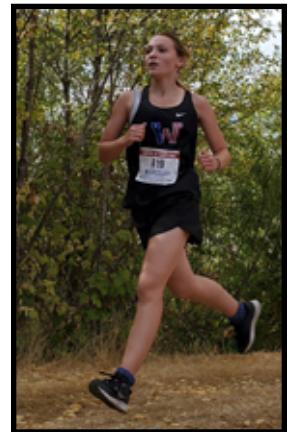


THE WASHINGTON GOACH

OFFICIAL PUBLICATION OF THE WASHINGTON STATE COACHES ASSOCIATION



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- Track & Field - Kevin Eager, Gig Harbor
- Volleyball - Suzanne Marble, LaConner
- Wrestling - Brett Lucas, Todd Beamer

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WASHINGTON STATE

COACHES ASSOCIATION

A WASHINGTON STATE NON-PROFIT ORGANIZATION

Our Mission

The mission of the Washington State Coaches Association is to support its membership by creating educational opportunities through sport specific clinics, provide resources which enhance the highest possible knowledge, standards and ethics in the coaching profession and to recognize and celebrate excellence of our membership, their families, teams and players.

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From the Editor

The articles in *The Washington Coach* do not necessarily represent the views of the Washington State Coaches Association. We publish articles of varied opinions and perspectives to encourage thought and discussion. If you read an article in our magazine with which you do not agree, we encourage you to write an article presenting your ideas and insights.

Presidents Message

Darrell Olson

Fall/Winter 2021-'22

Fellow WSCA Coaches,

At long last, we had a 'normal' fall sports season!! How good did it feel to be back doing what we do? Fall sports were in full swing, crowds returned, the bands returned, the lights at our stadiums were on, and high school kids were being high school kids again. We made it and now it's 'full speed ahead' into our busy winter sports season.

And I know we can't get too comfortable.....yet. Things can change and we all know that. Mick Hoffman and his WIAA team want nothing more than all sports season's to be as normal as possible and get regular and post season events completed without interruptions. We, as coaches, will move forward. If we need to pivot at some point during our season, we pivot, we adapt, we do what we do best and that is adjust the game plan if needed.

Though we have had major interruptions the last couple of years, the work of the WSCA has continued to move forward. We were not shuttered. Our business moved on. Bills were paid on time and our membership continued to be active. We took a significant hit to our finances last year because of COVID. Our Executive Board amended the budget and because of rules we have in place regarding a financial "safety net", we finished the fiscal year 2020-'21 in the black. Our liability insurance remains intact and unchanged. We anticipate membership growth to return to pre-pandemic levels.

January is the time of year where the WIAA Amendment process begins, with potential administrative and rules changes to various sports. **Coaches need to get involved in this process!** Don't be an outsider and get sideswiped by some rule change that you were not informed about. Every year there are a number of rule changes to how our sports are governed. These changes are a result of various bodies in our state thinking their proposed rule changes will benefit the sport. Sometimes they are right.....sometimes they are wrong. This is why we, you, us as coaches need to be informed on what changes are being talked about state-wide and proposed through the amendment process. Log onto the WIAA website and take a look at all the Amendments being proposed that will take effect next school year and sit down with your athletic director or principal and have a conversation with them if there are amendments you have concerns about.

A reminder to all ISA rep's: if you are planning a coaches clinic this school year, now is the time to get your clock hour paperwork sent into Pat Fitterer, WSCA Clock Hour Administrator, for clinic clock hour approval. All fee's collected at any of your clinics will stay with your sport, provided you have completed and submitted for approval, the proper paperwork. You can find the necessary clock hour forms on our website with instructions and timelines to submit to the Exec Board. The WSCA offers this 'perk' to all sport organizations and is a great way to do some fundraising for your individual sport. I would highly recommend all ISA's look into this. It will be the WSCA Executive Board that will ultimately authorize or deny clock hours for your clinic. **You need to plan ahead!** This process will take some time. If your sport group is planning to offer a clinic this school year or next summer, you need to move on this asap. Our Executive Board meets the second Monday in Dec. and the last Monday in March.

Coaches, don't forget your sports specific 'rules clinic'. This is a WIAA requirement. Winter sports rules clinic deadline is Dec. 10; Spring sports rules clinic deadline is March 18.

I want to personally encourage all coaches to get involved and get off the sidelines. Make a contribution to your sport specific organization in 2021-'22. Ask how you can help.

The Executive Board is always open to suggestions to better improve our WSCA. The Exec Board is a strong group of coaches with depth of experience's and a wide variety of coaching backgrounds. They serve as advocates for all middle school and high school athletic programs and support all coaches working with our young athletes.

Good luck this winter sports season.

Keep the head down,

Darrell Olson, President





How's the Weather Alex?

This past summer, one of our favorite people packed up and moved South to the sun and grandkids. Bill "Alex" Alexander and his wife Jan loaded cars, moving vans and just about anything that had wheels with a lifetime of household items, Quincy HS, Earl Barden and WSCA clothing and tons of great memories landing in Casa Grande, Arizona.

We are not sure how one of the biggest Seahawk fans of all times was greeted in the land of the Arizona Cardinals, but knowing Alex, he will be able to recruit some new Hawk supporters with his charm, wit and unequaled ability to talk folks into his way of seeing the world.



Alex will be missed by many. Those in Quincy have had Alex available for anything from helping at athletic events to meeting for lunch.

He may be missed most by us in the WSCA. Alex is a passionate voice for our association, coaches and student athletes. We are comforted in knowing Alex will always be a phone call, text or email away from sharing his unique and valuable insight.



So Alex, enjoy putting up your holiday tree (on the left), enjoy the sun as the rest of us deal with rain, snow, ice, cold, wind etc. We will think of you often. You have left the state, but you will always be in our thoughts and heart. Thank you for all you have done for all of us. ■



Washington State Coaches Association

- Eligible to coach in sanctioned WSCA all-state games. WIAA will only authorize WSCA sanctioned All-State events.
- Receive reduced fees at WSCA sponsored coaches clinics and WIAA clock hours toward coaches education certification and/or salary placement
- Honor member coaches for their coaching achievements through our Career Recognition and Lifetime Achievement programs.
- Provide reimbursement to each Individual Sport Association for enrollment in the WSCA.

For registration information please visit:
washcoach.net

Why Should I Become A Member?

This \$40 question is asked by many coaches in our state. The first answer is that the WSCA is a professional organization for Washington State high school & middle level school coaches. *We exist to support your efforts as a coach.*

- Professional education and training, to earn clock hours and coaching education hours.
- Availability of a pass, using your membership card, for entry into **ALL** WIAA state tournaments, **ALL** regional tournaments, and **ALL** district tournament games, state wide!
- **Liability Insurance coverage of \$1 million** for our membership while working a scheduled, sanctioned and supervised WIAA sport or event.
- An opportunity for your son or daughter to apply for WSCA scholarships. (i.e. **Burnett-Ennis, Terry Ennis, Student Teaching**).
- Eligibility for your sports' **Hall of Fame and Coach of the Year** recognition.

OTHER BENEFITS:

- Coordination with the state governing association (WIAA).
- Input through the Individual Sport Association Representatives into the WSCA.
- By becoming a member of the WSCA, you are taking a proactive approach to working on issues facing our coaching profession.

SCAN HERE



IS THIS THE NEW NORMAL?

Steve Bridge
Clear Risk Solutions



Several months ago, I was thinking of writing an article on all we have learned from the attack on our normal way of living by the Covid 19 virus. Since then, there have been several people with the same thought and there have been several articles written sharing their thoughts on the subject including a wonderful piece written by Dr. Karissa Niehoff in the April edition of the National Federation Magazine. In this article she highlights the Mental and Emotional Health of Students by referencing the study done by the University of Wisconsin School of Medicine. Although this study presented solid information on the welfare of our students and the need for school activities, several states through their Department of Health officials continued to emphasize safety by limiting participation in interscholastic athletics. As we approach the end (lets hope) of this pandemic, I would like to add a few other suggestions on what can be learned from the past nearly year and a half.

As we know, the class of 2020-21 lost a great deal of their senior year due to the shutdowns but I think we need to take a look at what they did get instead of what was missed. A great deal of appreciation needs to be given to the WIAA and all of its staff and to the WSSAAA (Washington State Secondary

Athletic Administrators Association) for all have done to provide kids the opportunity to participate. The creation of WSSAAA Wednesday provided a great opportunity for Jeff Lowell (Bellevue School District), Dave Tikker, WSSAAA Executive Director, Eric Titus, Anacortes School District and WSSAAA President and Cole Kayner, Ellensburg School District to assist the WIAA in providing transparency and factual information to AD's willing to take some time on Wednesday mornings and keep up to date on the ever changing environment of athletic opportunities during the shut down time.

Prior to November and December of 2021, not many of us really believed there would even be seasons for our kids this school year but through continuous work and a huge commitment on the part of many, season, opportunities were provided. A great deal of credit also needs to go the leagues and coaches' associations for compromises that were made and adjustments made to provide these opportunities. As challenging as it was, Mick Hoffman and his staff continued to battle through political obstacles to make athletics a reality. At every opportunity, it seemed Mick and his staff were promoting a variety of suggestions on lengths of seasons, change of seasons, state or regional play-offs, limiting of

travel, temporary changes in leagues arrangements, anything to make something work.

When season began, there were a number of restrictions by school districts on issues ranging from number of fans to participant testing. I, like many others, began to resent these restrictions as we believed the schools were being over protective and more viewers be allowed to attend games, especially those being conducted in-doors. I remember Mick saying in one of the WSSAAA Wednesdays "our number one goal was providing students the opportunity to play, now the pressure is coming from parents to let them attend games and watch their kids play." That comment really made me think as I had two granddaughters playing volleyball and the feeling of resentment was setting in. But I began to realize, who is this about? My resentment was centered around "How we always have done things." But this was the "New Normal" and if we were truly focused on opportunities for kids, were we as spectators focused on our entitlement or on kids getting to play?

Another issue was about post season play and the lack of opportunities for State Play-offs. Seeing seasons end with regional competitions was frustrating for so many because we are all accustomed to State Tournaments and watching kids compete at the highest level to determine the overall "Best in the State." Well, this year it was who was best in your league or region and though play-offs were limited at least they were available. I will always look back and ask the question "what if" my granddaughter (Senior) could have participated in the State Track meet, how would she have finished? Well, she didn't and I'm not sure who was bothered by that more, me or her?

One huge concern that has become very clear during the past few months has been the what is termed as the "Gap" between the have and the have nots in our State. While attending the AD State Conference, I attended a

continued on page 6

break out session titled "Tough Conversations, Building Relationships, and Overcoming the Fear to Lead." The presenters were Suzanne Vick (Curtis), Russ Waterman, (Eastmont) and Johnny Lee (Wilson, Tacoma). One of the issues brought up was the opportunities some kids had and those denied to others because of financial status. This topic really resonates with me as I think we have seen this trend for several years. Seeing schools who either through booster clubs, ambitious coaches or in some cases sponsors promote certain programs by providing financial support to players and teams in select out of season programs. As a result, the gap between those schools and players and the ones who cannot provide these options is widening. Without getting into the issue between public and private, were private schools, in some cases, allowed to provide more opportunities for kids than public? We saw dozens of kids leave our State to participate in other states near them and play a full schedule, and if they chose, to come back to our state and participate in a second season. We see select teams with parents spending thousands of dollars traveling throughout the country and play in tournaments where competition was allowed. The majority of those kids will come back to their local schools, where many of their kids participated in these select teams, and be very successful. Those that do not have that opportunity will compete on teams that simply will not be nearly as successful. I realize this issue has gone on for several years but it seems the pandemic may have brought this issue to the forefront. ■

SOCCER Hall of Fame

Strange times. Referee shortage. Mandates. A gap in experience. Programs having to be restarted and rebuilt. Unfamiliar Leagues and Seasons. Watching nearby states proceed as normal. What a frustrating circus the last few years have been!



