

THE WASHINGTON COACH

OFFICIAL PUBLICATION OF THE WASHINGTON STATE COACHES ASSOCIATION



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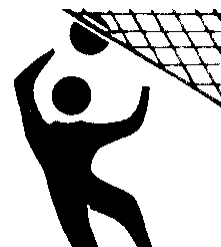
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Change of Address: Request for change of address must reach us 30 days before the deadline date of the next issue. Mail change of address to:

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 Email Mike Schick at
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 2110 Richardson Drive
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 Summer deadline is May 14.

From The President

February, 2013

Fellow WSCA Members-

I hope that this finds you all doing well. Some of you are hopefully well rested after your fall coaching seasons, some of you are eagerly getting started with your spring coaching seasons, and then there are coaches like myself that are in their winter sports season. I hope that all of you have had or will have a positive experience with your student-athletes in your respective seasons. As I think about the hopes we have as coaches that our teams have that special and memorable post-season run, I also think about the many experiences that go beyond the wins and the losses, ones that I hope each of you realize, are more than just about the final score. A couple years back I had the experience of coaching a young man that came to us with a pretty checkered past...one that I was made quite aware of from day one. Right from the get-go, I could see why. Freshman year and sophomore year, day after day, I could see why this young man had once been hauled out of school in hand-cuffs.....in elementary school. I figured...well, he will probably “cut” himself from the program...I doubted he would even stick around in school. As a varsity coach, I had only a little interaction with this student.... none of it positive. Our assistant coaches though continually worked with this young man...he was a talent on the court. From freshman to junior varsity teams, none of our coaches gave up on him, no matter how challenging the issue was. The youth coaches in the community also never allowed him to “graduate” from them and they too stayed on him. By the time this young man got to varsity, he “forced” us to continue to keep him on the varsity. Basketball talent aside, his dedication in the classroom, hallways and community was exemplary. I would have bet a million dollars on him ever getting to that point....well, I would be a million dollars in debt! He ended up being a leader on our successful team that earned a state berth that year. Usually “programs make players” but in this case, the “player made the program”. At our banquet his senior year, our assistant superintendent, who was this young mans elementary school principal, came and presented our Captains award to him. He spoke how this young man told him “I have only made it this far because no one ever gave up on me-no one!” Our administration, teachers, coaches and community would not let this young man fail. He is now a productive member of the workforce, going to college, and still comes back regularly to see those that care for him. If you don’t make the post-season or even have a .500 record, closely think to the relationships you have forged, the kids you never gave up on, the mentoring you gave. If you have those experiences, you have something that will stay with you forever. A year ago, a good friend of mine and I were talking and she asked me “What is your goal as a coach?” I really thought about it and realized my goal is to make a small difference to provide for positive experiences for student-athletes and coaches each and every day. I feel that through the associations I am involved with, including WSCA, myself and many others are doing that. Just like each of you do with your own teams and programs. It is why we stretch ourselves each and every day to do what we do!

Have a great spring!

Nalin Sood
President, WSCA



From The Sidelines

by Jerry Parrish

The third and fourth weekends of January, I had the privilege of observing and working at the Track and Field and Cross Country Convention and the Mid Winter Football Clinic both at the Everett Holiday Inn. Attendance was good at the Everett site for both events. The Track and Field and Cross Country clinic was put together by a fine staff of coaches headed by Daunte Gouge (Kings), Tuck Gionet (Snohomish), Bruce Sloan (Bellevue Christian) and many others. The football clinic was put together by Ed Laulainen (Kelso retired) plus many coaches and wives to make the three day event a good one.

Both groups of coaches would like to thank the many sponsors that helped with the clinic.

HALL OF FAME

This past fall, the Washington State Wrestling Coaches Association inducted Bob Lynn (Hudson Bay), John Kullberg (Central Kitsap), Mark Kondo (Othello), Vard Jenks (Connell) and Ed Brunz (Burlington-Edison) into their hall of fame.

Track and Field and Cross Country hall of fame inductees include Lane Dowell (Bremerton), Willie Stewart Jr (Lakes) and Mike Hanby (Steilacoom).

The WSFCA honored football coaches Bill Beattie (Olympia), Dave Lutes (Kent), John O'Rourke (Columbia River) and Del Talley (Okanogan) by selecting them to enter the hall of fame.

WSCA BOARD NEWS

- ❑ ISA payments will be reduced to \$8.00 per registered member. The WSCA Executive Board is working to secure a financial "safety net" to the benefit of our association.
- ❑ The WSCA Operating Manual can be found on our web site.
- ❑ Soccer representatives, Aaron Radford (Kentwood) and Tom Turner (Quincy), are working with officials to promote conformity in the various soccer officiating associations. They are working for consistency in the enforcement of high school soccer rules and are attempting to promote interest in soccer officiating to increase the number of qualified officials in the state.
- ❑ Fast Pitch is monitoring the potential "overuse of

pitchers" and is studying a possible regulation limiting the number of innings pitched in a given timeframe. There is a potential shoulder injury concern. Baseball has an innings rule and this seems to be the way Fast Pitch is heading.



- ❑ A discussion pertaining to football was aimed at the Spring/Summer Safety proposal. WSFCA is preparing an amendment for this spring. The proposal is to limit the amount of contact time a coach may have with his team during the summer. One of the areas of concern is 8th grade students coming to high school.
- ❑ Membership cards—There was much discussion regarding use of WSCA membership cards for entrance to all state and selected WIAA District post-season contests. The WSCA will work to continue the good will between our association and the WIAA District Directors in a mutually beneficial partnership.
- ❑ WSCA web site—There will be some adjustments made to the WSCA website to make it more "user friendly". There were several modifications suggested to provide a more useful web site for our members.

ORCHIDS

- ◆ Orchids to all coaches whose professionalism includes attendance at worthwhile clinics and recognition ceremonies for others in their fields. We need to support one another.
- ◆ Orchids to all the coaches who are maintaining high standards on their teams indicated by the large number of scholastic awards teams receive from the WIAA.
- ◆ Orchids to the WSCA....their speakers are well-informed and very, very helpful in keeping athletes rolling...
- ◆ Orchids to the WIAA and their people who keep their website "up to the minute" with results of the state championships and to Jim Meyerhoff and all the people who have made Mat Classic the premier wrestling event in our state for 25 years. ■



Baseball Coaches Step Up To the Plate for Colleague

Mike Williams: White River High School, Buckley Wa
Brian Jackson: Graham Kapowsin High School, Graham Wa

As many of you in the high school baseball community may have heard, Todd McDougall- Baseball Coach at Olympia High School- father, husband, teacher, friend, and friend in baseball, was diagnosed with a brain tumor in December of 2012.

As we all returned from Christmas break, we were greeted with the solemn news that Todd's tumor was indeed inoperable. For many of us, memories of time spent with family, perhaps resolutions to make changes in our lives and the anticipation of the upcoming season; prompted an action plan to help the McDougall family.

Following a flurry of phone calls and emails the morning of January 8, 2013, several ideas were generated. Finally, it was suggested that a simple "pledge drive" would be the most effective and timely fundraiser reaching the widest baseball network potentially netting a goal of \$10,000.00.

By the morning of January 9th, an email and flyer was being circulated to the head baseball coaches in the state asking them to represent their individual schools and pledge \$100.00 from their staffs. Shortly thereafter, a phenomenal showing of fraternity, solidarity, and support was shown as pledges started coming in that same morning.

As of Tuesday January 15, 2013 we have almost \$4000 in pledge money and are optimistic that in time, our goal of \$10,000.00 will be reached.

Fellow coaches, it's not too late to get involved. We challenge your staff, whatever the sport, to "**Step Up to the Plate for Todd.**"

"For it is in giving that we receive."
St. Francis of Assisi

For additional information and/or donations
contact: Mike Williams:
mwilliams@whiteriver.wednetedu or
Brian Jackson: Bjackson@bethelsd.org ■

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

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WSSCA ALL-STATE 2012 FALL SOCCER

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
Co-Coach of the Year – Don Braman – Skyline and Tom Bunnell – Issaquah

First Team

Forwards – Mackenzie Henke, Tahoma; Lexi Miller, Chiawana; Nicole Mattson, Evergreen; Kaysha Darcy, Tahoma

Midfielders – Brie Hooks, Tahoma; Audrey Thomas, Issaquah; Jessica Udovich, Puyallup; Celia Vaughn, Gig Harbor; Jenny Hoefel, Todd Beamer

Defenders – Brooke Pingrey, Snohomish; Lianna Simms, Skyline; Laci Rennaker, Central Valley; Carly Marshall, Camas

Goal Keeper – Megan Charlton, Kentwood

Second Team

Forwards – Morgan Weaver, Curtis; Morgan Green, Snohomish; Anna Deweirdt, Skyline; Rachel Wheeler, Issaquah

Midfielders – Kristin Hayman, Redmond; Sierra Carrington, Puyallup; Mackenna Morton, Davis; Allie Bohnett, Gig Harbor

Defenders – Lyrik Fryer, Issaquah; Maddie Seckman, Kamiak; Haley Warren, Tahoma; Emmi Seelbach, Auburn Riverside.

