

THE WASHINGTON GOACH

OFFICIAL PUBLICATION OF THE WASHINGTON STATE COACHES ASSOCIATION



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- Recording Secretary** Brett Lucas
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Brett Lucas, Tawnya Brewer
- All State Game Liaison**Pat Fitterer
- WSCA Operating Manual**Ryan Fleisher
- Lifetime Achievement** Tom Harmon
- Career Recognition Awards** Brett Lucas
- Lifetime Membership** Mike Schick
- WSCA Clock Hour Administrator**Pat Fitterer
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Mike Schick, Rick Giampietri
- Representative Emeritus** Ed Laulainen
- Executive Director Emeritus** Jerry Parrish

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- Basketball (B)** - Nalin Sood, Mt. Lake Terrace
- Basketball (G)** - Dan Taylor, Kings
- Cheerleading** - TBD
- Cross Country** - Jeff Hashimoto, Ellensburg
- Football** - Mark Keel, Central Kitsap
- Golf** - TBD
- Gymnastics** - Ryan Fleisher, Issaquah
- Soccer** - Jens Jensen, Royal
- Softball** - Tom Harmon, Nooksack Valley
- Tennis** - Brooks Hazen, Puyallup
- 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 2023

Fellow WSCA Members,

Welcome back!!!

School is back in session, fall sports are underway, everyone is undefeated and believing they can win their conference championship. What a great time of the year. I begin my 45th year in the education/coaching profession and the fall is my favorite time of the school year. Everybody is refreshed, everything is new. Those of you that are new head coaches or new to the coaching profession, you are jazzed and ready for your first season to get under way.



This is the time of year when WSCA membership renewal is well underway. If you are a coach registering as an individual, get onto our website and get your registration completed. If you are part of a district that covers your cost of membership, get onto our website and get your registration completed so you get your card before the post season. A reminder to ALL WSCA MEMBERS: your WSCA membership card allows you entrance into all post season events, including the state tournaments. This is not a ticket into regular season athletic events. Your AD should remind you of this. In your online registration, coaches will be able to select the multiple sports you are coaching. **Please be mindful that the #1 sport you select is where \$15 of your registration goes to support that individual sport with clinics, All Star games, and/or professional growth opportunities.** Your professional association is here for you.

A reminder to ALL coaches of the 2023-'24 school year: ALL paid high school and middle school head and assistant coaches are required to complete on-line WIAA and sport specific rules clinics. It is believed that all coaches should know the WIAA rules and rules of the sport they are coaching. ALL coaches must complete their rules clinics before the first day of practice. Failure to complete these rules clinics will result in a WIAA violation. Whether we like it or not, completing this requirement is part of the professionalism of being a coach. Get it done.

I want to personally encourage all coaches to get involved and get off the sidelines. Make a contribution to your sport specific organization in 2023-'24. 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.

Here's to a successful fall sports season for everyone.

Keep the head down.

Darrell Olson
President



2023-2024 WSCA Membership Executive Director/Treasurer Report

Rob Friese, Executive Director,/Treasurer



Be in the Know

The 2023-2024 membership registration is off to a stellar start. Welcome back to another exciting athletic year.

The Executive Board has been working to streamline our budget to best benefit members. Last year the WSCA was able to provide \$16,000 dollars in scholarships to member coaches graduating children to support their future education. Almost \$52,000 dollars have been reimbursed to individual sport associations for their clinics, all star games, and other programs benefiting coaches. This is a \$12,000 increase from the previous year. It is our goal to provide as much as possible to support coaches in our state.

As of September 18, 2023, the WSCA has 2,628 members. Of that, 2,078 are group members paid by their districts. 550 are individual members. There are 65 active groups currently. This tells us that 81% of our membership is supported by school districts that obviously value the coaches in their district. Paying for the coaches in your district is a great thank you for the amount of time we all know is put in for student athletes. With schools starting their year, we anticipate an influx of members in the coming three months. It is always good to become a member early to take full advantage of the entire year of membership from June 1, 2023 to May 31, 2024.

Some frequently asked question we get:

I signed up, but have not received my card yet, why?

If you are a member of a group, coaches in the district register but their card is not sent electronically until the district creates an invoice. If you sign up as an individual coach, your card should arrive immediately unless the credit card transaction is not approved.

Group administrators sometimes ask, why can't I log in to my last year's account?

Because of the big turnover in group administrators, the WSCA clears all previous years' accounts and starts new. So, you simply need to create a new group with your information.

Finally, if you have input incorrect information your group administrator can go in and correct that information. Or, if you contact robfriese@gmail.com, I can do that also.

It has been great seeing the progress of sportsmanship over the past year. Seeing athletes reading a statement before the games, stopping the game at anytime to address issues, having fans removed for bad behavior are just a few of the efforts I have witnessed. Keep up the great work in this area.

This is an exciting time for Washington State activities. If you have any questions or concerns, feel free to contact me. ■

QUESTIONS OR CONCERNS?

Contact - robfriese@gmail.com or
contact@washcoach

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 \$2 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





Introducing your WSCA Executive Board



Darrell Olson, Everett

Board Responsibilities: President, Finance Committee

Darrell had the privilege of being in the education profession for 39 years before retiring from Everett High School in 2017. Entering his 45th year of coaching, his resume includes head boys' basketball, head boys' tennis, head boys' golf, head baseball and assistant football positions. As president of the WSCA, Darrell works closely with the Individual Sport Association representatives, sets the agendas for and conducts the biannual meetings and chairs the Finance Committee. Coach Olson is truly privileged to serve the WSCA membership.



Rob Friese, Willipa Valley

Board Responsibilities: Executive Director-Treasurer, Finance Committee

Rob retired from education in 2018 after spending his 33 year career as a teacher, principal and superintendent for his last 8 years. He served 16 of those years as principal and head football coach in the Willipa Valley School District garnering two football state championships. He was inducted into the WSFCA Hall of Fame in 2013. Rob's appointment to his position came on the heels of the 40 plus years Jerry Parrish held the spot.



Nalin Sood, Mountlake Terrace

Board Responsibilities: Past President, Boys' Basketball ISA Representative

Nalin is the head boys' basketball coach at Mountlake Terrace and teaches Business Technology. Coach Sood is also the WIBCA Executive Director, Secretary/Treasurer of the National High School Basketball Coaches Association and president of the Edmonds Activities and Athletics Association. Nalin was inducted into the WIBCA Hall of Fame in 2018 and the NHBSCA Court of Honor in 2015.



Brett Lucas, Todd Beamer

Board Responsibilities: Vice President, Scholarship Committee, Recording Secretary, Career Recognition Award, Wrestling ISA Representative

Brett is the head boys' wrestling and head boys' tennis coach in addition to being the assistant girls' tennis coach. Teaching physical education at Beamer, he is also the Washington State Wrestling Coaches Association treasurer and Cultural Exchange Co-Director. Coach Lucas serves as the Athletic Coaches Representative to the Federal Way Education Association.

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Introducing your WSCA Executive Board

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Tom Harmon, Nooksack Valley

Board Responsibilities: Position 1, Lifetime Achievement Award, Softball ISA Representative

Tom is the head softball coach at NVHS, a position he has had for 36 years. In his 43 years in the Nooksack School District, coach Harmon has been a high school assistant football coach, head middle school football coach and coached C Team boys basketball coach and a JV baseball. Tom has served as an assistant middle school principal and taught physical education for 30 years. He is currently the NVSD HIB Coordinator, School Safety Coordinator, K-12 PE Supervisor as well as serving as the district Athletic Director. Tom was inducted into the Softball Coaches Hall of Fame in 2008.



Tawnya Brewer, Burlington-Edison

Board Responsibilities: Position 2, Scholarship Committee

Tawnya is the head volleyball and assistant track coach at Burlington-Edison High School in addition to teaching physical education, positions she has held for 30 years. Currently the president of the Washington State Volleyball Coaches Association, Tawnya was inducted into the WSVCA Hall of Fame in 2016.