We are so happy to be getting back to our expected seasons and leagues! While we are not 100% back to what we expect, it is nice to be getting close. Congratulations to all the teams and coaches who have advanced to the postseason and claimed trophies. We hope that with that success and disappointment, our athletes have been reminded that there is a real world outside of their phones where we still get to enjoy the joy and lessons from both Winning and Losing. Thank goodness for Athletics!

We would like to recognize our two coaches of the year.



Matt Potter - Pasco Boys

13 Years - Pasco HS
5 Years - Eastside Catholic HS

Pasco: 188 wins - 58 losses
 2018 State Champions
 2009, 2017 2nd in State
 2009, 2010, 2015, 2016, 2017, 2018, 2019 State Quarterfinalists
 2008, 2009, 2010, 2011, 2015, 2016, 2017, 2018, 2019 State Qualifiers
 2008, 2009, 2015, 2016, 2017, 2018 Big 9/MCC League Champions
 2010, 2015, 2016, 2017 Big 9/MCC Coach of the Year
 2015, 2017 All Area Coach of the Year
 2018 Washington State Coach of the Year

Eastside Catholic: 56-34-14
 2006 State Quarterfinalists
 2006, 2007 State Qualifiers
 2006 Metro League Champions
 2006 Metro League Coach of the Year

Statement about the ways you have been an advocate for the High School Game:

We advocate for every student to get involved in any and all activities they enjoy. We are fortunate to be able to work with 3 full teams of student athletes each year. The high school game is a unique opportunity for students to play in front of their peers and community. It offers the chance for them to take on leadership roles they may not have in other arenas, a chance to build new relationships, and experience being a part of something larger than themselves. Each spring we offer a \$10 soccer camp for local grade school students coached by our high school players. We have also recently partnered with our girls program and the local YMCA to offer a summer soccer camp for grade school students throughout the Tri-City area. Both camps fill up quickly and one of the highlights of the year is seeing the high schoolers sharing their knowl-

SOCCER Hall of Fame

edge and love of the game with the young ones. We make a point to have as many alumni as possible come back each spring to speak with our teams about the importance of education, what they wished they knew or did differently when they were in high school, and how to make the best of their experience within the program.

Create a statement about the role you have played in the transition of your players to the collegiate level:

Our goal is to help our guys prepare for whatever lies ahead. We want to push them to grow as people and as players. The hard work, time, sacrifice, challenges, and joys they experience playing high school soccer are an important part of their growth as young adults. The experiences they have through the soccer program help to teach them many of life's important lessons in a learning environment not easily replicated in other settings.

We have been fortunate to see over 60+ of our players go on to play at the collegiate level and, more importantly, countless grow to be adults giving back to their communities in a wide variety of ways.



Dennis Tronson - Cashmere Girls

25th Season as Head Coach

17 Trips to State, 5 Final Four's, 11 District Titles, 17 League Titles (1A & 2A) Overall Record: 378-84-2, 2012 1A Girls Coach of the Year, NSCAA Washington Girls Coach of the Year. 7 times League Coach of the Year (1A CTL and 2A CWAC)

Statement about the ways you have been an advocate for the High School Game:

I have served as a representative to the WIAA rules Committee and ways to improve High School Soccer in Washington. I am currently the District 6 representative for 1A Girls Soccer. I have voiced my concern and desires at 5 NSCAA National Conventions as to the different ways to grow the High School Game. I continue to contact both Men's and Women's Coaches across the nation about how they might be missing some of the best players who are not playing high level club but high school soccer. I point out that there are great players who only play high school soccer.



Create a statement about the role you have played in the transition of your players to the collegiate level:

My goal as a Head High School is to work with players that have the ability and desire to Play in college to find the right fit for them both as player and student. I put forth the same amount of effort in this process no matter what level he or she desires to play from JC to D1. I reach out to each school that a player has made the first contact with to give the college coach a clear understanding of these players strengths and areas that need to be developed.

I also promise any player of mine that plays for a college level team that I will come and watch them play at some point during their college career. I have never missed a player at the next level no matter where they are playing West Coast, Midwest or East Coast. I also made a point of talking with the Head coach of the college program to express my gratitude that they gave a high school player from my school the chance to play for their School.

I feel the greatest honor is that I get to continue to Coach High School Soccer and develop young men and women into outstanding individuals. The best comment from a former player was, "Thanks coach for all you taught me about the game of life" This is why I coach! ■

Hearing their final whistle...



Coach **GARY OSBORNE**



Gary Michael Osborne October 30th 1957-July 8th 2021 Gary Michael Osborne passed away at the age of 63 surrounded by family on July 8th, 2021. Gary had struggled with various heart conditions and complications for the past 7 years, but ultimately passed due to a hemorrhagic stroke.

Gary was born October 30th, 1957, to James and Beverly. He credits his parents for helping him develop his interest and eye for photography and creativity. Gary attended University Place Schools, and it was here that he found that "everyone you meet is a friend for life." He had a successful track career at Curtis High School as a sprinter where he was respected for his speed at the state level. Gary remained an active athlete into his late 50's. He had a love for running, cycling, weekly pick-up basketball at All Saints Church, being pitcher of his softball team for over a decade, and of course, motorcycle racing.

Gary attended Washington State University (Go Cougs!). Gary thrived at WSU and took every opportunity to

develop his talents to edit, direct, and produce top quality video productions. He graduated from WSU in 1983 with a Bachelor's Degree in Communication with an emphasis in Broadcast Journalism. Gary became a Special Olympics coach for basketball, as well as track and field. It was while working with these athletes that he knew his true calling was teaching and coaching. Gary earned his Master's Degree in Education from Pacific Lutheran University in 1995. Gary's first teaching job was in a special education classroom for students with multiple disabilities. He was in his element using his creativity with technology to help non-verbal students learn skills to communicate their needs.

When Emerald Ridge High School opened in 2000 – Gary was hired to develop and lead their Video Production Program. He was proud of his status as a "founding father" of ERHS.

Gary was a legendary coach who taught many athletes at all levels: youth recreation, Special Olympics, junior high school, senior high school,

and Junior Olympics. His passion was for track/field and cross country. He believed that every athlete possessed amazing potential. His workouts were designed with care, ensuring each athlete grew and thrived and each team was "family" and bonded in fun and special ways. Gary's work ethic, humor, and loving spirit was contagious and all his athletes matured not only physically but in developing deeper their grit, tenacity, and caring for others. We are fiercely proud of his dedication to his coaching and athletes.

Gary was a deeply loved husband, father, son, brother, grandfather, and uncle. Gary leaves behind his wife of 36 years, Karrie, his children Heidi (Nate) Wetterauer, and Kyler (Katey) Osborne, grandson Alex Wetterauer, his mother, Bev Osborne and sister Gail (Jim) Justin, mother-in-law Arliss Burns and Aunt Rachel Osborne. ■



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Contact Michael H. Schick, Editor "The Washington Coach"

Email: wsca-editor@comcast.net; Cell phone: 253-318-9432



Share a Coaching Tip

Do you have a coaching tip to share with the readers of "The Washington Coach"?

Send your tip or tidbit to wsca-editor@comcast.net

EARL BARDEN 2A-1A-B ALL STATE CLASSIC

For the previous two summers, the Selection Committee for the Earl Barden 2A-1A-B All State Classic had to make the tough and unpopular decision to cancel the 26th edition of the game. The summer of 2022 is a different story and the game will go on! Coaches and Gofers will report to Yakima on Monday June 20th and players will report on Tuesday June 21st with the Classic being played at East Valley High School in Earl Barden Stadium on Saturday June 25th at 1:00 PM.

Teams and leagues have gone on for the most part as normal and the sounds of pads popping has been a welcomed addition to the fall season. Selection for the teams will happen for the West and the East on Saturday February 5th with the West selecting at Sparks Stadium in Puyallup and the East selecting at East Valley High School. Teams will be solidified and announced near the end of March 2022.



Coaching staffs for each have been selected and are as follows:

West

Head Coach- Jeff Weible- North Kitsap HS
Assistant Coach- Dave Snyder- North Kitsap HS
Assistant Coach- Chris Richardson- North Kitsap HS
Assistant Coach- Mike Christensen- Toledo HS

East

Head Coach- Wiley Alred- Royal City HS
Assistant Coach- Jeremy Scroggins- Royal City HS
Assistant Coach- Wayne Riner- Connell HS
Aaron Cochran- Goldendale HS

We are stoked for the return of our event and to showcase the talent of the small school football players in our state! Find us on our website at earlbardenclassic.com, on Facebook at Earl Barden 2A-1A-B All State Classic and Twitter at @EarlBarden.

Mark Mochel
Chairman/East Coordinator
Earl Barden 2A-1A-B All State Classic ■

Washington Coaches Who Made an Impact on my Life

by Lane C Dowell



We continually learn from each other, no matter what the sport or the level of play. When we stop learning, it is time to hang it up.

Over the decades, the coaches pictured here plied their trade in a wide number of sports for many schools. These heroes are a portion of many who have touched my life.

Some of these coaches are no longer with us in body but are ever present in mind and heart. Some win championships and develop a reputation as one who wins games. Others work just as hard and have the same respect. A number have been elected to one or more hall of fames for their chosen specialties.

We do the best we can to master the basics of teaching our sport. We lay it on the line for our student/athletes. We all impact youngsters to the point where they will NEVER forget the lessons we dole out. Some bred offspring who now walk in their shoes.

I feel so honored and always will when someone addresses me as "Coach". THANKS FOR THE MEMORIES! We learn so much from each other.

Chuck Semancik RIP - School: *Abdeen, Bremerton, West High/Bremerton.* **Sport:** *Football, Wrestling.* No one was more of a mentor for me...Mental Toughness PERSONIFIED. 'We Were Really Tough'. 210-114-18 record. He

believed sports was a way of keeping kids in school and was able to encourage them to play at their highest level. Kitsap HOF 2005. Washington State HOF. Semancik Victory Park created at Bremerton High Memorial Stadium.

Tuck Gionet RIP - School: *Snohomish.* **Sport:** *Football, Field & Track, Lacrosse.* Great coach and organizer. Listened and acted for the betterment of his sport. Instigated Eason Invitational in 1989. Molded the WSTFCA and created their annual convention. Loved the Hammer and saw what it could do for the kids & the sport. Initiated the Meet of Champions - Washington vs Oregon Field & Track. Washington State HOF 2015. Snohomish High School HOF 2017.

Al Smith RIP - School: *West High/Bremerton, Bremerton.* **Sport:** *Athletic Trainer.* First Certified Athletic Trainer in Washington state prep history. Indiana University Grad-worked with Mark Spitz. Volunteered his services to all Kitsap County athletes. Credited for saving three Bremerton athletes' lives. Kitsap HOF 2001.

