

# THE WASHINGTON GOACH

OFFICIAL PUBLICATION OF THE WASHINGTON STATE COACHES ASSOCIATION



Photos courtesy of Steve Haskey, Pam Headridge, Pat Fitterer

# WASHINGTON STATE COACHES ASSOCIATION



## 2008-2009 Membership Application

See our website at  
[www.washcoach.org](http://www.washcoach.org)

Please **PRINT** All  
 information **LEGIBLY**

Date \_\_\_\_\_

Name \_\_\_\_\_

Mailing Address \_\_\_\_\_

City, State, Zip \_\_\_\_\_

Home Phone \_\_\_\_\_

School Where Coaching \_\_\_\_\_

Name of the School District \_\_\_\_\_

School Phone \_\_\_\_\_

Preferred Email address(es) \_\_\_\_\_  
 (Please help us communicate more effectively by including this)

Mark Sports Coached with a 1, 2 or 3 for  
 Preference and check the H or A column for  
 Head or Assistant Coach

Preference	H	A	Years Coached
Baseball			_____
Basketball (B) (G)			_____
Bowling			_____
Certified Trainer			_____
Cheer			_____
Cross Country (B) (G) (Both)			_____
Dance			_____
Drill			_____
Football			_____
Golf (B) (G) (Both)			_____
Gymnastics			_____
Soccer (B) (G)			_____
Softball (FP) (SP)			_____
Swim & Dive (B) (G) (Both)			_____
Tennis (B) (G) (Both)			_____
Track & Field (B) (G) (Both)			_____
Volleyball			_____
Wrestling			_____
Other Sport-Please Specify			_____

Which Sport Group should receive credit \_\_\_\_\_

**Benefits Include:**

- \*State Tournament Pass for All WIAA Tournaments and Selected WIAA District Tournaments
- \*Liability Insurance Coverage of \$1,000,000 to cover members while working a scheduled, sanctioned and supervised WIAA sport or event. Contact 1-800-853-5899
- \*Your senior sons or daughters are eligible to receive WSCA scholarships.
- \*Hall of Fame eligibility.
- \*Eligibility for Coach of the Year awards.
- \*Eligibility to coach in WSCA All Star games.
- \*Enhanced professional growth to continue in the coaching field.
- \*Window decal upon request.
- \*Eligibility for publication in your magazine THE WASHINGTON COACH.
- \*Coaching Clinics.

Send completed form with \$35.00 to:

Jerry Parrish, Executive Secretary 18468 8th Avenue NE Poulsbo, Wa 98370	1-360-271-1337 jparrish@donobi.net
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**Benefits effective upon receipt of application and \$35.00.**  
 Membership is from 8/1/08 through 7/31/09.

- \_\_\_\_\_ Non Teacher
- \_\_\_\_\_ Retired from teaching but still coaching
- \_\_\_\_\_ Retired from coaching but still teaching
- \_\_\_\_\_ Totally Retired from both

**We want to know more about our coaches.**

**Could you please tell us:**

1. High School and College attended;
2. Other sports coached at this school;
3. Other schools where you have coached;
4. Sports you coached while there;
5. How long you coached each sport;
6. The school years you were there;
7. Notable W/L or playoff records, awards received;
8. Total years in coaching.

**USE BACK FOR EXTRA IF NECESSARY**



**Executive Board**

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	Mike Schick
	<b>East</b> .....
	Open
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	Pat Fitterer, Bill Alexander
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<b>Gymnastics</b> - Karen McQuiston	Capital
<b>Swimming</b> -Jeff Lowell	Mercer Island
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<b>Track &amp; Field</b> - Rob Phillips	Seattle Academy
<b>Volleyball</b> - Tony Batinovich	Puyallup
<b>Wrestling</b> -Craig Hanson	East Valley (Spokane)
	Brett Lucas
	Todd Beamer

For more information contact the below:

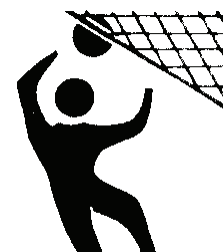
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Do you have an article you would like to have published in the **Washington Coach**?

Email Mike Schick at  
WSCA-EDITOR@comcast.net or mail to  
2110 Richardson Drive  
Puyallup, WA 98371

Summer Deadline is May 14

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# *From The President*

February 2009

Dear WSCA members,

There are not enough hours in the day to teach and coach. Am I getting too old for this? I have so much respect for all of you. Lesson plans for your classes and the extra work for the students of need is a full time job. Then we do our practice plans, watch film, do grade checks, create and work fund raisers and all the other incidentals that keep us at a whirl wind pace which gets faster and faster as the season progresses. Thank goodness for a great wife and wonderful children who understand that dad gets a little selfish in February and March. The ultimate reality check came when I got home from the district tournament and my wife and girls were wearing nametags in case I did not remember them. After a good laugh we all agreed we would not have it any other way. Working at this pace and doing what you love lets you know you are alive and well. All this craziness is what we will miss when we do not have the craziness anymore.

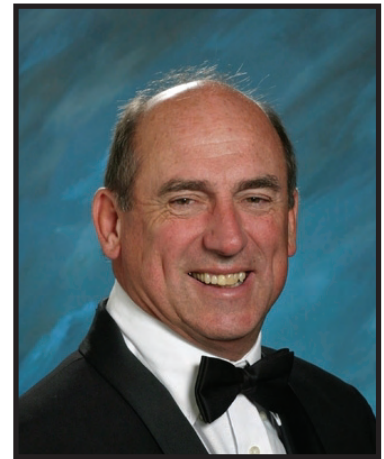
I just attended Jerry Rose's funeral. He played and learned to love the game of basketball at Highland High School. He then moved to Benton City to teach Math and coach basketball at Ki-Be High School. Jerry was living this whirlwind pace of coaching until he got the news he had Multiple Sclerosis. His wife and three children gave him their support, and although it would be tough, he should continue coaching as long as he could.

The year he found out he had MS; he met with his team and said if they wanted him to keep coaching he would give them his best. These students-athletes did not have a lot of wins but they knew that Coach Rose would be there fighting with them everyday. Jerry got to coach a couple more years and then continue teaching from a wheel chair. The MS got worse and he could no longer teach Math, but he did get to watch his children excel at athletics and supported them from the stands. Jerry always had a smile on his face and attacked everyday to the fullest. His oldest son Jack was named the head basketball coach at Ki-Be High School two years ago. Jerry was a proud Papa. Having Jack continue his legacy and love of the game in the Benton City community was very special. Jerry fought a valiant battle with MS but it overtook him in February. Attending the funeral in the community of Benton City and listening to his former players and co-workers was an eye opener to any coach. You could just feel the love of Jerry and his family, it was a great tribute. Jerry did not do it for the accolades; Jerry did it because of the love of the game, the love of the players. This out pouring of love would have surprised Jerry. Every coach knows you do not feel that while you are in the trenches fighting the good fight everyday. You just do the best you can and good things will happen.

If you think the whirlwind pace is too much or that you are too old——stop. If you are fighting the good fight and doing your best you are special. I know that loss is hard to take or that student who did not pass the grade check hurt the team or that sprained ankle ruined your season but these life challenges get all those students ready for life. You are a coach; you are preparing these student athletes for the challenges of life. Like Jerry, you do not realize how much you are loved and respected but everyone of those lives you touched know how you made a difference and are proud to have been part of Coaches life. Thank you Jerry for your inspiration and thanks to all of you for being "Coach".

YOU GOTTA LOVE IT!!!!

Pat Fitterer



## FROM THE SIDELINES

by Jerry Parrish

It was my pleasure to attend the 2009 Track and Field Convention at Everett Holiday Inn.

One of the best items on the Track and Field menu was the panel of Master Coaches who spoke to many young and eager coaches. The sharing of information by the Master Coaches who also are Track and Field Hall of Fame coaches discussed several topics that were of great interest. This writer asked the coaches what knowledge they could share with younger coaches to help the “rookie” coaches feel part of the staff and how to prevent burnout. The answers given were on target and led to good discussion. The Master Coaches on the panel were: Eric Lindberg (Oak Harbor), Bill Harris (Federal Way), Joel Wingard (Peninsula), Tim Irvin (Bellingham), Jim McLachlan (West Valley-Spokane) and George Makela (Cashmere) and Dan Blackmer (Kings).

The convention was well attended. The leaders in planning this convention were Rob Phillips (Seattle Academy), Dante Gouge (Kings) and Tuck Gionet (Snohomish). They did a fantastic job.

### ORCHIDS

- To Dave Lutes, Kent School District Athletic Director, for attending WSCA Hall of Fame banquet in support of a Kent middle level football coach from WIAA district III.
- Orchids to the career coaches.....those who return each year with enthusiasm, plans, commitment, love of their sport.....for years and years.....15, 20, 25 and more. We need more of you.
- To the school districts that support their coaches by financing attendance to the various WSCA sport clinics.



- To Washington State Track and Field coaches' convention held in Everett this past January. It was a great convention.
- To the finalists of the Varsity Gold Terry Ennis Scholarship Award. They were Bernie Do (Mariner), Stetson Shearer (Burlington-Edison), Andrew Lankow (Olympia) and the scholarship winner Brad Schultz (Centralia).
- To the sporting goods dealers and vendors who support all WSCA clinics.
- To the Western Washington University Football alumni who are doing a first-class job to reinstate Western football.
- To Ed Laulainen for planning a great mid-winter football clinic. His persistence in making this clinic valuable for state of Washington coaches deserves an Orchid. "It is a clinic sponsored by high school coaches for high school coaches".

#### “Where Are They Now?”

Check out our new feature on the following page “Where Are They Now?”. You will find out what past Burnett-Ennis scholarship winners are up to.

From The Sidelines

## Past Burnett-Ennis Scholarship Winners

# "Where Are They Now"?



**Melissa Heltsley** 2000 (Father-Dan Heltsley, district athletic director, Bethel School Dis-

trict) Melissa graduated from St. Martin's in 2004 with a degree in Elementary Education. She just finished her 4th year teaching 5th grade in the Tucson area where she lives with her husband Westin.

**Ashley Abrams** 2001 (Father-Dick Abrams football coach at Stanwood) Ashley graduated from Augusta State University as a two-sport athlete in volleyball and tennis. She is currently teaching and coaching at Anacortes High School (head volleyball coach).

**Frank Lynch** 1995 He graduated from Linfield College in 1999 with a double major in Math and Physics. He was accepted into graduate school at the University of Utah and is working on his doctoral thesis. He has spent the past two years teaching math at Westminster College (also in Salt Lake City) to go along with working on his paper but will concentrate on finishing his paper this year.

**Kelly Lowery Pollestad** 1997 Kelly graduated from Lake Stevens High School in 1997 and WSU in 2001 with a BA in Communications. She received her Masters in Teaching from WSU in 2002. She is currently a 2<sup>nd</sup> grade teacher at Jefferson Elementary in Pullman, Washington. Her husband, Justin, is the JV Basketball Coach and an assistant Cross Country Coach at Pullman High School.

**Jodi Felton** 1999 (Father—John Felton retired boys Basketball coach) Jodi attended WSU and received her undergraduate degree in Criminal Justice. She graduated from the University of Idaho in 2008 with a law degree. She is currently studying to take the Washington State Exam.

**Karly Felton** 2003 (Father—John Felton retired boys Basketball coach). Karly attended the University of Idaho on a Basketball scholarship. She was a four year starter and received her undergraduates degrees in advertising and psychology.

**Amy Mead** (Giampietri) 1991 (Father—Rick Giampietri Coaches Football, Wrestling and Golf at Central Valley in Spokane). Amy received an honorable discharge two years ago from the Army. She was a helicopter pilot in Iraq. She is currently working in a brokerage firm in the Spokane Valley.

**Rick Giampietri** 1996 (Father Rick Giampietri Coaches Football, Wrestling and Golf at Central Valley in Spokane) Rick is currently a captain in the Air Force is flying F-15 jets in Okinawa , Japan.

**DJ Heltsley** 2004 (Father-Dan Heltsley, district athletic director, Bethel School District) DJ graduated from the University of Arizona this past May with a degree in Finance through the Business Department. He has moved back to Puyallup and is currently doing an Internship through World Vision in Federal Way.

**Alexa Betrozoff** 2005 (Father Tom Betrozoff) She is beginning her senior year at Central Washington University. She is majoring in biology-premed with a minor in chemistry.

**Brett Venn** 1999 (Father Mark Venn) Brett graduated from UPS in 2003 with a degree in Politics and Government. He taught for 2 years in Baton Rouge, Louisiana with Teach for America. He graduated from Gonzaga Law School in 2008. He is currently clerking in Olympia for the State supreme Court Justice, Gerry Alexander.

**Sarah Venn** 2000 (Father Mark Venn) Sarah graduated from Whitworth College in 2004 with a degree in Psychology. She completed her Counseling credential at CWU in Ellensburg in 2007. She is currently a High School Counselor in Zillah, WA. She is an assistant HS volleyball coach and an assistant middle school track coach.

**Scott Venn** 2003 (Father Mark Venn) Scott graduated from Gonzaga University in 2007 with a Mechanical Engineering degree. He is currently employed with the Anvil Corporation in Bellingham, WA.

**Scott Peterson** 2001 (Mother Christie Peterson) Graduated from Pacific Lutheran University in 2005. He earned a BA in Fine Arts - Graphic Design and 3 Dimensional Media. Currently Scott is a Graphic Designer at the Office of the Attorney General; Public Affairs Department in Olympia, WA.

**Kelli Peterson** 2004 (Mother Christie Peterson) Graduated from WSU in 2008. Kelli earned a BA in Hospitality and Business Management with a minor in Business Administration. Kelli is currently in the Corporate Management Trainee program with the Grand Hyatt Hotel in Seattle, WA. She works in Human Resources.

