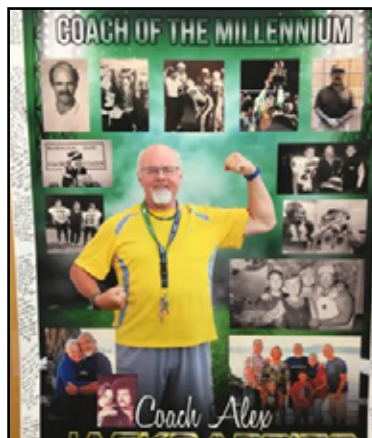
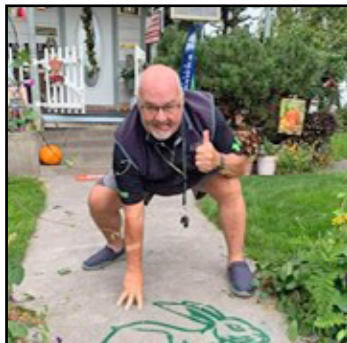
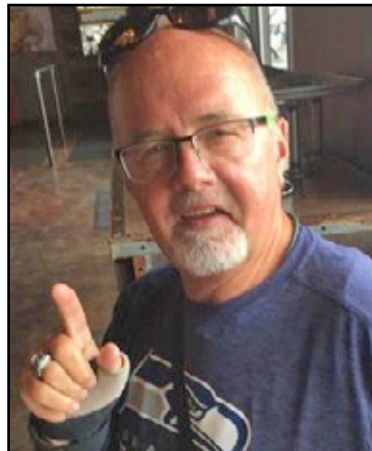


THE WASHINGTON GOACH

OFFICIAL PUBLICATION OF THE WASHINGTON STATE COACHES ASSOCIATION



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Softball - Tom Harmon, Nooksack Valley
Tennis - Brooks Hazen, Puyallup
Track & Field - Kevin Eager, Gig Harbor
Volleyball - Suzanne Marble, LaConner
Wrestling - Brett Lucas, Todd Beamer

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WASHINGTON STATE

COACHES ASSOCIATION

A WASHINGTON STATE NON-PROFIT ORGANIZATION

Our Mission

The mission of the Washington State Coaches Association is to support its membership by creating educational opportunities through sport specific clinics, provide resources which enhance the highest possible knowledge, standards and ethics in the coaching profession and to recognize and celebrate excellence of our membership, their families, teams and players.

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From the Editor

The articles in *The Washington Coach* do not necessarily represent the views of the Washington State Coaches Association. We publish articles of varied opinions and perspectives to encourage thought and discussion. If you read an article in our magazine with which you do not agree, we encourage you to write an article presenting your ideas and insights.

Presidents Message

Darrell Olson

Spring/Summer 2022

Fellow WSCA Members,

By the time this issue of our coach's magazine reaches you, the 2021-'22 high school sports seasons will have all been completed. All-in-all it was a successful year for all schools regardless of win-loss records. We all got back to some normalcy. Kids found their happy places. Coaches returned to doing what they do best. State tournaments returned. Students were cheering their teams on. Parents were yelling at officials. Interscholastic activities returned to our schools. It was all good.

