

# THE WASHINGTON COACH

OFFICIAL PUBLICATION OF THE WASHINGTON STATE COACHES ASSOCIATION

## THE GREAT COMPETITOR

**G**oes on the court ready to play  
**R**eaps rewards of each practice day  
**E**arns respect through courage and skill  
**A**ttacks and defends with equal zeal  
**T**ries to improve by thoughtful drill

**C**ontrols blind fear and forms a plan  
**O**pts to believe, "I will! I can!"  
**M**oves with purpose toward the goal  
**P**aces pow'rs of body and soul  
**E**njoys a battle fought hard and clean  
**T**ests full limits of self for team  
**I**ntently makes each second count  
**T**empers emotions as tensions mount  
**O**beys the rules and plays to win  
**R**ises above the clamorous din

*Wilbur T. Braithwaite*  
*March 20, 1999*





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*Football Hall of Fame  
see pg 19*



*Basketball Hall of Fame  
see pgs 16-18*

# From The President

September 2002

WSCA Members:

The school year is here. The routine of class schedules, practice times and nightly meetings begins again. These routines can be a blessing from an undirected summer. Or, sometimes peaceful, relaxing vacations can be so hectic that starting school can be a welcomed change of pace. Whatever the reason you chose to get ready for school, realize that the beginning of the school year is vital to you as a coach no matter what season your sport is.

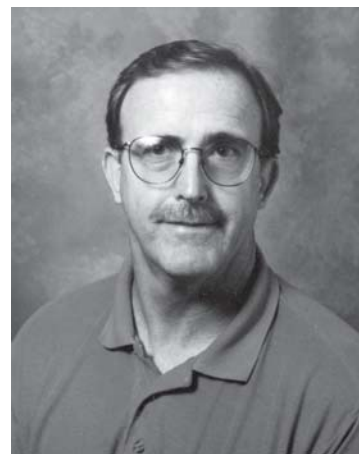
This is the time to begin to work on issues at the grassroots level. Maybe this means for you to begin to work with your district to help establish a valid coaching contract that will help middle school coaches and high school coaches. It is important to work with your teachers union and help to put together a document that the teachers, administrators, coaches and board find fair. Maybe it is time to look at budgeting procedures for sports and student activities. There are countless local school, league and sport issues that we can involve ourselves with. The process of change is not always enjoyable and fun, but this process is how things change or remain the same. Involve yourself in an issue that is of concern with you. Don't wait to fight and battle a change—this can prove only to be a negative in your life.

We all are busy with sports, teaching and families. So it sometimes is easy to say we don't have time to do those "political" things. But being involved in one issue can really help us to appreciate those people who have to deal with these types of things on a daily basis. This process is long and complex. It is important to the development of and the maintaining of good quality programs. There are many state issues—officials, tournaments, length of seasons, practice safety, classification counts—that will be put before the WIAA as amendments this year. The process begins now by you interacting with and involving yourself with the people and the process to change things or to hold steadfast to what we have. December 1<sup>st</sup> is the deadline to submit amendments for consideration in the spring Rep Assembly meeting. The process in some cases takes many rewrites, many submissions and many years. Involve yourselves. Contact your individual sports representative to offer assistances or to become more informed.

The school year is here. Get involved and make a difference. Do a great job in your classroom, in your sport, in your school, in your sport association, in your community and in your church. The more we do in a variety of issues the more we can truly enjoy coaching kids. The results in coaching can be seen faster and the responses and rewards are much more immediate.

Have a Great Year!

Jim DeBord, President



## FROM THE SIDELINES

by Jerry Parrish

At the recent WSCA Executive Board meeting held in Leavenworth there were significant things that need to be shared.

Susan Doering, volleyball coach at Colfax and chairperson of the Burnett-Ennis Scholarship committee, has written an article titled "Where Are They Now"? This article identifies several past Burnett-Ennis Scholarship winners and what they have done with their education. The kids of coaches have done a great job. Check out the article on page 8.

Mike Schick, Edgemont Junior High in Puyallup, has put together a recognition program. His proposal would provide for the recognition of coaches by the WSCA at the junior high and middle school level. "Coaching as a profession has as a primary goal the betterment of all athletes through participation in athletic programs and to provide opportunities for success. The criteria to evaluate successful coaches and programs should take into account many "less definable" aspects well beyond the discernable outcomes of wins and losses."

Proposed amendments need to be submitted to WIAA office prior to December 1, 2002. ISA representatives who plan to submit an amendment are advised to contact WIAA office for precise timeline and also check to get the date of the January coalition where good dialogue takes place discussing proposed amendments.

Another discussion item at the Executive Board meeting centered on all-star games. Past practice has found the summer all-star games to be an "honor" for graduating seniors. There have been some games played, not under the sponsorship of WSCA, that have involved undergraduates. These games are not sanctioned by your association. The Executive Board will be rewriting the guidelines for the sanctioning of all star events.



### ORCHIDS

- ❑ TO THE COACHES WHO GET THEIR WSCA MEMBERSHIP DUES IN AT THE BEGINNING OF THEIR SEASON TO TAKE ADVANTAGE OF MEMBERSHIP BENEFITS.
- ❑ TO THOSE COACHES WHO ATTENDED THE WIAA COACHING SCHOOL TO BETTER THEMSELVES AS PROFESSIONALS.
- ❑ TO SUSAN DOERING, WSCA EXECUTIVE BOARD MEMBER, AND HER SCHOLARSHIP COMMITTEE FOR MAKING SOME TOUGH DECISIONS AND PICKING THE ANNUAL BURNETT-ENNIS SCHOLARSHIP RECIPIENTS.
- ❑ TO THE SCHOOL DISTRICTS WHO SUPPORT THEIR LOCAL COACHES AND HELP THEM FORM AN ACTIVE LOCAL COACHES' ASSOCIATIONS.
- ❑ TO THE WIAA EXECUTIVE BOARD AND THE ARRANGEMENTS THEY HAVE MADE WITH SPALDING TO HELP STUDENTS AND COACHES.
- ❑ TO ALL WIVES/HUSBANDS OF COACHES FOR THEIR UN-ENDING, NEVER FAILING, LOVING SUPPORT". WE ALL KNOW WHAT AN ASSET A "COACHES" WIFE/HUSBAND IS TO OUR PROGRAMS.
- ❑ TO THOSE PARENTS WHO ASSIST

From The Sidelines

THEIR SONS/DAUGHTERS TO GET THEIR PAPERWORK DONE ON TIME.

- ❑ TO THOSE STUDENT/ATHLETES THAT GENUINELY PLAY FOR THE ENJOYMENT AND COMPETITION OF THE SPORT THEY CHOOSE.
- ❑ TO THOSE STUDENT ATHLETES THAT VALUE THE TIME AND EFFORT THAT COACHES AND PARENTS PUT INTO THEIR ATHLETIC ENDEAVORS.
- ❑ TO THOSE COACHES WHO CAREFULLY CREATE A PLAYER PROFILE OF WHAT THEIR EXPECTATIONS ARE AND SHARE THOSE WITH THE ATHLETES AND THEIR PARENTS.
- ❑ TO THE PARENTS WHO SUPPORT YOUR SON'S/DAUGHTER'S COACHES. THEY REP-

RESENT THE AUTHORITY DIRECTING THE TEAM. WHEN THE COACHES ARE SUPPORTED BY THE PARENTS, THE PLAYERS WILL CERTAINLY FOLLOW SUIT.

## ONIONS

- ❑ TO PARENTS WHO DON'T REQUIRE THEIR STUDENT/ATHLETES TO BE POLITE ENOUGH TO CONTACT THEIR COACH AND LET THEM KNOW THAT THEY ARE NOT PLAYING ANYMORE.
- ❑ TO ATHLETES THAT CHOOSE THE EASY WAY OUT, SIMPLY QUIT.
- ❑ TO THOSE PARENTS WHO EXPECTATIONS ARE FAR OUT OF CONTACT WITH REALITY.

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# WASHINGTON STATE COACHES ASSOCIATION



## 2002 – 2003 Membership Application *And Take Advantage of the Benefits*

Date \_\_\_\_\_  
Name \_\_\_\_\_  
Home Address \_\_\_\_\_  Address Change  
City, State, Zip \_\_\_\_\_  
Home Phone \_\_\_\_\_  
Email Address \_\_\_\_\_  
School Where Coaching \_\_\_\_\_  
School Address \_\_\_\_\_  
City, State, Zip \_\_\_\_\_  
School Phone \_\_\_\_\_  
School Email Address \_\_\_\_\_  
Which sport group should receive credit for your membership? \_\_\_\_\_

### **Send completed application with \$35.00 to:**

Jerry Parrish, Exec. Secretary  
18468 8th Ave NE  
Poulsbo, WA 98370

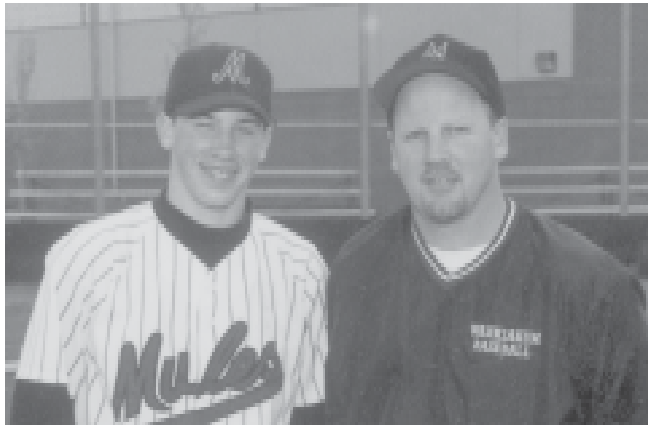
**Benefits effective upon receipt of application and \$35.00.  
Membership is from September 1, 2002 through August 31, 2003.**

- State Tournament Pass accompanied by picture I.D.
- Window decal upon request.
- Coaching clinics.
- Eligibility for "Coach of the Year" honors State-Regional-National.
- Makes you eligible to be selected as All-Star Coach.
- National Federation Coaches Association membership includes \$1,000,000 General Liability Insurance, \$25,000 Accident Medical Insurance (excess of a \$500 deductible), and \$10,000 Accidental Death and Dismemberment Insurance. Note this insurance coverage is excess of any other valid and collectible insurance. Please contact an American Specialty representative for more information regarding coverage at 1-800-245-2744. Membership in the NFCA affords non-insurance benefits such as the Coaches Quarterly magazine and the opportunity for participation in the National Awards Program.
- Your senior son or daughter would be eligible to receive scholarships being offered by WSCA.
- Hall of Fame eligibility.
- Enhanced professional growth and opportunity to contribute to your profession.
- Provides a line of communication and a forum for the exchange of ideas and information.
- Opportunity to express your opinion or write an article for your magazine THE WASHINGTON COACH.

### Check Sports Coached

- Baseball
- Basketball (B)
- Basketball (G)
- Bowling
- Certified Trainer
- Cheer
- Cross Country
- Dance and Drill
- Football
- Golf (B)
- Golf (G)
- Gymnastics
- Retired
- Soccer (B)
- Soccer (G)
- Softball
- Swimming (B)
- Swimming (G)
- Tennis (B)
- Tennis (G)
- Track (B)
- Track (G)
- Volleyball
- Wrestling

# CONGRATULATIONS BURNETT-ENNIS SCHOLARSHIP WINNERS



**Nick Reykdal and Dad Vic**



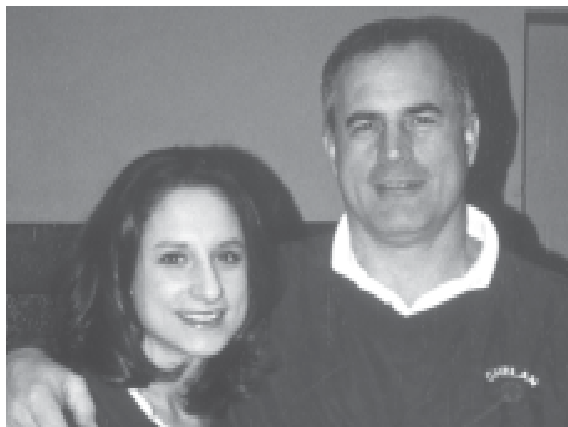
**Zach Clem and Dad Jim**



**Todd Phillips and Dad Randy**



**Jamie Rakevich and Dad Rick**



**Nikki Haerling and Dad Mike**



**Jennifer Evans and Dad Bill**



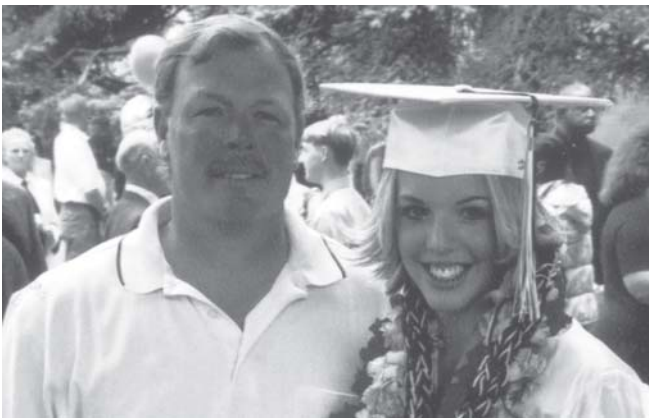
# CONGRATULATIONS BURNETT- ENNIS SCHOLARSHIP WINNERS



**Shayla Ames and Dad Rick**



**Michael King and Dad Mike**



**Meride Torgerson and Dad Marc**



**Karen Clegg and Dad**



**Cory Rickard with Dad Rory and Grandpa**

**Congratulations  
Scholarship  
Winners!**



## *Where Are They Now?*



Every year the Washington State Coaches' Association provides twelve scholarships to outstanding student-athletes. It has become a very competitive scholarship with about 65 applicants a year. We are interested to know what some of those past recipients are doing now. Here are a few:

### **Kelli Koester**

Kelli Koester, a winner in 1998, attended the U. Of W. And graduated in three years with a B.S. in History. She is presently finishing her Masters in Education at Seattle U. She hopes to teach elementary (K-2) this coming fall in Washington.

