#).

2023 Representative Assembly

The 2023 NSAA Representative Assembly is scheduled for Friday, April 14th at 10 a.m. CST at the NSAA office. The [agenda](#) as well as the list of 2023 Representative Assembly [Delegates](#) can be found on the NSAA website.

NSAA May 1st Transfer List

The May 1st Transfer List is open and available on the NSAA AD login page. Only students transferring from one NSAA member school from another NSAA member school can be placed on the list.

Students and parents must give written consent to be placed on the NSAA May 1st Transfer List on or before May 1st. The consent form is located on the NSAA AD login page and the on NSAA website: [NSAA May 1st Transfer Consent Form](#). Students may not be placed on the May 1st Transfer List without uploading the consent form.

The complete May 1st Transfer List will be made available to all schools on the NSAA AD login page on the Tuesday following Memorial Day.

If you have any questions, please contact the NSAA office.

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.



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](#)

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: York

Location: York

9-12 Enrollment: 480

School Mascot: Dukes

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

NSAA Participation

Girls Golf

Softball

Boys Tennis

Boys & Girls Cross Country

Volleyball

Football

Unified Bowling

Play Production

Boys & Girls Bowling

Boys & Girls Wrestling

Boys & Girls Basketball

Speech

Music

Boys & Girls Soccer

Boys & Girls Track & Field

Girls Tennis

Boys Golf



NSAA State Championships: 36

What's Happening at York:

"Last spring, YHS made the decision to add girls bowling, boys bowling, and girls wrestling. All of these sports have been a great addition as they've given many students an opportunity to compete in a winter sport," said Activities Director/Assistant Principal Tyler Herman. "We had 11 boys participate in bowling, 8 girls participate in bowling, and 10 girls participate in wrestling. Not only did we have solid participation for these first-year programs, but all were very successful right out of the gates. Our boys bowling team qualified as a team for the State Tournament in addition to qualifying three individuals. The boys were the Class B State Runner-Up as a team and had an individual finish in 3rd place. In girls bowling, we had an individual qualifier who just missed earning a state medal. Our girls wrestling team had two state qualifiers in their inaugural season. Both girls won matches at State with one of our qualifiers finishing one win shy of a medal. We were thrilled with the success of these first-year programs and are looking forward to seeing these programs continue to grow in the future."



District 4: North Platte St. Patrick's

Location: North Platte

K-12 Enrollment: 366

School Mascot: Irish/Lady Irish

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

NSAA Participation

Girls Golf

Boys & Girls Cross Country

Volleyball

Football

Play Production

Wrestling

Boys & Girls Basketball

Speech

Boys & Girls Track & Field

Boys Golf



NSAA State Championships: 15

What's Happening at North Platte St. Patrick's:

"North Platte Catholic Schools is a Pre-K-12 Catholic School. We consider ourselves blessed to be able to provide Catholic Education in North Platte since 1892. Our teachers, coaches, and administration are able to put faith at the forefront of each activity, sport, and lesson in the school. Our campus consists of 4 buildings and our high school has undergone multiple renovations recently," said Athletic Director Maddy Krebs.

"Our school takes great pride in our Sportsmanship program among all activities. We have won the NCA Sportsmanship Award 6 times including this year. Our S.A.I.N.T.S. (Student Activities Incorporating Total Sportsmanship) group is a group of student body members that decides themes, sets sportsmanship goals, creates ref goody bags, greets officials and teams, and leads the student section. Our students have made it a goal to create a positive environment in our student sections as well as how we treat other teams coming to our school and they have made it a top priority over the last few years."



District 6: Banner County

Location: Harrisburg

K-12 Enrollment: 136

School Mascot: Wildcats

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

NSAA Participation

Boys & Girls Cross Country

Volleyball

Football

Play Production

Wrestling

Boys & Girls Basketball

Speech

Music

Boys & Girls Track & Field



NSAA State Championships: 8

What's Happening at Banner County:

"While our students are actively involved in NSAA activities, they are also involved in our school-based businesses through our CTE courses," said Activities Director Kari Gifford. "Banner County School currently has two school-based businesses. High Energy Cappuccino sells coffee, lattes, and smoothies. Wildcat Cutting and Design sells metal signs and décor using a plasma cutter. We are able to easily integrate the Nebraska Standards for Career Readiness through these businesses. Students who are enrolled in a CTE course are encouraged to participate in the business operations. While they are not required to participate, they enjoy it so much they want to continue to be involved the next year even if they aren't enrolled in a CTE course. Students are able to apply knowledge learned in their courses to practical use through the operation of the business."



