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OFFICIAL PUBLICATION OF THE WASHINGTON STATE COACHES ASSOCIATION



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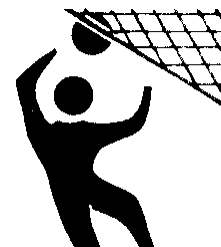
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Winter deadline is December 1.



From The President

Fall 2013

Well, here we are at the beginning of another academic and athletics year. I am sure many of you could have used another week or two of summer-I know I could have! I hope that each of you had time this summer to relax and spend time with your family and friends. Many of you also did spend time this summer working with the athletes in the programs you lead, helping them develop their skills and talents while also going through the challenges and rewards of becoming the best team you can possibly become. Summer is a great time....the balance and intensity of it, if you keep it in check, is very key to being a successful coach. Student-athletes get better but also hopefully finish up on a positive and wanting to come back for more when the school year starts.

As an association, we finished up our WSCA Executive Board meeting in Leavenworth. In my eight years on the board, I always leave these meetings amazed by the group of colleagues I am fortunate to work with. You are represented by coaches that are unique for their passion and also tireless work ethic on behalf of coaches and student-athletes across the state of Washington. It is never an attitude of “What is best for me or my program”; rather, what is best for our association. Key discussion points this year were: continued collaboration with the WIAA, financial support and reimbursement for respective sports, coaching recognition and honors, keeping WSCA fiscally solvent, etc. The past couple of years and this meeting included, we have made major decisions to strengthen the core of our association through membership and benefits to our members. Last year, WSCA membership was at an all-time high. As of mid-August, we are ahead of last years pace! You as members are making a loud and clear statement of the value of being a member of our professional organization. Please continue to be an advocate for membership in our association by referring new coaches to our website or also to email any board member or our secretary, Jerry Parrish, for more information on member benefits and the importance of being a WSCA member.



A quick reminder, in early October the joint basketball and baseball clinic will be held in Yakima. As with many other WSCA ISA's, this clinic is solely put on by OUR basketball and baseball associations and all funds will stay with them. Both clinics are a great chance to start the year learning and hearing from some of the top collegiate and high school coaches in the state, while also getting the opportunity to earn key clock hours. See inside of this magazine for more information (pg 18-19).

Lastly and most importantly, I would be remiss if I did not thank and recognize Mr. Dee Hawkes. Mr. Hawkes is retiring after FORTY YEARS of contributing his thoughts, advice and wisdom through his column to the WSCA and our members. Volume after volume, I have read his column and after finishing it learned something new and insightful. Mr. Hawkes, you will be sorely missed by those of us that you have helped make better coaches. On behalf of all WSCA members, past and present. THANK YOU! (see page 12 for the latest on Dee)

To all of you, I wish you the best this 2013-2014 academic and athletic year. Please contact me if I can ever be of assistance to you.

Nalin Sood

From The Sidelines

by Jerry Parrish

These notes are from the WSCA Board meeting held on August 8, 2013.

- ◆ On-line registration is progressing nicely as many coaches are using their credit cards for on line registration. On-line registration is providing the association with much needed data.
- ◆ After much discussion, the Executive Board agreed to increase Individual Sport Reimbursement from \$8.00 per coach to \$10.00 with an annual evaluation of reimbursement dollars.
- ◆ The WSCA Operating Manual is now up to date and can be found on WSCA web site.
- ◆ The Softball Hall of Fame roster is now updated and can be found on web site.
- ◆ All State Game reports—Football, the Earl Barden Classic which features 2A-1A and B football players was successful at East Valley (Yakima) as its site. The 3A-4A game for the first time was played at Moses Lake High School. Athletic Director Loren Sandhop and his all star crew, and the very helpful community of Moses Lake contributed to the game's success.
- ◆ October 4-6, 2013 there will be a basketball and

baseball clinic at the Yakima Clarion Hotel. Additional information can be found in the fall issue of Washington Coach and on WSCA web site.

- ◆ Calendar—Executive Board and ISA reps meet Sunday, December 8, 2013 at the Marriott in Federal Way and the Executive Board will meet at the Marriott early Monday and finish meeting with the WIAA Executive Board in Renton at the WIAA building.
- ◆ WIBCA'S annual west side Hall of Fame banquet was held at Allenmore Golf and Country Club.

I have attended several Hall of Fame banquets and I would rate this event in the ORCHID category.

Dave Dickson, Squalicum; Pat Fitterer, Ellensburg; Nalin Sood, Mountlake Terrace; Joe Harris, Chelan; Bruce Seibol, Highland; Gary Wusterbarth Steilacoom; Bill Bakamus, Mark Morris; Tim Gaebe, Shadle Park; and Tim Kelly, Curtis, did an outstanding job of planning a great event. ■



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*Coaches-poll, as voted on by Washington State Soccer Coaches Association members
and other high school coaches across the state of Washington.

Class 4A

MVP – Isidro Prado-Huerta – Thomas Jefferson

Coach of the Year – Kelsey Burris - Union

First Team

Forwards – Isidro Prado-Huerta, Thomas Jefferson; Carter Johnson, Skyview; Jordan Thompson, Newport; Brandon Madsen, Thomas Jefferson; Miguel Medina, Mariner.

Midfielders – Tyler Mayer, Snohomish; Alex Lewis, Federal Way; Kaleb Strawn, Skyline; Jonathan Larsen, Richland.

Defenders – Blake Crutchfield, Snohomish; Glenn Carpenter, Thomas Jefferson; Mitch Meyers, Eastmont; Baxter Hagan, Inglemoor.

Goal Keeper – Pasha Hashemi, Union.

Second Team

Forwards – Odasson Pelogi, Federal Way; Clayton Paull, Ferris; Edwin Ortiz, Federal Way; Mehron Abdi, Inglemoor; Mitch Wheelon, Union.

Midfielders – Nathaniel Cheney, Union; Christian Nesselquist, Inglemoor; Madison Heck, Eastlake; Matthew Cruz, Thomas Jefferson.

Defenders – Julian Rasmussen, Emerald Ridge; Garrett Brewer, Federal Way; Nicolas Reyes, Richland; Tyler Shadix, Union.

Goal Keeper – Chaise Casias, Mount Rainier.

Honorable Mention

Forwards – Max Harvey, Stadium; Juan Machuca-Garin, Snohomish; Luis Alvaro Orsonio, Thomas Jefferson.

Midfielders – Isak Visser, Puyallup; Justin Burgher, Emerald Ridge; Cristhian Robles, Mariner; Spencer Nakamura, Rogers (Puy); Connor Ourada, Ferris.

Defenders – Ben Thompson, Lewis and Clark; Paul Andrew McLeary, Thomas Jefferson; Chris Sorensen, Skyline.

Goal Keeper – James Takami, Inglemoor; Jake Fredrikson, Rogers

Class 3A

MVP – Sam Bunnell – Hazen.

Coach of the Year – Luke Helling-Christy – Bonney Lake

First Team

Forwards – Sam Bunnell, Hazen; Swulanji Silozi, Bonney Lake; Seyi Adekoya, Lakeside; Oswald Ramos, Wilson; Branson Corwin Jr, Glacier Peak.

Midfielders – Michael Crowley, Bainbridge; Dalton Ogdon, Bonney Lake; Rylan Berriman, Mountain View; Alex Censullo, Mt. Si; Mario Zarate, Hanford.

Defenders – Xahil McDonald, Chief Sealth; Joe Dapper, Liberty; Chris Mitalas, Mountlake Terrace; Kelly Smith, Hanford.

Goal Keeper – Leyton Thommasen, Kennedy.

Second Team

Forwards – Ramiro Chavez, Kennewick; Will Bishop, Hanford; Sebastian Scales, Bainbridge; Axel Wickstrom, Shorecrest.

Midfielders – Mori Tsuchiya, Chief Sealth; Nick Horne, Juanita; Alex Day, Shorecrest; Danny Han, Shorewood; Will Economy, Bainbridge.

Defenders – Logan Flem, Stanwood; Ryan Vanderveen, Shorecrest; Zach Jones, Bonney Lake; Noe Diaz, Kennewick.

Goal Keeper – Moxie Osland, Bonney Lake.

Honorable Mention

Forwards – Pablo Santos, Foss; Taj McChesney, Shorewood; Colin Cossette, Kennedy; Charlie Devine, Lakeside; Chris Iacolucci, Shorecrest.

Midfielders – Alvaro Licea, Kennewick; Colin Cuhna, Stanwood; Dawda Dibba, Shorewood; Morgan West, Shorecrest.

Defenders – Spencer Petit, Glacier Peak; Alex Ramsey, Shorecrest.

Goal Keeper – Sam Schober, Shorecrest; Calvin Crawford, Shorewood.