Mike Schick, Edgemont Junior High, Puyallup School District

Board Responsibilities: Magazine Editor, WIAA Liaison, Finance Committee

Retired after 40 years teaching physical education and health, Mike also coached varsity football and track as well as 7th grade boys' and 7th grade girls' basketball during his 34 years at Edgemont. Mike is a past president of the WSCA (2006) and has served as editor of "The Washington Coach", the official publication of the WSCA, since 2008.



Rick Giampietri, Central Valley

Board Responsibilities: Scholarship Committee, Finance Committee

Rick is retired from teaching after 40 years and has stepped down from coaching after 48 years. He was the head football coach at Central Valley where he also coached wrestling and golf. In 2001, Rick was inducted into the Washington State Football Coaches Association Hall of Fame.



Introducing your WSCA Executive Board



Pat Fitterer, Yakima School District

Board Responsibilities: All State Game Liaison, Clock Hour Administrator

In his 48th year in education, Pat has been a long-term substitute teacher in the Yakima School District for the past two years. He has taught and coached in the Highland, Kent, Bellingham, Yakima and Ellensburg school districts. Over the years, he has coached football, basketball, track and golf. Pat is the past president of the Washington Interscholastic Basketball Coach Association and was inducted into their Hall of Fame in 2007.



Ryan Fleisher, Issaquah

Board Responsibilities: Operating Manual, Gymnastics ISA Representative

Ryan is the head gymnastics coach at Issaquah HS, a position she has held for 21 years after being an assistant coach for 5 years. She has been the president of the WSGCA for the past 7 years, previously serving as their secretary /treasurer. Coach Fleisher was selected as the NFHS State Coach of the Year in 2004 and 2022 and inducted into the WSGCA Hall of Fame in 2020.



Ed Laulainen, Kelso

Board Responsibility: Representative Emeritus

Ed was the head football coach at Kelso from 1971-1996 posting a 187-54-2 record with nine league titles and a state championship in 1983. Serving the WSCA for almost 60 years, Ed is a past president ('84) and was the WIAA Liaison for 40 years. Coach Laulainen has been inducted into the RA Long, LCC, WSFCA and WIAA Halls of Fame.



Jerry Parrish, North Kitsap

Board Responsibility: Executive Director Emeritus

Inducted into the Washington State Football Coaches Association Hall of Fame in 1993, coach Parrish has been the heart and soul of the Washington State Coaches Association. Being the face of the WSCA as the Executive Director/Treasurer for more than 40 years, Jerry's tireless work for the coaches of the state along with the work of coaches Ed Laulainen and the late Terry Ennis maintained the strong foundation of our association. ■

Preserving Bremerton's History

Chuck Semancik Memorial Foundation

by Lane C Dowell
Longtime correspondent for *The Washington Coach*



Anyone entering Bremerton High School's Memorial Stadium during the last 20 years has been able to enjoy Semancik Victory Park built by the Semancik Foundation and maintained by the Bremerton School District.

It's a unique park, honoring Kitsap County KIAs from WWI to present day, championing the top state athletes and teams at Bremerton since 1928, and keeping memories alive through the paved tiles. We believe there is no other high school stadium in the Pacific Northwest that carries these honors.

Bremerton and its alumni have always had pride in their community. It's a transient area – Puget Sound Naval Shipyard is our largest industry normally with about four military ships and a couple of submarines being overhauled there at all times. It's a blue-collar town, but you can talk to a complete stranger living here and within 5 minutes you will have a connection.

A great reminder of the Bremerton schools and community pride is the stadium itself. It's a story with impact:

Bremerton's Memorial Field – It's History

1946, the first full year of peace following WWII, Bremerton was basking in an economic boom with a population of over 72,000. At Bremerton High School, the Class of 1947 were making the ageless decision of deciding what to present to the school at the end of the year. One student body officer and a football athlete looked out of the



Bob Fredericks, 94, still involved.

classroom window at a huge trench designated to be the high school football field and said, "What we really need is a football field." The eleven teenage officers laughed and moved on, but the thought stuck. Finally, the Student Body President, Bob Fredericks, went to the principal and told him of the idea. After many discussions, the principal realized the students were serious enough to have them talk to the School Board. But first they had to obtain some estimates. The community businesses and parents helped round out the estimated needed money for building a basic field with stands and lights to about \$80,000.

With paperwork in hand, the students went to the School Board asking if they would support the students' efforts. The Board replied they would like to help, but they were out of funds. The students then asked if they would match whatever the students raised - - perhaps half the costs? (As a perspective, \$40,000 was probably the total worth of all the parents' homes

of the eleven BHS student officers.) The Board turned to each other and agreed knowing the outcome would be impossible.

There were 422 seniors and a total of 1,406 students at Bremerton High. Everyone became involved. Bake sales were held daily at the gates of the shipyard, sock hops were planned, 'Build the Stadium' buttons were sold, an alumni association was formed...anything that could help build cash. The parents and teachers were involved, the community became involved. And then, the Kerr Family, owners of the local Ford dealership, offered two new cars that the students could raffle. This was big. They sold 28,000 –

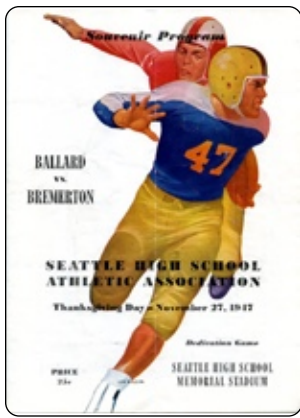
yes, 28,000 - raffle tickets for the cars; one raffled off at a baseball game and the other later at a basketball match.

Bottom line, the students met their goal with \$39,562.00. The

Board found their half and the construction began immediately....not something you would see in today's world. The stadium was ready for the 1947 Fall Wildcat Football Season. The students named the field 'Bremerton Memorial Stadium' as an honor to commemorate their own relatives and friends who had given their lives in battle during WWII to preserve our freedom.

The story didn't end there – During





the 1947 football season, the Seattle schools decided to host an outlying championship for the

first time since 1916. Bremerton was invited to play against undefeated Ballard on Thanksgiving Day. It was Bremerton's QB Don Heinrich's senior year. In the final 3 minutes, Bremerton took a 19-14 victory home to Kitsap, and became the top team in Washington State by the Associated Press. Heinrich went on to become the Washington Huskies Quarterback, then played and coached 21 years in the NFL including the New York Giants, Dallas Cowboys, and Oakland Raiders.

A season later, 1948, Chuck Semancik became an assistant coach at Bremerton, later head coach, continuing his career with the Bremerton Wildcats, the West High Wildcats, and the Bremerton Knights, all in the same location right next to Memorial Stadium until 1984. His win-loss record was 210-114-18 and he became one of the first inductees into the Washington State High School Football Coaches Hall of Fame.

Ground Chuck, the toughest of the tough

If one attended and participated in football as a Bremerton or West High Wildcat, the mere mention of Room 8 stimulates a flood of memories. This was where the stage was set for what was appropriately called Chuck Football or Ground Chuck.

Pre-game, halftime, and post-game performances could be quite entertaining in Room 8 as the wily men-

tor endeavored to keep the intensity level high and make corrections in the 'Cats performance.

To call Room 8 a classroom might be a push. It was more of a holding pen for Wildcat boys, costumed in their rag-tag PE gear awaiting the signal from Physical Educator Semancik to "play ball." If you were allowed to register for 6th period PE, it meant you were a candidate for next year's Blue and Gold Varsity Football Team. The curriculum for this class was to run a plethora of offensive plays from the variety of formations that comprised Ground Chuck.

To pass the ball was akin to buying a winning lotto ticket. It just did not happen. Defense consisted of lining up in a 52 Oakie with an occasional Eagle look. Semancik figured if we were tougher than our opponents, we did not need a lot of frills. Just go out and knock 'em down...play tough...be tough! Win or lose, if the 'Cats did not play a very physical brand of ball...well, let's just say that it was not pleasant to be around Chuck.

Never was Coach Semancik's obsession for mental and physical toughness more evident than when we took on the Rams of Tacoma's Wilson High coached by Chuck's old college rival Harry Byrd. These epic battles were a site to behold. They were truly a war, just like when Semancik, a lineman for Washington State, faced his nemesis, Byrd, who wore the colors of the University of Washington in the Apple Cup.