### **Kelly Lowery**

Kelly Lowery received her B.A. in Communications from W.S.U. in May of 2001 and will receive her Masters in Teaching from W.S.U. in August 2002. She is looking for an elementary teaching position for the coming year.

### **Mike Alexander**

Mike Alexander graduated this last spring with a B.A. in Science, Exercise Fitness Science from C.W.U. He played three years of football and three years of track. Mike is currently working at Studio 90 Fitness Center in Quincy.

### **Rick Giampietri**

Rick Giampietri graduated from the University of Idaho in 2000 with Math and Aeronautical Engineering degrees. He played four years of football there. He is presently in the ENJT (Euro-Nato Jet Training) program at Shepherd Air Force Base and will be graduating in

October.

### **Amy DeBord**

Amy DeBord, a 1998 graduate from Columbia-Burbank High School, graduated from the University of Southern California last May with a degree in Electrical Engineering. She is employed with Northrop Grumman in Palmdale, California.

### **Jenny Ennis**

Jenny Ennis received her WSCA scholarship in 1990. She then entered the University of Santa Clara and graduated in 1994. She then accepted a commission in the U.S. Army where she earned the rank of Captain before leaving the service and entering the business world. She recently married Mark Leger and has returned to live in the Everett area.

If you have information on past Burnett/Ennis Scholarship recipients please contact Sue Doering, 708 S. Lake, Colfax, WA 99111 or e-mail at [sued@colfax.k12.wa.us](mailto:sued@colfax.k12.wa.us).



# DEADLINE: April 20, 2003 Burnett-Ennis Scholarship

By completing the information required in this application, you will enable us to determine your eligibility to receive funds provided specifically to help students whose parent/parents are members of the WSCA. This application becomes valid only when the following has been submitted. This scholarship is open to any member's son or daughter planning on attending an institution of higher learning.

**To be eligible for the scholarship:**

- ◆ Your mother or father must be a member of the Washington State Coaches Association.
- ◆ Submit the below application.
- ◆ Submit a letter of recommendation from your principal, counselor or teacher.
- ◆ Submit your High School transcript.
- ◆ Submit a statement on what the scholarship would mean to you.

Name \_\_\_\_\_  
*Last First M.I. Social Security Number*

Permanent Address \_\_\_\_\_  
*Street City Zip Code*

Date of Birth \_\_\_\_\_ Telephone Number \_\_\_\_\_  
*Month/Day/Year*

Parent/Guardian \_\_\_\_\_ Years Member of Association \_\_\_\_\_

Address of Parent/Guardian if different from applicant  
\_\_\_\_\_

High School Attended \_\_\_\_\_ Graduation Date \_\_\_\_\_

Address \_\_\_\_\_  
*Street City Zip Code*

Principal \_\_\_\_\_ College Planning to Attend \_\_\_\_\_

**Check List**

- Letter of recommendation
- Transcript
- Statement from applicant

Your application must be received before April 20, 2003  
Mail to: Susan Doering, 708 South Lake, Colfax, WA 99111

*Selected winners must submit a picture of themselves with their member parent to the WSCA by June 30, 2003.*

# High School Dads/Moms Coaching Their Sons/Daughters

by Wilbur Braithwaite

Al McGuire, the colorful, former coach of Marquette University, often told this story. His son, Allie, was a starter on his basketball team. A first-line reserve asked for a private meeting with the coach wherein he presented a good case as to why he should play ahead of Allie. After listening patiently to the rationale, McGuire answered, "Here is my problem, I like you, but I love Allie."

Whether this conversation actually took place is matter of conjecture. But regardless of that, players and fans have been known to believe that coaches, in general, tend to favor their own flesh and blood over other team members. It behooves the coach to develop a set of ideas for minimizing this common tendency to develop into a real problem and to enhance his/her child's enjoyment of and potential in the game.

In no special order of importance, here are some suggestions that might be helpful guidelines for those involved in this special coaching situation.

1. When in team settings, your children ought to refer to you as "Coach," just like all of the players. In turn, you should, obviously, call them by their first names. This sends an indirect signal that, under practice and game circumstances, they are members of the team first and family members second. Of course in other settings they are family members first and team members second.

2. If your son or daughter has unusual talent, do not build your team around him or her. Bill Bradley, the great team player from Crystal High School, Missouri, Princeton University, and the New York Knicks said this: "Good players make teammates better." This is the final objective: try to teach your athlete son and daughter that their ultimate role in a sport is to "make teammates better." In the long run, it is questionable that any team should be built around only one player. Coach John Wooden knew that Lewis Alcindor, his precocious freshman, had the basketball know-how and talent to become the greatest scorer in the history of the NCAA. He told Alcindor so much but added, "If this happened we would not be champions." Alcindor accepted this role wholeheartedly. The UCLA teams he played on had nearly equal scoring from all five positions, which is rare indeed, and could not have been accomplished without his unselfish attitude in distributing passes out of the post. All the UCLA teams he played on were champions. If you make your son/daughter the focal point of an offense in any team sport, negatives such as jealousy will find a fertile environment in which to ferment.

3. It is especially important to help your child become fundamentally sound in all aspects of the game. In football this means blocking and tackling skills are as important as

throwing or receiving the ball. In basketball, defensive footwork, rebounding, and passing are as important as scoring. In baseball fielding skills, base running know-how, throwing quickly and accurately are as important as hitting or pitching. Volleyball spikers have to learn how to make tough digs. The unglamorous elements of sport are as important as the glamorous, particularly for your own child to be accepted by others as being a contributing team member. No one gets jealous over seeing someone make a defensive rebound, spectacular fielding play, or a crucial block.

4. Chances are that in growing up, your child developed a love of the sport. Children of musicians often become musicians, children of lawyers often go into law, and it is only natural for children of coaches to want to participate in sports. Of course the basic interests and abilities of any young person should be honored. I know of few coaches who used pressure in getting their child into sports. If he/she shows an eagerness to participate, you as a parent owe him or her the opportunity to develop in the activity. Many a life-long relationship between parents and their children has been strengthened on the baseball field, tennis court, golf course, football field, or any other sports venue where games are practiced and played.

Part of this training should be in

the realm of sports values, sportsmanship, in general. Awareness should be cultivated that any individual in a decision-making position will be a target of criticism. Your children and family will soon learn that the coach will receive some unwarranted criticism from various sources. However, if such things are freely discussed, the family unity will develop a circle of protection based upon love for one another. A wonderful bonding can be formed during both the good times and bad times that surely will come.

A coaching friend of mine who recently lost his wife after a long heroic battle with cancer, shared this verse on adversity with me:

I walked a mile with Pleasure  
 She chatted all the way,  
 But left me none the wiser  
 For things she had to say.  
 I walked a mile with Sorrow,  
 And ne'er a word said she,  
 But oh the things I learned that day  
 When Sorrow walked with me.

Incidentally, my retired coaching friend's family is a good example of how members can forge strong bonds through athletics and other activities. His son, who played for him, is now a successful high school principal. The entire family are cheerleaders for each other in all of their endeavors.

5. Suppose that you have sons or daughters that show no inclination or aspirations of becoming athletes. In this event it is extremely important that a parent-coach spends time with these children. If music or drama is their passion, attend their concerts or productions. It is easy for the non-athletic children to feel distanced from a sports-oriented family. There is no substitute for time actually shared together. No matter how pressed the coach feels for time, it is a great mistake not to develop a

strong individual relationship with the non-sports-oriented son or daughter. This neglect is a trap easily fallen into because of the intense nature of coaching and the pressure to win the next game. Remember, a child may appear to be understanding of the circumstances that prevent dad or mom from being there more, but in the end there is no substitute for actual time spent talking, hearing about the everyday problems that all teenagers have, and having special one-on-one experiences. This also ties in with the verity that of all teaching atmospheres, one-on-one is the most lasting and best. It is more important that you be a good teacher to all of your children then the members of your sports teams. No winning record can ever be as fulfilling as seeing your family members working happily toward their best potential in life.

6. By far the most important consideration in this relationship is to let your sons and daughters know that they are your sons and daughters first, students second, and athletes third. Come to think of it, this is sound advice for all parents whether they are professional coaches or not.

Perhaps the greatest compliment a coach can receive is when a former player, years later, remarks, "I wish my son/daughter had the opportunity to play for you."

So those of you who have or will have the opportunity of coaching your own child enjoy a signal privilege. This privilege merits a sound game plan based upon long-range objective. Someday you will no longer be a coach, but you will always be a father or mother.

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# Eastern Uprising

## Fourth-quarter rally beats West 13-3

by Rich Myhre, Herald Writer, reprint The Everett Herald

EVERETT — In the first half, the East team had trouble getting its offense started.

In the second half, that same offense barely slowed as the East pushed across two fourth-quarter touchdowns to claim a 13-3 comeback victory over the West in Friday night's 4A/3A State All-Star football game at Everett Memorial Stadium.

It was the second straight victory for the East and the ninth win in the past 10 years.

The game was played under gray, dripping skies that gave the game an autumn-like feel. Most of the spectators squeezed into the stadium's upper section, where they could sit in the shelter of the overhanging roof. A handful of hearty folks used ponchos and umbrellas to brave an almost constant drizzle in the lower grandstand.

Scott Davis of Kennewick's Kamiakin High School gave the East the lead for good on the first play of the fourth quarter, plunging into the end zone from a yard out and, after the extra point, the East led 7-3. Later in the period, Nolan Teasley of Ellensburg High School had the game's longest play from scrimmage with a 47-yard dash up the middle. The extra point failed.

It was a dramatic turnabout for the East, which spent almost the entire first half in its own end of the field. The West, which opened the scoring with a 46-yard field goal by Brett Bergstrom of Mount Si High School in the opening quarter, had a decisive edge in yardage and field position as the teams went to the halftime locker rooms.

"In the first half, we were having a lot of trouble with the snaps," Davis said. "But at halftime we talked to the coaches and got everything figured out. We just came out in the second half ready to go. We knew we were bigger than they were, and I knew we could run on them. We just had to play our game."

"Our kids were a little nervous (in the first half)," said East coach Marc Yonts of Walla Walla High School. "We were fumbling snaps and putting ourselves in a hole, and at halftime they were kind of down on themselves. But

we told them, 'We're playing great defense. It's only 3-0 and they've had the ball on our half of the field the whole night. Let's just get the snap off and we'll be fine.'"

The East quarterbacks and centers rehearsed their snaps at halftime, and in the second half the offense began to click. A few minutes into the third quarter, quarterback Sawyer Smith of W.F. West High School in Chehalis scrambled up in the pocket and rolled to the right as if intending to run. As the defense converged, Smith cocked his arm and delivered a strike to Andrew Banks of White River High School in the right corner of the end zone.

The play was negated by an offensive holding call, though, and the East was eventually forced into a punting situation.

The East's next possession also ended in a punt, but late in the third period a short West punt allowed the East to start a drive from the West 22-yard line. Davis, a bruising runner bound for Washington State University, carried for 8 yards and then for 5 yards, putting the ball at the 9.

After Smith gained a yard on a mishandled snap, the East QB passed to Davis, who carried the ball inside the 1-yard line. On the next play, which opened the final quarter, Davis burst through the right side and went into the end zone standing.

Then, with 3 1/2 minutes to play, the East broke the



*The Whitefield Award is presented to Markee Broussard of Mariner HS by Paul Lawrence and Fran Whitefield.*

game open with a nifty 47-yard TD dash by Teasley, who started up the middle, bounced off the pile to the outside and was suddenly running untouched through the secondary.

“You’re always telling your kids, ‘Keep your feet moving in the pile, you never know,’ and he kept scrambling,” Yonts said. “He had a big contingent (of family and friends) here tonight, so it was nice to see him have some success. It was a great run.”

Davis was the busiest player of the night, finishing with 70 rushing yards on 16 carries.

“For the first time in my life, I’m coaching with Scott Davis instead of against him,” Yonts said with a chuckle. “Usually he’s doing that to us at Walla Walla. And it’s a nice feeling to see him play so well.”

The weather, Davis said, “actually worked to our advantage. The field was a little slippery and (the West) runners weren’t able to cut as much. They’re a faster team, and we’re just bigger and more straight-ahead runners. So I think it helped us more.”

“We weren’t so disappointed when it rained a little bit because we were worried about their option on the perimeter game a little bit,” Yonts added. “But our guys



*The Rosenbach Award is presented by Game Coordinator Paul Lawrence to Andre Anderson of Lincoln.*

kind of bought into the mentality that maybe we don’t have the fastest kids, but they can play physical football.”

Among Snohomish County players, Markee Broussard of Mariner High School had one pass reception for 11 yards, Arlington’s Joseph Boitano returned kickoffs, and Snohomish’s Kevin Farnam played much of the game on the West’s offensive line.

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# EARL BARDEN CLASSIC

by Scott Spruill  
Yakima Herald - Republic

Just finished with fifth grade, Andy Collins came to Zaepfel Stadium in 1995 to watch the first Earl Barden All-Star Classic. He came to see a vaunted quarterback then, and seven years later people came to see him for the same reason.

And he didn't disappoint.