Student Advisory Committee Spotlight

Landon Dobbins, Junior at Howells-Dodge High School



My name is Landon Dobbins and I am a junior at Howells-Dodge Consolidated Schools. I am involved in many extracurricular activities including football, golf, One Act, speech team, Quiz Bowl, Mock Trial, FCCLA, and HOSA. I also take part in PRE classes, and I am a member of the Howells Community Fund. My dad first introduced me to the NSAA Student Advisory Committee. He had seen a twitter post that mentioned applying to become a member, and he showed it to me. It seemed like an interesting opportunity, so I did some research on what this about. I realized that I had to be a part of this organization and started my application right away.

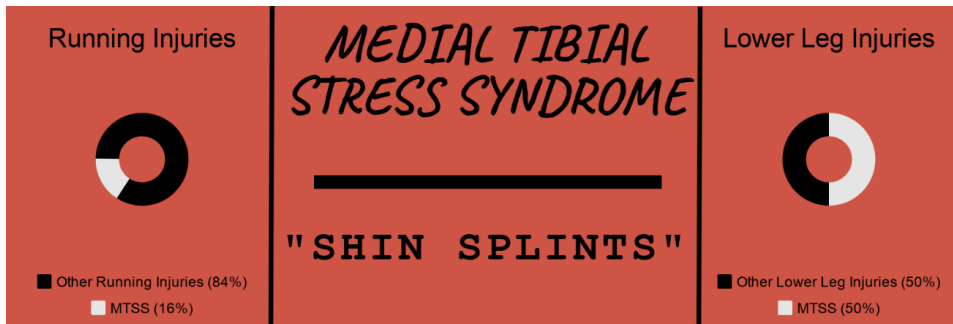
One of the first things that the NSAA Student Advisory Committee had me do was come up with an overall goal to take back and work on in my school. I made it my personal goal to help gain support for some of the non-athletic activities that our school offers. Most of the kids in my school don't know much about speech team and other activities besides sports, so I went out of my way to help encourage students to try some of these things. Due to the encouragement from myself and other upperclassmen, the amount of new members on the speech team has nearly doubled.

Being a member of this committee has taught me many valuable lessons. At the Leadership Summit I attended in Norfolk, I helped to give a presentation about how big of a part technology is in our lives. It was really eye-opening. It was a great experience to go up on that stage and talk to other students about leadership.

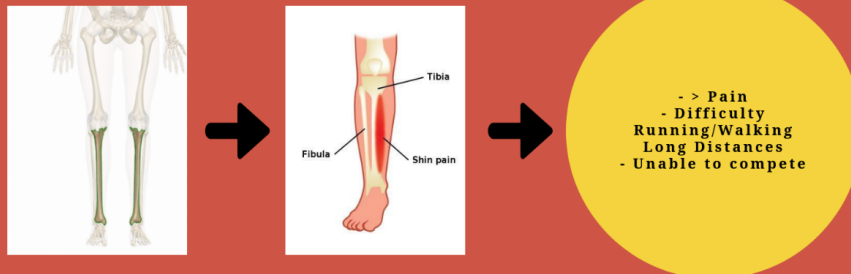
This committee has helped me improve my own leadership skills. I hope I can help the people in my school and community to use their talents and work hard. I am very thankful for the opportunity to join this amazing team.



NSATA Training Table

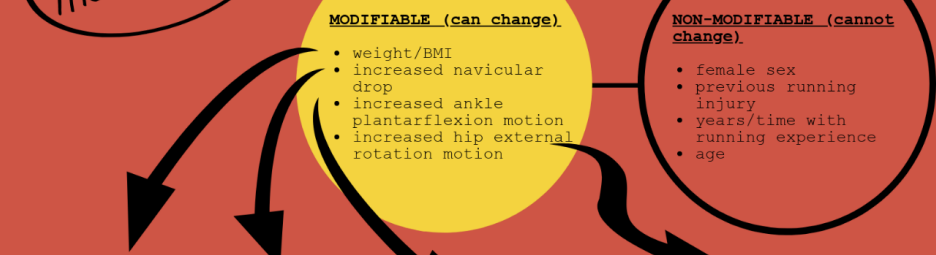


MTSS: A condition referring to pain on the posteromedial tibial border (large front bone of lower leg) during exercise.