Goal Keeper – Sarah Shimer, Federal Way

Honorable Mention

Forwards – Gabriela Pelogi, Federal Way; Bobbi Eckler, Union; Kirsten Calmus, Richland; Madison Schultz, Edmonds-Woodway; Tori Tappero, Tahoma

Midfielders – Carlee Maluenda, Union; Miranda Caballero, South Kitsap; Jamie Carter, Camas; Shyann Glasser, Kentridge; Jenna Floyd, Todd Beamer

Defenders – Maddie Sjothun, Union; Kailey Robinson, Goal Keeper – Emma Makela, Kamiak

Class 3A

MVP – Maddie Reynolds, Forward – Columbia River

Coach of the Year – Filomon Afenigus – Columbia River

First Team

Forwards – Natalie Vukic, Bainbridge; Maddie Reynolds, Columbia River; Miranda Rawlings, Mt. Si; Emily Critchlow, Meadowdale

Midfielders – Kiana Hafferty, Liberty; Monica Whitfield, Enumclaw; Julia Hawn, Holy Names; Bailey McMullen, Everett

Defenders – Rosie Sittauer, Everett; Sarah Case, Columbia River; Angela Fischer, Holy Names; Andrea Bowman, Bonney Lake

Goal Keeper – Corey Goelz, Mercer Island

Second Team

Forwards – Haley Ayers, Everett; Riley Richardson, Mt. Spokane; Emma Bergstrom, Interlake; Katie Chandler, Holy Names

Midfielders – Jaimee Farrell, Interlake; Rosie Kerstetter, Bainbridge; Brittainy Canonica, Wilson; Alexa Whitney, Hudson's Bay; KK Standish, Eastside Catholic; Laura Harrison, Mercer Island

Defenders – Emma Sanders, Southridge; Kelsey Lindor, Mt. Si; Lauren McKinney, Kamiak; Gabby Brower, Hazen; Taylor Hallquist, Columbia River; Kelsey Frank, Mt. Spokane

Goal Keeper – Frida Swensen, Shorecrest; Ashley Routh, Meadowdale

Honorable Mention

Forwards – Ellie Heiden, Kamiakin; Mary Ann Santucci, Seattle Prep; Marissa Hammerstrom, Mercer Island; Kailiana Johnson, Liberty; Ashley Cade, Bonney Lake

Midfielders – Annie Flora, Holy Names; Hannah Sanders, Southridge; Alyssa Lloyd, Mt. Spokane

Defenders – Ashley Martinez, Timberline; Courtney Fedor, Interlake; Haley Story, Bainbridge;

Samantha Hiatt, Seattle Prep; Cozette Padon, Seattle Prep; Breezy Brookbank, Highline; Jessica Snoen, Enumclaw

Goal Keeper – Katie Campbell, Peninsula

Class 2A

MVP – Kaylie Rozell, Forward – Sumner
Coach of the Year – Robi Turley – Sumner

First Team

Forwards – Kaylie Rozell, Sumner; Shelby Koch, Archbishop Murphy; Rashelle Fisher, WF West; Alyssa Wickenhagen, West Valley Yakima

Midfielders – Emily Webster, Sehome; Calisse Crisler, Archbishop Murphy; Arin Seidlitz, Black Hills; Oryian Matheny, Grandview

Defenders – Sarah Carter, Sumner; Lindsay Burns, West Valley Yakima; Stephanie Reynaud, Archbishop Murphy; Cecilia Nguyen, Archbishop Murphy

Goal Keeper – Rachel Albert, Sehome

Second Team

Forwards – Elise Aylward, Lindbergh; Kavita Batton, Hockinson; Aurora Bodenhamer, Hockinson; Karli White, Cedarcrest

Continued on page 6

Continued from page 5

Midfielders – Julia DeVere, Squalicum; Hanna Tarleton, Sehome; Brooke Lancaster, Sumner; Emily Barclift, Tumwater

Defenders – Kennady Bonnallie, Lakewood; Andrea DeVere, Squalicum; Lauren Wallace, Squalicum; Kendra Morscheck, East Valley Spokane

Goal Keeper – Jamie Lange, Sumner

Honorable Mention

Forwards – Kayla Williams, Orting; Kim Hazlett, Squalicum; Meghan Ward, WF West; Whitney Lowe, Black Hills; Abbey Bergquist, Tumwater; Bre Daugherty, Pullman

Midfielders – Olivia Erskine, WF West; Lizzie Vance, Ridgefield; Alison Alderman, West Valley Yakima; Rylee Seekins, Hockinson

Defenders – Loren Switzer, Capital; Carly Estes, Ridgefield; Emily Russell, Sehome; Maya Nicol, Hockinson; Allison Fernald, Lindbergh

Goal Keeper – Alexxi Timmons, Aberdeen

Class 1A

MVP – Ayana O’Neal, Midfielder – University Prep

Coach of the Year – Alex Duxbury – University Prep

First Team

Forwards – Beth Stella, Kings; Alissa Soo, University Prep; Camryn Althausen, Rochester; Michaela Graddy, Eatonville. **Midfielders** – Ayana O’Neal; University Prep; Tianna Helm, Cashmere; Taylor Lunde, Meridian; Deanna Avalos, La Salle

Defenders – Mia Bladin, Northwest; Izzy Fikso, Seattle Academy; Morgan Gaston, Seattle Christian; Kimber Howard, Seattle Christian

Goal Keeper – Erin Swain, Seattle Christian

Second Team

Forwards – Delaney Romero, Naches Valley; Adrianna Gildner, Overlake; Abbigail Kim, Seattle Christian; Brooke Goldsmith, Elma

Midfielders – Kaley Roberts, Naches Valley; Megan Barwick, Seattle Academy; Brynne Dykes, La Center; Tess Edenholt, Overlake; India Jencks, University Prep

Defenders – Allie McCaw, Montesano; Katie Mayer, Charles Wright; Lily O’Connor, La Salle; Taylor Hentschell, Seattle Christian

Goal Keeper – Takara Mitsui, Kings

Honorable Mention

Forwards – Tessa McCormick, Cashmere; Grace Martin, La Salle; Ashley

Brittney DiGenova, Bear Creek; Sammie Mesman, La Conner

Goal Keeper – Sami Taylor, Napavine
Second Team

Forwards – Olivia Tillinghast, Bear Creek; Rachel Lebrasca, Napavine

Midfielders – Kendra Stajduhar, Adna; Tori Hammond, Seattle Lutheran; Chayse Jones, Crosspoint Academy

Defenders – Haley Rue, Mt. Rainier Lutheran; Colleen Croy, Evergreen Lutheran. **Goal Keeper** – Dallas Parker, Evergreen Lutheran; Tessa Bruland, La Conner

Class 2B-1B Boys

MVP – Jacob Weaver, Forward – Northwest Christian

Coach of the Year – Mica Lamb, Northwest Christian

First Team

Forwards – Jacob Weaver, Northwest Christian; Caleb Riley, Mount Vernon Christian; Erik Muelheims, St. George; Austin Friedly, Northwest Christian

Midfielders – Lino Diaz, Waitsburg-Prescott; Jeremiah Lee, Grace Academy; Jonathan O’Neil, Crosspoint Academy; Ty Cowles-Meyer, St. George; Payton Gray, Northwest Christian; Caleb Moisant, Providence Classical Christian

Defenders – Joshua Lee, Grace Academy; Bruce Culbertson, St. George; Chad Hummel, Providence Classical Christian; Stan Leszynski, Bear Creek

Goal Keeper – Peter Worrall, St. George

Second Team

Forwards – Casey Slattery, Tacoma Baptist; Gabe Rongve, Bear Creek

Midfielders – Camus Chapman, St. George; Luke Blankenbeckler, Bear Creek

Defenders – Alex Teobaldo, Tacoma Baptist; Russell Hatcher, Providence Classical Christian; Alex Davisson, Bear Creek; Aldair Escalante, Waitsburg-Prescott; Jacob Bean, Northwest Christian

Goal Keeper – Michael Worley, Bear Creek ■



Cook-Cox, Lakeside; Linnea Soo, University Prep; Danica Granard, Cedar Park Christian; Leeann Rhoden, Montesano

Midfielders – Mykenzie Lilly, Kiona-Benton; Sierra Seymour, Rochester; Heidi Fronk, King’s Way; Darbey Peters, Lakeside; Megan Nielson, Seattle Christian; Shaina Mitchell, Seattle Christian; Izzy Christelli, Elma

Defenders – Karly Thies, Cashmere; Libby Lavitt, Northwest; Lexi Whipple, Elma

Goal Keeper – Lauren Patefield, Cascade Christian

Class 2B-1B Girls

MVP – Caroline Bridgewater, Midfield – Bear Creek

Coach of the Year – Brandon Gonzales – Bear Creek

First Team

Forwards – Desere’e Doty, Crosspoint Academy; Emma Laurion, Crosspoint Academy; Natalie Sakuma, Mount Vernon Christian; Regyn Gaffney, Adna; Jaqueline O’Keefe, Liberty Bell

Midfielders – Caroline Bridgewater, Bear Creek; Sage Abate, Liberty Bell; Jill Leszynski, Bear Creek; Ashlyn Reinstra, La Conner; Sage Atkins, Napavine

Defenders – Josie Dekoker, Napavine; Grace Garguile, Crosspoint Academy;



Support Behind the Spotlight

By Stephanie Splater

Head Girls Track Coach Lewis & Clark HS, stephaniesp@spokaneschools.org

The realization came in what would have normally been a casual conversation between coaching colleagues, but quickly became a poignant moment in my life. It was my second season as a head track coach, 14th overall, and I was standing on the infield chatting with a few others, complaining that we'd had three straight days of meets and what a grind it was. The conversation turned to families, specifically spouses, and that's when I knew I had to move on as I couldn't identify with what they were saying. I wasn't sure what they were talking about; my husband had never expressed or said a word about being displeased that I was at track so much. Didn't it seem a given that we'd be at track all the time between February and the end of May? Now, to be fair, I was somewhat younger than the other coaches and had been married for less time, but over the next few days I came to the full realization that what I had was something very special in my husband, Tony. I'd known that when I married him, but I came to a new appreciation after that conversation.

