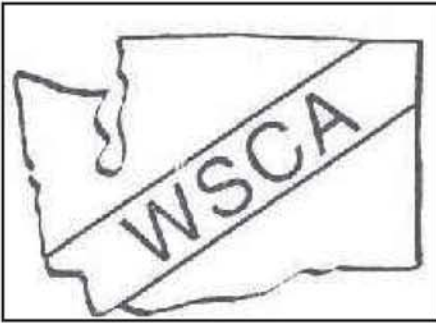


THE WASHINGTON GOACH

OFFICIAL PUBLICATION OF THE WASHINGTON STATE COACHES ASSOCIATION





2009-2010 Membership Application

See our website at
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 | | | _____ |
| 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 1-800-257-4860 X757.
- *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 | 1-360-271-1377 jparrish@donobi.net |
|--|--|

Benefits effective upon receipt of application and \$35.00.
 Membership is from 8/1/09 through 7/31/10.

- _____ 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 OR EXTRA IF NECESSARY



Executive Board

| | |
|---|--|
| Past President Mike Schick | President Pat Fitterer |
| 1st Vice President Susan Doering | 2nd Vice President |
| 3rd Year Position Craig Hanson | 3rd Year Position Nalin Sood |
| 2nd Year Position Rob Friese | 2nd Year Position Jan Kirk |
| 1st Year Position Darrell Olson | 1st Year Position Open |
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| East | Bill Alexander |
| MS Liaison West | Mike Schick |
| East | Open |
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| Basketball (G) - Jade Hayes | Bellevue Christian |
| Cheerleading - Pam Headridge | Oak Harbor |
| Cross Country - Joe Clark | Lakes |
| Fastpitch - Tom Harmon | Nooksack Valley |
| Kyle Peacocke | Everett |
| Football - Bob Bourgette | Kennedy |
| Golf - Darrell Olson | Everett |
| Gymnastics - Karen McQuiston | Capital |
| Swimming-Jeff Lowell | Mercer Island |
| Tennis -Nathaniel Whitley | Rogers Puyallup |
| Track & Field - Daunte Gouge | Kings |
| Volleyball - Tony Batinovich | Puyallup |
| Wrestling -Craig Hanson | East Valley (Spokane) |
| Brett Lucas | Todd Beamer |

For more information contact the below:

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WHAT'S INSIDE

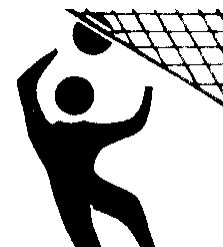
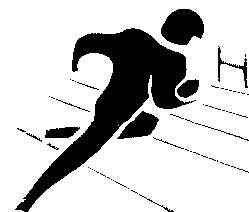
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Team photo on cover taken by:
B&B School Pictures
 819 River Road
 Puyallup, WA 98371

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.



From The President

Spring 2010

Dear WSCA members,

We are back at that crazy place in the middle of the school year. We are doing our best in the classroom while we also do our lesson plans for our practices, watch film, do grade checks, fund raisers and all the other stuff that keeps us at a whirlwind pace that gets faster and faster as the season progresses. Working at this pace and doing what you love, you know you are alive and well. Nalin Sood, the president of the Washington State Basketball Coaches Association, once told me, "All this craziness is what we will miss when we do not have the craziness anymore." I feel I get a better understanding of this statement every year.

I have such respect for our band students who attend all our home games and as many play-off games as possible. Many nights I hear our band students practicing outside in the fall and spring crisp evening nights. Having late practice in the winter season I see our band students in the band room practicing for their own competitions. I realized we needed to give our band a special thanks and support. I stopped by and the band director, newly Hall-of-Fame inductee Dave Walters, graciously let me address the students. I thanked them for their support and told them how much I respected them for their work. I did it because I meant it, but it turned out by taking the time to give them their just due, they really felt ownership of our team. Now, instead of them just showing up at the games, they feel like part of the team and are our biggest fans. I always remember watching Raymond High School at the state basketball tournaments having their team go up into the stands after a game and shaking hands and high fiving their fans and diving into the band students to thank them for their support. I always thought that was a classy thing to do. I also took the team to go thank the flag team. It got off to a rocky start as I was informed they are the winter guard, not the flag team, but they still appreciated me talking to them. Attendance at school contests seem to get smaller each year so we coaches have a responsibility to support and thank our cheerleaders, band, winter guard teams and fans for their support. Please take the time to let your people know how much we appreciate them and their support. Maybe you will get the reaction we did and they will feel more ownership in the team and support them even more.



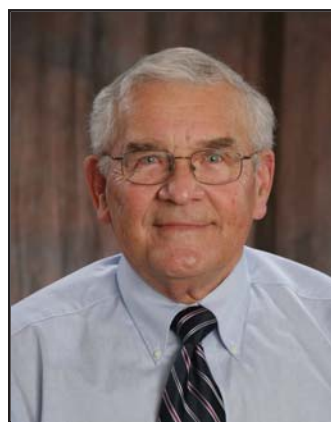
We, as coaches, also need to go support other school programs. If the soccer players see the football players attend their games, they learn to appreciate their sport. Hopefully they will return the favor. I always enjoy the end of the season bowling competition when the teachers get to challenge the bowling team. Also, take your family to a school play. I am so impressed every year at how many talented students we have in drama. Plus it is an inexpensive way to entertain your family and I have always left the performances feeling great. Take advantage of your school and community. It is amazing what you will receive in return.

YOU GOTTA LOVE IT!!!!!!!!!!!!

Pat Fitterer

FROM THE SIDELINES

by Jerry Parrish



From The Sidelines

REASONS ATHLETES TRUST THEIR COACH - THE IMPACT OF TRUST

BRUCE E. BROWN

I found some good things from Bruce Brown, a premier speaker at the WFCA Mid winter clinic, and wanted to share “Reasons Athletes Trust Their Coach”. This is written with permission of Bruce E. Brown

The ability to do your job well gives you credibility and inspires trust—it is that simple. Either you have coaching credibility or not.

Here are 10 traits that demonstrate being professionally prepared:

1. Trusted Leaders have a Coaching Style.

They have developed a philosophy that works for them, for athletes and creates success.

2. Trusted Coaches Never Stop Learning

Attend coaching clinics, ask questions, take lots of notes, go visit great coaches and observe they are always competitive.

3. Trusted Coaches Plan

Plan your practice and follow your plan. A lack of organization cannot be hidden. Athlete’s comment: “We were never faced with anything in the game that we had not seen in practice.

4. Trusted Coaches Can Teach

It is important how much you know, but it is even more important how much your players know (in other words, how well can you teach it).

5. Trusted Coaches Can Motivate

Motivation is simply getting people to do all they are capable of and enjoy it.

6. Trusted Coaches Understand the Steps to Building a Team

Building a team culture cannot be left to chance.

7. Trusted Coaches Clarify Expectations

The clearer a coach can teach their standards and team expectations; the better chance individuals and teams have to rise to them.

8. Trusted Coaches are Secure People

Secure coaches are confident. They understand their own strengths and weaknesses and are comfortable with who they are.

9. Trusted Coaches are Great Workers

Trusted coaches show up everyday prepared, energized and ready to go to work.

10. Trusted Coaches Have a Style that Encouraged Fearless Competition

Teams comprised of fearless competitors are always hard to play against and difficult to defeat. ■

Individual Sport Association Representatives



Information you should know...

Are you looking to become more involved in your sport? WSCA members are encouraged to make contact with their individual sport association representative to find out information pertaining to sport specific clinics, coaching workshops and coaching certification opportunities. The names and e-mail addresses for the ISA representatives are posted on the WSCA website, washcoach.org. These coaches are working hard for the betterment of their sports and would welcome your involvement and input. Get in touch! ■



Front Row: Tony Batinovich (VB), Karen McQuiston (GYM), Pam Headridge (CH), Brett Lucas (WR), Joe Clark (XC)

Back Row: Darrell Olson (G), Bob Brouette (FB), Pete Orgill (B), Tom Harmon (FP), Daunte Gouge (T&F)

Commitment

The WSCA would like to acknowledge and thank the nine district executive boards and their directors throughout the state for their unanimous acceptance of our proposal to grant our members admission to district level athletic events with the presentation of a current membership card. This agreement demonstrates the on going commitment to communication and cooperation between the WSCA, the nine districts in our state and the WIAA. We all benefit from working together to better serve the athletic and activity programs in the state of Washington. ■

Thank You!