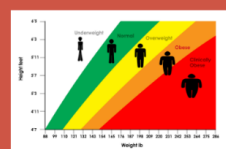
PREVENTION.....Know the Causes!!

LET'S TARGET THESE CAUSES!!



BODY MASS INDEX (BMI)

- measure of body-fat based on height & weight
- applies towards adults
- eat healthy, make sure to eat/drink appropriate amount of nutrients each day
- ask your Athletic Trainer for help on nutrition!



NAVICULAR DROP

- "flat feet"/flat arches
- how can you tell??
- orthotics/shock absorbing insoles can help
- wear comfortable tennis shoes



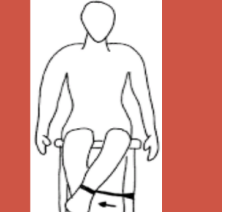
ANKLE PLANTARFLEXION

- abnormal motion >40-45 degrees
- how can you tell?
- may be caused by lack of other motions in ankle, weakness/tightness in different muscles in legs/hips
- stretch and strength lower leg, thighs, hips, core



HIP EXTERNAL ROTATION

- abnormal motion >45 degrees
- how can you tell?
- may be caused by tight outer hip muscles and/or weak inside hip muscles
- may lead to lower leg/foot issues
- stretch and strengthen hip/thigh muscles



1. Craig DJ. Medial tibial stress syndrome: Evidence-based prevention. *J Athl Train*. 2008;43(3):316-318. doi:10.4085/1062-6050-43.3.316
 2. Binkley KF, Austin TM, Richter RR, Krueger MW. Medial tibial stress syndrome in active individuals: A systematic review and meta-analysis of risk factors. *Sports Health*. 2017;9(3):252-261.
 3. Garmock C, Witzhalls J, Newman P. Predicting individual risk for medial tibial stress syndrome in navy recruits. *J Sci Med Sport*. 2017;21(6):586-590. doi:10.1016/j.jsams.2017.10.020
 4. Winkelmann ZK, Anderson D, Games KE, Eberman LE. Risk factors for medial tibial stress syndrome in active individuals: An evidence-based review. *J Athl Train*. 2016;51(12):1049-1052. doi:10.4085/1062-6050-51.12.

Have you followed the NSAA social media channels?

The Spring Championships are on the horizon! Be sure to follow all of the NSAA social media channels to stay updated on the latest NSAA happenings.



The graphic is a promotional poster for NSAA social media. On the left, it features the NSAA logo (a blue circle with 'NSAA' in yellow and red) above a grey box with the text 'Let's Get Social!' in white. On the right, it lists social media handles: Facebook (@nsaahome), YouTube (Nebraska School Activities Association), Twitter (@nsaahome, @nsaaevents, @nsaahome), and Instagram (@nsaahome). At the bottom, it includes the website URL https://nsaahome.org/ and a small NSAA logo.

Update Your School Membership Directory

The NSAA utilizes the School Directory information to communicate throughout the year to administrators and coaches. ***It is important that this information is accurate and updated at all times.*** Please login to your AD login page, go to the OTHER FORMS section and click on your school's directory page. A viewable and a printable link are also available for those who prefer to print a copy of the directory or save a file to their desktop for quick reference. Coaches' passcodes and rules meeting verification can also be found on this page. Please contact Cindy Callaway at ccallaway@nsaahome.org with questions.

[-] OTHER FORMS:

- [NCPA Academic All-State Nominations](#)
- [NSAA Activities Registration Form](#)
- [NSAA Cooperative Sponsorship Agreement Forms](#)
- [NSAA Sportsmanship Manual](#)
- [Olympic Development Waiver Request Form \(Word .doc\)](#)
- [Reimbursement Forms for State Championships](#)
- [2022 NSAA School Directory \(PRINTABLE Version\)](#)
- [NORRIS School Directory Page](#)
- [VIEWABLE Online School Directory](#)
- [Schools' Emergency Contact Number Report](#)
- [State Participation Certificates](#)
- [Believers & Achievers Nomination Form](#)
- [Nebraska State Colleges Multi-Activity Student Award](#)
- [Student Advisory Committee Application](#)



Update Your School Eligibility List

The NSAA utilizes your school eligibility list not only for awards programs but for participation numbers as well. Please make sure that this information is correct and updated **at all times**. To do so, login to your AD login page and select Eligibility.