I would think that most spouses are supportive of each other in their career endeavors, but the life of a coach's spouse is particularly unique and is a different challenge all together due to the complexities that this job entails. I often come home tired, cold, and frus-

trated after practice and Tony has to hear it all. If a parent is angry with me, it becomes his problem. If a club-sport coach is making crazy demands, either to me or through the athlete, it's Tony who listens to me rattle on about the old days when this wasn't as big of a problem and why should I have to adjust my workouts etc.? And then there are the true moments of joy that you experience with others- your athletes, your other coaches or administrators...and the spouse gets the tail-end of the positive parts, of which they are many, but it's the frustrations they frequently hear.

I was at my wit's end one day last season and asked Tony how he could put up with hearing the constant track chatter during the season, and the pre-season, and the post-season...He'd been a baseball guy- I couldn't imagine he'd experienced anything close to the ins and outs of organizing 80 girls, 8 coaches and all of the other

aspects of this situation.

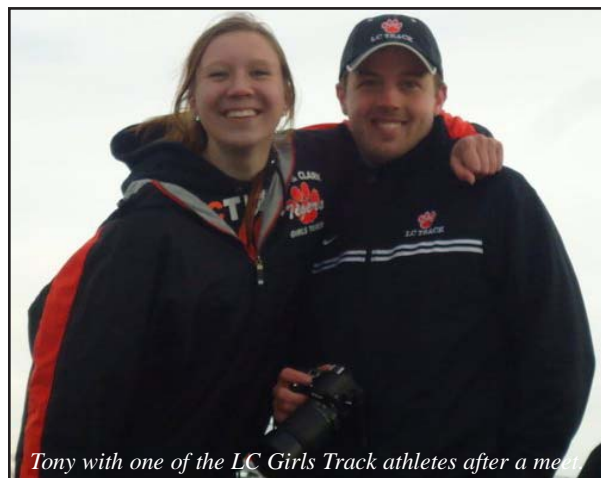
"I do it for you," he said. "And the girls. It means something to you, so it means something to me."

I asked a good friend and teacher colleague of mine, wife of a state champion coach who has been in the business for 16 years as a head coach, how she's made it so long and what she has experienced. The first thing I'd heard about her before we met was how supportive and loyal she was to her husband and his teams. It's been a great lesson to me in how important both of our roles are.

"I think the most frustrating part about being a spouse of a coach is having to listen to the criticism and judgments regarding my husband. I don't think people ever really stop to think about the commitment and dedication you have to have to be a successful coach," she told me. "My husband coaches from the middle of August through the beginning of March.

He starts up again the beginning of June and goes through the middle of July. The most amazing thing is that my husband would literally coach for free because he does it for the right reasons. He knows the value of being part of a team and the lifelong lessons an athlete learns from that experience."

While she admits she can get frustrated and worries about the stress her husband



Tony with one of the LC Girls Track athletes after a meet

Continued on page 8

Continued from page 7

is under, she also realizes how wonderful their life has been in the moments of sheer joy the profession brings.

“I love the moments when my husband does a little dance of excitement on the sideline because he is so pleased and proud of the boys. Then there’s memory we have of when one of his teams got in a line in the gym during practice and passed my son, (who was 5 at the time), over their heads the whole length of the gym and they were just giggling with happiness. Going to the weddings of previous players, sharing their special days with them, so many have become dear friends we cherish.”

Her advice to other spouses: “Be a supportive listener and be involved. I decided that I needed to be there so I could connect to something he has such a great passion for. I have gone to all but just a couple of games, (I think I missed 2 due to the birth of one of our children).”

I decided to recognize my Tony that season after the conversation I’d had with the other coaches who had been complaining. During our post-season awards banquet, I told the story to my team and their parents. I thanked him for the wonderful work he’d done on our awesome team website, the constant support when I’ve been at my craziest, and for never complaining, just supporting. I made it different from the past banquet thank-yous in that I explained in detail what he’d been through and his steadfast support of the team and of me. Tony is a very reserved person and I knew I risked embarrassing him, but for once, it was his time to shine, his time in the spotlight, and his time to be shown the level of appreciation he deserved. The round of applause went on for quite some time and I realized I wasn’t the only one who knew what he meant to the program.■

WSCA membership information as of February

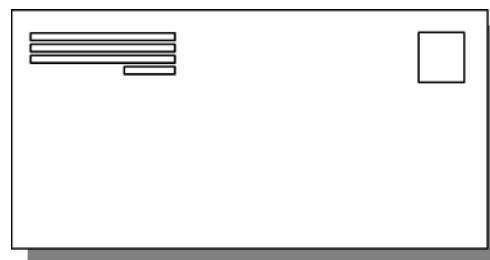
Individual Registrants: 1,387

Group Registrants: 1,667

All Registrants: 3,054

We applaud the continued support of more than 3,000 coaches throughout the state who choose to be a member of the Washington State Coaches Association.

Thank you!



Drop us a note...

We would love to hear from you.

wsc-editor@comcast.net

McMillan closes book on Hall of Fame career

POSTED ON DECEMBER 13, 2012

By Scott Spruill

Reprinted with permission of the Yakima Herald-Republic

McMillan made his final rounds on Wednesday, and his second-period physical education class at La Salle took the brunt of it.

"I put them through a pretty tough workout," McMillan said, "and then I told them, 'You're my last class. After 41 years, you're it.'"

This day came six years later than he expected, but the relationship between McMillan and La Salle grew too deep and lasting for an earlier parting.

Still, at the age of 72 and after nine years at Yakima's catholic school, the Hall of Fame football coach decided the time had come to retire as teacher, coach and athletic director. His 234 career wins are tied for 12th in state history.

"People had been asking me for a long while, 'When are you going to retire?'" McMillan said. "It was nothing specific or any one thing. I just knew it was time."

So after the season finale last month at Burbank, where La Salle rallied with two late touchdowns to win 24-13, McMillan took his wife, Sharon, and his son, Greg, aside on the field and said, "This is it. This was my last game."

McMillan came from Leavenworth's Cascade High, where he coached for 19 years and directed the Kodiaks to eight consecutive state appearances from 1993 to 2000. Throughout that time, and beginning with his initial coaching tenure at Brewster, McMillan was a close friend to Quincy's Bill Alexander,

who formerly coached at Bridgeport and QHS and has directed the Earl Barden All-Star Classic in Yakima for 18 years.

"He's had an incredible football life, and I consider him my mentor to this day," Alexander said. "For probably 20 years we'd call each other on Sunday night, and when things were bad for me he always encouraged me. He was my inspiration to get better.

"He's the guy I always wanted to beat, but it was also an honor for me to compete against his teams," Alexander continued. "As funny as this sounds, of all the coaches I

ultly and the kids so much it didn't feel like the right time to retire. It was a great experience."

The feeling was mutual. Under McMillan, La Salle's football program immediately rose to prominence. The Lightning qualified for the 2B state playoffs six straight years between 2004 and 2009 and earned a second-place trophy in 2006.

That he stayed on at La Salle beyond his predicted three years was remarkable considering his health issues, all since overcome. McMillan, who had four-way heart bypass surgery in 1998, has battled through

So after the season finale last month at Burbank, where La Salle rallied with two late touchdowns to win 24-13, McMillan took his wife, Sharon, and his son, Greg, aside on the field and said, "This is it. This was my last game."

coached against he was the guy who ticked me off the most. I'd have him stopped and he'd figure out some other way to beat me, and that just ticked me off."

In 2004, McMillan was attracted to Yakima and a small, private school with a football program in its infancy. He was 64 at the time.

"When we finally decided to make the leap, I told Sharon I thought I had three more years in me," McMillan said. "Well, three years turned into nine. I enjoyed the school, the fac-

prostate and bladder cancer in recent years.