Les Eathorne RIP - School: *Camas, East High/Bremerton, Bremerton, Olympic/Bremerton.* **Sport:** *Basketball, Athletic Director.* Only Basketball Coach

at Bremerton's East High in its 22-year existence. Basketball powerhouse - Won two State Basketball titles...almost three. 317-174 record. Washington State HOF. Kitsap HOF 2005. National Athletic Director of the Year 1976.

Tony Boddie - School: *Bremerton.* **Sport:** *Football.* Gives back to his school/Bremerton as a volunteer football assistant coach and motivational speaker. He set rushing records at Montana State. Co-Captain Denver Broncos at Super Bowl XXII. USFL LA Express - Outgained Herschel Walker/New Jersey Generals on the first televised game. Kitsap HOF 2006.

Frank Kidrick RIP - School: *Bremerton Community Youth Sports.* **Sport:** *Football, Basketball, Baseball.* The Father of Warren Ave Pee Wees from 1941 to 1986. Recipient of the Golden Acorn Award for service to youth and was inducted into the Kitsap Old Timers HOF 1994.

Doug Smith - School: *Olympic High/Bremerton.* **Sport:** *Football.* Knowledgeable and attention to detail with excellent communication to both coaches and athletes. 1983-1986 Olympic League record 35-1, still holding. Kitsap HOF 2018. Father of NFL QB Alex Smith.

Ron Jones - School: *Quinault, Vashon, Columbia/White Salmon. Sport:* *Basketball, Track & Field, Cross Country.* JV Basketball at B level. Created Girls Basketball program at Vashon and White Salmon. White Salmon first ever in AA Tournament - 5th place.

Bob Summers - School: *Mabton, Tolt-Carnation (now Cedercrest-Duval), Seattle Christian, Olympic College/Bremerton. Sport:* *Track & Field, Cross Country.* Organized an effort for Mabton's dirt track to be built into a six-lane showcase for smaller schools at a total of \$400. Washington State HOF.

Ed Fisher - School: *South Kitsap/Port Orchard, North Central/Spokane, East Valley High/Spokane. Sport:* *Football, Activities Coordinator.* South Kitsap Wolves for 23 years: 197-48 record. 17 playoffs - 1994 State AAA Championship. South Kitsap's Athletic Field named Ed Fisher Field. Washington State HOF. Seattle Times honored him as one of the top five coaches in Washington High School Football history.

Paula Everdell-Brown - School: *Bethel High/Spanaway. Sport:* *Field & Track, USATF Master Official.* Head Long Jump Official 1996 Olympics, Atlanta. Head Long Jump Official at numerous World Masters Championship Games.

Jerry Parrish - School: *Colfax, Pilchuck, North Kitsap/Poulsbo. Sport:* *Football.* Always a battle playing Coach P's NK Vikings. 208-146-4 record. Officially retired in 2004 (32 years), however, you may still see him at NK granting "Whisper Time" to the Offensive Line. A role model for our young coaches. Always eager to help. Kitsap HOF 2006. Washington State HOF. Everett CC 1954 Football Championship & Football HOF. The glue that holds the WSCA together.

Bob Sheedy - School: *Port Angeles. Sport:* *Cross Country, Track & Field.*

Initiated Girls Cross Country program at Port Angeles. 40 years success combined Boys and Girls Cross Country. 30 CC County League Championships and 8 state titles. A great coach and phenomenal athlete even on the Masters/Senior level. Washington State HOF. Port Angeles Roughrider HOF

Rick Walker - School: *Kings West/Crosspoint Academy/Bremerton. Sport:* *Basketball.* Tutors all youth-age groups - Created Sports Beyond with youth basketball camps, leagues, and tournaments. High School All-American at East High/Bremerton. Kitsap County's Basketball Athlete of the Century. Helped lead the East Knights to consecutive state titles and the University of Puget Sound to a national title. Kitsap HOF 2006.

Mark Keel - School: *Central Kitsap/Silverdale. Sport:* *Football, Field & Track.* A winning coach, as solid as they come. Consistent 3A playoff contender. USFL Arizona Wranglers. NFL stretch included Boston Patriots, Seattle Seahawks, Kansas City Chiefs, Green Bay Packers. Olympic College Athletes HOF (Triple Jump still a record). Kitsap HOF 2018.

Mark Kerr - School: *Bremerton, Sehome/Bellingham. Sport:* *Cross Country, Track & Field.* 11 State Cross Country titles (Boys) & 10 State titles (Girls) at Sehome. State title athletes cut Kerr's hair when they receive the State Championship. Creative teacher in the classroom. Marathon runner Jake Riley made the 2020/21 USA Olympic team in Tokyo.

Phil Pugh - School: *North Mason/Belfair. Sport:* *Football, Track & Field, Cross Country.* 27 years coaching football in two different stints with career record of 162-107. 1A State Football Championship. Belfair's North Mason High School Stadium now called Phil Pugh Stadium. Kitsap Sports HOF 2010. Washington State HOF

Marty Osborn - School: *Olympic High/Bremerton, Mount Rainier/Des Moines, Kentridge/Kent. Sport:* *Football, Athletic Director.* Mount Rainier State Football Championship. 26 years as Kentridge Head Football Coach - Six league titles and 14 playoff appearances. Focused on the importance of athletes developing into fine citizens. Kitsap HOF 2008. Washington State HOF.

Dan Dittmer - School: *Bremerton, Olympic College/Bremerton, North Mason/Belfair, Kings West (now Crosspoint Academy)/Bremerton. Sport:* *Cross Country, Track & Field - all sports except Golf & Lacrosse.* You name it and he'll coach it well - 50 years and still running. Resurrected the Olympic College T&F program. Initiated T&F at Bremerton's Kings West when they had no facility.

Chuck Bowden - School: *Central Valley/Veradale-Spokane. Sport:* *Field & Track, Football.* Former President and still active in the WSTFCA as Counselor and HOF Coordinator. Organized with a positive impact - When Chuck speaks, people listen.

Leigh Ann Charlston - School: *Bainbridge, Lower Columbia CC/Longview, Prairie Elementary/Yelm. Sport:* *Basketball, Elementary PE.* Won back-to-back state titles in Girls Basketball during her 4-year run at Bainbridge High School (87-15 record). Seattle Times and Kitsap Sun honored her with Coach of the Year title. Kitsap HOF 2007.

Don Egge - School: *Hoquiam. Sport:* *Football.* Great Hoquiam mentor and athlete. Only two years as Head Coach. I considered him an early-in-life mentor. His football library was fantastic and his great organizational skills and emphasis on mental toughness motivated me to follow in his shoes.

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Cathana Butler - School: *Bremerton.* **Sport:** *PE, Weight Training.* You name it, she could coach it. A top level fastpitch player in Bremerton and Yakima. Featured in Sports Illustrated "Faces in the Crowd". She became a volunteer personal trainer for many students in her PE classes. Kitsap HOF 1997

Dwight Midles - School: *Personal Trainer/Coach, St Martin's University/Lacey.* **Sport:** *Hammer, Indoor Weights.* Created the Washington State High School Hammer Championships in 2001. The Hammer has provided more college scholarships than any other single event in Field & Track. Coached numerous All-Americans. Midles was also All-American in the Hammer Throw at WSU. Best Male Field Event Athlete in Thurston County. Placed 7th in the 1980 Olympic Trials and then U.S. boycotted Moscow Olympics.

Bob Izzi - School: *Mission San Jose/Fremont, Montesano, West High/Bremerton, Bremerton.* **Sport:** *Football, Baseball, Soccer, Cross Country.* A U.S. Marine turned football coach. Head Football Coach at Montesano. Head Baseball & Cross Country Coach plus initiated Soccer at West High/Bremerton. Fellow football coach in Fremont introduced him to creating pottery and now owns Guillemot Cove Pottery in Seabeck.

Kelsey Anchors - School: *North Valley/Grants Pass OR, Ridgefield.* **Sport:** *Softball/Fast Pitch, Baseball, Basketball.* Top defensive softball fielder for Oklahoma State all four years. Women's College World Series. First ever female coach for an Oregon high school boys baseball team. Currently Head Softball Coach for Ridgefield Spudders.

John Freeman - School: *Olympic/Bremerton, Bremerton.* **Sport:** *Football, Strength & Conditioning Coach.* None Better. Great teacher of mental

toughness. Developed his strength conditioning program from his Raymond Football Coach and interning at Oregon, Washington, and Idaho. Worked with Bree Schaaf, U.S. Olympic Bobsledder and Larry Dixon, All-State Football athlete. Washington State Physical Education Instructor of the Year.

Chris Thorsen - School: *West High/Bremerton, Olympic/Bremerton.* **Sport:** *Football.* 3-Sport Athlete at Central Kitsap High School – Still holds records in BB (42 points in one game) and T&F. Hired by Semancik for West/Bremerton football. Transferred to Central Kitsap District to help create the new Olympic High School as a teacher and coach. Key cog of Coach Doug Smith's record-setting football staff. Kitsap HOF 2013.

Bob Becker - School: *West High/Bremerton, Bremerton.* **Sport:** *Gymnastics, Cross Country, Track & Field, Orienteering (running with navigation).* USATF Official. Picked up gymnastics' rules and coaching techniques from the nationally powered UW Husky program while he was working toward a teaching degree. His West High and Bremerton teams became a state power in Boys Gymnastics for 20 years. Chaired and hosted Olympic League Cross Country Championships with state champions in both CC & T&F.

Greg Chapman - School: *Olympic/Bremerton.* **Sport:** *Track & Field, Cross Country, Soccer.* Ran the Pike's Peak Ascent, America's Ultimate Challenge in 1971. "Mr. Track" created Race Directions in 1981 staging over 1,000 Northwest Road Races in his career. Cross country league championships, boys and girls combined T&F league championships, and in 2014, the first state T&F State Title for Kitsap County schools in 64 years.

Chuck Huhta RIP - School: *West High/Bremerton, Bremerton.* **Sport:** *Golf, Football, Girls Basketball.* Coached Golf for 21 years. Olympic League Title

in 1998/99 sending 3 golfers to State. Possessed over 6,000 logo golf balls and made his hole-in-one in 2004.

Field Ryan RIP - School: *South Kitsap/Port Orchard, West High/Bremerton.* **Sport:** *Cross Country, Track & Field, Basketball, Gymnastics.* A Kitsap County trailblazer for long distance running and a founder of the Kitsap Track Club. On numerous civic committees to beautify the county from a runner's view. Competed on the US Masters Distance Running team internationally and ran the Athens Marathon, recognized as the original Greek course. Kitsap HOF 2010.

Ron Vehrs - School: *East High/Bremerton.* **Sport:** *Track & Field, Cross Country.* "Rocket Ron" - In 15 seasons, his teams won 53 of 61 dual meets and 13 Olympic League titles. He created the Cross Country program at East and led the Knights to a second-place state finish in 1972. Kitsap HOF 2009. Washington State HOF 2018.

Lloyd Pugh - School: *South Kitsap/Port Orchard, Bremerton, Olympic College/Bremerton.* **Sport:** *Track & Field.* Head T&F Coach at South for 27 years and then head coach at Bremerton for another 13 years. He went onto Olympic College to expand their T&F team. Pugh originated the South Kitsap Invitational and the Bremerton Relay Classic. The 1,600 - the Lloyd Pugh Mile - at the SK Invitational honors him. He and wife/Mary were involved with the Port Orchard youth T&F program for many years. Kitsap HOF 2008. Washington State HOF.