[-] ELIGIBILITY:

- Manage your Eligibility Lists:

[Eligibility List Advanced Search](#)

-OR-

[Eligibility List Workaround](#)

-OR-

Select an Activity or "All Activities" and click "Go"

All Activities

Required Courses for ALL Coaches & Activities Sponsors

All coaches and activities sponsors are required to take the three NFHS courses at least once every three years. The bylaw now states:

All coaches and volunteers and activity sponsors are required to complete the NFHS Concussion in Sports, Heat Illness Prevention and Sudden Cardiac Arrest Training courses at least once every three years. First year coaches and sponsors are required to complete all three courses prior to the start of the activity season which they are to coach.

Medical Personnel at Regular Season Contests

Severe injuries, sudden illnesses and other critical incidents do not often occur during school activities, but it is important for every school to have an emergency action plan (EAP) for administrators, faculty, coaches, and staff members to follow should emergencies occur. Due to lack of universal availability of medical coverage and other logistical reasons, NSAA does not require that schools have a physician, trainer or ambulance on-site at regular season activities; however, each school should have a plan in place should there be an emergency involving students, coaches, officials or spectators requiring medical attention.

A Reminder to Compete with Respect

Concerns have been expressed regarding the lack of respect being afforded to students, coaches, officials, spectators, and host staff. Schools should understand the seriousness of their responsibility to everyone and the privilege of representing their school and community. As educators, we must recommit ourselves to the preservation of respect. Unfair acts prohibited by the spirit and intent of the rules include the use of disconcerting acts or words.

Deliberately disrespecting the rules and fellow participants in the hope or expectation of gaining an advantage is deplorable and indefensible. It is imperative that administrators, coaches, officials, and students make an extra effort to model the type of behavior that illustrates the educational values of activity participation. Conduct that berates, intimidates, or threatens anyone, based on gender, ethnicity, or sexual preference is unacceptable.

Statement of Principle on Conduct Synopsis

Adopted by the NDE, NSAA, NCSA, NASB, NSEA, NRCSA, NCA and NSIAAA

Recently, students in our schools have been experiencing negative, harassing, and bullying conduct during the school day, and at school activities by the spectators attending those events or, and at times by opponents in an activity, that is directed at the school's participants and spectators, often with a racial component. Such conduct is unacceptable and does not reflect the foregoing basic tenants of our society.

It is the responsibility of our organizations to promote and respect the liberty interests of all persons who may participate in or attend any educational endeavor sponsored by our organizations which includes ensuring that common courtesy is shown for all persons, insuring tranquility for all, and being responsible that no one person abuses their liberties to the detriment of other persons.

As the educational leaders of Nebraska's school system, we firmly support Nebraska schools and communities in proactively involving teachers, administrators, students, parents, and community members in developing and maintaining a positive school and community culture that supports learning opportunities for all persons, and ensures that respect and courtesy are shown to all persons.

Conduct by any person that does not show respect for and courtesy of other persons in Nebraska schools and any school activity is prohibited and shall not be tolerated – period.

Requirements for Ejected Coaches & Players

Enforcement of the "sit-out rule" for ejections from high school contests for unsportsmanlike conduct is a responsibility of the member school. Failure to properly enforce this rule could result in other sanctions by the NSAA.

Administrators will be expected to promptly file a report with the NSAA whenever a participant or coach from their school has been ejected from any high school contest. Such filing must be done online under the AD login section of the NSAA website. Enforcement of the "sit-out rule" is expected to begin immediately, regardless whether it is regular-season or tournament play.

Any athlete ejected from a contest for unsportsmanlike conduct shall be ineligible for the next athletic contest at that level of competition and any other athletic contest at any level during the interim. Any athlete ejected for a second time during a season from a contest for unsportsmanlike conduct shall be ineligible for the next two contests at that level of competition and all other athletic contests at any level during the interim. Any athlete ejected for a third time during a season from a contest for unsportsmanlike conduct shall be ineligible for the next three contests at that level of competition and all other athletic contests at any level during the interim, in addition to other penalties the NSAA or school may assess. During the time of their "sit-out" suspension, athletes who are ejected for unsportsmanlike conduct may not suit up or participate, but it is the school's discretion whether such athlete is able to travel with the team or sit on the team bench. (The athlete is permitted to practice per school's discretion.)

