



NSAA News

June 2023



 YouTube

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<https://nsaahome.org/>

402-489-0386

Inside This Issue

- 1, 3** Executive Director's Notebook
- 2** NSAA Board of Directors & Staff
- 4** NSAA Respect the Ref
- 5** The NFHS Voice
- 6** NSAA Membership/Activities Registration
- 7** Spring NCPA Academic All-State Awards
- 8-10** NSAA Membership Spotlight
- 11** SAC Spotlight
- 12** NSATA Training Table
- 13** Update School Directory
- 14** Update Eligibility List
- 15** Statement of Principal on Conduct Synopsis
- 16** Coach & Sponsor Certification
- 17** Spring National Anthem Poster
- 18** End of the Year AD Checklist
- 19** Beginning of the Year AD Checklist

Executive Director's Notebook

Jay Bellar, NSAA Executive Director



A few years back, while listening to someone announce his retirement, he spoke words that resonated with me. He said retirement speeches are often filled with trips down memory lane, tales of careers paths, recaps of jobs held, humble brags about obstacles overcome, work that made you proud and work you will miss...but what retirement speeches should be about are thank yous.

While ruminating my career and work life, I find pleasure in the memories, revel in the different roles and responsibilities accepted, and celebrate accomplishments, but what resonated as most important to me—what I treasure—are the people. Now comes the time to thank those people.

It would be futile to try to thank individual people—first, there is not enough space in this newsletter, second, I do not possess the words to accurately express the depths of my gratitude and finally, being a flawed human, I am sure to inadvertently forget someone and I hate the thought of someone feeling missed or left out. Instead, please indulge me to show my appreciation to the collective groups who helped make my time at the NSAA extraordinary.

To begin, I'd like to thank the student participants. Youth today have many opportunities, challenges and choices. High school students are busy with course work, early entry college classes, work, friends and home. Now, add to this, a daily practice, evening and weekend games/meets, summer training and you have the life of a student/athlete. It is not easy and sometimes overwhelming to dedicate oneself to a sport or activity, but there are so many rewards. Thank you for the time, effort, and hard work you gave. I have enjoyed watching your talent, sportsmanship, and success. You are competitors and leaders—the future of Nebraska. It has been my privilege to serve you.

Behind all successful students are their “grown-ups”—parents, guardians, coaches, admins, ADs—the original influencers! Thank you to this group for all you have done for our children. Success rarely comes without sacrifice—mealtimes, weekends, money, time with family and so much more.

Executive Director's Notebook continued on page 3

NSAA Board of Directors & Staff



Kara Graham
District I
Lincoln Southeast



Dr. Dana Wiseman
District I
Sutton



Thomas Lee
District II
Omaha Westview



Dr. 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

Thank you for helping shape the lives of our most important investment. Thanks for the time spent on the road, in the stands, and at home. Thank you for instilling the values of a strong work ethic, teamwork, sportsmanship, cooperation and so much more. Your lessons and positive role modeling may not be immediately demonstrated, but the seeds sowed today will harvest future adults we can respect and admire.

Next, I'd like to thank the NSAA staff and board. As with most professions, I'm not sure many can reasonably comprehend all this amazing group of people do day in and out. Frequently the NSAA receives feedback about how smoothly a tournament or event went. It may seem like it just magically happens, but the hours upon hours of prep, work, and organization that goes into hosting an event is mind boggling. The professionals at the NSAA work hard and put in many, many hours. Willingly, they sacrifice time away from family and social events in order to get the job done and done well. The women and men I proudly work beside are some of the most competent, reliable, loyal, conscientious, fair, intelligent, committed, focused, poised, trustworthy people I know. They are people I respect, admire, and I am proud of what they have accomplished. They care deeply about our students and member schools. Thank you, NSAA staff and board, for all you have done—I feel privileged to be your colleague and blessed to be your friend.

Finally, and most importantly, thank you to my family. Serving as a board member, my family got a glimpse of the many hours this commitment would take from our time together, but when we accepted the job of Executive Director, other sacrifices became apparent. You have allowed me to pursue my dreams and reach professional goals. Thank you for holding down the fort when I was away, for accompanying me to events and activities, for uprooting our lives, moving to Lincoln, and creating a supportive haven even when I brought work home with me. Thank you for being in my corner, supporting my passion for my work, and sharing me with those I served. You are the best!