Class 2A

MVP – Josh Bartley – Archbishop Murphy.

Coach of the Year – Allen Rider – Tyee.

First Team

Forwards – Jared Williams, Ridgefield; Josh Bartley, Archbishop Murphy; Juan Lopez, Aberdeen; Moises Navarro, West Valley (Yak); Liam Maginnis, Tyee.

Midfielders – Tanner Konkright, Ridgefield; JJ Schmeck, Orting; Jalen Crisler, Archbishop Murphy; Micah Weller, Cheney.

Defenders – Tyler Jowell, Sumner; Edgar Cano, Toppenish; Daniel Pailthorpe, Capital; Ryan Sandoval, Franklin Pierce; Cobi Weyers, Archbishop Murphy.

Goal Keeper – Joe Scott, Cheney.

Second Team

Forwards – Conlon Kiffney, Bellingham; Trevan Estrellado, Cheney; Mitchell Pinney, Hockinson.

Midfielders – Brad Dale, Bellingham; Daniel Norberg, North Kitsap; Prince Gundersen, Centrallia; Nathan Foster, North Kitsap.

Defenders – Moritz Lange, Pullman; Jose Navarro, Tyee; Cruz Galm, Cheney; Buck Rivard, Cedarcrest.

Goal Keeper – Auden Schilder, Bellingham.

Honorable Mention

Forwards – Connor Sigmon, Tumwater; Ismael Montes, Granview.

Midfielders – Armando Robles, Toppenish; Jose Aguniga, Tyee; Shawn Marion, Hockinson.

Defenders – Corey Shockley, Franklin Pierce; Oded Camacho, Sedro-Wooley.

Goal Keeper – Oliver Sanchez, Toppenish.

Class 1A

MVP – Eleazar Galvan – Chelan

Coach of the Year – Jamie Richards – Chelan

First Team

Forwards – Grant Fremmerlid, Seattle Christian; Erik Powell, Seton Catholic; Justin Rivas, Okanogan.

Midfielders – Eleazar Galvan, Chelan; Eduardo Perez, Quincy; Josh Gehrke, Seattle Christian.

Defenders – Austin Baucom, Seattle Christian; Julio Vera, Chelan; Osiel Rivera, Hoquiam.

Goal Keeper – Alan Caro, Wahluke; Armando Lopez, Highland.

Second Team

Forwards – Jonathan Molina, Hoquiam; Jesus Gutierrez, Highland; Tolossa Hassan, University Prep.

Midfielders – Fabian Rodriguez, Okanogan; John Polen, Seton Catholic; Israel Fernandez, Hoquiam.

Defenders – Cody Constant, Lakeside 9-Miles; Mac Hewitt, Overlake; Juan Garcia, Chelan.

Goal Keeper – Daniel Christenson, Cedar Park Christian.

Honorable Mention

Forwards – Jonah Graff, Bellevue Christian; Francisco Alejandrez, Quincy; Jason Perez, Okanogan.

Midfielders – Ryan Davis, Bush; Erik Person, Newport; Edwin Tinoco, Brewster.

Defenders – Austin Howell, Rochester; Arturo Ramos, Okanogan; Jesus Chavarin, Quincy.

Goal Keeper – Jamie Bigbie, Hoquiam. ■



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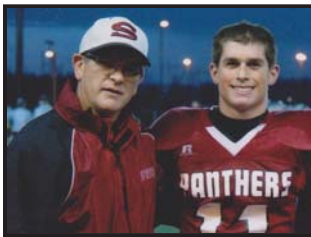
Burnett-Ennis 2013 Scholarship Recipients



Kyle Gionet
with dad Tuck



Matthew Jensen
with dad Terry



Tanner Perry
with dad Mark



Jamie Steach
with dad Jim



Ethan Brossard
with dad Randy



Emma Sanders
with dad Tim



Andie Gebbers
with dad Cass



Brendan Rexus
with dad Matt



Cassidy McQuiston with
mom Karen



Abigail Bannish
with dad Matt



Caitlyn Hughes
with dad Dave



YOUTH SPORTS AND CONCUSSIONS:

When in Doubt, Sit Them out

By Brian Brunkow, Esq.



3.9 million — that’s the estimated number of sports and recreational-related concussions every year in the United States, according to The Centers for Disease Control and Prevention (CDC). The problem, though, is that you can’t see a concussion.

Briefly, a concussion is an injury that changes how the cells in the brain normally function and is caused by a blow to the head or body that causes the brain to move rapidly inside the skull.¹ The CDC reports that football and hockey have the highest number of concussions, followed by soccer, wrestling, basketball, field hockey, baseball, softball and volleyball.² It’s estimated that U.S. high school athletes sustain 300,000 concussion per year; 67,000 from interscholastic football.³ The risk of concussions is highest in the 15- to 19-year-old age group among all age groups nationally.⁴

And a concussion, unlike the infamous Lawrence Taylor-delivered compound fracture to Joe Theismann on Monday Night Football, is difficult to diagnose. Concussion symptoms may appear immediately after impact or may not be noticed for days or weeks after the injury.⁵

As attorneys, many of us are parents and youth sports coaches, and we are paying increased attention to concussions in the competitive youth sports arena. As a youth football coach myself, it seems the kids get bigger and stronger every season and the competition more intense with

year-round training and multiple summer camp expectations.

So with the school year done and sports camps and summer practices starting up, it’s time to review Washington’s “Return to Play” background, requirements and purpose.

Washington’s Key Role in “Return-To-Play” Legislation

In May 2009, former Gov. Christine Gregoire signed House Bill 1824 (HB 1824), an act requiring the adoption of policies for the management of concussions and head injuries in youth sports.⁶ HB 1824 amended RCW § 4.24.660 and added an important section to chapter RCW 28A.600.

HB 1824, known as the “Zackery Lystedt Law,” was first-in-the-nation legislation and quickly became the framework for 47 states plus the District of Columbia (as of June 2013) in setting guidelines for student-athletes’ “return to play” clearance after suffering head injuries.

The architect for HB 1824 was Seattle-area attorney Richard H. Adler of Adler Giersch, P.S. He recruited Rep. Jay Rodne, R-North Bend, to sponsor the bill on behalf of Zackery Lystedt and his parents, Adler’s clients. Lystedt, then an eighth-grader playing youth football suffered a horrible and preventable brain injury in 2006.

Adler organized a broad and influential coalition of healthcare, sports

and business community partners, including The CDC, Seattle Seahawks, Washington Interscholastic Activities Association (the rule-making body for high school athletics), Washington State Athletic Trainers Association, Washington Youth Soccer Association, University of Washington, Seattle Children’s Hospital and many others. The bill passed unanimously in both the Washington House and Senate.

Briefly, Lystedt suffered a concussion near the end of the first half of a game. He was taken out of the game, rested for a couple of plays and the halftime break, and then returned to the game. Lystedt collapsed at the end of the game, went into a coma for the next month, was unable to speak for nine months and required a feeding tube for 20 months following his injury.⁷

RCW § 28A.600.190(3)–(4)

Concussions are unavoidable in certain sports, so Lystedt’s case quickly became a national example of the need for more stringent standards when allowing young athletes back on the field after suffering apparent head injuries. It’s the premature return to play and potential for traumatic brain injury from another concussion or

blow to the head that the Zackery Lystedt Law addresses and is designed to prevent.

The CDC reminds parents and coaches that “a repeat concussion that occurs before the brain recovers from the first — usually within a short period of time (hours, days or weeks) — can slow recovery or increase the likelihood of having long-term problems. In rare cases, repeat concussions can result in brain swelling, permanent brain damage, and even death.”⁸

A key part of the Zackery Lystedt Law is found at RCW § 28A.600.190, which states:

(3) A youth athlete who is suspected of sustaining a concussion or head injury in a practice or game shall be removed from competition at that time.

(4) A youth athlete who has been removed from play may not return to play until the athlete is evaluated by a licensed health care provider trained in the evaluation and management of concussion and received written clearance to play from that health care provider

Parents, Athletes & Coaches: Concussion Symptoms

The Zackery Lystedt Law provides a framework for dealing with head injuries in youth sports, but concussions are very unpredictable. The key is education and on-field vigilance in spotting signs and symptoms of concussions after an athlete suffers a bump or blow to the head in competition (practice or game).

Though we can't eliminate the initial concussion, we can take steps to prevent a second concussion during the critical healing period; that is the “return to play” focus for athletes, parents, coaches and healthcare providers.

According to the CDC, parents, coaches and staff should look for the

following symptoms after a forceful blow to a student-athlete's head or body that results in rapid movement of the head:

- Athlete appears dazed or stunned
- Confusion about assignments or position
- Moves clumsily
- Loss of consciousness (even briefly)
- Behavioral changes
- Slurred speech
- Can't recall events prior to or after the fall or hit.

