

# THE WASHINGTON GOACH

OFFICIAL PUBLICATION OF THE WASHINGTON STATE COACHES ASSOCIATION



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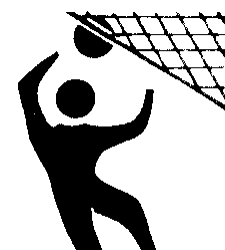
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Do you have an article you would like to have published in the **Washington Coach**?  
Email Mike Schick at  
WSCA-EDITOR@comcast.net or mail to  
2110 Richardson Drive  
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*Summer deadline is May 14.*

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# *From The President*

Spring 2012

Dear Coaches,

As I reflect on the past two years of being WSCA President, I am humbled not only by the privilege of holding this office but by the title of “Coach” that so many of us go by. What an honorable and influential title we carry. With that honor and influence comes a responsibility and obligation to nurture those we touch- our athletes, coaches, and communities. Personally, many of the wonderful experiences I have had through sports surround the many exceptional coaches I have had: caring yet demanding; fun but physically challenging; firm but empathetic. Coaches matter!

As I come to the latter years of my career, I can identify the stages of coaching I have gone through. Bruce Brown labels those stages as:

1.) The Beginning Stage—coaches here tend to be energetic, positive and have uninhibited thinking. 2.) The Prove It Stage—coaches are trying to win and are only focused on the winning outcome. In this stage, coaches will sometimes sacrifice relationships for that outcome. Players are valued or devalued based on the scoreboard. 3.) The Status Quo Stage—coaches generally have been coaching a while. They put little effort into improving professionally. 4.) The Burnout Stage—coaches in this stage are just that “burned out”. They have put in long hours and given more than they receive. Often they have sacrificed many important relationships because of the time they have put into trying to “win”. 5.) The Coaching For Significance Stage—in this stage, the coach is coaching with clear behavioral standards in mind. They are demanding but not demeaning. They celebrate more and worry less.



No matter what stage we are in we have the obligation to set high standards and be concerned enough to encourage and direct our athletes to choose the higher standards.

The other day I was reading about the deaths of famous athletes on the ESPN web site. I was disturbed by the number of athletes that have died young because of poor choices or who have committed suicide. It raised some questions. What kind of influence am I having? What kind of role model am I? What choices am I making that affect those in my charge? How can I impact my athletes so that they are resilient, goal oriented, excellence minded, unselfish, and able to persevere? I want to positively impact my athletes and develop character traits that will help them weather the storms of their professions and lives.

Fame is fleeting. My husband’s uncle was an Olympic silver medalist in judo. For awhile he was the toast of the town; not too long after he made the comment about how quickly people forget. We should be concerned about the legacy we leave. That legacy will be reflected in the lives we touch, and the lives that are in turn touched. That legacy will live on after the glow of the state championship, college achievements, or pro career fades.

My exhortation: coach excellence, coach with integrity, coach for significance, and leave a legacy!

Your President,

Sue Doering

## ON LINE REGISTRATION UPDATE

WSCA has entered into on line registration which is working, but there are some ideas that need further attention. They are:

1. **YES AND NO REGISTRATION:** This will be taken off the registration page with the list of schools. We will match the schools and districts that pay and do not pay and provide the appropriate confirmation page and email based on if the school is associated with a district that pays for its' coaches.

2. **PURGE OF THE COACHES CONTROL PANEL:** We will need to know if this is being used by the coaches to adjust their profile. If not, we can take this segment out of the system because coaches are registering every year anyway. This would also negate the coach from having to choose a login id and password and may help on the confusion. Many coaches have asked me to do the adjusting of their profile.

3. **LIFETIME MEMBERSHIPS:** If the life members are no longer coaching, the form should be separate from registration. Several members are still coaching as they have retired from teaching and not coaching.

4. **MISC:** There is a need to allow up to 3 sports to be selected with the first choice used for reimbursement.

## WASHINGTON STATE COACHES ASSOCIATION

# From The Sidelines

by Jerry Parrish

### ORCHIDS TO:



■ Terry Ennis Scholarship winner—  
Matt Robinson from Chelan High School  
This scholarship is offered by Washington State Football Coaches Association, Adrenaline and H & L Sporting Goods in honor of long time football coach, Terry Ennis. It is intended for an outstanding senior football player who represents the finest qualities of integrity, academic excellence, intensity and leadership.



■ Recently, Track and Field, Cross Country, Gymnastics and Football have had wonderful inductions to honor some outstanding coaches in their fields.

Track and Field: George Beetchenow, (Moxee) and Rod Kammenga, (Bellingham and Squalicum)

Cross Country: Patty Ley, (Gig Harbor); Bill Kemp, (Riverside); Joseph Stewart, (Kelso) and Ross Thomas, (St. Georges, Spokane)

Gymnastics: Cindy Guy, (Bainbridge Island)

Football: Bob Ames, (Meridian); John Hook, (Lewis and Clark); Phil Pugh, (North Mason) and Phil Zukowski, (Cashmere)

All of these coaches have done great work with the student athletes at their schools and their constituents have voted them into their Hall of Fame.

■ Coaches who trusted WSCA and used credit card payment for membership. Registrations have flourished.

### ONIONS TO:

The weather that has been so bad that Onion growth has been slowed but come spring, I am sure the Onion taste will be back.



### COACHING EDUCATION

It was suggested to me to read this. If you do, you'll be happy you did.

This article was written by Mike Sherman who was recently relieved of his head coach position at Texas A&M. I have chosen to point out some highlights of the article.

“The thing I am going to miss the most is visiting with high school coaches, listening to you talk about your kids and your programs, and watching practices and off-season workouts”. Coach has shared some information of the things he has learned over the years and that might be of help to you as you head down the road.

*Continued on page 4*

## HALL OF FAME INDUCTEES FOR 2011

by Jan Kirk  
WSCA member

The following individuals were inducted into the volleyball hall of fame this past November at their respective state tournament sites. Congratulations to them.



### Mike Pittis, Edmonds/Woodway HS

Mike graduated from Western in 1968 and went to work for the Edmonds School District. He is a '64 grad of Edmonds. He taught at the junior high level for fourteen years and coached baseball, volleyball and track at that level. Mike started the volleyball program at College Place Junior with the advent of Title IX. He moved to Edmonds High in the mid 80's and became the head volleyball and basketball coach, teaching block

at the junior high level and english at the high school. When Edmonds closed in '90, Mike went to the new combined school Edmonds/ Woodway as an english teacher and head volleyball coach. Later, he became part of the IB program staff and english chair as well as becoming head softball coach. He has been single for about 30 years and has one daughter, Chelsea who is married and lives in White Salmon. Currently, Mike is a volunteer assistant volleyball coach at EW. Mike plays a lot of golf and spends time with his nine siblings. He is thankful for all the years he spent in the classroom and on the court/field/track coaching.

Mike earned three state sportsmanship awards, twice was elected by the Everett Herald as coach of the year, also earned the Edmonds SD #15 directors' award and was the first inductee into the Edmonds-Woodway Hall of Fame. He accumulated four league championships at EW and made seven state appearances placing 12<sup>th</sup>, 5<sup>th</sup>, 13, 3rd, 9<sup>th</sup>, and 13<sup>th</sup>.

*Continued from page 3*

### Core Values—

Truth—Be who you say you are—Do what you say you are going to do—Be truthful to yourself and others—Be accountable—No excuses—Seek the truth—Demand the truth—Tell the truth—Live the truth—If there is no truth, there is no trust—If there is no trust, there is no relationship.

As coaches we must never, never, lie or mislead a player. It's simple. He has to trust you. You have to trust him. There is no trust when truth isn't at the forefront. You cannot fix something unless there is absolute truth.

Never, never let a player get away with lying to you. Go to the 9<sup>th</sup> degree if necessary to confirm what he is telling you is true. He's got to know you will not accept dishonesty and there are consequences for not being honest.

### WSCA BENEFITS

When you attend your next WIAA district competition or state tournament contest and you use your WSCA membership card, say a "thank you." The cooperation with WIAA and each WIAA district allows WSCA members to have this fine benefit. Thank you to the WIAA and the nine districts and their directors. ■



**Tim Davison, Selah HS**

Tim has been married almost 25 years to Teri, their son Joe is a junior at UW and daughter Suzi is a senior at Hanford HS. He taught language arts for 21 years in Toppenish, became the district’s curriculum director and retired from the Eastmont School District five years ago as an assistant superintendent. Tim has worked since then for CH2M Hill and Lucas Engineering as a Senior Technical Editor. He currently works in Document Control on the Hanford site on various projects. Volleyball-wise he is the coaching coordinator for Team Yakima and is in charge of coach training and will be coaching a U17 National team this upcoming season. This is Tim’s 35<sup>th</sup> year coaching volleyball.

Professionally, Tim has seven league championships, three district championships, and four state appearances, placing 3<sup>rd</sup>, 3<sup>rd</sup>, 4<sup>th</sup>, and 8<sup>th</sup>.



**Jeff Nesbitt, Woodland HS**

Jeff has been a part of public education in the state of Washington for 28 years. He has taught science and math at View Ridge Middle School in Ridgefield and currently is teaching at Woodland Middle School, Woodland. In the spring of 1997, he was awarded the Christa McAuliffe Excellence in Science Education Award. Jeff has been married for 16 years to Cheryl Reeder Nesbitt. They are both sports enthusiasts and love to coach kids. They have two beautiful daughters Nicolette “Nic” Nesbitt 15 years old and Noelle “Elle” Nesbitt 12 years old. The family lives on five acres with 3 horses, 6 dogs and 2 cats. In their spare time, the Nesbitts coach their daughters ASA softball teams and USA volleyball teams. When Jeff is not coaching or teaching he enjoys spending time bird hunting and fishing for salmon.