"I feel great now, and I'm fortunate to retire on healthy terms," he said. "Sharon and I are taking a new step, and with 13 grandchildren we're looking forward to it so much. We're planning a month in Hawaii in March and like the song says I'll have my toes in the water, my butt in the sand and a Coke in my hand. And I'm not moving." ■



Hall of Fame Inductees



Bill Beattie

Bill graduated from Tumwater High School where he played for coach Sid Otton and then attended Central Washington University and played for coach Tom Parry. After earning a bachelor's degree at Central, Bill started his coaching career at Tumwater and then Tenino High School before getting his first head coaching position at Elma High School. After seven years at Elma, Bill became the head coach at Olympia High School where he has been the past eighteen years. During his coaching career, coach Beattie has amassed 172 wins, 13 league championships and his teams have been to the state playoffs 16 times.

Bill has been a player, an assistant coach and a head coach in the WSCA sponsored All State Football game. Bill and his wife, Heidi, have two boys, Matt and Andrew. Matt and his wife, Lacy, have a daughter Payton and Andrew is married to Katy. Both boys played for Bill in high school and have coached with him on his staff.



Dave Lutes

Dave is a 1971 graduate of Mt. Rainier High School where he was selected as the first team, All North Puget Sound League, quarterback for three straight years. After accepting a football scholarship at the University of Washington, Dave played for the Huskies from '71 through '75 earning two varsity letters. His coaching career began soon after as a student assistant coach under head coach Don James during the '76 season. Dave was then hired as an assistant coach working with Hall of Fame head coach Mike Silvey at Kentridge High School. He received his first head coaching position in 1981 as he was selected as the first head football coach and athletic director opening Kentwood High School. For the next nine years, Dave led the Conquerors to an 81-20 record while winning six league championships. His teams made it to the state playoffs seven of the eight years they were eligible. In the state playoffs, Kentwood has won fourteen games, had seven quarterfinal appearances, has been to the semi-finals four times and won

two state championships.

Dave was named the Seattle Times Coach of the Year in 1982 and '88 and was also the WSFCA and USA Today Washington State Football Coach of the Year in 1989. Dave was the first recipient of the prestigious Tony Gasparovich award given by the National Hall of Fame Scholarship Foundation and he received the WSFCA Gold Helmet Award in 2008. Dave and his wife, Linda, have three daughters, Michaela, Trina, Kristin and five grandchildren.



Del Talley

Del Tally graduated from R.A. Long High School where he played football for Hall of Fame coach, Buck Hammer. He played his first year of junior college football at Centralia Junior College where his older brother, Darold, was on staff. Del earned a bachelor's degree at Central Washington University and a master's degree from Heritage College. Del has been an assistant coach at Lower Columbia Community College, Eastmont High School and

Marysville High School where he worked with Hall of Fame coach, Lou Boni. He has held the position of head coach at Okanogan High School, Mark Morris High School, Sunnyside High School and North Beach High School at Ocean Shores. During his 19 years as a head coach, Del has enjoyed 113 wins, fifteen winning seasons, six league championships, four state play-off appearances and a trip to the state championship game in 1979 while coaching at Mark Morris High School.

Following his retirement as the head coach, Del returned to R.A. Long to serve as the offensive coordinator. He then moved to Chelan High School to become an assistant coach for his oldest son and head coach, Darren. Del and his wife, Marilyn, have been married for 53 years and have four sons, Darren, Dean, Duane and Dan. They have 13 grandchildren, winter in Arizona and reside on a small farm in Winlock.



John O'Rourke

A Montana native, John went to elementary school in Butte and then moved to Great Falls. He was a member of the Class A State Champions at Great Falls High School in 1962 as a junior. John graduated from Carroll College in 1968 with a degree in History. John's coaching career began at Lewis Junior High School in Vancouver where he coached football for five years and also started the

wrestling program. He moved to Columbia River High School where he was an assistant football coach for sixteen years and also coached track and wrestling. He became the head football coach nineteen years ago. During his tenure, the Chieftains have reached post season play 11 times, posting a record of 131-64 and claiming seven league championships. In 2002, the Chieftains advanced to the state semi-final game finishing the season as the third best team in the state with a record of 11-1.

John has seen four former players go on to play in the NFL and 58 players participate at the college level. Although retired from his 39 year teaching career in history and social studies, he has maintained a strong relationship with his former players many of whom have come back to coach with him. John and his wife, Sandy, recently celebrated their 43rd wedding anniversary and they have two sons and two grandsons. ■

Gold Helmet Award



Ed Lucero, Snohomish HS

Silver Helmet Award



Carl Lambert, KLAY

Gold Helmet Award



Leo Marty, Tumwater HS



District Award Winners

District 1



Dick Abrams - Head Coach, Ted Flint - Asst Coach

District 2



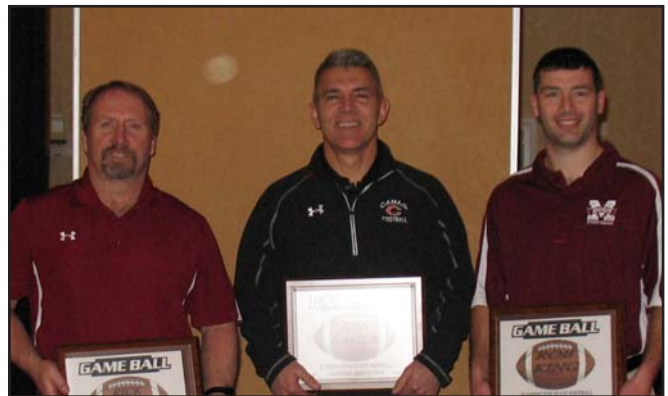
Hoover Hopkins - Head Coach

District 3



Arnie Otterbeck - Jr Hi, Scott McKay - Asst Coach, John Meagher - Head Coach

District 4



Rick Moore - Asst Coach, Jon Eagle - Head Coach, Rob King - Jr Hi

District 5



Wiley Allred - Head Coach, Kevin Hensley - Asst Coach

District 6



Stephen Wallace for Wade Petersen - Asst. Coach, Elia Ala'ilima-Daley - Head Coach



Washington State Football Coaches Association

District Award Winners



District 7



Brian Myers - Asst Coach, Jim Fisk - Head Coach, Jim Stroyan - Jr Hi

District 8



Bob Nedved - Jr Hi, Dave McKenna - Head Coach, Rick Giampietri for Rick Sloan - Asst Coach

District 9



Alan Wison - Asst Coach

COACH OF THE YEAR not pictured

District 1 John Irvin, Jr Hi / Middle School

District 2 Eric Riley, Assistant Coach

District 5 Daniel Robillard, Jr Hi / Middle School

District 6 Randy Sandberg, Jr Hi / Middle School

District 9 Mike Olson, Head Coach...Nate Reade, Jr Hi / Middle School

TERRY ENNIS SCHOLARSHIP WINNER

AJ Milyard North Kitsap



RED HELMET AWARD WINNER

Elaine Garcia Cascade HS





Hudl is now the official online film-exchange solution for

Washington



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email rick.anderson@hudl.com

Why Should I Become a Member of the WASHINGTON STATE COACHES ASSOCIATION?

This \$40 question is asked by many coaches in our state.

The first answer is the WSCA is a professional organization for Washington state high school & junior high/middle school coaches.

The WSCA exists to support your efforts as a coach.

OUR MAIN GOALS ARE:

- ▶ to offer Liability Insurance coverage of \$2,000,000. for our membership while working a scheduled, sanctioned and supervised WIAA sport or event
- ▶ to offer your son or daughter an opportunity to apply for WSCA scholarships (Burnett-Ennis, Terry Ennis-Adrenaline, Student Teaching)
- ▶ to be eligible for recognition in sport specific Hall of Fame Awards
- ▶ to be eligible for recognition in sport specific Coach of the Year Awards
- ▶ to be eligible for recognition for Career Coaching Achievement Award
- ▶ to be eligible to coach in WSCA sanctioned Senior All State Games
- ▶ to offer entry with current membership into WIAA state tournaments and district level contests
- ▶ to receive discounted fees at WSCA sponsored coaches clinics and provide clock hours valid toward coaching education certification and/or salary placement
- ▶ to provide reimbursement to the Individual Sport Associations of the WSCA

Check out our website, washcoach.org for more information and registration.

Contact your Individual Sport Association representative and offer your thoughts and concerns and get involved with your colleagues.

By becoming a member of the WSCA, you are taking a proactive approach to improving your coaching profession.

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.



Hawkes Squawks

Any way you slice it, *Squawking* is what I do since turning in my whistle and clipboard many moons ago. The biggest barrier is not my age but rather having enough energy bars to keep me going between naps.

SENSE OF URGENCY

Lately, there has been much talk about the concussions caused by sports, and a growing body of research suggests that football helmet manufacturers are working 24/7 to solve this problem. While scanning the magazine rack, we find a must read article in the January issue of *Popular Science* regarding helmet safety. If I were still coaching, everyone on my staff would have this article as required reading. Then we would discuss the research and implement what is necessary to keep the “head” out of the game. The question is whether the sport of soccer will do it too.

THE REAL CULPRITS – PUSHY PARENTS

Ah, the joys of coaching when “pushy parents” can wheel enough pressure to get a coach fired. The very fact that administrators cave into their demands make no sense. No matter how it is explained, the bottom line ends up being the scoreboard. Win, baby win! Or, “my kid” should have more playing time. It is my observation and experience that the essential ingredients for a successful program are based on player/coach relationships. When a coach communicates trust, then a team is willing to accept his/her teaching and will be successful in the sport. It is a sad commentary when parents interfere and break down that trust. Shame on those parents who interfere when they have a personal agenda. I will never sympathize with what they do to damage a program, or with school personnel who don’t stand their ground and cave in to their demands. As is often the case, it is the athletes who suffer the most. Too often, the conduct of adults with a special interest prevail, but for the wrong reasons.