BURNETT-ENNIS SCHOLARSHIP

Deadline: April 15th

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 9th grade

Athletic or Extracurricular Participation

Sport Years Letters Honors

Please continue with application on reverse side.

continued from previous page

BURNETT-ENNIS SCHOLARSHIP

Deadline: April 15th

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.

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

Check list:

Application Letter of Recommendation Transcript Resume

Your application must be received before April 15th.
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 30th.

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

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

THE CROSS COUNTRY COACH

By Cliff Nixon

The fall of 1991 was the beginning. During the first week, he took the boys of Interlake on a 3-2-1 Fartlek run of 8 miles. He was in great shape at 23. The boys were exhausted but smiled. Little did they know they would place sixth at state, being unranked all year. The young coach ran each and every day; motivating, teaching, encouraging and inspiring each runner to achieve his/her potential. Joel Widell led the boys with a 15th place at state while Colleen Nicoulin placed 4th (17:33), leading the girls to 7th place.

The young coach took two years off from coaching while working at the Bank of America. He came back to coaching cross country at Newport High School in 1994. He guided the boys to a 4th place finish with Eric Mickelson leading the team with a 16th place and the girls were led to a 7th place by Kate Centerwell who placed 18th. Great and wonderful! Two seasons of coaching and 4 teams to state.

Then in the fall of 1995, John Hill was named the coach of cross country at his old school, Bellevue High School. His positive and upbeat spirit changed the cross country program

which was 0-12 in 1994 for both boys and girls in the King County League. In the 15 years of coaching cross country at Bellevue High School, his teams have won 5 boys' and 5 girls' King County championships. Coach



John Hill has taken 10 boys' teams and 7 girls' teams to state. So, in 17 years of coaching high school cross country, coach John Hill has guided and coached 21 teams to state plus many individuals.

At season's ending, coach John Hill has written 54 pages of weekly workouts, results, inspirational quotes, which the student-athletes receive each Monday to share with his/her parents. He also puts together a 19 page summary of the past 40 years of cross country at Bellevue High School. He gives this to each runner at the awards banquet which is an awesome celebration of the season.

Coach John Hill is an outstanding young coach! Why? Because he has the great ability to inspire, teach, motivate, encourage, support and counsel each athlete to give her/his best. Listen to these comments!

→ Rick Sloan, WSU Track & Field coach 37 years—"John is an outstanding coach, very positive and friendly with each student-athlete. John has a great personality and is very likeable."

From 1991:

→ Joel Widell- "a great runner who made you run fast!"

→ Chris Alef- "squeezes everything out of you to make you better."

→ Colleen Nicoulin- "very enthusiastic and caring."

From 1994:

→ Tevonne McDonald- "gentle and much kindness."

→ David Lance- "John has credibility as a coach, both because of his own athletic accomplishments and the fact that he personally invests in each one of his runners."

→ Kyle Smith- "fun to run with as he made you run fast."

From classmates:

→ Bruce Carlson- "a great teacher and very inspirational."

→ Tom Lucas- "dedicated, caring, inspirational."

→ From WSU teammate, Robert Price- "positive and compassionate."

→ From coach Mark Nakamichi- "a great coach."

→ From Chet James, owner of Super Jock 'n Jill- "AWESOME!"

→ From Ty Whitten, co-worker-
From 2009:

→ Joel Ambo- "great coach, awesome runner, cares about every person."

→ Mike Williams- "great coach, leader, runner! Cares about the slowest runner."

→ From wife Erica, who is the head cross country coach at Mercer Island- "coach truly cares deeply about each and every runner."

→ From sister, Megan- "John has always been my idol. I'm running consistently now because of my brother John."

→ Mrs. Hill, John's mother- "an amazing feeling when parents of athletes come up to me and ask are you John Hill's mom? I'm so proud of John."

→ Mr. Hill, John's dad- "his ability to motivate kids and inspire each to achieve their best, he is like a piper."

As you can read, coach John Hill is respected and loved much. I have the good fortune to see coach Hill in action each day during cross country and track & field. He inspires me to continue to coach. After 52 consecutive years of coaching, I have been much blessed to be in his surroundings. Coaching is an honor, privilege, wonderful and great! ■



Washington State Football Coaches Association DISTRICT AWARD WINNERS



District 1 winners present: Jay Dodd, Matt Brown

District 1:

Head Coach- Jay Dodd, Blaine HS
Assistant Coach- Scott Stokes, Marysville Pilchuck HS
Junior High/Middle School- Matt Brown, Valley View MS



District 4 winners present: Rob Friese, Julian Williams, Jon Davidson

District 4:

Head Coach- Rob Friese, Willipa HS
Assistant Coach- Julian Williams, Skyview HS
Junior High/Middle School- Jon Davidson, Toutle Lake



District 2 winners present: Steve Vallach, Wes Warren, Brad Hillard

District 2:

Head Coach- Steve Vallach, Liberty HS
Assistant Coach- Wes Warren- Bellevue HS
Junior High/Middle School- Brad Hillard, Snoqualmie MS



District 5 winners present: Dan Eyman, Gary Jimenez, Brad Swenson, Craig Hyatt

District 5:

Head Coach- Dan Eyman, Eisenhower, HS
Assistant Coach- Gary Jimenez, Eisenhower, HS
Assistant Coach- Brad Swenson, Othello HS
Junior High/Middle School- Craig Hyatt, East Valley MS



District 3 winners present: Jeff Housman, Rob Hill

District 3:

Head Coach- Gordan Elliott, Auburn HS
Assistant Coach- Jeff Housman, Curtis HS
Junior High/Middle School- Rob Hill, Spanaway JH





Washington State Football Coaches Association DISTRICT AWARD WINNERS



*District 6 winners present: Rand Marquess, Darren Talley,
Greg Austin*

District 6:

Head Coach- Darren Talley, Chelan HS
Assistant Coach- Rand Marquess, Wenatchee HS
Junior High/Middle School- Greg Austin, Brewster



District 8 winners present: Randy Hendrick, Terry Cloer

District 8:

Head Coach- Mike McLaughlin, Mt. Spokane HS
Assistant Coach- Terry Cloer, Mt. Spokane HS
Jr High/Middle School- Randy Hendrick, Central Valley



*District 7 winners present: Mike Morgan, Geno Ludwig,
Craig Culbertson*

District 7:

Head Coach- Mike Morgan, Colfax HS
Assistant Coach- Craig Culbertson, Colfax HS
Junior High/Middle School- Geno Ludwig, Chewelah

Photo Not Available - District 9

District 9:

Head Coach- Jeff Bartlow, Waitsburg-Prescott HS
Assistant Coach- Mike Spiess, DeSales HS
Junior High/Middle school- Gerald Anhorn, Sr., DeSales



Gold Helmet Winner

Sam Giampietri

Sam Giampietri (left) with his brother Rick.

HAWKES SQUAWKS

by Dee Hawkes
Retired



What may be the most remarkable thing about this winter is the mild weather we've had. This is not the case across other parts of the country! Around our state, however, good weather would be welcomed by all spring coaches. Raindrops falling on pitchers, windy conditions for runners, wet putting greens, and water puddles on tennis courts are so often a coach's nightmare.

WELCOME HOME "RED"

This past fall, instead of sitting on a porch at Shady Pines watching the birds fly by, Roland "Red" Smith moved back to the state to coach football at Bellarmine Prep. At the ripe old age of 86, he spent his 63rd year teaching the great game. Red has been following the advice of his father who told him, "Son, until you get it right, stay with it." This Hall-of-Fame coach plans to return to coaching next year for yet another season. It's good to have you back among us, Red.

BAD NEWS "BUSES"

The most controversial new item that is coming down the pike is a plan to advertise products on school buses. We already surround baseball parks with billboards that sell everything under the sun. I believe that it is a sad commentary that this is even being considered for financial reasons. If there is anything I detest, it is the use of commercials, which are slowly creeping into the prep world. Please leave the "yellow" greyhounds alone, so that the students and athletes who

ride them can travel without being coerced into buying something.

SHORT SQUAWKS

What gives? At the Super Bowl, nine dozen footballs were on hand for the game. Each ball was broken in so that it could be used if needed. Of course, if a touchdown was scored or a pass was intercepted, the ball went into the player's trophy case. . . .Coaching tip: Do what you say you will do, when you say you will do it, the way you said you would do it! . . .Judging from results, the new hydro treadmill used for therapy and training is proving to be a modern day miracle. . . .Discipline is the basis for the code of conduct by which we live our life, and the same goes for a Code of Conduct signed by an athlete. When an athlete breaks a code, make sure the punishment fits the violation. Otherwise, it's merely hearsay. . . .Just a reminder: The Short Yardage Club is still alive. Membership is open to all old time coaches who wore the standard "Bike" shorts and can tell stories.