**Tana (Otton) Croft** 1992 (Father Sid Otton) Tana graduated from WWU with a BS degree with a major in Physical Education. Tana has since been endorsed in health. Tana teaches presently at Tumwater High School and is the Head Volleyball Coach. Her team was the State AA champs in 2008 with a record of 21-0.

**Erin Monroe** 2000 (Father Brent Monroe) Erin Monroe Bryan is in her 4th year of teaching Spanish at Arroyo Grande High School in California. Living

in San Luis Obispo, she and her husband, Ben, love to fish, garden, hike and work on their home. Erin graduated from the University of Idaho with her degree in Spanish and History and will complete her master's degree this year.

**Erik Heinz** 2000 (Father Larry Heinz) Erik is a 2005 graduate of Gonzaga University with a BA Ed degree in English and Broadcast Journalism. He is currently teaching at Arlington High School and Coaching Girl's Basketball and Baseball.

**Shannon Costello** 2003 (Father Bill Costello) Shannon graduated from NYU in December 2006. She played basketball at NYU for 2 years. She is now working for a production company in Santa Monica, CA.

**Maureen Costello** 2007 (Father Bill Costello) Maureen is just starting her sophomore year at Southern Oregon University and is playing her second year of college soccer.

**Jennifer Evans** 2002 (Father Bill Evans) Jennifer graduated magna cum laude in 2006 from WSU with a BS in Nursing. Currently she is an RN at Del Webb Hospital in Surprise, AZ.

**Dave Evans** 2006 (Father Bill Evans) Dave is a junior at Cal Poly/San Luis Obispo, CA majoring in Statistics.

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

**"WHERE ARE THEY NOW?"**

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

Name \_\_\_\_\_ Parent-Coach \_\_\_\_\_

Year Scholarship Awarded \_\_\_\_\_

Brief summary of scholarship recipient's status \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

# 2008 USATF NATIONAL JUNIOR OLYMPIC CROSS-COUNTRY CHAMPIONSHIPS

Story by Steve K. Bertrand  
Photos by Daren Hopper

The 2008 USATF National Junior Olympic Cross-Country Championships were held on Saturday, December 13<sup>th</sup> in Robert E. Lee's beloved Virginia. More than 3,000 athletes journeyed to Mechanicsville to compete at Pole Green Park. Located in Hanover County, this 232-acre park offers rolling terrain & one challenging hill. Still, an area best known for its civil war history (Mechanicsville is associated with several major battles – Beaver Dam Creek, Gaines' Mill & Cold Harbor), Pole Green Park has proven to be a superb site for cross-country meets.

On a crisp, sunny Virginia day (temperatures ranged in the 40's), athletes from fifteen regions around the country gathered to battle in the national Junior Olympic competition. Washington is part of Region 13, which consists of Alaska, Inland Northwest, Oregon, & the Pacific Northwest. Competition took place in five two-year age divisions from ages 10 & under (3 km) to age 18 (5 km). The USATF Virginia Association, Hanover County Parks & Recreation, the Richmond Metropolitan Convention & Visitors Bureau, & Sports Backers (Richmond Region Sports Commission) hosted the event.

## **Bantam Girls' (3 km)**

At 10:00 a.m. (Eastern time), the gun sounded for the Bantam Girls' race. Competing on a 3-kilometer

course, Julia Bounds (Palo Alto Lightning/Pacific Association) claimed the individual title with a time of 11:34. Rounding out the top three were Danae Rivers (New Haven) in 11:36 & Michelle Golowko (Unattached – New Jersey) in 11:42. The San Diego Southern California Road Runners captured the first of four national team titles with 70 points. Right on their heels were Seattle's Rain City Flyers (96 points) & New Haven (97 points). The Rain City Flyers were paced by Alexi Kyro (10<sup>th</sup>), Paloma Farkas (11<sup>th</sup>), Flora Davis (18<sup>th</sup>), Sydda Rice (19<sup>th</sup>) & Zanna Sullivan (36<sup>th</sup>). Local athletes placing well were the Issaquah Gliders' Sophie Cantine (12<sup>th</sup> – 12:05) & Whidbey Running Club's Laura Rodeheffer (27<sup>th</sup> – 12:33).

## **Bantam Boys' (3 km)**

Bantam Boys' toed the starting line at 10:30 a.m.. The most dominant performance of the day was Justin Liedke (Cornhusker Flyers/Nebraska) who completed the course in 10 minutes 39 seconds. Earlier this year, Liedke claimed national titles at the Youth Outdoor Championships in the 1,500 & 1,500-meter race walk. He was well ahead of runner-up Will Stanopiewicz of Albuquerque Athletics (11:05) & San Diego Southern California Road Runners' Matthew Spiering (11:08). San Diego claimed the team title with 51 points. The Federal Way Track Club was second. The team of Jesse Goldstone (4<sup>th</sup>),

Alec Woodruff (9<sup>th</sup>), Christopher Bianchini (21<sup>st</sup>), Matt Haneberg (26<sup>th</sup>) & Zachary Blake (35<sup>th</sup>) scored 95 points. Nashua Pal was third (146 points). The top local finisher was Eric Harvey of Issaquah Gliders who finished 7<sup>th</sup> overall (11:18).

## **Midget Girls' (3 km)**

Midget Girls' raced at 11:00 a.m.. Page Rice of Oregon CC claimed her third straight national cross-country title with a time of 10:46. For the second straight year, Rice dominated the competition winning the race by 13 seconds. Finishing 2<sup>nd</sup> & 3<sup>rd</sup> were San Diego's Anne Charles (10:59) & Durham Striders Eliza Dekker (10:59). San Diego claimed the team title with 44 points. The Southern California Road Runners finished 2<sup>nd</sup>, 3<sup>rd</sup>, 4<sup>th</sup>, 11<sup>th</sup> & 24<sup>th</sup> respectively. Waltham Track Club was 2<sup>nd</sup> (85 points) & Oregon Cross Country 3<sup>rd</sup> (92 points). Bailey Scott of Issaquah Gliders topped local harriers. She finished 28<sup>th</sup> (11:32).

## **Midget Boys' (3 km)**

At 11:30 a.m., the Midget Boys' raced. Samuel Blake (unattached/Pacific) claimed the tightly contested race. He finished the 3-kilometer course in 10:18. Trevor Capestany (San Diego Southern California Road Runners) finished 2<sup>nd</sup>. His time was 10:21. Rounding out the top three was John Rodeheffer (Whidbey Running Club) who completed the course in 10:23. The Southern California Road Runners took the team title (115 points). Their top five runners finished 1<sup>st</sup>, 19<sup>th</sup>, 20<sup>th</sup>, 29<sup>th</sup> & 46<sup>th</sup>. They edged the Nitehawks SC (117 points). Ric Rojas Running was 3<sup>rd</sup> (144 points).

## **Youth Girls' (4 km)**

Youth Girls' competed at noon. Avery Evenson (unattached/Michigan) was first across the finish line. She completed the 4-kilometer course



in 14:30. A hundred meters back was Amy-Eloise Neale. The Snohomish Track Club harrier ran 14:52. She was followed by Emily Nist (YMCA Team). Nist was clocked in 15:00. San Diego claimed the team title (43 points). The Pleasanton Heats were 2<sup>nd</sup> (91 points) & Richmond Track & Field Club 3<sup>rd</sup> (125 points). Local highlights included Eliza Rice of Rain City Flyers who placed 25<sup>th</sup> overall (15:36).

### Youth Boys' (4 km)

Youth Boys' raced at 12:30 p.m.. Cody Curtis (North Idaho) claimed the individual title in 12:54. He was followed by Fast Feet's Tate Schienbein (13:02) & Thomas Graham, unattached/North Carolina (13:09). The Granite State Flash took the team title with 84 points. Flash runners placed 2<sup>nd</sup>, 16<sup>th</sup>, 17<sup>th</sup>, 24<sup>th</sup> & 25<sup>th</sup>. Pleasanton Heats (106 points) & South Orange County (110 points) were 2<sup>nd</sup> & 3<sup>rd</sup>. Rain City Flyers' Jack Pearce was the top local runner. He finished 29<sup>th</sup> overall (14:05).

### Intermediate Girls' (5 km)

Intermediate Girls' raced at 1:00 p.m.. Fairchild Flyers' Kelsey Lakowske was the individual winner. Lakowske, who averaged 5:59 mile pace, covered the 3.1-mile course in 18:35. She was followed by Hannah Valenzuela (San Diego Southern California Road Runners) & Sierra Vega (Equalizers Track Club). Their times were 18:42 & 18:50. The Equalizers Track Club claimed the team title (60 points). They nudged Pacific United by one point. Richmond Track & Field Club was third (72 points). Local athletes performing well included Federal Way's Adrianna Royal (25<sup>th</sup> overall – 19:37), Allison Duvenez (29<sup>th</sup> overall – 19:54) & Sarah Whybark (42<sup>nd</sup> overall – 20:29). Their team placed 6<sup>th</sup> (142 points). Seattle Running Company's Ashley Nichols finished 41<sup>st</sup> overall (20:23).

### Intermediate Boys' (5 km)

Intermediate Boys' toed the line at 1:30p.m.. Southern California's Dustin Fay set a 5:10 mile pace. He hung on to win (16:03). Kelton Cullenberg of the Lakers Track Club wasn't far behind. He finished 2<sup>nd</sup> (16:08). Chris Walden (Indiana All-Stars) was 3<sup>rd</sup> (16:11). The Lakers Track Club claimed the team title (53 points). They captured 5 of the top 20 spots. Lakers' runners finished 2<sup>nd</sup>, 6<sup>th</sup>, 9<sup>th</sup>, 17<sup>th</sup> & 19<sup>th</sup>. West Coast Gazelle's were 2<sup>nd</sup> (95 points). They were followed by South Carolina Road Runners (97 points). Federal Way's Kenny Krotzer (11<sup>th</sup> overall – 16:31) & Jeffrey Bastian (28<sup>th</sup> overall – 16:49) were the top local finishers.

### Young Women (5 km)

The Young Women raced at 2:00 p.m.. Elizabeth Brandon (YMCA Team) was the overall winner (18:24). Second place went to Emma Saarel (Sojourners Track Club) who was two seconds back. Richmond Track Club's Barbara Strehler was 3<sup>rd</sup> (18:46). Federal Way Track Club claimed the national title (38 points). Federal Way harriers finished 3<sup>rd</sup>, 5<sup>th</sup>, 8<sup>th</sup>, 10<sup>th</sup> & 12<sup>th</sup>. Chloe Trevleven (19:05), Alanna Steele (19:14), Erika Martin (19:44), Hannah Mittelstaedt (19:56) & Ashley Llapitan (20:04) paced Federal Way. Sojourners Track Club was 2<sup>nd</sup> (42 points). Third place went to the Richmond Track & Field Club (43 points).

### Young Men (5 km)

The last race of the day at 2:30 p.m. was the Young Men. Federal Way's Bake Cowan took the lead from the gun. He held on to win by a second.

Cowan covered the 5k course in 15:56 (5:08 mile pace). Right on his heels was Tyler Reed (Equalizers Track Club) in 15:57. Richmond Track Club's Thomas Baker was 3<sup>rd</sup> (16:00). The Equalizers Track Club was first (39 points). They were followed by the West Coast Gazelle's (74 points) & Team Provo (82 points). Local athletes fairing well included Federal Way's Joel Ambo (14<sup>th</sup> overall – 16:14), Billy Wilkins (21<sup>st</sup> overall – 16:28) & Chris Schroll (27<sup>th</sup> overall – 16:35). Seattle Running Company's Dylan Hopper was 42<sup>nd</sup> overall (16:58).

USATF Junior Olympic competition dates back to the mid-1960's. It is one of the most visible youth athlete developmental programs in the world. Close to 70,000 youth athletes compete each year in Junior Olympic Track & Field/Cross-Country programs. Many of our nation's Olympians started as youth Junior Olympic athletes. They include Allen Johnson, Deena Kastor, Alan Culpepper, Shalane Flanagan & Maurice Greene. The awards ceremony for the USATF Junior Olympic Cross-Country Championships took place at 6:30 p.m. in the gymnasium at Hanover High School. The top twenty-five finishers in each race were recognized as All-Americans. ■



*Participants about a mile and a quarter into the race, just before they enter the trails in the woods.*

## WASHINGTON STATE TRACK & FIELD COACHES ASSOCIATION HALL OF FAME

### A Brief History of the Hall of Fame

When looking for a beginning point in the establishment of the Washington State Track and Field Coaches Hall of Fame, one must look at **Tim Irvin**. While serving as president of the track and field coaches association, Tim attended many meetings at the WIAA Executive office. During each meeting he would walk the halls at the WIAA building and look at the coaches who had been inducted into the various Halls of Fame of different Individual Sports Associations. It caused him to ask himself why there was no such recognition for those deserving individuals in his own sport of Track and Field. Tim was aware that other coaches before him had completed work, compiled lists and had recorded some of the important history in relation to coaches in Washington State. If Track and Field coaches were going to take their rightful place in the halls at the WIAA building, it was apparent that someone within the sport would have to take it on as a project and bring all the previous work together. Despite being a full time teacher at Bellingham High School and the head coach for both the cross country and track and field teams, not to mention a husband and dad, Tim set a goal to establish a hall of fame.