Your WSCA experienced change during this 2021-'22 year. Our long time Executive Secretary/Treasurer, Jerry Parrish, has stepped down from his position of leading our association. I don't have the space to write about my feelings for Jerry or what he has meant to our association. For over 40 years Jerry served in the top leadership role and was the face of the WSCA. He brought wisdom, he brought candor, and he brought humor to all of our meetings. Whenever any coach or ISA rep or Executive Board person asked a question about anything, the response was always "..... go ask Jerry." He was the man. He served as a mentor for me when I took over as president of the WSCA. He was a mentor for coaches that served as an ISA rep or Executive Board member in the WSCA. He was the man in charge of the finances and was responsible for keeping our association financially healthy. Jerry worked hard and was responsible for securing the \$1 million Liability coverage every member coach enjoys as part of their membership. It took years of Jerry working behind the scenes with WIAA and AD's, statewide, to get our membership card as a ticket into all post season games/tournaments. Jerry's humble demeanor never afforded him to share his coaching accomplishments. He spent 32 years as the coach of the North Kitsap football team, turning their program into not only a winning program, but one that athletes learned how to be successful in life. He was on the Everett Community College championship football team in 1954 and was inducted into the EvCC Sports Hall of Fame in 2016. He was also inducted into the Washington State Football Coaches Hall of Fame in 1993. Jerry's best qualities were respect, honesty, and high expectations. He carried the leadership qualities that he used in coaching to the WSCA. One example is his unique spin on meeting times... never on the hour or half hour. Meetings were called for 9:01, or 10:59. This obviously was to exemplify that "I don't mean around that time, I mean that exact time." It worked. Jerry has never quit teaching and coaching. In the past two years, Jerry created a group of board members to mentor and teach all the aspect of his responsibilities with the WSCA. Without this, our organization would have been somewhat in the dark on all the duties that are involved with the Executive Secretary/Treasurer position. Because of that great experience, the WSCA will not miss a beat in making sure the organization is thriving. Because of Jerry's overwhelming contribution to the WSCA, the Executive Board has decided to name our 'Student Teacher Scholarship' in his name. He was a teacher and a coach who taught students and athletes lifelong lessons. We will never be able to count the number of lives he has impacted. Jerry was quoted as saying, "one of my favorite things is when I get a wedding invitation from a former player."



Jerry Parrish will always be a welcomed member of the WSCA and will remain on the Executive Board as an 'Emeritus' member for as long as he would like. We all hope we can live up to Jerry's high expectations, and like he used to tell his teams, "The biggest room in the world is room for improvement".

It gives me great pleasure to announce that Rob Friese will move into the position of Executive Director/Treasurer of the WSCA. Rob's background in education and coaching is extensive and his professional experiences checked a lot of boxes for our Executive Board to nominate him to succeed Jerry Parrish. Most of Rob's professional career was spent in the Willapa Valley School District. He was an English teacher, Head Football Coach and Principal for sixteen years, and served the last eight years of his career as Superintendent.

Rob's has served on the WIAA Executive Board and worked closely with the previous and current WIAA leadership, as he was the WSCA Liaison to the WIAA Rep Assembly. He knows the functions of WIAA and the WSCA. With Rob's Superintendent experience, he obviously has the necessary qualifications to handle our budget development and monitoring our expenses and income. He came onto the WSCA Executive Board in 2007. Rob was the person directly responsible

for our association becoming a 'Clock Hour Provider', working with OSPI in making it a reality for us. He served as my Vice-President for four years before beginning the transition into the leadership role of the association. He has been active in refining our membership categories, working with Group Administrators for a smooth registration process come June, and researching our insurance premiums making sure we are getting the best 'bang for our buck' with our liability insurance. I, and our Executive Board, are excited to have Rob taking over as the Executive Director/Treasurer and look forward to working closely with him and continuing the excellent work the WSCA is doing for our coaches in the state.

The WSCA Executive Board has adopted the operating budget for the 2022-'23 school year.

Membership has bounced back this year following a dramatic 50% decline the previous year, but we are still way below our 'pre-pandemic' membership level of 4,800 coaches. This year's budget reflects an conservative increase in spending and income. The Executive Board takes their responsibility of being good stewards with the association's finances very serious and reviews the budget monthly.

Enjoy the summer. Be thankful.

Darrell Olson, President ■

Goodbye for now My Friend...

I miss you Alex! Those words are so unbelievably inadequate to describe the empty place in my heart. Even though the sun still comes up I don't believe it is as bright as it used to be. How someone so full of life, someone who so many of us depended upon, looked to for guidance and support is no longer a text or a phone call or a short drive away is something near impossible to understand and accept. I still find occasions to smile and even laugh but not as often. You provided so many of those opportunities for all of us. When it was time to work, we worked. When it was time to play, we played. Both those tasks were taken on with enthusiasm and passion at a level only you could reach. We were challenged to keep up.

There was nothing you would not put your whole heart and soul into if you believed it was important, worthwhile or would help someone in any way possible. You spent little or no time thinking about how difficult or challenging an issue might be. Rather than wasting time or energy talking about why it can't be done, you ran into an issue head on, jumped in with both feet and would let nothing stand in the way of finding a solution. The WSFCA, WSCA, WIAA, the Earl Barden Classic, the community of Quincy and indeed all those involved with interscholastic athletics throughout the entire state benefited from your leadership, knowledge, insight and love for athletics.