THE BOTTOM LINE – NO GUNS ON CAMPUS

Owning guns legally and taking care of them responsibly is okay. We all see red, however, because violence

has woven itself into our daily lives. It’s the ugly truth and what we need is a dose of reality. Putting kids first means keeping all guns and weapons off campus and away from athletic events. Even though schools are gun-free zones, the very thought of training teachers and coaches to bear arms is wrong. What better time to talk about this problem with the recent school shootings than now. The most difficult part of any endeavor is taking a stand, so let it be known that this retired classroom teacher and coach wants no guns. Instead of arming teachers, hire school resource officers. Then, have each school create an emergency response team, which would include coaches, who would identify and red flag students with depression, sadness, or rage issues who seem to pose a real threat. Training the team would help them defuse a critical situation. At the state level, the WIAA needs to hold workshops to openly discuss the best ways to prevent danger and protect athletes and fans. We know we’re asking for trouble if guns are our only answer.

TO BE PROUD, WEAR PINK

To be sure, the whole Arlington Gymnasium was colored coded pink for the Coaches vs. Cancer Basketball Fund Raiser in support of the American Cancer Association. The “pink out” atmosphere also involved the Monroe boys’ basketball team. In addition to the game, fans enjoyed a number of basketball activities, which included a halftime shootout. A special highlight of the evening involved the introduction of cancer survivors as honorary Eagle coaches.

Let’s have a drum roll for an evening that brought out the best in players, students, and fans and helped raise money for cancer. Chalk this one up, because it was such a good idea and was for such a worthy cause. Nooksack Valley girls’ basketball team did a similar thing in their Coaches vs Cancer drive. Then, there was the Bothell girls’ basketball team, who volunteered to mount a food drive for local food banks. Other schools have done their things behind the scenes to help out their communities.

WHAT GIVES?

It is not often a book ban takes place in a high school. At West Valley High School in Yakima, parents protested the book, *Diary of a Part Time Indian*, written by Sherman Alexie, in their sophomore English classes. The book was eventually turned down. English teacher Mark Burns was already using the book in his *Athletes in Literature* class. The story is loosely based on Alexie's real life adventures as an American Indian boy living on the Spokane Reservation who transferred to all-white school and who made the varsity basketball team. The story is quite humorous and is interesting for adults to read. This story is a good read, and describes what he had to overcome to succeed. Burns believes the book helps to provide an open discussion on life's lessons. This sounds like a class I would like to sit in on.

SQUAWKS ON PARADE

Ryker Phillips is an inspiration to his Mt. View swimming teammates, who fully understand his drive to compete. Phillips, a senior nicknamed "Shark Bait," swims the butterfly event after taking off his prosthetic leg. Over

Let's have a drum roll for an evening that brought out the best in players, students, and fans and helped raise money for cancer. Chalk this one up, because it was such a good idea and was for such a worthy cause.

the course of time, this one legged swimmer continues to break his personal record in the pool. We haven't heard the last of this young man Another inspiring story comes from the Edmonds-Woodway High School wrestling program. Senior wrestler Russ Goodwin, who has Down Syndrome, took up the sport in Middle School. All of his matches were exhibitions matches until Coach Brian Allfi called on Russ to fill in after a forfeit at his weight class, and he came though! . . . A new day dawned for prep sports when the U.S. Education Department (Feds) directed that schools must include students with disabilities in their sports programs. You may recall a previous directive back in 1973 called Title IX that changed the whole face of school athletics. No question, this is a historic directive, but there is one small flaw. There is no

deadline for schools to comply with the new disabilities directive – so we'll see! . . . It's apparent that Olympic football coach Tim Allbee is starting to recover from a rare viral bacteria disease called AFOP. The well respected coach missed last season, and he is not ready for this fall, but plans to return in 2014 to coach the Trojans. For someone stuck with this serious health issue, he's a fighter Within a two week period, Coach Ed Lucero, long time football coach, received two awards, the Gold Helmet Award from the WSCA and the Tony Gasparovich Service Award from the National Football Foundation. Let's applaud Ed's dedication to high school sports. His awards were well deserved.

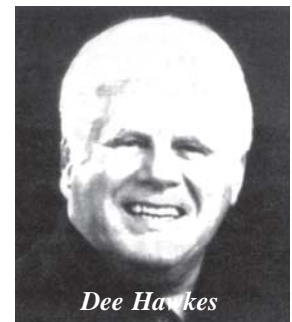
STILL SEEING RED

It is unthinkable that the Olympic Games would put free-style and Greco wrestling on the cutting board. The heart and soul of wrestling was the backbone of establishing the Olympic Games back in the early Grecian Era. Every so often, we are astonished with sporting news that makes no sense. It's too bad, that the Olympic Committee missed out on watching our awesome State's Mat Classic held in the Tacoma Dome. They would have walked away in awe of that spectacular event where amateur wrestling took center stage. Instead, the Olympics hold 15 rifle and pistol shooting events, which apparently rules the roost. Will someone bring me a courtesy phone? I would like to give them a piece of my mind.

The most accurate gauge for knowing what spring sports are about is that every possible outside athletic field is noisy. The sounds of spring sports are always a treat with so much to choose from. The drawback is handling the weather and finishing by Memorial Day weekend.

Anyone who has something to say is welcome to email me at hawkes32@comcast.net and to voice your opinion. The welcome mat is always open. Thanks for putting kids first!

See you around, I hope. ■



A MAJOR REVOLUTION IN PREP OFFICIATING

No More “Get Your Officials from the Stands” for the Kent Schools

by Lane C Dowell

Progressive thinking Kent School District Athletic Director Dave Lutes says, “We are striving for consistency and high standards of judging on a weekly basis, so our athletes know what to expect as they progress toward post season events.”

“Our goal is to have only USTAF certified officials working every field & track event, and to that end, we are willing to finance the training and the event stipends to meet that goal.”

Having read Dave’s thoughts, you may be thinking \$\$\$\$\$. Sure that is a huge factor, but I encourage you to weigh that against that horrible but realistic L word...liability, not to mention enhancing the quality of competition for one of the most participated-in sports for our nation’s preps.

As long as this aging coach can recall, it has been a struggle to get volunteers to officiate our grass roots track and field competitions.

Assuming one does get a sufficient number of moms, dads and school-spirited staff to stick around on a soggy Friday afternoon to administer your dual meet, will they possess the mastery of the rules and procedures that our athletes deserve and that we expect from officials in football, basketball, baseball, etc.?

Do our volunteer track and field officials have a feel for and understand the importance of insuring a SAFE, efficient, accurate and rhythmic competition that each of our KIDS deserve?

Or will our T&F competitors be left on hold to be introduced to quality officiating as they enter the state meet qualifying sequence, where, for the most part, trained professionals administer athletes’ attempts to move on to the next level and hopefully achieve their season-long goal of a state meet medal or to be anointed a Washington State Track and Field Champion.

Season after season we see so many athletes and coaches baffled by proper application of the rules and procedures when they encounter trained professional track and field officials.

Serving as the field event referee for a West Central District state meet qualifier in years past, two memories, which illustrate the need for better understanding and application of the rules and procedures of our sport, still haunt this ag-

ing Irishman.

1) It broke my heart to disqualify a gleeful young triple jumper that had just won a district championship due to the very noticeable presence of a bright yellow bracelet that adorned his wrist. When I asked the lead event official if the athlete had worn this bit of jewelry during the competition, his reply was, “I thought it was all right in that he was supporting cancer research. Both the athlete and official were not in tune with NFHS Rules.

2) Again serving as the WCD Field Event Referee at Tacoma’s historic Lincoln Bowl, I was making the rounds amongst my seven events. Coming down from the hill toward a section of girl’s high jumpers huddled beneath a small tent on a wet chilly day, I noticed the competition had stalled and the waiting athletes were definitely very cooled down.

I asked my head official why the competition had stopped his reply was, “We have been waiting for a girl at another event to return and take a trial before raising the bar.”

As I surveyed the shivering young women, whose competitive edge was rapidly eroding, I replied, “How long have you been waiting?”

He shot back, “Nineteen minutes.” All knew that this was totally unacceptable but...

This was a gross misapplication and misunderstanding of Excused Time from the top of meet administration down to our coaches and athletes.

The Kent Schools Plan: When discussing the plan for the enhancement of Track & Field in his district, coach Lutes said, “(I wanted to) identify a district track manager that was knowledgeable, organized, energetic and highly motivated. I found all of those characteristics in Chris Kunzelman.”

Lane C Dowell: Please detail your plan?

Chris Kunzelman: Actually, paying officials for grass roots meets is not a new concept.

Metro League and King-Co League meets currently, and have for many years, paid their meet officials. The biggest difference between the program in these other leagues and how we are approaching things within the Kent School District is that we are utilizing “certified” officials and not simply any volunteer who is willing to come out and commit to the meet schedule.