MORE SQUAWKS

It's not often you find a coach using a reward system during scrimmage through the use oranges and lemons. For example, the Everett Silvertips Hockey Coach finishes off his practices by using a reward/punishment competitive drill to motivate his players. Could this work with the preps? . . .There's much to admire about the North Sound Christian Girls' Basketball Team. They finish the sea-

son and go into the playoffs with just six players - five on the floor, one on the bench! This player sits next to Coach Bill Kelley waiting her turn to see some action. During the season, in order to scrimmage, the team had to ask for players from the boys' team to help them out. . . .It makes no sense that Eastside Catholic was denied entry into the KingCo 3A/2A Conference. A vote was held by secret ballot, and 80 percent approval was needed to get admission into KingCo. Although the other schools are so close by, Eastside Catholic must continue to play in the Metro League in Seattle.

FLASHING RED LIGHT

Trouble continues in River City, otherwise known as club sports. It is plain and simple, but club sports have encroached on prep programs. There is no hiding the fact that certain high school sports no longer have a level playing field. Outside programs gain ground every sport season. There is nothing worse than ignoring the problem and letting it be. Sooner than you think, the outside club sports will dominate the scene, and students in the respective high schools will opt not to turnout. Please understand, club sports and high school athletics each have their place, but they are totally separate when competing. It's unfortunate that it has to be this way, or does it?

A CLASSY COACH

Over the course of a long and distinguished career, Coach Walt Milroy of Queen Anne High School coached so many players that they held a surprise luncheon for him to celebrate his 90th birthday. The former Grizzly teacher taught American History and coached three sports, which included varsity baseball. Party attendees included Doug Chapple, Gary Snyder, Bob Morris, and this writer - all who followed in his footsteps and became high school coaches! In addition, Dale Parker, Walt Bone, Bruce Bailey, and Larry Stewart who had coached with him, were on hand to show respect to their mentor. After leaving Queen Anne, Coach Milroy went on to Ingraham High School, where his team won the 1969 State Basketball

Championship. The former coach remembered everyone's name, told some tales, listened to stories told about him, and was surprised on the phone by a conversation with Ron Santo, the baseball great who once played for him in summer baseball. Speaking to the current Chicago Cub announcer was the topper for Coach Milroy's special birthday bash.

WE COACH AMATEURS

After watching the Olympics, true amateurism won't ever be possible unless we continue our push to keep the preps clean. School systems need to remain true proponents of promoting sport participation as a model for amateurs. When things get out of hand and fueled by money such as by overzealous booster clubs, then programs can get "too big for their

britches." Programs should always be in the "here and now" for kids playing currently.

HAVE AN OPINION, TAKE A STAND.

No matter how you slice it, writing the Squawks is still a labor of love. Quite often, finding topics or issues is not the same as going to the grocery store to buy some food. It requires keeping antennas out and receiving emails back from you who have a particular bone to pick or just want to be heard. I have no plans as yet to retire from writing this column, so if you have something to say, please drop me an email at hawkes32@comcast.net.

See you around, I hope. ■

LUKE PERRY SELECTED FOR SCHOLARSHIP

by Michael P. Cane of [The Herald of Everett](#)
reprinted with permission

Snohomish High School senior Luke Perry has been named the winner of the 2010 Terry Ennis Scholarship.

A two-way starter in football this past fall and currently a member of Snohomish's state-ranked wrestling team, Perry will receive a \$3,000 scholarship presented by the Washington Football Coaches Association. He received the award on Jan. 23 during the association's Hall of Fame banquet at the Hilton Bellevue Hotel.

Perry's list of athletic, academic and service accomplishments is overwhelming. In football, he was a three-time varsity letterwinner, including this past season when he was a team captain who played quarterback and defensive back for the Panthers.

In wrestling, Perry will earn his fourth consecutive varsity letter this winter. He is ranked No. 2 in Class 4A in the 145-pound weight division, according to WashingtonWrestlingReport.com.

There's more: In addition to having a 4.0 grade-point average, Perry is heavily involved in ASB leadership, Link Crew and National Honor Society, among many other extracurricular groups.

Perry was selected as winner of the second annual Ennis award from a group of 14 finalists, all seniors nominated by their respective head football coaches.

"All the kids are really good and they all jump out at you, but Luke was just a cut above," said Parrish, the Washington State Coaches Association secretary.

The other local finalists were Chase Crowley (Lake Stevens), Matthew Huggins (Archbishop Murphy) and Danny Stokes (Marysville-Pilchuck).■



Luke Perry, Ennis winner and his dad Mark.



Washington State Football Coaches Association HALL OF FAME INDUCTEES



Jack Craig Beverlin

Craig graduated from Herscher High School in Herscher Illinois. He received both his BA and MA of Science from Northern Illinois University.

He is married to Joan and they have four daughters: Jo, Dana, Jackee and Nicole. As a coach, his career includes being an assistant coach at Herscher HS, two stints with Olivet College, head coach at Kankakee Eastridge HS in Illinois, head football coach at Kamiakin HS in Kennewick and currently the head football coach at Vermillion Catholic HS in Louisiana. His combined record as a head football coach is 210-99-1. Highlights of Craig’s career: Washington Prep Coach of the Year (2006), National Finalist presented by AFCA “Power of Influence Award” (2008-09), three time All-Star coach, three time winner of NFL High School Coach of the Year Award, teacher of the year. Craig has written two books and has had many published article on athletics. He has had over 170 speaking engagements. His career and the impact he has had in the Tri-Cities was chosen as one of the top 100 stories of the past century by the Tri-City Herald.

Ron Rood

Ron grew up in Longview and was a three sport athlete at Mark Morris HS. He played four years of varsity football at CWU where he was an honorable mention NAIA All American guard playing for Tom Parry in 1972. After a year as a graduate assistant at Central, Ron started teaching at Fife HS in '74 where he was an assistant football and head baseball coach for ten years. Ron has spent the past 25 years coaching at Concrete HS. During that time, the Lions have enjoyed considerable success at the league and state level including a state championship in 1985. His Concrete baseball team was the state runner-up in '88. Ron was honored to coach in the WSCA East/West All State game twice and last year he was named the state coach of the year by the NFHS Coaches Association. Ron feels fortunate to have coached so many excellent young men and has made so many great friends in the coaching profession during the past 35 years.



Hall of Fame Inductees (l to r): Tom Moore, Jack Craig Beverlin, Ron Rood

Tom Moore

Tom graduated from high school and college in Illinois. As a quarterback, he led his junior college football team to the state title in 1975. He earned his bachelor’s degree at Eastern Illinois University and his MA from the University of Montana. Tom then came to Prosser where he established one of the premiere football programs in the state. As the head coach for 23 years, Tom led the Mustangs to 21 league championships. Tom’s overall record stands at 234-38 for an 86% winning mark. Prosser has played in 8 state championship games winning titles in 1992, '93, '99 and 2007. Tom has been a frequent speaker at WSCA clinics over the years and many of his former players and assistant coaches have gone on to success of their own as teachers and coaches. Tom and his wife, Kris, have two sons. Kellen and Kirby are both playing football at Boise State University. ■

RICK GIAMPIETRI

For serving as an outstanding educator and football coach for 40 years, Central Valley High School head football coach Rick Giampietri was honored recently by receiving the Tom Oswald Memorial Award at the Eastern Washington University Football Awards Banquet. The Tom Oswald Memorial Award was created in 2007 in memory of former Cheney High School coach Tom Oswald who succumbed to cancer on August 4, 2006. Recipients are selected by the EWU football staff by recognizing those individuals who have demonstrated coach Oswald's creed of "Doing the Right Thing" for youth.

Giampietri is a 1970 graduate of EWU and obtained his master's degree from Whitworth in '75. He was an assistant coach at Lewis and Clark and Shadle Park before coming to Central Valley in 1983. In



17 years as the head coach of the Bears, Rick has compiled a 107-63-1 record, including the 4A state championship in '97. His teams won the '95, '97, and '08 Greater Spokane League championships and Giampietri was named the GSL coach of the year in '95 and '08. Twice he has earned the Washington State Football Coaches Association district 8 coach of the year honors and in 2001 he was inducted into the WSFCA Hall of Fame.