Zillah's running and throwing star quarterback rushed for two first-half touchdowns, accounted for 162 yards of offense and was named the East's offensive MVP as his team defeated the West 25-12 in the eighth annual Class 2A-1A-B football game.

"I remember coming to the first one to see this quarterback from Eatonville (Bobby Lucht) who beat Zillah in the state championship (in 1992)," said Collins amid the post-game family gatherings on the field. "It was the coolest thing seeing all these great players in one game. I've always looked forward to getting my chance to play in it."

It showed.

Collins, who reports to the University of Oregon on August 3, scored on cutback runs of 27 and 11 yards in the first half as the East took a 19-0 lead at the break. He led the east with 51 yards rushing, passed for 77 yards and even caught one for 34 yards.

On both scoring runs, Collins' first option was the pass but each time the West overplayed on its coverage, leaving the quick and strong quarterback an open angle the opposite way to the end zone.

"We were running an unbalanced line both times and we sent a bunch of guys in one direction," said Collins as the grandson of an assistant coach approached him for an autograph. "I wanted to throw but I could see that side open up and it was there."

Collins' provided the East with much of its offense and was actually outgained considerably by the West, 332-184.

But the undoing of the West were turnovers – four interceptions and one fumble. Highland's Daniel Garcia snared one of the interceptions, and Royal's Eric Bozorth returned one 50 yards for a touchdown in the first half.

Turnovers kept the West out of the end zone until the fourth quarter, but it was the West that put up the big numbers.

Bobby Kelly of White pass rushed for 103 yards – 66 on one run in the second period – and scored both of the West's touchdowns, Meridian's Mark Simmons passed for 200 yards and Orting's Brian Sunderland set a Classic record with eight receptions for 116 yards.

"They moved the ball in the air in the second half and we slowed down a little," said Zillah's Tim Calhoun, who dominated his side of the defensive line. "I love it – I came out for only one (defensive) play. It was sure hot in the first half but I wanted to keep going. I never wanted to come out."

The Simmons-to-Sunderland connection heated up in the second half. On one drive in the third quarter, they hooked up six times.

"This (week) was the first time I had ever met him," said Sunderland. "We just worked together a lot in practice. (The record) feels great – it was a lot of hits and a lot of work but it was worth it."

Sunderland and Kelly shared the West's offensive MVP award.

"I got a lot of respect for Bobby, he worked real hard," Sunderland added. "He took my (scoring) plays, but I've still got love for him."

The East's offensive production was limited in the second half in part because of an All-Star rule that allows a team that's trailing by nine points or more to keep the ball after it scores.

The West kept the ball after Kelly's first touchdown with 10:04 remaining, but lost a fumble that Brewster's Nate Rubio recovered two plays later.

When Kelly punched in his second score, the West trailed 25-12 with 2:36 to play and, again got the ball back. Calhoun, however, sacked Simmons for an 8-yard loss on the first play and the West's drive eventually expired on downs.

The West's rally would have started earlier if it weren't for Jason Rinker's interception on the West's 2-yard line in the third quarter. In the drive that featured six of Sunderland's catches, the West advanced to a first down on the East's 16 only to be turned back by its fourth interception.

White Swan's Antonio Torres and Naches' Casey Sanford pitched in offensively for the East. Torres more



known for his receiving, ran the ball three times with a long effort of eight yards on a sweep. Sanford had two catches, both from Collins, for 20 yards.

“It was fun to come out of the backfield,” said Torres, who set a state record last year with 87 receptions in nine games. “I wish we could’ve had the ball more in the second half. That rule kind of stinks, but I know they want a close game.

The East also got contributions from three area lineman – Highland’s Joe Jewett, Kittitas’ Pat Woodiwiss and Zillah’s Timote Uasike.

Bozorth was named the East’s defensive MVP, and Chris Bannish of Willapa Valley received the West’s defensive MVP award.

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## WIBCA HALL OF FAME

### RICHARD BROCK

Coach Brock was raised in Montesano, Washington and graduated from Montesano High School in 1946. At Montesano he played football, basketball and baseball. After high school, Dick went to Gray's Harbor College for two years and was All-League his sophomore year in basketball. From Gray's Harbor College he went to St. Martin's college and played basketball for one year. From 1951-53 he attended Western Washington Teacher's College where he also played one year of basketball.

Coach Brock began his teaching and coaching career at Tenino High School and this is where he would spend his next 29 years teaching Social Studies, U.S. History, Contemporary World Problems and Physical Education. He was the head basketball coach at Tenino High School for 26 of those years. His career record was 328-214, winning percentage of 60.5%. His teams qualified for the District Tournament 14 years in a row to start his career and another 4 years after that. His teams qualified for the State Tournament 5 times; 1958 (14-0 in league), 1961 (4<sup>th</sup> place), 1962 (2<sup>nd</sup> place), 1963 (2<sup>nd</sup> place), and 1978 (4<sup>th</sup> place). His State Tournament Record was 12-6. Coach Brock was also Head Football Coach at Tenino High School from 1957-1973.

His coaching both football and basketball is exemplary but they pale in comparison to what he has given to a small Southwest Washington town. His coaching employment at the school in ended in the 1980's but here we are in 2002 and he is still involved in giving advice to the kids

from grade school, middle school and high school on how to improve their game and life. For 44 years Dick has devoted his life to the betterment of the youth of Tenino through teaching, coaching and advice. He still affects the youth of Tenino and it is heartening that when you are talking to him in a public place to see kids both young and old come up to him and greet him with a handshake or a hug and let him know that he made a difference in their lives. All of us are better people for having known Dick as a teacher, coach and friend.

Dick's family also played a big part in his life with their support, understanding and patience. Through his many years of coaching, their willingness and ability to maintain calm through the hectic seasons made life much easier. He also felt that he was fortunate to have great assistant coaches and dedicated ballplayers who were willing to pay the price to meet the team goals. Their commitment, desire and work ethics were the keys to the success of the program. And last but not least, the community and the many dedicated fans contributed greatly to successful team efforts.

### DON HUSTON

Coach Huston grew up in Southwest Washington and graduated from Camas High School. HE went to Western Washington University and was a three-year letterman. After graduation he was head coach at Ritzville High School for one year and returned to Western Washington University as a graduate assistant basketball coach and received his master's degree. The next nine years

were spent at the community college level. Four years as an assistant basketball coach at Green River Community College and five as head basketball coach at Peninsula Community College in Port Angeles.

Don continued his studies at the University of Washington and was the graduate assistant basketball coach. After one year of course work in higher education, he was hired as head basketball coach at Curtis High School. He served in that capacity from 1978 until 1991. During this thirteen year period his teams had a record of 228 wins and 73 losses, 76%. Over one four year period his teams were 99-9. Curtis High School accomplishments included: state; two second places, two third places and 3 other places; six West Central District Championships, seven South Puget Sound League Championships, three South Puget Sound League second places.



Don has two brothers that were very involved in Washington basketball. Ed Huston played at the University of Puget Sound and his jersey was retired. The Seattle Super Sonics later drafted him. Denny has a career in coaching which included either head or assistant positions at Clark Community College, Washington State, University of Washington, Western Washington, Stanford, Wyoming and Weber State.

Don met his wife, Laima, at Western Washington University. She is a physical education teacher, track and cross county coach. They have two daughters, Lija and Mara, who reside in San Francisco and Chicago.

### **GARY RADLIFF**

Coach Radliff grew up in Enumclaw, Washington where he attended White River High School, which was at the time a combination of Enumclaw and Buckley. He lettered three years each in football, basketball and baseball and two years in golf. He was student body officer and won the Chuck Smith Award for the outstanding senior athlete.

He was the inspirational player in his junior year and captain in his senior year.

He began his teaching and coaching in Friday Harbor in 1957 where he was the head coach in basketball and softball. After two years he left Friday Harbor and went home to Enumclaw where he was a 9<sup>th</sup> grade football assistant and sophomore basketball coach. He also coached tennis for one year, started the cross country program, JV basketball for two years under Ralph Still and assisted Frank Osborne in baseball program. Gary became head basketball coach in Enumclaw in 1962-63. Frank Lancaster was his assistant coach. They worked together for 25

years.

Enumclaw basketball had a great support system, good coaches in the basketball program, had a good administration, a wonderful community and super kids. This, along with the association of other state coaches made a very enjoyable 25 years.

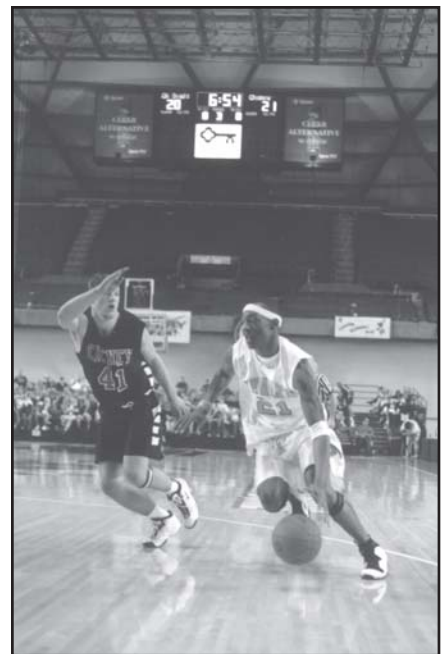
During Coach Radliff's twenty-five years of coaching, Enumclaw won 6 league titles (two undefeated), played in ten district tournaments and won two district titles. They played in six state tournaments and placed in five, the state tournament record was 11 and 9 and the overall record was 312-261.

Coach Radliff was selected as the state nominee for the National Basketball Coach of the Year in 1986 and was voted three times league coach of the year. He was the assistant coach to Ed Pepple in 1985 in the Washington All State Game.

Gary's daughter was a stat girl for three years and his three sons all played for him and were able to participate in state tournaments. In addition to Gary's four children, he had two stepsons and nine grandchildren and reside in Enumclaw with his wife, Judy.

### **STEVE ANSTETT**

Coach Anstett grew up in Tacoma, Washington and attended Bellarmine Prep High School where he played baseball and basketball. He was an All City basketball player and an All State baseball player. After he graduated from school, he attended the University of Portland where he lettered two years in baseball and three years in basketball. He was MVP during each of his three basketball seasons, setting both scoring and rebounding records at that time. He was selected to the All West Coast First Team as a senior. The Los Angeles



Lakers drafted Steve in 1964. He was selected to both the Bellarmine Prep and University of Portland Athletic Halls of Fame.

Coach Anstett began his teaching and coaching career at Central Catholic High School in Portland where he was the head baseball coach and assistant basketball coach from 1965 to 1967. He returned to Bellarmine Prep in the fall of 1967 as an assistant in both basketball and baseball. In 1968 he became the head basketball coach at Bellarmine Prep and coached there for 27 years. Steve also coached JV baseball for 17 years and cross country for 2 years. Presently, Steve is the Dean of Students, still teaching two English classes in his 35<sup>th</sup> year at Bellarmine Prep.

Steve's accomplishments at Bellarmine are an overall record of 321 wins and 261 losses. Tacoma City League Championship and Regional Champion in 1980. Narrows League Champion and District Champion in 1993. His 1980 team took second in State and his 1990 and

*Continued on page 18*

*Continued from page 17*

1994 teams took eighth in State. His teams also participated in the State Tournaments in 1988, 1990 and 1994. Steve was the Tacoma City League Coach of the Year in 1980 and Narrows League Coach of the Year in 1993.

Steve wishes to acknowledge the support and the sacrifice of his family, wife Pat and sons Scott and Brian, over all these years and, especially thank his players and fellow coaches for making 27 years such a wonderful, meaningful experience.

### **JIM HARNEY**

Coach Harney grew up in South Seattle on the playground at White Center in a very competitive environment. This launched his life in sports. It also was significant to have parents who were ex-athletes and great role models. His mother, Pauline, age 96, was a high school athlete and his father, Ed, played baseball for the University of Nebraska. Jim attended Seattle Prep where he played baseball and basketball well enough to be given a scholarship to play both at Seattle University.

The biggest event in Jim's athletic career occurred when he was captain of the 1958 Seattle University basketball team. Led by Elgin Baylor, they made an incredible run through the NCAA Tournament to finish second to Kentucky for the National Championship.

Inspired by several of his coaches, Joe Brudnick, John Goodwin, Al Brightman, Joe Faccione and most notably, lifelong friend and confidant, Frank Ahern, Jim chose to go into teaching and coaching. He began at Seattle Prep in 1959 where he taught math and coached three sports for nine years. In 1968 he and his family moved to Tacoma and University

of Puget Sound where he was assistant coach in basketball for that highly successful program.

In 1973 his family moved to Poulsbo and North Kitsap High School. The family flourished there, all four children had successful high school careers, Colleen and Peggy in gymnastics and track, and Tom and Mike in basketball and golf. Tom and Mike were important members of the two highest finishes at State, fifth place in 1977 and 1982. North Kitsap had several state level teams.

Jim retired in 1997, concluding 40 seasons of coaching. He is extremely proud of the huge number of ex-players who have become tremendously successful due in part to their hard work and dedication to high school athletics. This is his ultimate reward.

### **LYLE PATTERSON**

Coach Patterson, following time in the service, attended and graduated from Wisconsin State University in LaCrosse, Wisconsin. Having graduated from South Haven, Michigan High School, he took his first job as a history, math and science teacher and Junior High School football and basketball coach in Decatur, Michigan. The following year he moved to Coloma, Michigan as a math teacher and JV football and basketball coach and head baseball coach. Two years later he became the head football coach and kept the other two positions.

Due to family consideration in the fall of 1962, Lyle and his wife Elaine, and their three sons moved to Naselle as a math teacher and head football coach and JV basketball coach. In the winter of 1965 he also became the head basketball coach, a position he held for 32 years.