And student-athletes might self-report the following symptoms:

- Headache or “pressure” in the head
- Nausea or vomiting
- Balance or dizziness problems
- Double or blurry vision
- Sensitivity to light or sound
- Feeling sluggish
- Concentration or memory problems.⁹

Unintended Consequences of Return-to-Play Rules

It was probably inevitable that gamesmanship allegations would arise under the new and evolving state-by-state “return to play” standards.

In Massachusetts, an early adopter of “Return to Play” legislation, the New Mission High School's girls' basketball team was playing at Shawsheen Technical High School. New Mission was leading Shawsheen in the fourth quarter of a playoff game when a key New Mission player drove the basket and got poked in the eye.

The home team (Shawsheen) provided the athletic trainer for both teams at this game. The trainer de-

termined that the New Mission player suffered a concussion as a result of getting poked in the eye and sidelined her for the remainder of the game. Shawsheen then rallied from an eight-point deficit to win the game and advance in the playoffs. The player in question was taken to a hospital after the game where it was confirmed she did not have a concussion, but merely a bruised cornea.

Whether the safety measures taken in the unusual New Mission case were appropriate or not, the need to be cautious with student-athletes and head injuries should remain the priority for parents and coaches. Concussion symptoms are not as obvious as other sports-related injuries and the possible long-term adverse consequences are very high.

As Adler points out regarding the New Mission situation, “The intent (of ‘return to play’ legislation) is to save kids’ lives, and to prevent preventable brain injuries. The job of any league, coach, ad-

The key is education and on-field vigilance in spotting signs and symptoms of concussions after an athlete suffers a bump or blow to the head in competition (practice or game).

ministrator, athletic director, parent or licensed healthcare professional is to make sure that a child's safety is the number one priority.” He continues, “Without knowing all the details of the New Mission situation, I have to hope that the trainers are looking out for the players' best interests.”

A Pro's Perspective on Player Safety

Paul Johns, a wide receiver for the Seattle Seahawks from 1981–84 and current fan development assistant director for the Seahawks, offers the

Continued on page 10

Continued from page 9

following advice: “Student-athletes and parents should understand the importance of reporting concussions. Missing a game or two is better than returning too early. And if you’re being recruited by colleges, know that it’s the total body of work that will generally be evaluated.”

Johns believes the National Football League (NFL) plays a key role in educating youth coaches, parents and athletes in concussion awareness. On June 22, the Seahawks hosted a “Heads Up” clinic to instruct select youth football coaches on concussion detection and management. Those coaches will now be able to teach others what they have learned.

Another important program supported by the NFL is USA Football to which I belong. USA Football is the official youth football development partner of the NFL and the governing body for youth football. This program allows parents, coaches and players to educate themselves on safety, rules and proper techniques through online video instruction, articles, interviews and clinics.

Regarding the NFL’s change of attitude on concussions, Johns says, “There’s been a mental shift recently. Part of being a good teammate is self-reporting instead of playing through a concussion. Going out on the field with a concussion (in a sport like football) puts you and others at risk and it’s just not worth it. You need healing time.”

Resources for Parents and Coaches

Adler suggests that parents of youth and student-athletes, and youth coaches work together to establish

the following safety plan: (1) make sure coaches are certified, as appropriate, in concussion awareness; (2) discuss and clarify “remove from play” and “return to play” standards; (3) create “office hours” for parents and coaches to openly discuss concerns; and (4) identify team leaders who will help encourage teammates to self-report concussion symptoms.

Additional resources for parents and coaches to follow:

- CDC Heads Up Program: www.cdc.gov/ConcussionInYouthSports;
- Washington Interscholastic Activities Association: www.wiaa.com — “concussion management guidelines”;
- Seattle Sports Concussion Program: www.uwmedicine.org — concussion education and examinations;
- USA Football: www.usafootball.com.

Postscript on Zackery Lystedt

When asked how Lystedt is doing today after his 2006 brain injury, Adler reports that he remains an “inspiring young adult” who struggles with cognitive and physical difficulties. However, with his Individual Education Plan (IEP) and accommodations made in the classroom setting, along with his parents unending commitment to provide support and encouragement, Lystedt is now enrolled in a community college class.

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Brian Brunkow is a San Diego-based WA & CA attorney. Brian works with families on divorce matters involving student-athletes and consults with parents and high school coaches on NCAA football recruiting compliance: brian@brunkowlaw.com.

(Endnotes)

1 CDC, “Heads Up: Concussion in Youth Sports, July 2007.

2 CDC, “Implementing Return to Play: Learning from the Experiences of Early Implementers.”

3 M. Marar, et al., “Epidemiology of Concussions Among United States High School Athletes in 20 Sports,” *Am. J. Sports Med.*, 2012; S.P. Broglio, et al., “Head Impacts During High School Football: A Biomechanical Assessment,” *J. Athl. Training*, 2009.

4 CDC, “Implementing Return to Play,” *supra*, note 2.

5 CDC, “Heads Up,” *supra*, note 1.

6 House Bill 1824, Chapter 475, Laws of 2009, “Youth Sports – Head Injury Policies,” July 26, 2009.

7 King County Bar Association Bar Bulletin, “Giving Others a Voice,” November 2009: <https://www.kcba.org/news-events/bar-bulletin/BView.aspx?Month=11&Year=2009&AID=profile.htm>. This article provides details on Lystedt’s injury and profiles Richard Adler, who along with attorney Michael Nelson, secured a \$15-million settlement in the Lystedt’s civil case.

8 CDC, “Heads Up,” *supra*, note 1.

9 *Id.* ■



Nutrition and Hydration Information Valued by Game Officials at Conference

WINForum sports dietitian Michelle Weinbender conducted two WINForum nutrition clinics during breakout sessions at the annual conference of the Washington (Athletic) Officials Association at the Yakima Convention Center on Saturday, August 3. More than 150 high school athletic officials attended the conference, with 30 of them attending one of the nutrition clinics.



Officials attending the clinics learned about basic nutrition for bone health, endurance and sustained energy – information that is important for them and for participating athletes. Michelle talked about the importance of hydration to avoid fatigue, poor coordination and heat stroke. “Officials and student athletes should replace fluid lost in sweat by drinking water or sports drink every 15 minutes,” she said. Officials were given a recipe for making their own sports drink that can be found at winforum.org



Michelle said “skipping breakfast increases heart attack risk by 27%” telling officials to ‘break the fast’ after a night’s sleep with a nutritious breakfast with suggestions available at the WINForum.org.



“Carbs are the body’s primary energy source for muscle development and should be consumed before during and after exercise,” she said, “with emphasis on good carbs such as rice, pasta, bread, fruits, veggies and low fat dairy.” Following games officials learned about the benefits of low fat chocolate milk for muscle recovery.



Michelle encouraged officials to keep an eye on student athletes. “You can help coaches by monitoring athletes for decreased reaction time and awareness, muscle pain,” she said. Following the presentation 16 coaches signed up for the monthly WINForum Nutrition Navigator and agreed to become WINForum supporters, telling coaches about the WINForum.org as a resource for good science-based nutrition information.

Coach Dee Hawkes will be honored with special recognition by the Washington State Football Coaches Association at the Mid Winter Clinic this January. As a tribute to the outstanding work he has provided the WSCA in writing his column "Hawkes Squawks", we are reprinting this article which answers the question:



“WHO IS DEE HAWKES ANYWAY?”

Mike Schick, Editor, The Washington Coach

As editor of The Washington Coach, I have had more than a couple of coaches ask, “Who is this guy, Dee Hawkes anyway?” and “How does he have so much to “squawk” about?” As most of these inquiries come from coaches who have identified themselves as being somewhat new to our coaching profession, they felt at ease with the limited information I was able to share about coach Hawkes’ background. I further shared that if they are in the coaching profession long enough and are paying attention, they would also have some things to “squawk” about. Dee was recruited to write his first column by Jim Ennis in 1972. Here are some of the specifics of coach Hawkes’ coaching career as offered by another long time coach who pays attention, Bill Heglar.

Dee has coached football:

- at Davis High School, 1967-1972, winning two “Big 9” championships
- at Bothell High School, 1973-1990, with two AAA playoff experiences
- at Skyline High School as their first football head coach

He taught and was a head football

coach working for the Department of Defense in Japan, 1962-1964, and Germany, 1964-1966.

Coach Hawkes has written a number of books on football.

His first book, “Best Plays of Washington Coaches”, shared ideas from coaches including Terry Ennis, Mike Huard, Jerry Parrish, Dwayne Hatch, Ray Hobbs, Tom Moore and many more. He has written drill books for the American Football Coaches Association, one on offense and one on defense. A new book, What Every Coach Should Know, is to be published soon. Dee has been a clinic speaker for many years across the country.