Besides coaching football, Giampietri has coached wrestling for 35 years with 8 as a head coach, golf for 20 years, softball and track and field. He is active in several professional activities, including a 29 year involvement with the annual 4A East/West All State Football game and 22 years of service on the WSCA executive board. ■

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A “Q & A” WITH NORTH CENTRAL’S JONATHAN KNIGHT & KELLY WALTERS

by Steve K. Bertrand

Jonathan Knight almost got out of coaching a few years ago. “I needed coaching to be about something more than winning,” said Knight. “Otherwise, it was hard rationalizing the time away from my family.” Knight decided to change his philosophy. “I started coaching the ‘bigger picture’,” he said. “We took the approach ‘athletes will find important what you make important’.”

Knight, head cross-country coach, & Kelly Walters, head track & field coach, at Spokane’s North Central High School, were at Everett’s Holiday Inn, Saturday, January 16th, speaking at the Washington State Track & Field/Cross-Country Coaches’ Convention. Currently, Knight & Walters, who also rely on the assistance of Len Long & Tracy Walters, operate one of the most successful prep sports programs in the nation. Knight is humble about the accomplishments. Instead, he focuses on his legendary coaching staff. “Sometimes I think I’m a better recruiter of coaches than kids,” he laughs.

Knight’s cross-country teams have claimed four straight 3A cross-country championships & one national title (2008). This past fall, they finished 7th in the nation. Walters’ track & field programs have claimed state titles the past two years. Besides head coaching, the two serve as assistants. “We have an agreement,” said Walters, “I quietly support Jon; & he quietly supports me.”

The change of philosophy in the North Central Indians cross-country/track & field programs had to do with the issue of character. “Everything starts with character,” said Knight. North Central asked their athletes to identify 3-5 key things they believe in & to focus on those val-

ues. Then, they worked to create a collaborative environment where critical analysis was welcomed.

“Kids were asked to ‘check their egos at the door’,” said Knight. North Central harriers were then invited to become students of their sport. Coaches encouraged them to read, study & learn.

In a town where Mead & Ferris have dominated Washington’s distance running scene, North Central has suddenly found themselves back in the limelight. Athletes are not allowed to “float on their laurels”. “We realize one of the biggest threats to success is success,” said Walters. North Central coaches continuously ask athletes to evaluate their motives.

Kids are asked questions like – “What are your reasons for running?” North Central did more than search their souls. They also looked to the needs of their community. “We do three service projects a year,” said Knight. “Athletes put in about four hundred hours.”

In a school that’s fifty-percent free-&-reduced lunch, Knight & Walters have had to reevaluate what’s important. “We emphasize running for more than yourself,” said Knight. “We tell kids ‘You are the hopes & dreams of kids who haven’t had much success’.” As a result, the North Central cross-country/track & field programs have elevated their game. “We don’t allow the ‘bigotry of low expectations’,” said Knight. “And, there’s no blaming each other when we aren’t successful.”

The Indians program focuses on increased workload



Kelly Walters



through progression. “You can teach ‘toughness’,” said Knight. “We tell our kids – ‘Here’s the minimum you need to do. If you want to be better, do this. You pick.’” As a result, North Central athletes have been stepping it up.

Knight & Walters have accomplished this through a “firm

but fair” approach. “I haven’t yelled at a kid in practice for twelve years,” said Knight. North Central strives to create a “family” atmosphere in their program. This is based upon equal treatment of all athletes. “We aren’t perfect,” said Knight. “We all make mistakes; but, we can strive to improve.”

North Central isn’t a high mileage program; however, they do work hard. “Distance running is very competitive in Spokane,” said Knight. “In order to compete, you’ve got to work hard. We use a ‘Devil-take-the-hind-most’ approach to hard workouts!” Knight employs a Jumbo Elliott approach to coaching – “Milers make milers”. “We seek out kids of high character; then, instruct them on fundamentals. We don’t micro-manage. Instead, we have our leaders teach the other kids.”

Indians harriers have proven themselves pretty smart. Some of this has to do with the fact athletes do a race write-up after each meet. Len Long carefully critiques these write-ups. In addition, they evaluate their performances through post-race videos. This has helped North Central think well on their feet. It’s a good approach to sport & life.

Knight & Walters are pleased with the progress. However, the jobs not finished. “We are still evolving,” said Knight. “There’s room for improvement. We, as coaches, can only model being good husbands, fathers, teachers, coaches & members of the community. Hopefully, our kids will continue taking ownership in these values.”

These days Jonathan Knight enjoys coaching. Kids are taking ownership. Knight & Walters have a very supportive community. People in the school & community are adding valuable pieces to the puzzle. North Central has tossed a rock into their pond. It will be interesting to follow the ripples. ■



Do you have some great pictures?

We are always looking for pictures for the cover of *The Washington Coach*. If you have pictures of student-athletes, coaches or game action you are willing to share for publication, please send them to Mike Schick at wsc-editor@comcast.net.

Be an “active” member of the WSCA.

Get Involved!

Take advantage of the services provided.





GREG AUSTIN
Brewster High School

Coach Austin has coached football at both the high school and junior high level for 20 years. Greg also coached cross country in '95 and he has been coaching track since 1987. A graduate of YVC ('82) and EWU ('86), Greg earned his MA at CWU ('92) and completed work in administration at Heritage University (01). Greg and his wife Sharla have two daughters, Sydney, a freshman at EWU and Darcy, a sophomore at Chelan HS. His first coaching experience came as a volunteer at Carroll HS in Yakima working with Phil English. During his student teaching, Greg helped with the program at Central Valley and upon graduating from EWU he worked with Jack McMillian at Cascade in football and took over the girls' track program. Two years later he landed in Brewster. Greg has received the state coaches association award for junior high football and the Caribou Trail League Coaches Award in track. His track teams have won the league sportsmanship award several times. His proudest moments came in his last year of coaching high school football finishing the season 10-1 also being called out of the first half of a game to witness the birth of his youngest daughter. "I am only as good as the person I am today." Greg is a member of the WSCA.



JOE CLARK
Lakes High School

With 17 years of experience coaching track and field and 15 years coaching cross country, Joe Clark has probably worn out more than a few pairs of running shoes. A graduate of the UW ('89), he has been selected as the league coach of the year seven times with three coming for coaching the boys' program and four from coaching the girls. Coach Clark has led the Lancers to 7 league

championships and 4 district titles. Joe was also an assistant coach on three state championship teams. For coach Clark, coaching seemed like a natural extension from being an athlete and a teacher. He credits the influence of mentors and friends such as Joel Wingard, Phil English, John Payne, Terry Rice and Patty Ley for his choice to enter the coaching profession. Some of Joe's proudest moments in coaching have been when former athletes return to talk and share with current athletes what their high school experience meant to them. A favorite quote of coach Clark's, "Nobody can do everything, but everybody can do something. Be part of the solution." Joe has been a WSCA member for more than 12 years and currently is the ISA representative for cross country on the WSCA executive board.



JAY DODD
Blaine High School

Coach Dodd has coached football for 10 years with stops at Prosser and Ellensburg before taking charge of the Borderites of Blaine. The graduate of Central Washington University (2000) was named the Northwest Conference 2A/3A football coach of the year as well as the District 1 football coach of the year. Jay is married to his wife Joelle. With a record of 26-18 at Blaine HS, his teams have had three consecutive state appearances. Jay admits he is coaching to help young men reach their potential and states just being in Blaine on a Friday night makes him proud. "It wasn't long ago we'd have a hundred people at a game. Now the entire town is there full of Borderite pride. It's just awesome." A favorite philosophy of Jay's comes from hall of fame coach Tom Moore in, "Set back, come back. There are roughly 120 snaps in a high school football game. Not all of them will go your way. It's how you react to the bad ones that will determine the outcome of the game." This is Jay's first year in the WSCA.



JOHN HILL
Bellevue High School

Coach John Hill graduated from Bellevue High School in 1986. While there he earned three varsity letters in cross country. His fastest 3.0 mile cross country time as a senior was 15:06. In his senior year he placed 2nd in the 3200 meters setting a school record of 9:08.63. He also earned two varsity letters in track & field. As a junior, John placed 5th at state in the 3200 meters with a time of 9:12.61. As a sophomore, he earned a varsity letter in soccer. Coach Hill graduated from WSU in 1996. He earned four varsity letters in cross country and four more in track & field. He placed 9th in the 3000 meter steeplechase at the NCAA Championships in '91. Hill has competed in the Olympic Trials in '92 and '96 in the Marathon. Coach Hill is a distance runner and a great coach.
Submitted by Cliff A. Nixon

ERICA KOENG HILL
Mercer Island High School

Erica Koeng married John Hill Jr. on February 1, 2003 in Seattle. Two beautiful daughters, Zia (4) and Kalea (soon to be 2) complete their fine family. Erica attended Seattle Prep participating in track & field, soccer and basketball. In 1988, she placed 1st in the 3200 meters at 11:02. In 1990, Erica won the 1600 meters in 5:12 and the 3200 meters in 11:00. She earned three varsity letters in basketball and two varsity letters in soccer. Erica graduated from the UW in 1996 and earned a masters degree from Antioch University in 2000. She coached at Seattle University for two years and since '97 she has been at Mercer Island High School coaching cross country and track & field. In 2008 her girls won the state cross country meet. In addition to coaching, Erica teaches English at MIHS. Erica is an outstanding distance runner. Her best time in the marathon is 2:48.19. She is attempting to qualify at the Olympic Trials for the 2012 Olympics. She will be competing on May 2, 2010 trying to break the time of 2:46. We all wish her well. *Submitted by Cliff A. Nixon* ■

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, 2110 Richardson Drive, Puyallup, WA 98371

Thank you for your efforts

Scholarship for **Student Teachers**

BURNETT-ENNIS STUDENT TEACHER SCHOLARSHIP

Deadline: April 15th

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 15th.