None personified the wily old-school mentor's desired toughness more than the 1970 Blue and Gold eleven who, on a crisp fall evening, engaged a huge Rams' squad comprised of future college prospects. Coach

Semancik's West Bremerton squad was physically dwarfed by the behemoths from Tacoma, who, in many cases, outweighed them by 50 or more pounds. That Wildcats' team never, NEVER succumbed,

and left its heart on the muddy field as the scoreboard registered a convincing victory for the Wilson Rams. The post-game atmosphere in the visitor's locker room was unique. A cloak of silence prevailed as Semancik quietly put his arms around many and silently whispered words remembered only by his boys, who that night gave it their all.

I have also seen a furious Semancik, in the wake of a 50-point 'Cats triumph, lambaste his young warriors for a lack of toughness. If you wore the Blue and Gold you were expected to play tough, no matter what the numbers were on the board. Yes, Chuck, we were really tough!

The Creation of the Chuck Semancik Memorial Foundation

In November 1999, Semancik passed away. He was like a father figure to me. Though we didn't always agree, he was upfront and didn't beat around the bush. He loved his guys and had a plan to help us succeed. He wanted us to be tough...he wanted us to feel we were the best. I didn't want that feeling to be lost to Bremerton. Chuck was an icon and a personal hero to many.

With the help of a small group of teachers and alumni, we decided to create a foundation in his name for scholarships towards the athletes Chuck strived for - Bremerton students who have overcome life-altering circumstances and have shown their desire to further their education.

The group consisted of teacher/coaches, a sports reporter, and a beer truck distributor, not business leaders, college administrators, or grant writers. We were all smart enough to immediately know we needed legal assistance, a tax expert, and an investment counselor. What better loyal participants than Bremerton alumni who could fill the business needs - all knew Semancik and agreed to do the work pro-bono. Still, to this day, the attorney, CPA, and financial advisor work with the foundation at no charge. The Board and all those who helped

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in the community have also never received any payment. The Chuck Semancik Memorial Foundation was registered with the state, a tax deductible 501C3 non-profit was approved, and the fundraising began. Money started coming in...small donations, but the community was behind us. The Semancik.org website was formed, we began an annual newsletter, and in the spring of 2000 – five months after the foundation was officially created - two worthy Bremerton High recipients received scholarships of \$1,000 and \$500 respectively.

The Victory Park

Two years later, we knew we needed a venue...something solid to give to Bremerton....something that would be familiar for future generations. There was a small patch of ground on the southeast corner of Memorial Stadium where the maintenance people kept the weeds down....we asked if we could build a park. The school district gave us full control and with the help of the community, a park was initiated.

An alum from a local nursery presented the basic design with Bremer-ton's landscape maintenance man, Lance McCoy. A local rock and paving company provided and placed large boulders from their quarry as the first step to the park, and the local mortuary acquired a large bronze plaque, at his costs, for the main feature acknowledging Chuck Semancik and his accomplishments described by former West High footballer, Chuck Stark. The Scholarships were funded by donations and tile purchases in the park. To build the park, we had to find other means of acquiring money.

We had three sections in mind for the park. First, we wanted to honor the

name 'Memorial Stadium' by placing a memorial for the Kitsap County KIAs in all the 20th & 21st Century wars. Second, we wanted to honor all the athletic achievements of the school. Third, selling personalized tiles would be used for the scholarships.

The bare basics of the park were completed and dedicated just before Homecoming October 11, 2002. May-



2002 Semancik Victory Park overlooking the stadium.

or Cary Bozeman, along with athletes representing the last four decades Chuck coached the park over to Superintendent Bette Hyde. Former US Representative Norm Dicks represented the 1950's.

The home crowd showed their pride. One of the honorary football captains that evening was Noah Garguile, to-

day in charge of the Kitsap Athletic Roundtable. After three unanswered touchdowns by Central Kitsap, the Bremerton Knights dug

down and battled back to post a 33-21 comeback victory, their first of the season. The old Victory Bell rang loud and clear.

We knew we needed more in the park, and we knew we had to continue selling personalized tiles for the scholarships. In 2003, we formed a Bremerton Alumni/Semancik Golf Tournament with two Bremerton alumni golfers, Mark Bergsma and Bryan McConnaughy. A '74 West High graduate, Mike O'Brien put up the

initial costs of the entire tournament. O'Brien, the owner of O'Brien Auto Dealership with at least 18 locations in the Northwest, continued to be responsible for the initial costs of the tournaments for a decade, including a great lead-in for golfers...a hole-in-one on the 16th guaranteed you a lease on a brand new car!

In two years, the tournament was considered one of the largest in Kitsap County. A 1946 Wildcat alumni said, "A year ago people were asking, 'What's it all about?' Now they're asking, 'How do we get in?'" The 36 team limit was always filled and plenty of auction and raffle items to hassle over during the lunch....all towards the scholarship fund.

The number of scholarship recipients and the amount given to each increased. Continued scholarships were added for those who had received the initial award. We were doing okay. But, then around 2007, Sean Olmsted, another Bremerton grad (Class of 1988), now in the nursery and landscape business, asked if he could help update the park at the stadium. It was what was so needed. And we couldn't have found a better fit.

Olmsted immediately put his heart and soul into the work. For more than two weeks, he paid his work force but didn't charge us – he had all the machinery to transfer dirt, trees, and more rocks. He used community members and those connected with Puget Sound Naval Shipyard in working the grounds and planting the birch, conifers, and flowering cherry trees.

Olmsted placed three 4,000 pound granite slabs for the military memorial section of the park. The focus was to honor all the Kitsap County military KIAs who served in combat from the beginning of the 20th century in the area called 'The Path of Freedom'. After much research through the National Archives and local records, we found 443 military men and women from our area who gave their lives to protect our country; 337 of those honored heroes were killed in WWII alone. We also honored 11 Congressional Medal of





Bremerton's Mayor Wheeler visiting the Victory Park on Memorial Day.

Honor recipients from Kitsap County with large walking tiles. On the berm, overlooking these honored men and women, Old Glory, once flown over the nation's capital, flew 24/7 under lights. Further around the personalized tiles, another three two-ton granite slabs were placed in the 'Walk of Champions' honoring Bremerton state champions and all-state athletes beginning with the year 1928. The finished park was dedicated again with military notaries, county and city politicians, one of our Congressional Medal of Honor recipients, Bud Hawk, and a Native American blessing was given by Morrie Black Eagle and Craig Miller from the Lakota Nation.

Sean Olmsted's memories include: "I was never fortunate enough to meet Chuck but through you and many others that knew him I was able to understand what he contributed to those that played for him, and those that played against him!"

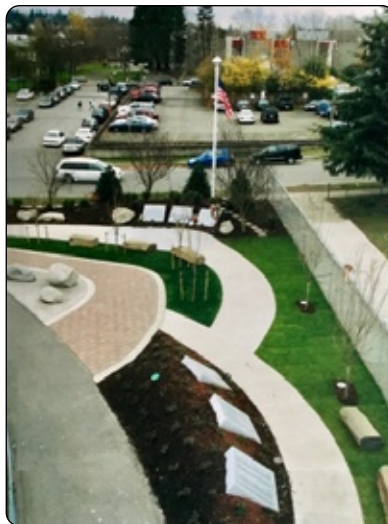
My family did not have money as many others in our community. One pair of shoes, food from the dumpster at times, skipping school to work mowing lawns, all of this was enough to know that if I ever got a dollar in my pocket, I would want to share with those that didn't. I watched the countless hours my coaches would put in, and the genuine care they would give to each player. I knew after this that whenever I could help I would.

So, when this project was brought up, I knew it would be a great fit for our community. To honor a great coach, to honor those from Bremerton that sacrificed their lives for our country, and to honor all the great champions from Bremerton, wow what an honor to be part of!

The school was wonderful and gave us the ground and let us run with it! As far as the park design, overall, we all got the desired effect from what we were trying to create. Parks need maintenance so having a plan in place to maintain the longevity of the park is key.