I believe in the NSAA and the sports and activities they support. The importance of education-based activities in the realm of school is fundamental, important, and necessary. My final challenge to you is this, support the NSAA and incoming Executive Director Jennifer Schwartz, support your school, encourage students, and be positive role models. Students, be active and get involved. Involvement in NSAA activities really is the other half of education—a vital part of learning and growing. I am proud to have served an organization that plays such an important role in the lives of the people of Nebraska. It has been a good run. Thank you for the opportunity.

NSAA Summer Office Hours

The NSAA summer office hours are observed during June and July and are as follows:

Monday – Thursday
8:00 a.m. – 3:00 p.m. CST

Friday
8:00 a.m. – 12 p.m. CST

The NSAA office number is 402-489-0386 and the staff emails are available on the NSAA website [here](#).

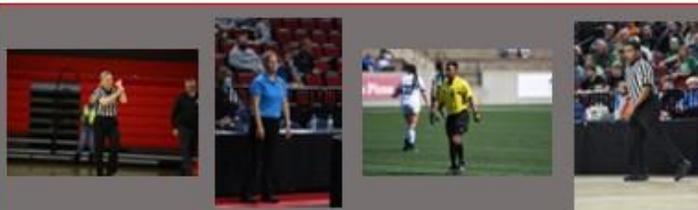
The NSAA would like to thank our corporate partners for their continued support of the NSAA and NSAA activities!



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: NFHS Launches Free National DEI Book Study for Small Group Facilitation



Registration is now open for small group facilitation of a four-to-eight-week national book study discussing diversity, equity and inclusion (DEI) by the National Federation of State High School Associations (NFHS). Anyone interested in serving as a local facilitator of the book study can register [here](#). Registration is free and closes June 13.

The local facilitator will invite and lead a known group of participants in the book study utilizing the book, **“From Athletics to Engineering: 8 Ways to Support Diversity, Equity, and Inclusion for All.”** Authors of the book are **Johnnie Johnson**, a former high school, collegiate and professional athlete, and **Dr. Michael Webber**, an educator and engineer, who use decades of experience in education, coaching, mentoring and leadership to suggest eight concepts to help in forward moving and sustaining programs that support diversity, equity and inclusion.

“Athletics and engineering might appear worlds apart, but looking more closely, it seems they are more similar than we think,” said Johnson. “Athletes and engineers are both rooted in solving problems and applying a set of guiding principles to achieve goals. They are also inherently built around teamwork. Through an awareness, education, connectivity, engagement, and participatory approach, the eight concepts identified in the book will help to promote harmony and prosperity for all in education-based activities, the workplace, community, and for everyday living.”

The NFHS has utilized this book as resource material to elevate national conversations within its 51-member state associations and their member schools around important diversity, equity, and inclusion concepts. In 2022, over 2,500 individuals (students, school administrators, athletic directors, performing arts administrators, coaches, officials, and parents) from all parts of the country came together virtually to participate in a national book study. Now, the small group facilitation pulls from the national curriculum with a more focused and personal approach.

“The small group facilitation concept invites an individual to facilitate the book study to a known group of participants,” said Mautrice Meriweather, NFHS chief talent officer, who has led the development of the national book study. “In this phase of the national book study, you are able to engage in more transformational conversations because you are dialoguing with individuals with whom you are familiar.”

Participants of small group sessions may include individuals in the high school sports and performing arts community - students, parents, coaches, officials, athletic directors, school administrators and others who support participation in education-based activities.

Following registration, the local facilitator will have access to the downloadable toolkit (available in June) which includes curriculum on best practices in facilitating a book study, recordings of the National Book Study four-week discussion sessions held October to November 2022, and chapter discussions guides. Additionally, local facilitators will have the opportunity to meet with the book authors as part of facilitation planning.