Basically, our plan in a nutshell is to hire a team of officials who will work any Kent School District hosted meet taking place at French Field. This will eliminate the need for each high school to recruit and minimally train individuals to work their home meets throughout the season. These “volunteers” may or may not have a working knowledge of track and field and therefore may make simple mistakes in officiating throughout the dual meet season which could impact the quality of athletes moving forward to the post season. By hiring the same crew or team of officials to work the entire season we ensure the caliber and consistency of officiating.

LCD: What do you expect to get/improvements for your money invested?

CK: The quality of competition for our athletes! Our goal in this program is to improve the safety, consistency and quality of each event – be it track or field – it’s all about the athletes.

LCD: Just high school varsity meets?

CK: Yes and No – The full team of officials will support all HS Varsity meets held at French Field throughout the SPSL North Division season, SPSL Championships, and West Central District III 4 A Championships. In addition, our timing/meet management will work the Kent School District Jamboree, JV Invitational and Middle School Championships, and the Kent Meridian High School Invite.

LCD: How many will be paid?

CK: Each meet will include 13 paid officials and 20 volunteers provided by the home team to support the officials at each of the events.

LCD: What training is required to be a paid Kent official?

CK: We are requiring all our paid officials to hold a current USATF membership and attend the USATF Officials Training, completing the course and becoming a certified official. To assist individuals in obtaining their certification or recertification, Kent School District will be hosting a 2-day training. Each official will purchase their own USATF membership and Kent School District will cover their certification fees. The certification is valid for the 2016 Olympiad – or for 4 years until Dec 2016.

LCD: Who will oversee/be the assigning official for the “Kent Schools T & F Officials Association?”

CK: We are not establishing a “Kent T&F Officials Assoc.” Once our officials are trained and certified they will become part of the USATF Pacific Northwest Track & Field Officials Association (PNTFOA). The majority of our officials have shown a particular interest in a specific aspect of track & field, therefore, they have been hired to work the same job throughout the season. However, by having all the officials trained/certified, should the need arise, anyone could shift jobs and fill in as needed. As the KSD Meet Manager, I have worked to recruit and assign

the officials for the season.

LCD: What drove you to craft this plan?

CK: Our son has been a competing track & field athlete for the past 8-years. After sitting at tons of track meets and waiting in the stands – often times for long stretches between events – my husband and I became certified officials. Since that time we have worked at a variety of track & field and cross country meets ranging from USATF Youth Club meets, USATF Cross Country Club Nationals, University of Washington Indoor T&F meets, the Brooks PR – high school indoor meet, many high school dual meets, invitationals, the SPSL Championships, WCD III Championships, and as the Head Event Official at the Washington State Track & Field Championships.

Throughout our time both working and watching track & field meets it has become evident that many athletes, especially in the field events, go through their entire season with sub-par officiating. This is evident by the many rules that are clearly enforced at the post-season meets that athletes often tell us they have never heard of or had enforced throughout the season. With all this being said when the opportunity arose under the vision and leadership of Kent School District Athletic Director, Dave Lutes, to set a new standard that would ensure that every athlete who competes in our stadium walks away with a high quality and safe competition experience, we jumped at the opportunity to lead the way.

LCD: Is this something that you will advocate for others?

CK: Yes! A program like this can only improve the quality of competition for our athletes statewide.

LCD: Down the road do you feel this plan or a similar plan will come under the wing of the WOA?

CK: I’m not sure....currently the WOA does not cover track & field. With the growing PNTFOA and their continued participating in the WA State Track & Field Championship as well as many of the league/district meets throughout Western WA I don’t see the need for being under the WOA.

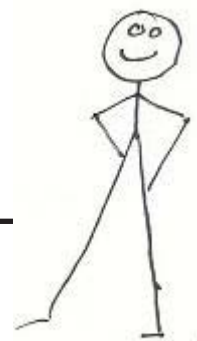
We hope to do a follow-up with Dave Lutes and Kent District Track Manager Chris Kunzelman in the summer issue of this magazine.

Kudos Kent for stepping up for our KIDS and trying to make this great sport first class. You are truly role models that deserve watching and copying. It is our deepest wish now that you have opened that door of opportunity that others will follow you through.

Author’s Bio...Lane C Dowell is a member of the Washington Track and Field Coaches Hall of Fame, who as a USATF Master Level official administered fifteen USATF national championships. From 2000-2008 he was a head throws official at these championships. Dowell, who still competes in Master’s track and field, qualified for this year’s National Senior Games in the Shot Put and Discus. ■



STICK FIGURE IDEALIZATION



Am I too fat?

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

Our society idolizes thinness, even thinness to the extreme and, by extension, exposes our susceptible athletes to an ongoing media and societal attack on their self-image. The stick thin models in the magazines and on TV appear to have minimal muscle tone. In fact, as they walk, their skinny little toothpick upper legs flop like uncontained Jell-O.

No athlete in the world with this lack of muscle tone is competitive and your athletes are no exceptions.

It was that long ago when most people were unaware of the problems brought on by eating disorders not to mention anorexia nervosa or bulimia nervosa. Two particular areas of concern are how they are treating their bodies and the way they view themselves.

Estimates of disordered eating find that approximately 3% of females, over their lifetime, will be affected to some extent with anorexia nervosa or bulimia nervosa. Compare this to the one-tenth percent of men with an eating disorder to that 3% number seen in women. The reasons for the gender differences are unclear.

We do know that with the initiation of title IX in 1972 more women have been participating in sports. Potential eating disorders in our female athletes are consistently reported in sports that place a heavy emphasis on leanness and aesthetics.

Many of our successful athletes, including females, appear to be sharing similar traits. They are highly disciplined with high achievement expectations of themselves and tend toward perfectionism.

Now on the surface, these attributes sound admirable but when taken to the extreme can cause significant mental and physiological problems. The question of body image arises early on in the lives of our athletes due to the pressure of looking good according to media standards. In an effort to counterbalance societal and media pressure on extreme leanness, consider using this self-assessment questionnaire with your athletes. It may help them identify problem areas that if shared with you, which

is obviously strongly encouraged, places you in a better position to help them out by providing support and if necessary referring them to the proper treatment personnel.

“Assessing the impact on ourselves”¹

Our culture's appearance obsession affects almost everyone. However, the degree that it affects us, and the ways we cope with it, vary from individual to individual. Use the following questionnaire to see where you fall on the appearance obsession continuum.

“Appearance Obsession Questionnaire by Joni E. Johnston, Psy.D

Put a check beside the statements that are true for you. Use a scoring system at the end of the questionnaire to see how you are doing in comparison to other American men and women. Write down the numbers of the question you endorsed; will use these later at the end with the scoring numbers.

1. I exercise at least three times a week.
2. I feel anxious if I miss one workout.
3. I find myself putting off decisions until I “lose weight” or “get in shape”.
4. I diet at least one week out of every month.
5. I weigh myself at least once a day.
6. I feel a lot of pressure to look good.
7. Buying new clothes is a major way I relieve stress.
8. I frequently compare my looks to others.
9. I use fashionable clothes to compensate for the negative view I have of my body.
10. I have avoided social situations because I didn't have the right outfit.
11. The way I appear to others is frequently not the way I am really feeling.
12. I do not go out in public without making sure I look good.
13. I would like to lose weight.
14. I feel threatened by attractive persons of the same sex.

15. I find myself acting dramatically different depending on the situation and the people I am with.
16. I think our society places too much emphasis on looking good.
17. I think my life would improve if my face or body was different.
18. I am very sensitive to comments about my looks.
19. I am easily influenced by fashion advertisements.
20. I believe that a person is totally in control of his/her weight.
21. My perception of the way I look depends on the mood I'm in.
22. People exercise primarily to look better.
23. I have had cosmetic surgery.
24. I often feel trapped in a certain role.
25. I binge (eat well past the point of fullness) at least once a week.

Scoring: For each question you checked, give yourself one point. Total your points, and read on to see what your score suggests.

0-5: You are coping with our society's obsession with looks fairly well. As we saw earlier in the chapter, most American women, in particular, are dissatisfied with their appearance and cope through some combination of dieting, shopping or exercise. In short, you are in good company!

It may be helpful to take this questionnaire two steps further. First, regardless of how you scored in comparison to others, the important factor is how you feel about your score. If you are unhappy with your appearance, or spend more energy than you want to on appearance-related tasks, this book is for you. Second, at the end of this chapter you will assess your pattern of responses. This will help you identify any patterns or problem areas that deserve attention.

6-10: Your score suggests that our society's looks obsession may be affecting how you feel about yourself and what you do. You are likely to be sensitive to appearance pressures, and may feel confined by a need to monitor your behavior and your appearance closely. It will be important to assess your pattern of responses to see specifically how your appearance obsession is influencing your life.

10 or more: Your responses indicate that you are preoccupied and dissatisfied with your appearance. Internal appearance pressures may sometimes control your behavior, and you may feel trapped in a never-ending cycle of self-improvement. You are likely to be very sensitive to appearance aspects of your environment, and may feel easily influenced by media messages that promote diet-

ing, shopping or fashion. Assess your pattern of answers to identify particularly vulnerable areas."