Lyle's record at Naselle was 623 wins, 228 losses, District record was

117 wins, 38 losses and State record 58 wins and 43 losses. He had 31 winning seasons, qualified for District all 32 years, was League Champion 13 times, District Champion 15 times and placed at State 18 times. Places at State included, second place 5 times, third place 3 times, fourth place 4 times, fifth place 1 time, sixth place 2 times, seventh place 1 time and eighth place 2 times. As football coach he won 3 League Championships. His baseball coaching record was 100 wins and 25 losses with four League Championships.

Through the years, Coach Patterson had the opportunity to have many very fine players to make his teams successful, and to make the coaching job a pleasure. Coach Patterson had several great assistant coaches that made the job easy. In addition, he always had the support of a wonderful wife, and the opportunity to coach his three sons. He also was able to spend many years working for a great administrator, Dick Grabenhorst.

Coach Patterson finished his tour as Varsity Assistant Coach for Knappa Loggers of Knappa, Oregon and Head Coach of the women's basketball team at Lower Columbia College in Longview, Washington.

Basketball coaching gave Lyle and Elaine the opportunity to take teams sponsored by Northwest Basketball Camp to Europe and Australia. Former players and assistant coaches, Bob Toppa, Tim Wirkkala, and Dwight Patterson assisted him on these trips. These were great experiences, fine players and a chance to really be a tourist.

Lyle said his time in coaching has enabled him to meet a log of great people, see lots of country, spend time in motels, eat too much at banquets, and see his hair turn white and grow thin.

# WASHINGTON STATE FOOTBALL COACHES HALL OF FAME

## Mike Lynch

Mike just completed his 31<sup>st</sup> year of teaching and coaching. During his three years at Castle Rock he was an assistant coach in football. For the past 28, Mike has been the Head Football Coach at Ritzville High School. During those 28 years he has compiled a record of 184-89-2. Mike's teams have won or tied for 10 league titles, taken 5 seconds and 3 thirds. He has made 13 playoff appearances. His teams have played in three title games, winning in 1980. They have made additional semi-final appearances in 1984, 1986, 1994 and 2001. Mike is a graduate of Washington State University. He played for Jim Sweeney for three years.

## Vic Randall

Vic started his football coaching career as an assistant at Tillamook HS. He moved to Ferndale HS where

he served as an assistant from 1972-1981. He took over the reigns as head Football Coach from 1982-1989 and again from 1994 to present. His record as a head coach at Ferndale is W 132 – L 36. His teams have made seven appearances in the state play-offs and won league titles nine times. Vic has been named League Coach of the Year nine times. He has won numerous awards personally. Among them: 2001 Head Coach in the 3A/4A All-State game, 1997 selected as District One Coach of the Year. Coach Randall was an assistant in the 1986 All-State game. Vic is a member of the Washington State Coaches Association.

## Alfonso Sanchez

Bud graduated from Sioux Falls College in 1962. He began coaching immediately at Witten HS in South Dakota. He moved westward, coaching in Idaho, before arriving in Washington as Soap Lake HS Head Football Coach in 1966.

After two years there, Bud then began his tenure at Willapa Valley HS from 1968-1993. Bud was always very active in the WIAA, and many other coaching organizations. He was awarded the 1974

Class "B" Coach of the year. Bud won the honor again in 1978. He was a member of the South staff in the 1979 Summer Classic. Bud garnered two championships in 1978 and 1979, and was runner-up in 1987. Bud's overall record was 185-87-4.

## Rick Stubrud

After a 25-year career, Rick is now principal at Hazen in Renton where he coached from 1983-1997. Rick received the National Federation of High School's Distinguished Service Award for a two-year stint on the Federation's football rules committee. Highly active in the WSCA, Rick was an assistant in the 1983 East-West game, and a head coach in 1993. Previous to the Hazen job, Rick was head coach in Sunnyside, going 52-17 in seven years, with a career record of 137-76. Rick has also been named coach of the year for the Mid-Valley (1976), North Puget Sound (1988), and Seamount (1992) leagues.

## Gold Helmet Award

**Pat Alexander**

## Silver Helmet Award

**Kevin Brown**

**Danny O'Neil**



*Pictureed are the Football Hall of Fame Inductees and Helmet Award Winners. L to R: Pat Alexander, Vic Randall, Rick Stubrud, Mike Lynch, Alfonso Sanchez, Danny O'Neil and Kevin Brown*

# HAWKES SQUAWKS

By Dee Hawkes  
Retired



## BACK FOR SEASON #29

Hey, all you sun worshippers, you know that summer is over whenever the school bell tolls. It's time again to open up the locker room, issue locks, and marvel at how much your athletes have changed over the break. When you return, the school sports spin cycle can begin. The best approach may just be easy come, easy go. That way, whatever happens can be taken in stride. Who knows, this school year may just be the start of something big.

## QUEEN ANNE HIGH SCHOOL FOREVER

When Seattle's Queen Anne High School closed its doors in June, 1981, the gymnasium became a huge storage shed not unlike those that line our highways. Then along came PLU graduate Jason Baskett, who opened the Emerald City Basketball Academy in the gymnasium two years ago after signing a lease with the Seattle School District.

Hundreds of basketball prospects pay for personal tutoring to improve shooting skills, work bio-mechanics, and lift weights. Volleyball training has been added too. What is most impressive in the shiny new court is bold orange lettering that spells out QUEEN ANNE on the end wall. For those of us who are old Grizzlies, this symbol tears at our hearts. It was the right thing to do, turning the old gym into something positive for kids.

## HIGH SCHOOL FOOTBALL – TEXAS STYLE

It is no myth that Texas High School football is big-

time. When over 8,000 football coaches from all over the state went to Houston for their annual three-day clinic, you know its serious business. Few, if any, stayed at home. Imagine this all happening in 90 plus degree heat!. Coaches from throughout the state made the journey to renew friendships, talk football, and to listen to Texas lore. Much of the credit for putting the convention together goes to Eddie Joseph, Executive Director of the Texas High School Coaches Association.

Texas football fever spread all through the huge convention center. Hundreds of vendors pedaled their wares, from colorful necklaces in school colors to textbook salesmen trying to influence coaches who teach social studies. Many coaches met up with old friends to chat and swap stories.

The dress code was slacks, sport shirts, and loafers although a few coaches could be seen wearing sweat outfits and cowboy boots. Nobody wore sandals or moved about in coaching attire. In my personal take, the majority of coaches were not there for X's and O's or technical football. Hardly anyone took notes. They were there to bond, to be social, and to post resumes for job interviews. High tech football is dissected during the winter and spring clinics held throughout the state.

## POST SCRIPT

My reason for being in Texas was to investigate the possibility of a book. It would probably require staying in the heart of Texas during the season in order to do it right. It was certainly worth the long walks from my hotel to the Regent Center in order to listen to the old

**To hear Texans tell it,  
playing high school  
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passage. What we see  
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dedicated coaches who  
honor tradition by  
bridging the present with  
the future.**

times talk football.

These are some of the reasons why Friday Night Fever is a way of life in the Lone Star State. To hear Texans tell it, playing high school football is a rite of passage. What we see there are a group of dedicated coaches who honor tradition by bridging the present with the future. The, just four days after the clinic, football practice started.

### **IT JUST DOESN'T MAKE SENSE**

Recently, some Washington high schools mascots have taken a beating. For example, local school boards have specifically prohibited the use of Indian mascots for West Seattle and Issaquah High School. Here, a minority group of students persuaded their school boards that the ethnic nicknames were offensive.

If the culturally offensive mockeries of Indians featured cartoon characters then they have a case. In the state of California, lawmakers have signed a law to dump that kind of abuse. There seems to be some kind of national movement to rid schools of mascots that deal with Indian heritage. However, the mascots at West Seattle and Issaquah are quite different from the offensive symbols in California, which speak directly to poor judgment. Neither school used demeaning or tasteless mascot bashing, but instead showed respect.

### **TURN BACK THE HANDS OF TIME**

Generations of graduates still identify with the word Indian. The heave-how at West Seattle High School breaks an 85-year old tradition, and it certainly blew a fuse with the alumni. Traditionalists took a beating at both schools. It is my fear that in the future many alumni may look the other way when schools need money. My take is this is an assault on cherished traditions that held generations together. One just can't ignore those who went to these schools during the previous century; they count for something.

### **COMING TO A FORK IN THE ROAD**

Several questions have been asked about what role gender plays for those coaching girls' sports in this state. We know that most athletic directors will hire a qualified person who can bring the most to a program. In some school sports, hiring isn't tied to gender. Men coach girls' basketball while women coach boys' soccer, etc. Sports like football and wrestling may have an occasional crossover. A concern to the Women's Sports Foundation is recent research that shows that women coaches are not perceived by their athletes as the authority figures that

men are, and they are not taken as seriously. This may mean that it's hard for these young women to imagine themselves as coaches. If this is true, then how do you encourage young women to go into coaching? One method may be to have experienced coaches look to them when hiring assistants. With so much at stake in girls' sports, it is vital that those who coach provide opportunities for young women to join the bandwagon.

### **WHAT BETTER WAY TO VOICE YOUR OPINION**

For the record, I see no reason to sit on the sideline; squawking is still in my blood. Many issues need to be drawn out into the open so that coaches who speak out can have a platform. If you really want to voice your opinion, my ears are all yours. Just e-mail [hawkes32@aattbi.com](mailto:hawkes32@aattbi.com) to talk about what's going on with you. Talking computer to computer has provide a whole new way to communicate. It's refreshing to know that many of you have something to say.

See you around, I hope.

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# P.E.T. Productions Creates Insightful Cross Country Instructional Videos

By Steve K. Bertrand

What becomes of the retired cross country coach after they finally hang up their stopwatch? Well, if your names are Pat Haller, Ernie Goshorn and Tom Campbell, you go into the distance running video productions business.

P.E.T. Productions of Lynnwood, Inc. (an acronym for Pat, Ernie & Tom) recently released their first in a series of videos that focus on cross country running. Designed for coaches of cross country, the first tape, "Building a High School Cross Country Program", runs ninety minutes and includes interviews with twenty-five of the top cross country coaches in the state of Washington. The video is insightful and will appeal to the novice through veteran cross country coach.

The first instructional video covers a myriad of topics which include summer training, traditions, beginning, middle and end-of-season workouts, tapering, recruiting, morning running, and mileage, etc... Also represented are male/female, east/west, and big/small school aspects of the sport. "Who wouldn't watch a tape that might help improve one's coaching and possibly bring a few new kids into their program?" commented Haller.

Of notable interest is the wide variety of interviews with various coaches and the different approaches they have utilized over the years to produce winning indi-

viduals and/or teams. Assembled is a fraternity/sorority of coaching knowledge featuring snippets from individuals who have collectively won close to one hundred state cross country titles.

The series utilizes an interview format with action video footage. It is literally chalked full of information. Nowhere in the instructional coaching video market have I seen such a wealth of ideas packed into one tape. Where most instructional tapes represent a single point of view this program captures several voices.

The genesis of this project was rooted in the frustrations Goshorn and Haller were experiencing toward the tail end of their coaching careers at Lynnwood High School. "We were having trouble getting kids out for cross country," said Haller. "We wanted to create a recruiting video. We wanted to educate ourselves on what other coaches were doing to entice athletes into their programs."

Goshorn addressed the advantages of a video tape. "At clinics you often jot down ideas only to forget how to do them. Our video not only preserves the idea but allows an individual to stop and break things down."

Initially, the goal was to produce a forty-minute video project; however, after talking with various coaches, it quickly evolved into something quite different. Suddenly the trio found themselves

with several topics and a video series. "We kept asking people 'How'd you learn to coach cross country?'" stated Goshorn.

Other topics explored in this series are "Middle School Cross Country", "Female Distance Running", "How to Put on a Cross Country Meet", "Coaching a Championship Team", and "Coaching a Championship Individual".

The standard script for this video series focuses on the following essential questions: "How do you recruit?" "What are your summer workouts?" "What do you do with your athletes the last week of the season?" "Do you treat your girls differently than the boys?" "What traditions are an integral part of your program?" The answers to these questions were as varied as the coaches providing responses; and, yet, each coach had achieved their own level of success.

Haller, Goshorn and Campbell have compiled impressive credentials themselves. Their accomplishments would make an interesting story. Haller, who is working on a Master's in communication at the University of Washington, was an athlete for Goshorn in the mid-80's where he captured back-to-back state cross country titles for Lynnwood High School in '85 and '86. He continued his running at the University of Oregon where he was a two-time All-American. Following graduation, Haller returned to his alma mater and coached nine years with Goshorn. Presently, he works for Airborne Express.

Before retiring in 2001, Goshorn had been the cross country coach at Lynnwood High School for the past thirty-two years. During that time, he coached his Royals harriers to five team and five individual state titles. For many years, Goshorn also served as secretary for the Washington State Cross Coun-



try Coaches Association. After retiring from Lynnwood, he applied and was immediately rehired by Lake Stevens High School where he volunteers as a cross country/track coach.

Tom Campbell, dubbed the “guru” of cross country in Washington, coached thirty years at Edmonds High School. During that time, his teams dominated the sport. Under Campbell’s tutelage, the Edmonds Tigers captured an impressive twelve state and three individual titles. Campbell is the past president of the W.S.C.C.C.A.. It is an organization he and Goshorn founded. Though retired, Campbell volunteers his time working with various middle and high school distance runners in Snohomish County. Both Campbell and Goshorn are past recipients of The Everett Herald’s prestigious “Man of the Year in Sports”.

Had it not been for modern technology, this project may never have gotten off the ground. It would simply have been too expensive. Prior to digital cameras, equipment of this nature cost around \$25,000. In comparison, digital cameras run around five grand. Regardless, the trio has invested around \$20,000 in this venture.