It was the early 1990's when Tim set out to revive an earlier attempt to establish a hall of fame for the track and field coaches of Washington State. Tim relied heavily on the work that had already been completed by a

number of people. Every time he has shared the story of the creation of the Hall, Tim has made an effort to recognize all the people involved. He feels the people who helped along the way are the real reason the Hall exists. Tim would like everyone to recognize the contributions made by the following individuals:

- **Bob Payne** – Tacoma News Tribune
- **Joel Wingard** – Gig Harbor High School and past president of the WSTFCA
- **Terry Rice** – Stadium High School and past president of the WSTFCA
- **Ben Lieurance**
- **Don Davison** – Tacoma News Tribune
- **Leo Genest** – Bishop Blanchet High School
- **Mike Hubbard**
- **Jim McLachlan** – West Valley High School
- **Scott Spruill** – Yakima Herald Republic and the Washington Track Annual
- **Scott Sandsberry**

Much of the work had already been completed by these individuals but it had to be brought together and organized. Tim coordinated the creation of a list of coaches who should be in a Hall of Fame for Track and Field. It began with names put together by the "Tacoma Guys" and was supplemented by Scott Spruill's lists that provided a look at strong programs. He contacted various coaches from

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around the state with twenty or more years experience to pick their brains in search of those individual coaches who should be charter members. At the same time, Tim put together a nomination process and produced a nomination form that any coach or person could submit. Soon, word spread and nominations were coming in from around the state. Things took off from there. The result was a list of twelve coaches. With a list of coaches now complete, attention turned toward finding a sponsor. The key point took place when Tim, Tom Cambell and Leo Genest met with Tom Anderson at Super Jock n Jill. This meeting led to a sponsorship for both the Cross Country Coaches Hall of Fame and Track and Field Coaches Hall of Fame. It is a sponsorship that continues to this day. Since the induction of the twelve Charter Members in 1995, the Hall of Fame has grown to many members.

At the 1996 Star Track Meet, a group of 3A and 4A coaches sat together. State meets are fun partly because of the renewed friendships that coaches get to enjoy. This was no different. These coaches shared stories, talked about the season that was coming to an end and enjoyed

watching the competition of another great meet. However, the conversation eventually came around to the state coaches association. It was a conversation centered around the thoughts and observations of Tim Irvin who was serving as president. It became evident that more coaches, especially younger coaches, had to get involved and take a more active role. It also became evident that a revamped coaches association with new active members would provide the necessary support for the newly established Hall of Fame. Coaches became inspired, ideas were shared, names of other coaches from all classifications were mentioned, something happened that day! It was a moment that led to the reorganization of the Washington State Track and Field Coaches Association. Shortly after this reorganization, the Annual WSTFCA Convention was born. The rest, they say, is history!

The Hall of Fame has become an integral part of the annual WSTFCA Convention serving as the centerpiece of the Awards Luncheon. Anyone who has attended an induction ceremony during an awards luncheon at the Convention has discovered a great event that genuinely recognizes coaches who have made the sport of track and field what it is in our state. Best of all, the WSTFCA is in the final stages of production of a recognition board that will display the members of the Hall of Fame in the halls of the WIAA Executive Office. It will be displayed with honor next to all those other ISA Hall of Fame's that served as the original motivation for Tim in the beginning.

True to form, Tim is quick to give credit and point all the attention toward the many individuals whose work he used to achieve the goal of creating a Hall of Fame for Track and Field coaches. He is not comfortable

with the attention that has been brought to his efforts. Tim's efforts have proven that individual coaches willing to volunteer their time can make a difference. Without his time and energy, we would not have a Hall of Fame for Track and Field Coaches in the State of Washington. Without his efforts, nothing would be available to recognize the many coaches who gave so much to the sport and the athletes they coached. As long as coaches keep making the sport of track and field in the state of Washington mean so much to the athletes who participate, there will always be a home for the proper recognition of those coaches. It is fitting that a simple project born of many people's passions for the greatest sport and an individual's determination to achieve a simple goal culminated in the creation of our Hall of Fame.

Today, Tim is retired from teaching and coaching. He enjoys time with his wife Mary and has adapted quite well to the role of Grandpa. He reflects fondly on his coaching career at Bellingham High School and Squalicum High School. He proudly serves as the an adviser to the WSTFCA Executive Board and continues to work on the Washington State Track and Field Coaches Hall of Fame. The day will come soon when he steps down completely from this work. When he does, another coach will be asked to fill his position and the important role that the Hall of Fame serves in recognizing coaches will continue on without him. He may be replaced in person but his efforts will be remembered forever. That is probably what gives him the most satisfaction. The Hall of Fame is here to stay and deserving coaches will forever have a way to be remembered.

Again, as Tim would remind anyone who would listen, it is very im-

portant that a heartfelt "THANK YOU" goes out to **Super Jock n Jill** for their long standing sponsorship of the Hall. They have faithfully provided award plaques for each of the inductees and have had a display of the Hall of Fame members at their main store. They have been committed since the first day the idea was pitched to them. If you were to ask Tim, he would tell you that they have been much more than a sponsor. They have been a passionate partner in the quest to see the proper recognition for the many deserving coaches who are recognized in the Hall of Fame. It is less of a business move and more of a statement that someone out there cares about track and field!

*Continued on page 10*

## ***MOVING?***

If you have any change of mailing address, telephone number or email address, please contact WSCA Office at [jparrish@donobi.net](mailto:jparrish@donobi.net) or 360-271-1377.

We have had several examples where members have not been receiving their *Washington Coach* magazine and other WSCA mailings. Because of the cost, we mail third class and the Post Office **DOES NOT FORWARD** third class mail. Please notify us so we can get the mailings to you.

## Washington State Track & Field Coaches

### HALL OF FAME MEMBERS

<b>1995</b>	<p>Jack Mooberry Bob Dorr Howard Dolphin  Tracy Walters Mitch Angelel  Bill Brickert  Dan Watson Lowell Wiggins John Eagle Art Frey Noble Moodhe Art Hutton</p>	<p>Longview HS, John Rogers HS (Spokane), WSU Bellingham HS East Valley HS (Spokane), West Valley HS (Spokane) John Rogers HS (Spokane) Thorpe HS, Cle Elum HS, Mason JH, Stadium HS, UPS Cle Elum HS, Shelton HS, Shelton JH, Capital HS Lincoln HS, Baker Junior High Highline HS Fort Vancouver HS Lewis &amp; Clark HS Wenatchee HS Clover Park HS, West Valley HS (Yakima), Eisenhower HS, CWU, 1972 Moroccan Olympic Team, UW</p>	<b>2001</b>	<p>Keith Collins Jim Freeman Gary Baskett</p>	<p>Ritzville HS Mt. Baker HS Mead HS</p>
			<b>2002</b>	<p>Duane Hartman  Warren Logan</p>	<p>Mead HS, Spokane Community College, Mt. Spokane HS Lakes HS</p>
			<b>2003</b>	<p>Fred Beckwith Greg Brashear Chuck Millard  Bill Green</p>	<p>Garfield HS Garfield HS Highland HS, West Valley HS (Yakima), Yakima Valley College Newport HS (Bellevue), Bellevue HS, Othello HS, Mead HS</p>
			<b>2004</b>	<p>Roger Hansen  Chuck Byers  Gordon Robertson  Dwight Cranston</p>	<p>Lake Sammamish HS, Lake Washington HS Sequim HS, Mark Morris HS, White Salmon HS, Lower Columbia College Pe Ell HS, Sultan HS, Tenino HS Onalaska HS, Toledo HS, R.A. Long HS, Mark Morris HS</p>
<b>1996</b>	<p>Herm Caviness  Lee Cave Ike Cummings</p>	<p>Ferris High School / West Valley High School (Spokane) / Rogers High School Columbia River High School Eastmont High School / A-B State Meet Director</p>			
<b>1997</b>	<p>Frank Ahern Dennis McDonald Jim Dauley George Rowswell</p>	<p>Garfield High School North Thurston HS Baker Junior High, Wilson HS, North Thurston HS, Nespelem HS, Waterville HS, Winlock HS, Chelan HS, Centralia HS</p>	<b>2005</b>	<p>Barry Savage Herb Callan Gary Swanson</p>	<p>Renton HS Goldendale HS Castle Rock HS</p>
			<b>2006</b>	<p>Tim Irvin Eric Lindberg Arnie Young</p>	<p>Bellingham HS, Squaticum HS Oak Harbor HS Lindberg HS</p>
<b>1998</b>	<p>Tom Buckner  Spike Artl</p>	<p>Franklin Pierce HS, Mead HS, Gresham HS (Oregon) Harrington HS, Eastmont HS (Wenatchee), CWU</p>	<b>2007</b>	<p>Jim McLachlan Bill Harris</p>	<p>West Valley HS (Spokane) Federal Way HS</p>
<b>1999</b>	<p>Jerry Martin Gary Smith</p>	<p>Eastern Washington University Okanogan HS, Bridgeport HS, Castle Rock HS, Omak HS</p>	<b>2008</b>	<p>Jim Kennett Dan Blackmer Jerry Russell</p>	<p>Mt. Rainier HS King's HS Franklin Pierce HS</p>
<b>2000</b>	<p>Joel Wingard George Makela</p>	<p>Peninsula HS, Gig Harbor HS Cashmere HS</p>	<b>2009</b>	<p>Clay Lewis Duane Lewis</p>	<p>Hanford HS Lynnwood HS</p>

**Congratulations 2009 Inductees: Clay Lewis and Duane Lewis**

## Clay Lewis

### Richland High School & Hanford High School

Clay Lewis attended Kennewick High School. While at Kennewick, he developed a love for track and field. Clay is recognized as being Washington State's pioneer Flop style high jumper. Following his graduation from Kennewick, he competed at Columbia Basin College. He was recruited by Eastern Washington University coach Jerry Martin, a 1999 Hall of Fame Inductee. Clay enjoyed great success at all three schools as an athlete. However, his love for the sport really took root when he joined the coaching profession. Clay began his coaching career by coaching the jumpers at Central Valley High School in the Spokane Valley. In that one year at CV, Clay had two high jumpers place at the state meet. Clay moved from Central Valley to Richland High School where he worked as an assistant coach focusing on the jumpers. He spent six years with the Bombers before moving to Richland's other high school to teach Physical Education. Eventually, he became the head coach at Hanford High School.

While at Hanford, Clay's teams placed many times at the state championship meet. During his time as head coach, the Falcons had multiple individual state champions. Three of them still stand out today, Dan Colleran jumped 6' 7" to set a Freshman high jump record that he still holds today. Kurt Kraemer was a five time jump champion who is the only jumper to ever win all three jumps in one year. Adam Tenforde was a Washington State High School All – American who ran for Stanford and competed in the 2004 Olympic Trials. Another well known athlete turned to Clay in 1996. Prosser's Kelly Blair was in need of assistance with her high jump technique before the 1996 Olympic Trials. She turned to Clay for help. It paid off given her Olympic Trials success and 10<sup>th</sup> place finish in the 1996 Atlanta Games, none of which Clay takes credit for.

Clay Lewis is a very respected coach by his peers. He is mostly recognized for his expertise in the jumps and has been honored many times by his fellow coaches by being asked to speak at numerous track and field clinics. He has been a proud member of the Washington State Coaches Association and active in helping to bring about events such as the annual Coaches Convention. As a head coach, Clay has mentored many of his assistant coaches on their way to becoming head coaches. He has mentored many of his former athletes on their way to becoming assistant coaches. He is most honored by the fact that five of his former athletes had made up the majority of the coaching staff of his old track team. He has truly earned the respect of coaches around the state.

Clay is now retired and enjoying life. His hobbies include fishing, woodworking, antique tool collecting and working out at his local athletic club. Clay's wife Kerry, a

former teacher, is spending more time with him now than ever before and they are remodeling their house and playing a little tennis, just like they did the first day they met. Clay has two wonderful, grown children. Life is good! His induction into the Track and Field Coaches Hall of Fame is a testament to his numerous contributions to the sport in Washington State.

## Duane Lewis

### Lynnwood High School

Duane Lewis has served as the head track and field coach at Lynnwood High School since the school opened in 1971. The 2009 season will be his 38<sup>th</sup> season as the Royals head coach. In fact, the 2009 season will be his 43<sup>rd</sup> season as a track and field coach. During his time at Lynnwood, Duane has coached twenty-six individual state champions and another twenty-five athletes who were runners up. His 1990 Girls team and his 1994 Boys team both won a state title. His Lynnwood teams have placed in the top five at the state meet ten different times, including a stretch from 1991 through 1996 when his boys teams won six straight state trophies along with fifty-eight straight dual meets that stretched over a seven season span. A similar streak of 44 straight wins was put together by his girls teams from 1986 to 1991. In 1979, his Lynnwood Boys team won their first league championship. That was followed by the first Girls league championship in 1980. Since those first titles, his Boys and Girls teams have won thirty Wesco and Northwest District championships. He was selected as the 1990 Washington State Coach of the Year.

Duane graduated from Shoreline High School in 1961. He attended Seattle Pacific University where he lettered in track and field three years. He was the school record holder in the 440 yard dash and team captain in final year at SPU. In 1966, Duane began a thirty-five year teaching career in the Edmonds School District. His first stop was Edmonds Junior High School but he made a move in 1971 to the newly opened Lynnwood High School. Duane served as the head boys coach until 1976. At that time, he agreed to take over the girls job as well, a "temporary" combined position brought about by a levy failure. Thirty-four years later, Duane is still the head of the combined boys and girls program at Lynnwood. Three of Duane's former athletes are head track and field coaches in the Wesco League.