Jeff was Trico coach of the year 15 times. He has accumulated 15 league titles, 12 district titles, and 3 state titles. His teams have made 20 state appearances, placing 4<sup>th</sup>, 4<sup>th</sup>, 1<sup>st</sup>, 4<sup>th</sup>, 5<sup>th</sup>, 3<sup>rd</sup>, 3<sup>rd</sup>, 6<sup>th</sup>, 1<sup>st</sup>, 6<sup>th</sup>, 8<sup>th</sup>, 2<sup>nd</sup>, 1<sup>st</sup>, and 2<sup>nd</sup>. ■

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# WRESTLING

## 2011 WSWCA HALL OF FAME INDUCTEES



**Ed Brunz**  
**Burlington-Edison HS 1968-1987**  
**Ephrata HS 1967-1968**

Ed Brunz was a multi-sport athlete at Burlington-Edison High School, graduating in 1964. He placed eight at the 1963 state wrestling meet, third in the state track meet in the 440 yard dash, and was selected as an All-Northwest defensive back in football. His high school wrestling coaches were Hall-of-Famer's Bo Campbell and Gary Knutzen. Brunz attended Washington State University where he ran track.

Brunz returned to his hometown and took over the Burlington-Edison HS wrestling program from Bo Campbell in 1970 after serving as an assistant for two years. During his 17 years as coach the Tigers compiled a dual record of 143-55-2, won four sub-regional titles, a regional championship, and a state title in 1982. From 1977-1987 his teams placed in the top-ten at the state tournament. Brunz coached wrestlers to nine state championships, including 3-timer Tony Breckenridge. In 1987 Brunz was selected as the state Coach of the Year by his peers.

Ed Brunz and Spud Walley would pack the gymnasiums for duals in the Skagit Valley; Brunz sporting his gold sport jacket while Walley had his blue blazer on as 1500 spectators watched duals between BEHS and SWHS. Brunz is currently serving a term as the mayor of Burlington.



**Vard Jenks**  
**Connell HS 1979-1997**  
**Chief Moses JH 1972-1974**

Vard Jenks was a state wrestling champion in 1968 for Connell HS and moved on to Ricks College where he participated in football and wrestling. He went on to play football at Eastern Washington State College, as well as a 4th place finish at the NAIA tournament in 1972. After graduating from Eastern, he started his first teaching and coaching position at Chief Moses Junior High School in Moses Lake. Jenks returned to Connell HS as a substitute teacher and coach. During his span of 18 years as Connell's wrestling coach, he had 55 state placers, including 14 champions.

Two of his sons, Brandon and Tony, placed 2nd and 3rd at state. His

youngest son Kameron was born at the UW hospital after Vard dropped his wife, Verdene, off at the hospital across from Hec Edmondson Pavilion and returned to coach two state champion wrestlers. Kameron went on to play basketball at Connell.

Vard and Verdene have been happily married since 1968 and have 7 children. They will soon welcome their 27th grand child. They have lived on a farm west of Basin City, WA for 36 years raising apples and sweet cherries. Vard and Verdene served a mission for the LDS Church in Chicago from February 2008 until April of 2009.



**Mark Kondo**  
**Whitworth College 1974-76**  
**Ferris High School 1976-85**  
**Othello High School 1995-present**

Mark Kondo began his wrestling career at Rogers High School in Spokane, wrestling under Ken Pelo. He was the school's first state champion as a junior in 1967. Kondo continued his wrestling at the University of Washington. Following graduation, he coached at Whitworth College from



1974-76 where he was also an assistant athletic director.

In 1976 he moved to Ferris HS where he coached and taught from 1976-85. Kondo coached his first state champion, Bjorn Anderson, at Ferris. Following a move to Othello High School in 1995, Kondo first served as the athletic director. In 1997 Kondo signed on as an assistant wrestling coach at Othello, and continues to serve in that position. During his time as an assistant, Othello has accumulated a 153-46 record that includes eight league titles, ten district titles, five regional titles, and five state trophies including a state championship in 2004. Othello has had 75 state placers with ten earning titles. He has twice been selected as the Regional Assistant Coach of the Year. Kondo lead the 1998 Cultural Exchange Team to Japan, which included his son Ross, a four-time state placer and High School All-American.

Kondo is an organizer who has served as tournament director for invitational and district tournaments. He has also enjoyed a successful career coaching softball at various levels. His Othello Junior High teams compiled a 105-3 record over eleven years.



**John Kullberg**  
**Central Kitsap HS 1969-1998**

John Kullberg was the Head Wrestling Coach at Central Kitsap High

School for 27 years, following 2 years as the assistant coach under the late Art Ellis who had started the wrestling program at CKHS. In those 27 years, John compiled a 231-137-7 record. 83 of his wrestlers qualified for the state tournament, of which 34 were state placers including a state champion. The Cougars were Regional Champions once, and three times they placed in the top-10 at state. Kullberg used wrestling as a metaphor for life to teach his wrestlers about the values of hard work, perseverance, and the importance of working towards goals.

Kullberg was a leader in the wrestling coach's fraternity and was known and respected at the local, regional, and state levels. He founded the CK Matman Tournament in 1976 which, under his leadership and care, has grown into one of the premier one-day tournaments in the state. Over the course of his 29 year coaching career, Kullberg was actively involved with many efforts to improve Washington wrestling at all levels. In the community, John was an early member of the Silverdale Lions Club and helped that group to plan and organize the first Whaling Days community festival in Silverdale. John and his wife of 42 years, Kim, raised 2 children in the Silverdale community.



**Bob Lynn**  
**Hudson's Bay High School 1968-1996**  
**Clark College 1996-1997**  
**Shahala Middle School 1997-1997**

Bob Lynn spent 28 years at Hudson's Bay High School where his teams won over 200 matches during his career. They placed second in state in 1990 as well as a third place finish in 1991. Lynn coached 39 state place winners including four state champs. Lynn also coached at Clark College from 1996-1997. He wrestled at Kelso HS and then at Central Washington University where he made a trip to the National Tournament. In 1968 Lynn placed third at the Olympic Trials.

Lynn helped jump start wrestling in Clark County. In terms of the development of the sport and coaches, he helped George Spear at Macloughlin Junior High School and Bob Glafka at Fort Vancouver High School. George went on to go undefeated for nine years and Glafka saw the same success in high school Lynn also took a cultural exchange team to Japan in 1979 and built goodwill for the sport between the two countries. Even now in retirement, he has assisted at the middle school level and he is a board member of the Evergreen Wrestling Officials Association. Lynn has officiated at Mat Classic 11 times. ■



# Hawkes Squawks

This retired coach has no plans yet to stop squawking. I find that there is always a delicate balancing act about what to write which will make you sit up and take notice. If you can, take a good look at two new prep sport film documents, one about football and the other about basketball, that are now available. "Undeclared" follows a season with the Manassas Tiger High School football team of Memphis, Tennessee. "Elevate" follows the triumphs and disappointments of basketball players who dream of attending a prep school in America to order to earn a scholarship and get out of poverty.

## STILL SEEING RED

Let's look once again at the pay to play movement in the public schools that is causing a hardship for so many. What we have learned is that fewer players from low-income families are able to participate in sports. It is very sad that a student's family income becomes the deciding factor whether a kid can play school sports or not. In the long haul, we know as coaches that athletes who play are far better off and perform better in the classroom. In times like this, when school districts are faced with continuing budget cuts, we should remind ourselves that it is important to balance the three A's: Academics, Activities, and Athletics. Unfortunately, not everyone supports the triangle, which places academics on top of a base of activities and athletics.

One man concerned with this problem is Will Niccolis, a long time sports referee, who founded *Sports in Schools*, which helps student athletes in need. Niccolis, a former White House staffer, has lined up a very impressive

board of backers who don't want to see athletic programs being reduced and kids denied play because they can't afford to play. We'll pull back the curtain later in the spring and hopefully see some help for this matter.

## OLD AGE WISDOM

It is my aim to engage your curiosity and interest. Here are a few life lessons written by Regina Brett, whose life odometer has turned to 90. This lady is right on target. Here are a few of her gems that coaches should heed: *You don't have to win every argument, agree to disagree. . . . What other people think of you is none of your business. . . . However good or bad a situation is, it will change. . . . Envy is a waste of time; you already have all you need. . . . Over prepare, and then go with the flow. . . . Don't take yourself so seriously, no one else does. . . .* And the last one: *I've learned that the less time I have to work with, the more things I get done.* Ultimately, if you believe in these wise statements, they work.

## WRESTLING IN GOOD HANDS

Many youth wrestling clubs are flourishing, and they become the feeder program for their respective high schools. This individual sport often doesn't often get media attention. A good example of one feeder is the Bad Draw Wrestling Club that trains at Glacier Peak High School. It is good at putting kids first. Here, wrestlers are exposed to folkstyle, freestyle, and Greco Roman, depending on the season. It is an exciting time for these kids because everyone is welcome in this sport, regardless of size. With good coaching, somewhere along the way they get to stand in the center mat with

their arms extended. They earn this right by themselves.

## DON'T LOOK NOW BUT

Fresh thinking has brought change to the old and established Columbia Basin Big Nine League. The league has had a long history of long costly bus rides from Walla Walla to the Tri-City schools, Moses Lake, the Yakima schools, and Wenatchee. The long bus trips are over. This fall, the league will feature a 4-4 split of Class 4A and 3A schools. One division now has seven Tri-City schools, which will also include nearby Walla Walla. With a lot of shifting, a new landscape has also been created with Davis, Eastmont, Eisenhower, Moses Lake, Sunnyside, and Wenatchee playing each other. For the foreseeable future, this new arrangement seems to make sense.

## THERE IS SOME RESENTMENT

First off, this old timer is not a fan of any theatrical staging in regard to letter of intent signings. A signature signing party where the athlete is given a cue to pick the hat of the school he will attend out of several hats rattles my bones. This overdone hype really reveals the seriousness of college football recruiting. Plain and simple, the decision, the signing, the hype, should be done in a classy way and should not draw attention to schools not chosen. There is no hiding the fact that it is a big moment for the athlete to pick his school, but he should keep the schools not chosen under wraps.