Mike Schick and Coach Bill "Alex" Alexander

Your work and successes are well established and leaves a legacy of someone who will never be forgotten, forever missed and forever loved.

To know you are no longer in pain, no longer suffering and surrounded by loved ones who have gone before you puts my soul at peace for a little while. You never walked away from a challenge and I believe you have left all of us a challenge now. I believe the challenge you left us is to live our lives to the fullest extent possible, to make a positive difference and to always see the good first. Even though our friend, our colleague, is no longer able to walk beside us, Coach Alex will never be away from our hearts.

Editor's note: Bill "Alex" Alexander was one of my closest friends. While it was my choice to put Alex on the cover as a tribute to my friend and all that he meant to so many, it is in no measure a gesture to minimize the loss of our fellow coaches and an official you will read about in this issue. Coach Clifton was one of my high school coaches. His passing is equally tough to accept and will serve as a reminder to cherish the time we have with the people who have made positive differences in our lives.

Mike Schick ■

Washington State Coaches Association

- Eligible to coach in sanctioned WSCA all-state games. WIAA will only authorize WSCA sanctioned All-State events.
- Receive reduced fees at WSCA sponsored coaches clinics and WIAA clock hours toward coaches education certification and/or salary placement
- Honor member coaches for their coaching achievements through our Career Recognition and Lifetime Achievement programs.
- Provide reimbursement to each Individual Sport Association for enrollment in the WSCA.

For registration information please visit:
washcoach.net

Why Should I Become A Member?

This \$40 question is asked by many coaches in our state. The first answer is that the WSCA is a professional organization for Washington State high school & middle level school coaches. *We exist to support your efforts as a coach.*

- Professional education and training, to earn clock hours and coaching education hours.
- Availability of a pass, using your membership card, for entry into **ALL** WIAA state tournaments, **ALL** regional tournaments, and **ALL** district tournament games, state wide!
- **Liability Insurance coverage of \$1 million** for our membership while working a scheduled, sanctioned and supervised WIAA sport or event.
- An opportunity for your son or daughter to apply for WSCA scholarships. (i.e. **Burnett-Ennis, Terry Ennis, Student Teaching**).
- Eligibility for your sports' **Hall of Fame and Coach of the Year** recognition.

OTHER BENEFITS:

- Coordination with the state governing association (WIAA).
- Input through the Individual Sport Association Representatives into the WSCA.
- By becoming a member of the WSCA, you are taking a proactive approach to working on issues facing our coaching profession.

SCAN HERE



A Message from Rob Friese

Executive Director/Treasurer

As the 2021-2022 membership year is quickly coming to a close, there is some important information to share that you may or may not already know. We will finish this year with 3,752 members, up from about 2,800 last year...but still down from our pre-Covid number of 4,800 members. We are confident that this upward trend will continue. Of our membership, 2,725 are members of school groups that pay for their coaches' membership and 1,027 are individual registrations. We encourage you to negotiate with the powers that be, i.e., coaches union, athletic director, school board, to ask if they are willing to pay for the mem-

bership fee of coaches in your school. Utilize the Member Benefits page to let them know the benefits for the district, and also, that it is a great thank you for all the time coaches put in throughout the year. <https://washcoach.net/memberBenefits.php>.

It is important to note that our membership runs from June 1st of each year to May 31st. If you plan on becoming a member, it benefits you to sign up early in the summer in order to take full advantage of the benefits throughout the entire school year. At the end of May, you will see a "Coming Soon" on the membership signup page while we transition our records to the

new year, 2022-2023. On June 1 open membership should be available.

Finally, we have been utilizing our "Mass Mailing" abilities for communications to coaches. We can send emails to all members, group administrators, or individual sport groups. As a member you can also utilize this if you are advertising for a clinic or event related to your sport. Feel free to contact me if you would like to take advantage of this benefit.

Feel free to contact me with any questions, either at robfriese@gmail.com or contact@washcoach.net.

Good luck to all as we enter into another athletic year. ■

Membership runs from June 1 to May 31

The Washington Coach Magazine



In order to provide more time between issues, "The Washington Coach" will have new deadlines starting this fall in September.