Duane is the father of three daughters and has eight grandchildren. His enthusiasm for the sport of track and field, his sense of humor and his huge smile have made Lynnwood track and field a special experience for generations of Snohomish County student-athletes. His induction into the Track and Field Coaches Hall of Fame is a testament to his numerous contributions to the sport in Washington. ■

*See page 39 for Hall of Fame Information*



## Washington State Football Coaches Association 2009 HALL OF FAME INDUCTEES



Dedicated to all those hard working Washington football coaches who have given time and effort to our state's young people, the Washington State Football Coaches Association is honored to present the twenty-ninth edition of their Hall of Fame. The inductees are:



### Dennis Dahl

Dennis Dahl is a graduate of Burlington-Edison High School ('66), Skagit Valley College ('68) and Central Washington University ('71). He began his coaching career in 1973 as an assistant wrestling coach with Terry Ennis at Stanwood High School. From there, he moved to Juneau, Alaska accepting the position of head wrestling coach and physical education teacher. In Juneau, Dennis married fellow teacher Bonnie and then they moved on to New Meadows, Idaho to teach and coach football. Their son Olin and daughter Ingen were born there where Dennis continued as the head coach for 10 years. They returned to Washington in 1990 where Dennis taught and became the head football coach on Orcas Island. Coach Dahl continues to lead the Orcas Vikings.



### Greg Gavin

Greg Gavin has coached at all levels of high school football in the state of Washington. During his 30 years of coaching football, he has experienced every conceivable scenario and emotion a head coach could possibly envision. Throughout all the highs and lows he never lost sight of the most important component of coaching; student-athletes need and deserve much more than a coach who just teaches football. While involved in five different high schools in four different leagues, with one exception, his teams either won championships or reached the playoffs under his direction. His commitment to embracing the obstacles in developing programs in very challenging environments was recognized as he was selected as coach of the year in various leagues as well as being named the 2A coach of the year in 1976. Greg lives in Las Vegas with his wife Cheryl and son Zach. Their daughter Mandi and her husband Jason have one daughter, Reese.



### Dick Zatkovich

Dick Zatkovich played football at the University of Washington from 1965-67 after playing at Olympic Junior College following his graduation from Wilson High School. His coaching career started at Hudtloff Junior High before he moved to Lakes High School in 1982. The Lancers made the playoffs nine times and won the state championship in 1997. After leaving Lakes, Dick continued to coach football at both Lincoln and Todd Beamer High Schools before retiring after the 2006 season. In a 22 year head coaching career, Dick's overall record stands at 161 wins against 64 losses. He has been honored with numerous coach of the year awards, coached in the All-State summer football game and is frequently speaking at clinics. Dick and his wife of 38 years, Sue, have two children and one granddaughter. ■

***WIAA/Dairy Farmers of Washington***  
***2009 STATE CHEERLEADING CHAMPIONSHIPS***

Pam Headridge, Vice President, WA State Cheer Coaches Association

WIAA/Dairy Farmers of Washington 2009 State Cheerleading Championship was held on January 24 at Comcast Arena in Everett. Fifty-one teams qualified to participate from across the state. Congratulations to all. The results are as followed.

**Small Varsity – up to 12 members**

1. Cascade Christian - 253.5
2. Life Christian - 224
3. Union - 220
4. Bellevue - 219.5
5. Stadium - 194
6. Spanaway Lake - 191
7. Shelton - 183.5
8. Monroe - 182
9. Peninsula - 163
10. Central Kitsap - 159
11. Ferndale - 157
12. W.F. West - 156

**Medium Varsity – 13 to 16 members**

1. Skyview - 199
2. Mt. Si - 198
3. Skyline (silver) - 184
4. Auburn-Riverside - 174
5. Mountian View - 165
6. Riverside - 158
7. Gig Harbor - 149

**Large/ Super Large – 17 and over members**

1. Skyline (green) - 240
2. Kentwood (black) - 238
3. Ballard - 193
4. Tahoma - 191
5. Bellarmine - 173
6. Todd Beamer - 165

**Large/ Super Large – 17 and over members cont.**

7. Bellingham - 162
8. Bothell - 159
9. Auburn Mountainview - 157
10. Franklin Pierce - 154
11. Graham-Kapowsin - 146
12. Klahowya – 125

**Small Coed**

1. Kentwood (silver) - 294
2. Kings - 202
3. Kelso - 188
4. North Thurston - 172
5. Battle Ground - 159
6. Meadowdale - 157

**Med/Lg/Super Lg Coed**

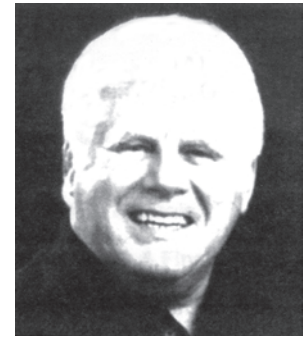
1. Heritage - 270
2. Oak Harbor - 229
3. Enumclaw - 194
4. Bremerton - 167

**Non Tumbling Varsity**

1. Kentwood (green) - 252
2. Steilacoom - 238
3. Juanita - 210
4. North Central - 195
5. Black Hills - 191
6. Hudson's Bay – 178
7. Meridian - 176
8. Tenino - 173
9. Granite Falls – 152

# HAWKES SQUAWKS

by Dee Hawkes  
Retired



## ARE YOU READY FOR SOME SQUAWKS?

The difficulty of coming to grips with certain issues in the prep sport world is due to my age. My coaching debut started in the late fifties! After all those intervening years, many changes have taken place. The majority of changes have been for the good of the athlete and for the sport. Then, something happened, and some adults have crossed over the line. In their own aggressive way, parents have become more involved in directing their kids' athletic activities. Rest assured, most parents approach athletics with a positive attitude, join booster clubs, and rely on the judgment of the coaches to make the right decisions. While for others, it's a totally different game; they are pushy, arrogant, and demand that their kids get top billing. When these parents don't get their way, it often results with a coach getting fired. There has been a long-playing record of coach firing throughout the state. From my perception, this is without question the biggest change, regardless of sport. Wouldn't be nice if more moms and dads returned to the sidelines? They can be more supportive by just being a fan. Leave the coaches alone and let them teach the sport. Let the athletes gain value from participating and competing.

## THERE'S SOMETHING WRONG IN RIVER CITY

Let us take up the subject of college recruiting. We should ask the question why college football recruit-

ing has such a fanatical following. The issue is played out like a soap opera until signing day, which often becomes a circus with all the press coverage. While announcing their decision, some top players have been known to hold press conferences on national television. The athletes often endure frequent phone calls and e-mail messages from both coaches and reporters. The art of persuasion is now tied to electronics, with I-pods, text and voice messages, and the handy cell phone being used to influence the recruits' choices.

To compound the drama, these athletes must often endure tears of frustration, restless nights, and rumors of impropriety. There is evidence that some schools go beyond the routine of wining and dining during campus visits. They host parties where alcohol, drugs, and young women are in abundance. This makes a mockery of the whole process. Some college coaches will do almost anything to capture a recruit. They use hundreds of recruiting websites, which show game-day highlights of high school seniors and juniors. Adding to the drama is the intense rivalry over the same kid. Most coaches lobby hard, with help from the alumni, to convince the athlete that their school is the best fit.

Geography also seems to be a major factor in where the athlete plays. The best bet is for the athletes to stay close to home, which allows family and friends to see them play. In years gone by, many of Washington's best athletes chose to

leave the state and played elsewhere. Hopefully, the newer generation will see the need to stay put. We've got to hand it to our state college football coaches who work hard to keep our local talent home.

## PURE AND SIMPLE, IT IS EXPLOITATION

Most of us don't like what's going on in the process of evaluating 12, 13, and 14-year-old college prospects. This is like robbing the cradle. My take is that it's exploitation. These kids are entirely too young, and for some kids this is clearly too much, too soon. Some argue that having a site with such a young person's highlights on it is totally uncalled for. There is plenty of time to evaluate talent once that person enters high school. There is no hiding the fact that hundreds of 6<sup>th</sup>, 7<sup>th</sup>, and 8<sup>th</sup> graders, regardless of sport, specialize too soon. When scouts start ranking kids at this early age, parents unfortunately see college scholarship looming in the future.

## FEMALE WRESTLERS ARE HAVING FUN

What started out as a social issue is now a full fledged prep sport with a record number of girls taking to the wrestling mat. A not so guarded secret is they work hard at perfecting the skills to compete. If you look closely in the record books, a girl named Michaela Hutchison back in 2006 was the first to win the Alaska state prep wrestling title over a boy.



Chants of “girl power” echoed throughout the tournament.

Others have followed her lead, and according to Emerald Ridge coach Jim Meyerhoff, there are 620 girls wrestling in 144 different state high schools, mostly on the west side. As you already know, the first official state wrestling tournament for girls was part of the 2009 Mat Classic at the Tacoma Dome.

Who knows what might happen to those who are successful? There are college scholarships, and should the sport become an Olympic event, it would open the door for international competition. At the last Olympics, women’s wrestling was a demonstration sport in four weight divisions. My sense of fair play calls for this combative sport. Wrestling is perhaps the most individual of all the prep sports. Way to go ladies!!!

### **BONEHEAD DECISION**

It was utterly boneheaded for Western Washington to drop football without getting input from the alumni, especially those who financially support the program. The axe fell so fast that everyone was totally caught off guard. The rich history of Viking football now must be remembered in seasons past. The only good thing out of this is that players can transfer to any college program and play immediately. Some have already signed with other schools while others will follow this spring. The coaches face a different task as they must scramble to find jobs and relocate their families. Common sense suggests that Western should at least have raised a yellow flag before shutting down the program.

### **SHORT SQUAWKS**

Penny Gienger, girls’ basketball coach at Bainbridge, is best remembered for her dedication to the game. Retiring after 18 seasons, she had 300

wins. Those who played for this coach speak very positively about the influence she had on their lives. You couldn’t ask for a better retirement gift . . . . A scam was uncovered in the San Diego Unified School District in regard to transfers who were recruited to play on super teams. Most of the coaches involved were clean, but that didn’t stop some zealous boosters and volunteers who attempted to pull off dirty tricks. This is not a new situation, but so often kids are the victims of circumstance. Most often, the kid recruited is not held responsible for his action, yet we’ll find his hand in the cookie jar too. It’s probably a good idea for administrators to call the previous school for some background information before enrolling the athlete. A phone call is much better than making the decision on printed documents or hearsay . . . . Clearly, it’s wrong to conduct private lessons on public school property. Whether through personal training sessions, clinics, or camps, those using school facilities for profit should be stopped. The only exceptions should be when it is for the greater good.

### **MORE SHORT SQUAWKS**

The cheerleaders deserve two thumbs up for all their hard work. This sport is so different from other sports, because it has nothing to do with a ball, competing one-on-one, or showing strength. Cheerleading’s all about a team working together and where every move must be for the enjoyment of the fans. From my perch, they always seem to be having fun. . . . It appears that amateur track and field management is being controlled by the purse strings

coming from shoe companies. These companies act as lobbyists who want only what’s best for their product similar to their long history of influence in amateur basketball. From my perch, it may take a whistle blower to come forward in order to follow the money trail . . . . Craig Smith’s impact as a sports writer will be greatly missed. Known in coaching circles as “Sideline Smitty,” Smith took an early buyout from the *Seattle Times* last December. His prep column covered all the prep sports, and he took the reader behind the scenes to see how high school sports are conducted. Coaches are taking a wait and see approach with hopes that “Smitty” will return with a book.

### **OPEN MIKE**

When you are sorting through the Squawks and want to voice your opinion, send it to: [hawkes32@comcast.net](mailto:hawkes32@comcast.net) Usually, I receive more positive responses than negative. However, my search engine gets all kinds of hits and that’s the way it should be. Frankly, in terms of my perception, it is better for you to speak your piece, plus or minus, than to remain silent.

This spring, hold on to this definition of teamwork. “Teamwork is the fuel that allows common people to produce uncommon results.”

See you around, I hope. ■

## **RATES**

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½ Page	4 Issues	\$320.00
¼ Page	4 Issues	\$200.00

1, 2 or 3 issue rates are also available.

Contact Mike Schick at 253-848-9321

## Volleyball Coaches Association Hall of Fame Inductees

by Jan Kirk, WSCA Board Member

The Washington State Volleyball Coaches Association inducted 5 individuals into their hall of fame this past November at state tournaments. These individuals were inducted into their respective classifications before the championship matches in Yakima and Kennewick.

Congratulations to the following outstanding recipients:



**Laurie Creighton**

Laurie is a teacher and coach at Olympia HS. She has been so for the past 32 years. Laurie graduated from Washington State University in physical education with a health minor. Her athletic career consists of participating in tennis and track and being a member of the WSU club soccer program.

With Laurie as their coach, Olympia HS has made 16 state appearances, won 6 district championships, and 10 league championships. Her career record is 611 wins and 223 losses.

Laurie has been married to Greg, who is a teacher/coach at OHS and also a physical therapist, for 31 years. They have no children.



**Kenny Davis**

Kenny began his teaching career at Cusick HS and spent 5 years there. He then accepted the position at

Freeman HS, which included coaching volleyball and teaching physical education. He is a graduate of Central Washington University and received his master's degree from Eastern Washington University. In the year 2000, he received an invitation to become a part of the State "B" tournament in Spokane dealing with referees and now he is the statistical director the state 2B tournament. Although Kenny retired from coaching, he is still teaching and officiating basketball.

Kenny's teams have made 10 state appearances and won 2 district championships. His win loss record is 380/203. He has coached volleyball for 27 years.

Kenny has been married to wife, Nancy, for 25 years and she is employed by the Cental Valey School District as a physical education teacher. They have 2 children, son Stewart, and daughter Kasey.



**John LaFever**

John has taught at Grandview Middle School for the past 20 years. After high school he was drafted into the US Army and spent the year of 1969 in Vietnam. After he was discharged, he attended Central Washington University and graduated with a degree in Elementary Education. He attended CalState University where he received his masters in Curriculum.