Before meeting with the small group for the book study, local facilitators will request, through the registration process, the number of books needed for the group. The books will be provided to registered local facilitators and their small groups at no cost. Registered local facilitators will participate in one of the four live training sessions offered by the NFHS between June and August 2023.

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

May NSAA Board of Directors Meeting Minutes

The May NSAA Board of Directors meeting was held at the Embassy Suites La Vista in Omaha on Friday, May 19th, 2023. The meeting minutes can be found on the NSAA website [here](#).

2022-2023 NSAA Cup Standings

The final 2022-2023 NSAA Cup standings are available on the NSAA website [here](#).

Spring Championship Reimbursement Reminder

Spring 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.

Soccer – June 5, 2023

Baseball – June 5, 2023

Track & Field – June 5, 2023

There is no reimbursement for Journalism, Girls Tennis, or Boys Golf.

NSAA Membership/Activities Registration Form

The NSAA Membership/Activities Registration form for the 2023-24 school year will go live on May 1st, 2023. The form can be found on the AD login page. Once logged in, scroll to the bottom to the “Other Forms” section and then go to “NSAA Activities Registration Form”. The NSAA Membership/Activities Registration deadline is July 1st, 2023.

NEW THIS YEAR: You will have the option to join the NSIAAA on your Membership/Activities Registration Form. Watch your email for specific details!

If you have any questions, please contact Megan Huber, mhuber@nsaahome.org.

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](#)

2023 NSAA NHSOA Officials Summit

The NSAA in conjunction with the NHSOA will be hosting an Officials Summit in Kearney on Saturday, July 29th. All NSAA registered officials are eligible to attend at no cost.

Interested in registering as an NSAA official? Head over to <https://nsaahome.org/officials-2/> for more information.

Spring 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 2,520 award winners of the 2023 Spring NCPA Academic All-State Award.

This brings the total number of NCPA Academic All-State Award winners to 102,092 spanning the 17 years of this awards program.

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

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

New AD / Administrative Outreach Seminars in July

The NEW AD/Administrative Outreach Seminar will be held at two locations this coming July. If your school will have a NEW AD or new support staff, the NSAA highly recommends this seminar! Anyone is welcome that would like a refresher course or learn the new things that will be happening at the NSAA. i.e. administrative assistants, counselors and others involved with student eligibility. There is no cost for this seminar and lunch will be provided.

Tuesday, July 18th, 2023 – North Platte
Thursday, July 20th, 2023 – NSAA Office, Lincoln

To make your reservation, please contact NSAA Office Manager Cindy Callaway at ccallaway@nsaahome.org.

National Anthem Singers Needed

Auditions for the 2023-2024 Championships will open June 15th, 2023. Information can be submitted on your school's AD login page, under Activity Select → Music. Please contact Taryn Retzlaff at tretzlaff@nsaahome.org with questions.

Judges Registration

Judge's registration will open June 1st. If you are interested in attending the NSAA/NSCTA Coaches and Judge's Workshops on July 11th (Play Production) and/or July 12th (Speech) at Kearney High School, please fill out the registration [HERE](#). Attendees who stay for the entire day of programming in Play Production and/or Speech will receive Rules Meeting credit on their coach/judge accounts.

NSAA Membership Spotlight

District 1: Lincoln Southeast

Location: Lincoln

9-12 Enrollment: 1,950

School Mascot: Knights

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

NSAA Participation

Girls Golf

Softball

Boys Tennis

Boys & Girls Cross Country

Volleyball

Football

Unified Bowling

Boys & Girls Bowling

Wrestling

Boys & Girls Swimming & Diving

Boys & Girls Basketball

Speech

Music

Journalism

Boys & Girls Soccer

Baseball

Boys & Girls Track & Field

Unified Track & Field

Girls Tennis

Boys Golf



NSAA State Championships: 129

What's Happening at Lincoln Southeast:

“LSE takes great pride in our student’s academic successes while fostering a climate in which students are encouraged to participate in multiple activities, athletics and clubs outside of the classroom,” said Principal Tanner Penrod. “During this current school year, we identified 634 students who were not involved in an LSE athletic team, activity or club. While we are proud that 68% of our students are involved in something at LSE outside of the classroom, knowing the tremendous value of extracurricular participation, we will work to develop strategies to improve upon the percentage of students that are not involved.”