NEW DEADLINES

Fall Issue - September 14

Winter Issue - January 14

Spring Issue - May 14

A huge thank you to all those who have contributed to our magazine by submitting articles, sending pictures or offering suggestions. Our magazine is a work by and for our membership and we are committed to creating a publication which serves the best interests of the WSCA.

Please consider writing for your magazine by submitting your work to Mike Schick at wscs-editor@comcast.net. ■



Hearing their final whistle...

Coach Terry L. Munsell



In Loving Memory of Terry L. Munsell

Posted Monday, April 25, 2022 5:21 pm by The Chronicle and reprinted with permission

Terry L. Munsell, 74, of rural Chehalis, Washington, passed away April 13, 2022.

Terry began his life in Napavine, Washington. He lived a half block away from the school. Terry attended grade school and Napavine High School there and that is where his love of sports began, playing little league and Babe Ruth baseball. Later, he excelled as a running back and defensive back in high school football and was a pitcher and shortstop in baseball. In track, he also excelled at the broad jump and as a point guard in basketball.

Terry married his high school sweetheart, Lorita Phillips, at Chehalis Baptist Church on Sept 20, 1969. Terry graduated from Seattle Pacific College in 1970.

During college, he worked at the old Callison's in Chehalis, driving shipments of floral greenery to Oregon and up the British Columbia Coast to Powell River, BC. It was a white-knuckle trip that included two ferry crossings and could start in brilliant sunshine and end in snow.

He then worked with Lorita's father as a carpenter at Northwest Homes in Chehalis. Terry received his first teaching position at Boistfort School in 1971 and spent one year teaching a combination of seventh and eighth grade classes while coaching football and basketball. Terry then taught 13 years at Adna and coached football, basketball, track and girls fastpitch. The next four years, he spent at Napavine, and finally, finished his career with 21 years at Pe Ell High School in Pe Ell, Washington. Coaching was always his first love: football, basketball, track and baseball. He loved them all and working with the kids. Terry actually called all his students "his kids." Sometimes it was hard to know whether he meant his children or his students.

Terry and Lorita's first trip after retirement was a six-week long trip with their travel trailer, traveling down through California and back up the Oregon Coast, staying at any campground near the ocean. The next fall, they had a memorable road trip

in their car through Yosemite, Tioga Pass, Lake Mono, Death Valley, Las Vegas, enjoying a train ride from Williams to the Grand Canyon, Sedona, Zion National Park, Cedar Breaks, Bryce Canyon, Ogden, Utah and Great Salt Lake, then home through Idaho and Oregon. It was 27 days of fun sights. Together, they enjoyed many trips back east to Connecticut to visit their daughter's family and the nearby states of Massachusetts, Rhode Island and New York. In 2016, they finally got their whole family to Hawaii together, a bucket list item of Terry's. In the spring and fall, they continued to spend two weeks in Carlsbad, California, plus another two week trip to Hawaii every year, along with a few camping trips to the beach. In 2018, a special trip was made with friends to Hawaii island and Oahu. Terry and Lorita's last few trips to Arizona were to visit good friends. The latest trip in February 2022 was very important to Terry, as it was just before he got sick.

Terry was very involved in his children's lives, Dani and Scott, and their sports and music. During their youth, the family took frequent trips to attend their musical events, as well as Dani's fastpitch softball games and tournaments and Scott's motorcycle races. Together, they also took many camping trips to the beach, especially Kalaloch, on the Olympic Peninsula and two memorable trips to Disneyland. The family made frequent four-wheel ATV excursions with close friends to Capitol Forest and to the Boistfort-Pe Ell area. During the summer, Terry played slow pitch softball, mostly with the Yard Birds team. He and his family traveled to many games (112 one summer) and tournaments with the same group of players and families who quickly became another extended family and life-long friends.

In recent years, he was so proud of his grandchildren, who participate in many sports including taekwondo, archery, wrestling, fastpitch and all their musical endeavors.

ors. Terry played the trumpet for many years, passing it on to his son and granddaughter, who currently plays his trumpet at Chehalis Middle School. With the help of Lorita's father, Lorita and Terry built their own house and he continued to enjoy working with his hands on carpentry projects around the home. Terry built a huge pirate ship for his grandchildren in the backyard, adding to it every year.