John's athletic career consists of wrestling while a student at Central and playing USA volleyball for 14 years. John has won 7 league titles, 4 district titles, and his teams have made 10 state appearances. He has a win loss record of 378/101. John has coached volleyball for 24 years.

John has been married to Jacque for 29 years and they have 3 children; sons Chris and John and daughter, Orejeona.

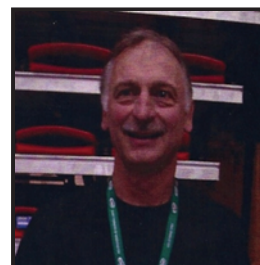


**Bill Marshall**

Bill Marshall graduated from Washington State University in 1973 with a BS in physical education and a minor in health. He obtained his masters degree in administration from Portland State University. Bill taught PE until 1985 and he began the volleyball program at RA Long HS in 1977. From 1987 until 2001, he was the assistant principal at Monticello Middle School and then became the principal at said school in 2002. Bill also is a volleyball official, which he began doing in 1975. He says it is the best seat in the house to watch a high school match.

Bill is one of the pioneers in women's sports. His teams won 5 league championships, 4 district championships and 3 state championships. They made 7 state appearances. Bill's career won/loss record is 175/57.

Bill has been married to wife, Adele, 37 years. She is presently the principal at Kelso HS. They have 3 grown children; sons, Brenden, Sean, and Craig.



**Don "Buzzie" Welch**

Buzzie was trained, coached, and played for Bill Neville, who was both head coach of the Canadian and USA national teams. After his playing days, Buzzie started coaching high school volleyball in the GSL at Rogers, Ferris, and Lewis and Clark High Schools. In his thirty years career, he never had a losing season. His titles include ten league titles, two district titles, one regional title, and two state championships.

Buzzie graduated from Gonzaga University where he majored in English Education and met his wife, Crissie. They have been married for 41 years. She is a retired elementary school principal. Buzzie has three grown children and five grandchildren, with whom he spends most of his retirement time. ■

## Volleyball Coaches Association Hall of Fame Inductees

### 1988

Debbie Buse

### 2005

Sharon Brandon, Kiona Benton HS  
 Evelyn Goodrow, Kentridge HS  
 Virginia Greenlee, Renton HS  
 Janet Johnson, Kent Meridian HS  
 Linda Sheridan, Shadle Park HS  
 Ken Scherr, Odessa HS  
 Trudy Weinheimer, Nooksack Valley HS  
 Charlotte Wirth, Walla Walla HS  
 Chuck Wyborney, Wilbur HS  
 Nancy Zehnder, Auburn HS

### 2006

Diane Axelson, Meridian HS  
 Jim Greene, Pomeroy HS

### 2007

Christie Peterson, Burlington-Edison HS

### 2008

Laurie Creighton, Olympia HS  
 Kenny Davis, Freeman HS  
 John Lafever, Grandview HS  
 Bill Marshall, RA Long HS  
 Don "Buzzie" Welch, L.Clark HS

## Congratulations Jan Kirk!



Jan Kirk, head volleyball coach at Fife High School, has been selected to receive the 2008 Northwest Sectional Coach of the Year award for the sport of volleyball by the NFHS Coaches Association. The Northwest section includes the states of Alaska, Idaho, Montana, Oregon, Washington and Wyoming. Jan's contributions to high school athletics are truly deserving of recognition and thanks not only from the NFHS but all of us in the WSCA. Well done coach Kirk! ■

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# COACHES: From a students perspective

by Mandy, Puyallup High School



Many people say the transition from junior high to high school is a big change. In many aspects, it is. Teachers and academics are harder along with the athletic programs.

I came from a tiny junior high school where 400 students roamed the halls. My time was full of fun and achievement. As you can probably guess, in a small school it was a lot easier to make a sports team. I was fortunate to have a very successful athletic experience during my junior high years.

Our practices in junior high were full of fun. There were some hardships, but our friendships were made stronger with every test.

The coaches were great and they seemed to really care for you on a personal level.

As I approached my last months of junior high, I started playing summer basketball for my high school. I have to say that was the biggest leap in skills I have experienced in my entire time playing basketball. We ate, breathed and lived basketball during our time together that summer. This was a very new experience for me. I enjoyed basketball, but I wasn't ready for the upcoming year.

My first year of high school began with playing volleyball. I didn't know much about the sport. During my junior high years, I played volleyball just to play and be with my teammates. Now at the high school level, the volleyball coaches expected a lot more from me. I was now on a team full of club girls whose focus was just volleyball and their skill level was very high.

After the volleyball season, I moved on to varsity basketball. It was here I found out how demanding this sport was going to be. High school coaches can be very demanding of you and your time. Most days exceeded three hours of practice. The coaches always wanted that extra effort. "Just one more time."

High school coaches are a lot more blunt than junior high

coaches when there's a problem.

Sometimes this correction is so blunt and to the point that the words won't leave your head.

It seems when coaches start their sports season, that is all that matters. Forget about other activities you might be involved in, that sport is your life until the season is over. The motto that my high school coaches go by is: number one is family, number two is school and number three is that sport you are in now. Nothing else is supposed to get in the way.

I am a happy, outgoing girl who loves life. I believe coaches can make or break their players. Even though coaches can be difficult sometimes, the relationships that are made during time together as a team is most important.

I have met a lot of great people in the process of playing on different teams in different sports. I have made close friends that I know I will keep in touch with until we are older. Most of my good friends have come from my teams and I believe without those relationships I would not be the person I am today.

Sports help create your character and make your priorities stand out. I am an athlete and always have been. It's a big part of my identity and I am proud of that. Competition is what drives me and I have high expectations for myself because I have lived my life through sports. I

know what I can and cannot do because of sports. I think every student should participate in athletics. Hopefully they could have some of the same type of experiences I have had. ■

*Editor's note: Mandy is currently a junior at Puyallup High school and a former student of mine at Edgemont Junior High. The assignment I asked her to complete was to share some thoughts about her experiences as a student-athlete to give coaches a different view of what we do. Her efforts to that end were presented above and I wish to thank her for her time, effort, honesty and willingness to share her perspective with all of us.*



Mandy's volleyball team



# SPORTS SKILL INSTRUCTING AND LEARNING

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

One of the fallacies of the current emphasis on sports training is focusing on specialization in one sport at too young of an age. These children lack the minimum requirements to skillfully be competitive and participate in other sports due to a lack of overall body coordination, strength, agility and most of all they don't have a strong basis of movement patterns.

In our society, we teach our children how to read, speak, and write but we fail in the areas of skill development. Teaching technique and the physical learning of a new skill requires as much diligence on the part of the coach as does the academic instruction in the classroom. Neither comes naturally without outside guidance.

We all know there are physically gifted kids, nonetheless there are no short cuts to learning the basic skills of running, throwing, hitting, and jumping even for them. Certainly the higher the child's level of physical attributes, the faster this learning takes place. One of the most significant characteristics of the fast learner is the amount of strength they possess. The stronger they are the faster and more effective will be the learning curve.

Motor skill learning is a complicated physiological process. This evolution begins with an observation of the skill. The first demonstration you make has to be technically perfect. There can be no flaws in this initial presentation. Your audience will absorb a great deal from this and their mind will start developing the movement steps. If you can't do it right then find someone who can.

As the skill is being demonstrated, give accurate verbal instructions. The more detailed these are the more valuable they will be to your athletes. Bear in mind that

verbal instructions are not entirely suited for the very young. They learn more from seeing it being performed than in hearing about how it's done. Save the verbal details for the older students or the skilled athletes in your group.

During the demonstration, your athletes, if they are concentrating on the action, are unconsciously experiencing physiological changes within their body. These changes are the result of nerve impulses sent from the brain to the involved muscles in the sequence of movement.

There is a lack of noticeable physical movement resulting from these inconspicuous signals. However, the brain is beginning the task of rearranging and ordering these nerve impulses into a movement pattern that can be physically repeated later on when it is called upon to do so.

The first time the athlete tries the movement it will not be perfect, more than likely, it will be a gross approximation of what the refined motion will look like once it's mastered. You, as the coach, will see the pattern of movement start to develop. From here, it will require more coaching to get it to the point

of acceptance. Now is the time when you must carefully, in detail, describe the actions you want your athlete to take to correct any mistakes in their performance of the skill. You must once again demonstrate the correct technique and skill patterns you are instructing so they can see and absorb the information you are teaching them.

Oftentimes it is better and faster to teach complex movements in smaller bits than it is to teach the entire pattern all at once. By learning in small pieces, the ath-

**We all know there are physically gifted kids, nonetheless there are no short cuts to learning the basic skills of running, throwing, hitting, and jumping even for them.**

lete gets a chance to succeed which provides more of an incentive to keep working on the skill. The more complicated the movement becomes the more parts and repetitions will be needed to develop the engram (the memory trace).

Correctly repeating the skill many times over helps to develop the proprioceptive pathways between the brain, the joints, and muscles with the minute details of the activity. When you give the corrective verbal and physical cues, their brain modifies the impulses sent to the muscles enabling the corrections to take place the next time the movement is repeated.

Once these pathways are firmly established, the brain begins to disengage from the process and the movement becomes more of a reflex, i.e. the engram has now been set in place. After this memory trace is encoded in the neural tissue, the trigger to respond is reflexive to a stimulus, i.e. a sports situation.

Now it's onto another skill development lesson. ■

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## *Washington State Softball Coaches Association*

### **HALL OF FAME 2008**

The 6<sup>th</sup> annual WSSCA Hall of Fame Luncheon was highlighted by the induction of Vince Ivelia (Snohomish) and Tom Harmon (Nooksack Valley) into the Hall. The luncheon, which was held on February 14th, also recognized WSCA members who were selected as “Coach of the Year” for the respected districts. Tom Harmon (Nooksack Valley) who over the last 15 years has worn many different hats for the association, once again organized the affair.

This year’s “Coach of the Year” award winners all had successful seasons, many of whom brought home some hardware from this year’s state tournaments. Eight out of the nine districts around the state had a coach nominated by their WSCA District Area Representative.

In District 1, Darcy Taylor led the Burlington Edison Tigers to a second place finish in the 2A state tournament. District 2 winner George Crowder guided the Lady Wolves of Eastlake to the 4A state title. In District 4, Jim Vanfleet’s Castle Rock Rockets finished second in 1A tournament action. Rudy Ochoa of Othello in District 5 led the Lady Huskies to a state title in the 2A championship. Todd Gilbert of Cascade Leavenworth took his team to the 1A state tournament in District 6. In District 7, Chuck Moffat of Lakeside (Nine Mile Falls) won the award again and saw his team finish fourth in 1A state tournament action. Shadle Park’s George Lynn won the award for the third year in a row in District 8 where his Highlanders finished second in the 4A state tournament.

Rounding out the this year’s selection was Gary Dorman from Touchet in District 9 who took the Lady Indians to the state title at the 1B tournament. Congratulations to each of these coaches on a fine season!

The main event of this year’s program was the Hall of Fame induction. For both coaches, their families played an important role in their successful softball coaching careers. Tom and Vince thanked their families, former players, assistant coaches and communities for the support each has given them over the years. Sarah Werder, a former player for Vince at Snohomish, introduced coach Ivelia. Coach Harmon was introduced by his two sons Ben and John, who gave a touching tribute to their dad as did Tom’s assistant coach of over 10 years, Pete Rob. Thank you Sarah, Ben, John and Pete for taking the time to share your stories and memories with us about your inductee.

#### **Vince Ivelia**

Coach Ivelia was the head softball coach at Snohomish from 1992 to 2001. During his tenure, the Lady Panthers went to the state tournament five times, where they finished fourth in 1996 and second in 1999. After the 2001 season, Vince left the diamond due to his own children’s involvement in spring sports. Coach Ivelia has 172 career wins and has been a member of the WSCA for 18 years. He is currently a teacher and ASB advisor at Snohomish High School. Vince and his wife Leslie have two sons, Andrew and Adam.

#### **Tom Harmon**

Coach Harmon has been the head softball coach at Nooksack Valley for 23 years. Tom has 360 career wins, 12 state tournament appearances, and seven top five finishes at state, along with four district, 3 Bi-Tri district, and five league titles. For the last 28 years Tom has been a teacher in the Nooksack Valley School District. During his time there Coach Harmon has been involved coaching football, basketball and baseball and since 2007 has worn the hat of athletic director. Tom has been a member of the WSCA for 18 years, where he has served as a sport representative, executive board member and treasurer for the softball coaching association. He and his





wife Pam have three children, daughter Alison, sons Ben and John, and granddaughter Jasmin.

Our association would like to congratulate these two fine additions to the Hall of Fame, as they are both great ambassadors for our sport and our profession.

Know anybody who you feel is deserving of the Softball Hall of Fame? Send your nominations to tharmon24@hotmail.com or jschuh@cvsd.org . Criteria for induction consideration are: if still coaching, they must have coached softball in Washington state for a minimum of 15 years and be a member of the WSCA. If retired, they must have coached in Washington state for a minimum of 10 years and been a member of the WSCA. All names will be forwarded to the Hall of Fame committee.

### Previous Inductees:

- 2003: Reg Head (Monroe), Bill Caas (Sedro Woolley)
- 2004: Meredith Elkins (Shelton), Harlan Olson (North Mason)
- 2005: Nancy Zehnder (Auburn), Mike Chandler (Stanwood)
- 2006: Tom Swapp (Anacortes), Steve Barker (Lakewood),  
Bob Vanderhaak (Lynden Christian)
- 2007: Jeff Skelly (Inglemoor), Bruce Welling (Central Kitsap)
- 2008: Vince Ivelia (Snohomish), Tom Harmon (Nooksack Valley) ■

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# THE WASHINGTON COACH

OFFICIAL PUBLICATION OF THE WASHINGTON STATE COACHES ASSOCIATION

### What you should have seen...

Our cover didn't quite come out the way we had planned for our Winter 2009 edition. At right you will find the cover as it was intended. We wanted to make sure that the photo's were seen in their entirety and those that took the photos received the proper acknowledgement.