Before going any further, I am not saying that any of us, unless properly trained, should be diagnosing any athlete that we suspect may have an eating disorder. Nevertheless, by paying attention to the potential warning signs and alerting other professionals, including those in the medical field, we may help our athletes with an eating problems.

Here are eating disorder warning signs taken from the in the Essentials of Strength Training And Conditioning² by the National Strength and Conditioning Association to keep in mind when observing your athletes, female or male.

Anorexia nervosa warning signs:

- Repeated comments about being fat or expressing they feel fat.
- Questioning others about whether or not they think, "I am fat" when it is obvious they are clearly underweight.
- Strikingly conspicuous weight loss without an attending medical reason.
- A competitive athlete who reaches a weight that is below ideal for themselves and their sport and then continues to lose weight when the season is over.
- An obsession with food, the calories contained therein and their weight.

Bulimia warning signs:

- Secretly eating by themselves. Often time this is detected by finding food wrappers in their bedroom by their parents, and their school lockers or someone notices they are stealing food from the training table.
- Leaving the room immediately after eating, particularly after eating a large meal.
- Become nervous or agitated when the situation does not allow them to be alone shortly after eating.
- YoYoing their weight, manifested as extreme swings in losing or gaining weight.
- Finding or detecting the scent or evidence of vomiting if you are in the restrooms their room or elsewhere where the athlete has recently been. In some cases, this vomit is stored to be disposed of later.
- Finding out that large amounts of food have disappeared.

Continued on page 22

Bulimia and anorexia nervosa combined warning signs

- Frequent complaints of constipation or stomach aches.
- Noticeable erratic mood swings.
- Withdrawing from their social group
- Excessive exercise (see Appendix B) beyond what is necessary to be a top level competitor.
- A disproportionate concern about their weight.
- Following a strict diet with intermittent binging.
- Continually increased criticism of their body.
- Despite strong evidence to the contrary, they deny having an eating problem.

According to the Essentials of Strength Training Conditioning even though “an athlete may demonstrate abnormal eating patterns and cease menstruating, these symptoms alone are not sufficient for diagnosis of an eating disorder. Key clues of a serious problem are emotional swings and withdraw from social relationships.”

According to professionals who deal with this mental illness, denial by the person with an eating disorder is often present. This can cause a coach who suspects it to question their observations and gut instinct about the matter. But, make no doubt about it, it is our responsibility as coaches to help our athletes by guiding them to another professional who can properly diagnose and treat their possible eating disorder.

The first step in helping an athlete with an eating disorder is to gather all the facts possible.

Quite frequently, a roommate or a teammate is going to report to the coaching staff their concerns about their fellow athlete. The goal at this point is not a diagnosis of the eating disorder but a referral to a sports nutritionist, a mental health therapist and the athlete’s personal physician. Preferably all three will be involved at the start.

In addition to the initial warning signs of the potential problem, other warning signs may include:

- Amenorrhea
- A dramatic weight loss with a refusal to gain weight.
- The athlete’s refusal to follow dietary recommendations changes to regain normal weight.
- The athlete reporting information that conflicts with what others have observed.
- And, this may be the most significant warning sign: a strong denial there is a problem or making excuses for their physical condition.

Performance in competition does not always indicate a problem because in many cases the effect on their performance is delayed until late in the progression of the disease. It is at this point when fainting, stress fractures and continuing illness make their appearances.

Part of the problem in treating an eating disorder in an athlete is sometimes, at the beginning of the eating disorder, their performance may actually improve if the weight loss allows them to run faster or jump longer and higher. This makes it more difficult to treat because during recovery when they are regaining their weight they may find a decrease in their performance along with an inability to come up to the safe, established weight standard.

The second step in dealing with an athlete with an eating disorder is to confront the individual and then refer them someone with the ability and training to deal with the problem. You do this after making the initial assessments and in such a fashion as to let the athlete know they have many people that are concerned about their health, further adding that it appears they need a more in depth assessment by a medical professional.

During this meeting, it is important to have these other concerned individuals in the room with each one, at the appropriate time, stressing their concern about the athlete’s health and listing the observations they made which led them to the decision to speak to the athlete about the problem.

If the athlete is a minor, the parents must be notified of the conversation. Even if the athlete is an adult, the parents should be notified to find out if they are still financially supporting the athlete and if they are still responsible for carrying the insurance on the person.

The third step is a referral to a clinic or the hospital (ideally, the clinic or the hospital should have been contacted prior to the meeting to make certain that there is space for the person to be admitted).

The final step in this process is the follow-up. Each case is going to be treated individually as to whether inpatient or outpatient treatment is ordered. Treating of the two main eating disorders is a lengthy process. Their weight has to be normalized before the problems that caused it in the first place can be resolved. Relapses happen and it is up to us to be mindful of this and maintain the weight standards regardless of the athletes status on the team.

What can go wrong?

If this were a perfect world, we would all handle these situations in the most appropriate manner, but it’s not. So

Continued on page 25

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

<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 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

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Continued from page 22 - Stick Figure Idealization

we have to do the best we can and that includes not making the situation worse. Some of the more common mistakes include overly monitoring what they are eating, having frequent weigh ins, providing basic nutrition information or telling them they look fine. These may be good measures when dealing with an athlete without an eating disorder. However, they are not acceptable for one with a suspected eating disorder.

When you suspect one of your athletes of having an eating disorder, shortcuts are not acceptable. They must be referred to someone who can help them.

Providing nutritional information to an individual with an eating disorder is an exercise in futility because in many cases they already know the nutritional content of every morsel they are putting into their mouth. Furthermore, they generally know a great deal about the absorption and digestion process of their food and drink.

Eating disorders are psychological and need to be treated by mental health professionals with expertise in the area. These athletes are generally not receptive to rational discussions about how and what they are eating. Instead, they need the assistance of a mental health counselor to help them reveal their underlying fears, phobias and the insecurities that are causing problems with their eating habits.

The coaches “job is not to treat the eating disorder; it is to be aware of warning signs and to refer when a problem is suspected.”³ Having said that, there may be some things that we can do to prevent triggering an eating disorder in those athletes who are the most susceptible.

Those people the athlete cares a great deal about such as their parents, boyfriends, girlfriends, and coaches may influence them with an unknowing comment or practice that sets off behaviors leading to anorexia nervosa or bulimia nervosa.

Some of these comments come when the coach tells their athletes they could have won if they were lighter or by telling them they need to lose weight but by not providing nutritional guidelines to go along with this advice or, in my opinion, the worst of all practice; that of holding them up to ridicule by telling them they are fat.

Obviously, some athletes need to lose weight, nonetheless this weighing ritual can be detrimental to the susceptible individual, especially with college women.

“Dieting is a primary trigger for developing an eating disorder,”⁴ therefore, if we are going to ask an athlete to cut weight, common sense would tell us that we need to provide guidance on how to lose this weight, what is an appropriate amount of weight to lose, and following up

by providing ongoing body composition assessments for that athlete. Doing so decreases the likelihood that the athlete will resort to following a severe diet.

On the opposite side of the coin, asking a highly motivated athlete to lose weight without providing any guidance may cause severe limitations in their diet (see appendix A for a short “what’s normal” questionnaire) and over exercise. (see Appendix B for a short questionnaire on when exercise takes control)

Athletes who are already carrying a minimal amount of body fat will not lose body fat as fast as someone who is truly overweight. Some athletes fail to make the distinction between the two situations.

If you are weighing and taking body composition measurements, do so with a purpose. Taking these measurements at the beginning of the year provides a baseline that serves as a useful monitoring tool and provides a reference mark for the weighing and body composition tests taken during the rest of the year.

Weighing in frequently during practice in the hot humid summer season is an invaluable check for dehydration. When weighing your athletes do so in privacy, without shoes, at the same time of day and before starting practice. Most of your females are going to know their weight fluctuates depending on the time of the menstrual cycle, but just in case they do not, make them aware of this.

In conclusion, pay attention to your athlete’s welfare by listening, by observation, and by intervention if necessary.

Appendix A

What’s Normal?⁵

Where do you fall on the dieting continuum? Answer True or False to the following questions to find out.

1. I am presently dieting.
2. I diet at least once a month.
3. I weigh myself at least once a day.
4. I feel better about myself when I am on a diet.
5. I know how many calories I have eaten today.
6. I feel guilty when I have eaten certain foods.
7. I feel hungry most of the time when I am dieting.
8. I believe most women diet.
9. I believe my life would be better if I were thinner.
10. I eat less in front of other people than I do alone.
11. I believe there are “good” foods and “bad” foods.
12. I “feel fat” when I am depressed.
13. I believe I have control over how much I weigh.

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14. If I had three wishes, losing weight would be one.
15. I frequently eat when I am not hungry.

If you answered True for ten or more of these items, you are in the normal range. In fact, if you are a woman between the ages of 19 and 39, you almost certainly want to lose weight. You may even want to lose weight more than you want a date or a job promotion - most women do! Regardless of your actual weight, you are likely to participate in some form of a diet at least one week out of four. You have a one in six chance of falling into the “constantly dieting” group.