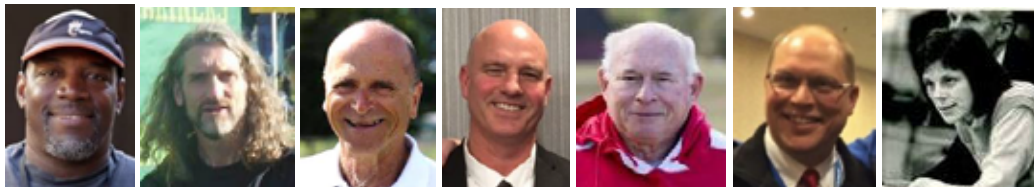
Bob Lawson RIP - School: *Aberdeen, USC/LA, UO/Eugene, UK/Lawrence KS, ISU/Ames IA, UW/Parkside WI, US Naval Academy, Annapolis MD. & then International Coach.* **Sport:** *Field & Track.* Coaching career included Sri Lanka Olympic team, Saudi Arabia, Philippines, Bahrain, and Zimbabwe. Gave T&F clinics in 34 states and 13 countries. One spot shy of making the 1956 US Melbourne Olympics team in



Semancik Gionet Smith Eathorne Boddie Kidrick Smith



Jones Summers Fisher Everdell Parrish Sheedy Walker



Keel Kerr Pugh Osborn Dittmer Bowden Charleston



Egge Butler Mides Izzi Anchors Freeman Thorsen



Becker Chapman Huhta Ryan Vehrs Pugh Lawson



Kuhn Gordon Kellogg Prouse Novick Quitevis



Sitton Welling Anchors Dowell

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decathlon. A perennial Gold Medalist in the Washington State Senior Games. Aberdeen HOF & Most Distinguished Alumni. NAIA HOF.

Ed Kuhn - School: Montesano, Aberdeen, Hopkins Jr High/Aberdeen. **Sport:** Football, Track & Field. Gentle Giant – Athletes appreciated his coaching techniques. Numerous Aberdeen T&F athletes to state competitions. Jr High football included Mark Bruener of the Pittsburgh Steelers.

Bob Gordon RIP - School: Olympic/Bremerton. **Sport:** Football. U.S Navy Lt Commander who knew how to coach. Congressional appointment to the U.S. Naval Academy. Volunteered as football coach during the first years of Olympic High while working at Bangor Trident Base. Trustworthy and admired by both athletes and coaches.

Howie Kellogg - School: Seattle Pacific, Nathan Hale/Seattle, Ironwood Throwers Development Camp/Idaho. **Sport:** Director of Intramural & Club Sports, Field & Track. Pacific Northwest's renowned Throws Coach and Senior Throws athlete. As Intramural Director, Seattle Pacific had 70-80% student involvement, the largest among small private colleges. Kellogg earned All-American status in Hammer, Weight, Super Weight, Weight Pentathlon, and Javelin. USATF Official.

Lyle Prouse - School: South Kitsap/Port Orchard, Central Kitsap/Silverdale, Klahowya/Silverdale. Olympic/Bremerton. **Sport:** Football. Former West High athlete under Semancik. When starting out as a coach, found numerous books owned by Semancik and read them cover to cover, learning football from the ground up. Offensive Line Coach. Most coaching positions were 'out-of-building' assignments.

Dan Novick - School: Bremerton, North Kitsap/Poulsbo, Port Angeles, Vancouver, Kingston. **Sport:** Football, Athletic Director. Former Olympic League MVP. Career was shortened due to college injury. Became the first Head Football Coach and Athletic Director at Kingston from 2007-2012. Shared North Kitsap's field until he designed a home field with hay bales for seating and a ferry foghorn for games. Currently Principal at Sedgewick Jr High in Port Orchard.

Sal Quitevis - School: Olympic/Bremerton, Klahowya/Silverdale, North Perry/Bremerton Pee Wee Coach. **Sport:** Football. Great athletic who knew the value of mental toughness. Successfully integrated his former Pee Wee coaching philosophies into his position as Olympic Head Football Coach with several of his staff from his earlier career. Consistently ranked in the Associated Press' state 2A poll.

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The Talking Heads for Saturday's Coaches Corner on KBRO Bremerton.

Creative Sports Show for Kitsap schools with interviews and live action. Seattle media stations would call Bremerton for all statewide scores after Friday night games.

John Sitton - School: *West High/Bremerton, Bremerton, Central Kitsap/Silverdale.* **Sport:** *Basketball, Football, Softball/Fastpitch, Athletic Director.* Central Kitsap Head Basketball Coach for 16 years. Five-time Olympic League Championship and West Central Playoffs three times. Academic accomplishments were a priority for his athletes

Bruce Welling - School: *Central Kitsap/Silverdale, Bainbridge Little League.* **Sport:** *Softball/Fastpitch, Football, Bowling, and Youth Sports.* Created the Slowpitch program at Central Kitsap, and then, eight years later, moved the program to Fastpitch (533-181 record). Took the teams to 12 state tournaments.

Won the state title for Little League Softball at Bainbridge. Kitsap HOF 2000.

Dusty Anchors RIP - School: *Olympic/Bremerton, Olympic College/Bremerton, Woodinville Reign, Bellevue Absolute Blast, Ridgefield.* **Sport:** *Softball/Fastpitch, Basketball & Volleyball Referee.* Woman's Basketball at Olympic College. Diamond Duster Fastpitch. Numerous State Tournament appearances by Olympic and Ridgefield High Fastpitch teams. Kitsap Athletic Roundtable President. The voice of KBRO and Olympic College. Helicopter crew chief, Vietnam.

Lane C Dowell - School: *Montesano, West High/Bremerton, Bremerton, Olympic/Bremerton, North Mason/Belfair, Olympic College/Bremerton.* **Sport:** *Football, Field & Track, USATF Master Level Official.*

Defensive Coordinator. Coached with some of the best football coaches in Washington state. Kitsap HOF Rex Brown Award. Washington State HOF. WSCA Lifetime Member. ■

Chuck's Kids

Students are selected based on need and potential. Chuck was a champion of this type of youngster. This photo was taken at the center stone in Semancik Victory Park in Bremerton's Memorial Stadium, which was built by student donations and efforts in the late 1940's. No other school in the PNW has any memorial such as this.



IS THIS THE CLASSROOM OR IS THIS THE COURT?

PLUS, A COUPLE OF TIPS

By: Rodney "Star" Thornley

Rose Hill Middle School 43 years

Pacific Northwest Basketball Officials Association 47 years

SMART Goals in Athletics

Once heard from Bruce Brown of Proactive Coachingparaphrasing, what if the classroom was like a sport? We would have practice, then have tests Tuesdays and Fridays. We would put everybody's test scores in the newspaper twice a week. At the beginning of the course we would test and place students in the proper class. We would have parents and the media complaining about not having enough tests or being in the wrong class. Once a year we would have a big tournament and once you were eliminated, your learning would be over.

But what if we took the classroom to the sport? You can see the parallels. In the classroom we have an educational learning model called S.M.A.R.T goals, among others. Goals that are Specific, Measurable, Achievable, Relevant, and Time-based. We would also want to incorporate the educational concept of standards. Approaching the standard, Meeting the standard or Exceeding the standard.

Now let's break it down in my sport, basketball.

Specific goals. All teams have coach goals, player goals and team goals. Let us pick one goal, blocking out. On defense we always want each individual player to box out. Is this goal Specific? Measurable? Achievable? Relevant and Time

based? For sure. As a coach I often wonder why during practice, if I am on the court and barking, the boxing out gets done, but when the players are on their own, it may not be done or done consistently.

I often use the example of our school's drill team. I tell my players everything is done in counts of four: on 1 your arm is out, on 2 it is up, on 3 out and on 4 back to down. It is obvious that if the arms of any one individual is in the wrong position, the routine will not look good. Our drill team practices 5 times more than any varsity sport. They practice year-round and have a room full of awards. I tell my team; we need to get all our counts together.

We can apply this to all sports. The ones that are the best have their counts lined up more consistently than the individuals or teams that do not.

Now back to my example using the box out rubric. If the player meets the goal of boxing out, most of the time we are set. The player that exceeds the standard rarely missing a box out. They become a player coach on the floor. They will

communicate with their fellow teammates to box out. This player also becomes the mentor of the players approaching the standard. Maybe that player thinks they are blocking out by facing the basket and not making contact, approaching the standard. The player that touches, pivots and makes contact 9 out of 10 times is at Standard. A coach can apply this simple strategy to all basketball skills and concepts.

The overall majority of coaches are former players with varying degrees of participation. It is important to remember that our players do not have telepathy to what we are thinking or feeling or what we were like when we played. This is one of the concepts that took me decades to harness. I just assumed my players had the same passion I had for intensity, work effort, and passion for defense. They do not! They may be more interested in nice shoes, curling their shorts, arm bands, step back three's or dunking.

Knowing this and applying the SMART principals and educational standards may give you a new booster to your program.

Defending an out of bounds player.

Most of the time I believe coaches waste a defender facing up to an out of bounds inbounder player. The only time to me it seems practical would be a last second full court throw down the court. In this situation the defender needs to be much taller than the inbounder. Personally, for me in that situation I would still put my defender in a more impactful position to guard the passing lane of the most perceived threat.

I ask my inbound defender to guard a passing lane -- especially the lane of the biggest threat: shooter, point

guard, or the big. If all the players know who this player is, then the other passing lanes can all be covered.

Using this theory in a full court man will allow your team to deny the point guard getting the ball or at least making them work extra hard all game.



Coach Thornley



GOLF COACHES HALL-OF-FAME INDUCTS JOHN MATZEN

On Saturday evening, October 9, 2021 **Coach John Matzen** was inducted into the Washington State Golf Coaches Association Hall-of-Fame. The dinner and ceremony were held at the Whidbey Island Golf & Country Club, in Oak Harbor. John Matzen coached golf for 28 years, all at Oak Harbor High School. His first stint as head golf coach was from 1977-80. He returned as an assistant coach from 1985-'92. In 1993 took over head coach positions for both the boys and girls golf programs. He started the girls golf program in 1993 and coached both programs until 2000 when gave up the girl's program and focused his coaching on the boy's team. He retired from his head golf coaching responsibilities in 2008. He was the WSGCA Coach of the Year in 2006. His 1996 boys' and girls' teams finished 2nd and 4th place respectively at the state golf tournament. His 1978 boys' team was the NW District 1 Champions and finished 4th at the state golf tournament.

In addition to coaching golf for 28 years, John also coached boys' and girls' basketball at Oak Harbor High School. He was the head girls' basketball coach from 1989-'96 and served as the boys junior varsity coach from 1977-'89 and 2003-'04.

In addition to a large number of friends and former coaching colleagues that attended the dinner and program, John was joined by his wife Vicki, daughters Sarah Franklin (Santa Monica, CA), Becki Fleury and husband Jerrod and their twin boys Landon and Kellen. A touching video message was shared from John's two grandsons in CA, Miles and Teddy (Sarah's boys), that congratulated their grandpa and paid tribute to him. ■



When under the basket for an out of bounds throw in it allows your inbound defender to see the open lane develop and shut it down.