Terry was preceded in death by his father Terrell A. Munsell, mother Jean L. Snodgrass Munsell Unfred, stepfather Franklin Unfred, and Lorita's father and mother that he was very close to, Emerick W. Phillips and Thelma M. Phillips, who often said he was the son they never had.

He is survived by his wife of 52 years Lorita N. Phillips Munsell, daughter Danielle Munsell Howard, son-in-law Rob P. Howard, son Scott A. Munsell, daughter-in-law Joanna Saari Munsell, grandchildren Jackson P. Howard, Fox A. Howard and Jared M. Munsell, and granddaughter Breanna L. Munsell.

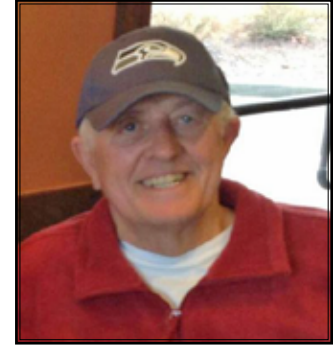
The family would like to thank Providence Centralia Hospital Emergency Room staff, the nurses and doctors on the second floor for their compassionate care and Assured Home Hospice, who worked so quickly to get him back home with us. ■



Hearing their final whistle...

Coach James V Clifton

March 7, 1942 - April 23, 2022



Allyn, Washington - James V Clifton, of Allyn, Washington went to be with The Lord on April 23, 2022. He was surrounded by his family. Jim was born in Puyallup, Washington and graduated from Puyallup High School in 1960. At PHS, he played football, basketball and baseball and went on to graduate with an education degree from Central Washington State University where he also played basketball and baseball. Jim was inducted into the CWSA Athletic Hall of Fame in 1993 and Washington State Coaches Hall of Fame in 2008. Jim's coaching career began in

Sultan, where he spent 2 years, and then his alma mater called, and he moved to Puyallup where he became the head basketball coach and PE teacher in 1978. He was an assistant basketball coach at the University of Puget Sound for 4 years and finished his coaching career as an assistant while also serving as Athletic Director for 4 years at Life Christian Academy.

Jim gave his life to his Lord and Savior, Jesus Christ, in 1996 and served the Lord at Bethany Baptist, Life Christian and North Mason Bible Church.

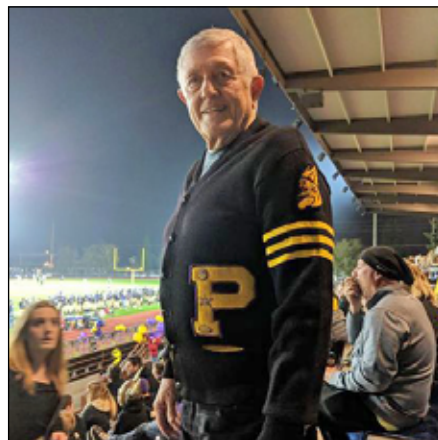
In retirement he loved to go on family vacations with

his grandchildren and play golf with his wife, sons and friends at LakeLand Village.

Jim is survived by his beloved wife of 25 years, Beverly Clifton, his four children, Kim Kviteng (Martin), Jim Clifton (Teresa), Jayson Clifton (Shannon), and Chad Ricketts (Kate). He is also survived by 12 grandchildren and 2 great grandchildren.

There will be a celebration of life Sunday, August 14, 2022 at 3:00 at Bethany Baptist Church, Puyallup, Washington with a reception following.

Jim asked before his passing that in lieu of flowers, contributions be made to Puyallup High School Athletic Department or Central Washington State University Athletic Department. ■



Just Ordinary People with Super Talent

by Lane C Dowell
Correspondent for the Washington Coach
WSCA Lifetime Member
WIAA Coaches HOF
Retired teacher/coach, Bremerton High School



We all have experienced that moment of excitement when meeting a celebrity past or present. In my life, I've had a number of opportunities as I know you have. Sometimes it's well planned, but most of the time it's an unprepared moment where you walk away amazed that a hero was right next to you. Security has built some walls in today's busy lives; however, most professional athletes still seem to enjoy being a mentor for our youth and prep students.