District 2: Humphrey St. Francis

Location: Humphrey
School Mascot: Flyers
Twitter Handle: [@HSFFlyers](https://twitter.com/HSFFlyers)

NSAA Participation

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



NSAA State Championships: 27

What's Happening at Humphrey St. Francis:

"St. Francis takes great pride in its work ethic, character, and competitive spirit with faith being the center of everything we do. We are very fortunate that 100% of our student body was involved in either a sport or activity last year," said Athletic Director Eric Kessler. "Most of our students are involved in multiple athletic teams and/or activities such as speech and play production. Additionally, we are excited about our music program going forward as we will be resurrecting our band program this fall and look forward to strong interest from our students. The NSAA mantra of it being "the other half of education" certainly is being demonstrated with our students being involved and excelling in the numerous athletics and activities the NSAA offers."



District 3: Norfolk

Location: Norfolk

9-12 Enrollment: 1,336

School Mascot: Panthers

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

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 Swimming & Diving

Boys & Girls Basketball

Speech

Music

Journalism

Boys & Girls Soccer

Baseball

Boys & Girls Track & Field

Unified Track & Field

Girls Tennis

Boys Golf



NORFOLK
PUBLIC SCHOOLS
NOTHING PREVENTS SUCCESS!

NSAA State Championships: 12

What's Happening at Norfolk:

"For the second year in a row Norfolk High School has received an award for having the highest percentage of multi-activity participants in the state," said Activities Director John Erwin. "This is something that our activities office stresses as an important part of a student's development as a well-rounded future leader. Our coaches and sponsors understand this and work together to try to make sure a student at NHS can achieve all that they aspire to achieve."



Student Advisory Committee Spotlight

Haley Johnson, Junior at Gordon-Rushville High School



My name is Haley Johnson and I am going to be a senior at Gordon-Rushville Public Schools next fall. My school is located in northwest Nebraska. To get an idea of our location, we are 15 miles from South Dakota and 70 miles from Wyoming. It is closer for us to travel to Denver than to travel to Lincoln. Gordon-Rushville is a consolidated school and consists of two elementary schools, one in Gordon and one in Rushville, one middle school in Rushville, and the high school in Gordon. G-R offers many extracurricular activities and sports for students. For instance, in the fall I play volleyball, in the winter I play basketball, and in the spring I run track. We also have cross-country, football, wrestling, golf, bowling, FFA, One-Acts and Speech. I also enjoy being part of the Gordon-Rushville choir and was recently inducted into the National Honor Society, Medical Explorers, and FCA. For the past 5 years I have also enjoyed being a part of the trapshooting team through 4-H.

Living out in western Nebraska, towns are a lot farther apart than in eastern Nebraska. In fact, we travel up to 3 hours one way to travel to a competition. It's also normal for us to load the bus before 5am for a day-long track meet. Overall, we travel A LOT! On the positive side of it, I believe this has helped our activities and sports teams grow together. The longer bus rides we get with one another has brought us closer as a team. I would say we have created amazing chemistry in sports and activities. Being involved in different activities and becoming closer as a Mustang family has been the best for me as a student at Gordon-Rushville and every student that attends. We've grown lifelong friendships and have made many memories throughout the years.

The reason I am writing this is because our former activities director, Keith Mills, nominated me to be a part of the NSAA SAC. All of my thank you's go to him for having faith in me to represent our student-athletes across the state. The SAC has taught me a lot about sportsmanship, being a team player, and advocating for the best interest of our student body. I've also met many amazing people along the way. What I've benefited the most is bringing new ideas back to Mustang Country. One area that I've strived for since getting on the SAC is to find ways to increase our student attendance at our sporting events. Since we are a much smaller populated school, along with our two towns spread out among 15 miles, when there is a game, our student body is not as large as many other towns that we play. This is what I want to change. I want to help our student body at Gordon-Rushville get more involved in all the activities either by participating or cheering on their classmates. I hope to accomplish this goal in my last year here at Gordon-Rushville! Go Mustangs!