My final 2 tips I want to share are:

- ◆ Tip1: 1 Always have your baseline inbound defenders stay below the last lane marks and make the throw in player throw it over the top or out to the sides.
- ◆ Tip 2: Do you ever wonder why offensive teams, trying to break the press, always start their motions at the free throw line extended? All that does is push your play and the players, closer to the baseline and the corners. That makes it easier to trap and limits angles. I suggest you

start everybody at half court. Your players then have tons of time to get up to full speed and change direction and trip up the defenders.

I hope I have reinforced a concept in the back of your head. We all know there is not much that has not been written or talked about, but sometimes a new environment brings the concept back to the conscious.

By: Rodney "Star" Thornley; Rose Hill Middle School 43 years; Pacific Northwest Basketball Officials Association 47 years ■



by Danny M. O'Dell,
Explosivelyfit Strength Training,
LLC

An introduction from Bill Hinbern¹ and his words of wisdom

"Hi Danny,

It's no secret, or shouldn't be, that there is one exercise that should be the core of any strength and size building training program...

The squat. Or deep knee bend as it is sometimes called.

There are a variety of different techniques used in performing this exercise, so here are a few tips or suggestions for beginners or seasoned lifters that want to change up their method of squatting.

It is wise to experiment and try them all until you find something you are comfortable with. After a while you will discover what works best for you based on your height, build, bone structure, etc.

Here are a few different techniques that you may want to try:

- Place the barbell across your shoulders.
- Hook the barbell in the crooks of your elbows with your arms folded and palms placed on your upper arms. While holding the barbell, place it on your lap.
- Try squatting on toes. This is the most popular method but is more difficult to maintain your balance.
- Squat with your heels elevated on a 2 x 4.
- Try doing a flat-footed squat. This is popular with those that wish to go as far down as possible.
- Do a deep squat with your butt nearly touching the floor.
- Experiment while squatting with your feet anywhere from close together to wide apart. Some refer to it as sumo style when the feet are very wide apart.
- Try squatting with your heels together and your toes pointing out.
- You may be more comfortable doing what is called a parallel squat. That is, squat down until your thighs are parallel, no farther.
- For rapid muscular weight gains use the breathing squat.
- For dexterity, use the leaping squat. Make sure that you warm up properly and begin by using bodyweight only. Then very gradually progress to a light barbell.
- In all cases, it is important to keep your head up and your eyes focused on an object straight ahead. This helps with keeping your balance and concentration.
- Always keep your back straight
- Hold the bar with a grip slightly wider than the shoulders and keep your thumbs hooked around the bar.
- Always keep the bar on your shoulders or trapezius muscles, do not let it ride up on your neck. This can cause a significant injury.
- Always train with safety in mind. Use some type of squat rack, squat stands, spotters, etc.
- Some trainees use a lifting belt, some don't.
- Should you decide to use one, adjust it properly, that is, not too tight and not too loose.
- While using heavy poundage, you may want to wrap heavy foam rubber or a thick towel around the bar to keep it from digging into your shoulders.

There you have it, some things to consider improving your techniques and give you variety in your training.

Good Luck! Until the next time,

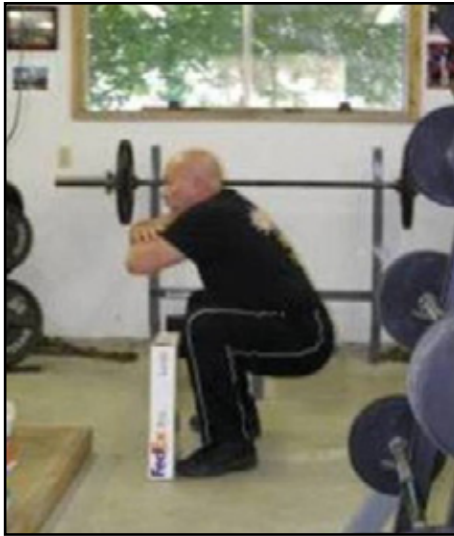
Yours for greater strength,

Bill Hinbern"

FYI, I (Danny O'Dell) get no compensation from Bill Hinbern.

Squat test for form

First off, I want to apologize for not putting this in the very first series because it is one of the keys to teaching hip back movement. If your athlete is not pushing their hips back at the very start of the squat, they're going to have problems with their knees going past their toes as they drop into the squat.



The purpose of this exercise is to immediately identify whether their knees are going forward when they are squatting. If so, this needs to be corrected at once. This is like the principle of skipping rope in that it gives immediate feedback if you're not doing it correctly. This exercise test is shown in the photo where my lower legs are close to being perpendicular to the floor. Not perfect, but this form gave me the ability to squat 535 pounds in my younger days, a long time ago at age 47-48.

I wish had been using a pizza box, but this FedEx box was the only one I had at the time.

Dumbbell squats

Hold a dumbbell with an overlapping grip on the handle, not on the plates as your athletes may want to do because the depth is much higher! Therefore, easier.

With the dumbbell on the floor between your legs, squat down, grip the weight, and stand up keeping your back in the neutral position and using your legs to move the weight.

Kettlebell squats

Hold a dumbbell with an overlapping grip on the handle, not on the plates as your athletes may want to do because the depth is much higher! Therefore, easier.

With the dumbbell on the floor between your legs, squat down, grip the weight, and stand up keeping your back in the neutral position and using your legs to move the weight.

Low pulley squats

To do a low pulley squat, you need a little bit of specialized equipment. Specifically, a low pulley, a small platform to stand upon and either a straight handle or the one illustrated, a narrow grip parallel handled one, which is one I like the best.



Here is a photo of a solid, but smaller, platform approximately 12 to 18 inches high and about 2 feet wide to stand on while exercising. As can be seen in the photo you either must build one big platform or make two of them such as the one shown. In either case, they're going to have to have a space on the platform or platforms that is between the two sides so the cable can come up/down as you do your squats.

Once you have this apparatus set up, you can begin doing your squats. Either place a free weight of whatever poundage you want to use onto the plate holder or if you have a pull-down, stack-loaded machine, place the selector pin where you want it on the stack column.

Naturally, you're going to begin by standing on the small platform, bending down (maintaining correct back posture), and picking up the handle. Since the load is in a full bottom position you will need to hold onto the handle and begin your squat from the low position. Like beginning a squat from the lower safety bars in the power rack.

You may have to step back just a little to get in the correct position for the rest of the squats.

This is going to be a much gentler squat motion than having the bar on your shoulders, which is the absolute best way to squat.

Even though this is an easier way of working your legs bear in mind that if your athlete goes over about 24 reps, they will be sore the next day. This happens even if they've been squatting regularly with the barbell. It seems to hit the thigh muscles a little bit different than using the bar.

Hack squats

The hack squat is an old-style exercise. I first saw this a long time ago in one of my Dad's old Bob Hoffman exercise paper booklets.

These can be done with either a barbell or on a 45-degree leg press machine. If done on the leg press machine you have to turn around and put your shoulders underneath

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the pads. Next, put your feet on what was once the backrest but has been switched over to the board on the bottom, and simply squat down with your feet on the backrest and raise back up again.

If you are not used to going full depth on your barbell squat, this is an excellent exercise to get you into that full range of motion. Try it and you will see what I mean.

Using a barbell, take the barbell from a holding rack or off a bench, which is not recommended, at least in my gym. If you put a dumbbell, plate, or barbell bar, or anything other than the body on one of my benches you will be asked to leave. If this happens at school, it only happens one time.

Back to the description, if you are using the Olympic style barbells then turn your bar holding support to the other side of the power rack so you can back up to it and hold on to it with an underhand grip behind your back. Step away from the rack, and squat down.

This sounds simple enough, but it seems to be a difficult exercise to get into the groove of doing it correctly. However, once you get the technique down it is an effective exercise.

Jefferson lift squats

Once again, turning to the Bob Hoffman exercise books that he made and published in the late 40s.

Now I'm not certain whether they had leg press machines back then or not, but I can guarantee that if you do this exercise correctly, your legs are going to hurt shortly thereafter or for sure, the next day. Especially if you have done the exercise correctly and with enough repetitions not to exceed 24 repetitions.

I'm not aware of any type of machine that allows you to do a Jefferson lift. So, you get to go back to the best piece of lifting equipment in your gym and that is a barbell, preferably an Olympic bar and plates.

The Jefferson squat is an old-time movement, popularized by Bob Hoffman and the York barbell team. It can be used by your athletes or those in your weight training classes

Start by placing in an Olympic bar on the floor, straddle the bar with your feet at least shoulder-width apart and the bar perpendicular to your body. Now you could also alter your stance wider if you chose to do so by stepping farther out to the side beyond shoulder-width apart. If you do, then you must have the flexibility to get down into the low position. The farther out you get, almost into a sumo stance, the more you're emphasizing your glutes in your hamstrings.

Next, reach down and grab the bar with an underhand and overhand grip, make sure your back is in a proper neutral position to protect it. Be certain that you are in the center of the bar, so it doesn't tip upward and downward and remains in a level position. When you realize, the bar is not going to tip up or down, it's time to start the exercise.

Now squat down by pushing your hips back, preventing your knees from going over your toes, and not simply bend-

ing over from the hips and lower back. Make certain that when doing this exercise your chest is up, you're looking straight ahead and your back remains flat throughout the movement. At the bottom of the movement, your hip joint should be lower than your knee joint.

Now as you're aware, some people believe doing a full squat is hard for your knees. If you look at many of the countries in the world, the people are resting with their buttocks on their calves with no obvious damage happening to their knees. If you're unable to get into the basic position of the hip joint lower than the knee joint In your squats, then practice your range of motion.

Once you're in the proper position of holding onto the barbell and keeping your upper torso as perpendicular floor as you can, lift the bar. Maintaining the proper position for the exercise, lower back down and lift it for the prescribed number of repetitions. Don't go fast in this exercise, it is not designed to be a speed exercise.

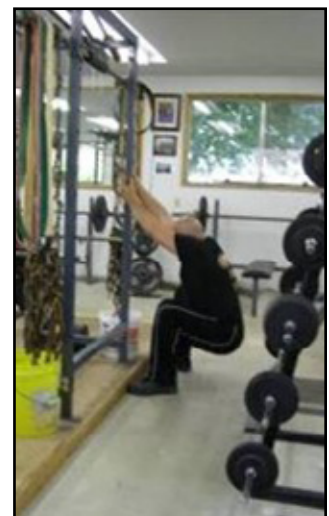
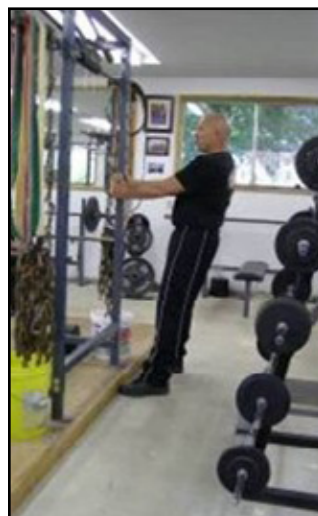
Another thing to remember is not to bounce the barbell on the floor, especially if you're not using bumper plates. You will miss a lot of the benefits of this exercise by bouncing off the floor.

Chair/bench squats

If you are just beginning an exercise program and have never squatted before, one of the better ways to learn how to squat is to simply sit in a chair. Make note that when you sit, you are not sitting down, but instead, you are moving your hips backward. As you do so, you flex at the hips and set down to the chair.