Dubbed a “labor of love”, footage for the video was shot with a Canon XL1 camera purchased specifically for the project. Haller edited the project in his parent’s basement using Apple G-4 with Final Cut Pro software. “The quality of the images is exceptional!” he exclaimed.

Having invested over a hundred hours in this project, P.E.T. Productions really has only one regret - and that is the fact that during the editing phase they had to leave a lot of great ideas on the cutting room floor. “We would have liked to include more, but we only had so much room,” lamented Campbell.

Since its production, the video se-

ries has caught the attention of some pretty heavy hitters. Presently, it has gained the support and encouragement of Bill Roe, President of the United States Track and Field Association, Kevin Griffin, Assistant Executive Director of the Washington Interscholastic Athletic Association (WIAA), and Mark Cullen, President of the Washington State Cross Country Coaches Association (WSCCCA). “There is a real attempt being made by the U.S.A.T. & F. organization to assist the high school coach,” said Roe.

The first two tapes, “Building A High School Cross Country Program” and “Middle School Cross Country” have been available since May 1<sup>st</sup>. The other videos will follow in the fall of 2002. The goal of P.E.T. Productions is to sell four hundred tapes with the first two videos. They will be aggressively pursuing a Washington/Oregon middle and high school market because both states share a common distance running vision. The videos are being marketed via a flyer to cross country coaches. “We’d have to rework this series to make it marketable at the national level,” said Haller.

Still, Haller isn’t ruling out a future DVD. “This medium lends itself very well to instructional programs,” he added. In the meantime, individuals can purchase the videos for \$59.00 apiece or both tapes for \$100.00. Because they’ve controlled this project from the original idea through final mailings, P.E.T. Productions has been able to maintain a low overhead. Being a non-profit organization has also afforded them tax-deductible status. Consequently, any individual purchasing one of these videos can use the item as a write-off. This is being done so proceeds from the sale of videos can be donated to the W.S.C.C.C.A. for East/West All-Star Cross Country scholarships. Coaches also have the op-

tion of purchasing the videos through their cross country budgets.

For a preview of coming attractions, some of the coaches featured in the video series include Mead’s Pat Tyson, Eisenhower’s Phil English, Gig Harbor’s Patti Ley, Bishop Blanchet’s Leo Genest, Snohomish’s Dan Parker, Mount Baker’s Dominic Urbano, Riverside’s Bill Kemp, Omak’s Russ Brantner, Newport-Bellevue’s Mindy Lefflar, and Marysville-Pilchuck’s Julie Coburn.

Haller, Goshorn and Campbell were in agreement, this project could not have happened without the involvement of many people. Coaches were very receptive. They generously shared their ideas. The project might have collapsed without their support. “After talking with a number of individuals, I came away feeling that most cross country coaches devote a tremendous amount of time to their sport,” said Goshorn.

I enjoyed the first video because of the “meat and potatoes” material. There’s something here for every cross country coach. Much of this has to do with the fact P.E.T. Productions selected coaches with a wide variety of approaches to the sport of cross country. They address issues pertinent to all cross country coaches. Furthermore, few books and/or videos recognize the team value of cross country. This video series does. Campbell, the narrator for this video, addressed the philosophy on which the program is modeled. “Our business motto is ‘Coaches helping coaches helping kids,’” he stated. From what I’ve seen, I’d have to say this project’s off to an excellent start!

Interested in purchasing a tape or obtaining a flyer? – Contact [patrickhaller@hotmail.com](mailto:patrickhaller@hotmail.com) or visit the website – [www.x-c.info](http://www.x-c.info)



**Russell Brazill**  
**Vashon High School**

Having retired from teaching math at Vashon ('68-'97), Russell has continued coaching cross country and track. He coached football (11 years), boys' basketball (11 years), girls' basketball (12 years), cross country (15 years) and

track (37 years). His family includes wife Carol and children Jesse, Darryl, Tana, Thomas, Julie, Stacie, Jim, Dori, Robert and Toni. He earned a BA at Western Montana ('63) and a MA from Seattle U ('70). Russell has been Nisqually coach of the year for girls' basketball ('82) and for track a couple of times. His girls' basketball teams had 5 consecutive league championships in 1974-78. Coaching gives him the chance to help kids learn lessons of life which can be difficult to get across in the classroom. His coaching rewards come from former athletes telling him he made an impact in their lives. *"Success is peace of mind, which is a direct result of knowing that you have done your best to become the best you are capable of becoming."* (John Wooden).



**Beth Wing, Rogers High School (Puyallup)**

A graduate of Gonzaga ('95), Beth is the head coach of girls' basketball at RHS, a position she has held for the past 3 years. She was the head girls' coach at Mead the prior 2 years where her teams were district champions her first year and had a 4<sup>th</sup> place state finish the second year. Beth was voted coach of the year at Mead, All-Area Coach of the Year and South Puget Sound Coach of the Year while at Rogers. Her family includes husband Tracy and son Luke (1). Coaching was a perfect choice for her as she loves competitive sports, the strategies involved in basketball, and especially the relationships she has with her teams. Beth enjoys watching girls grow as players, as people, and appreciating how hard they work on a daily basis. Her favorite saying comes from Coach Wooden, *"Winning isn't everything, but the will to win is."*



**Earl Wolf**  
**Quincy High School**

Earl has done it all at Quincy High School. He has coached baseball (19 years), golf (12 years), basketball (5 years), and football (4 years). He was the Kiwanis Coach of the Year in '88 and the Caribou Trail

Coach of the Year in '88 (baseball), '96 and '97 (golf). His family includes his wife Diane, son Adam and daughter Sara. A CWU graduate ('71), Earl has been at Quincy for 31 years. Assisting young men and women to reach the next level in life, in the classroom, and in competition is what Earl sees as important. *"The wins are the players'; the losses are mine."*



**Nancy Garr**  
**Ferndale High School**

Nancy has been coaching cheerleading at Ferndale High School for the last 4 years. Her competition team placed 3<sup>rd</sup> last year at the Cheertec Competition and 4<sup>th</sup> the previous year.

Her student-athletes have earned academic awards from WIAA each year. Working as a para-educator at Mt. View elementary school during the day and coaching high school athletes after school has given her time to spend with all different age groups and learning something from all of them. Her family includes husband Bill, sons Rob and Ryan and daughter Shannon. Issiah 40:30-31, *"Even youth grow tired and weary, and young men stumble and fall, but those who hope in the Lord will renew their strengths."*



**Tony Batinovich**  
**Puyallup High School**

As the head volleyball coach for 15 years and head fastpitch coach for 10 years at PHS, Tony's teams have had a great deal of success. They have 4 state appearances in

fastpitch and 10 in volleyball, placing as high as second in state in 1999. A WSU graduate ('80), his family includes his wife Whispi, sons Alex (14), Chris (13), and daughter Makayla (7). Tony sees coaching as a chance, "... to challenge the athletes and to prepare for life through athletics. Coaching is not about winning and losing; it is about sharing great memories for the future." A 20 year member of the WSCA, his favorite saying is, "Never wait until next year."



**Mark Perry  
Snohomish High  
School**

The head coach for football and wrestling at SHS, Mark has been there for 17 years after spending 1 year at East Valley in Spokane. He graduated from EWU ('83) and his family includes wife Tammy and sons Brad (12), Lucas (9), and Tanner (6).

Mark was the District 1 head football Coach of the Year, 4A State Wrestling Coach of the Year, Tomaras Award winner, and Everett Herald Football Coach of the Year in 2000. He was also the Seattle Times Football Coach of the Year in '98. Mark enjoys the challenge of preparing a team for competition. Going 9-0 in the 2000 football season was one of his proudest coaching moments. "You are in complete control of the amount of effort you give."



**Neal White  
Bainbridge High School**

A graduate of CWSC ('76), Neal had coached football for 22 years, baseball for 15, golf for 10 and basketball for 9 before he stepped out of coaching. He has been the athletic director for the last 10 years at BHS. He was the Coach of the Year in the Pierce County league in '95 and made 4 trips

to the "sweet 16" in football. His family includes his wife Holly and daughters Danielle (26) and Allyssa (23). A confessed "nut" about athletics, Neal has been able to pass on his passion for sports through teaching physical education and coaching. His proudest coaching moments come from watching any of his players improve and excel from their hard work and commitment.

**ON THE SIDELINE**

**NOMINATION FORM**

The WSCA needs your help! If you feel that there is a current member of the WSCA who deserves recognition for his/her contributions to coaching please fill out this form and send it to Mike Schick. The nominated person will then be contacted to fill out a complete nomination form.

Nominee's name \_\_\_\_\_

Address \_\_\_\_\_

Currently Teaching at \_\_\_\_\_ Phone # \_\_\_\_\_

Please send your information to:

Michael H. Schick, Edgemont J.H. 10909 24th St. E., Edgewood, WA 98372

*Please nominate WSCA members only!*

*I need your help in contacting deserving members who contribute to the success of your athletic programs.*

# For Your Files...

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## WSCA Initiates Career Recognition Program for High School Coaches

In August, the WSCA Executive Board unanimously agreed to embark upon a recognition program for the coaches in our state association.

A criteria has been developed for head coaches at the high school level in the following sports:

- Football
- Volleyball
- Girls Basketball
- Boys Basketball
- Girls Soccer
- Boys Soccer
- Baseball
- Softball

Criteria for assistant coaches and for the remaining sports will be established later this year after consulting with I.S.A. representatives.

Coaches in the above mentioned sports will be honored for reaching career milestones. It will take 100 wins in those sports (50 in football) to achieve Level I. To reach Level II it takes 200 wins (100 in football). Accumulating 300 wins (150 in football) allows you to attain Level III. Those coaches who have 400 career wins (200 in football) will be honored at Level IV. Awards ranging from certificates to plaques will be given to deserving coaches by the WSCA.

To be recognized by the WSCA, you must apply for this award and be a WSCA member. An application is located below.

Congratulations in advance for our coaches who meet the milestone criteria.

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### CAREER MILESTONE RECOGNITION APPLICATION

Name \_\_\_\_\_ School \_\_\_\_\_

Home Address \_\_\_\_\_ City/Zip \_\_\_\_\_

Sport \_\_\_\_\_ Membership # \_\_\_\_\_ Years Coached \_\_\_\_\_

SCHOOL/YEAR	VICTORIES

TOTAL VICTORIES \_\_\_\_\_

Forms need to be complete and accurate before being returned to: Terry Ennis, 1415 Madrona Ave., Everett, WA 98203

**DEADLINE FOR 2002/2003 RECOGNITION – MARCH 14<sup>th</sup>**

Forms are also available on the WSCA web site.

# WIAA FALL AND WINTER STATE TOURNAMENTS

## FALL

- Nov 9** Boys' & Girls' Cross Country Meets Sun Willows Golf Course, Pasco
- Nov 14-16** Girls' Swimming & Diving Championships King Co Aquatic Center, Federal Way
- Nov 14-16** Girls' Volleyball Championships  
4A - Spokane Arena (11/14-15)  
3A - Sun Dome, Yakima (11/14-15)  
2A - Sun Dome, Yakima (11/15-16)  
1A - Sun Dome, Yakima(11/15-16)  
B - Eastern Washington University, Cheney (11/14-15)
- Nov 22-23** Girls' 4A, 3A, 2A Soccer Semi-Finals & Finals Lakewood Stadium, Tacoma  
Boys' and Girls' 1A/B Soccer Semi-Finals & Finals Curtis HS, Tacoma
- Nov 29 or 30** Football Semi-Finals  
4A, 3A, 2A,1A, B-11, B-8: Tacoma Dome and Eastside Sites TBD
- Dec 6-7** 2002 Gridiron Classic Tacoma Dome

## WINTER

- Feb 14-15** Girls' Bowling Championships, TBA
- Feb 20-22** Boys' Swimming & Diving Finals King Co Aquatic Center
- Feb 21-22** Mat Classic XV  
4A, 3A, 2A, 1A/B State Wrestling Championships- Tacoma Dome  
Gymnastics  
4A, 3A/2A State Meet- Tacoma Dome Exhibition Hall
- Mar 5-8** Boys' & Girls' B Basketball Championships Spokane Arena  
Boys' & Girls' 1A Basketball Championships SunDome, Yakima  
Boys' & Girls' 3A Basketball Championships Tacoma Dome
- March 15** Individual Events (Forensics) University of Puget Sound
- March 12-15** Boys' & Girls' 2A Basketball Championships Sun Dome, Yakima  
Boys' and Girls' 4A Basketball Championships Tacoma Dome
- March 21-22** Debate Tournament University of Puget Sound
- March 21-22** State Dance/Drill Championships Sundome, Yakima

## ALL STATE VOLLEYBALL: Seniors Make Last Statement

by Buzzie Welch

The 17th annual WSVCA All State Volleyball Series held in conjunction with the Puget Sound Volleyball Region and Performance Volleyball Club, July 11-13, matched the best Seniors from the Eastside against those from the West. Of course with the West having the larger population, the terms "East" and "West" were used loosely, especially in the 4A where those Seniors representing schools north of Seattle crossed the Cascades to join the East.

The Series is the longest running girls all star event in the state, featuring seniors grouped into three classifications: A/B; 2A/3A; and 4A. The series began in Spokane, July 11th, continued to Yakima, and finished July 13th in Fife.

Winding their way across the state, the girls formed friendships with many of those they had played against, and nostalgia reigned and a few tears shed as these athletes realized their high school careers had now come to a close. But when the the whistle blew for the first serve, it was all business and sentimentality was pushed aside.