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 30th.



Incorporating Isaac Newton's laws, into your strength-training program

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

To be successful, strength-training coaches must keep up with the latest in training methods, practices, and theories. However just because it's new doesn't necessarily mean some of the older theories are no longer useful. Isaac Newton is one such example of an old scientist whose theories still provides us with valuable guidelines to this day.

Newton, as many are aware, was a phenomenal scientist. His laws of inertia, acceleration, and motion are useful to the strength profession.

Here is a brief review for those of you who are a bit rusty in this area.

Newton 1 (The law of inertia): a body will persist in its original state of motion unless acted on by an external force. Note that starting-strength training is a prime example of this law.

Newton 2 (The law of acceleration): The change of motion is proportional to the motive force impressed; and is made in the direction of the straight line in which that force is impressed. Most restate this law in this fashion: the rate of change of velocity (acceleration) is proportional to the resultant force acting on the body and is in the same direction as the force, i.e. $F=Mass \times Acceleration$ ($F=MA$). Note that Newton stated the external force causes only a change in velocity (an acceleration); it does not maintain the imparted velocity to the object. This is where compensatory acceleration

enters the equation; however, this particular facet of strength training will not be addressed in this article.

Newton 3 (The Law of Motion): for every action there is an equal and opposite reaction. The amount of force applied to the bar, if large enough to overcome the load, will result in bar movement. Whether your athletes are lifting weights or participating in any other sport, the objective is to apply force to an external object.

**Train for the goal, not
train to sweat and
breathe hard.**

Not only do we want to design programs that follow the principles of progressive overload regarding resistance but also provide progressive increases in muscle tension.

Most are aware of progressive muscle overload via added weight on the bar, faster tempo of execution, shorter rest periods, and greater frequency of lifting sessions per cycle.

Muscle tension, will be examined closer in the following text.

Changes in muscle tension can be generated either voluntarily or by involuntary methods. This training has

a direct relationship to Newton's second law, the law of acceleration, which is stated $F=MxA$, where $F=Force$, $M=mass$, and $A=acceleration$.

The following three formulas summarize how this force is applied:

1. $F=Mxa$, where the mass is large and the acceleration is small, strength-speed is commonly found most of the time in the weight rooms. Loads used are 70-110% of a 1-repetition maximum (1RM)

For example, the students with good speed but low strength levels would benefit using formula number one to increase their strength levels. This will make them faster as well as stronger. Adjusting the work to rest ratio so that there is a high degree of recovery between sets will result in increased strength and more anaerobic adaptations.

Some coaches make the mistake of running their kids into the ground by going too fast and not allowing enough rest to take place between sets. At the higher percentages of the one repetition maximum, this rest time is absolutely essential if any noticeable progress is to be made. Just because a kid is resting between lifts doesn't mean they are slacking off.

Train for the goal, not train to sweat and breathe hard. There is a difference, and the results of correct training design will be evident if the program is set up and followed correctly

Continued on page 20

Continued from pg 19 - Explosively Fit.com

and even more importantly not messed with by overeager coaches who follow the puke factor of training i.e. working then out until they vomit.

Off the soapbox now and onto the rest of the article.

2. $F=mxA$, where the load is small and the acceleration is high. This is becoming a larger factor in program design because speed-strength is a component of strength. Such training helps to develop speed of movement. Loads used in this type of training are approximately within 35-50% 1RM. Speed-strength, i.e. moving the bar or limbs faster and faster is accomplished with loads in the area of 35-50% 1RM.

3. $F=mxv$, where both mass and acceleration are equalized in the moderate range, i.e. 50-69% 1RM. Commonly used in hypertrophic programs where added muscle and size are needed to be competitive. If added bodyweight is necessary then number three is the one to choose, as it is a hypertrophic scheme. A one to one work to rest ratio

quickly fatigues the muscle cells. This forces cellular adaptations to take place thereby maximizing the fiber sizes. The larger the cross sectional area of the muscle, the greater the potential for high force generation.

These three different force-producing methods do not end up with the same result. This is due to the differences found in the neural adaptations and metabolic and muscular processes involved in each type of training.

Creating a threshold-training stimulus in your program for your athlete is an absolute necessity if positive progress is the goal.

The untrained person stimulates their muscle tissue with loads as low as 30% 1RM. Growth for this group of trainees will take place with these low intensity loads even though the weight seems far too light.

The greatest problem that consistently shows up, at least in my experience, is that the lifters want to make big weight jumps so they can lift as much as the others can in the room. Big mistake.

Keep them on the lower ends of the threshold scale. Teach them how

to lift correctly without the obscene body contortions seen in so many cases with weights that are too heavy. Make your motto "correct technique before added weight."

However, it doesn't take too long to outgrow this one-third one rep max light load, soon after progress slows down, and eventually will diminish altogether.

As the athlete continues to grow, the need for added stimulation grows too until they need between 80-95% 1RM in order to remain in a healthy positive training status. Just don't be in a hurry to increase the intensity of the program until the desired physiological effects have taken place. Increases in strength will take place if the load changes are made gradually and the muscles are allowed to adapt to the added stresses placed on them in the training sessions.

The rate that strength increases from the initial entry level of the beginner to the advanced trainee is independent of age, sex, and muscle group and the strengthening threshold. Once this strengthening threshold is reached, the only way strength will increase is by intensifying the training.

Use Newton's laws to help your athletes reach their true potential. ■

WAY TO GO

Pfeifer Honored

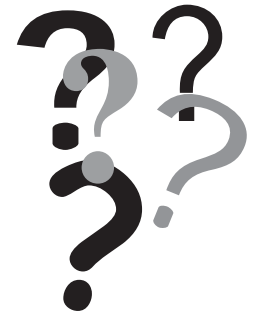
On Saturday, December 12, 2009 Pat Pfeifer was honored with three state awards. The Washington State Coaches Association presented the Lifetime Achievement Award to Pat for his 42 years of coaching service through 96 sport seasons.

The Washington State Football Coaches Association recognized coach Pfeifer's 42 years of coaching football by awarding him the Gold Helmet Award.

The Washington State Track Coaches Association inducted Pat into the WSTCA Hall of Fame in honor of his 38 years of coaching track and field. ■



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



Hillary Hadland has attended WSU for almost 4 years. As an Apparel Merchandising major, she has traveled to New York City with the department at WSU and completed an internship with Nordstrom this last summer. She was also President of her sorority, Kappa Alpha Theta, in the year 2009. She plans to pursue a career in product development in the fashion industry once she graduates in December. Hillary's dad is a football coach at Graham-Kapowsin high school in Graham, WA.

Wade Gebbers, son of Cass Gebbers, is a freshman at Whitworth University. He is a member of the Whitworth Men's Basketball team. He had a 4.0 GPA in the fall. Wade has plans for a business degree but his specific field is still undecided. He received the Burnett-Ennis scholarship in 2009. ■

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 _____

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. ■

2010 WIAA/Dairy Farmers of Washington/Les Schwab Tires State Cheerleading Championships

Pam Headridge

President, WA State Cheer Coaches Association
Tournament Manager, WIAA Cheerleading State Championship

Comcast Arena in Everett was the host site for the 2010 WIAA/Dairy Farmers of Washington/Les Schwab Tires State Cheerleading Championships on January 23, 2010. Forty-nine teams from across the state competed on the big blue mat in one of the six divisions: small – 12 and under members; medium – 13 to 16 members; large – 17 and over; non-tumbling – up to 20 members; small coed 2 to 4 males and up to 20 members; and large coed – over 4 males and no limit on members.