My folks were both athletic – my dad was a catcher at Edison High and Bellingham's Washington State Normal School, now known as Western Washington University. I was obsessed with my father's catching equipment stored in our Hoquiam garage. My mom was a state tennis qualifier from Bellingham's Whatcom High and, like my father, a great student. I never did beat my mom at tennis. My Irish grandmother, however, was the one who taught me how to shoot a basketball. We had a basket at the bottom of our driveway, and she and I were there night and day. I also loved sandlot football at the old Emerson Avenue triangle. I took one of my hardest hits there from a girl...my classmate and friend, Patty Mitchell Talley.

I remember four greats as a young kid in Hoquiam, thanks to my mom and dad....

Grays Harbor Chokers and John Madden:

Grays Harbor College added more football to the fall weekends already filled with the Hoquiam Grizzlies and Aberdeen Bobcats. My dad and I would go down on the Choker field and shake the players' hands after the game. Madden had made quite an impact on many, so we often sought out his big muddy paw - no plastic grass in those days – the field was a quagmire.



Madden ALWAYS sought out youngsters and, whatever the outcome, he was there with a smile and shook every hand that was thrust toward him. I so enjoyed congratulating him on a great play or two.



Paul Hornung (1935-2020) a Notre Dame Heisman Trophy winner - The 'Golden Boy' led the Green Bay Packers from 1957-1966.

East-West Shrine All-Star Game and Paul Hornung:

For my 14th birthday, my mom surprised me with a train trip to San Francisco to see the East-West Shrine game, West All-Stars winning by one point.

When the game was over my mother grabbed my hand and said, "Come on, we're going down on the field to get some autographs." Mom led me through the crowd to the muddy field at Kezar Stadium, and after collecting a few of the players signatures, I looked for Hornung, a college favorite of mine with the Fighting Irish. He appeared to meet me halfway and offered his hand to me saying, "Come on, let's go into the locker room."

It was as if a divine being had spoken. Mom motioned for me to go. I'll never forget that special day and what Hornung did for me.

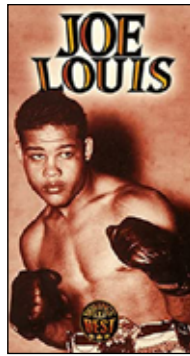
Joe Louis and Pro-Wrestling:

My dad asked if I wanted to go with him to see former boxer Joe Louis who had been brought in to referee a Pro-Wrestling match. I vividly recall the staged fight at

#51 Madden (1936-2021) attended Grays Harbor College in 1956 before heading to Cal Poly. A knee injury at his first NFL training camp with Philadelphia ended his playing career. He was a 10-winning season Raider Coach and then a 30-year NFL Color Commentator.

Miller Junior High in Aberdeen....Two 'Wrsslers' went through striking attacks and acrobatic motions until Joe Louis just decked one of the fighters - exactly what the excited spectators came to see.

After the match, my friend and I scurried down to the locker room to garner autographs on our programs. The door was ajar, and we could see the previous combatants standing beneath a shower laughing along with the great Brown Bomber sitting on a bench. Hmm, they had just been beating up each other moments ago. As our mouths dropped, Joe Louis noticed us and made his way toward the door. We held out our programs asking for an autograph. He politely granted them to both of us.



Joe Louis (1914-1981) the 'Brown Bomber' reigned as the World Heavyweight Boxing Champion from 1937 until 1949.

his teammates (AND the assistant coaches) who were bunched in the far back of the room with their helmets on. Semancik comes in the room and garbage cans and chairs start flying. Lesson #1 learned.

Later, we attended the UW game where Mike, a Cal Golden Bears Deep Snapper, collided with UDub Punt Returner Kyle Heinrich (the son of former Bremerton's All-American and NFL Pro, Don Heinrich). Both bodies went to the turf. Mike, determined to do his job, got up and ran back into the huddle....the team looking at him strangely. He was in the wrong huddle. We met him after the game, and he was himself... just Mike.