This year marked a change in game format. With many of these girls going on to college or continuing in club ball and adult leagues, organizers felt that college and club rules would be better served. So games were rally score to twenty-five and a "Libero" or backrow substi-

tute was used. (It appears that High School Federation Volleyball is the last bastion of the traditional game and it may be doing a disservice to girls if it remains so, since it is played at no other level. Federation is currently experimenting with the widely accepted new rules. As of now, the majority of coaches in Washington recently surveyed still favored the traditional game.)

At Lewis & Clark High School, Spokane saw the home teams win twice with the A/B East sweeping the three games 25-18, 25-14, 29-27. Teams played three games no matter who won the first two. The 2A/3A also won 25-15, 23-25, 25-18; while the West 4A prevented another East victory by taking the nightcap 25-19, 25-18, 18-25.

In Yakima at Eisenhower High School, the A/B and 2A/3A continued their winning ways defeating the West 25-21, 25-22, 22-25 and 25-19 23-25, 25-14 respectively.

The 4A West had a tougher time by pulled out a victory 25-20, 21-25, 25-23 in perhaps the night's most exciting match.

The final stop at Fife High School saw no change in the results with the East A/B sweeping the series 25-18, 25-15, 25-22; and the 2A/3A East doing the same 25-21, 25-22, 27-25. The 4A West finished with another win to

### All State Rosters and Coaches

capture the series 25-22, 25-19, 25-21.

#### A/B West

Name	School	Coach
Brittany Bower	Onalaska	Susan Gordon
Kelli Dahlquist	Toutle Lake	Don Merzoian
Ashley Ellsworth Bagbey	Coupeville	Kim Meche
Amy Frederick	Life Christian	Chuck Carone
Tanya Hill	Clallam Bay	Jason Baldwin
Kristyn Jackson	Life Christian	Chuck Carone
Megan McCoy	Lopez Island	C h i c o
Chicovsky		
Devon Phelps	Ilwaco	Julie Poyer
Elizabeth Reagh	Seattle Lutheran	Kathy Vickers
Amy Sheaffer	North Beach	Diane Bjerke
Jackie Sotka	Naselle	Doug Rogers

Kristin Whinfrey South Bend Jackie Sanchez

#### Coaches:

Kim Meche - Coupeville, Doug Rogers - Naselle

#### A/B East

Name	School	Coach
Callie Clark	ACH	Sean Matthewson
Brenda Deal	Pomeroy	Jim Greene
Laurel Dube	Rosalia	Diane Koppel
Molly Fortin	Zillah	Darci Beierle
Lindsey Hodges	Oakesdale	Brandy Brown
Libby Hutsell	Davenport	Pete Schweiger
Michell Martell	Klickitat	Kirk Huwe
Suzy Sheffler	Garfield/Palouse	Ron Dinsmore
Bethany Phelps	Odessa	Ken Scherr
Krystal Pierce	Colfax	Sue Doering
Liz Mellor	Colfax	Sue Doering

Julie Witherspoon      St. George's      Meredith Sessions  
**Coaches:**  
 Darci Beierle - Zillah, Diane Koppel - Rosalia

**2A/3A West**

Name	School	Coach
Ashley Berger	Blanchet	Joanne Gilligan
Jessie Buck	Camas	Kit Kanekoa
Brooke Clark	Kelso	Kristi Moore
Tymmony Keegan	Seattle Prep	Gaylene Page
Mandy Larson	Woodland	Jeff Nesbitt
Danielle Leong	Issaquah	Karin Gustafson
Dana Mackey	Mark Morris	Lisa Verage
Julia Rindlaub	Mercer Island	Dino Annest
Stephanie Sales	Mount Si	Bonnie Foote
Darcy Scheidt	Fife	Jan Kirk
Katie Spears	Castle Rock	Pam Swanson

Andrea Wessel      Issaquah      Karin Gustafson  
**Coaches:**  
 Dino Annest      Mercer Island  
 Gaylene Page      Seattle Prep

**2A/3A East**

Name	School	Coach
Stephanie Baker	Hanford	Carrie Antonovich
Lacey Bell	Selah	Kay Aberle
Stacey Blum	Sehome	Steve Evans
Cassie Braaten	Meridian	Diane Axelson
Emily Clark	West Valley (Yak)	Carla Scott
Tara Hesselgesser	Selah	Kay Aberle
Jenna Hutson	Lynnwood	Jean Kellogg
Orejeona LaFever	Grandview	John LaFever
Tara Mouw	Lynden Christian	Kim DeValois
Karlie Pein	Colville	Missy Bennett

Kayle Stone      Jenkins      Wendy Stenbeck  
**Coaches:**  
 Chris Elsner      Lynden  
 Carla Scott      West Valley

**4A West**

Name	School	Coach
Corrinne Chapin	Bethel	John Reopelle
Meghan Fagerberg	Auburn Riverside	Chris Leverenz
Sarah Holmgren	Wilson	Chris Kubista
Kati McGinn	Puyallup	Tony Batinovich
Keana Morrisey	Curtis	Jennifer Rennie
Christina Null	Decatur	Kelly Kirk
Jamie Peterson	Kentwood	JoAnne Daughtry
Katie Ralph	South Kitsap	Kathy Gagnes
Sarah Sommerman	Kentridge	Doug Jansen
Megan Tevis	Emerald Ridge	Lynn Wardle

**Coaches:**  
 Kelly Kirk      Decatur  
 John Reopelle      Bethel

**4A East**

Name	School	Coach
Morgan Bagge	Everett	Heather Burglund
LeAnne McGahuey	Wenatchee	Shelly Jelsing
Korey Moller	Bothell	Russ Kerwin
Rachel Roylance	Moses Lake	Amy Vher
Kali Rumberger	Mead	Judy Kight
Haley Shellhorn	Edm/Woodway	Mike Pittis
Lindsey Smith	Kamiakin	Mary Opitz
Kristen Urdahl	Ferris	Stacey Ward
Kari Vagstad	Mead	Judy Kight
Mandy Veley	Eisenhower	Lynn Roberson
<b>Coach:</b> Chris Pratt	Woodinville	



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# CHEERLEADING: SAFETY NET

by Pam Headridge

In “The Physician and Sportsmedicine” (Vol. 26, No. 9, Sept. 97), Mark R. Hutchinson, M.D. reports: “Compared with other sports, cheerleading carries a relatively low risk of injury, but the injuries that do occur tend to be relatively severe in terms of time lost. The most common injury site is the ankle, with head and neck injuries less common but more severe. Two case reports illustrate overuse and acute injuries typical of the sport. Cheerleading injuries have been attributed to lack of experience, inadequate conditioning, insufficient supervision, difficult stunts, and inappropriate surfaces and equipment. Prevention recommendations are included.”

As a coach, the prevention recommendations are your responsibility. A coach’s primary focus should always be on safety. Teach your cheerleaders the skills to protect themselves and team members from injury. Because cheerleading involves stunting, spotting drills are one of the keys to safety in cheerleading. Spotting is probably the most difficult element for them to learn because when an object or person is falling towards them, instinct tell them to protect themselves first; therefore, they move away from the falling person. Teaching spotting is a leaned activity and should never be assumed that because you, as their coach, tell cheerleaders to catch, they automatically will do it. The need is to teach each member of your team the step by step technique of spotting. This will provide a safety net to preventing injury. No matter what position a cheerleader plays, all should learn the art of spotting.

Starting on ground level, have each cheerleader practice “catching” drills. Divide the cheerleaders into groups of four. Take turns having each girl fall backwards into the arms of the other three catchers. Remind the cheerleader, that is falling back, to stay tight like a board and trust that the other three will catch her. The catchers should absorb the weight of the cheerleader in their arms and legs, not in their backs. When this drill is perfected advance to a level higher.

Next, have a cheerleader (flyer) stand on a low bench or the bottom row of the bleachers. As she steps off to the floor, the catching cheerleader (base) this time will reach up and “bear hug” her, pulling the flyer close to her body and lifting the flyer upward during the catch (re-

sisting). The flyer needs to have her arms extended overhead and her hands clasped together. Again, remind her to keep her body tight. Have every one practice both positions.

Now practice with two catchers similar to if the flyer was in a shoulder-level-stunt, but have the flyer still stepping off the low bench. After this element is mastered, move to a shoulder-level-stunt and practice with 3 catchers - the two side bases and a back base. This type of dismount is called a pencil drop or shove wrap.

When learning intermediate stunts, it is important to have extra spotters around the stunt to keep everyone safe. Have extra people at each corner of the stunt like the corners of a box. This is called “four corner spotting”. Each person has an area that they can easily reach and are able to safely catch the flyer if she falls. Spotters need to stay close to the stunt with their arms extended toward the flyer and absorb the catch in their legs. Teach the flyer that she needs to always stay tight in a fall and trust that her bases and spotters will catch her. When falling, a flyer should never try to “save” the stunt by stepping off the front or reaching out to a person standing on the floor.

Spotting is one of the first elements that each cheerleader must master to maintain a safe environment. Have each cheerleader practice, practice, practice these skills that will develop a trust relationship between the flyer, spotters and bases. Spotting is the safety net that protects cheerleaders and helps to keep stunting injury-free.





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# 2003 Senior Fastpitch Classic

## East Brings the Broom

As always, the city of Wenatchee was the perfect host for WSFPCA Senior Classic. The site moved this year to Wenatchee Valley Community College, and their pretty complex. The West team was made up of players from the following schools, Nooksack Valley, Mt. Baker, Ferndale, Meridian, Squalicum, Lynden, Blaine, and North Mason. The East featured 5 players from Othellos AA state championship team, as well as Chelan, Eastmont, Omak, and Cashmere. The caliber of play as well as talent was the best yet in this 3 year old series. The fans who weathered the 100 + degree temp., were treated to some very solid Fastpitch. There was everything from power pitching, and hitting, running catches in the outfield, diving plays in the infield, not to mention some good old fashion small ball.

Patty Martinez of Othello took command of the first game from the first pitch, till the last out as she scattered 6 hits, and struck out 11 West hitters, leading her team to a 4-1 decision. Neither team could manage much offense in the first three innings as both Martinez, and Karly Postlewait kept hitters off balance with a variety pitches, and locations. The East finally broke the deadlock in the 4th, with 2 runs in the frame. A single by Jenny McCourtie of Othello, followed by a base on balls by Pam Gruenberg of Chelan, and another single by her teammate Kristie Barker, left the bases loaded with none gone, and the West in deep trouble. Katie Lindblom of Cashmere then hammered a shot to the gap in right center, and it looked like the beginning of a run away. However Jen Verkist of Nooksack made a Griffey- like grab on the run, followed by a perfect throw to second to nail Barker on the tag play. Heads up base running by the East managed to score two runs during all of this excitement.

The East struck again in the 6th with as Patty Martinez led off with her second hit of the game and Jenny McCourtie followed with a walk. They both scored on Kristie Barkers second single, as she led both teams with 3 RBI'S. The West managed to avoid the shutout in the 7th as Verkist scored on Meridians Jesse Baxter's double.

	1	2	3	4	5	6	7	R	H	E	
WEST	0	0	0	0	0	0	1	1	6	2	EAST
	0	0	0	2	0	2	0	4	7	1	

Game 2 was much closer, as it went 9 innings finally being settled using the International Tie-breaker, which start the inning with a runner on second.

Again the East came out on top with an exciting 4-3 victory. The East jumped to an early 1-0 lead thanks to a pair of Othello Huskies.

Martinez blistered a two out triple, and completed the trip home on a single by teammate McCourtie. The West was determined to gain a split in this double header. They used their small ball game to score both Baxter, and North Mason's Melissa Quam in the bottom of the first. The RBI's came courtesy of a sharp groundball by Verkist, and a sacrifice bunt by Ferndales Megan Sullivan. The second and third innings were quiet offensively as pitching and solid glove work held each group scoreless. The East regained the lead on a monstrous 2 run homer over the 220 mark in centerfield by Martinez in the top of the 4th. The West knotted things back up in the bottom of the 5th when Alisha Wilburn got to the sacks on a ball misplayed in right field. Squalicums Elisa Cozad, and Lyndens Hailey Stopperan, moved her to 3rd with a pair of well placed bunts. Wilburn then scored on fellow Pioneer Shelly Harders sharp grounder up the middle. Defense and Old Man Sun took over in the 100 degree heat. The East squad used 4 different pitchers (all from Othello) in the game to try and tame the bats of their western counter parts. The West took a different route, they rode the arm of Postlewait, who gave a gutsy performance, logging 16 innings, striking out 18 for the day, versus a free swinging team from the opposite side of the state. Both teams shut the door to anyone beyond 3rd base. In the 9th inning the International tie-breaker was used, and the East wasted no time. Kristy Hafer of Othello, started the inning at 2nd as the rule provides, fellow Huskie Cindy Ochoa moved her to 3rd with a bunt. Postlewait added to the drama striking out the next Eastern hitter. Jenny

*Continued on page 32*

Continued from page 31

McCourtie's grounder to the right side snuck through scoring Hafer, giving the East a 3-2 lead going into the bottom of the 9th. The East defense completed the sweep, setting down their opposition 1-2-3.

Four All Stars were picked for the day, Karly Postlewait (Mt. Baker), Kristy Barker (Chelan), Jynessa Trennepohl (Blaine), and Kristy Hafer (Othello). The Ringor Shoe award for the most total bases for the day went to Othello's Jenny McCourtie. The Defense MVP and Pickard Glove would be shared by Nooksacks Alisha Wilburn, and Othello's Cindy Ohcoa. Offensive MVP was Patty Martinez of Othello who was 5-7 for the day with a 3B, and HR.