## STOP SUMMER MADNESS

Old high school business is still new business in regard to the wide open summer months, especially June and

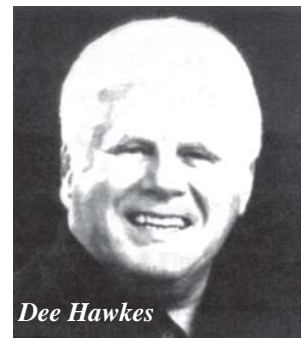
July. As said before, the summer Merry-Go-Round is spinning out of control - full pedal to the metal! With no restrictions in place, or watchdogs to monitor, school coaches are caught up in holding out of season summer turnouts, regardless of whether they are team camps, on campus camps, traveling camps, or college camps. Ask someone why? Because everyone is doing it, because we can, because we'll fall behind, because our athletic parents want it, etc.

It is the time right now, to slow the Merry-Go-Round down, and examine your program very carefully to see if you're doing it for the right reasons. Don't buy into the notion that because your opponents are doing it, you'll fall behind. What is important pertains to what you want your program to stand for, regardless of sport. The summer is not part of the school year; it's set aside for athletes to get a break from a steady diet of all-summer participation. Come on, cut some slack, and let the athlete have time to do other things. I understand that there are a lot of concerned coaches who are asking the WIAA to step forward to help stop this serious problem. This old coach can't be the only voice in the wilderness who urges you to stop this summer madness.

Two WIAA amendments scheduled for vote in March deal with a ten-day school imposed summer quiet time and the denial of the use of school helmets and pads for summer practices. This magazine was in print before these key measures were approved or not. However, I take this as a good sign that the Merry-Go-Round is slowing down. C'mon, coaches, after you've done a self-analysis; you will get it right for your athletes. What in the long run will make sense? James Baldwin said, "Not everything that is faced can be changed, but nothing can be changed until it is faced." Do something. . . .

## BENEATH THE NUTS AND BOLTS OF COACHING

- There ought to be a law to stop booster money from influencing programs.
- After the sad death of Bill Milus, Lincoln Football coach, some joy came to the program when his former QB Jon Kitna took the reins.
- If you coach in this state, it pays to belong to the Washington State Coaches Association. Other organizations in your sport, such as the National Football Foundation, are important too.
- Many coaches, like this writer, applaud the work that Paul Lawrence does for the summer football all-star game.
- It must be said that there is no other state wrestling venue better than the Mat Classic held at the Tacoma Dome.
- To fully appreciate the demands on the three-sport athlete, you would have to see his day planner.
- Who would think that nearly half the teams competing in this year's high school cheerleading/dance contest would come down with unknown viruses or a bacteria stomach bug?
- It might not be well known in coaching circles, but Everett grad, Dave Christensen, is in his fourth year as head football coach at University of Wyoming. That school is strongly imbedded in recruiting state players.
- In coaching, it's now clearer than ever that climbing to the top of the mountain is joy, but all happiness and growth occurs while you're climbing it.
- The best history lesson over the last three decades was Title IX, which changed the whole face of prep sports. It was long overdue.



- It was gratifying to watch football scholar-athletes from 62 high schools being honored by the Seattle Chapter of the National Football Foundation at CenturyLink Field. The lineman winner was Jakob Eldrenkamp (Bellevue) and the back winner Jeff Lindquist (Mercer Island). They become teammates at the UW in the fall.
- The bad, and especially the ugly, occurs when coaches knowingly break the rules, remain silent, and don't get caught. Those involved with taking advantage of their athletes deserve to be punished.
- One thing for sure, the tireless work produced for the Washington State Coaches Association by Secretary-Treasurer Jerry Parrish highlights his passion and dedication.

A long time ago heard at a leadership seminar, it was said, "If you want others to follow, make sure they pack a sense of humor or a tote bag of tolerance. So, before it's too late and before school ends, make plans to cut back this summer and smell the roses. Spring cleaning has always been a good time to start. Have a great spring, and if you want to make contact, send an email to [hawkes32@comcast.net](mailto:hawkes32@comcast.net). A few may ask if this works. Try it and see.

- See you around, I hope. ■

# Sports Nutrition Navigator

## Coaches' FAQs: Hydration



[www.winforum.org](http://www.winforum.org)

***The following are questions asked frequently by coaches and trainers regarding hydration. Responses were developed with WINForum nutrition Advisors/Presenters. E-mail questions and comments to [info@winforum.org](mailto:info@winforum.org)***

### **Do Athlete's Really Need to Drink So Much Water?**

Yes! Water is vital to body temperature, lubricating and cushioning joints, absorption of water soluble vitamins and much more. During exercise we lose water from sweating and breathing so it is important to replace that water to avoid dehydration allow for proper body functioning. On top of the normal recommendations athletes should be consuming 16 ounces of water two hours before exercise and another 8-12 ounces during warm up; for reference 1 gulp = about 1 ounce.

### **What are the Signs and Symptoms of Dehydration?**

Dehydration can hit before we know it since one of the first signs is thirst. Other more severe symptoms include headache, fatigue, dizziness, and in serious cases it can cause unconsciousness or even death. Keeping athletes hydrated is important for health and performance as well; being just 1-2% dehydrated reduces performance ability up to 10%.

### **When Should my Players Use a Sports Drink?**

Sports drinks can be beneficial for events lasting longer than 60 minutes or if you have multiple events in a short period of time; for activities less than 60 minutes water is fine. Sports drinks are used to replace carbohydrate stores that are being depleted and maintain blood sugar levels. Sports drinks also replace electrolytes lost through sweat. Sports drinks can be expensive and while

### **Coaches Quick Tips for Hydration:**

- **Provide water breaks every 15-20 minutes**
- **Encourage athletes to carry water bottles**
- **Remember to be a role model!**
- **Refer to the "Think Your Drink" page on the WINForum website for specific questions**

convenient they are not the only option. Any source of carbohydrate will work. For example, trail mix, a granola bar or a piece of fruit.

### **Are Energy Drinks Okay for My Players to Drink?**

Energy drinks offer a quick bout of energy fueled by simple sugar and caffeine in very large amounts that will lead to energy "crashes". The caffeine can also act as a diuretic (increases the frequency of urination) which can contribute to dehydration. While probably ideal, it is unlikely you will get your athletes to stay away completely so urge your players to stay away from energy drinks for at least two hours prior to activity. Proper nutrition is the best fuel for energy production; as a coach you should help your athletes understand the importance of food as fuel so they are less likely to turn to energy drinks for a fast fix.

### **What Should Athletes Consume After Exercise?**

Recovery drinks are especially useful because they are a convenient way to get carbohydrate and protein within 30 minutes of exercise. This 30 minute window is critical for maximum energy replacement and muscle development. Recovery drinks can be expensive and there are other ways carb and protein can be replaced. Low-fat chocolate milk naturally has the ratio of 3-4 grams of carb to 1 gram of protein that is ideal for recovery. It is also inexpensive and convenient so it could be a good option for athletes. Other alternatives could include any combination of food or drink that offer a similar ratio of carb to protein; yogurt and granola, cheese and a granola bar, fruit and a bagel, etc. Also, don't forget to rehydrate after exercise; a good rule of thumb is 2-3 cups of water for every pound lost during exercise.

**The Washington Interscholastic Nutrition Forum (WINForum.org) provides objective science based nutrition information to help coaches and athletes understand the importance of healthy eating for peak performance. The WINForum and recommends a healthy diet of fruits, vegetables, whole grains and low fat or fat free dairy. WINForum has become an active online resource for nutrition news and information. Go to [www.facebook.com/WINforum](http://www.facebook.com/WINforum) to become a fan, and follow @WINForum\_org on Twitter for timely nutrition tips**

# **NEW** Scholarship for **Student Teachers**

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

**Deadline: April 20<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 20<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>.**

## W.S.C.C.A. HALL OF FAME RECIPIENTS SELECTED

By Steve K. Bertrand

Each year the Washington State Cross-Country Coaches' Association selects its Hall of Fame recipients. Honorees must be retired cross-country coaches from the state of Washington who have achieved a level of success &/or contributed significantly to the advancement of the sport. Once again, the Hall of Fame Selection Committee has chosen a very deserving group of recipients.



### Bill Kemp

Bill Kemp grew up in Spokane, Washington. He graduated from North Central High School in 1964. Though his family had no background in athletics, Bill participated in baseball & track & field. He eventually lettered as a manager.

Following high school, Bill attended college at the University of Idaho where he earned his Bachelor of Science degree in Chemical Engineering & Forestry ('73). In 1980, Bill earned his Bachelor of Arts in Education from Eastern Washington University. He went to earn a Master's degree in Education from Gonzaga University in 1990.

During Bill's thirty-one years as a teacher/coach at Chattaroy's Riverside High School, he taught chemistry, physics & mathematics. He was also head cross-country coach for thirty years.

Highlights of Bill's coaching career include having twenty-one boys' teams & twenty-five girls' teams compete in the state meet. His boys' had sixteen (8 trophies) & his girls' twenty-three (16 trophies) top-ten finishes. Both teams claimed two state titles. Outstanding individuals included Bob Hunt & Katie Prichard.

Bill's coaching career included being selected both W.S.C.C.A. Boys' & Girls' "Coach of the Year". He was also a nominee for Regional "Coach of the Year". During his tenure, teams accrued twenty-two State Academic Awards. He also served on the Advisory Board for the W.S.C.C.A.. Bill was a staff member at the Clear Lake/White Pass Cross-Country Camp for thirty-one years.

Bill Kemp has been married to his wife, Janet, for the past thirty-seven years. Janet is a school administrator &

the former gymnastics coach at Ferris High School. Their five children, Annie, Jeff, Beth, Julie & Erik, all ran cross-country.

Bill says the highlight of his coaching career includes "coaching a second generation of athletes & hearing the stories their parents remembered from their cross-country experience. This helped me realize the importance of the athletic experience for our youth," recalled Kemp. A recreational runner, Bill has completed four marathons – San Diego, Spokane, Pittsburg & Anchorage.