Door jamb squats

These are a great way to relieve the pain of doing too many squats because you go full range of motion and then when coming back up are assisted by your hands and arms in getting back up This helps mitigate or possibly avoid Delayed Onset Muscle Soreness, or DOM.



Door Jamb squats start.....door jamb squats bottom

Face a door jamb, or as in this case the upright of your power rack and hold on to it at mid-chest height. Lower down to a full squat and then pull yourself back up if unable to rise with leg muscles.

Chair assisted squats



When doing the chair assisted squats be aware that if you have an injury to your shoulders this is going to aggravate them, so my recommendation is not to do them if you have shoulder issues.

As you can see from the photo this exercise places a lot of stress on your shoulders.

¹ About Bill Hinbern

Bill Hinbern has been an author, publisher, and mail order distributor of The World's Largest Selection of Strength Training Publications Available for over 45 years! Topics include weight training, bodybuilding, Olympic weightlifting, power lifting, strength, grip training, old time strongmen, wrestling, diet, and nutrition, etc.

<http://superstrengthtraining.com> ■

WASHINGTON STATE COACHES ASSOCIATION INSURANCE

By Dan Weedin, First Underwriters, Inc / Toro Consulting, Inc.

My name is Dan Weedin and I'm the insurance broker and consultant for the association. As you begin your new year, this is a great time to advise you of the protection afforded you as members by the association.

Liability Insurance: As an individual coach, you're protected for up to \$1,000,000 for liability arising out of negligence in your role as a coach. This policy protects you against allegations of abuse, molestation, discrimination, harassment, negligence in injury, and any other liability arising out of damage to an athlete under your care and supervision.

Please note that in order to trigger this policy, "damage" to an athlete must have occurred and a claim or allegation made. Legal issues are not part of insurance. In other words, you must be viewed as responsible for direct physical damage to an athlete.

This protection includes activities at summer camps and events for paid coaches of the district and volunteers. In order to be included in the insurance, a coach or volunteer must be a member of the association.

The association has a \$1,000,000 per occurrence limit, with a \$2,000,000 aggregate. In English, if a coach is alleged to have injured a student-athlete (including abuse, molestation, or harassment) and is being sued or has a claim against him or her, there is up to \$1M available for damages per that one claim (allegation or action). The most the company will pay for multiple claims over the course of the policy year is the "aggregate" limit of \$2M. The coach must be a member in good standing of the association.

The insurance policy is underwritten by K&K Insurance.

If you have any questions or want to learn more about either the insurance or Legal Shield protection, you can contact me at (833) 393-4778 or danw@firstunderwriters.com. ■



Current Snohomish boys basketball coach Jim Wilson (top left) and former Panthers coaches Len Bone (top right), Jack DeKubber (bottom left) and Jim Adams sit together during a basketball game. Snohomish has had just one other boys basketball coach since 1962. (Mark Meyers)



Adams' legacy: A Snohomish coaching tree's bountiful branches

Longtime high school basketball coach Jim Adams died at age 81. Many players he mentored went on to coach.

By Zac Hereth, Friday, April 30, 2021

SNOHOMISH — For 16 years, Jim Adams roamed the sidelines as the head coach for the Snohomish High School boys basketball program.

Many of the kids he taught are now high school coaches themselves.

Adams died of natural causes March 28. He was 81.

He leaves behind a sprawling coaching tree: Snohomish girls hoops coach Ken Roberts; Glacier Peak High School boys coach Brian Hunter; and Snohomish boys coach Jim Wilson are all still leading Snohomish County programs.

“He understood what players needed — what each individual player needed to be motivated — and he would do that,” said Roberts, a 1986 Snohomish graduate. “I don’t think you can do that unless the kids really respect you as a person, which means they aren’t your buddy, but they like you.”

Adams’ squads were known for their fundamentals and physical play on defense.

“With each kid on that team, he would treat them the way that they needed to be treated to get the most out of them,” Roberts said. “It’s not a one-size-fits-all thing in coaching, and I think he was as good at that as anybody I ever played for.”

Adams was known as a compassionate leader with a knack for getting the best out of his teams.

“Looking back ... he definitely was a very good people person,” said Nate DuChesne, a 1985 Snohomish graduate. “He could read people. If people were down because they weren’t getting a lot of playing time in games, he knew how to approach them. If someone was feeling a little too confident in the position or not working as hard as they should, he would be able to get on them as well.”

Adams took over head coaching duties for the Panthers’ boys basketball program in 1977 after spending 10 years in the same position at Molalla High School in Oregon.

Under legendary coach Dick Armstrong, the Panthers had just won the state championship in 1976 on the gridiron. Football was king in Snohomish.

Adams carved out his own legacy on the court.

The longtime Snohomish hoops coach is in the Washington State Coaches Association Hall of Fame. His Panthers teams made three state playoff appearances during his tenure, topping out with fifth-place finishes at the AAA (now Class 4A) state basketball tournament in 1985 and 1987. Snohomish claimed three district championships and at least a share of four conference titles under Adams. He retired from coaching in 1994.

“I just remember how much fun I had and how much I learned while I was at Snohomish under him,” 1982 graduate Phil Roiko said. “He was a really good fundamental coach. He just made basketball fun. He had a great sense of humor, always seemed to have a joke or would be joking around, whether it was before a game or practices.”

Roberts has been the varsity girls coach at Snohomish since 2000 and previously made stops at Tahoma and Bridgeport high schools.

Hunter, a 1988 Snohomish graduate, netted the Glacier Peak coaching job when the school opened in 2008. He was the boys head coach at Stanwood High School from 2006 to 2008.

In 2016, Wilson, a 1993 Snohomish grad, became just the second coach to lead the Panthers’ boys program since Adams’ retirement. Wilson also spent two years as the boys head coach at Granite Falls High School and 16 years as a boys assistant coach between Snohomish and Glacier Peak.

All three active coaches said lessons learned from Adams are on display in their programs today.

“Defense is a big thing to me, and I think that has a lot to do with Coach Adams,” Wilson said. “That was his emphasis. ... When you play for somebody, you kind of get that ingrained in you. I would say a lot of the defensive stuff he used to do with us is still ingrained in our program.”

Roberts’ Snohomish girls program carries a similar reputation to teams Adams coached. The Panthers have made 11 state tournaments and finished second at state three times in Roberts’ tenure. Snohomish is regularly near the top of the Wesco leaderboard in fewest points allowed each season.

“We’ve been pretty good at defense and finding ways to stop people, (and) understanding that taking a good shot every possession is what the goal is,” Roberts said. “Those are things that were really important at Snohomish.”

Hunter’s Glacier Peak teams, which have made nine state tournaments, exude that same defensive focus.

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The 1985 Snohomish High School boys basketball team.



The 1987 Snohomish High School boys basketball team.

“He could say a lot without really saying much,” Hunter said. “He wasn’t someone who would really jump on players and get on them individually all that much. I think he was a little ahead of his time. I definitely learned that from his as well.”

DuChesne, now the principal at Mariner High School, was the head coach for the Stanwood boys from 1997 to 2006 and La Conner High School boys coach from 1993 to 1997. He went on to be head coach at Edmonds College and an assistant at the University of Montana and Portland State University.

The list of former players turned coaches doesn’t end there.

Jeff Larson, now principal at Glacier Peak, led the Redmond High School boys program for eight years and spent four seasons as the head coach of the boys team at Wood River High School in Idaho.

Mark Harkins, a 1986 Snohomish grad, won a state title at Glacier High School in Montana in 2017. He has been the boys head coach there since the school opened in 2007, and he spent numerous seasons as a head and assistant coach in basketball, football and track.

Roiko coached for 33 years at Air Academy High School in Colorado. He spent time as a head and assistant coach for the school’s girls basketball and boys and girls soccer teams.

Adams was elated to see what his players had accomplished as they got into coaching.

“It makes me bust my buttons,” he told *The Herald* in 2019. “I’m very proud of the fact that ... they discovered that it was a fun thing to do and it was a challenging to do. ... I like to think that a little bit of my philosophy rubbed off on them and has helped them get the success that they’ve had.”

He added, “They’re not just good basketball coaches. They’re just really outstanding citizens. And to think that I played a little part in their development and their careers and their [life](#) makes me very proud, and I’d like to be happy to say that I contributed some to their success.”

Roberts, Hunter and DuChesne all said Adams made appearances at their practices and games long after his retirement.

“I’d be working with the perimeter guys and I’d look down there and I’d see the guys standing around giggling,” DuChesne said. “I just knew the kinds of stories that he was telling them. He had quite a sense of humor. I think they really appreciated that. I think he had a big impact on our team, and it was cool to see him out there.”

“If coach came to a game, I knew it was a big game,” Hunter said. “... When I saw him sitting in the stands, I would get a little extra excited. A little extra butterflies in the stomach before the game, because you know someone that meant a lot to you is going to be in the stands.”



Jim Adams (40) reaches up to tip a jump ball during a game for Western Washington University. Adams was inducted into the Western Washington University Hall of Fame in 1983. (Contributed photo)

At practices, Adams would sometimes come in to help coach the post players, a position at which he starred during his stellar playing career at Western Washington University.

Adams, who stood 6-foot-3, was an undersized post at the college level. He still holds school records for rebounds in a season, rebounds per game in a season and rebounds per game in a career.



He was a National Association of Intercollegiate Athletics All-American honorable mention in 1963.

After graduating from WWU, he received an invitation to attend the Boston Celtics training camp as an undrafted free agent. Adams never went to the camp because he had to pay his own travel costs and figured he wouldn't make the team, according to his son, Jay Adams.

Jim Adams was inducted into the Western Washington University Hall of Fame in 1983.

Off the court, the longtime coach enjoyed spending time with his family and friends. He loved fishing and could often be found chopping wood with Jay.

"He was a joker, and he was also a hard worker," said Jay Adams, a longtime football coach in the area who teaches at Snohomish. "We couldn't take a water break or a snack break until the brim of his baseball cap was covered in sweat." ■

"Help support local high school sports coverage by subscribing to The Everett Herald at heraldnet.com"

Jim Adams and family. (Contributed photo)

Basketball Hall of Fame



(Back left to right) Joe Harris, Mike Carlquist, Gary Archer, Ted Wilkins, Pat Fitterer, Nalin Sood, Dave Dickson,

(Front left to right) Dean Wagenaar, Roger Sonderland, Eli Juarez

WIBCA Hall of Fame



(Back left to Right) Gary Wusterbarth, Nalin Sood, Dave Dickson, Roger Ottmar, Jerry Koester, Pat Fitterer

(Front left to right) Greg Wirtz, Monte Cummings, Greg Lowell, Pat McCarthy, Kyle Brooks, Jimmy Tuominen ■

2021-2022 Individual Sport Representatives

These are the coaches you need on your staff!

Do you have questions, concerns or thoughts about the sport you coach? Do you have ideas about how the game or contest could be improved, rule changes or practice regulations? Below are listed the Individual Sport Association representatives to the WSCA and their contact information. Please consider reaching out to your sport representative and share your ideas. We are stronger working together!