Winter  
2009

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# The Passing Parade

## Memories of coach Gary Moore

by coach Charlie Kinnune

One of my most vivid and best memories of childhood is my dad and I walking to Issaquah football games and joining the thousands of townspeople who made Issaquah football a Friday night tradition every Fall. I remember the crowds of residents from old Issaquah, who, just like me, lived for the excitement of Friday night lights. This was small town high school football, the kind of thing that has sadly been lost in many communities these days. Dad and I would walk up 2<sup>nd</sup> avenue dropping in at the homes of people we knew, grab a bite to eat, and continue along the way collecting still more people as we went. The nights were crisp and the mood of anticipation boiled. Finally, we'd see those lights. The hair would stand up on the back of my neck and I knew, I absolutely knew, I was born to one day pull on an Indians' jersey, strap on a helmet, and run out onto that field, that same field thousands of other Indian players had run out onto, and play for Coach Gary Moore.

Coach was a commanding figure on the sideline. He would pace. He would scowl. He would bark at some players, encourage others, and ride the officials if they had an off night. He coached with emotion and he expected his players to play with emotion. Anyone who took on one of Gary's teams knew one thing for sure: when that game was over, they were going to know they had been in a war because we all played like he coached: with fire, intensity, desire, and an unquenchable desire to win. Gary was a fixture in the community and at Issaquah High. I remember his teams of the late sixties and early seventies. Those players became my heroes. I looked up to them and dreamed of one day wearing purple. But even more than that, the man who commanded the Issaquah sideline became my hero. He was larger than life. He was the point around which Issaquah football revolved. And I literally could not wait until the day I too could play for him. Coach Moore was Issaquah football. What more could a young kid, raised in Issaquah, who would be a 3<sup>rd</sup> generation Issaquah football player, want, than to play for this man?

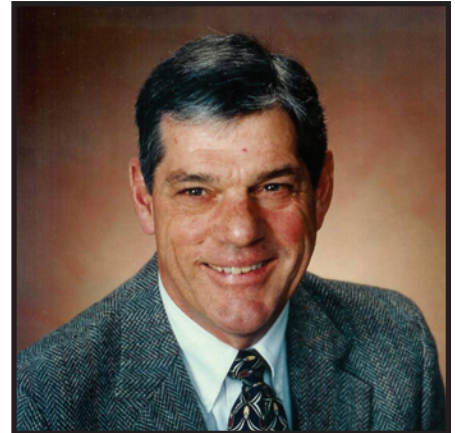
Finally, my time came. In 1978 I entered Issaquah High School. Graduation had decimated the team the year before. It was a perfect time for a 165 pound linebacker to

come in and play as a sophomore. But, this was a frightening proposition. Coach Moore was ferocious; he was demanding; he could be the ultimate intimidator. However, I found that as I played for

Coach Moore, he was one of the best teachers a young person could ever have. He built my confidence by encouraging me and nurturing me. He created an environment in which I could flourish, but he also never let me use youth and inexperience as an excuse to play poorly, as an excuse to fail. He would tell me and the team that excuses are like belly buttons: everybody has one and they're good for nothing. Under Gary's tutelage, I started a total of 32 games in three years. We won 25 of those games placing 2<sup>nd</sup> in state in 1980. To this date, this was Issaquah's finest team. Gary went on to win 130 games placing him in the Washington State Coaches Hall of Fame. With his coaching, my raw ability became polished and I earned All-State honors. It would not have happened without him.

Coach Moore was a structured, disciplined coach that demanded the same from his assistants and his players. Nobody ever wondered who was in charge. Every practice, every game had his stamp on it. He demanded that his defense be tough and hard-nosed and he expected an offense that would control the ball and play with patience. We used the Houston veer in '78, '79, and '80. He would tell us it was like novacaine: it would eventually work, and it always did. I had absolute confidence in Coach Moore: the way he prepared us for games, his game planning, and his coaching during the game. I knew we were going to win, every time we took the field.

Coach Moore was infamous for his conditioning regi-



men. He would tell us that there were many things out of the control of the coaching staff, but the conditioning of the athletes was not. He wanted his teams to be mentally tough; therefore, we needed to be in great physical condition. He was always coming up with new and improved techniques to take us to the edge and beyond. We as players believed without a doubt the 4<sup>th</sup> quarter would be ours, that if we found ourselves in a close game, we would find a way to pull it out in the end. As a coach today, I still use some of those same techniques. My players love the conditioning and the confidence it instills in them as much as we did 30 years ago.

Coach Moore coached in four different decades. He was able to adjust and stay current with new techniques, strategies, and the X's and O's, but he never strayed from what he knew was fundamentally true: the core principles of hard work, enthusiasm for the game, and the idea that family always came first. There was never any doubt what his priorities were. It was always very evident that he was proud of his wife and children. And as dedicated as he was to us as players, to his students in the classroom, and to Issaquah as a community, he was first and foremost a family man who cherished his wife and children and who lived a life of integrity in all areas. He was not just a coach to be admired; more importantly, he was man to be admired.

I followed in Coach Moore's footsteps. I too became a high school teacher and football coach. I find his fingerprints on almost everything I do as a coach. What I remember most of all is that Gary understood that teaching and coaching is a way of life. It is not just a job. It is something you center your life on. It is something you don't just give your time to: you give your heart and your soul to it. If you don't, you are shortchanging the profession and the young men and women who depend on you. Even after I moved on and after Coach retired, he continued to be a guide and a resource. But most importantly, he was always a friend.

Issaquah has changed. When Coach left, it was the end of an era. While the tradition of excellent football still lives on at Issaquah, something will never be the same. Hopefully, there are still 2<sup>nd</sup> graders in Issaquah who look forward to playing Issaquah football and still walk to the games with their dads and whose eyes sparkle when they see those lights on a crisp Friday night. But even if there are, Coach Moore won't be on the sidelines. ■

## **A great reminder of why we choose to coach...**

The following is a note sent to Jerry Parrish, WSCA secretary, from Bill Heglar, long time football coach.

Jerry,

On Monday at a Kent School District athletic directors' meeting, Mike Karney stopped in to visit with Dave Lutes. Dave introduced him to all in attendance and Mike remembered me from the 2000 All-State game. Mike is from Kentwood, played fullback and linebacker, attended Arizona State and is now playing football for the New Orleans Saints. When our meeting was over, we had a chance to visit. He talked about what a great experience it was playing in the game and the week of practices beforehand. I shared with him that some kids chose not to play and some colleges didn't want incoming freshman to play for fear of injury. Mike couldn't believe a kid would choose not to play. Mike had tons of compliments about the game, the week leading up to the game and all the people he keeps in touch with as a result of the experience. He was truly excited to relive those experiences and how proud he was to have been selected to play. Mike is a great example of why we coach. He is getting married in March.

Always great to share some good news,

Bill



## MIKE WILLIAMS

*White River High School*

Coach Williams is currently the head baseball coach at WRHS and also the boys' JV basketball coach at Orting High School. A baseball coach for 21 years with 13 of those years as a head coach, Mike has also coached basketball for 11 years and football for

6 years. Mike's family includes his wife Traci, the director of the White River Community Activities Program, and their sons Connor (16), Tanner (14) and daughter Kelsey (11). Mike is a graduate of Central Washington University ('88). Coach Williams was selected as a coach of the year twice in his league and was named the White River High School coach of the year in 1988. Mike chose to become a coach to share his love of team sports with young men and help them become better players and better people. The WRHS baseball teams won league titles in 2002 and '05 and his teams are consistently noted to be well prepared and disciplined in fundamentals. Numerous former players have continued playing baseball in college and 2 players were drafted by Major League Baseball. Mike's proudest moments in coaching have come from little league titles, taking teams to state, and being a part of the success his players have attained. He also appreciates being a part of a great group of coaches which includes Terry Veltkamp, John Hyppa, Doug Galloway, Kevin McNulty, Troy Tornow and Chris Gibson and working with Jim Meyerhoff when Jim was the athletic director at White River. Mike's favorite quote, "At the very least, we can out work any team we face. We can never be over prepared". Mike has been in the WSCA for 20 years.



## HEIDI FRYER

*Southridge High School*

Heidi coaches gymnastics and track and field at Southridge. The graduate of Gustavus Adolphus College ('02) and the University of Idaho ('05) has been coaching gymnastics for 15 years in recreational programs and the last 4 years at Southridge. Heidi has been

part of the track and field program for 5 years. Coach Fryer is a member of the executive board of the Washington State Gymnastics Coaches Association. The gymnastics team placed 2<sup>nd</sup> at regionals in 2007 and the girls' track and field teams have twice been league champions. Heidi shares she loves these two sports and she has been involved in both as an athlete or a coach her whole life. Her favorite part of coaching is the one on one contact with student-athletes and getting to know them as real people. Guiding the gymnastics team to a 2<sup>nd</sup> place finish at regionals her first year as a head coach and watching how hard her girls worked in and out of the gym to achieve that level is one of her proudest moments in coaching. One of her favorite quotes comes from Arthur H. Stainback. "The value of compassion can not be over emphasized. Anyone can criticize. It takes a true believer to be compassionate. No greater burden can be borne by an individual than to think no one cares or understands." Heidi has been a WSCA member for 6 years. ■

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## Deadlines for the *WASHINGTON COACH* Magazine

Next Issue - Summer: May 14

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

### SUBMISSION PROCESS

Submit via email as an attachment to Mike Schick at [WSCA-EDITOR@comcast.net](mailto:WSCA-EDITOR@comcast.net)

If you do not have access to email, mail to:

*Mike Schick, 2110 Richardson Drive, Puyallup, WA 98371*

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# NFHS RECOGNITION

Congratulations to the following coaches for receiving recognition and awards from the National Federation of State High School Associations.

- Coach Bobby Olmsted of Orcas Island High School received state recognition for golf.
- Coach Dave Larson of Highline High School received state recognition for baseball.
- Coach Jeffery Lowell of Mercer Island High School received state recognition for swimming and diving.
- Coach Ron Rood of Concrete High School received state recognition for football.
- Coach Don Van Lierop of Ferris High School received sectional recognition for boys' basketball.
- Coach Craig Foster of Blaine High School received sectional recognition for wrestling.
- Coach Jon Knight of North Central High School received sectional recognition for boys' cross country.
- Coach Janice Kirk of Fife High School received sectional recognition for volleyball.
- Coach KT Allyn of Marysville-Pilchuck High School received sectional recognition for softball.
- Coach Patty Ley of Gig Harbor High School received sectional recognition for girls' cross country.
- Coach Debbie Hunter of Thomas Jefferson High School received sectional recognition for gymnastics.

## ON THE SIDELINE

## NOMINATION FORM

The WSCA needs your help! If you know a current member of the WSCA who deserves recognition for his/her contributions to coaching, please fill out this form and send it to Mike Schick. Your nominee will then be contacted to obtain additional information.

Nominee's Name \_\_\_\_\_

Home/School Address \_\_\_\_\_

City \_\_\_\_\_ Zip \_\_\_\_\_

Current teaching/coaching location \_\_\_\_\_

Send this form to Mike Schick,  
Edgemont Junior High, 2300 110th AVE E, Edgewood, WA 98372

*Thank you for your efforts*

# Anatomical and Performance Evaluation for Sprinters in Track and Field

Bryan E. Hoddle-2004 Head Coach-USA Paralympic Track and Field Team  
<http://www.Bryanhoddle.com>

In every high school in America, there are state caliber sprinters walking the halls that aren't involved in track and field. Many do not realize the greatness they possess and many coaches fail to identify those athletes or address minor weaknesses with the sprint potential to compete at an elite level.

A great physical education program can really help in identifying those potential sprinters on the performance-based side. If you are fortunate enough to coach at a high school where athletes are identified by varying performance testing, physical education, feel very fortunate. If you are recruiting based on personalities of the coach and athlete, then here are some areas to examine once your season begins. Many areas will require more than just performance tests, causing the need for some anatomical analysis of the athlete on your part.

***Calf Height***-A high calf muscle is crucial in sprinting. The closer the calf is to the knee joint the better. A high calf will cause the gastrocs, soleus and Achilles to act like a long rubber band, propelling the athlete down the track. The longer this area, the better.

***Range of motion in the ankle***-Have your athletes sit with the soles of the feet against a wall. On command, have them move their toes away from the wall toward their body/shins. Make sure the heels remained locked on the wall. The further they can move the toes away from the

wall the better. This is a great test for measuring ankle range of motion and flexibility in the calf and Achilles area.

***Flexibility of the toes and feet***-This area is often overlooked and is critical in sprint success. The entire lower leg, foot and toes must have flexibility and range of motion. Placing the foot in dorsiflexion and massaging the bottom of the foot is essential. Additional massage in the shin area on the medial and lateral sides of the lower tibia will also aid in the function of the foot.

***Adequate movement in the Sacral Iliac Joint***-Nothing will cause a cavalcade of muscle problems than a tight SI joint. This area may require some massage and movement rehab work.

***Pliability of the IT band***-This is another area that may require some massage work if the athlete demonstrates a tight IT band.

***Recruitment of correct muscle firing sequences***-Your athlete will often be able to tell you what muscles they feel they are using and whether or not they are firing sequentially. For example, if they aren't using their buttocks and relying solely on their quads, the quads will be really sore. This may require better joint range of motion or massage to break up muscle tissue sticking or adhering to other muscle. A great example of this area is in the high jump where the athlete will not fire sequentially and jump strictly with their quads, while the hams and gluts are disengaged.