### Patty Ley

Patty Ley spent her early years in Tacoma, Washington, where she attended St. Charles Borromeo Catholic School & Bellarmine Prep. In 1980, the family moved to Gig Harbor. While at Gig Harbor, Patty claimed five individual state titles in cross-country/track &

field. She was also part of two state championship relays & four state championship teams.

Following high school, Patty continued her running at the, University of Oregon, Washington State University, & Pacific Lutheran University. While at PLU, Patty was an NAIA All-American & '92 Olympic Trials qualifier (1500-meters). She graduated in '93 with a degree in Secondary Education.

After college, Patty returned to her alma mater. She began assisting her high school coach, Joel Wingard, & taught ninth grade English. Between 1997 & 2009, teams under Patty's tutelage had ten boys' & twelve girls' state meet appearances. The girls' claimed state titles in 2005, 2006 & 2007. Patty was selected W.S.C.C.A. Girls' "Coach of the Year" in 2006.

Presently, Patty is the assistant coach to Pat Tyson at Gonzaga University. She primarily works with the women. A past United States World Cross-Country Coach (Junior Women), & NFHS Western Region Cross-Country “Coach of the Year”, Patty feels her most rewarding achievements include being able to share a state championship podium with her daughter, Meaghan, & watch that team place seventh at Nike Cross Nationals.

Patty also found it rewarding to “help kids believe, trust & grow as people; then, go on to pursue careers such as the military, medicine, computer science & the law”.

Patty Ley comes from a long line of runners. Her father competed in track & field at Burien’s Highline High School. Brother Mike competed at Wilson High School. Brothers Chris, Matt & Dan ran for Gig Harbor. Her son, Brendon, also ran cross-country at Patty’s alma mater – Gig Harbor.



### Joseph Stewart

Joseph Stewart grew up in Kelso, Washington. He graduated from Kelso High School in 1972. During high school, he was a cross-country/track & field athlete. His parents were very supportive; but, weren’t very athletic themselves. One of six siblings, Joseph credits his brothers with encouraging him

to take an interest in sports.

Following high school, Joseph attended Southern Methodist University in Dallas, Texas, where he continued his cross-country/track & field. Senior year Joseph was elected team captain & inspirational athlete in both cross-country/track & field. He also set the 3-mile school record-13:50.7. Joseph graduated in ’77 with a degree in history.

Returning to Kelso High School, Joseph taught U.S. History & worked as a guidance counselor for thirty years. During that time, he coached cross-country/track & field. His teams claimed thirty-nine League Championships (19 boys & 20 girls), thirty-four District Championships (16 boys & 18 girls), & made forty-two state meet appearances (20 boys & 22 girls). They had twenty-four top-ten finishes. His cross-country teams had a dual meet record of 339 wins & 15 losses.

Joseph knew he wanted to be a coach in the sixth grade. “I grew up admiring coaches & felt it was something I could do,” he said. His most rewarding achievements include guiding fifty-seven student/athletes into the col-

lege running ranks. Kelso’s Carolyn Gilbert claimed the state cross-country title in 1984.

Joseph Stewart has been married to his wife, Pam, for the past thirty years. They have two children – Jennifer & Jacob. Jacob ran cross-country/track & field at Iona College in New Rochelle, New York, where he was recently hired as assistant cross-country/track & field coach. In 2011, Joseph was honored by the Kelso School District when the local track was named after him.



### Ross Thomas

Ross Thomas grew up in Palo Alto, California, where he attended St. Francis High School. During those years, Ross was a basketball & baseball player. He graduated from high school in 1966. Following high school, Ross attended Santa Clara University where

he majored in English (’71).

When Ross began his teaching career at St. George’s-Spokane, they didn’t have cross-country. Ross saw that as rather unfortunate; so, he started a program in 1982. Besides teaching, he also did a variety of administration jobs & coached girls’ basketball & baseball until 2000.

Between 1990 & 2000, St. George’s had 19 boys’ & girls’ teams qualify for state. They claimed four state titles. As a result, Ross was voted the W.S.C.C.A. Girls’ “Coach of the Year” in 1999.

Ross considers his most notable accomplishments as a coach including the development of a cross-country program at St. George’s which eventually grew into a perennially tough squad, & experienced one of the most successful decades (’90’s) any team has ever had.

Besides his cross-country success, Ross’s girls’ basketball teams claimed three state titles. They also set an all-time Washington record with 114 consecutive league wins, & appeared in Sports Illustrated’s “Faces in the Crowd” for their win streak.

Ross also coached four baseball teams to the final eight in state. Three of the last four years he coached his teams finished 18-2, 19-1, & 20-0 during the regular season. Today Ross Thomas live in Beaverton, Oregon, where he is principal at Valley Catholic School. Ross & his wife, Claudia, have three children–Matt, Mike & Pat.

The W.S.C.C.A. honorees were inducted into the Hall of Fame during a reception at Everett’s Hilton Inn on Friday evening, January 13<sup>th</sup>, during the Washington State Cross-Country/Track & Field Coaches’ Convention. ■

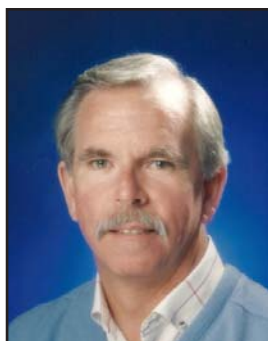
# HALL OF FAME

## FEDERAL WAY SCHOOL DISTRICT

### 2011-2012

#### Jim Dillon

Jim started teaching English at Thomas Jefferson in 1978. He started teaching a Sports Medicine class in 1983. In the early days, there was not a textbook to use and Jim had to do a lot of research and create materials to make his class productive. He continued teaching English and Sports Medicine until retired in 2008. He also taught Anatomy and Biology at different times during his career. As a part of his Sports Medicine class, he established a student trainer program. With all of the classroom instruction and after school experience student trainers received, they were able to assist at athletic events.



Jim started his career in Federal Way coaching track at TJ from 1978-1983, moving into the head coach position. He also was assistant boys' soccer coach for 14 years which included six state championships. When Dr. Steve Rice brought his Athletic Health Care system to

the district, specifically to Thomas Jefferson, Jim worked in conjunction with Dr. Rice for many years. In 1983, Jim became the first trainer for after-school sports. It can be said that he "pioneered" the program. He spent many hours volunteering at the University of Washington with Dr. Rice in the Sports Medicine clinic, which helped him gain the experience, and knowledge he used throughout the years.

#### Debbie Hunter

Debbie started her teaching career at Mt Rainier in 1975, moved to Thomas Jefferson High School in 1976 and embarks on her 35<sup>th</sup> season this winter. She retired from full time teaching at TJ in 2005 after 30 years of teaching physical education and has been a retire/rehire teacher at TJ for one period of physical education since 2007 to the present. She has served as head of the Thomas Jefferson PE department for over 20



## ON THE SIDELINE NOMINATION FORM

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

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

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

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

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

Send this form to Mike Schick at: 2110 Richardson Drive, Puyallup, WA 98371

*Thank you for your efforts*



years and started the aerobics, dance, gymnastics and walking program in the PE curriculum at TJ.

Debbie coached gymnastics and track at Mt Rainier in 1975-76. From 1976 to the present she has been the head gymnastics coach at TJ. She was also an assistant track coach at TJ from 1976-1983 and spent three years coaching cross-country. From 1983 to 2005 and from 2007 to present she has been the Dance Team coach at Thomas Jefferson.

### **Steve McCully (Mr. Illahee)**

Steve spent 37 years as a teacher of math and PE. He is a product of the Federal Way School system.

At Illahee, Steve coached football for 37 years, basketball for 30 years, and track for 26 years. He also coached football at Decatur for 3 games in 1975 going 2-1.

Steve is known as “Mr Illahee” around Illahee. He has an incredible win/loss record. He had a profound impact on all those he has come across. Over the 37 years Steve has accumulated 36 FWSD championships; 15 in football, 16 in track and 6 in basketball.

### **Bev McIrvin**

Bev taught PE for 30 years at FWHS. She also occasionally taught math, global ecology and health and was also PE department head for a few years. During the time she taught PE, she started a variety of programs including gymnastics, dance and aerobics.

Bev was the head coach for gymnastics at FWHS for 28 years and served one year as an assistant. She will start her fifth year as an assistant coach at Lakota since retiring in 2007. She has also been an assistant coach for swimming and diving the past few years. Her teams accumulated 6 SPSL championships. Her teams were third in state 4 times. She coached 2 girls who were state champions. Kelly



Baker was a 4-time champion and Lauren Webb was a 2-time state champion. Additionally, she had at least one individual qualify for the state meet every year. She started the Dance Team in 1978 and was Drill Team advisor for about 10 years.

### **Doug Patrick**

Doug spent 25 years spread over 2 stints; 1972 through 1977 and 1982 through 2004 teaching and coaching in Federal Way. During most of those years Doug taught PE, was the PE department head, assistant athletic director, and/or athletic director. He started the weight-conditioning program by going to Pacific Steel in Seattle and buying metal bars and metal plates. He drilled holes in the plates, weighed them and attached them to the bars to create various weights. FWHS was the first school in the district to do this and it led to the modern weight rooms in all the schools. He also started racquet sports in PE and continued to change the curriculum to keep classes current and popular with the students.