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



Jen Krueger, NSATA Vice President

Having Summer Fun Without the Burn

Schools out and that means lots of outdoor summer activities. Whether you are continuing to do sports through camps and summer leagues or heading to the great outdoors to enjoy some hiking, camping or swimming remembering to be safe when it comes to the sun and heat are important, so you don't wind up with a sun burn or a heat illness.

A few key items that can help you stay protected this summer:

Sun protection: this can be anything from sunscreens that should be applied often when outdoors because sweat and water can wash it off, hats, tents or umbrellas and SPF clothing such as rash guards for swimming or light weight long sleeve shirts for other outdoor activities.

If you happen to get a sun burn making sure to care for it by applying first aid burn cream or aloe vera gel and to keep the area protected to prevent a worse burn.

Ask your physician about any moles or skin tags that have grown or changed rapidly to help detect melanoma before it starts.

Insect Repellent: Whether you like the heavy duty OFF Woods with deet in it or a more natural insect repellent, no one wants to have a fun day ruined by bug bites. Also, if you are in an area that is heavily wooded or has tall grass always do a tick check and speak to a physician if you think you were bitten by a tick and notice a bullseye type rash.

Heat Illness: Heat illness in the summertime can sneak up on you easily. Sometimes people stay indoors most of the summer and when they go to do outdoor activities, they are not acclimated to the heat. A great solution is to plan workouts early in the morning or late at night when it isn't as hot out and making sure to gradually increase outdoor activity if you are not used to the hot weather.

- Drink plenty of fluids utilizing water, coconut water or sports drinks. Try to avoid soda, energy drinks and anything that could dehydrate you.
- Take extra rest breaks when participating in sports or working during the hottest times of the day.
- Have an emergency action plan to rapidly cool someone if they overheat. This could be a cold immersion tank like the HIRT tanks that NSAA member schools applied for through the NSATA and Behlen Company this past year, ice towels, bringing someone into air conditioning, fanning them, etc. (If your school is interested in getting a HIRT Tank please contact secondaryschools@nsata.org for more information)
- Check before participating in tournaments on what safety supplies are provided prior to showing up so you can bring supplies if you need.

The summer can be a time to rest and recharge or full of activities but taking some preventative steps at the front end will make it a much more enjoyable experience. Have a great summer everyone!

Have you followed the NSAA social media channels?

Be sure to follow all of the NSAA social media channels to stay updated on the latest NSAA happenings.



The graphic features the NSAA logo at the top left. Below it, a grey box contains the text "Let's Get Social!". To the right, a dark grey box lists social media handles: Facebook (@nsaahome), YouTube (Nebraska School Activities Association), Twitter (@nsaahome, @nsaaevents, @nsaahome), and Instagram (@nsaahome). At the bottom right of the dark grey box is the website URL https://nsaahome.org/.

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 Spring Championship National Anthem Performers

BASEBALL



Ella Medina
Lincoln High

James Rasser
Papillion-La Vista

Norah Armstrong
Wayne



SOCCER



Kateyn Glinemann
Norris

Olivia Bonine
Gothenburg

TRACK & FIELD



Sandy Creek Duet
Sean Heaton & Leah Mueller

Kimball Duet
Emma Patterson & Jayden Paxton

TRACK & FIELD



Omaha Westside Octet
Andrew Cota, Liam McCann, Joseph Mertins, Sean Alger,
Ava Nazaraghaie, Theresa Bochnicek, Ainsley Meyerson, Ava Dembowski



Columbus Octet
Jenna Taylor, Abby Wurdeman, Alyvia Williams, Sarah Lasso,
Bryan Alvarado, Eric Martinez, Owen Papstein, Riley Gausman