Appendix B

When Exercise Takes Control⁶

Who’s in control, you or your exercise routine? The following questions will help you assess the degree to which your exercise may be getting out of control.

Are You At Risk For Over Exercise?

Answer True or False to the following questions.

1. The way my body looks to me depends on whether I have exercised that day or not.
2. I often exercise when I have an injury or don’t feel well.
3. For one year or longer, I have exercised five or more times a week for one hour or more.
4. I feel depressed and/or irritable if I miss exercising for three days or more.
5. I find myself continually adding newer and stricter goals to my exercise routine.
6. I will dramatically alter my schedule in order to work out.
7. I feel anxious if I miss even one workout.
8. At times I have used exercise to avoid dealing with work or relationship problems.
9. I often feel like I hate my exercise routine, but feel unable to stop it.
10. I exercise primarily for weight control and muscle tone.
11. I keep detailed records or logs of my workout sessions.
12. It would be very difficult for me to change my exercise. (For example, if you are a runner, you would be unwilling to switch or alternate with aerobic dance or bicycling.)
13. I frequently find myself thinking about exercising in between workouts.
14. While I am exercising, I often find myself daydream-

ing about the possibility of a “new, improved” physique.

Scoring: Give yourself one point for every True response. Add up your total points and see where you fall on the exercise continuum as follows.

0-3: You are normally in control of your exercise schedule. Like many of us, you may at times have mixed feelings about your exercise schedule - sometimes enjoying it, sometimes not. It may be helpful to assess your exercise motivation to see how “looking good” fits in. However, your answers suggest that you are not presently at risk for over exercise.

4-6: You are in the borderline range of over exercise. It will be important to assess your exercise behavior to see how it may be affecting other areas of your life. Even if it is not, your pattern of responses suggests that you are not getting a lot of enjoyment out of your current exercise pattern. Follow the steps to see how you can change this.

7 or more: You are likely to depend on exercise for a sense of self-worth. This dependency may cause problems in other areas of your life, or you may be feeling like your exercise is controlling you rather than the other way around....

(Footnotes)

¹Appearance Obsession, Learning To Love The Way You Look, Johnston, J.E. Psy.D Health and Communications, Inc. Deerfield Beach, Florida

²Baechle, T.R., Earle, R.W., Essentials of Strength Training And Conditioning, Human Kinetics, Champaign, Illinois

³ibid

⁴ibid

⁵Appearance Obsession, Learning To Love The Way You Look, Johnston, J.E. Psy.D Health and Communications, Inc. Deerfield Beach, Florida

⁶ibid ■



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Sports Nutrition Navigator

Coaches' FAQs: Supplements May Pose Risks



What follows addresses frequently asked questions the WINForum has received about supplement/energy drink use. Information was developed with WINForum Nutrition Advisors/Presenters. E-mail questions and comments to info@winforum.org

As many as 30% to 40% of young athletes take at least one dietary supplement such as creatine, protein, or amino acids.

Why do young athletes gravitate to use of supplements/energy drinks?

In a competitive world where every athlete is striving to be the best and nobody seems to have enough time to eat right, it is hardly surprising that substances claiming to increase energy, build strength and endurance, burn fat, or increase testosterone production are popular.

Other contributing issues include:

- Body/performance image
- Advertising targeting young people
- Peer pressure
- Short-cut to improving performance

What are some of the health dangers to young athletes using supplements or energy drinks?

Unproven products – no real regulation on claims for energy or health – claims for enhanced performance can be made, valid or not.

Caffeine, Creatine, Excess Protein (powders) and other ingredients may have dangerous side effects (increased heart rate/arrhythmia, dehydration, sleep disorder, muscle cramps, kidney problems, and many more).

The FDA is prohibited from removing a product from the market unless it can prove that the product will cause a medical problem. Most health risks of supplements are discovered after the product is on the market. Supplements that are pulled from the market are usually linked to a reported serious health risk or death that is tied to the use of the product.

Highest Risk Supplements?

Certain supplements may contain small doses of stimulants that can cause athletes to test positive for banned substances. Some of the highest risk supplements are illegal, particularly anabolic steroids, which are synthetic hormones. Some athletes in high school and even middle school use anabolic steroids despite their illegal status. They are associated with severe liver disease, heart disease, behavioral changes (like marked mood swings), and many other side effects. They may also interfere with sex hormones and sexual function, and may damage sexual organs. Some of these changes may not be reversible.

What can you as a coach do to discourage use of supplements/energy drinks?

- Coaches and others responsible for youth sports need to actively promote the principles of balanced diet, good coaching and sound physical training as the best path to performance.
- Coaches should take a strong stand against cheating, and avoiding the “win-at-all-costs” philosophy.
- Coaches should be alert to athletes who show signs of the ill-effects of energy drink or supplement use problems.
- Coaches must keep in mind that they are dealing with a highly susceptible group of consumers – teens – and constantly counteract with the mantra of good food and hard work.

The Washington Interscholastic Nutrition Forum ([WINForum](http://www.winforum.org)) provides objective science based nutrition information to help coaches and athletes understand the importance of healthy eating for peak performance. WINForum recommends healthy, well-balanced eating that includes fruits, vegetables, whole grains, protein and low fat or fat-free dairy. Go to www.facebook.com/WINForum to become a fan, and follow [@WINForum_org](https://twitter.com/WINForum_org) on Twitter for timely nutrition tips.

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 _____

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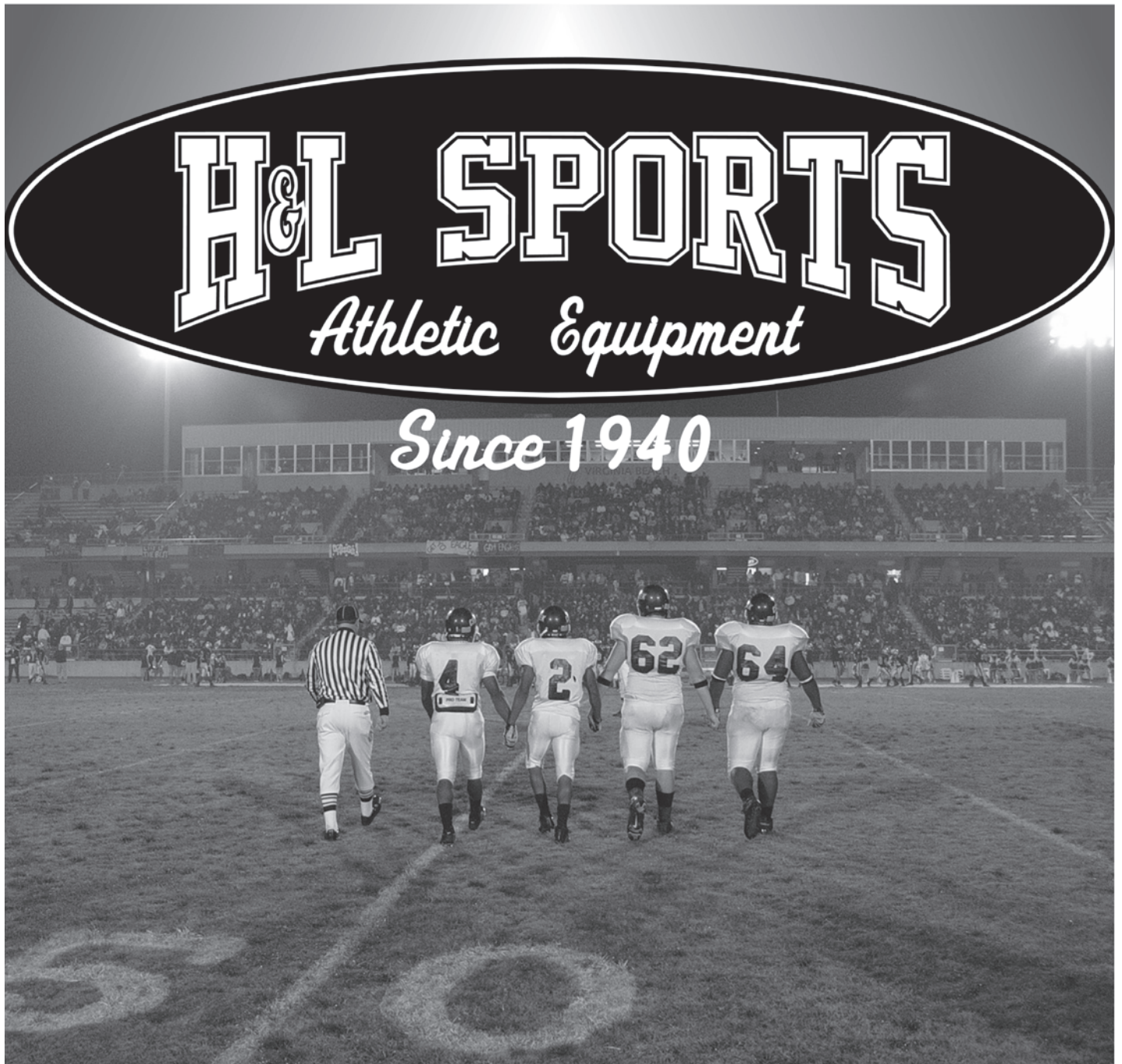


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