Dee is a member of the National Football Foundation and serves on the board of the Seattle-King County Chapter where he is also a past president. He is a recipient of the chapter’s Tony Gasparovich Award for service to the game of football. Through the NFF and the Seattle Seahawks organization, Dee helped organize and run the NFL Coaching Academy for youth and high school coaches. Dee is also working with USA Football and he is a lifetime member of the American Football Coaches Association. Coach

Hawkes was awarded the Gold Helmet by the Washington State Football Coaches Association.

Dee graduated from Queen Anne High School (’54) where he played quarterback. He continued to play quarterback while attending WSC, Washington State College before it became a university. He is active in the Queen Anne Alumni Association today and also founded “Men of Queen Anne” a support group for the association.

Dee served in the Marine Corp and started his school coaching career in 1958 at Port Angeles High School as an assistant football coach for the legendary Jack Elway. He also coached baseball in Port Angeles, Davis, Japan and Germany.

This is a quick look at the coach who continues to promote the best ideals of what high school sports should be, offering insights, suggestions, and at times, a better path for all of us to follow. We can all find something of significance in what this coach has to “squawk” about. We just need to pay attention.

This article was first printed in the Fall 2012 issue of The Washington Coach. ■

Sports Nutrition Navigator

WIAA 2013 Coaches School FAQs



More than 80 coaches attended two WINForum nutrition clinics at WIAA's Annual Coaches School in Yakima. Independent sports nutritionist Emily Edison described tools athletes can use for peak performance. The following questions & answers came from coaches attending the WINForum sessions. **E-mail questions and comments to info@winforum.org.** Review her presentation at [WINForum.org/WINForum clinic summaries](http://WINForum.org/WINForum_clinic_summaries).

Question: How do you determine how many calories a student athlete should consume?

Answer: Calories = energy so your athletes should calculate caloric intake based on type of activity and the number of calories per pound per day it takes to perform that activity.

Activity Type	Calories per lb, per day
Mild (walking, bowling, golfing)	12-14
Moderate (jogging, tennis, weightlifting)	15-17
Heavy (basketball, football, running)	18-24
Very Heavy (two-a-day practices, training camps)	25-29

Question: What are carbohydrates and why are they important?

Answer: Carbs are the number one source of energy for muscle development. High performance carbs include whole grains, dairy, pasta, fruits, veggies, corn and rice. Athletes can consume occasional carbs, but "watch for the 'C' word" as in chips, cookies, candy, cakes, crispy stuff, creamy stuff or cola, and keep them to a minimum.

Question: Why is a pre-game meal important?

Answer: Athletes need to fuel their bodies with familiar foods before a game or practice to prevent low blood sugar (fatigue & dizziness), top off glycogen stores, and curb hunger. They should allow time for digestion by eating 2-3 hours before the game/practice, and they should limit high fat foods.

Question: How much fluid should athletes consume before, during and following a game or practice?

Answer: Athletes should consume 20 oz. of fluid 2-3 hours before activity; 8 oz. during active warm ups; and one oz. (a swallow or gulp) throughout activity. They should consume 16-24 ounces of fluid for every pound lost during activity to ensure proper hydration. For muscle recovery following activity, research supports low fat chocolate milk that contains 3-4 grams carb:1 gram protein as the right ratio for muscle recovery.



Question: Why should athletes make time for breakfast?

Answer: Following a night's sleep without the benefit of food or drink, you need to 'break-the-fast' with a morning meal. When athletes skip breakfast they tend to have slower metabolism and less energy. **Athletes should consume 1/3 of their calories at BREAKFAST!** Quick ideas: Whole grain bagel w/cream cheese and fruit; granola and nut cereal with milk and fruit; toaster waffles with peanut butter, milk and fruit; a microwave egg sandwich, fruit, granola bar.

The Washington Interscholastic Nutrition Forum ([WINForum](http://WINForum.org)) provides science based nutrition information to help coaches and athletes understand the importance of healthy eating for peak performance. WINForum recommends healthy, well-balanced eating that includes fruits, vegetables, whole grains, protein and low fat or fat-free dairy. Go to www.facebook.com/WINForum to become a fan, and follow @WINForum.org on Twitter for timely nutrition tips.

The 19th Annual Earl Barden Classic

By Scott Spruill
Yakima Herald-Republic
Reprinted with permission

By being so talented at so many skill positions, Justin Peterson never did have a primary position in Lakewood's offense last season. He nearly pulled off a triple double, running for 10 touchdowns, catching 12 scoring passes and throwing for seven.

But Central Washington University signed Peterson for a specific position and it was obvious Saturday afternoon at the 19th annual Earl Barden Classic all-star football game at East Valley.

The 6-foot-1, 185-pound senior concentrated on being a wide receiver — exactly what the Wildcats are interested in — and he hauled in seven passes for 107 yards and a touchdown, earned his team's offensive MVP award and helped the West roll to a 30-6 victory over the East at Earl Barden Field.

The West's victory was its third straight in the series, which dates back to 1995, and Peterson's accolades marked the second year in a row that a Central recruit led the win with offensive MVP honors. Interlake's Jordan Todd scored three touchdowns in the West's overtime triumph last summer.

"This was a great experience, especially with my coach (Dan Tetter) here on the staff," Peterson said. "I've had some older teammates play in this game and they always said, 'If you get the chance you have to do it — don't pass it up.' It wasn't just the game, it was really cool the whole week."

Peterson, a state triple jump champion, caught five passes in the second quarter and showed immediate chemistry with Lynden quarterback Josh Kraght. The two hooked up on gains of 40, 23 and 10 yards, the last going for a touchdown that put the West up 27-6 with 23 seconds left in the first half.

"We had four two-a-days here this week so we worked a lot together," Peterson said of Kraght, the 2A state player of the year who threw for 225 yards and two touchdowns. They worked together so well they pulled off a hook-and-ladder play in the final period that led to a field goal and the only points of the second half.

With five NCAA Division I signees on its roster, the West rolled up 432 total yards — 184 on the ground and 248 in the air — and scored all four of its touchdowns during its seven possessions in the first half. And while the defense permitted 361 yards passing, the West forced six turnovers and held the East's running backs to 21 yards. The main antagonist in that effort was Tumwater's 6-5, 260-pound Jaimie Bryant, a University of Washington recruit who was voted the West's defensive MVP.

Before Kraght started airing it out, the West did its damage on the turf, rushing for 140 yards in the first quarter with touchdowns by Capital's Kai Van Sickle and Hoquiam's Nolan Hoiness.

The East had its chances even without much of a running game. Royal quarterback Alex Myrick, the 1A state player of the year, combined with Tyler Stavnes of Spokane's West Valley for 27 completions and 331 yards. Stavnes connected with Othello's Juston Lind on a 67-yard scoring play that drew the East within 14-6 early in the second period.

Lind had four catches for 112 yards in the first half but left the game with a separated shoulder. Juston's older brother, Devon, who scored two touchdowns in the East's victory in 2010, accepted the East offensive MVP award while Juston was being treated at a local hospital. Royal's Brady Dixon was the East's defensive MVP.

White Swan's Alex Sampson made his presence felt on defense, breaking up a pass play in the first quarter with a perfectly timed hit and recovering a fumble in the third period. He was also deep on all kickoffs and punts but only got his hands on two because of Derrick Holt's booming kicks for the West.

"The hit was fun because I was trying to bait the quarterback into throwing it my way," said Sampson, who easily had the largest family turnout. "I played off the receiver just enough to know I could still get there. I was hoping for a few more chances on runbacks, but that guy sure had a boot. It was awesome playing with all these guys, a once in a lifetime experience."



West 14 13 0 3 — 30
 East 0 6 0 0 — 6
 West — Kai Van Sickle 56 run (Derrick Holt kick)
 West — Nolan Hoiness 3 run (Holt kick)
 East — Juston Lind 67 pass from Tyler Stavnes (kick failed)
 West — Caleb Taylor 40 pass from Josh Kraght (kick blocked)
 West — Justin Peterson 10 pass from Kraght (Holt kick)
 West — FG Holt 22

INDIVIDUAL STATISTICS

RUSHING — West, Van Sickle 8-68, Andrew Brown 5-46, Hoiness 5-40, Brandon Pritchett 6-17, Dahlton

Zavala 5-17, Taylor Martindale 2-minus-1, Lars Blix 1-minus-1, Kraght 1-minus-2. East, Derek Smith 3-28, Alex Myrick 10-8, Kody Bartlett 1-7, Fabian Alvarez 2-4, Stavnes 4-minus-5, Lind 2-minus-11, Team 1-minus-10.