As the first teams took to the floor, it became apparent to the audience that cheerleading has become a very physically demanding event that requires lots of training in gymnastics, weight lifting, dance, and jumping. Nowadays most of the teams have athletes tumbling across the mat executing tuck and full twisting passes in their routines. At the same time, another cheerleader is being tossed into the air in a basket toss as she kicks and then twists twice before being caught by three people. The entire team must execute and synchronize not just a toe touch but multiple group jumps. All of this must be coordinated to music and carried out with smiles on their faces.

Scanning the teams, the spectators could see that cheerleading is not limited to girls. More and more squads have football player-types joining the teams for the challenge and physical discipline. Many of them like it so much that they go onto working for national companies and/or cheering at college.

How do the teams make it to the state championships? Not all teams that compete qualify to go the state championship. The first requirement is teams have to participate in at least one (1) WIAA, WSCCA or school sponsored competition. The teams can qualify for WIAA State competition in one of three ways:

- (1) Must score at least 195 as a minimum qualifying score after all deductions (based upon the cumulative scores awarded by three (3) judges in the competition, or
- (2) Score in the top 50% of high school teams at a qualifying event, or
- (3) Receive one of the top fifty scores of all competing teams during the competition season.

In the end the success of any team is walking into the Everett Arena and knowing that all their sweat, daily practices, hard work and sacrifices have paid off. To be a member of one of only 50 teams that qualify is the reward in itself. The routines are only two and a half minutes long and one mistake can take them out of the top 1 to 3 spots so receiving a trophy that day is truly just an added benefit. The glory, the victory, the success is “Going to State!”

The results are as follows:



Meridian High School doing a transitional pyramid.

| Small | Score | Place |
|----------------------|--------------|--------------|
| Cascade Christian | 198 | 1st |
| Life Christian | 188 | 2nd |
| Union | 177 | 3rd |
| Liberty Christian | 171 | |
| Stadium | 171 | |
| Skyview | 163 | |
| Black Hills | 144 | |
| King's Way Christian | 120 | |
| Peninsula | 107 | |

| Medium | Score | Place |
|---------------------|--------------|--------------|
| Kentwood (Black) | 226 | 1st |
| Auburn Riverside | 225 | 2nd |
| Ballard | 219 | 3rd |
| Marysville Pilchuck | 208 | |
| Eastlake | 206 | |
| Mt. Si | 204 | |
| WF West | 183 | |
| Moses Lake | 168 | |
| Colville | 151 | |
| Franklin Pierce | 140 | |

| Large | Score | Place |
|-----------------|--------------|--------------|
| Bothell | 225 | 1st |
| Tahoma | 178 | 2nd |
| Graham Kapowsin | 175 | 3rd |
| Bellarmino Prep | 173 | |
| Ferndale | 170 | |
| Shelton | 169 | |
| Lynden | 155 | |
| Bremerton | 140 | |
| Bellingham | 134 | |
| Klahowya | 127 | |

| Small Coed | Score | Place |
|-------------------|--------------|--------------|
| Kentwood (Silver) | 219 | 1st |
| Skyline (Green) | 200 | 2nd |
| King's | 185 | |
| Oak Harbor | 183 | |
| Steilacoom | 183 | |
| Battle Ground | 170 | |

| Non Tumbling | Score | Place |
|---------------------|--------------|--------------|
| Meadowdale | 190 | 1st |
| Skyline (Silver) | 185 | 2nd |
| Decatur | 171 | 3rd tie |
| Kentwood (Green) | 171 | 3rd tie |
| Evergreen | 163 | |
| Meridian | 161 | |
| Thomas Jefferson | 160 | |
| Hudson's Bay | 159 | |
| Evergreen Lutheran | 148 | |
| Tenino | 136 | ■ |



Lynden High School tumbling.

“Helping Track and Field Athletes Achieve with Performance Goals”

Bryan E. Hoddle, www.bryanhoddle.com
Head Coach-2004 USA Paralympic Track and Field Team- Athens, Greece



If there is one thing I learned by accident, it's that kids today are great at writing goals, but the goals they write, are **not** the ones that will help them truly achieve. Ask any trackster where they plan to be in 15 years and you'll get an answer. Ask them how they **plan** to get there and you probably get a “deer in headlights look.” “You can have the will to be great, but you must have the will to **prepare** to be great.”

Kids are great **outcome goal** writers. They can outcome goals all day. For example, “I will run 21.8 and win the state championship.” Unfortunately, we have no control over outcome goals. Outcome goals not achieved can cause undue stress and doubt on the behalf of the athlete. We **can't** control the weather, sickness, and competition. We can however control the daily and weekly items that will help the athlete achieve the 21.8 and be set up to win, by focusing on **Performance Goals**.

Performance Goals are the building blocks for success. Well crafted Performance goals, help the athlete build real, positive self-image. If there was one variable I see in the many great athletes I've worked with, it's that these athletes are great at focusing on performance goals. These are the daily and weekly steps to achieving the outcome goal. Unfortunately kids can get lost with the outcome goal alone and never look at the performance goals as the real key to success. Performance goals help the athlete set appropriate/attainable goals for each meet as well as practices. If they have a certain time they hope to run and the weather goes haywire, they always have the performance goals to focus on. Performance goal driven athletes talk about their mechanics, sleep, nutrition, mental focus as compared to outcome driven athletes who are fixated on a time, height or distance. When athletes fail to hit outcome goals they set, they begin to question themselves and the coach. A spiraling down of self-doubt begins and the athlete and coach relationship could potentially breakdown. This happens far less when athletes focus on performance goals.

**Performance goals
are the building
blocks for success.**

Athletes and coaches should make sure that the goals written, most especially the outcome goals, are shared only with the inner circle of the athlete, those who are supportive and close to the athlete. Sharing with others outside their inner circle could sabotage or negatively impact the athletes pursuits and will likely be counterproductive to the athletes success. These folks can cause undue stress to the athlete.

It's also very important that the **coach** establish performance goals for him or herself. This will aid in the prevention of coaching burnout that we are witnessing more and more of. Coaching burnout and fatigue are becoming more and more common as parental expectations rise, the illusive college scholarships that every kid supposedly deserves, and many expectations completely unrealistic for both the coach and the athlete to achieve. Well thought out performance goals will help the coach protect themselves with continual self-evaluation.

So what are some of the performance goals the student/athlete can monitor.

1. What was the workout time? It's important to see the time devoted to practice. Kids who choose to also get a job need to realize that they could be eating up all of the down time when they also work. Every successful person needs downtime.
2. What is the athlete taking in nutritionally? Do they put the same quality of fuel into their body that they put into their car's.
3. Are they taking in the proper amount of fluid? 1/2 your body weight in ounces of water is needed each day to function properly, then you stress/sweat the body with training so more is needed.
4. Do they monitor and chart their sleep patterns? Is the sleep consistent? 8 to 9 hours is needed. Is the get up time and go to bed time with 30 minutes each day?
5. Are they aware of a proper warm-up and warm-

down? Many athletes warm up but fail to warm down. The body needs a shut down mechanism so rest and recovery can begin.

6. What was the quality of their workout? Practice only makes champions when one practices like a champion. This includes working on proper mechanics in all the events they participate in. When the athlete begins to focus more on technique than outcome, you are on your way to developing a champion.

7. When do they engage their mind in practice and meets? Is it when they arrive for meets and practices or are they mentally preparing well ahead of time? With some many distractions today, it critical the athlete learn when to engage their mind and when to turn it off for rest.

8. There are 5 major areas of performance monitoring that must be addressed. They are vision, focus, discipline, persistence and commitment. These 5 areas are essential characteristics of a track and field champion.

*Do they have **vision** to see and plan ahead and see the connection between today and tomorrow.

*Are they **focused**. Focused on the track and in the classroom. This is the one area, that really separates out a champion from the rest. With schools now hit with multiple schedules, (advisory schedule, assembly schedule, WASL prep or the latest name for the WASL, regular schedule, late start and early release) there is never a

more important time to work on focusing. This area will require a daily effort. The world is only becoming more fast paced.

*Do they have **self-discipline**. "Discipline yourself so others don't have to."

*Are they **persistent** and have that "don't give up" or "give in attitude."

*Are they **committed**. Committed to team, school, community, family.

9. Meet performance with an emphasis on performance over outcome.

10. Meet readiness. Were you prepared for all aspects of the meet. Warm-up, hydration, uniform, spikes, meet snack, plan for the unexpected, etc...

A great tool to help athletes set performance goals are daily monitor logs. Whether it be charting time spent or grading themselves A, B, C, D, or F, this tool is quite helpful in guiding them toward outcome success. Coaches can insert whatever performance goal they want the athlete to focus on. Here is an example of one Daily Monitor Chart I specifically designed for one elite athlete I'm working with.