NSAA END-OF-YEAR CHECK LIST

1. Fill out ONLINE the **2023-24 Activities Registration/Membership Form** with \$60 **Fees** for each activity in which your school will participate. This will also include the \$40 **Membership Fee**. *This form will available May 1st and is due July 1st.* The form can be found on the AD login page, under “Other Forms”.
2. Fill out ONLINE **Application for Hosting** Subdistrict & District Events for 2023-24. Applications for Girls Golf; Cross Country; Unified Sports, Bowling; and Play Production are available now. **Deadlines vary depending on the activity.**
Contracts for schools that have been selected to host subdistrict & district events will be posted on the NSAA AD login page. AD’s should regularly check the NSAA website for banner notification of the posting of those contracts.
3. Complete 2023 **Volleyball, Softball & Class A Only-Girls Golf Schedules** on the NSAA website. **(After June 8th)**
These may be found on the AD login page, under “Activity Select”, choose Volleyball, Softball, Girls Golf.
4. Check 2023 **Football Game Dates** ONLINE.
These may be found on the Football page of the NSAA website. If a date needs to be changed or added, please contact Nate Neuhaus (nneuhaus@nsaahome.org).
5. Fill out ONLINE all entries for **2023-24 Directory**. ****Reminder that there is a cell phone column. Please do not leave this blank. This is for NSAA USE ONLY!****
Remember, this form should be periodically updated as new hires and new coaching/sponsorship assignments are made throughout the year.
NEW: There is a “vacant” position checkbox by each activity that should be clicked if the coach/sponsor is vacant. Clicking this box will delete the coach and password for that activity until a new one is assigned. Please be sure your email addresses are inputted correctly and are accurate - this is the primary form of NSAA communication.
6. Notify in writing and remind all varsity coaches of **Fall Online Rules Meeting Dates**.
*The Rules Meeting dates will be posted on the NSAA AD login page and the NSAA website.
(Fall meeting free period start dates: Softball July 17th, Football & Volleyball July 24th)*
7. Notify in writing and remind all high school coaches and activity sponsors that all (head, assistant and volunteer) coaches are required to take three NFHS courses at least once every three years: Concussion in Sport, Heat Illness Prevention, and Sudden Cardiac Arrest.
8. Check all **Co-ops** for current contract dates.
New/renewal Deadlines: Fall Co-ops: July 1st, Winter Co-ops: **October 1st**,
Spring Co-ops: January 1st. (*New/renewal forms may be found on the AD login page.*)

****2023-24 NSAA Calendars will be available late Summer.****

NSAA BEGINNING-OF-YEAR CHECK LIST

1. Fill out ONLINE all entries for **2023-24 Directory**. ****Reminder that there is a cell phone column. Please do not leave this blank. This is for NSAA USE ONLY!****
Remember, this form should be periodically updated as new hires and new coaching/sponsorship assignments are made throughout the year.
NEW: There is a “vacant” position checkbox by each activity that should be clicked if the coach/sponsor is vacant. Clicking this box will delete the coach and password for that activity until a new one is assigned. Please be sure your email addresses are inputted correctly and are accurate - this is the primary form of NSAA communication.
2. Fill out ONLINE **Application for Hosting** Subdistrict & District Events for winter and spring activities. Deadline for Winter – **October 1st**, Spring – January 1st.
Contracts for schools that have been selected to host subdistrict & district events will be posted on the NSAA AD login page. AD’s should regularly check the NSAA website for banner notification of the posting of those contracts.
3. Check 2023 **Volleyball, Softball & Class A Only-Girls Golf Schedules** on the NSAA website.
These may be found on the AD login page, under “Activity Select”, choose Volleyball, Softball, Girls Golf.
4. Check 2023 **Football Game Dates** on the NSAA website.
These may be found on the Football page of the NSAA website. If a date needs to be changed or added, please contact Nate Neuhaus (nneuhaus@nsaahome.org).
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7. Notify in writing and remind all high school coaches and activity sponsors that all (head, assistant and volunteer) coaches are required to take three NFHS courses at least once every three years: Concussion in Sport, Heat Illness Prevention, and Sudden Cardiac Arrest.
8. **Upload your school’s student database** into NSAA’s online database—for use when marking eligibility, participation, and district & state entry forms. Due August 7th.
9. Complete International Transfer Form for each international CSIET student enrolled at your school.
This form may be found on the AD login page, under the “Eligibility” section.
10. Check the May 1st Transfer list to verify/confirm eligibility of students who transferred to your school or transferred from your school to another school.
The list may be found on the AD login page, under the “Downloads” section.