This was such a huge effort by so many. Many thanks to the Navy for providing the local Seabees and the community for pitching in! Lot of hands on deck helped move this project along!"

Lance McCoy, 1973 West High grad, has been involved with the park with his position as Bremerton Schools groundskeeper and maintenance man since the park was created. He takes special pride in the Victory Park. "Over the years, I have seen both our current



2007 Victory Park Completed.

youth and alumni enjoying the Victory Park. Seeing names chiseled into the granite slabs is pretty impressive. A walk along the pathway of sentiments harkens past West High and BHS peoples' well wishes. Certainly, the anchor for the park is seeing our football legend Chuck Semancik's face on a very impressive plaque. Every time I work

on the grounds, I stroll the area reading all the names. It is very inspiring to say the least!" And indeed, it is...At a local Track & Field meet some years later, a coach from a neighboring school asked what that park on the hill represented. When it was described, he said his dad had been killed in Viet Nam – could his father's name be etched in the granites? A few minutes later, with tears in his eyes, he nodded his head.

The Semancik Crab Feed is Created

A year later, a TV Productions teacher and wrestling coach wanted to help the foundation by updating the website and suggested, perhaps, we could start a crab feed as a fundraiser. Ryan Nickles, now President of the foundation and Bremerton's High School Principal, has been giving his all to our greatest annual fundraiser since 2008. We have burst the seams of three buildings because of its popularity.

Two of our current Board members and top volunteers of the crab feed, Leslie Daug and Teri Ainsle, commented: "The community buys into the crab feed because it is a great time to meet with friends. But the main reason they buy in is that we are supporting students with scholarships for future academics. Our scholarships are not focused on 4.0 GPA students. We usually support students who have the potential but are struggling to get their foot into college or a trade school due to financial needs. And, it's not a one-time scholarship...Our scholarship offers each recipient an opportunity to reapply for future years.



Ryan Nickels, crab feed creator & Marilyn McClelland, West Alum.

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Board team and community volunteers, Sandy and Joe Simon, added, "We have a tight knit Bremerton High School community that has always found ways to support the students. Chuck was a beloved part of that community so it's not

a stretch that an event bearing his name has a "cult following". Our community businesses are extremely generous in donations for the event as I believe they understand we are investing in our future community leaders and citizens.

One Board member and East High graduate, Gloria Colvin Jackson, reserves around seven tables each year for a group of people who are always looking for the next cause in which to generously participate. They look forward to this annual crab feed event. Not only are they from surrounding counties but also Hawaii, California, Delaware, and British Columbia. "Dad was a long-time community leader and activist in his beloved Bremerton. Over

the years he either started or helped with other scholarships. He developed and ran the MLK Scholarship Foundation for over 20 years in Bremerton. To him, everyone was a friend who had purpose. When Dad passed, without hesitation mom designated donations in his memory to be sent to the Semancik Foundation.

Today, around 400 attend the Crab Feed annually. Tickets are on-line and are usually gone within a couple of days. The tickets pay for the crab and pizza that is served - the auctions and extra surprises are the monies for the scholarships. There is even live music!

Simon, Daugs, and Ainslie excitedly described the guests - "The alumni of



Sonny Jackson and Gloria Colvin Jackson



Longtime volunteers Karla and Teri and Jeff and Sandy are always helping kids in Bremerton. Laurie and Tony Boddie (former Super Bowl Captain/Denver Broncos) have never missed the event. King 5 Paul Silvi, tells Dowell, "We'll be back!"

continued on page 14



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 wscs-editor@comcast.net





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continued from page 12

the 70's and '80's era is best represented, and we also have current retired coaches and staff that support this event. We have recent graduates from the past five years that participate to give back and thank those who have supported their future endeavors.

The East High vs West High competition is still alive and well at the crab feed and is always fun to see. (Editor's note: Bremerton was divided into two schools, West High and East High from 1956 until 1978 and then merged back into one school.) *The UW and WSU alumni competing against each other in the auctions is exciting. To see the same groups buying tables at the event, it becomes an event within an event for some, their own traditions, and their ongoing annual donations to our auctions.*

The day of the event is a daunting task. We always seem to have all the people we need, and these same core volunteers come back year after year, have their same tasks that they've perfected and essentially the event has grown "legs of its own" and truly goes off smoothly for entertaining a crowd of 400 people!

To watch the attendees come through that curtain and see the hall all set up - the massive auction tables and dessert tables - greeting old friends - is the best! The first-time attendees are always blown away and that's pretty cool too! Between entertainment, silent auction, live auction, crab feed dinner, the crab t-shirts, and much more, the crab feed makes those who attend wanting to come back again and again for a fun night of community unity. We always have people reaching out right after the event asking for advance knowledge of next year's event!"

Daug's and Ainslie added: *"We know the importance of the scholarship program. Even during Covid, the need for our students was still there. So, we were creative in hosting the crab feed. We could not meet in the normal way, so we held a drive-thru event. Those who donated/participated had the opportunity*

to pre-order a crab feed meal. A local meat distributor and alum, Jim Carlson of Minder Meats, donated the use of his facilities. We then organized the meals within Minder's walk-in refrigerators and made it available as the many cars stopped by for their order.

The Foundation shows pride in Bremerton

Today we have given 87 scholarships to worthy Bremerton High Students. Almost half of the recipients have taken advantage of reapplying for further monies as they work towards their future careers.

The foundation constantly pursues activities that give Bremerton pride in their school and community. We have honored 22 citizens who have done so much for our community and schools through our Bremerton Heroes awards. We provide around 20 student-athletes letterman's jackets annually, one for each boys and girls sanctioned sport at Bremerton High. We have funded around six dozen custom sideline chairs for gymnasium activities. We have a small cash fund that allows us to help a student/s with special circumstances at the high school and even the

middle school at times. These are all funded through other means that are not included in our scholarship monies.

But, thoughts always go back to Bremerton Memorial Stadium's history. BHS Principal Ryan Nickels walks new staff members and visitors out to the stadium for the school's history and its future. The pride in his school definitely shows: *"Memorial Stadium is a special place here in Bremerton. I always tell students that this is the heart of the city and the center of Bremerton. Whether it is an athletic event or a grad-*

uation, there is not a more picturesque location in Kitsap County. The sun setting through the clouds on a graduation night provides an epic send-off for our graduates. It is just beautiful. Equally impressive is the commitment and work of the Bremerton School District to step up and make that ceremony happen along with all our events that take place at Memorial Stadium.

I love the fact that Memorial Stadium stands as a testament to the hard work and determination of our students. The plan for the future of that stadium will always keep their hard work in mind. There is so much potential left in that stadium, and I look forward to the future."

We have impacted the local area by focusing on Bremerton's history & tradition through the Chuck Semancik Memorial Foundation and we intend to continue this tradition for many years to come. We are richer from the experience of contacting and meeting so many alumni, and witnessing the way the community has stepped forward to



help some very special Bremerton Kids has been very gratifying.

We are the Semancik Foundation

www.SemancikFoundation.org

Lane C Dowell
Assist Football West High Bremerton
Founder Chuck Semancik Memorial
Foundation
WSCA Lifetime Member ■

SPORTS

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

TBD

BASEBALL

Brian Jackson
Graham-Kapowsin
bjackson@bethelsd.org

BASKETBALL - BOYS

Nalin Sood
Mountlake Terrace
Soodn@edmonds.wednet.edu

BASKETBALL - GIRLS

Dan Taylor
King's
knights.in.gods.armor@gmail.com

CHEER

TBD

CROSS COUNTRY

Jeff Hashimoto
Ellensburg
jeff.hashimoto@esd401.org

FOOTBALL

Mark Keel
Central Kitsap
MarkK@ckschools.org

GOLF

TBD

GYMNASTICS

Ryan Fleisher
Issaquah
issygymnastics@yahoo.com

SOCCER

Jens Jensen
Royal
jjensen@royalsd.org

SOFTBALL

Tom Harmon
Nooksack Valley
tom.harmon@nv.k12.wa.us

TENNIS

Brooks Hazen
Puyallup
hazenbf@puyallup.k12.wa.us

TRACK & FIELD

Kevin Eager
Gig Harbor
wstfcaprez@gmail.com

VOLLEYBALL

Suzanne Marble
LaConner
smarble@lc.k12.wa.us

WRESTLING

Brett Lucas
Todd Beamer
blucas@fwps.org ■

Mark Mochel
Chairman/East Coordinator

Dom Coffin
East Coordinator



Tom Sanchez
West Coordinator

KC Johnson
West Coordinator

Final Score: 8-6



One would say that a defensive battle is far from entertaining, but this year's edition of the Earl Barden 2A-1A-B All State Classic was one of the hardest hitting, grittiest and more entertaining games in the recent memory. Each team had their chances through the game to get points on the board, but DEFENSE would hold.