Setting athletes on a path to success requires some well thought out goal setting. With the right performance goal setting, your athletes will be on the right path to success, achieving those outcome goals.

Continued on page 26



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DAILY MONITOR CHART: ATHLETICS

WEEK OF: _____

| | MON | TUE | WED | THU | FRI | SAT | SUN |
|--|-----|-----|-----|-----|-----|-----|-----|
| WORKOUT (TIME) (Time you began and time you ended) | | | | | | | |
| QUALITY OF DIET FOR THE DAY (A-F) | | | | | | | |
| FLUID INTAKE FOR THE DAY (A-F) (Did you bring fluid to practice?) Y/N | | | | | | | |
| NUMBER OF MEALS CONSUMED (#) | | | | | | | |
| TIME TO BED TIME UP | | | | | | | |
| HOURS OF SLEEP | | | | | | | |
| QUALITY OF SLEEP (A-F) | | | | | | | |
| NAP (YES OR NO) | | | | | | | |
| TIME SPENT WARMING UP | | | | | | | |
| TIME SPENT WARMING DOWN | | | | | | | |
| QUALITY OF WORKOUT (A-F) | | | | | | | |
| CONCENTRATION LEVEL (A-F) | | | | | | | |
| MOTIVATION TO TRAIN (A-F) | | | | | | | |
| TIME YOU BEGAN TO THINK ABOUT PRACTICE | | | | | | | |
| LONG RANGE VISION (A-F) | | | | | | | |
| COMMITMENT FOR THE DAY (A-F) | | | | | | | |
| FOCUS FOR THE DAY (A-F) | | | | | | | |
| PERSISTENCE FOR THE DAY (A-F) (Did you finish strong on everything?) | | | | | | | |
| MEET PERFORMANCE (A-F) | | | | | | | |
| MEET READINESS (A-F) | | | | | | | |

LOST YOUR MAGAZINE?

Have you misplaced your copy of *The Washington Coach* and want to refer to an article you recently read? Good news. WSCA has downloaded *The Washington Coach* magazine to members services on the WSCA website.

All you have to do is log on to the WSCA Home page at www.washcoach.org, and click on Magazine Archives at the top. Magazines are listed by quarterly publications since 2002.

If you have questions or concerns, please contact Mike Schick at wsca-editor@comcast.net

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The WSCA web page address is: www.washcoach.org Our web site has been expanded to include a membership roster to be used as our membership grows and get more information. Help us keep this site current and also let us know of job openings and open dates and we will post them.

When you have filled a job or open date, let us know and we will remove it from the site.

RENEW YOUR MEMBERSHIP - TAKE ADVANTAGE OF BENEFITS AVAILABLE

CASCADE HIGH SCHOOL SELECTS FIRST CLASS OF COACHES FOR HALL OF FAME

by Steve K. Bertrand

Everett's Cascade High School selected their first class of coaches for induction into its annual Hall of Fame. Selected by committee, members were chosen based upon their contributions to athletics at Cascade High School. Coaches selected needed to demonstrate a continued commitment & promotion of the values & philosophy of sportsmanship including fairness, dedication, perseverance, winning without boasting & losing without excuse.

Nominations were taken from the community. To be selected, candidates needed a 2/3 vote from the committee. Four to six coaches will be inducted per ceremony. Presentations will either be held at school assemblies, the half-time of athletic contests or a significant community event. Based upon their brief profiles, the first class of candidates is very deserving!



Ann Matheson

Ann Matheson began her career at Cascade High School in the fall of 1966. While at Cascade, Ann taught health & physical education. She began her coaching career working with the girls' tennis program.

When a club volleyball team was formed, Ann took the reins. It was eventually recognized as a W.I.A.A. sport. Ann started the first volleyball team at Cascade in '67. She coached the varsity/junior varsity programs for the next twelve years.

In the fall of '72, girls' basketball became a W.I.A.A. sport. Again, Ann was called upon to coach. Even though volleyball overlapped the basketball season, Ann handled both duties in her calm & meticulous way.

At the beginning of her career, Ann found it necessary to petition for admittance into coaching classes at the UW. These classes were typically reserved for men. In the end, Ann proved a very successful coach. Her '75 girls' volleyball team finished 12th at state. In '76, Ann's team claimed the conference championship. They finished 9th at state.

Ann's basketball achievements included ten top-three

finishes in league over a seventeen-year coaching career. Her '85 team claimed the conference championship. Ann had three state tournament appearances ('75, '82 & '86).

An early pioneer in women's coaching, Ann Matheson was a very dedicated coach who provided positive instruction, role modeling & guidance at a time when there weren't many women involved in coaching. Ann retired from coaching in '89. She continued to teach until '97. Ann spent her entire teaching/coaching career as a Cascade Bruin.



Bob Smithson

Bob Smithson graduated from Cascade High School in 1963. A member of Cascade's first graduating class, Bob was a three-sport letterman in football, basketball & baseball. Following high school, Bob was drafted by the California Angels.

For the next four years, he played professional baseball.

Bob returned to Cascade High School in the spring of '86. He assisted with baseball. That fall he was hired as a health & physical education teacher. He was also hired as head baseball coach. Bob coached baseball at Cascade for fourteen years. When he resigned in 2004, he'd established the longest tenure of any Cascade baseball coach.

During Bob's coaching career, his baseball teams claimed five conference championships, five district championships, & two regional championships. In '93 & '94, his baseball teams finished 2nd & 4th in the state championships.

Bob was responsible for bringing the Cascade baseball program to state prominence. Under his tutelage, they became one of the state's best programs. Bob's athletes were known for both their competitiveness & sportsmanship on the playing field.

While a baseball coach, Bob was responsible for upgrades to Cascade's baseball facility. Completed in '94,

this included a baseball clubhouse, press box, restrooms & a concession stand.

Following his coaching career, Bob Smithson served as athletic director for Cascade High School; then, the Everett School District. A highly respected coach, Bob was inducted into the Washington State Baseball Coaches' Hall of Fame (2001) & the Everett Community College Hall of Fame (2006).



Dawn Lawrence

Dawn Lawrence graduated from Cascade High School in 1968. During her high school years, Dawn was an active member of the Girls' Athletic Association (G.A.A.). She was also a Bruinette.

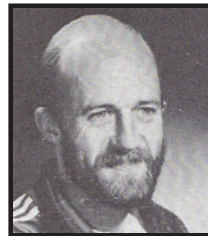
Dawn's senior year the Bruinettes claimed the state title in dance & precision marching. When she wasn't marching, Dawn was very involved with the Girls' Club Cabinet & chair of the Election Committee.

In the fall of '76, Dawn returned to Cascade. She taught science classes. The head girls' track & field position opened in '79. Dawn was pleased to be offered that position. She served as head girls' track & field coach for the next twenty years. During this time, Dawn also handled game management responsibilities at Everett Memorial Stadium.

While at Cascade, Dawn taught everything from Basic Science to AP Biology. She also served as Head of the Science Department. For thirty years, Dawn was advisor for all student elections. On three different occasions, Superintendent Scholar students recognized Dawn as an "Honored Teacher".

A huge influence on Dawn's life was her father, Larry Whitehead. Larry was a collegiate long jumper at WSU. "Family vacations were often scheduled around the N.C.A.A. track & field meets," said Dawn. Her parents regularly attended Dawn's meets at Everett Memorial Stadium.

Known for her consistently well-run programs, Dawn Lawrence's teams were very competitive. Cascade claimed conference championships in '81 & '82. The '82 track & field team finished 10th at state. In '98, Dawn was chosen National District 8 "Coach of the Year". She retired from teaching in 2007.



Pat Sullivan

Pat "Sully" Sullivan began his teaching/coaching career at Cascade High School in 1977. An AP English teacher, Pat also coached boys' & girls' soccer. He was at the forefront of encouraging the W.I.A.A. to recognize girls' soccer as an inter-

scholastic sport.

Prior to its initiation in '81, Pat organized "unofficial" state championships with those schools that had started their own girls' soccer programs. In '78, his girls' soccer team finished undefeated (19-0) & claimed the "Mythical State Soccer Championship".

In one six-year stretch, Pat's girls' & boys' teams won ten of twelve possible conference championships. His boys' teams claimed seven consecutive conference titles. They also played in seven consecutive state championships.

For twelve years Pat's boys' & girls' soccer teams experienced unprecedented success claiming thirteen conference championships (7 boys/6 girls). His teams played in thirteen official W.I.A.A. state tournaments. His boys' team claimed the '87 state championship finishing undefeated (20-0). Pat's girls' won the state championship in '88.