Bryan Hoddle

This may also be a locked up SI issue and require examination on whether the SI joint is properly functioning. If the SI joint is locking, muscle firing may be re-routed from the proper firing sequence.

***Filming a sprinter for amortization***-Film your athlete doing a 30 or 60-meter fly from the side. On front foot contact, does the knee collapse/bend? If so, you have what is called amortization. The thigh may not have the needed strength to support the weight at foot contact. Working the vastus medialis and other supporting muscles is essential.

***Reaction time of the athlete***-The central nervous system plays a very important part in the success of the sprinter. Have the sprinter get on all fours. Make sure the hands are directly below the ears. Stand above the athlete with a tennis ball. Hold the ball about 1 foot above the ear, lined up directly over the hand. As you drop the ball, the athlete will feel the ball as it drops by the ear. The athlete's goal is to roll the hand over and catch the ball. This is a great

evaluation of the athlete's reaction abilities.

When performing a battery of performance tests, inform the athlete of the reasons for those tests or specific workouts. They are much more likely to give a maximum performance if they know that you testing with a purpose and not testing just to test or doing a workout just to do one.

30 meter fly-This is an indicator of top end speed. Use a 20-meter lead in zone and then time 30 meters. Remind the athlete that they must be going all out at the first cone and not hit it once they get to the first cone. Remind them also to run past the second cone and not use it as the finish.

Overhead backward throw with a 4k shot put-This is an indicator of total body power and coordination. Be sure and stress safety here. Before throwing, have the athlete drop to a sit/squat position to load the thighs before throwing. This will eliminate the athlete from leaning forward and using their back.

Standing long jump-This is an indicator of leg power.

Standing triple jump-This is an indicator of leg power, acceleration, and coordination.

30 meter block-This is an indicator of leg power and ability to accelerate.

60 meter block-This is an indicator of top end speed and block clearance and acceleration mechanics.

150 standing-This is an indicator of top speed and speed endurance

250 standing start-This is an indicator of long speed endurance and anaerobic power

Straight leg bounds-Dynamically strengthens gluts/upper hamstrings relative to actual sprint cycle

Speed Bounds-Hip flexor/hip extensor strength. Allows for correct cycling to occur.

Lunges-Addresses acceleration, poor flexibility, stride length, and strength endurance

Short hills (2-3% grade)/Short drag work-Addresses acceleration, hip flexor, and extensor strength.

Hurdle hops/short jumps-Addresses hip flexor, extensor strength, and ground contact turnaround time.

Swimming-Recovery-Aerobic work/upper bodywork.

10 bounds-This is an indicator of leg power, coordination, speed endurance and acceleration.

When evaluating and putting together workouts based on testing and evaluation remember the following:

The following are compatible (they go together):

\*\*\*Endurance runs (general strength, specific) with strength endurance exercises that help to develop general strength endurance.

\*\*\*Speed Development runs with Strength Development exercises. Jumping and bounding. Do the strength development exercises first.

\*\*\*Speed Development runs with movement coordination (starts and finishing drills and specific sprinting drills).

These aren't compatible. (They don't go together)

\*\*\*Speed Development with any type of endurance run over 80 meters.

\*\*\*Speed Development with strength endurance development exercises.

\*\*\*Strength Development (maximal) with any type of endurance runs.

\*\*\*Coordination Exercises with strength development. (Maximal)

Strength Endurance

More than 9 seconds

More than 90 meters

More than 9 reps

Speed Training

Under 6 seconds

4- 6-minute recovery

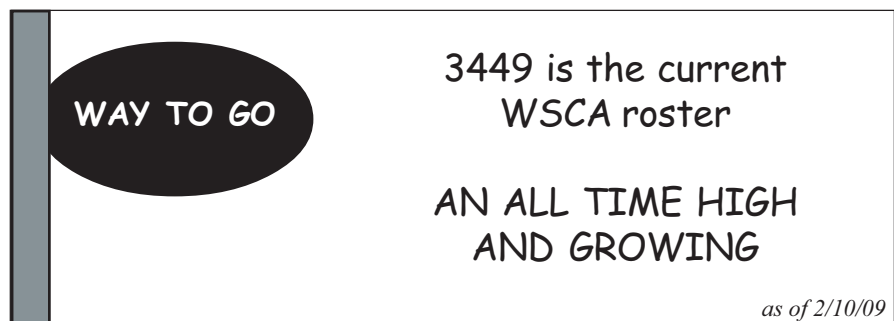
Extend top velocity for as far as you can.

Speed Development

Reaching max speed for 1-2 seconds with some form of assistance.

Examining the areas above will better manage your athletes' success. Coaches have used the shotgun approach or dumping athletes through a filter to see which ones come out on top, but a long range plan and well thought out evaluations will prove to be much more effective in the long range success of your sprinters. ■

*Coach Hoddle was the head coach of the 2004 USA Paralympic Team, Athens. He is currently the director of the Northwest Track and Field Clinic to be held on Feb. 12, 13, 14, 2010 at the SeaTac Double Tree. [www.allsportsschool.com](http://www.allsportsschool.com)*



A graphic with a black oval containing the text "WAY TO GO" in white. To the right of the oval, the text "3449 is the current WSCA roster" is displayed in a large, bold, black font. Below this, the text "AN ALL TIME HIGH AND GROWING" is displayed in a similar bold, black font. At the bottom right of the graphic, the text "as of 2/10/09" is written in a smaller, italicized font.

# Scholarship for **Student Teachers**

## **BURNETT-ENNIS STUDENT TEACHER SCHOLARSHIP**

**Deadline: April 15<sup>th</sup>**

By completing the information required in this application, you will enable us to determine your eligibility to receive funds provided specifically to help students whose parent(s) are members of WSCA. This application becomes valid only when the following has been submitted. This scholarship is open to any member's son or daughter planning on student teaching during the next year.

To be eligible for the scholarship:

- Your mother or father must be a member of the Washington State Coaches Association.
- Submit the below application.
- Submit one letter of recommendation from your College Education Department.
- Submit your College Transcripts.
- Submit a short essay (250 words or less) that would include the answers to the following questions.
  - a. Why do you want to teach?
  - b. Previous experience coaching and teaching kids?
  - c. What do you want kids to say about you?
- After being awarded the scholarship, you must submit a letter from your college student teacher advisor as to verification of your placement.

### **Personal Information** (please print clearly)

Name \_\_\_\_\_  
Last First M.I.

College Attended \_\_\_\_\_ Date of Birth \_\_\_\_\_

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

Permanent Home Telephone number (\_\_\_\_\_) \_\_\_\_\_

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

Address of Parent/Guardian if different from applicant:

\_\_\_\_\_  
Street City Zip Code

**Check list:**  Application  Letter of Recommendation  College Transcript  Short Essay

***Your application must be received before April 15<sup>th</sup>.***

Mail To: WSCA Scholarship, 708 S. Lake, Colfax, Wa 99111

**Selected winners must submit a picture of themselves with their member parent to the WSCA by June 30<sup>th</sup>.**



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## **WASHINGTON STATE FB COACHES ALL-STAR GAME EAST-WEST EARL BARDEN CLASSIC**

**WHEN: SATURDAY, JUNE 27, 1PM  
WHERE: ZAEPFEL STADIUM, YAKIMA, WASHINGTON**

The 2009 Earl Barden All-Star Classic will be held for the 15<sup>th</sup> straight year on June 27<sup>th</sup> at 1pm at Zaepfel Stadium in Yakima. The teams are selected from the nominations of the coaches from each league in our state. The selection process took place in early January and the players that have accepted their nomination and elected to play are included on these rosters.

The game was started in 1995 with the financial and organizational leadership of Earl Barden. Earl was a successful businessman in the Yakima area and was highly influential in the support given by the Yakima community to start this game. Earl passed away in the winter of 1999 and the community of Yakima has embraced the game and continued in its tremendous support of the Classic.

We have always embraced any football coaches who would wish to become part of this game. If you are interested in becoming a “gopher” for the Classic please contact me and I will get you “on the team!”

### **LET’S ALL MEET IN YAKIMA ON JUNE 27<sup>th</sup> FOR SUMMER FOOTBALL.....**

Earl Barden Classic Chairman: Bill “Alex” Alexander, Quincy HS  
201 C St. SE, Quincy 98848  
509-787-1152 (h) 787-3501 (w) Quincy HS  
Alexfb1@msn.com (h), walexand@qsd.wednet.edu (QHS)

East Game Coordinator Selection Chair:  
Mike Lynch, lynchm@ritzcom.net  
Greg McMillan, mcmillan.greg@yakimaschools.com  
West Game Co-Chairs:  
Rob Friese: robf@willapa.wednet.edu  
Tom Bate

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*East-West Earl Barden Football Classic*  
**East AA/A/B All-State Football Game Roster**

<b>Player</b>		<b>Positons</b>	<b>School</b>
Creighton	Alford	QB/DB	Asotin
Ethan	Bersing	OL/DL	Selah
Jon	Betz	RB/LB	Cascade
Brady	Blankevoort	QB/DB	Lakeside
Jose	Bucio	OL/DE	Bridgeport
Jared	Byers	RB/MLB	Pullman
Joe	Cammack	RB/LB	Colfax
Jace	Christensen	OL/DL	Royal
Blair	Collins	WR/DB	Cashmere
DJ	Darnall	RB/LB	Asotin
Trevor	Davis	WR/DB	Cashmere
Ethan	Flory	WR/S	Naches
Ben	Fuson	OL/DL	Lakeside
Miles	Gardner	WR/LB	Othello
David	Garza	RB/LB	Othello
Tyler	Gillie	OL/LB	Clarkston
Andrew	Gubsch	OL/DL	Cashmere
Bryce	Hayunga	RB/S	Desales
Clint	Hernandez	C/DT	Lake Roosevelt
Carlos	Herrera	OL/DE	Oroville
David	Hurst	OL/DL	Asotin
Mychal	Lopez	QB/DB	Granger
Josh	Mason	OL/LB	Cashmere
Chris	Miller	WR/OLB	Freeman
Blake	Nichols	OL/DL	Ellensburg
Matt	Paul	OL/DL	Granger
Oscar	Ramirez	RB/CB	Toppenish
Cody	Rollins	OL/DL	WV-Spokane
Jakob	Scott	WR/DL	Othello
Ethan	Smith	RB/LB	Colfax
Derrick	Talley	RB/S	Chelan
Cole	Thompson	OL/DL	Connell
Derek	Todd	QB	Cashmere
Forest	Trampush	TE/DE	Chewelah
Cody	Weber	RB/OLB	Pullman

**Coaches:**

Brian Dunn, Lakeside  
 Tim Klein, Lakeside

Darren Talley, Chelan  
 Jim Fisk, Chewelah

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*East-West Earl Barden Football Classic*  
**West AA/A/B All-State Football Game Roster**

<b>Player</b>		<b>Positons</b>	<b>School</b>
Ira	Aleferas	C/G	Montesano
Dante	Aure	OL/DL	Nooksack Valley
Zach	Barr	OL/DL	Chehalis
Joe	Cameron	OL/DL/LB	Tumwater
Ryder	Chance	WR/C/K/P	Meridian
Zane	Christenson	OL	Napavine
Taylor	Colton	OL/DL	Cascade Christian
Chirs	Concannon	RB/DB/WR	La Center
Morgan	Cox	LB	Life Christian
Taylor	Creighton	RB/LB	Lynden
Luke	Dixon	RB	Forks
Brian	Fleshaw	C/LB	Fife
David	Gaylord	RB/LB/DB	Lynden
Zack	Gehring	TE/LB/WR	Castle Rock
Justin	Green	RB	Hockinson
David	Greiss	WR/C	Lynden Christian
Gunnar	Groothuis	OL/DL	Lynden
Bruce	Hansen	OL/DL	Centralia
Greg	Herd	QB/DB	Steilacoom
Kyle	Hofmann	OL/DL	Orcas
Cameron	Homan	K/P	Eatonville
Devin	Hughes	RB/DB	Centralia
J.R	Mario	LB	Woodland
Alex	McNealley	DE	Montesano
David	Monell	DL/OL	South Whidbey
Andre	Moore	RB/LB	Klahowya
Nick	Poplin	OL	North Beach
J.J.	Quillan	DE/OLB/TE	Archbishop Murphy
Derek	Rice	WR/DB	Concrete
Jerad	Rodgers	RB/DB	Adna
Bradley	Schultz	OL	Centralia
Stetson	Shearer	RB/DB	Burlington-Edison
Brandon	Smith	RB/LB	Woodland
Chris	Smith	QB/DB	Concrete
Jordan	Staffuer	WR/DB	Lakewood
Paoa	Tuivaiava	OL/DL	Washington
London	Vessey	RB	Tumwater

**Coaches:**

John Schultz, Centralia  
 Shawn Perkins, Mark Morris

Hal Gronseth, Centralia  
 Patrick Brown, LaConner



# FOOTBALL HEAD COACHES AND STAFFS

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by Coach Don Papasedero

How about a fun, fast and effective “In-service” mini clinic held at your school? Contact coach Don Papasedero and he will team up with experienced local coaches from your area to present a tailored and personal clinic for you and your staff...let’s talk!

- Learn how to positively self evaluate your program top to bottom.
- Explore how to pick a staff and assign duties and how to be an extraordinary collaborative assistant coach.
- Discover contemporary ways to communicate with players.
- improve relations and communication with administration, your community, your league, and each other...top to bottom!
- Find new ways to work with the other sports programs and coaches.
- Learn new practice ideas, conduct a drills and skills review, and discuss current, up to date, approaches of what we do in coaching.
- Improve the way you buy, inventory, and maintain equipment.
- Explore how to get your “numbers” up and the critical importance of being social on staffs.
- References certainly provided upon requested. Coach Paps has effectively completed 15 or more such mini clinics here in Washington state and in New England.