PASSING — West, Kraght 13-21-0-225, Blix 2-3-0-13, Martindale 2-3-0-1-. East, Myrick 18-34-2-183, Stavnes 9-13-1-148, D. Smith 2-3-1-30.

RECEIVING — West, Peterson 7-107, Taylor 4-80, Zach Vis 2-19, Van Sickle 1-21, Holt 1-15, Hoiness 1-4, Brown 1-2. East, D. Smith 6-72, Bartlett 6-35, Lind 4-112, Alvarez 4-38, Caleb Wiebe 3-13, Koleman Johns 2-46, Dalton Estes 2-29, Austin Johnson 1-12, Dalton Hansen 1-4. ■

WIBCA HALL OF FAME 2013



Bottom Row (left to right): Dennis Bower, Bill Hawk, Larry Mollerstuen, Larry Hill, Mike Reid, Bob Petrosik, Mrs. Bill Ward, Howard Thoemke, Tim Gilmore

Back row (left to right): Ray Cresap, Mike Mullen, Gary Wusterbarth, Don Koplitz, Ron Brown, Gary Radliff, Charlie Cobb, Ed Pepple, Larry Skogstad, Jim Clifton, Norm Lowery Jr., Joe Harris and Pat Fitterer



STARTING A NEW SCHOOL YEAR LIFTING PROGRAM

by Danny M. O'Dell, MA. CSCS*D
co-owner of 'The WeightRoom' gym and Explosivelyfit.com,
Nine Mile Falls, WA

Beginning the new school year is an exciting time for both students and instructors. Along with this excitement comes an opportunity to demonstrate your knowledge as the strength coach. This does not mean that you have to be the strongest one in the room. It does mean you have to know how to describe, perform, and coach each exercise correctly.

A major responsibility is the safety of your students, achieved by demanding correct technique in all of the lifts. To do so, you must be physically present at all times while they are in the weight room.

One issue commonly seen in the weight room, especially with males is their tendency to want to add more and more weight on the bar, which often comes at the expense of correct technique. In all fairness to the students, you cannot allow this to go on in your weight room. No one wants an injury to happen on their watch but sometimes they do and frequently they are due to a few reasons all of which are preventable.

Injuries most commonly occur in the weight room when the students are not following directions or using proper form. Other issues that crop up are failures to do an overall body warm-up of anywhere from 3 to 5 minutes before the lifting begins, followed by leaving time to stretch along with a proper cool down after the session is completed. Most of us know that the time is limited for these classes however to ensure the best possible outcome these basic requirements should be followed in every single strength training class.

These overall body warm ups are most efficiently accomplished with a skip rope. Having a student skip rope gives you the opportunity to watch their coordination and more importantly how they are landing. If, during their landing, their knees are coming together in a valgus motion correct this quickly otherwise there could be serious ACL consequences. This is particularly important with the females due to their smaller bone and muscle size. The other thing to watch for in the landing is if they are staying on the balls of their feet. If not, show them how to

do it so they are not pounding their knees by landing on their heels or flatfooted.

The skip rope brings with it a fine tool to warm up with, to increase cardiovascular fitness, and improve their coordination. However, it also brings the prospect of horse playing with the rope. Nip this activity in the bud with the introductory directions as to how to skip rope and your expectations of the student while they have the rope in their hand. They should never be placed around the neck, used to snap another person, left carelessly on the floor after finishing, or taken from the room.

Now that a very brief discussion of the preliminaries are over it is time to discuss the potential of soreness for your new and returning students. It is a fact that some exercise soreness presents itself after a bout of lifting, especially during the first few days of the school year. Unless your students have been steadily lifting over the summer they will be sore; how much depends on how you plan the initial schedule out. To help them adjust to this observable event take some time to explain the possible causes and the ways to help mitigate the problem once it has appeared.

This soreness, known as delayed onset muscle soreness (DOMS) has been treated with cold and hot compresses, stretching, and ibuprofen, all with limited success. In school, we are not able to administer ibuprofen so that appears to be out. Which is not a bad thing because using ibuprofen interferes with protein synthesis after exercise. However, the old standby of using a shower to help may be of benefit to them. If so, explain the cold, hot, cold, hot, cold protocol.

Some students, if they have a severe bout of DOMS, may drop out of the class. This is not only unfortunate, but unnecessary as well because it could have been prevented simply by keeping the intensity of the session on the low end of the scale.

Intensity is not the only single contributing factor, repetitions, no matter how low the load add there share to the problem. As an example, over the years it has be-

come common in the first few classes not to exceed twenty-four repetitions in the squat otherwise they will be sore the next day. By staying on the low side of twenty-four, you are less likely to have your students start the year off with excessive soreness.

Before they leave the class, explain that some may have a bit of soreness later on in the day or even the next day. When the class is about over, tell them that continued lifting will not keep them perpetually sore. Explain to them that it actually begins to lessen as the classes go further in the school year. Demonstrate some of the common stretches that may help overcome the exercise-induced pain.

For instance, in the squat have them stand next to and hold onto a doorway jamb. From this position, show them how to drop into the full squat position and then pull themselves back up with their arms and not their legs. This helps the muscles stay limber while moving them in the eccentric manner. The eccentric portion of any lift is normally the one that causes the soreness. This exercise helps lessen the damage to the muscles while at the same time not encouraging more pain later on from doing it.

Speaking of soreness there is nothing wrong with lifting a sore muscle. There is something wrong with lifting an injured muscle. The pain is subtle and the student must understand the difference. To be safe, simply tell them if it hurts stop doing it.

This can be a double-edged sword because a few students will take advantage of it and tell you they can't do exercises they do not like. Most frequently, this will be the squat. But that is another issue altogether.

Personally, I look forward to the new school year. It gives me a chance to encourage my students to believe in themselves, to stretch their talents beyond what they may think is possible and more importantly to apply themselves in not only their lifting but their school work and life. ■



Football Coaches

Mark Your Calendars!

Washington State Football Coaches Association's
Mid-Winter Clinic
January 24, 25, 26
Holiday Inn in Everett

The Washington State Football Coaches Association's Mid-Winter Clinic will be held on **January 24, 25, 26** at the Holiday Inn in Everett. High school and college coaches from the Northwest as well as

coaches from throughout the country will be featured presenters.

More information will be coming in following issues of *The Washington Coach* and will be posted on the WSCA website, washcoach.org ■



WIBCA

Coaches Clinic

BASEBALL | GIRLS & BOYS BASKETBALL

OCTOBER 4-6, 2013

Clarion Hotel
Yakima, WA

SPEAKERS



Mark Fem
GONZAGA MEN'S BASKETBALL
HEAD COACH



Leon Rice
BOISE STATE MEN'S BASKETBALL
HEAD COACH



Mike Neighbors
UW WOMEN'S BASKETBALL
HEAD COACH



Jim Hayford
EWU MEN'S BASKETBALL
HEAD COACH

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WIBCA**Coaches Clinic**BASEBALL | GIRLS & BOYS BASKETBALL
OCTOBER 4-6, 2013

Clinic Schedule

BOYS BASKETBALL

FRIDAY OCTOBER 4, 2013

- 12:00-1:00 Registration and Visit Exhibits
- 1:00-1:50 Pat Fitterer (Ellensburg High School 36 Years as a Head Coach with 716 wins, 2-Time State Champion and Basketball Coaches Hall of Fame)
Topic: Working with Your Other Sports Coaches with Year-Round Basketball
- 2:00-2:50 Dave Dickson (Squalicum High School 19 Years as a Head Coach with 304 wins 2-Time State Champion)
Topic: Philosophy of Offense and Quick Hitters
- 3:00-3:50 Jim Hayford (Head Coach at Eastern Washington University and a Head College Coach for 14 Years)
Topic: Eagle Offense
- 4:00-4:50 GENERAL SESSION Jim Hayford
Topic: Building Relationships with Your Players
Dinner Break
- 6:00-6:50 Craig Fortier
Topic: Offenses Against Gimmick Defense -How to Break a Box and 1 and a Couple of Quick Hitters
- 7:00-7:50 Craig Fortier (Assistant EWU 6 Years)
Topic: Eastern Defense
- 8:00-8:50 Chad Chronister (Naches Strength and Conditioning Coach Former coach at SMU)
Topic: Conditioning and practice drills
- 9:00 Yakima Valley Sports Commission Social