The Washington State Fastpitch High School Coaches Association would like to thank the following, for their efforts in making this a special event for these young ladies. ProStock of Bellingham for outfitting both squads with uniform tops, All Star sweatshirts, not to mention a Connexion bat for the Offensive MVP. GTM sports wear from Kansas with outstanding inspirational t-shirts for all participants and coaches. As mentioned above Ringor shoes, and Pickard Gloves. Shelly Pflugrath, Head Coach at WVCC, for providing the facility and taking care of all the ground crew tasks to make the diamonds look as sharp as they did. Northwest Sports Photography for the team photos each player and coach received. To all the coaches on both teams who put in spare time organizing rosters and setting up the logistics for this event to run as smooth as it did. From the East, Rudy Ocha, Mike Jensen (both Othello), and Bill Yousey (Cashmere), from the West, Pete Robbin, and Marty Wilburn, both from Nooksack Valley. Last, but not least by any means, thanks to all the players and their parents for taking the time to participate and provide the excitement and great entertainment these games bring. To all the coaches around the state and seniors of the year 2003, please plan to be part of this next June, you won't regret the effort.

**GAME 2**

	1	2	3	4	5	6	7	8	9	R	H	E
<b>EAST</b>	1	0	0	2	0	0	0	0	1	4	9	5
<b>WEST</b>	2	0	0	0	1	0	0	0	0	3	5	1

**TEAM ROSTERS**

**WEST**

	SCHOOL	POSITION
ALISHA WILBURN	NOOKSACK	INF/CATCHER
SHELLEY HARDER	NOOKSACK	OUTFIELD
JENNIFER VERKIST	NOOKSACK	OUTFIELD
KARLY POSTLEWAIT	MT. BAKER	PITCHER
HAILEY STOPPERAN	LYNDEN	INFIELD
NICHOLE RAINER	MERIDIAN	CATCHER
JESSIE BAXTER	MERIDIAN	INFIELD
JYNESSA TRENNIPOHL	BLAINE	INFIELD
MEGAN SULLIVAN	FERNDAL	OUTFIELD
ELISA COZAD	SQUALICUM	OUTFIELD
MELISSA QUAM	NORTH MASON	INF/OF
SARA BROWN	NORTH MASON	INF

**COACHES**

MIKE CHANDLER	STANWOOD
PETE ROBBIN	NOOKSACK
MARTY WILBURN	NOOKSACK
TOM HARMON	NOOKSACK

**EAST**

PATTY MARTINEZ	OTHELLO	INF
CINDY OHCOA	OTHELLO	INF/OF
KRISTA HAFER	OTHELLO	INF
JENNY MCCOURTIE	OTHELLO	INF/OF
CARRIE BURKE	CASCADE	OF
MICHELLE PAUL	OMAK	OF
PAM GRUENBERG	LAKE CHELAN	INF
KRISTY BARKER	LAKE CHELAN	INF
ASHLEY MAYO	EASTMONT	INF/OF
KATIE LINDBLOM	CASHMERE	INF

**COACHES**

RUDY OCHOA	OTHELLO
MIKE JENSEN	OTHELLO
BILL YOUSEY	CASHMERE

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# TRACK AND FIELD NEWS

Charles Bowden – WSTFCA President, Central Valley High School

Hello fellow Track and Field coaches! **WE NEED YOU!** Elections are coming up and nominations are being accepted for executive board positions. With the election process ready to begin at the 2003 WSTFCA Convention, it got me thinking about our association in general. I tend to be one of those people that takes on a large amount of work when I become focused on what could be done differently to make things work better. The only problem is that I get so caught up in the work that I fail to delegate. It always seems to lead to an eventual evaluation that tends to speak honestly about my failure to work with others. The problem is that working like this is not really a failure to work with others as much as it is a natural survival skill buried deep within a classroom teacher. It is also a survival skill of a track and field coach. Time and time again, you are on your own whether it be in front of your class or with the athletes you coach on your team. How does this relate to our association? You have all heard me write about our need to UNITE as an association. Well, no matter how much we continue to unite, it all comes down to each individual effort that is put forth. When all of our individual efforts reach their maximum potential, then the athletes will experience unbelievable benefits that will make our sport a vital part of their lives.

I have come to recognize the real benefits that kids across our state enjoy thanks to the maximum effort that is put forth by many different individuals. For example, I wonder how many people realize that the Washington vs Oregon Meet of Champions would not even exist if Tuck Gionet had decided not to put in the effort to see it to completion the last two years? Another example is the Academic All-State Teams which are organized the week before the state meet by coaches who volunteer time to put the teams together. Think of how busy that week is each season. Tim Frost, Rob Phillips and Mike Hinz each made it possible for those teams to exist. In fact, the Academic All-State Team is a reality because Tuck Gionet would not let it die when he was president. It would be easy to write 100 pages on the effort put forth by different individuals for the good of our sport. This is something that I believe we all do. It begins with each individual event coach who takes time to work with every kid regardless of talent and ends with the few coaches who go beyond their individual coaching efforts to make everything our association offers a success. If you think

about where we are right now as an association, you will realize that we have a lot of positive things to offer our sport and the athletes that participate because of the willingness of many individual coaches who have committed themselves to making an effort. In a matter of seven years, we have accomplished many things.

1. We have put together a proposal process by which issues can be addressed and voted on by all coaches in the state and then directly presented to the WIAA Executive Board

2. We are completing a communication system designed by Scott Ditter of Olympia High School that will be able to provide direct contact to every head coach in the state

3. We have established an annual Coaches Convention where issues can be addressed and coaches can share ideas, voice concerns, work with the state meet directors, participate in workshops with the WIAA and attend clinic sessions

4. We have established an Academic All-State Team that recognizes athletes for their work in the classroom during a challenging season

5. We have established the Meet of Champions, an annual meet between athletes in Washington and Oregon

6. We have raised the bar in regards to our ability to recognize our own great coaches through awards such as the Hall of Fame and Coach of the Year

7. We have begun to recognize those individuals, outside of our coaching family, who contribute so much to our sport and make it such a positive experience for kids.

In short, we have done a lot in a little amount of time.

You know, we all go through a personal process where we question our coaching efforts in regards to how they fit into our priority list in life. Personally, I have done a lot of questioning over the last year and a half. The 2002 season was the most challenging season I have experienced since I began coaching thirteen years ago. Outside of track and field, I had to deal with some very difficult situations. I really wondered if the effort that I was putting forth was worth it (especially in regards to the volunteer work for the WSTFCA). We all go through something similar to what I am talking about. That is when it is important to stop and think about what it is that we do.

As coaches, we do something that we forget – we inspire young people to achieve. The impact that we have

is mind blowing. In some cases, it isn't even realized until well after the initial interaction we had with the athlete is over. But believe me, it is there and it is stronger than your imagination can picture. That is why I guess we fall back on our accomplishments (or our work as an association). It isn't for personal recognition or advancement of ego. It is based on a noble sense of purpose. We need to use it to inspire ourselves so that the kids we coach can continue to benefit from all of our individual efforts!

**PLEASE GET INVOLVED WITH OUR ASSOCIATION!** You don't have to serve as president or take on a large amount of work to have an impact. Your participation could be as simple as casting your vote on a proposal or talking to your Athletic Director and Principal in an effort to educate them about our sport. The time is right for our association to build on the accomplishments of the past seven years. We have the collective creativity and common sense to maximize our association's full potential by bringing together each of our individual efforts. As coaches in our own programs and on our own teams, we are constantly inspiring kids to achieve at levels no one ever thought was possible. Well, now it's time we turn our motivational ability on ourselves.

#### **4<sup>th</sup> Annual WSTFCA Convention**

Bill Roe, USATF President, said it best, "*this convention needs to be the centerpiece for the sport in our state.*" We will be in Spokane over the Martin Luther King weekend on January 17, 18 & 19. West Coast Hotels is going to be hosting our event in downtown Spokane. Once again, there will be a number of outstanding clinic sessions, an incredible awards luncheon and numerous opportunities to sit down and actually talk to other coaches. We will also elect our executive officers. **ALL COACHES WHO WANT TO EXPRESS THEIR THOUGHTS ON THE STATE MEETS AND STATE MEET SCHEDULES NEED TO TAKE ADVANTAGE OF THE MEETINGS WITH THE STATE MEET DIRECTORS AND WIAA REPRESENTATIVES (Both John Crawford and Jay Rydell will be there).** We will once again focus our efforts on constructive feedback, suggestions, sharing ideas and problem solving not complaining and crying. This is the time to speak up and participate. We will also vote on the proposals that are submitted to the executive board. You can submit your proposals by e-mail (cebowden28@mac.com). Any coaches that want to get involved in the planning of this convention or help host it

can volunteer by using the same e-mail address as above. The cost for this event and other details were included in all the coaches packets at both state meets. If you have any questions, contact Chuck Bowden (Convention Director) using the e-mail address above or Scott Ditter of Olympia High School (Asst. Convention Director).

#### **Academic All-State Awards**

Thanks goes out to Rob Phillips (Seattle Academy), Tim Frost (Bishop Blanchet) and Mike Hinz (Pullman) for their great work at organizing all of the awards for each classification. We have some bugs to work out with these awards but remember that all of these coaches did this the week before both state meets while coaching their own teams. **PLEASE BE PATIENT WITH US AS WE WORK TO IMPROVE!** We do not have these names in the state meet programs or announced due to the short amount of time that exists between nomination and the printing of the state meet programs. We are working to have these put on the coaches website and should have a list ready to go by the Winter issue of *Washington Coach*. Currently, we only have four people working on these awards so any NEW volunteers are welcome (needed) and encouraged to get involved! If you have questions about the process or final listings, contact the necessary coordinator based on the list below. Any coaches that did not receive certificates for their athletes need to contact their classification coordinator.

4A-3A Chuck Bowden – cebowden28@mac.com

2A Mike Hinz – mhinz@wsu.edu

1A-B Rob Phillips – rphillips@seattleacademy.org

#### **Pole Vault Changes Made for 2003 Season**

New requirements have been made by the National Federation of State High School Associations that will change the current size of the pole vault pits. The change is required for competition during the 2003 season. Companies are already putting together kits that can be purchased to bring a current pit into compliance but you need to talk to your AD and principal about this issue before you spend large amounts of money. Look for the memo from WIAA on the specific requirements. If you have any questions about this change, contact Kevin Griffin at WIAA (425-687-8585).

#### **Award Nominations and Recognitions**

Nominations for District coach of the Year and Official of the Year must be sent to Chuck Bowden by the end of August. Make sure you include the necessary bio-

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graphical information with each nomination. As voted on by the coaches, each WIAA district will nominate coaches for Coach of the Year. From those nominations will come the State Coach of the Year (one boys coach and one girls coach). Criteria for coach of the year is not based only on "winning a state title". It is based on overall success during the season with program building, league and district success, contributions to the sport over the year that have impacted other coaches, athletes, etc. If you have a coach in mind from your district, contact Chuck Bowden and officially nominate her/him. There are many coaches who deserve this honor but never get the recognition. Nominations for Hall of Fame need to be sent to Hall of Fame Director Tim Irvin (Squalicum HS) by the same August deadline. Tim can be reached at [tmirvin@nas.com](mailto:tmirvin@nas.com) (make sure to include a full coaching biography for each nominee).

### **Track Officials Proposal**

This is an issue that is greatly misunderstood. It is also one that will not go away. Most coaches who voted are in favor of this proposal. Many principals and athletic directors agree with the theory behind the proposal but are in need of more explanation before being in favor of it becoming reality. As a result, the proposal did not pass in the WIAA Rep Assembly. What this means is that we have some work to do. As an association, we have been in favor of this proposal since it was first introduced four years ago. It is an issue that we can support. What it comes down to is making a commitment to the athletes in our sport who deserve a better system of officiating on all levels of competition. We can do it by working together to answer the questions that come up. There is no reason we cannot provide solutions to all of the questions that various coaches and administrators have. This proposal would not require every meet official to be WOA approved and paid. It would provide for a minimum number of certified officials who would be paid (depending on the meet). They would oversee the volunteers and sometimes paid parents (depending on what district you work in) or teachers that currently officiate at most meets. We must be proactive on this issue. **That does not mean that we should all think alike.** What it means is that we need to come together to make it work. Discuss this proposal at your league meetings. Talk about it in the stands at your district, regional or state meet with other coaches. Talk to your athletic director and your principal. Sit down and write out the pros and cons. If this greatly worries you, then come up with ideas that you believe would make it work. **The more we do to improve officiating, the better the experience for all athletes who compete in track and field. We owe it to the kids to make this work!** If you have

any questions, contact Mike Colbrese at WIAA (425-687-8585).

### **WSTFCA Presents to WIAA Executive Board**

The WSTFCA gave a thirty minute presentation to the WIAA Executive Board at their Summer meeting in Vancouver on July 30. The members were very receptive to the presentation and impressed by the reorganization effort made by the WSTFCA over the last seven years. The proposals process enacted at the 2002 Convention in Everett was explained and each member received a voters pamphlet to aid in their vote on each proposal that was presented. The WIAA Executive Board was asked to vote on each of the following issues:

1. Addition of a distance relay or distance medley relay at both state meets
2. Addition of the hammer as an exhibition (non-scoring) event at both state meets
3. Expansion of team awards to include the Top 8 teams instead of the Top 4 at both state meets
4. Remove the Girls 800m Relay from all meets

The Board was cautioned over the issue of the Girls 800m Relay. It was made clear that this would not be a favorable move for many schools even though the coaches voted in favor of it. The Board was told that the real issue that must be addressed is that of Big schools (4A-3A) and Small Schools (2A-1A-B). It was suggested that future proposals similar to the Girls 800m Relay proposal not be held to a "one standard for all" vote. The WSTFCA used the example of B8 Football compared to B11 Football in making its case for the Big schools being able to be different from Small schools or vice versa. If you would like a copy of the voters pamphlet, e-mail Chuck Bowden.