At various times, Doug was both head and assistant football coach, head and assistant track coach, Athletic Director and Assistant Director, and SPSL commissioner for track and cross country. As head football coach, twice his teams played in the state playoffs, once for the state championship against Snohomish. Under his leadership, Federal Way High School had two first team all-state players and several all-league players and a Pierce County academic player. He was selected as the Washington State Football Coach of the Year in 1975. He was named Federal Way Citizen of the Year. As a track coach, he coached the hurdles, pole vault, and high jump. He was the Head Boys' Track Coach when Federal Way High School won their first SPSL track title and was the Assistant Track Coach when the girls won their State Track title. He routinely had hurdlers in the state finals and coached a state hurdle champion in Nicky Booth. As a head coach, his team finished 4<sup>th</sup> in the state. He finished his career at Federal Way as the FWHS Athletic Director. ■



# Hall of Fame Inductees



**Bob Ames**

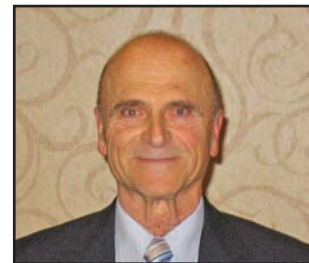
Bob was born and raised on Oahu and attended Castle High School where he participated in football and track and graduated in 1963. He went on to attend Western Washington State College and played football and participated in both track and rugby. Bob is a member of the Western Washington University Athletic Hall of Fame. After graduating from WWSC in 1968, Bob started teaching at Mount Si High School and was also an assistant football coach for seven years. He became the head coach at Meridian High School in 1974 and has been there for the past 38 seasons. Bob and his wife, Pam, have been married for 39 years and they have five children: Christopher, Patrick, Michael, Elizabeth and Kathryn and eight wonderful grandchildren.



**John Hook**

John Hook has had the privilege of coaching football for 31 years, 25 of those years as a head coach. John graduated from Bishop High School in eastern California and was an all-league center at Bakersfield College before Jim Sweeney brought him to WSU in the spring of 1970 to play center beside Bill Moos and longtime Spokane educator, Wallace Williams. After ten years of coach-

ing in California, John, wife Kathy and children Anna and Jonathan moved to Spokane in 1983 where John became the head coach at Lewis and Clark High School. During John's tenure, LC finished among the top three GSL teams thirteen times and in 1998 the Tigers finished with a perfect 9-0 record. John is in his ninth year as principal of Mt. Spokane High School. John and Kathy have been married for 41 years and have three grandchildren with one on the way.



**Phil Pugh**

A graduate of Mount Si High School, Phil attended Everett Community College where he won the State Junior College mile and 2 mile titles in 1960. He attended WSU and Chico State before earning a degree from Western Washington State College. Between stints at Chico State and WWSC, he was drafted and served a tour of duty in Vietnam with the U.S. Army. In 1968, Phil began teaching and coaching at Woodbrook Junior High School in the Clover Park School District. Phil became the head football coach at North Mason High School in 1974 where he coached, taught english and physical education, until he and his wife Ingrid retired to Henderson Nevada in 2001. After a phone call from a former player and several more from school administrators, Phil accepted the head football position at North Mason for the second time in 2004. Phil was inducted into the Kitsap Sports Hall of Fame in 2010 and the North Mason High School Stadium was renamed in his honor to Phil Pugh Stadium in 2011. Phil and Ingrid have two children and five grandchildren.



## Phil Zukowski

Coach “Z” started his 28 year head coaching career at Adna High School in 1984 taking over a program which had never experienced a winning season. From there they went on to the state semi finals six times and won the state championship in 1989. After moving to Rochester High School and building a winning program there, Phil moved across the state to his dream job at Cashmere High School in 1966. Surrounded by a great staff and a small town with great support, he continued the tradition of winning as highlighted by a perfect 13 win season and a state championship in 2008. Phil has eighteen Coach of the Year awards and was honored as “The Washington State Coach of the Year” in 2008. Coach Z has a loving and supportive family in his wife Donna, two daughters and a son. ■

## Rick Anderson Honored with Silver Helmet Award by Washington State Football Coaches Association

Reprinted with permission from The Daily World, January 31, 2012

**BELLEVUE** — Longtime *Daily World* sports editor Rick Anderson got a chance to be in front of a microphone rather than behind a notepad at the Washington State Football Coaches Association’s awards banquet on Friday night.

Anderson, who has been the paper’s sport editor since 1978, received the association’s Silver Helmet award in recognition for his career in covering Twin Harbor high school football events.

“I am honored and I really appreciate the award,” Anderson said. “I also appreciate the positive relationships I’ve had with all of the area football coaches over the years.”

Willapa Valley superintendent-principal Rob Friese, who stepped down as Valley’s head football coach in 2011 and is active in the coaches association, nominated Anderson for the award for “accurately and honestly reporting sports in the Twin Harbors.”

“Rick is one of those unique reporters who has the sense to print not only what is accurate, but also has the sense to filter things to make coaches and athletes proud to read that they have said,” Friese said. “Nobody is more deserving of this honor.”

The Silver Helmet award is presented by the association to a member of the media who has done an outstanding job in coverage of high school football and related youth activities for a long period of time.

Anderson has won Western Washington SPJ awards for his sports writing and sports columns and is a former recipient of the Jim Reding Award from the Washington State Baseball Coaches Association.

Previous winners of the Silver Helmet award were: Colfax Gazette sports editor Jerry Jones in 2010, retired Spokane Spokesman-Review sports writer Mike Vlahovich in 2009 and KLOG (Longview) news director Kirc Roland in 2008. ■



## Gary Core Honored with Gold Helmet Award by Washington State Football Coaches Association



Washington State Football Coaches Association



# District Award Winners

### District 1



*Ron Lepper, Jay Adams, Doug Pellerin-District 1*

### District 2



*Brett Ogata, Shane Keck- District 2*

### District 3



*Steve Davis, Tom Larsen, Jeremy Tvedt-District 3*

### District 4



*Josh Stoney, John Lambert, Jamie Weeks-District 4*

### District 5



*Brian Lumsden, Tony Kretschman, Lenny Johnson-District 5*

### District 6



*Nick Snyder, Stephen Wallace, Darren Talley for Greg Griffiths-District 6*



Washington State Football Coaches Association



District Award Winners

District 7



Jason Aldrich-District 7

District 8



Steve Bennett-District 8

Winners not pictured

District 2 - Jason Massena

District 7 - Brandon Walsh, Graham Grindy

District 8 - Sean Carty, Josh Cowart

District 9 - Jeff Bartlow, Guy Gregg, Wayne Dickey



Congratulations Terry Ennis Scholarship Winner  
MATT ROBINSON



Matt is from Chelan High School.

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# The Passing Parade

## Jean Licari, Federal Way High School Teacher and Coach



Jean Licari, will be missed by her family, students, athletes, and the cross country and track community as a whole. On January 8, Jean passed away from a rare and aggressive cancer, leiomyosarcoma, a few days after her 45<sup>th</sup> birthday. Diagnosed just last May, Jean continued to coach and teach into October. Her

courage and strength will serve as an inspiration to all who knew and worked with her. She spent her entire career at Federal Way High School. During these 21 years, she taught math and was an assistant volleyball and track coach. In 1996, she became the head girls' track coach and in 1999 she took over the cross country program. During her coaching career, Jean's teams won 6 SPSL titles, 3 in cross country and 3 in girls' track. In recognition of these accomplishments, Jean was named SPSL Coach of the Year multiple times. Jean also spent countless hours helping meet management organize the SPSL, WCD and State track meets.

Jean grew up in Potlatch, Idaho and graduated from the University of Idaho. While a Vandal, she competed on both the cross country and track teams. She is survived by her husband, Pat, assistant track coach at the University of Washington, and her daughters, Katelin and Madison, students in the Fife school district. She is also survived by her mother, two sisters and four brothers. Pat's parents, Jerry and Margot, who supported Jean in countless ways in both good health and illness also survive her. Jean's talents, energy and positive outlook will be missed by her many friends and her Federal Way High School family.

Over 700 people attended the memorial service to honor Jean on January 21, at Federal Way High School. The Federal Way track team will dedicate this season to Coach Licari and her undying spirit. ■



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**(503) 449-2452**

email [rick.anderson@hudl.com](mailto:rick.anderson@hudl.com)

# BURNETT-ENNIS SCHOLARSHIP

**Deadline: April 20<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**

<u>Sport</u>	<u>Years</u>	<u>Letters</u>	<u>Honors</u>
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

*Please continue with application on reverse side.*

continued from previous page

## BURNETT-ENNIS SCHOLARSHIP

**Deadline: April 20<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 20<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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## 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*



# Plantar Fasciitis— Disabling pain

By Bjorn Svae, President Posture Dynamics

That “first step” pain in your heel that usually gets better after being on your feet for a while is likely Plantar Fasciitis. If the pain is chronic, it has become an injury that heals best by temporarily using an arch support to immobilize the foot. The pain comes from micro-tears where the fascia under the foot attaches to the heel bone. This can be caused by tight Gastrocs pulling too hard on the Achilles tendon, but most often the increased tension on the fascia comes from the feet pronating too much. Hyperpronation occurs when the arch drops causing the ankle to move forward, inward and downward, which also rotates the leg internally. This is an extremely common problem. Over 80% of people structurally hyperpronate to various degrees, but it is not always easy to spot because over 60%

of people who do will subconsciously try to compensate for it by favoring the outside of their feet. They supinate their feet until the foot is flat on the ground, but when the weight transfers to the forefoot, the muscles are not

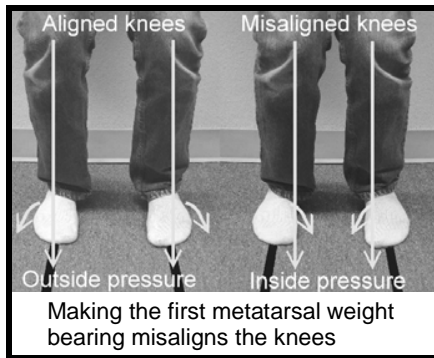
strong enough to prevent the arch from falling and the foot from hyperpronating. The fascia becomes over-tensed because of the lengthening of the arch and twisting of the foot.

If you think the logical approach to the problem would be to stop the feet from hyperpronating, you have the right idea, but don't run out and buy arch support orthotics to prevent the arches from falling. With Plantar Fasciitis, arch supports is just a temporary solution.

Hyperpronation is a structural problem of the foot and the reason the brain tries to compensate for it is to maintain better posture and body mechanics.