SATURDAY OCTOBER 5, 2013

- 8:00-8:30 Registration and Visit Exhibits
- 8:30-9:00 Breakfast Social
- 9:00-9:50 Leon Rice (Boise State University 2013 NCAA Tournament Team)
Topic: 12 Important Factors of Running a Program
- 10:00-10:50 John Riley (Boise State Assistant)
Topic: Individual workouts
- 11:00-11:50 Leon Rice (Boise State)
Topic: Quick Hitters and Offensive Sets
Lunch
- 1:00-1:50 John Riley
Topic: Practice Demands
- 2:00-2:50 Tommy Lloyd (12 year Assistant Gonzaga University)
Topic: Game Preparation
- 3:00-3:50 Tommy Lloyd (Assistant Gonzaga University)
Topic: Player Development
- 4:00-4:50 GENERAL SESSION Mark Few (2013 #1 team in the Nation Highest winning percentage of active college coaches)
Topic: Gonzaga Basketball Philosophy
- 6:00-6:50 Mike Bethea (Rainer Beach HS 2013 State 3A Champions with 5 prior)
Topic: Keys to Success of Rainer Beach Ball
- 7:00-7:50 Tim Kelly (Curtis HS 4A 2013 State Champions with 2 prior)
Topic: Winning Drills
- 8:00-8:50 Round Table of 4 Hall of Fame Coaches (Total of 2,034 High School Wins)
- 9:00 Major Social by Bill Bakamus and Joe Harris
- SUNDAY OCTOBER 6, 2013**
- 8:30-9:00 Breakfast Social
- 9:00-9:50 Tim Kelly
Topic: Curtis Philosophy
- 10:00-10:50 G.E. Coleman (Assistant Central Washington University)
Topic: Wildcat Defense
- 11:00-11:50 Greg Spurling (Central Washington University Head Coach with over 300 wins)
Topic: Post Moves/Out-of-Bounds Plays

GIRLS BASKETBALL

FRIDAY OCTOBER 4, 2013

- 12:00-1:00 Registration and Visit Exhibits
- 1:00-1:50 Mike Neighbors (University of Washington Head Coach)
Topic: Huskies Packline Defense
- 2:00-2:50 Mike Neighbors
Topic: Drills to Build Your Packline Defense
- 3:00-3:50 Mike Neighbors
Topic: Finish Packline Defense and Special Situations
- 4:00-4:50 GENERAL SESSION Jim Hayford
Topic: Building Relationships with Your Players
Dinner Break
- 6:00-6:50 Cody Butler (Boise State University Assistant Coach and Community College Championship Coach at Yakima Valley CC)
Topic: Fundamental Footwork of Champions
- 7:00-7:50 Joe Blodgett (Wapato High School Head Girls Coach)
Topic: Guard Play/Run and Jump Defense
- 8:00-8:50 Joe Blodgett
Topic: Multiple Switching Pressing Defense
- 9:00 Yakima Valley Sports Commission Social

SATURDAY OCTOBER 5, 2013

- 8:00-8:30 Registration and Visit Exhibits
- 8:30-9:00 Breakfast Social
- 9:00-9:50 GENERAL SESSION Leon Rice (Boise State University 2013 NCAA Tournament Team)
Topic: 12 Important Factors of Running a Program
- 10:00-10:50 Quantae Anderson (Mead High School 2013 4A State Champions)
Topic: TEAM Before Me
- 11:00-11:50 Quantae Anderson
Topic: Learn to Delegate
Lunch
- 1:00-1:50 Cody Butler
Topic: Pressure Defense
- 2:00-2:50 Steve Rooklidge (Mark Morris High School High School 2A 2013 State Champions)
Topic: Lessons and Ideas Learned from Years of Coaching Experience
- 3:00-3:50 Steve Rooklidge
Topic: Basketball Ideas and Strategies for Your Program
- 4:00-4:50 GENERAL SESSION Mark Few (Gonzaga Head Coach)
Topic: Gonzaga Basketball Philosophy
Dinner
- 6:00-6:50pm Shawn Nelson (CWU Head Coach)
Topic: Building a Program
- 7:00-7:50 Shawn Nelson
Topic: Motion Offense
- 8:00-8:50 GENERAL SESSION Round Table of 4 Hall of Fame Coaches (Total of 2,034 High School Wins)
- 9:00 Major Social by Bill Bakamus and Joe Harris
- SUNDAY OCTOBER 6, 2013**
- 8:30-9:00 Breakfast Social
- 9:00-9:50 GENERAL SESSION Tim Kelly
Topic: Curtis Philosophy
- 10:00-10:50 Jim Redmond (Lewis and Clark High School of Spokane)
Topic: Drills That Increase Intensity
- 11:00-11:50 Jim Redmond
Topic: History of Girls Basketball

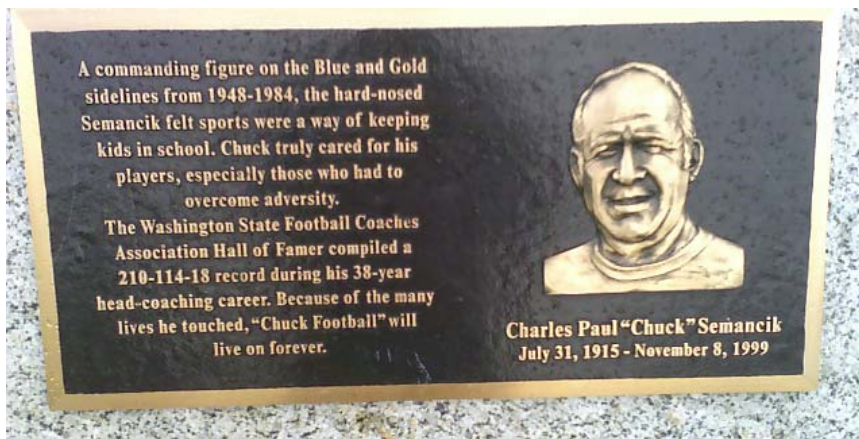
BASEBALL

FRIDAY OCTOBER 4, 2013

- 12:00-1:00 Registration and Visit Exhibits
- 2:00-2:50 George Benedetti (HOF) Infield Play Fielding Techniques
- 3:00-3:50 Don Freeman (HOF, Clark Community College)
Topic: Maximizing Your Time in Practice Double Dip Warm Up
- 4:00-4:50 Bill Walker (HOF, Naches HS)
Topic: Coaching the High School Hitter
Dinner Break
- 6:00-6:50 Rob Hippi (HOF, Pitching Coach CWU)
Topic: Teaching Your Staff How to Throw More Strikes
- 7:00-7:50 Rob Hippi
Topic: Importance of Teaching Proper Throwing Mechanics
- 8:00-8:50 Bill Walker
Topic: Practice Planning for Three Teams on One Field
- 9:00 Yakima Valley Sports Commission Social

SATURDAY OCTOBER 5, 2013

- 8:00-8:30 Registration and Visit Exhibits
- 8:30-9:00 Breakfast Social
- 9:00-9:50 Jesse Benedetti (East Valley High School, Yakima)
Topic: Practice Strategies—Utilizing Drills for Game Day Success
- 10:00-10:50 Don Freeman
Topic: You Don't Have to Throw Harder to be Better—Developing the Change Up
- 11:00-11:50 Donnie Marbut (Head Coach WSU)
Topic: Team Building
Lunch
- 1:00-1:50 Donnie Marbut
Base Running
- 2:00-2:50 Dave Johnson (HOF, Ephrata HS)
Topic: Philosophy of Coaching
- 3:00-3:50 Dave Johnson
Topic: Building a Baseball Program
- 4:00-4:50 GENERAL SESSION Mark Few (Gonzaga Head Coach)
Topic: Gonzaga Basketball Philosophy
Dinner
- 6:00-6:50 Gary Hatch (HOF, Sehome HS)
Topic: Hitting
- 7:00-7:50 Gary Hatch
Topic: Infield
- 8:00-8:50 Don Freeman
Topic: Get More Out of Your Bull Pen Sessions—Variety to Teach Specifics
- 9:00 Major Social by Bill Bakamus and Joe Harris
- SUNDAY OCTOBER 6, 2013**
- 8:30-9:00 Breakfast Social
- 9:00-9:50 Dave Johnson
Topic: Catching Fundamentals
- 10:00-11:30 Pete Orgill
Topic: HOF, CPR, First Aid, and AED Training. Certified American Heart Association. Two Year Certificate.



The bronze plaque commemorating Chuck in Semancik Victory Park, which is in the SE corner of Bremerton's historic Memorial Stadium

The Ghost of Room 8

by Lane C. Dowell

If one attended and participated in football as a Bremerton or West High Wildcat, mere mention of Room 8 stimulates a flood of memories. This was where the stage was set for what was appropriately called Chuck Football or Ground Chuck. These identifying tags were attached to Coach Semancik's system long before a certain NFL coach brought his brand of rough and tumble ball to the Seahawks.