It is important to stress that our goal was not to get our way but to "gain an audience" that would look to our association as a viable group capable of giving sound advice on our sport. To achieve that we must be unified. We can and will disagree over many issues/proposals but building and showing UNITY gives us true credibility!

### **Annual Fall Executive Board Meeting**

The Fall meeting will most likely be held at the WIAA Building in Renton. Mark Sunday October 13 on your calendars. If you are not a current district rep or district rep at large but want to attend, please feel free to do so. **ALL COACHES ARE WELCOME!** The meeting will start at 10:00 am. The association is working on a way to include lunch. We will be inviting the Cross Country Coaches Association President to attend to further reach out and work with those coaches who are so important to the sport of Track. If you have any questions, contact President Chuck Bowden.

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# ***THE LONG SNAP BY THE CENTER***

by Fred Grindle, Denton High School  
reprint Texas Coach

All football teams that strive to become better realize the importance of the kicking game. To that end, we feel that the long snap is a very intricate part of that game within a game due to the fact that it initiates most of the offensive kicking game. Ever missed a field or extra point or lost field position due to a poor snap? It is therefore imperative to develop a large number of good long snappers in all grades. This can be greatly accelerated with a small amount of time during the off-season.

The following contain some basic guidelines that can be used from the seventh grade through high school. They are concepts that can be used on all levels. This brief will summarize three basic areas of the long snap. The first is the snap itself and will include positioning of the feet and hands. The second area covered will be some basic faults and some simple corrections. The article will then conclude with some drills that are short in nature and fit very easily into a short period or two in an off-season. This is by no means a comprehensive study of the long snap. It is only to be a guide that a new or old coach can relay to his athletes of any age.

## **I. Ball**

The ball should be placed on the ground with the laces facing the ground and perpendicular to the line of scrimmage. The middle of the ball should bisect the center's body.

## **II. Stance**

The center should assume a stance with one foot slightly staggered (right foot = right handed; left foot = left handed) and both feet perpendicular to the line of scrimmage and spread slightly wider than his shoulders. His knees should be bent. The center's back should be parallel to the ground with weight on the balls of the feet. The arms should be extended out in front of the center with a slight flex at the elbows. No weight

should be placed on the ball. The front end of the ball should be tilted up at a slight angle.

## **III. Right Hand**

The right hand should cup the ball on the bottom with the fingers across the laces as if he were throwing a pass. The wrist should be cocked at a ninety-degree angle. The middle finger should be on the beginning of the laces on the front half of the ball. The last two fingers should be spread apart and over the laces. To prevent grasping the ball too tightly, the thumb should be parallel to the side seam. For longer distances, the thumb should be placed across the seam. The remaining fingers should be spread across the ball. The palm of the hand should be over but not touching the bottom right hand panel of the ball.

## **IV. Left Hand**

The left hand or guide hand should be placed on top of the ball in a wide spread position with the top seam dividing the index finger and the middle finger (this is an approximate and each individual might vary slightly). The hand is placed on the front half of the ball. This hand is only a guide and should not exert any pressure on the ball.

## **V. Grip**

The center should hold the ball firmly.

## **VI. Procedure**

The center, in one fluid motion, will bring the ball back and up hard through his legs. There will be a natural breaking of the wrists so that the fingers are pointed toward the receiver with the palms pointed up and out. He should follow through with this arms, extending his hands as far through his legs as possible. His elbows are extended through and up against the inside of the thighs. As the ball is released, the center should have, by the backward force of the snap, a slight sliding of the feet backwards to keep him raising his tail.

*Note:* for a left-handed center, the right hand and the left hand are reversed in the above instructions.

## **Basic Faults**

*General:* not concentrating on all the fundamentals.

### *High Snap:*

1. tail raising up
2. releasing ball too late
3. left hand too far forward on ball
4. lifting the ball off the ground while snapping
5. looking up too soon

### *Low Snap:*

1. not bringing ball up at angle during snap
2. left hand too far back on ball
3. too much weight on ball

### *L/R Snap:*

1. too much pressure on ball with left hand
2. left hand not properly placed on ball
3. ball not delivered straight through center of body
4. seams of ball not parallel to center's feet
5. right hand grasping the ball too tightly

## **Center's Drills**

### **I. Finger tip Control Drills**

A. Free floating grip drill: hold ball in hone hand slightly below the waist, arm hanging down with wrist bent naturally, holding ball do that hand is almost parallel to the ground. Grip ball with five fingers slightly behind the middle of the ball. Flex elbow slightly, bringing the ball up 4 to 8 inches. As the ball comes up, let go of it completely and then re-grip before ball had dropped very much. Do not slap the ball but gently resqueeze it with the right hand, then with the left hand. Continue alternating for prescribed amount of time, increasing speed of re-

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lease and re-grip as you become more competent at drill.

B. Grip set and look drill: stand in good football positions with knees slightly bent. Ball is held in front of body in two hands with correct right hand grip. To start, let go with left hand allow right hand to swing out to side of body so that palm is turned away from the body with the thumb down. The arm should be fully extended with elbow locked. Return to the beginning position and follow same procedure with the left arm. Return to beginning position and repeat for prescribed amount of time increasing speed of exchange as you become competent with drill.

C. Around the world drill: hold ball with two hands in front of body. Then hold ball in one hand and pass it to the other around the back. Pass the ball from the left hand under the right leg to the right hand. Continue to change hands in any order around the back and under either leg. Do this for prescribed time and

increase speed as you become more competent.

## **II. Palm Drill**

Grip the ball as a passer would. Raise the ball over the head, throw, and follow through all the way. When throwing, at the release of the ball, turn palm to the outside and thumb down.

## **III. Over the Head Snap**

Grasp the ball in manner center would snap (may place on one knee). Bring the ball over the head and point the ball slightly upward. The right hand will be on top of the ball with laces up and the ball will rest on the left hand with palm upward. Snap the ball to a receiver ten yards away working on wrist action, accuracy, and good spiral.

## **IV. Hand Slap Drill**

Football is not used, but the center's snap is simulated. Center will assume snapping position. Another player will stand behind him holding his hand parallel to the ground and about a foot and a

half off the ground. The snapper will simulate the snap and slap his buddy's hands in a fast, proper motion while maintaining good balance and proper follow-through. Partner will vary the placement of his hands during the prescribed number of snaps.

## **V. Semi-Upright Snap**

Center will assume proper snapping position and simply snap the ball without placing it on the ground. He should work on full extension of the arms and wrist snap. The center is working on his motion, release, spiral and speed.

## **VI. Distance Extension Drill**

Center should assume proper position and snap to a man or target in the following sequence:

- a. start at 7 yds.
- b. work to 10 yds.
- c. work to 12 yds.
- d. work to 13 yds.

Always concentrate on proper form and technique.



## 2001-02 SCHOLASTIC CUP CHAMPIONS ANNOUNCED

Capital, Seattle Prep, Connell, Overlake and Evergreen Lutheran are the 2001-02 state champions of the WIAA Scholastic Cup. The prestigious Scholastic Cup is awarded to the top school in each of the five WIAA classifications. The Scholastic Cup is emblematic of the top interscholastic programs in Washington that display excellence in academics, sportsmanship and athletic performances throughout the school year.

“The Scholastic Cup has quickly become one of the most important and prestigious programs the Association administers,” said WIAA Assistant Executive Director Kevin Griffin. “The Scholastic Cup encompasses school-wide teamwork throughout the entire year and celebrates the accomplishments of the students for their hard work and dedication in the classroom as well as in their athletic programs.”

The Scholastic Cup is awarded to the schools that compile the highest number of Scholastic Cup points based on participation and finish at the WIAA State Championships. In addition, the top eight schools in each of the WIAA Academic State Championship categories and classifications receive Scholastic Cup points.

In an ongoing effort to promote sportsmanship, the Association incorporated a sportsmanship component into the WIAA Scholastic Cup award. Schools receive Scholastic Cup points for displaying outstanding sportsmanship throughout the school year. Schools with no more than one student or coach ejection in all varsity sports for the entire school year receive 25 Scholastic Cup points. Schools lose Scholastic Cup points on a progressive basis for the second, third and fourth varsity player or coach ejection throughout the school year. Schools with five or more ejections are disqualified from the Scholastic Cup competition.

4A Classification: Capital High School scored 975 Scholastic Cup points to secure the 2001-02 4A Scholastic Cup title. Eight of Capital’s sports or fine arts programs earned Scholastic Cup points during the winter season, including an Academic State Championship for the Cougars’ drama program that earned 100 points. Capi-

tal finished the year with a solid spring season with the girls track & field team earning 40 points (4<sup>th</sup> place in Academic State Championship), the girls golf team earning 60 points (3<sup>rd</sup> place in Academic State Championships) and the baseball team earning 40 points (4<sup>th</sup> place in Academic State Championship). Capital also received 25 sportsmanship points for having no more than one varsity coach or player ejection during the entire 2001-02 school year. Mead (790), Kentwood (725), Ferris (685), Auburn Riverside (615), Federal Way (560), Gig Harbor (535), University (530), Woodinville (515), Lewis & Clark (485) and Kentlake (480) round out the top 10 schools in the 4A classification for the final 2001-02 Scholastic Cup standings.

3A Classification: Seattle Prep is the winner of the 3A Scholastic Cup competition. Prep scored 1080 Scholastic Cup points during the 2001-02 school year. The Panthers scored 630 points during the spring season that was highlighted with a 3A Boys State Tennis championship (100 points) and a State Academic Championship won by the boys track & field team (100 points). Seven Panther teams scored Scholastic Cup points during the spring season including the girls tennis team (80 points), the boys tennis team (100 points), the boys golf team (40 points), the baseball team (80 points), the boys soccer team (95 points), the boys track & field team (100 points) and girls track & field team (80 points). Seattle Prep also received 25 sportsmanship points for having no more than one varsity coach or player ejection during the entire 2001-02 school year. Mercer Island (1035), Bellevue (895), Newport (780), Sammamish (730), White River (705), Eastmont (685), Skyline (580) and Sehome (565) round out the final top 10 schools in the 3A classification for the 2001-02 school year.

2A Classification: Connell High School not only won the 2A Scholastic Cup Championship but the Eagles scored more Scholastic Cup points than any other school in the state with 1160. Connell earned 350 points during the winter season that was highlighted by winning the

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2A Mat Classic Championship (100 points) and the Academic State Championship for boys basketball (100 points). Connell's girls basketball team finished second in the Academic State Championship competition and earned 80 points for the school. The cheerleaders pitched in by earning 60 Scholastic Cup points with a third place finish in the Academic State Championship program. During the spring season eight of Connell's athletic programs scored Scholastic Cup points with strong showings during the state championships season, including winning the 2A Boys Soccer State Championship (100 points) and two Academic State Championships won by

***Congratulations Scholastic  
Cup Champions!***

***The final standings can be found  
on the WIAA web site:  
[www.wiaa.com/scholasticcup.asp](http://www.wiaa.com/scholasticcup.asp)***

(1075), Ephrata (865), Pullman (710), Cashmere (710), Chelan (655), Chewelah (625), Lynden Christian (590) and Lakeside (585) round out the final top 10 schools in the 2A classification for the 2001-02 Scholastic Cup standings.

1A Classification: The Overlake Owls from Redmond edged out Colfax High School by 20 Scholastic Cup points to secure the 2001-02 1A Scholastic Cup Championship. Overlake finished the year with 905 Scholastic Cup points, while Colfax earned 885 Scholastic Cup points. Overlake won the 1A Scholastic Cup Championship by earning 475 points during the spring season. Six of the Owl's spring teams scored Scholastic Cup points and four of the six teams scored both athletic and academic points. The boys golf team earned 60 points with a 3<sup>rd</sup> place finish in the Academic State Championship, and the baseball team earned 80 points with a 6<sup>th</sup> place finish in the Academic competition and a 4<sup>th</sup> place finish during the 1A State Baseball Tournament. The girls golf team earned 160 Scholastic Cup points by winning the 1A Golf Championship and placing third in the Academic State Championship, while the boys and girls tennis programs and boys soccer program earned a combined 270 points for Overlake in the spring. Overlake also received 25 sportsmanship points for having no more than one varsity coach or player ejection during the entire 2001-02 school year. Colfax (885), Freeman (750), Bellevue

Christian (710), Brewster (685), Cascade Christian (660), Rainier (650), King's (635), Liberty Bell (595) and Bear Creek (575) round out the final top 10 schools in the 1A classification for the 2001-02 Scholastic Cup standings.

B Classification: Evergreen Lutheran pulled away from the field in the B Scholastic Cup competition by earning 495 points during the spring season. A strong finish in the classroom during the spring season powered the Eagles to the 2001-02 Scholastic Cup Championship. The boys track & field, baseball and fastpitch teams (100 points each) all won Academic State Championships. Athletically, Evergreen Lutheran's boys and girls track & field teams and the baseball team earned a combined 110 Scholastic Cup points in the spring postseason. Evergreen Lutheran also received 25 sportsmanship points for having no more than one varsity coach or player ejection during the entire 2001-02 school year. Almira/Coulee/Hartline (725), Pateros (615), Cedar Park Christian (615), Darrington (580), LaCrosse (575), Odessa (535), Wilbur-Creston (535), Davenport (485) and Mossyrock (475) round out the final top 10 schools in the B classification for the 2001-02 Scholastic Cup standings.

The final 2001-02 Scholastic Cup standings can be found at the following link or by visiting the WIAA Web site at <http://www.wiaa.com/scholasticcup.asp>.

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