Here is an easy way to understand why the arches drop and cause hyperpronation—The Skiers

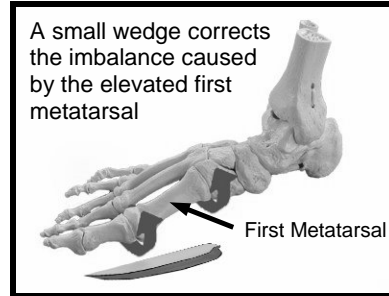
Crouch: Stand with your feet shoulder width apart, *pointing straight forward and parallel*. Keep your heels on the ground, lean slightly forward while doing a ¼ knee bend. Make sure your knees are tracking right so *the middle of your knees align over the middle of your feet*. While in this posture, slowly move your knees toward each other until you feel weight bearing pressure on the balls of your feet behind your big toes. If the middle of your knees move past the second toe, it means that the inside of your feet are not



weight bearing when your legs and knees are in alignment. Now, move your knees back over the center of your feet again. If it feels like you shift your weight to the outside of your feet, your first metatarsal is not supporting your arch, so it collapses. If you do the same exercise again, but at the same time scrunch your feet (like picking up a towel from the floor), you bring the first metatarsal and big toe to the ground with force so you prevent your arch from collapsing and your feet from hyperpronating. The solution is not to support the arch but to bring the first metatarsal down to the ground. This stabilizes your feet, and removes the excessive tension from the fascia.

Fortunately, pushing your first metatarsal and big toe to the ground can be put on automatic by putting a very small reminder

inside your shoes. You can even try this at home without purchasing anything: By adding a reasonably



firm pad underneath your first metatarsal head—essentially under the big toe joint, that part of your foot will feel weight bearing pressure slightly sooner. The brain and your

body respond as they always do when your toes (metatarsals) touch the ground. They push back against the ground, so making the first metatarsal and big toe feel the ground just slightly sooner make them push back slightly sooner—just like you did when you scrunched up your feet. It balances your feet and stops the hyperpronation. Voila! The reason you got PF is gone. Remember to remove the arch supports 7-10 days after the pain is gone.

Most musculoskeletal dysfunction and pain relate directly to the lack of balance caused by the elevated first metatarsal and big toe. A simple insole fitted with a wedge shape underneath the first metatarsal and big toe, Kinetic Technology™, will prevent Plantar Fascia, shin splints, tight IT bands, tight Achilles tendons, a sore back, painful knees and hips. In fact the ProKinetics® Natural Body Balance Insoles™ work so well they come with a 100% functional money back guarantee.

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# SUCCESSFUL PARENTING/COACHING FOR THE STUDENT-ATHLETE

by Bryan E. Hoddle

2004 Head Coach-USA Paralympic Track and Field Team

They can be a coaches best friend or thorn in their side. Today's parent brings many unique qualities to a sports program.

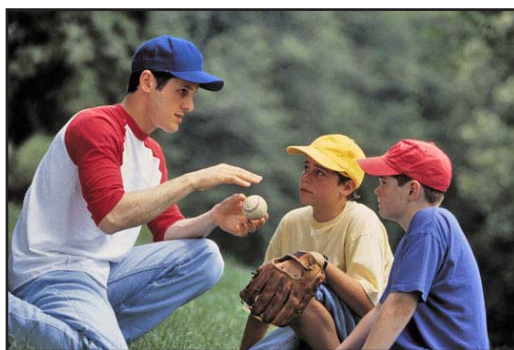
Some parents are simply the best. They are a positive extension of the program more valuable than words can express. They understand their roles and their responsibilities in helping their son or daughter.

On the other hand, many parents mean the best for their child but harm their child with words or actions. **Actions** can be harmful, while **words** can have long lasting negative consequences to the overall success of the student-athlete. Not taking the time to sit down with the student-athlete and their parent at a preseason meeting and go over roles and responsibilities can have disastrous consequences. The pre-season meeting it time well invested with long term pay outs for all parties involved.



Some stools have 3 legs. In order for the stool to stand, it needs all three legs doing their jobs. The same applies in athletes. One leg is the athlete, another coach and the final leg represents the parent. If each leg does their job, the stool stands tall. The same rules apply for athletic teams. If the same principles are applied, success will follow.

Many components help create a SUCCESSFUL Student-Athlete. Here is a list of possible components or guidelines to help all parties involved.



**1. Nothing will destroy an athlete's success more than the athlete-parent-coach mixing up their roles and responsibilities.**

When parents try to coach - - failure. When kids try to coach - - failure. When coaches try to parent - - trouble for sure. Each person needs to understand their role and give maximum effort to

help the team. Coaches do a great job with X's and O's but often times

forget to educate parents on how to best help the athlete and the team. What we see on TV is not always the best role modeling. When egos get



involved, roles and responsibilities get mixed up.

**2. The athlete needs some space after the competition.** Most who compete need time to process the successes and failures of that competition so corrections can be made for improvement. Nothing is more frustrating for an athlete then having their performance dissected on the way home from the game or match by an overbearing parent. A simple **word or sentence** can completely destroy the self-worth of that athlete long term, whether it's said intentionally or non-intentionally. Destructive words are difficult to undo.

**3. Parents can help the athlete with time management and prevent over-involvement syndrome.** Today's society is moving faster than ever. Time management will be essential for success on the

field and in the classroom. Taking on too many activities can create mediocrity, burnout and frustration in all areas.

**4. Athletes, Parents and Coaches need to monitor the academic performance of the athlete.** It's not the teachers fault when a student-athlete doesn't perform academically. **Parents and athletes** must understand this. Whether it be an academic struggle or laziness on the part of the athlete, an academic problem needs to be addressed and dealt with.

**5. Parents and coaches can help the athlete set realistic goals and support those dreams. Goals are for the athlete,** not the parent who didn't realize their unmet athletic dreams and hope to live the current athletic experience through their child.

**6. Coaches can indentify behaviors acceptable for competition for coaches, athletes and parents.** Positive behavior teaches more positive behavior. Parents have an obligation to model good fan behavior. The same goes for coaches. Seeing coaches or parents today out of control on TV at youth sporting events is becoming more common and should be addressed in the preseason meeting.

**7. Parents must realize not every athlete will achieve an athletic scholarship.** Word has it, there are plenty of academic scholarships for the taking. Hard work in the classroom can have some nice financial payouts for post-secondary education. Whether money be academic scholarship or athletic scholarship, **it's still money!**

**8. All parties can encourage well rounded multi-sports athletes.** What a great way to decrease overuse injuries and enhance complete athletic skills.

**9. Parents and coaches can help teach kids how to address the media and officials.** What are the types of responses an athlete might say and how does that statement reflect on the athlete, school and community?

Saying **thank you** can be really powerful.

**10. Parents and coaches can make sure their kids don't get camped or fund-raised to death.** Coaches working with other coaches can best make sure financial stress or undo time stress isn't placed on the athlete and their family. Parents have to be willing to say NO! There is an enormous amount of pressure put

on kids today to fund raise and go to camps in the summer. No one would doubt the need for more funds for programs in tough economic times. No one would doubt the value of a quality camp. Both can be valuable if done in moderation.

Parents can have such a positive impact on the success of the student-athlete. With proper planning by the coach, a preseason meeting that defines roles and responsibilities for all parties involved, the athlete can have a solid, supportive foundation to build on for success.

Bryan E. Huddle is the former Head Coach of the 2004 USA Paralympic Team in Athens, Greece. He's also the director for the track and field portion of the All-Sports Clinic to be held on February 8 and 9, 2013 at the SeaTac Double Tree. ■

*I've been so fortunate in my life that my family has never been jealous of my success. They have shown true love and commitment to me by being supportive. They shared in it.*  
**Mike Krzyzewski - Head Basketball Coach-Duke University**

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## Asymmetrical Coordination and Synchronization Movement Patterns

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

The overall body warm-up prelude to exercise is sometimes overlooked and even discounted by many coaches. Bear in mind this preliminary warm-up is not one that consists of or even utilizes static stretching. Static stretches performed before any type of high power output will decrease power by up to 8% and can leave the athlete open to injury by loosening up and relaxing the joints.

The first phase of the warm-up consists of doing a continuous motion exercise that raises the breathing rate, increases the pulse, warms the muscles up and breaks a slight sweat. This is easily accomplished with a skip rope and quiet skips by the athlete.

If they are good at skipping forward, have them skip backwards and then add in the crossover while skipping frontwards and then backwards.

The astute coach will pay attention to each person in the room to make sure that they are using correct landing mechanics during each skip. If a valgus<sup>1</sup> of the knees is noticed, the coach must stop that athlete and correct the problem before they continue and potentially damage the knee joint.

After this warm-up is concluded it's time to start directing the remainder of the warm up to the upper, middle and lower torso.

These exercises are going to feel a little bit awkward, odd and even uncoordinated at first, but if your athletes stick with them; they will see an

improvement in their ability to synchronize their movements.

Here is a quick and brief description of ten different exercise movements your athletes can practice to improve their coordination abilities. All of these are to be performed standing up.

The difficulty of each can be increased by jogging, running and/or skipping while doing them. The and/or has been included because these motions can be turned into a continuous activity starting with the standing position and moving to jogging, to skipping, to running, and then back to standing position again to start the entire sequence over once more.

At the outset, begin each one in the standing position. Once they have mastered the standing position increase the intensity by moving into a slow jog and on up the scale from there when possible.

1. While standing tall, move one arm in large circles and with the opposite arm punch out to the front or side. Notice your athletes moving their arms. If they are going continuously with one arm clockwise, then have them switch to counter clockwise. Additionally, if you notice they are only using one arm to swing and the other to punch, have them alternate until they are equally adept at using both limbs in both motions.

2. In this exercise you're going to be standing on one foot and tracing triangles with the other either on the floor or in the air. Practice both.

3. The coach needs to pay particular attention to the landing in this exercise. Have your athletes jump from side to side while at the same time raising and lowering their arms in opposite directions. Often times this works best if you put some tape on the floor so they know that they have to jump over the tape and back again.

4. The athlete walks sideways while at the same time making large circles in opposite directions with their arms. When this becomes easy have them begin to do the Carioca sports step drill. Make certain your athletes are stepping lightly. There should be no pounding on the surface while doing these drills.