Pre-game, halftime and post-game performances could be quit entertaining in Room 8 as the wily mentor endeavored to keep the intensity level high and make corrections in the 'Cats performance. Here, the spotlight shown on one man, veteran Washington State HOF Coach Chuck Semancik.

To call Room 8 a classroom may be a push. It was more of a holding pen for Wildcat boys, costumed in their rag tag PE gear awaiting the signal from physical educator Chuck Semancik to "play ball."

If you were allowed to register for 6th period PE, it meant that you were

a candidate for next year's Blue and Gold varsity football team. The curriculum for this class was to run the plethora of offensive plays from the variety of formations that comprised Ground Chuck. To pass the ball was akin to buying a winning lotto ticket. It just did not happen.

Defense consisted of lining up in a 52 Oakie with an occasional Eagle look. Coach Semancik figured that if we were tougher than our opponents we did not need a lot of frills. Just go out and knock 'em down...play tough...be tough!

The foundation of Bremerton football was physical play. Win or lose if the 'Cats did not play a very physical brand of ball...well, let's just say that it was not pleasant to be around Chuck.

Never was Coach Semancik's obsession for mental and physical toughness more evident than when we took on the Rams of Tacoma's Wilson High coached by Chuck's old college rival Harry Byrd. These epic battles were a site to behold. Truly a war, just like when Semancik, a line-

man for WSU faced his nemesis, Byrd, who wore the colors of the UW, in the Apple Cup.

None personified the wily old-school mentor's desired toughness more than the 1970 Blue and Gold eleven, who on a crisp fall evening engaged a huge Ram's squad comprised of future college prospects. West High was physically dwarfed by behemoths from Tacoma, who, in many cases, out-weighed them by fifty or more pounds.

That Wildcat's team never, NEVER succumbed and left its' heart on the muddy field as the scoreboard registered a convincing victory for the Rams.

The post-game atmosphere in the visitor's locker room was unique. A cloak of silence prevailed as the veteran ball coach quietly put his arms around many and silently whispered words remembered only by his boys, who that night gave it their all. They were really tough!

I have also seen a furious Semancik, in the wake of a fifty point 'Cats triumph, lambast his young war-

riors for a lack of toughness. If you wore the Blue and Gold you were expected to play tough, no matter what the numbers were on the board. Yes, Chuck, we were really tough!

On a stormy late fall Friday under the lights, our undefeated 1973 team* executed a near flawless first half in a contest with an arch rival. Never wanting his players to become complacent, the veteran leader found a rather unusual manner to demonstrate he was still intense and expected a complete game from his “fellas.”

None were immune from an expression of the hall of famer’s intensity and the desired toughness that would normally net another “W” for the West High. Chuck silenced a rather flippant intermission by rather demonstratively showing our student manager how to clean the mud from cleats that had slogged through the quagmire as Ground Chuck rolled to a 42-0 lead. Message delivered.

After receiving the usual “three and three” warning from a cautious official, Semancik delivered to a now stone faced squad, “All right fellas, remember its zero to zero.” Our opponent’s score at games end was a big goose egg.

Pre-game, halftime and post-game in Room 8 were quite a ritual that drew a large crowd outside. On many an occasion the wily old fox could be heard on the east side of the Washington Narrows. It was the unspoken duty of a rookie assistant coach to pull the shades as the ‘Cats entered legendary Room 8, the halftime gathering place of decades of successful Bremerton elevens, to hear Semancik’s assessment of the contest.

Any sophomore lucky enough to suit for a varsity contest learned that those who played, mostly the seniors,

ALWAYS, sat in the very back of the room, where Chuck could not get at them. The sophomores, who were toughened as cannon fodder, took their seats near the front and often found a large ham-like fist grabbing their face masks or...

I will always recall the halftime I first saw the historic HOF mentor demonstrate how he wanted his offensive line to fire off the ball. Chuck assumed his lineman’s stance and with a still quick step, fired low and hard into the big oak teacher’s desk causing it to leap across Room 8. He confidently raised, stood tall, hat cocked back on his balding forehead, barrel chest pushed out and firmly stated, “Let’s go.”

As the Blue and Gold eagerly filed from Room 8, the underclassmen appeared to have the look of survival in their wide eyes. The game-players, filled with let-me-at-’em, charged from the iconic space with a rekindled spirit. A large heavily dented, dark green, trash barrel appeared to draw a sigh of relief as if it had escaped halftime without another wound. Message well sent!

In the afterglow of another Wildcat win, I crept back into Room 8 to see how heavy Chuck’s desk was. It was almost immovable.

Yes, in so many ways Coach Semancik typified the stereotype of the old-school football coach. He was the Bear, Lombardi, and other leather-tough mentors of the past. But, he was also the same man that would stuff, without a word, five bucks into the pocket of a fledgling assistant coach a few days prior to the monthly

pay period.

We still attend our favorite brand of football, high school ball, every weekend. Right before kickoff I can’t help getting a bit nostalgic as memories of my mentor flood my mind. I am back in Room 8 and can see the intensity etched on Chuck’s face. Room 8 is deafly silent with the exception of Chuck’s deep voice, punctuated by occasionally clearing his throat. The electricity crackles as he always finishes his pre-game talk with the starting offensive lineup. “Uummm, O’Brien, you take that halfback spot...”

I never heard a parent complain about the methodology of one of the

None were immune from an expression of the hall of famer’s intensity and the desired toughness that would normally net another “W” for the West High.

winningest coaches in our state’s history. They knew Chuck was there

for their kid. He achieved victory after victory on the scoreboard, but most importantly he molded winners that were tough and could deal with the hurdles they might face after taking off the Wildcat jersey for the last time.

I will ALWYAS recall the last words Chuck uttered to me, four days prior to his passing, “We were really tough, weren’t we!” This was NOT a question.

God Bless YOU, Chuck. You are a gem! We were really tough!!!

**First loss was in the first ever state playoffs to the Throwin’ Samoan, Jack Thompson and his Evergreen Wolverines. ■*

Deadlines
for the
WASHINGTON COACH
Magazine

Next Issue - Winter: December 1

Fall Issue: August 14, Winter Issue: December 1,
Spring Issue: February 14, Summer Issue: May 14

SUBMISSION PROCESS
Submit via email as an attachment to Mike
Schick at WSCA-EDITOR@comcast.net

If you do not have access to email, mail to: *Mike Schick, 2110 Richardson Drive, Puyallup, WA 98371*

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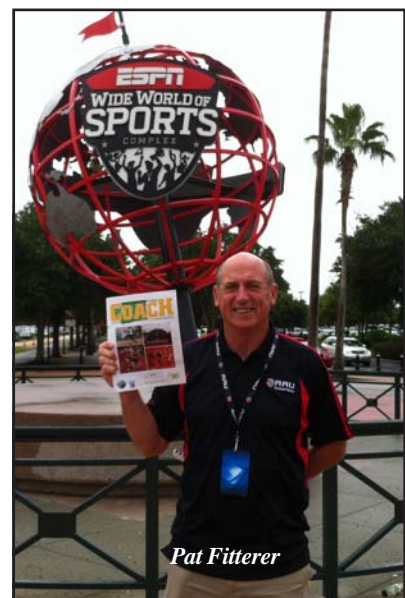
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Pat is at the ESPN Complex
in Orlando, Florida.



**Deadline:
December 1st**

Washington State Football Coaches Association **TERRY ENNIS SCHOLARSHIP**

This scholarship is being offered by the Washington Football Coaches Association and Adrenaline in honor of Terry Ennis. It is intended for an outstanding senior football player who represents the finest qualities of integrity, academic excellence, intensity and leadership.



By completing the information in this application, you will enable us to determine your eligibility to qualify for this scholarship. It is intended for a graduating Washington State High School football player.

To be eligible for this scholarship:

- Submit this application.
- Submit a letter of recommendation from your head football coach and one teacher.
- Submit your high school transcript.
- Coach must have been a member of WSCA for at least five years. Only one recommendation is allowed per school.

Name _____
Last First Middle

Permanent address _____
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Date of Birth _____ Telephone number _____
Month/day/year Include area code

High School attended _____

Graduation date _____

School address _____
Street

_____ *City State Zip*



continued on next page

continued from previous page

Washington State Football Coaches Association TERRY ENNIS SCHOLARSHIP

Academic Information

Briefly describe any scholastic distinctions or honors you have received since entering the 9th grade.

Athletic or Extracurricular Participation (Sport, Years, Letters, Honors)

College Goals

In order to formulate a better concept of who and what you are; we would like you to respond to the following questions. Please keep it brief and to the point.

1) Describe your contribution to "athletics or activities" in your school.

2) Describe how athletics and coaches (or a coach) has affected your high school life and your future plans.