ATHLETIC TRAINERS

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Legal Ramifications of Abusive Language Used by Coaches

by Lee Green, J.D. on October 06, 2021

Chisholm v. St. Marys City School District

In a highly unusual ruling based on an atypical analysis of the legal boundaries governing the motivational language that may be employed by high school coaches, Judge Chad Readler of the U.S. 6th Circuit Court of Appeals wrote the opinion for a divided three-judge panel in *Chisholm v. St. Marys City School District*. The January 2020 decision addressed the repeated use by the head football coach at St. Marys Memorial High School (Ohio) of a variety of profane and derogatory terms – most notably “pussy,” “bitch,” and “snowflake” – with the intent to insult and denigrate players in front of their teammates, allegedly to inspire them to play harder. The appellate court issued a ruling in favor of the district, its administrators and the coach based on Judge Readler’s comparisons equating high school sports to the violent gladiator contests of Ancient Rome and his conclusion that the nature of high school football is no different from the combative aggression inherent in the National Football League – pursuits that at the secondary school level are presumably considered by the vast majority of school officials and athletics personnel across the country, in contrast to Judge Readler’s analysis, to be “education-based” activities.

6th Circuit Judge John Rogers wrote a concurrence in the *Chisholm* case acknowledging the clearly inappropriate nature of the coach’s language, but concluding that such behavior falls outside the control of the federal courts. Judge Helene N. White wrote a dissent distinguishing the coach’s motivational strategies and the mission of high school athletics from those in pro-

fessional sports, concluding that the abusive language in the dispute was so extreme and outrageous that it clearly fell outside the bounds of decency and as such, constituted intentional infliction of emotional distress against the young players who were victimized.

Despite the fact that the defendants escaped liability, the case represents a significant standard of practice regarding the approach that should be taken by schools and athletics programs to the use of profane, vulgar and abusive language by coaches in the context of education-based sports.

Background of the Chisholm Case

As detailed in the 6th Circuit’s written opinion, the football coach who was the focus of the case had on numerous occasions been the subject of complaints regarding abusive language directed at players, the first of which in 1995 when he was coaching at Bucyrus (Ohio) High School resulting in a written reprimand for “using unacceptable obscene language.” In 1998, after taking a coaching job at St. Marys Memorial, the coach was rebuked in writing by multiple members of his own staff for subjecting players to degrading language. In 2012, as head coach at Wapakoneta (Ohio) High School, the coach was again accused of excessive harassment of players when a recording surfaced of him repeatedly directing hard-core profanity at players, including calling individual minors “pussies” and other

lewd, derogatory names, with the families of several of the youngsters filing a criminal complaint against the coach and an investigation by the Ohio Department of Education resulting in a consent agreement under which he would be allowed to retain his teaching

license and coaching permit in exchange for discontinuing his use of profane language and abusive behavior.

In 2014, after two winless football seasons, St. Marys Memorial rehired the coach, a decision that divided the school community with some members enthusiastically supporting the hiring based solely on the desire to win football games and others strongly opposed to the hiring because of the coach’s denigrating treatment of players and disciplinary record.

During his first year back at St. Marys, the coach reverted to his old ways and began directing highly profane terms at several of his players, with the added element of some of the other members of the team mimicking the coach’s language, both on and off the field, to harass those players who were the direct targets of the coach’s derogatory behavior. In 2015, the fami-



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lies of two of the victims filed a federal lawsuit against the St. Marys district, its superintendent, the high school's athletic director, and the coach.

Details of the Ruling

In 2018, a U.S. District Court in Ohio granted summary judgment to the defendants and that decision was appealed, with the focus of the 6th Circuit's analysis directed toward deciding whether the coach's behavior 1) violated Title IX's prohibition on sex discrimination and 2) constituted intentional infliction of emotional distress, along with evaluating 3) whether the district, its superintendent and the athletic director were vicariously liable for allowing the coach's behavior to continue.

Hostile environment sex discrimination, in general and under Title IX (including same-gender harassment), has been defined by the U.S. Supreme Court as 1) unwelcome, 2) words or actions of a sexual nature, 3) so severe or pervasive, 4) that they create an objectively hostile or offensive environment. And third-parties (e.g. a district, superintendent, or athletic director) other than the direct perpetrator (e.g. a coach) will be vicariously liable when they 1) have actual knowledge of the harassment, and 2) are deliberately indifferent to remedying the situation to protect student-victims against further abuse.

Judge Readler's opinion concluded, on the basis of his comparisons of high school athletes to the gladiators of Ancient Rome and professional footballers in the NFL, that the coach's profane and derogatory language – even in the setting of education-based athletics – did not violate Title IX because it was not sufficiently severe and did not create an objectively offensive environment (although he did acknowledge a likely Title IX violation if such behavior was undertaken by those in charge of other school activities such as the sponsor of a chess club or coach of a debate team).

With regard to the victims' assertion, independent of Title IX, that they had suffered intentional infliction of emotional distress, Judge Readler outlined the required elements of such a claim – 1) intentional conduct, 2) that is extreme and outrageous, and 3) causes serious psychic injury – but he concluded that the coach's obscene and abusive language was not sufficiently extreme and outrageous to have resulted in serious emotional harm to its high school-age targets.

Details of the Concurrence

Judge John Rogers agreed with the decision to rule in favor of the defendants, but stated in his separate, concurring opinion that “this of course is not to excuse abusive conduct like that attributed to [the coach] in this case. Such conduct is not to be tolerated in our high schools. Motivation by humiliation, ridicule and shaming is counterproductive, and sends terrible messages to our young people. Good training can be very stressful, and tough – very tough – without such abuse. Moreover, constant coarse language, a sign of insecurity, engenders disrespect more often than respect.”

Details of the Dissent

Judge Helene N. White wrote a dissent concluding that the abusive language in the dispute was so extreme and outrageous and inflicted such serious emotional harm on the plaintiffs that it clearly fell outside the bounds of decency and as such, constituted intentional infliction of emotional distress against the young players who were victimized, stating “this is not a case of a professional or collegiate football coach employing tough coaching methods to motivate consenting adults. Viewing the facts in the light most favorable to [the players targeted by the coach's abusive behavior], it appears instead that [the coach] used his position of authority to degrade, name-call, and single out minor students over an extended time and on a near-daily basis. [The coach] engaged in this name-calling in front of other impressionable students, who

mimicked his behavior on and off the field ... I therefore conclude that there is sufficient evidence from which to conclude that [his] actions were so extreme and outrageous as to fall outside the bounds of decency.”

Recommendation

School district officials should focus, during the hiring, evaluation and retention process for all athletic personnel and coaches, on ensuring that those individuals who will be serving as mentors to student-athletes steadfastly exhibit appropriate behavior consistent with the mission of education-based athletics to promote the personal growth and well-being of young people.

This does not mean that coaches should be prohibited from setting high expectations and imposing demanding standards on student-athletes with regard to work ethic in training regimens, intensity of effort during practice, toughness of play in competition, resilience of attitude in dealing with the emotional ups and downs of sport participation, perseverance of mind during times of challenge in competitive endeavors, and resolve to sacrifice for the team.

However, the line should be drawn – explicitly through orientation sessions provided to new coaches, in-service training programs for athletics personnel, written mandates set forth in coaching handbooks, clauses included in the paperwork used in the hiring of athletics personnel, and feedback provided orally or in writing during performance evaluations of coaches – that the use of obscene, profane or abusive language as a supposed motivational tool is strictly banned. In reality, such language and behavior is always merely a reflection of a lack of personal self-discipline on the part of the coach and has no defensible place in education-based athletics. ■



WASHINGTON INTERSCHOLASTIC
ACTIVITIES ASSOCIATION

2022 PROPOSED AMENDMENTS SUMMARY

AMENDMENT VOTING PERIOD: April 27 – May 6, 2022

	RULE	SUMMARY
ML/HS #1	5.0.0 8.0.0	Redistricts the state from nine (9) to six (6) districts and modifies WIAA Executive Board representation.
ML/HS #2	7.3.0	Eliminates “no position” as a voting option for Representative Assembly members.
HS #3	13.0.0	Adds chess as a communication arts and leadership activity under WIAA jurisdiction.
ML/HS #4	17.12.10	Allows students to retain the full number of practices previously completed upon return from an extended absence.
HS #5	18.7.6	Allows a student to be placed on academic probation at the start of the fall sport season if they failed to meet grade requirements in the second semester or third trimester of the previous school year.
HS #6	29.3.0 39.3.0	Increases the season limit for baseball and softball from 20 to 22. A non-league double header will count as one (1) contest and a one (1) or two (2) day tournament will count as two (2) contests.
HS #7	30.1.0	Allows high school basketball teams to participate in 20 contests, one (1) of which may a tournament of up to four (4) contests. A WIAA foundation game or game against an international touring team will not count toward the season limit.

Descriptions of the proposed amendments may be found on the WIAA website, wiaa.com.



Some Things I've Learned Along the Way

Jeff Page

Head Track and Field Coach at Lake Stevens High School
Football Coach for 24 years

In the last year my son Nick started on what he and I both hope will be a long and rewarding career coaching football and track and field. Seeing and hearing his enthusiasm has helped me get in touch with the fun and exhilaration I felt as a young coach. This unexpected gift has recharged my desire for coaching. So, for Nick and the other young coaches I've had the pleasure of coaching with the last couple of years, I'd like to offer some lessons I've learned from my 32 years of coaching.

- 1) **No contest between teenagers is worth losing a friendship over.** Some of the best friends you'll have in your life will be people you coach with. Don't let the frustration or emotion of a kids' game ruin a good friendship.
- 2) **It's nice to be important, but it's more important to be nice.** Coaching is a people business. Being nice is always the right thing.
- 3) **Nothing great was ever accomplished without enthusiasm** -Ralph Waldo Emerson. You may not always feel enthusiastic yourself, so be sure and use it when it appears in others.
- 4) **Custodians and secretaries are the most important people on the school staff.** Be their friend and treat them well.
- 5) **Be nice to officials.** Without them there would be no games. They make competitive sports possible.
- 6) **Be nice to sportswriters.** They give your team attention. Help them do their job by giving them your time and cooperation.
- 7) **Always say "Us, We, Our" when referring to the teams and athletes you coach.** Never say "I, me, my" as in "My team..." or "My players..."
- 8) **Coach and teach so that the kids believe their success is because of their work and effort,** not because of yours. They should be thinking "I did that, and I can do other great things too", not "I owe it all to coach. What will I ever do without him?"
- 9) **Kids turn out for sports because they want to have fun.** Fun might be being with friends, or learning more skills, or competing, or belonging, but fun is what sports are supposed to be about.
- 10) **Every kid on your team deserves to be coached,** from the very best to the least talented. Each one wants to learn the sport and get better, and all their parents pay for the program.
- 11) **Remember that every kid is the most precious person in the world to his or her parents,** and if they aren't, then they need even more tender care and attention from you.
- 12) **Always wrap your coaching criticism in a praise sandwich** – praise, criticize, then praise. Ex. "You do a great job driving your lead leg. Now point your trail leg toe out more. When you add that to your great lead leg, you'll really be flying".
- 13) **Sarcasm is a killer of enthusiasm and motivation.** Young people get enough sarcasm from each other. Kids need to feel psychologically safe to be open to learning. They need to be lifted up by their teachers and coaches.
- 14) **Kids need mentors and role models.** They don't need you to be their friend. They can get plenty of those their own age.
- 15) **Only have a few rules.** Positive rules cover a lot more than a list of "no's, nevers and don'ts." "Always be a good person" covers a lot of situations.
- 16) **Figure out what the essentials are and focus on them.** Which things are truly essential to the success of your kids and team? Ignore the other things – they'll distract you, drain your energy and confuse your team.
- 17) **Fundamentals are the winning edge in sports.** Focus on these every day. It's easy to get caught up in new schemes or techniques, but if your athletes don't master the basic actions of the sport, they won't have lasting success.
- 18) **Encourage kids to do multiple sports and activities,** not specialize in just one sport. Young people should try out many things to discover and develop different talents. That's what education is about. Also, if you want your athletes to become great competitors, they should compete in lots of different ways.