The Kansas City Tie Breaker made its first ever appearance in the Earl Barden Classic. East Team MVP Kaleb Hernandez (Royal) would score the East's TD and a 2-point conversion followed. Jaden McElravy (Montesano) scored his TD for the West. Marques George (Mt. Baker) appeared to look to tie it up on the 2-point conversion, but a host of East players met him at the 6-inch line to secure the win for the East!

The game was the culmination of a week full of activities. Bruce Brown was a guest speaker and left players and coaches alike in such admiration of him. The annual bowling

night netted Tommy Price (West Valley- Spokane) \$100 for the first Turkey of the night! Before a night at the movies, the teams spent 2 hours at the Yakima Union Gospel Mission giving back to the Yakima community- something many of the players said was the highlight of their week. The final activities of the week on Friday night were the belly flop contest and pizza feed. Allan Sires (East Valley- Yakima) came away with the Championship and \$100! Travis Hendrick (Ephrata) and Ethan Larson (Mt. Baker) were each named the Coach Alex All Star Teammate award and were gifted a \$500 scholarship by the Washington State Coaches Association.

The 30th edition of the Earl Barden Classic is scheduled for Saturday, June 22 again being played at East Valley High School in Yakima. As the season progresses, the Earl Barden administration will keep a close eye on players for 2024. Make plans to join us in Yakima! ■



Photo credits and a huge thank you to Kevin Phillips and Five09photography!





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

Sleep, Recovery, and your Athlete

Why we sleep...

Introduction

Numerous studies have shown that sleep improves the motor skills of junior, amateur, and elite athletes across sports as diverse as tennis, basketball, football, soccer, and rowing. So much so, that in 2015, the International Olympic Committee published a consensus statement highlighting the

critical importance of, an essential need for, sleep, in athletic development across all sports for men and women.¹

Over the past 40 years of training individuals to be stronger and more athletic, I have emphasized the fact that each one of them needs a proper amount of sleep in order to reach their

goals. It has been suggested many times to not only keep a workout log but to keep a nutrition and sleep log. When it comes to my student-athletes, numerous have told me they stayed up and pulled an all-nighter for the coming exam the next day. To my mind, the phrase, "all-nighter", means they stayed up the majority of

their sleeping hours studying for an exam. According to the literature, doing so may enable them to do better on their next day's exam, however, this knowledge does not stay with them. It quickly disappears over the coming weeks.

Sleep is absolutely essential in both mental and physical tasks.

Ask students to tell you what a formula does. (It's a rule that defines how things are to be done—a standard process. Another definition of a formula is "a recipe.")

Have students keep those definitions in mind as you write the following formula on the board:
Food + Sleep + Physical activity = Energy

Ask your students what they think this formula means. As students "solve" the equation, make these points:

- a. Food and water, sleep, and physical activity are all ingredients in a high-performance equation. **Each part is critical to the success of the overall equation.**
- b. The foods students eat can affect their mood, their ability to handle stress, and their academic and physical performance each day. Empty calories provide less value to the body. Eating right and drinking enough water provide energy and good health.
- c. Sleep plays an important role in renewing the body's energy levels. It also plays a role in growth and development. Sleep affects the mind as well, including how kids feel, think, and learn. Preadolescent and teenagers' bodies and minds are growing, which is why they need more sleep than adults.
- d. Physical activity is a key component of maintaining energy. In fact, fitness is as important as food. It reduces feelings of depression and stress and promotes confidence. It also aids academic achievement. The goal is a healthy body that is fine tuned to perform at its peak. Each person's best is different from everyone else's.

https://www.cdc.gov/healthyschools/bam/teachers/documents/energy_equation.pdf

1 *Why we sleep. Unlocking the power of sleep and dreams. Page 128*

Study Finds Link Between Sleep, Mental Health, and School Work Among US High School Students During the COVID-19 Pandemic



Many US high school students who don't get the recommended 8 plus hours of sleep per night also report poor mental health.



Students who slept less than 7 hours per school night or reported poor mental health were more likely to have difficulty doing schoolwork.



Later school start times and better sleep practices, including parent-set bedtimes, may help students improve their mental health and do better in school.

Original research published in Sliwa et al. PCD March 2023. bit.ly/PCD22_0344

PCD
PREVENTING
CHRONIC DISEASE

https://www.cdc.gov/pcd/images/visual_abstracts/VA-22_0344_Sliwa.jpg

Study Finds Link Between Sleep and Mental Health of College Students



At least a quarter of college students experience insomnia, which is often linked to depression and attention deficit hyperactivity disorder (ADHD).

78% of students with insomnia also experience depression.



16% of students with insomnia also have ADHD.



Regular physical activity improves sleep quality and mental health. Promoting healthy behaviors like exercise on college campuses can help improve the well-being of students.

Original research published in Mbous et al. PCD, September 2022. bit.ly/PCD22_0060

PCD
PREVENTING
CHRONIC DISEASE

https://www.cdc.gov/pcd/images/visual_abstracts/VA-21_0060.jpg ■

Yakima Valley Quarterbacks Honor Prosser Basketball Coach Mel Bowden



YV Quarterbacks president, Spud Edmunson, opened the loud boisterous meeting to honor the legendary Mel Bowden. Mel retired after 16 years as the Prosser head coach, 1967 state champion and the first president of the Washington Interscholastic Basketball Coaches Association (WIBCA) in 1978. He was inducted into the Washington Basketball Coaches Hall of Fame in 2002 and later he was honored to have Prosser's basketball court named after him.

Pat Fitterer, current past president of WIBCA, received the honor of introducing coach Bowden. Pat said it was a special honor because, "Mel was my (and 3 fellow Ellensburg teammates) camp coach at Houbregs basketball camp in 1968 and we all loved the experience and coach." Competing in the same Mid-Valley league as Prosser was a great experience and several other

Mid-Valley teams were represented at the event. Toppenish's Fred Anderson, two time super bowl champion with the Pittsburgh Steelers and later Seattle Seahawks, was in attendance. Dave Mills, baseball standout, represented Selah. Prosser players have a get together for coach every year. Dr. Mike Buehler, who played on Mel's first team, Dave Buehler who played on Mel's 1967 state championship team, outstanding football players Mike and Randy Ammerman and Rick Adams who taught agriculture at Prosser for 33 years made a second trip this year to honor coach Bowden.

Pat also told the story of being a young coach in 1978 and joining the older coaches at a University of Washington clinic. The basketball coaches were not an organization yet so I joined a group of five coaches sitting around

talking a n d coach Ed Pepple said "let's organize." Ed volunteered to be in charge of the foreign tour team games, Mel became our first president and Mike Mullen became the secretary-treasurer. Mel's leadership led us to being the 45 year strong organization WIBCA is today.

Mel's face lit up and he shared stories about his teams and his players. Former Naches basketball coach, Doug MacNeil, and former coach Kieth Farnam of Eisenhower on each side of him added to the fun. The room was full of former football, baseball, track, Yakima Valley College and youth coaches. Sportswriters and people who just love sports left the room with smiles on their faces and great memories. Thank you Mel for the great day. ■



From left to right: Rick Adams, Mike Buehler, Mike Ammerman, Mel Bowden, Dave Buehler, Randy Ammerman, Fred Anderson, Pat Fitterer and Dave Mills.