3) Describe your contributions to your community and school service

Your application must be received before December 1st.

Incomplete applications will not be considered.

Mail to:
Jerry Parrish, WSCA Secretary
18468-8th Ave NE
Poulsbo WA 98370

“WHEN I WANT YOUR OPINION.... I’LL GIVE IT TO YOU”

by Coach Don Papasedero

WASHINGTON FOOTBALL!

At last March’s Nike clinic in Portland, I spent some time with three coaches from Texas. I was struck by two major things. These guys successfully coach in what would be our equivalent of 3A football (second largest classification) their jobs were: one head coach, his defensive coordinator, and an overwrought sophomore head coach. All three guys make SIX FIGURES in salary...including the sophomore head coach. The head coach does not have a teaching assignment. We have all heard these stories about Texas football...I simply did a lot of nodding my head and practicing my dumb looks as they explained about the resources, crowds, weight-rooms, etc. they have “back home”. I watched some game tape with them and quietly noticed that in the three games shown, I saw less than 25 passes...TOTAL...5 teams! Late in the evening, the DC asked me, “What are you doing up there in the Northwest about all this passing?...I mean we have teams down in Texas that are throwing the ball as much as 13 times a game!!” I almost spit out my beverage. I told him we have teams that pass the ball 20 times before leaving the locker room. This experience reiterated to me how good our football is here in Washington and how contemporary we are.

....SOME FUNNY STUFF

Ron White, a Scotch-drinking, cigar chomping comedienne, made a great joke about how athletes who “cheat” using drugs are so deplorable.

He quipped on TV, “I just want all of you to know that I now have the same amount of Tour de France victories as Lance Armstrong.” It took the audience a few ticks to get the joke...I was holding my gut in laughter...with all of the bad news that Baseball is experiencing recently about “cheaters”, let’s do all we can to DEPLORE drug-cheaters in all of athletics!

Also, here is a little known fact about all the Robinson characters on “Duck Dynasty”. They all played college and high school football. The father of the clan, “Phil” played at Southern Louisiana and claims to have beaten out Terry Bradshaw. As well read, educators, teachers and coaches who see so many elements of American society, do not miss watching “Duck Dynasty”...it will fill you with laughter and warmth.

“A CLASS ACT”

About three weeks ago I was lucky enough to be invited to attend an event hosted by Alaska Airlines @ Sea-Tac. The intention was to educate kids from all over Washington about careers in the airline industry, hear some adults’ testimony about working hard to overcome obstacles and the value of staying in school. The featured speaker was Russell Wilson from The Seahawks. He was articulate, professional, funny, contemporary and an absolute credit to himself and football. His presentation and Q and A session was honest and replete with inspirational information. In an age where we see too many self-praising, blus-

tering professional athletes in the media, Russell Wilson was a tremendous example of a positive role model. This guy has paid the price to be great and is quick to point out how grateful and blessed his life has become. Way to go to Russell Wilson!

WIAA COACHES SCHOOL

Each summer, for 10 plus years, the WIAA has presented a weekend coaches clinic. Coach Jim Meyerhoff is the “boss” and it has most recently been held in Yakima. Jim really works hard on assembling quality speakers and producing a multi-faceted schedule. The Coaches School addresses all manner of coaching approaches, techniques, philosophies and legal responsibilities. In addition it covers fitness training, nutrition, psychological concepts and sport specific sessions. I have been honored to be speaking at this event for many years and I am always struck by the collegiality at this clinic. The coaches, from sooooo many sports and back rounds all share a desire to improve their delivery and foster professionalism. They recognize that coaches need to be lifetime learners. I sense that all of the speakers thematically keep an eye on what is best for kids. Our athletes deserve strong “teachers” of our games who strive to constantly improve our craft. I suggest you keep an eye out for the Coaches School in 2014 as well as the mini-schools the WIAA offers throughout the year. All of us can benefit from attending!

Continued on page 26

“...STILL A GEM!”

Golfers and coaches...a quick update and report. Desert Canyon in Orondo is still an awesome golfing experience. I just returned from playing Desert Canyon with Coach Jim Hardy (Franklin HS) and Coach Tim Okamura (Mercer Island HS) It is in great condition, offers spectacular views and is still one of the toughest in the Northwest. The rumors of it “going under” again seem to be unfounded. Do not miss the chance to try your game at Desert Canyon.

LA CROSSE!

Ha! I get a chance to intelligently discuss La Crosse here in Washington. The game itself is wonderful to watch! Lots of athleticism, speed, a measure of toughness, and a willingness to be a “team” player all are evident when you watch the game. Girls and boys all play and it claims to be growing here in King County.

Professionally, I have a great disdain for how these non-recognized “club” teams do business. Since there are no regulations or sanctions, they play games in the fall, have winter

practices, and compete in the spring. They hold “State Championships” where there are very, very few teams in the “State”. Considering how hard we all work to follow the WIAA guidelines, it is disturbing when the perception of our public is reflected in the query: “Why aren’t you working as hard as the La Crosse programs?” Since we have zero La Crosse culture in Washington, where are the coaches (experts?) getting their credentials? Certainly we all agree that you do not have to be a great player to be a great coach...but, c’mon!!

The WIAA Representative assembly has fielded sporadic appeals for sanction, but has cited start-up costs and field usage as reasons for denial. I hope that the WIAA is doing their homework on this issue. Here’s to hoping that we either get La Crosse under the auspice of the WIAA, following the rules, or desist in labeling it as a “school sport”.

...A GREAT READ FOR COACHES

The Talent Code by Daniel Coyle.
This is a slim, well written look at how

people all over the world develop exceptional talent. The author addresses athletes and non-athletes who excel in their fields. He proposes a curious formula that combines science and what he describes as “Deep Practice”.

ATHLETIC DIRECTOR’S HALL OF FAME?

Coaches from all sports know the critical importance of athletic directors in our schools. We find ourselves praising their work most of the time...at least recognizing the difficult aspects of their jobs. However we view AD’s, it is time to create a lasting format whereby we can honor them. Is there a way that we could create a H of F for AD’s? The challenge is to agree on criteria and nomination/acceptance format. I place this idea out there for our retired AND working AD’s to make this happen. Perhaps contact Jerry Parrish for advice on how to make the “start up”.

3 and out Baby....

“Ego sum valide, tamen ego mos superstes.” ■



Hearing their final whistle...

To honor the passing of coaches from our membership, this column will serve as a means to share our respects. If you know of a coach who has passed and wish to have this information placed in our magazine, please send the information to wsc-editor@comcast.net.

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ON THE SIDELINE NOMINATION FORM

The WSCA needs your help! If you know 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. Your nominee will then be contacted to obtain additional information.

Nominee's Name _____

Home/School Address _____

City _____ Zip _____

Current teaching/coaching location _____

Send this form to Mike Schick at:
2110 Richardson Drive, Puyallup, WA 98371 or email information to wsc-editor@comcast.net

Thank you for your efforts

Past Burnett-Ennis Scholarship Winners
"Where Are They Now"?



Tip and McKell Wonhoff, son and daughter of Greg and Sherrie Wonhoff, are both graduates of Willapa Valley High School and St. Martin's University. Previous Burnett-Ennis Scholarship recipients, Tip ('03) graduated from the University of Washington School of Law and is currently serving as a clerk for the Ninth District Courts of Appeals in Tacoma. McKell ('06) is in her third year of teaching 5th grade in the Raymond School District.

Travis Todd, the son of Bruce Todd (Odessa High School) and a 2008 recipient of the Burnett-Ennis scholarship, attended Whitworth University where he played football for the Pirates all four years and was a two year starter at offensive guard. As a senior, Travis was voted "Most Inspirational" by his teammates for the 2011 season. He graduated in 2012 with a degree in Elementary Education and is currently teaching 5th grade in Brewster. Travis is also coaching high school and middle school football for the Bears.

A 1996 recipient of the Burnett-Ennis scholarship, **Harlan Jeff Jack-**

son is a pilot for Alaska Airlines and lives in Vancouver, Washington with his wife and daughter. He is the son of Harlan Jackson.

Jeff Allen, son of Coach Stephanie Tucci – Morton, graduated from WSU with a communications degree in 2011 and served as the sports editor of the WSU Daily Evergreen. Jeff is currently in his first year of law school at Seattle University with an emphasis on sports law.

The Washington State Coaches Association is seeking information on all past Burnett-Ennis Scholarship winners

"WHERE ARE THEY NOW?"

Please complete and mail to Jerry Parrish, 18468 8th Ave NE Poulsbo WA 98370 or email to jparrish@donobi.net

Name _____ Parent-Coach _____

Year Scholarship Awarded _____

Brief summary of scholarship recipient's status _____

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