- 19) **Disagreements between coaches should never be expressed in front of kids or parents.** Bite your tongue and save it for the coaches' office.
- 20) **As a head coach, don't expect the assistant coaches to be as into it as you are.** You'll only frustrate yourself and make the assistants angry.
- 21) **Assistant coaches and the head coach work for the same employer** – the school. Assistant coaches work with, and not for, the head coach.
- 22) **As an assistant coach, your job is to help the head coach.** If you can't be loyal, you should move on.
- 23) **The people who really care how you do are you, the kids you coach, and the people you coach with.** Nobody else has as much time and effort invested, so don't expect them to have your level of concern, or to really understand what you are going through. Even the most supportive or crazed parents won't be around once their child has passed through your program.
- 24) **Your definition of success and the principal's may be very different.** An old principal once told me that from an administrator's perspective, a .500 season is the ideal— enough winning to keep people content, but not so much that everyone goes crazy with expectations, and no hassles of playoff arrangements and expenses of state tournament trips.
- 25) **Every season, there will be one day where it feels like the wheels have fallen off the wagon.** They haven't. Tomorrow, things will be better. That injury won't be as bad as everyone feared. Your best player had a legitimate reason for missing practice. An apology may clear the air...
- 26) **"Good players play good, and bad players play bad."** You always work to make your athletes better, but remember that some years there will be more talent than others. You can't and won't win them all, year after year.
- 27) **Don't let expectations ruin the fun.** A season with a really talented team can become a trial, because you develop such high expectations that any result short of a state championship can disappoint. Enjoy the successes, have fun and don't dwell on what might have been (I struggle with this A LOT, but I'm still working on it)
- 28) **Hard questions deserve hard answers.** When a parent complains about playing time, be polite but direct. Q: "Why doesn't my kid start?" A: "He's not fast enough, he's needs to be stronger and he doesn't know his plays".
- 29) **If you did your best, you won.** Sometimes the breaks go against you. Injuries happen, a key player moves away, a fluke finish costs you a crucial game. If you did all you could, you were successful no matter what the scores.
- 30) **Were the kids in your program better off because they knew you?** Always coach with this in mind. Are you adding value to their lives?
- 31) **Pay attention to your spouse and your own children.** Don't ever let other people's children become more important than your own.
- 32) **Coach your own children on your team if you get the chance.** It's the most fun and rewarding thing I have done in coaching.

There you go. One for every year I've been coaching. I hope that these lessons are a help to my son and all the other young coaches. Every season teaches something. I wonder, what lessons are waiting for me this year? ■

"The Washington Coach" Magazine



DEADLINES

Fall Issue - November 14
 Winter Issue - February 14
 Spring Issue - May 14

Please consider writing for your magazine by submitting your work to
 Mike Schick at wsca-editor@comcast.net.



MVP DRIVE

Create a safer, smarter, more realistic practice environment with the MVP-DRIVE, from Rogers Athletic and Mobile Virtual Player.

Like football coaches at every level of the game, Dartmouth Head Coach Buddy Teevens had grown tired of student-athletes injuring each other during football practice. Not only are injuries detrimental to student-athletes on and off the field, but they slow a team's overall progress.

Teevens reacted swiftly by banning live tackling in practices between players. Instead of tackling drills, he introduced the MVP-DRIVE – from Rogers Athletic and Mobile Virtual Player – as a method for student-athletes to participate in tackling drills without potentially injuring each other.

The MVP-DRIVE is the world's first – and only – motorized, self-righting, mobile training dummy. It is controlled with a fairly standard RC-type controller and stands about average player height. But here's the game-changer. The MVP-DRIVE can move. Its forward and backward acceleration, its lateral quickness, and its change of direction abilities leave coaches wide-eyed upon first seeing the MVP-DRIVE in action.

"Everybody in the football community is concerned about the potential for injury, and everyone wants fewer injuries," says John Currier, CEO of Mobile Virtual Player. "The MVP-DRIVE gives you a device that changes the way you teach and practice the game, but you take away, in large part, teammates hitting teammates in practice."

The MVP-DRIVE is also a very powerful way to eliminate repetitive, sub-concussive hits during practice that happen during the normal process of training.

"When you see the MVP-DRIVE moving around, under the control of coaches, it allows you to see it as a device that replicates not only what you might see from an opponent, but it mirrors the tackling process," he says. "They are hitting something padded, but it can definitely move and evade an athlete with no warning, just like an opponent. There are big dimensional changes you see by moving from a static dummy to the MVP-DRIVE. It broadly expands all of the things you can do in practice without running the legs off your players and subjecting them to unnecessary risk."

MORE THAN JUST TACKLING

While the MVP-DRIVE excels in the tackling arena, it has many more virtues than those belonging to a standard tackling dummy.

"The MVP-DRIVE is a great quarterback for line drills," says Currier. "You can move the pocket and you're not putting your valuable quarterback at risk. The MVP-DRIVE is a great quarterback during OL vs. DL drills."

That's not all. When running drills for linebackers and defensive backs, coaches can bring the MVP-DRIVE out of the backfield and have the defenders react to the position and direction of the MVP-DRIVE. They don't need to tackle the mobile dummy, but it helps them set up pursuit angles depending upon the route the MVP-DRIVE runs out of the backfield.

"It allows athletes to practice things they might otherwise have trouble practicing," says Ryan McManus, Director of Marketing for Mobile Virtual Player. "For example, if you have two MVP-DRIVES running vertical routes, and a defensive back splitting the difference in coverage, then the defender can make a real-time decision about breaking on the ball to intercept it or finishing with a tackle. You can't do that against your own receivers because coaches need those guys healthy on game day. You can also practice cut blocking on the MVP-DRIVE because it's softer than a player and it keeps defenders healthy as well."

Today, coaches and student-athletes can step into the future of football and join teams like the Pittsburgh Steelers, Oakland Raiders, Dallas Cowboys, San Francisco 49ers, University of Notre Dame, University of West Virginia, Dartmouth and more.

FOR MORE INFORMATION ABOUT THE MVP-DRIVE, VISIT [HTTP://DRIVE.ROGERSATHLETIC.COM](http://drive.rogersathletic.com) OR CALL (800) 457-5337.

ROGERS



Washington High School on the move!



Hearing their final whistle...



Coach **JAMES ADAMS** 1939-2021



Jim was preceded in death by his father, Lewis Adams, mother Elizabeth Adams, and sister Suzanne Rowe.

He is survived by his wife of 61 years, Sally (Luark) Adams, brother Lewis Adams, sons Kirk (Roz) Adams and Jay (Sheri) Adams, daughter Melissa (Sam) Luna, and many beloved grandchildren and great-grandchildren.

Jim was born in Hoquiam, WA. He spent most of his early years at Lake Quinalt, and moved to Montesano as a freshman in high school. After graduation he attended Grays Harbor Community College, Washington State University and Western Washington University where he earned a degree in education. He then taught and coached at Edmonds, Molalla Oregon, and Snohomish. Jim was an outstanding athlete and

coach and was inducted into the Montesano High School, Western Washington University, and the Washington State Coaches' Associations Halls of Fame.

A true son of the Northwest, Jim enjoyed cutting and splitting wood, freshwater and saltwater fishing, camping, crabbing, clamming and golf.

Jim treasured his friends and family and will always be remembered for his generosity of spirit, care and nurturing of others, and his uncanny ability to maintain humor and grace in any situation.

He will be missed by his family and friends, and the thousands of young students and athletes that he inspired. ■





Hearing their final whistle...

Coach **ART LARSON**



Puyallup - E. Arthur Larson, age 95 passed away peacefully on August 13, 2019. Art was born in Astoria, Oregon on August 17, 1923, the second child of Rev. E. Arthur (Sr.) and Ebba (Anderson) Larson. He is survived by his wife of 71 years, P. Lorraine (Akehurst) Larson; three children, Curtis, Susan and Darold (Beth) Larson and three grandchildren; Bryan, Hannah and Carrie Larson; brother, Richard (Sharon) Larson of Puyallup, and sister-in-law Maria Larson of DuPont. In addition to his parents, Art was preceded in death by his sister Dorothy (Marv) Harshman, and younger brothers, Robert and Roy Larson.

The family moved to South Tacoma in 1927, all graduating from Lincoln High School and later, collegiately, from Pacific Lutheran College. Advancing two grades, Art graduated from Lincoln at the age of sixteen in 1940 and PLC in 1947. College was interrupted in 1942 with the outbreak of WWII; he served in the Navy in the Pacific Theater and was on the island of Okinawa when the war ended and was in Tokyo Bay on VJ Day. Art also served in the Korean War and continued a proud tenure in the Naval Reserves for 28 years with a final rank of Commander.

An educator, Art spent 31 years in the Puyallup School District, first as a teacher and later Vice-Principal at Puyallup High School, before becoming the first Principal at Rogers High School in 1968. Whether it is arts and music, athletics or serving the community, he believed fervently in a well-rounded education. Upon retirement, Art continued to stay busy, most notably as an adjunct professor at PLU from 1982-1994, and also as Superintendent for catering and transportation for the Washington State Fair. At nearly age 90, his last job was as a volunteer at the City-County building in Tacoma.

Art was the Floor Foreman (15 years) during the summers at Valley Packers, a football coach (1948-65) and track coach (1949-63) at Puyallup High School, and a member of the Washington Interscholastic Athletic Association board of directors. He was a Rotarian, (beginning in 1968, serving as President and with 40 years of perfect attendance). He served eleven years as a Director of Good Samaritan Hospital, including several terms as President, and he was an active member at Mt. View Lutheran Church where he served several stints as President along with being a member of the choir and organist for the church, Art lived a full life. ■

ENJOY the LITTLE
things

The WIAA is excited to announce the development of a virtual, publicly accessible, Hall of Fame

This past summer, some important changes were made at the WIAA office. After years of displaying Hall of Fame plaques from many sports and organizations on the walls of the office, the plaques were taken down and distributed to the sport associations. While our Hall of Fame recipients

were indeed honored to have their awards adorn the walls of the WIAA office, there were limited opportunities for the general public to view and appreciate their accomplishments.



Aaron Roetcisoender, Facility and Production Coordinator, is developing and creating a new digital “Wall of Fame” platform to be publicly accessed. This exciting new format will open the door to all who wish to review and enjoy the stories of the Hall of Fame honorees. The “Wall of Fame” will be fully loaded with biographies, photos, videos, and

a searchable database to better showcase Washington’s legends.

As this project is in the development stages, the link below will give a quick view of what is being developed.

<https://wofproduction.blob.core.windows.net/embed/803d168b8bfd4f789e38c7e0a4569434/walloffame.html#/walloffame/attract>

In addition to being available to all through the digital platform, this new format will allow updates to be made in a timely and efficient manner.

I encourage all of our Individual Sport Association representatives and their coaches to reach out and make contact with Aaron to determine how we may assist the WIAA in this worthy project. Aaron’s contact information is listed below.

Aaron Roetcisoender | Facility and Production Coordinator | WIAA



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