We have had some questions from coaches about when and where their WSCA card is valid as an event pass. As a reminder, and as it says on the card, WSCA cards are valid for entrance into post season games...District, Regional, and State. They are not valid for regular season events, as this would be against ASB rules and regulations.

If you have questions about this, feel free to contact me.

Rob Friese, Executive Director/Treasurer
robfriese@gmail.com or contact@washcoach.net

Washington State Coaches Association
PO Box 205
Lebam, WA 98554

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The WSCA Obtains a New Insurance Carrier

Washington State Coaches Association Insurance Program



For Any questions regarding the Participant Accident coverage for camps or other policy terms & conditions please contact: Karen Boller - kboller@loomislapann.com, Lori George - lgeorge@loomislapann.com, Greg Joly - gjoly@loomislapann.com; Loomis & LaPann, Inc. PO Box 2158, Glens Falls, NY 12801, 800-566-6479, sports@loomislapann.com, www.loomislapann.com

The coaching profession has changed dramatically in the past 20 years and with that change comes more scrutiny, more expectations, and more responsibilities. Coaches today must manage their sport and coaching duties are not relegated to athletics and Xs and Os.

In reality, coaches are expected to deal with school policies/procedures, Booster clubs, parents, athletic trainers, facilities and equipment. In

addition, coaches in most states are required and/or encouraged to become certified in emergency first aid and CPR. By virtue of the position held, coaches have become increasingly more at risk of being involved in a lawsuit and proper insurance coverage is a necessity.

As a member benefit of your coach's association, all members are covered for your coaching activities (including classroom coverage) by a Commercial General Liability Policy. The policy limits

are \$2,000,000 (per member) and the policy provides coverage to members from claims made by negligent acts accidentally committed resulting in bodily injury, personal and advertising injury or property damage to others. Members may also request certificates of insurance showing proof of insurance or naming an additional insured. Participant Accident coverage for participants attending camps is mandatory, and member coaches have the option of completing a camp insurance request form for a Certificate of Insurance and/or participant accident coverage at www.loomislapann.com. ■



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WOMEN IN ATHLETIC LEADERSHIP

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MISSION & VISION

Women in Sport was created by the WIAA to support women as leaders, change agents, connectors and collaborators in the world of athletics. Through this initiative, the WIAA is proud to provide women in athletic leadership with a series of conferences, workshops, and networking opportunities to inspire growth and engagement.



Betty Harrow

OCOSTA HIGH SCHOOL VOLLEYBALL, BASKETBALL,
BADMINTON, TRACK AND FIELD

Before Title IX, there was Betty Harrow. Coach, organizer, fundraiser, bus driver, athletic director – it’s difficult to fully sum up all the roles Betty played in the lives of the student-athletes she represented. Regardless of her position, she always worked hard for young women, “simply for the love of the sport and the chance to provide the girls with an activity.”

Already the head of the Girls Athletic Association (GAA), Harrow took over as the PE teacher at Ocosta High School in 1963, breaking down social stigmas and discriminatory hiring practices. Three years later, with girls’ sports still unsanctioned, she coached her first girls’ basketball team, the beginning of a 27-year reign atop Washington state youth athletics.

By the time Title IX took form in 1972, Harrow already had six years of coaching under her belt across four sports: Basketball, track, badminton, and – most notably – volleyball. While she inspired a winning culture wherever she went, Harrow’s volleyball teams achieved the most measurable on-court success. In 20 seasons, her squads never had a losing season, amassing 12 league championships and 10 State Tournament appearances along the way.

Throughout her tenure, the sport underwent significant changes in strategy and personnel. Meanwhile, Betty’s focus on positivity and teamwork remained steadfast. Despite a deficit in Ocosta’s school population and athletic enrollment, Harrow’s teams would compete and win against some of the state’s largest schools. And most of the time – due to a lack of funding – Betty would be the one driving them to all corners of the state, no matter the distance or compensation.

As her former pupil and fellow Title IX pioneer Charmon Odle described, “[It was] really a thrill when Betty came to Ocosta, and girls finally got a chance to really get out and compete.” Other past team members have described Betty’s dedication and leadership as a major factor in their decision to stay in school, where they could compete in sports. By the time Betty Harrow retired, countless young women had gone on to pursue careers in athletic teaching – including her daughter and granddaughter, who both grew into formidable athletes and inspiring coaches in their own rights. For her love of sport and unending dedication to young female student-athletes, Ocosta HS has since named Harrow as Coach of the Century for Girls Athletics. ■

SAVE THE DATE

WASHINGTON STATE WRESTLING COACHES CONFERENCE

FIRST WEEKEND OF NOVEMBER
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MORE DETAILS COMING SOON...

Washington State Wrestling Coaches Association
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OR
LOSE
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WCSA Recognition Opportunities

As a member of the WCSA there are programs that provide well deserved recognition for you or coaches you know. Unless we are notified of these coaches, we have no way to know their great accomplishments.

The WCSA Executive Board has a recognition program for the coaches in our state association. A criterion has been developed for coaches in many sports.

✓ *Career Recognition Program*

The program recognizes head coaches for the number of wins that have been achieved. Based on the number of wins, there are four categories that a coach could fall into in their individual sport.

✓ *Lifetime Achievement Award Program*

The Lifetime Achievement Award honors coaches that have coached at any level for at least 50 seasons (Fall, Winter, Spring).

✓ *Lifetime Membership Award*

Candidates for Lifetime Membership must be approved by a majority vote of the WCSA Executive Board. Any person who has retired from coaching, who has made positive contributions working with student athletes, contributed to the coaches association and the coaching profession in the advancement of athletics and has been coaching as a member in good standing of the WCSA for a minimum of twenty five (25) years shall be eligible for consideration for Lifetime Membership.

✓ *“On the Sideline” Spotlight Program*

Complete a simple form for you or a coach you know to be a featured coach in “The Washington Coach” magazine.

To access these opportunities, go to washcoach.net and click on General Forms. ■



GENERAL LIABILITY INSURANCE PROGRAM

As a membership benefit, coverage is provided by the Commercial General Liability Policy issued to the National Organization of Coaches Association Directors. This policy will provide general liability coverage to Washington State Coaches Association and its members.

CARRIER

HDI Global Specialty (A Rated)

POLICY PERIOD

August 1, 2023 – August 1, 2024

LIMITS OF INSURANCE

\$1,000,000	Each Occurrence
\$2,000,000	General Aggregate (per Member)
\$1,000,000	Products/Completed Operations
\$1,000,000	Personal & Advertising Injury
\$ 300,000	Fire Damage
\$ 50,000	Sexual Abuse (per Member)
Excluded	Medical Payments

COVERAGES

- ❖ Educator Professional Liability
- ❖ Participant Legal Liability for insured members
- ❖ Liability assumed under insured written contract
- ❖ Defense Cost outside limits

EXCLUSIONS

- ❖ The use of automobiles, buses, watercraft and aircraft
- ❖ Property of others in the care, custody, and control of the insured.
- ❖ This insurance does not apply to members that coach at an All-Star game that is not approved by your state coaches association.
- ❖ This insurance does not apply to any loss, cost or expense arising out of infectious or communicable disease.

CAMP INSURANCE

Today, most Coaches are involved in some type of sports camp. Please note that our General Liability Program follows insured members while working at camps and/or conducting their own personal camp.

In addition, Participant/Accident Coverage is required for coaches and/or participants. Should an accident occur during a camp, clinic or event, this secondary coverage helps offset the loss suffered by families affected by such accidents.

NEW PROCEDURE FOR CAMP INSURANCE

As a member benefit of your state coaches association, all members in good standing have a \$1,000,000 per occurrence General Liability policy limit that provides coverage for their coaching activities. In order to protect the General Liability policy from potential claims, the insurance company has mandated that all coaches must obtain signed waivers and provide Participant/Accident insurance for their participants.

In order to obtain a certificate of insurance showing proof of insurance or naming an additional insured, the following must be in place:

- ❖ Waivers: Signed waivers showing indemnification language
- ❖ Participant/Accident Insurance: You must have Participant/Accident coverage in place for all participants attending sports camps.