Coaches who are ejected for the first time will be required to sit-out the next contest at that level, plus all other contests at any level during the interim. Coaches may not be present at the contest site during the time of their "sit-out" suspension. The coach will also be required to successfully complete the NFHS online course "TEACHING AND MODELING BEHAVIOR" within 10 days of the ejection.

Coaches who are ejected a second time in a season will be required to sit-out the next two contests at that level, plus all other contests at any level during the interim. Coaches may not be present at the contest site during the time of their "sit-out" suspension. The coach will also be required to successfully complete the NFHS online course "FUNDAMENTALS OF COACHING" within 10 days of the ejection.

Coach & Sponsor Certification

NSAA Bylaw 2.12 stipulates, *“In order to serve as a head or assistant coach or sponsor of any activity sponsored by the NSAA, the individual must possess a valid Nebraska Teaching Certificate or Nebraska Administrative and Supervisory Certificate and have a written contract of employment as a coach or sponsor with the schools in which he/she is to perform these duties.”* Yes, this does include coaches/directors/sponsors/advisers in the non-athletic activities as well: Play Production, Music, Speech and Journalism.

Individuals that do not possess either of the certificates listed above, may serve as a head or assistant as long as they successfully complete the requirements for a Special Services Coaching Permit (NSAA Bylaw 2.12.2). This information can be found on the NSAA webpage under the Coaches tab. It is important to remember that certification is not complete until the individual has applied and received their certificate from the Nebraska Department of Education Certification Office. Schools should request a copy of the certificate and have it on file at the school.

Non-certified personnel may be contracted by the school, but such personnel shall be Coaches Aides. (NSAA Bylaw 2.12.3). There are restrictions and limitations for Coaches Aides. Refer to the respective Bylaw for a complete listing in regard to Coaches Aides.

If you should have questions in regard to coaching requirements, contact NSAA Associate Director Jennifer Schwartz at jschwartz@nsaahome.org.

Are your officials on the NSAA Officials Roster?

3.12.2 Officials for Varsity Contests.

Only those officials who are registered with the Association may be used by member high schools to officiate varsity competition in football, baseball, basketball, wrestling, soccer, softball and volleyball competition, and start track & field meets.

Athletic Directors are expected to confirm that all officials hired to officiate varsity contests have been classified by the NSAA. The NSAA Officials Roster is available on your AD login page under **NSAA OFFICIALS & JUDGES**.

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



2023 Winter Championship National Anthem Performers

DUAL WRESTLING

BOWLING



Raegan Smith
Gothenburg

Aaralynn Collier
Hartington-Newcastle

Chris Dickson
Lincoln High

Audrey Dobesh
Seward

WRESTLING



Andrew Reed
Aurora

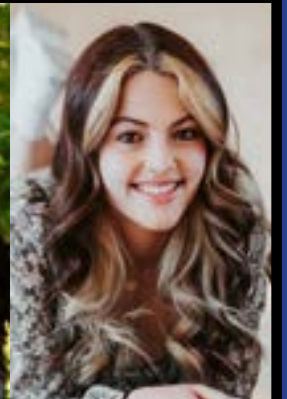
Karnie Gottschalk
Seward

Olivia Vanderford
Lincoln High

Hannah Bierbaum
Seward

Wausa Duet
Kilee Thorell & Emma Story

WRESTLING



Weeping Water Octet
Samantha Burch, Samantha Hall, Katie Meyer, Amanda Smith,
Matthew Cover, Jacob Cover, Noah Morlan, Talon Gilfert

Aubrey Falter
Lincoln Southwest

Sean Heaton
Sandy Creek

Carly Purdy
North Platte

Dominique Newton
Seward

BASKETBALL

SWIMMING & DIVING



Tyler Thieman
Malcolm

Taylor Hostert
Seward

Elsie Wittmann
Norris

Mattie Taylor
Mitchell

Lillian Johnson
Lincoln Pius X