5. This is a skipping exercise. Before beginning this exercise, check each athlete and make certain that they actually know how to skip. If they don't how to skip, there's no point in demonstrating this exercise; teach the skip movement instead. For those that know how to skip, they will be skipping backward and making large alternate circles with their arms as they go across the floor. For safety sake, partner them up. The partner runs forward and protects them from falling by keeping them on track and away from obstacles.

6. While standing, rotate your hips, keep your arms outstretched, held steady and parallel to the floor and rotate your wrists in different directions.

7. With this exercise, you may want to question each of your athletes

or the people participating to find out if they have any type of neck problems because it involves rotating the neck. Begin standing and rotate your hips in a circular motion while at the same time moving your neck in the opposite direction.

8. This exercise is easiest while jogging in place and becomes much more complicated when running or skipping.

a. With a ball that bounces, dribble it with one hand while simultaneously making large circles with the other arm.

9. While jumping up and down in one spot, dribble a stability ball, basketball or some other ball that bounces. At the same time you're jumping up and down, move the opposite arm in large circles.

10. As your athlete is jumping up and down have them do boxing motions towards the front. As in previous exercises, this can be made more difficult by running or skipping to the front to the side to the rear and possibly even while doing the Carioca sports step drill depending on whether or not they are using their hips appropriately. If not then discontinue the exercise, otherwise all they are learning are poor patterns.

Always keep in mind that practice makes permanent. If the practice drills are performed correctly, then the neuromuscular pathways are being formed for future instantaneous use.

You may also notice that a few of these are going to be difficult to learn and execute but don't let them give up because they will learn it if they

approach it in a slow methodical manner and learn how to do the movements.

With these ten exercises, there shouldn't be any reason that your warm-ups remain the same day after day. The athletes will enjoy the challenge of learning each one. It has been my experience that if you find a musically gifted student, they are going to have a much easier time doing these than some of your athletes.

Once they have played around doing a few of these exercises it is time to move into the final phase of the warm-up, which is a specific activity warm-up. The rest is up to you to keep them motivated and exercising correctly by providing them with the best possible learning experience. ■

*(Footnotes) <sup>1</sup> Knockkneed*



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# WSSCA ALL STATE 2011 FALL SOCCER TEAMS

## Girls 4A, 3A, 2A, 1A and Boys/Girls 2B-1B

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

### Class 4A

**MVP** – Brie Hooks, Midfield – Tahoma

**Coach of the Year** – Don Braman, Skyline

#### First Team

- Forwards – Stephanie Hamilton, Bellarmine Prep; Lindsey Dahl, Thomas Jefferson; Lexi Fesenbek, Olympia; Jenny Hoefel, Todd Beamer
- Midfielders – Audrey Thomas, Issaquah; Brie Hooks, Tahoma; Becca Schoales, South Kitsap; Maddie Christ, Skyline
- Defenders – Laura Rayfield, Kentlake; Sara Bindl, Kentwood; Jackie Wilson, Skyline; Rebecca Lentz, Marysville-Pilchuck
- Goal Keeper – Tina Vargas, Skyline

#### Second Team

- Forwards – Cara Wegner, Jackson; Becca Sikora, Skyview; Kimmie Stueckle, Emerald Ridge; Shayli Housman, Curtis
- Midfielders – Katherine Virden, Richland; Jordan Asher, Roger (Puyallup); Jasmine Brillante, Todd Beamer; Reilly Retz, Kentwood; Hunter Mar, Kentridge
- Defenders – Brooke Pingrey, Snohomish; Paige Littrell, Kamiak; Laci Rennaker, Central Valley
- Goal Keeper – Olivia Brock, Olympia

#### Honorable Mention

- Forwards – Shaefer Skadsen, Skyview; Mykala Benjamin, Kentwood; Mackenzie Henke, Tahoma; Callen Shelton, Kentlake
- Midfielders – Kelly Beck, Bellarmine Prep; Paige Serwold, Central Kitsap; Morgan Green, Snohomish; Breonna Countryman, Lake Stevens; Mackenna Morton, Davis
- Defenders – Jen Brus, Rogers (Puyallup); Rebecca Priestley, Eastlake; Lyrik Fryer, Issaquah; Madison Fuller, Kentwood
- Goal Keeper – Hannah Johnson, Skyview

### Class 3A

**MVP** – Cassidy Nangle, Forward - Liberty.

**Co-Coach of the Year** – Andy Hendricks – Seattle Prep;  
Scott Brayton – Eastside Catholic

#### First Team

- Forwards – Cassidy Nangle, Liberty; Heather Johnson, Southridge; Alisa Sagdahl, Meadowdale; Sarah Coluccio, Seattle Prep
- Midfielders – Kimmie Fry, Liberty; Sara Jennings, Auburn Mt. View; Cari Exarhos, Hanford; KK Standish, Eastside Catholic
- Defenders – Kalynn Heubner, Seattle Prep; Andrea Bowman, Bonney Lake; Macy Brannan, Kamiakin; Lindsay Burns, West Valley Yakima
- Goal Keeper – Jamie Carter, Camas; Nemo Thomas, Eastside Catholic

#### Second Team

- Forwards – Alexa Whitney, Hudson's Bay; Ellie Heiden, Kamiakin; Victoria Divita, Mount Vernon; Haley Ayers, Everett
- Midfielders – Angela Celedon, Wilson; Bailey McMullen, Everett; Madison Adams, Bonney Lake; Kiana Hafferty, Liberty; Darby Mason, Lakeside
- Defenders – Mattie Carlson, Ferndale; Emma Sanders, Southridge; Rosie Sittauer, Everett
- Goal Keeper – Sydnee Grant, Kamiakin; Priscilla Yu, Hazen

#### Honorable Mention

- Forwards – Kirsten Olson, Kennedy; Emma Vukic, Bainbridge Island; Gio Plater, Seattle Prep; Cayla Dahl, Enumclaw
- Midfielders – Olivia Lovell, Camas; Rachel Crowe, Capital; Sandy Hanses, West Valley Yakima; Mary Ann Santucci, Seattle Prep
- Defenders – Jordan Meyer, Timberline; Kendall Riddelle, Hanford
- Goal Keeper – Frida Swensen, Shorecrest

## Class 2A

**MVP** – Isabel Farrell, Midfield – Interlake

**Coach of the Year** – Evan Hatch - Cedarcrest

### First Team

- Forwards – Meggie Pleis, Cedarcrest; Jessica Bertucci, Sehome; Ellie Boon, Washougal; Karli White, Cedarcrest
- Midfielders – Madison Heilmann, Sehome; Isabel Farrell, Interlake; Shelby Koch, Archbishop Murphy; Yasamin Mohsenian, East Valley Yakima
- Defenders – Ally Beck, Archbishop Murphy; Haley Smith, Sehome; Miakah Nix, Centralia; Caity Kuntz, Hockinson
- Goal Keeper – Miranda Head, Lakewood

### Second Team

- Forwards – Helen Peterson, Prosser; Kaylie Rozell, Sumner; Emma Bergstrom, Interlake; Tasha Pabisz, Archbishop Murphy
- Midfielders – Emily Webster, Sehome; Aurora Bodenhamer, Hockinson; Kelly Gould, Archbishop Murphy; Cassidy France, White River; Megan Fenton, Sumner
- Defenders – Andrea DeVere, Squalicum; McKenna Swanson, Cedarcrest; Kendra Morscheck, East Valley Spokane; Teya Mischaikov, Sehome
- Goal Keeper – Ivy Davison, Black Hills

### Honorable Mention

- Forwards – Laura DeWald, Pullman; Ashely Powell, White River
- Midfielders – Whitney Hilde, Lindbergh; Gwen Bieck, Cedarcrest
- Defenders – Kayla Erickson, Squalicum; Hannah Rhodes, White River; Kennady Bonnallie, Lakewood
- Goal Keeper – Rachel Albert, Sehome; Kaitlin Ingman, Mark Morris

## Class 1A

**MVP** – Lindsay Vandergrift, Midfielder, Seattle Academy

**Coach of the Year** – Rob Phillips, Seattle Academy

### First Team

- Forwards – Coryn Bajema, Lynden Christian; Gaby Gonzalez, Cashmere; Ashlyn Crosson, Montesano; Adrianna Gildner, Overlake

- Midfielders – Lindsay Vandergrift, Seattle Academy; Ayana O’Neal, University Prep; Taylor Lunde, Meridian; Lizzie Vance, Ridgefield
- Defenders – Izzy Fikso, Seattle Academy; Katie Mayer, Charles Wright; Courtney Weise, Newport; Ai McCaw, Montesano
- Goal Keeper – Lauren Patefield, Cascade Christian

### Second Team

- Forwards – Beth Stella, Kings; Maddie Mark, Seattle Academy; Claire O’Brien, University Prep; Jocelyn Burgess, La Center
- Midfielders – Karri Russell, Tenino; Taylor Lewis, Newport, Randi Donahue, Meridian; Kayla Williams, Orting
- Defenders – Megan Fox, Ridgefield; Kimber Howard, Seattle Christian; Mia Bladin, Northwest; Kayla Dosh, Cashmere
- Goal Keeper – Suzy McCall, Cashmere

### Honorable Mention

- Forwards – Jordyn Voyles, Ridgefield; Sofia Barsher, Seattle Academy; Tasha Luu, Colville; Delaney Romero, Naches Valley
- Midfielders – Madison Hibbard, Seattle Christian; Camryn Althausser, Rochester; Alissa Soo, University Prep; Mackenzie Brunner, Cashmere; Deanna Avalos, La Salle
- Defenders – Olivia Baker, Kings; Kelsey D’Ewart, Overlake; Elsa Smith, Seattle Academy
- Goal Keeper – Sierra Boyce, Orting