PURCHASE INSURANCE

- ❖ Camp Insurance Request form is available on our website: www.loomislapann.com

INSURANCE ADMINISTRATOR



www.loomislapann.com
(P) 800-566-6479 | (F) 518-792-3426

Greg Joly gjoly@loomislapann.com
Lori George lgeorge@loomislapann.com
Karen Boller kboller@loomislapann.com

Disclaimer: This is an insurance overview for summary purposes only; for complete policy terms and conditions please refer to the NOCAD Master Policy.

WHAT WIBCA DOES FOR STUDENT-ATHLETES & COACHES

- All-Star Weekend
- Pat Fitterer “You Gotta Love It” Coach/Contributor Award
- Northwest Shootout
- Spring Showcase at Bellevue College
- Hall of Fame Inductions: Head Coach, Assistant Coaches
- Pepple Service & Fitterer Awards
- Voice to WIAA
- WIBCA Coaches vs. Cancer
- Fall & Spring Clinics
- Social Media: wibca.com/facebook page/twitter
- Voting Member of The National High School Basketball Coaches Association
- WIBCA/Baden Scholarship (Seniors)
- State Coach of the Year Awards
- Quarterly Newsletters
- Players of the Year Awards (6 Classifications)
- Mr. Basketball Award (One for all Classifications)
- Nominees for NFHS Coach of the Year Award
- National High School Basketball Coaches Association: State Coach of the Year
- John L. Wooden Coaches Award
- All Benefits of the WSCA to WIBCA Members
- Complimentary Admission to WIBCA Hall of Fame Banquet
- Northwest June Division 1 Recruitment Shootout
- Mentoring Opportunities for Coaches
- Weekly and Seasonal Podcasts
- Scholarship to Invited Players to PGC Basketball Camp



WIBCA is a tax-exempt organization under 501(c) (3) of the Internal Revenue Code, Tax ID number 26-4593613. Your donation qualifies for a tax deduction as a charitable contribution to the extent permitted by law.

wibca.com [Facebook](#)- [Washington Interscholastic Basketball Coaches Association](#) [Twitter](#)-@WIBCA ■

The LEAP Student Blog

'MENTAL HEALTH IN SPORTS'



by Ciara Mennitto
Spanaway Lake HS, Class of 2023

Burnout is a killer for athletes. One minute you're on top of the world, and the next you're questioning whether you even want to continue this game. I've watched so many of my peers fall from cloud nine, to burnout, to quitting altogether. We all feel as though we need to be perfect. That we need the highest stats, or to pitch a perfect game every single time, even though that's far from the truth. Watching high school coaches push kids past their physical limits, just because they were one of "the best players" on the field. This is becoming such a large issue in high school sports. Student-athletes are quitting the games they love because they are mentally and physically exhausted. We're seeing this in collegiate sports as well. NCAA DI athletes are removing themselves from teams, or programs, or even this world in general because mental health isn't talked about enough and they aren't getting the help they need.

I myself have dealt with this same issue. Draining practices of being pushed

harder and harder day after day and week after week. While the time and reps on the field is something I value and cherish; sometimes coaches don't see when an athlete is struggling. No one truly knew when I was having a hard time, when I was ready to quit, until I finally did. Having played every week with a club coach that didn't believe in me as an athlete, I was doubting myself constantly. High school sports



were my saving grace; and even then that could become too much. Having had the weight of the team placed on my shoulders by both my coaches and teammates who depended on me. I was done.

Club sports came with being degraded for hours on end, and being made to run poles for a missed dive attempt. High school came with the need to be perfect. Things were rough. My mental health was deteriorating and I didn't want to continue on.

Especially in young athletes, mental health is extremely important. While I have my own personal stories, I know others share similar experiences. I've watched teammates and friends leave games in tears and break down

on the field because they were so mentally exhausted. So scared or mad at themselves for making a mistake. When being pushed to those limits, it's hard to remember our sports are just games, something to have fun. At some points, it takes a coach taking the time to work with you, not just treat you like a machine that can just run until it breaks. It took a few months for Coach Lee to pull me out of my headspace where I no longer wanted to play softball. Now Coach Jeremy is having to do the same thing. However, I could not feel more confident with the game I love now. As I continue on to the next level of play, I can only hope to do the same there. While I understand students CHOOSE to play their sports, we still have to recognize them as kids too. We're out there to have fun, to play a game with people we love. Check in with your athletes, especially if they start to seem on edge, or irritable, or if they slowly stop giving effort. It doesn't mean they're lazy; they're likely just burnt out and exhausted. Even if not, check in just because. Here's the



thing about athletes, they can smile and act like everything is fine because they don't want to miss out on playing time.

Read up on the signs of burnout: nata.org/sites/default/files/mental_health_handout.pdf

Also, keep in mind: **student-athletes are human too.** ■

Hazing Prevention Top Agenda Item as New School Year Begins

By Dr. Karissa Niehoff on August 02, 2023



If we needed evidence on a larger scale about the potential devastating effects of hazing within the athletics setting, the recent events at Northwestern University should cause all high school leaders to stand up and take notice.

What seems like innocent fun at first – making freshmen handle the unpleasant chores as an example – can sometimes spiral out of control and lead to loss of jobs for coaches, shattered lives for students and parents, and shame for the community at large.

Year after year, events such as the football hazing scandal that jolted the Northwestern campus continue to occur – at the high school and college levels. Although we are shocked, distraught, disappointed, discouraged and downright angry, progress over time seems limited at best.

As middle schools and high schools begin classes, and as fall sports teams hit the practice fields, this is another chance – the next chance – for coaches and administrators to do what is right. Bringing a halt to longstanding rituals may not be a popular decision in some settings, but in most cases, it is the BEST decision for the health and well-being of the students.

BEFORE the season starts is the time to lay down the ground rules, share the expected behavior and make it clear that every person is to be valued and that hazing will not be tolerated.

By definition, hazing is any humiliating or dangerous activity expected of a student to belong to a group, regardless of the person's willingness to participate. Any kind of initiation expectations should never be part of high school sports or performing arts.

Over the past two years, a number of horrific hazing incidents have occurred during the first month of the school year. Last year, in the month of August alone, there were five highly publicized incidents across the country – one of which forced cancellation of a school's entire football season.

Now is the time to change. Establishing an anti-hazing culture is the first step as the new school year begins. And that culture may need to include a different plan for welcoming new members. Inclusion must be accomplished without a "requirement" for being a part of the team.

To build a positive school culture, coaches and athletic directors must take proactive steps. School leaders

must supervise student-athletes and make it clear to every student that hazing will not be tolerated. An anti-hazing policy must be developed, and it should be presented to every student and parent in advance of every sport season. The policy should be simple – no tolerance for hazing of any kind.

A tremendous resource to help in establishing a positive school culture is the online education course, "[Bullying, Hazing and Inappropriate Behaviors](#)," which is available through the NFHS Learning Center at www.NFHSLearn.com. This course educates coaches about their legal responsibilities to provide a safe and respectful environment for the students in their care.

In addition, "[Hazing Prevention for Students](#)" is a free course designed to teach students how to identify hazing, when to step in, and why they should notify proper authorities.

The NFHS also offers a number of resources on hazing prevention for school staff, students and parents on its website at <https://www.nfhs.org/resources/student-services-inclusion/hazing>.

In an opinion piece on MSNBC.com, Elizabeth Allan, a professor of higher education at the University of Maine, had the following to say about the importance of hazing prevention in high school athletics programs:

- ▶ "If we value the well-being of children and young adults in

our lives, then hazing has no place in our athletic programs, schools, campuses and communities.

- ▶ “Hazing prevention is not only about eliminating harm and senseless suffering, but it’s also about gaining something. In the absence of hazing, we can build stronger and healthier groups, more ethical and caring leaders, and more inclusive communities that support student mental health and well-being. The alarming reports of hazing at Northwestern are a clarion call for prevention and, with that, an opportunity for each of us to transform the hazing culture and create safer schools and campuses for our students.