While at Cascade, Pat was hired as an administrator. He handled discipline & athletics. Pat was a very dedicated & passionate individual who stressed the importance of giving your best every day & taking pride in your accomplishments.

Pat Sullivan's tireless efforts can be credited with improving sports opportunities for high school girls, helping make girls' sports an acceptable pursuit, & building Cascade into "the soccer school" of the '80's. Pat retired from Cascade in '88.



Reg Scodeller

Reg Scodeller began his teaching/coaching career at Cascade High School in 1960. He taught history & coached boys' basketball. Known as the "Father of Cascade", Reg opened Cascade & was the school's first boys' basketball coach. For twenty

years, Reg helped develop boys' through the sport of basketball.

Continued on page 30

Continued from page 29 - Cascade High School Hall of Fame

When Cascade was selecting school colors, Reg suggested crimson & gray. These were the colors of his alma mater – WSU. The idea stuck. As a result, the Bruins wear crimson & gray.

Reg worked tirelessly to promote student-athletes in the high school & throughout the state. His efforts helped bridge the gap between high school athletes & college recruiters. Reg also maintained an association with college coaches by bringing potential prospects to their attention.

During Reg's basketball career at Cascade, his teams claimed two league titles, two district titles, & made four state meet appearances. Reg's 350 career wins rank him 48th in state history amongst high school basketball coaches. He is ranked 22nd out of Snohomish County's top coaches. Still, one of Reg's greatest joys was coaching his son, Terry, at Cascade during his playing days.

Besides starting the boys' basketball program, Reg was also Cascade's first athletic director. Because of his dedication & extra-curricular involvement, Reg received the Hall Moe Award in '89.

A "player's coach", Reg Scodeller was selected "Coach of the Decade" by Cascade's basketball alumni ('63-'73). A Washington State Basketball Coaches' Association Hall of Fame coach, Reg's contributions to Cascade High School remain his legacy. During a dedication ceremony in 2001, Reg's "home away from home" was renamed the Reg Scodeller Gymnasium.



Terry Ennis

Terry Ennis was hired as a coach/administrator in the fall of 1989. Thus began the "Ennis years". During eleven seasons, Terry's football teams claimed ten conference championships & one state title ('91).

However, his contributions to Cascade High School reached beyond the playing field.

Terry impacted everyone with whom he came into contact. This included players & fellow coaches. Through his work ethic, focus, perseverance & knowledge, he was an incredible teacher & coach. Terry had the unique ability to get people to work together.

A Hall of Fame coach, Terry was a committed & highly motivated person who constantly pushed himself to excel. This example rubbed off on players & coaches alike. He did this by setting extremely high standards. He then

pushed players to their limits by instilling beliefs they could meet those standards through hard work & discipline.

Terry's career record was 287 wins/87 losses. This ranks him 2nd in the state amongst football coaches. Terry had the prestigious honor of being selected by the Everett Herald as the "Coach of the Century".

During his years at Cascade, Terry Ennis served as athletic director. He led by example on & off the field. One of his favorite quotes was T.S. Elliot's "Only those who will risk going too far can possibly find out how far one can go."

Football & family were Terry's love, passion & life. An Everett Herald "Man of the Year" in sports, Terry Ennis's enthusiasm for football was infectious. Occasionally, during a football game, Terry could be heard to utter the words – "God bless it!" He retired from Cascade High school in '98. ■

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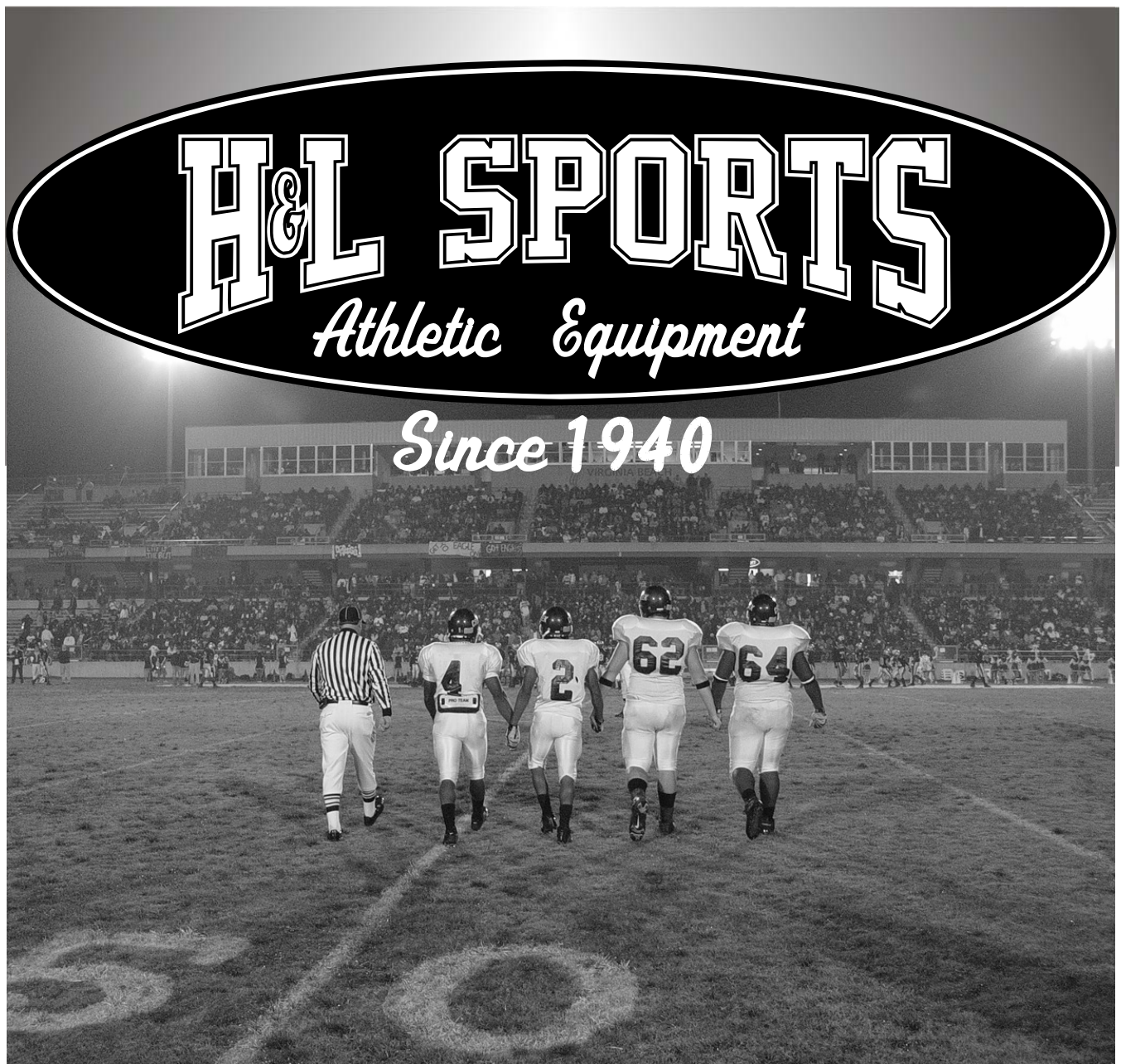
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MOVING?

If you have any change of mailing address, telephone number or email address, please contact WSCA Office at 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.



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I-90, Exit 15, near the town of Issaquah.

Enter all runners via www.athletic.net by 9-22-2010. Entry fee is \$100! Boys only \$60! Girls only \$60!
Mail to Bellevue High School, c/o Coach John Hill, 10416 SE Wolverine Way, Bellevue, WA 98004-6698.
Please make check payable to Bellevue Cross Country.

09:00 am – Coaches Meeting

09:30 am – High School Open (all non-varsity/non-JV runners)

10:15 am – JV Girls (7 runners only)

11:00 am – JV Boys (7 runners only)

11:30 am – 7/8 Boys/Girls

12:00 noon – 5/6 Boys/Girls

12:30 pm – 3/4 Boys/Girls

1:00 pm – 1/2 Girls

1:30 pm – 1/2 Boys

2:00 pm – Community 5k (all non-high school runners)

2:30 pm – TEAM AWARDS! Individual Awards! In chute

Scoring:

JV: Top 5!

V: All 8 Count!

Please keep your area clean! Thank you!
The Rangers appreciate your effort!

Prepared by 'the old coach', Cliff Nixon

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

| | | |
|--|--|--|
| | | |
| | | |
| | | |
| | | |
| | | |

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