If this idea may be of interest and value to you, please contact:

Don Papasedero  
don\_papasedero@misd.wednet.edu  
206 719 0492

## WSCA EXECUTIVE BOARD NOMINATION FORM

- Any current member may be nominated for a position on the board, provided that he/she has the endorsement of at least three other current members in the Association.
- Include a brief summary of coaching experience.
- Nominations will close June 8, 2009.
- Send nominations to: Jerry Parrish, 18468 8th Ave NE, Poulsbo, WA 98370

Nominee's Name: \_\_\_\_\_

Nominators: 1. \_\_\_\_\_  
 2. \_\_\_\_\_  
 3. \_\_\_\_\_

## Washington State Football Coaches Hall of Fame Nominee Information Sheet

### Nominee Information

Name: \_\_\_\_\_

Phone #: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_

State: \_\_\_\_\_ Zip: \_\_\_\_\_

Email: \_\_\_\_\_

<b>WSCA Member?</b>	<b>Total Years Coaching</b>
Lifetime _____	_____
Former _____	Head _____
Current _____	Asst _____
Offices Held	
_____	
_____	

### Nominee Coaching History

Year	School	Record
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

### Career Record

W \_\_\_\_\_ L \_\_\_\_\_ T \_\_\_\_\_

### Honors Received : (Chronologically)

Year _____	Honor _____
Year _____	Honor _____
Year _____	Honor _____
Year _____	Honor _____
Year _____	Honor _____
Year _____	Honor _____

### Advocate Information (you)

Name: \_\_\_\_\_

Phone #: \_\_\_\_\_

Email: \_\_\_\_\_

**Please Mail to:**  
 Greg McMillan  
 902 Ridgeview Ave  
 Selah, WA 98942

(509) 698-5353 • E-mail: mcmillan\_1@charter.net

## 2008 NIKE BORDERCLASH

### Celebrating A Decade of Washington's/Oregon's Best Prep Harriers

by Steve K. Bertrand

It's billed as a cross-country meet between the best prep runners in Washington & Oregon to determine the top running state in the Northwest. Held Sunday, November 23<sup>rd</sup>, at the Nike World Headquarters in Beaverton, Oregon, BorderClash 10 was a definite crowd-pleaser for the 3,000 to 4,000 spectators who enthusiastically gathered to watch the races.

The 4.4 K course (2.75 miles) on grass & chip trails winds around the scenic Nike campus. Nike owns a total of 183 acres. A six-acre lake, life-like statues & a "Waldenish" setting are just some of the campus highlights. Situated on the grounds are seventeen buildings named after various sports icons such as Steve Prefontaine, Lance Armstrong, Tiger Woods, Alberto Salazar, Joan Benoit Samuelson & Michael Jordan.

Athletes qualified for BorderClash competition by finishing well in their respective classifications (B, A, 2A, 3A or 4A) during this year's state cross-country championships. John Truax from Montesano High School near Aberdeen, Washington & Josh Rowe from St. Helens High School in Oregon gave birth to BorderClash in 1999.

Both gentlemen work in the Nike running department & had long debated the question of which state had the better runners. The two decided to put the question to

the test. The result – the tremendously popular BorderClash, a rivalry that dates back to the days of Steve Prefontaine & Gerry Lindgren.

BorderClash consists of two separate races. It is scored as a co-ed dual meet between two of the top running states in the nation. One Hundred & sixty athletes (the top 40 boys & 40 girls) from Washington & Oregon compete. The top ten finishers on each team score for their squads. The boys' & girls' team score for each state are then combined to determine the overall champion.

Having a population more than twice as large as their rival, Washington lead the series coming into the 2008 event. Therefore, in an attempt to neutralize Washington's depth, a shift to a traditional five person scoring format was implemented this year.

The atmosphere for BorderClash 10 was charged with eager anticipation. The girls were first to compete. Using a "Braveheart" style start, each team lined up on separate starting lines & at the boom of a cannon ran directly at each other for the first 100-meters, then merged onto the course where 50-foot letters (a "W" for Washington & "O" for Oregon) are painted on the grass field. As they departed the start line, fireworks, a Scottish bagpipe band, ringing bells, the whirr of a helicopter overhead televising the race, & shouts of encouragement from the crowd greeted runners.

Oregon wasted little time on this perfectly beautiful morning taking control in the girls' competition. Lead by Taylor Wallace, a senior from Klamath Falls & last year's runner-up, Oregon harriers claimed five of the top six places. Wallace won the individual title with a time of 16:27.47. Right on her heels were Oregon's Anna Marie Maag (2<sup>nd</sup> – 16:32.74), Kellie Foley (3<sup>rd</sup> – 16:33.62), Khalia Tidwell (4<sup>th</sup> – 16:34.15) & Alexandra Jones (6<sup>th</sup> – 16:47.14). Only Washington's Alyssa Andrews (5<sup>th</sup> – 16:44.15), the 4A girls' state champion, kept Oregon from sweeping the race. In the end, Oregon claimed the team title 73 to 98.



Top local Washington finishers included Stanwood's Natasha Verma (20<sup>th</sup> – 17:19.11), Monroe's Suzanna Ohlsen (28<sup>th</sup> – 17:27.89), Lake Stevens' Lacey Waggoner (32<sup>nd</sup> – 17:29.93), & Olivia Thomas of King's (34<sup>th</sup> – 17:33.16).

Encouraged by the girls' showing, Oregon boys lead at the beginning of their race. However, it didn't take long for the leaders to be swallowed by a sea of green. In the end, it was Spokane's Andrew Kimpel with a strong kick who claimed the individual title. The North Central harrier was clocked in 14:07.30. Kimpel, a senior, was one of three North Central boys in the top ten. Ranked number 1 in the nation, North Central will contend for the title at Team Nationals held at Portland Meadows Race Track on December 6th.

After claiming eight of the top ten spots at BorderClash 9, Washington boys turned in a dominant performance sweeping the top fourteen places. Shane Moskowitz (2<sup>nd</sup> – 14:09.34), Drew O'Donoghue-McDonald (3<sup>rd</sup> – 14:14.37), Andrew Gonzales (4<sup>th</sup> – 14:16.24) & Simon Sorensen (5<sup>th</sup> – 14:21.14) rounded out the team scoring for Washington. Washington boys bested Oregon 45 to 144. As a result, for the eighth time in ten years, bragging



rights regarding BorderClash go to the harriers north of the Columbia River!

Local athletes placing well at BorderClash were Scott Larson of Lake Stevens (17<sup>th</sup> – 14:39.61), Jackson's Ben Lance (24<sup>th</sup> – 14:47.63), & Oak Harbor's Tyler King (31<sup>st</sup> – 14:53.3).

Nike showcased four of their elite runners at BorderClash by making them team captains. Washington was lead by Anna Willard, the 2008 Olympic Trials 3,000 meter steeplechase champion, & Dathan Ritzenhein, the top finishing American (9<sup>th</sup> – 2:11.59) in the marathon at the 2008 Olympic Games in Beijing. Oregon was captained by Shannon Rowbery, an Olympic Games qualifier in the 1500-meters (4:00.33), & Nick Symmonds, an Olympic Games 800-meter qualifier (1:44.10).

Such luminaries in distance running as Galen Rupp, Chris Lukezic, Kenny Klotz & Brie Felnagle have all claimed BorderClash titles. Awards for winning BorderClash include a statue of Nike, the Greek goddess of victory. It is engraved with the names of the top finishing athletes & resides in the Niketown of the victors' state until the next BorderClash competition. ■

## PROVIDE YOUR EMAIL ADDRESSES

One of the major cost increases the WSCA has experienced over the past five years has been printing and postage. Each issue of the Washington Coach runs the WSCA nearly \$4,000 with printing and postage costs. Considering all the mailings we do with All-State selection, coach of the year balloting, etc., WSCA has found we do much more communication with email than phone calls or letter mailings. This is why it is imperative that when you complete your WSCA membership application, please make sure you include your email address. Thanks for your cooperation. ■

# TRACK AND FIELD NEWS

## How to nominate a coach for induction in the Washington State Track & Field Coaches Hall of Fame

**PROCESS:** The Hall of Fame process includes three basic parts:

1. **Nomination**
2. **Selection**
3. **Presentation**

**NOMINATION:** Once the WSTFCA Hall of Fame Director receives an official nomination, the coach being nominated is put on the official master list of nominees. There is no time limit as to how long a nominee can remain on the nomination list. However, the WSTFCA Executive Board has the authority to vote for the removal of a coach who is not selected after five years. Any coach that is removed may have another nomination resubmitted. It is important that coaches understand that a nomination does not guarantee selection, especially in the year the coach is nominated. In order to nominate a coach, two things are needed:

1. **Nomination Letter:** This is the official request to induct the coach

2. **Written Biography:** This is the biographical information of the coach's career that will be used in the selection process (name, address, schools, statistical information, biography, etc...)

**SELECTION:** The WSTFCA is in the process of implementing a new process for the Hall of Fame. It will be confirmed at the 2009 Convention and will look something like this:

**January:** Official recommendation made by Hall of Fame coordinator to WSTFCA. Executive Staff on inductees for the following year at the Association Convention. Coordinator will use the official list of nominees.

**February – September:** Verification of biographical information

**October:** Official selection of Hall of Fame Inductees at the Fall Executive Board Meeting

**November:** Official letter sent to Inductees and press release to local media

**December:** Official invitation with information on the details for the Awards Luncheon mailed to inductees

**January:** Presentation at the WSTFCA Convention (process begins again)

**PRESENTATION:** There are two different recognitions for Hall of Fame inductees:

1. **Awards Luncheon** at the annual WSTFCA Convention

2. **State Meet Recognition** (the classification of the school of the inductee)

The main presentation that is controlled by the WSTFCA is the Awards Luncheon held during the WSTFCA Convention. Inductees are treated to a sit down, buffet lunch. They are joined by the various coaches from around the state who attend the convention. The Hall of Fame Inductees are encouraged to invite family and friends, former athletes, teaching colleagues, or anyone that they would like to share their induction with at the luncheon. The presentation that the WSTFCA does not control is the recognition at the state meet. When possible, the WSTFCA (in conjunction with the Executive Staff of the WIAA) will attempt to put the biographical information of the inductee in the state meet program. They also work with the state meet director to create some kind of recognition during the state meet that best fits the Hall of Fame inductee (depending on the classification that the inductee spent most of his/her coaching career).

**WSTFCA Hall of Fame Coordinator –**  
**Chuck Bowden** (Central Valley High School)  
Mailing Address

S 821 Sullivan Rd, Veradale, WA 99037

E-Mail Address: [cbowden@cvsd.org](mailto:cbowden@cvsd.org)

Phone Numbers: 509-228-5232 school  
509-290-1199 cell

**WSTFCA Hall of Fame Committee**  
**Tim Irvin** – Squalicum High School, Retired  
(original WSTFCA Hall of Fame Director)

**Tuck Gionet** – Snohomish High School

**Daunte Gouge** – Kings High School ■



# BURNETT-ENNIS SCHOLARSHIP

**Deadline: April 15<sup>th</sup>**

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

To be eligible for the scholarship:

- Your mother or father must be a member of the Washington State Coaches Association.
- Submit the below application.
- Submit one letter of recommendation from your principal, counselor, or teacher.
- Submit your High School Transcripts.
- Submit a resume of your high school activities (including community, school, or church activities)

## **Personal Information** (please print clearly)

Name \_\_\_\_\_  
Last First M.I.

High School Attended \_\_\_\_\_ Date of Birth \_\_\_\_\_

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

Permanent Home Telephone number \_\_\_\_ (\_\_\_\_) \_\_\_\_\_

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

Address of Parent/Guardian if different from applicant:

\_\_\_\_\_  
Street City Zip Code

**Academic Information** GPA \_\_\_\_\_

Briefly describe any scholastic distinctions or honors you have won since the 9<sup>th</sup> grade

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## **Athletic or Extracurricular Participation**

Sport \_\_\_\_\_ Years \_\_\_\_\_ Letters \_\_\_\_\_ Honors \_\_\_\_\_

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*Please continue with application on reverse side.*

continued from previous page

## BURNETT-ENNIS SCHOLARSHIP

**Deadline: April 15<sup>th</sup>**

**College Goals** College planning to attend \_\_\_\_\_

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

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

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

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**Check list:**

Application    Letter of Recommendation    Transcript    Resume

*Your application must be received before April 15<sup>th</sup>.*  
Mail To: WSCA Scholarship, 708 S. Lake, Colfax, Wa 99111

**Selected winners must submit a picture of themselves with their member parent to the WSCA by June 30<sup>th</sup>.**

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# COACH: Are you a Candidate for the WSCA Career Recognition Program

The WSCA Executive Board has a recognition program for the coaches in our state association.

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

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

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

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

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

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

## HAVE YOU APPLIED? CAREER MILESTONE RECOGNITION PROGRAM

Name: \_\_\_\_\_ School: \_\_\_\_\_  
 Home Address: \_\_\_\_\_ City/Zip: \_\_\_\_\_  
 Sport: \_\_\_\_\_ Membership #: \_\_\_\_\_ Years Coached: \_\_\_\_\_

School	Year	Victories
<b>TOTAL VICTORIES</b>		_____

**Forms need to be complete and accurate before being returned to:**  
  
**Jerry Parrish, 18468 8th Ave. NE, Poulsbo WA 98370**



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