## Class 2B-1B Girls

**MVP** – Ashley Shaw, Forward – Seattle Lutheran

**Coach of the Year** – Ron Barton, Crosspoint Academy

### First Team

- Forwards – Emma Laurion, Crosspoint Academy; Ashley Shaw, Seattle Lutheran; Emily King, Ocosta; Nikki Finley, La Conner
- Midfielders – Morgan Rial, Bear Creek; Whitney Isbell, Bear Creek; Elaun Sherwood, Napavine; Taylor Edson, Warden
- Defenders – Jenny Benn, Ocosta; Tawnie Gonzales, Warden; Danielle Isbell, Bear Creek; Josie Dekoker, Napaine
- Goal Keeper – Sami Taylor, Napavine; Dallas Parker, Evergreen Lutheran

*Continued on page 30*

Continued from page 29

**Second Team**

- Forwards – Brylee Whitney, Warden; Desere'e Doty, Crosspoint Academy; Kelsey Crawford, LaConner; Lacie Smith, Napavine
- Midfielders –Caroline Bridgewater, Bear Creek; Jordan Barton, Crosspoint Academy; Samantha May, Napavine
- Defenders – Heidi Fronk, King's Way Christian; Rachel Labrasca, Napavine; Sammie Mesman, La Conner; Brittany DiGenova, Bear Creek; Emily Winter, Seattle Lutheran
- Goal Keeper –Savanna Howell, Crosspoint Academy

**Class 2B-1B Boys**

**MVP** – Mark Phillips, Forward – Bear Creek

**Coach of the Year** – Mark Grimm, Waitsburg-Prescott

**First Team**

- Forwards – Karl Muelheims, St. George's; Mark Phillips, Bear Creek; Austin Friedly, Northwest Christian; Erik Muelheims, St. George's
- Midfielders – Francisco Gonzalez, Waitsburg-Prescott; Todd Hoagland, La Conner; Jake Zimmer, Tacoma Baptist; Andrew Moisant, Providence

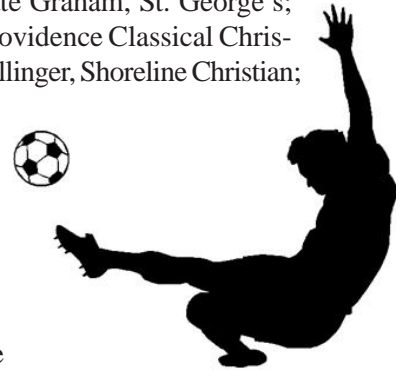
Classical Christian; Lino Diaz, Waitsburg-Prescott

- Defenders – Bruce Culbertson, St. George's; Aldair Escalante, Waitsburg-Prescott; Kevin Ortega, Waitsburg-Prescott; Blake Ridgeway, Tacoma Baptist
- Goal Keeper – Calvin Bauman, Shoreline Christian

**Second Team**

- Forwards – Caleb Moisant, Providence Classical; Alex King, Trout Lake; Jacob Weaver, Northwest Christian; Trevor Talen, Tacoma Baptist; Luis Fernando Torres, Waitsburg-Prescott
- Midfielders – Eric Moisant, Providence Classical Christian; Lucas King, Trout Lake; Nima Abtahi, Bear Creek; Payton Gray, Northwest Christian
- Defenders – Nate Graham, St. George's; Luke Morris, Providence Classical Christian; Brooks Drollinger, Shoreline Christian;

Aaron  
Johnson,  
Providence  
Classical  
Christian;  
Lowell  
Kirkwood,  
Moses Lake  
Christian



- Goal Keeper – Peter Worrall, St. George's ■

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## HALL OF FAME INDUCTEES 2012

### George Beetchenow

George Beetchenow coached track and field at Moxee High School (now East Valley High School), Eisenhower High School and A.C. Davis High School. To a man, the athletes that George Beetchenow coached during his track and field career would tell you that he made them think deeply and made them a better person during their time



*George Beetchenow*

spent with him. His accomplishments are many but he is a coach who seeks no accolades. He measures the mark he's left behind with the simple fact that one of his former athletes he coached fifty-four years ago at Moxee High School remembered his 93 birthday on last year—a simple gesture that speaks volumes as to the im-

act that he has had on the lives of the young men he coached.

George coached the first 60 foot shot putter in state history – Bill Buchanan at Moxee High School in 1957. He coached the first high school state champion in the decathlon – Mike Clark at Moxee High School in 1958. In 1976, he achieved the coaching mark of having four throwers over 50 feet at Davis High School, a rare accomplishment few schools have achieved since. To gauge how much of an impact he has had on the sport in the Yakima Valley, all you have to do is look at his former athletes that he coached who still hold school records at various schools in the Yakima Valley more than thirty years after his retirement.

- Bill Buchanan – Moxee High School – Shot Put 1957
- Mike Garrison – Eisenhower High School – Discus 1975
- Dan Oaks – A.C. Davis High School – Discus 1980
- Randy Beetchenow – Carroll High School – Shot Put 1983

More than recognizing his coaching accomplishments, Coach Beetchenow would be more comfortable sharing his recognition with all his former athletes.

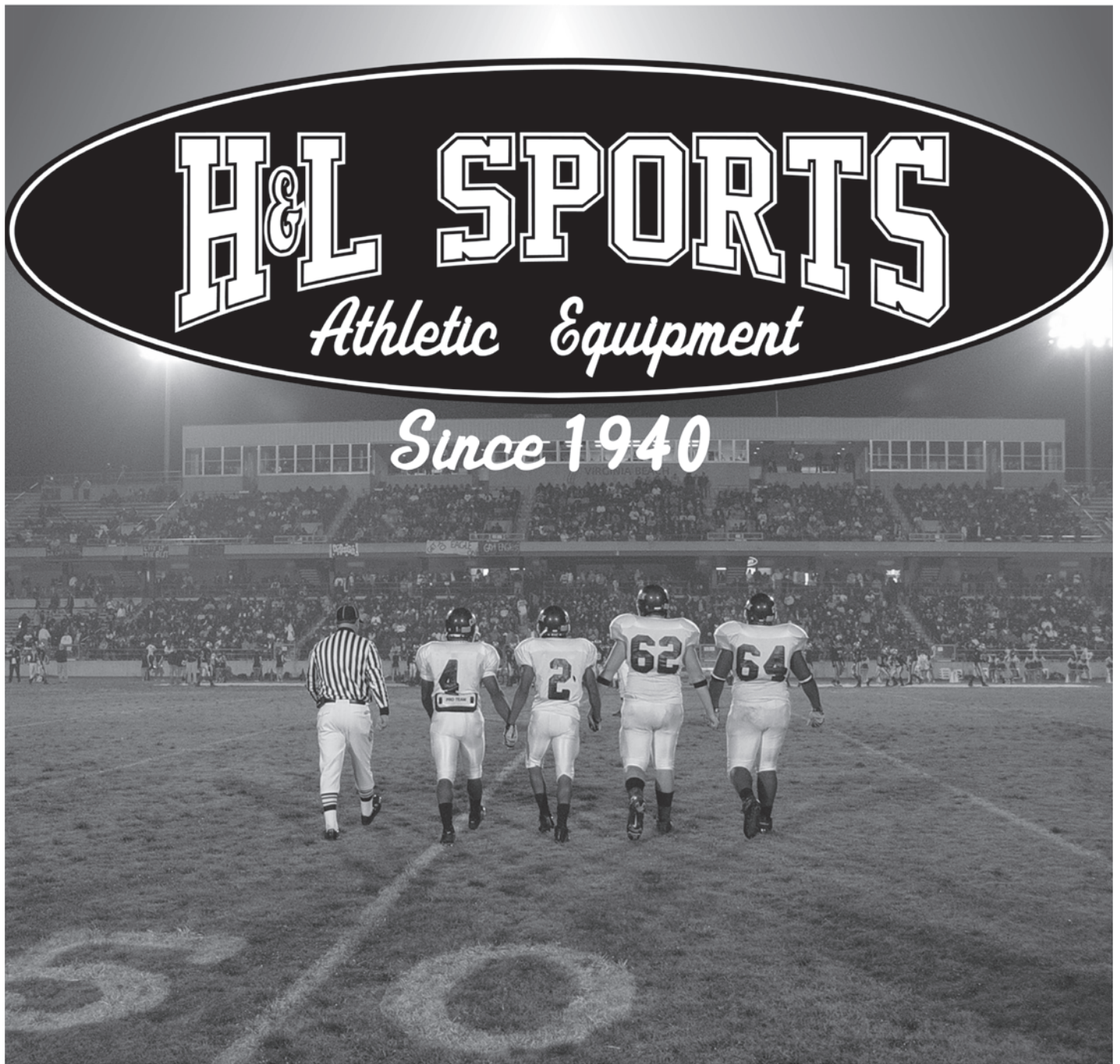
### Rod Kammenga

Rod Kammenga joins the Washington State Track & Field Coaches Hall of Fame as the first assistant coach to be inducted. He is one of the premier pole vault and jumps coaches in Washington State history. He is one of the pioneers of the WIAA pole vault certification and he is a popular pole vault and jump clinician. Rod has been a key supporter of the WSTFCA Convention since its creation. His track and field coaching career has spanned 38 years mostly at Bellingham and Squalicum High Schools.

Rod was a key member of a coaching staff at Bellingham High School that led the Red Raiders to four state titles - two boys' championships and two girls' championships. His jumpers and vaulters led the Bellingham boys and girls teams to unprecedented dual meet success, nine NWL boys titles, seven NWL girls titles and one Squalicum boys team title. As an event coach, the success his athletes have enjoyed speaks for itself. He has coached and mentored seven state pole vault champions, two state long jump champions, three state high jump champions, the current 2A state meet record holder, and so many state placers that we do not have enough room on the page to list each one individually. His high jump relay set a state record in 1985 at 19' 8." In the pole vault, Rod has developed some of the top athletes in the state. He has led ten boy vaulters over 14', four over 15', four over 16' and ten on the all-time list for Washington State. He was one of the coaches at the forefront of girls joining the event. He guided two girl vaulters over 10' and two over 11.' He has coached twelve high jumpers over 6' 6" and has six high jumpers on the all-time list for Washington State. ■



*Rod Kammenga*



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