Dr. Karissa L. Niehoff is completing her fifth year as chief executive officer of the National Federation of State High School Associations (NFHS) in Indianapolis, Indiana. She is the first female to head the national leadership organization for high school athletics and performing arts activities and the sixth full-time executive director of the NFHS. She previously was executive director of the Connecticut Association of Schools-Connecticut Interscholastic Athletic Conference for seven years. ■



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A Collaborative Approach to Coaching

by Suzanne Marble

Whether you are new to coaching or have been in the profession for years, collaboration is vital to the success of any athletic program. Collaboration is the process of two or more people or organizations working together to complete a task or achieve a similar goal. When collaboration involves not just student-athletes and coaches, but also includes parents, teachers, administrators, and community members, everyone can work together to help support the growth and development of our student-athletes.

Here are five ways collaboration can be promoted in your athletic programs:

Coaching Collaboration is the opportunity to work together with fellow coaches in your district to share ideas about best practices. We hear a lot about specialization in high school sports and according to NFHS (The National Federation of State High School Associations) statistics show that 43% of our athletes cross-train by doing multiple sports. We can look at coaching collaboration in the same way. If 43% of high school coaches were to cross-train and learn from other sports, it would benefit everyone's programs! Sharing standards and best practices

will not only improve your coaching but your athletes' success as well.

As coaches, we need to remember that we are there for the **student-athlete** and that this is their team and we are fortunate to have the opportunity to be a part of it. Athlete involvement in the decision-making process will not only foster an environment of success but will also reduce any hostility towards the coaches and program. Allowing our athletes to provide input on common goals, season planning, activities, and program philosophies will create an environment of empowerment.

When we think of **parent involvement** in athletics we often want to keep some distance between ourselves and parents. However, by involving parents in the collaboration process, we can create an environment where they feel comfortable and included in their child's athletic experience. If we bring them in we will have support; if we push them away then they may have a negative experience and this could affect their child's success in the program.

Bring your parents in by holding parent meetings and informational sessions throughout the sea-

son. Communicate clearly the goals and expectations early in your season and send reminders throughout. Address any concerns and provide opportunities for conversations with the parent and the athlete. Involve parents by planning team activities and celebrations. Parent and coach collaboration early on will help foster that positive experience for all parties.

Collaborate with **teachers and administrators** on a regular basis to make sure your athletes are students first. Weekly check-ins on academics/grades, attendance, and behavior are crucial to your program's success. Collaboration with teachers/administrators will alleviate the idea that your players are athletes first and students second. This collaboration will help create a balanced approach where students excel both in the classroom and on the court or field.

Community collaboration will bring your program, school, and community together. Having your athletes involved in the community will strengthen the bond between your program and the community. Providing service to organizations in your community will allow both to see that what



you do is much more than just athletics.

For example, invite local businesses to your athletic competition and recognize the work they do for your community. Invite your elementary/middle school students to attend a practice and game and be a part of the coaching staff. Involve your community in celebrations, Senior Recognition night, and Dig Pink match. This is an opportunity for all parties to work together and show true teamwork.

Collaboration is the key to unlocking the full potential of your athletic program. Having strong collaboration with coaches, athletes, parents, teachers, administrators, and the community will ensure a positive and successful experience for everyone! ■

September is Suicide Prevention Month



The National Organization of Coaches Association Directors (NOCAD) and The Jason Foundation proudly recognize and support September as [National Suicide Prevention Month](#). Throughout the month, individuals and organizations around the country have plans to highlight the problem of suicide and advocate its prevention.



Over 49,000 Americans took their own lives in 2022, making suicide one of the leading causes of death in our nation. Suicide rates in the US have increased more than 59% in the past 20 years. Even more concerning is that suicide and suicide attempts among our nation's youth (ages 10-24) are on the rise. According to information released by the CDC, nationally 22.2% of high school youth had seriously considered attempting suicide, 17.6% had made a suicide plan, and 10.2% had made one or more suicide attempts. One of the ways to reduce that number is by talking about suicide and suicidal ideation, which can spur meaningful conversations about mental health and potentially save lives.

Suicide Prevention Month is a time to remember those affected by suicide, raise awareness, and focus on prevention efforts. Join the conversation and reach out to those who have been personally affected by suicide, raise awareness, and connect those struggling with suicidal thoughts to professional counselors and treatment services that can help them.

The Jason Foundation offers many different ideas on how you can become involved. To find more information, visit their website at jasonfoundation.com and look for the "[How to Get Involved](#)" tab. A special section exists for Suicide Prevention Month.

Visit www.JasonFoundation.com To Learn More

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Four out of **Five** individuals considering suicide give some sign of their intentions, either verbally or behaviorally. Learn to identify youth and young adults who are struggling before they think taking their life is the only way to end their pain. Below are some of the warning signs that may be exhibited.



- Extreme depression, withdrawal
- Sleeplessness, lowered grades, poor performance
- Giving away personal possessions
- Putting affairs in order (goodbye letters, wills)
- Suicide threats (written, verbal, nonverbal)
- Previous suicide attempts
- Acquiring the means to attempt suicide (pills, rope, gun, knives, etc.)
- A sudden lift in spirits after extreme depression (this can mean a person is relieved that problems will "soon be ended")

If you are ever concerned about someone who exhibits concerning signs, reach out for professional help. The Suicide & Crisis Lifeline is available 24/7 for those in distress or looking for prevention and crisis resources. Call or text 988 for free, confidential support. Also, identify local resources in your area. Visit your nearest ER or call 911 if you need emergency assistance.

The Jason Foundation has many programs and resources for coaches, educators, youth workers, parents, and students available at no cost. These programs are available for education and to help guide in assisting at-risk youth. Visit jasonfoundation.com to learn more.

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On The Journey to Success...



Cassidy McQuiston

disabilities such as Autism, Down's Syndrome, and Cerebral Palsy, just to name a few. The kids I work with are fantastic and teach me new things every day about resiliency, accomplishment, and happiness.

I began my teaching career in Auburn School District where I taught for

four years in an elementary setting in the fall following my graduation from Western Washington University in 2017. I taught there through COVID which was a unique challenge as the majority of my students could not make progress through

distance learning. In fall of 2020, I brought back seven of my students in small cohorts of no more than three students per session to keep them safe, but also provide them the in-person education they needed.

After my time in Auburn, I moved to Olympia to be closer to family and purchase a home. It was during this move that I got a job at a middle school in the Tumwater district in a Life Skills classroom, also serving students with moderate to severe needs. I had always wanted to work with secondary age students. I've been there for three years now and am happy to be in a school that is supportive in inclusion. I have students



taking classes such as PE, art, choir, and science. It's a fun challenge, but I love the students and staff I work with. I've also had the pleasure of being a coach and got to coach some of my students in track.

In my personal life I continue to hold physical activity as a core value. I do regular strength training at the gym. As a hobby I participate in aerial silks and hula hooping. Staying active is one thing being a high school athlete taught me. I am happy to have been awarded the WSCA scholarships to help me reach my professional dreams. ■

I am currently entering my seventh year of teaching Special Education, specifically working with students who have moderate to severe disabilities in a self-contained setting. The students I work with have

Scholarship Recipients - Tell us your story

One of the most significant benefits of WSCA membership is the opportunity for your son or daughter to apply for the Burnett-Ennis Scholarship and/or the Jerry Parrish Scholarship for student teachers. These scholarships are awarded in the spring through the great work by our scholarship committee. The applications may be found on our website, washcoach.net, under General Forms.

This column, **On The Journey to Success**, written by the recipients highlights how the scholarships have assisted them in obtaining their degrees or certifications and where they are now on their journey to success.

If your son or daughter has received a WSCA scholarship or you know someone who has, please encourage them to contact me as we would like to honor them again by sharing their experience in "The Washington Coach".

Mike Schick
Editor, "The Washington Coach"
wscs-editor@comcast.net ■



The Washington Coach on the Road



Ed Gay, Washington Baseball Coaches Hall of Famer, reading The Washington Coach magazine in Durham, North Carolina at the home of the Toronto Blue Jay's minor league team the Durham Bulls. It is the same stadium where the movie Bull Durham was filmed. The Washington Coach magazine travels well. ■

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