Mike O'Brien decided to call Cal's head coach Mike White while stopping for gas in Berkley. He was on his way to a Stanford campus visit as a verbally committed player. Coach White invited him to dinner, and he never left Berkley, signing on as a Golden Bear. He had a cup of tea with Seattle's Seahawks in 1979, then the Oakland Invaders. Multiple concussions as a collegian and a professional player sent him into football retirement. He now owns the O'Brien Auto Group with numerous dealerships in Western Washington and Oregon. A true friend. This '73 team has many heartfelt memories for me.

Thanksgiving Day and John Elway:

My father's first job in Hoquiam was a high school PE teacher and one of his students was the all-time Grizzly great, Jack Elway. Years later, our family was out for a



John Elway, one of the greatest NFL Quarterbacks, playing 16 years with the Denver Broncos.

Thanksgiving meal. A man and young boy made their way over to our table. Dad rose to greet them. "Mr. Dowell, how are you?" The five-year-old extended his hand as he heard his father say, "I want you to meet my son, John."

I was lucky enough to do some kid-sitting later with he and his

cousins when they came down from Port Angeles to visit.

As with all teachers and coaches, there are some students you know will stand out in the field they choose. Though Bremerton has had (and still have) their pro athletes and Olympians, these three stand out in my memory.

Mike O'Brien

Mike O'Brien was a great running back for our 1973 Wildcats. He had transferred from a north Seattle School in his Junior year and seemed to immediately fit in with every group of kids at Bremerton's West High. During 2-a-days, we found that Mike could hit anyone at any time...and often paid dearly for it. There was a slight cocky side to him, but Chuck Football immediately humbled him.

At his first game, West didn't have a great first half. The athletes crowded into the visiting locker room where Head Coach Chuck Semancik would speak. Mike sat down on the first bench and took his helmet off, not paying attention to

Tony Boddie:

The Boddie name was well known in Bremerton and Tony Boddie was no exception. He graduated in the merge of East and West High to today's Bremerton Knights.

He was a solid football athlete - as it became better known at college and the pros. I remember following him throughout his football career, but it was his involvement in kids after he retired that I really enjoyed. Working for the Nestle Corporation, Tony carried a giant 5-pound Nestle Crunch for exceptional plays at Bremerton where he later became a volunteer coach and motivational speaker. There were times when he and I would go to local high schools where he would present his 'Three D's' to student athletes...Desire, Determination, and Discipline. And, it didn't stop there - at a pre-Super Bowl program with the Bremerton Sons of Norway, he threw away his prepared speech and winged it, blowing away his senior audience into a standing ovation.



Tony Boddie played football at Montana State and then joined the LA Express where he out-rushed Heisman Trophy Herschel Walker of the New Jersey Generals. Boddie was a Super Bowl XXII Captain, voted by his teammates, for the Denver Broncos in 1988. The only touchdown QB John Elway was able to make in that game was when Tony made the block that allowed Elway to throw the ball.

continued on page 10



Kevin Sargent signed as an undrafted free agent to the Cincinnati Bengals in 1992 after receiving All-American Honors as an offensive tackle at Eastern Washington University. He quickly developed into a starter and became the highest paid offensive lineman in Bengals' history.

Kevin Sargent:

I still recall the first time I met the Big Guy. Kevin Sargent was a tall and lanky 8th grader and was led into my World History classroom by a student on the Bremerton High Freshman basketball team. I was informed that Kevin received early dismissal from the middle school so that he might ride with the team to their afternoon game. Kevin sat in on the rest of my class and when time came for the frosh team to leave, all left together. Later, he was on Bremerton's football roster where I worked with him. And, about a year ago I received my second Covid shot from his daughter.



Alex Smith, 2005 #1 draft pick as a Quarterback from Utah, played 16 Seasons with San Francisco, Kansas City, and Washington D.C....and received the Comeback Player of the Year in 2020.

Alex Smith:

I coached with Doug Smith, Alex's dad, at Olympic High for a couple years while still teaching at Bremerton. We met Alex soon after he was born.

Probably my favorite time with him was at the 2004 Utah/52-BYU/21 game where Utah was assured a Fiesta Bowl invite after a 11-0 season.

My least favorite day was November 18, 2018.

Another couple stories while I was teaching and coaching....

Lou Holtz:

Being an Irishman, a coach, and having mentors that instilled mental toughness into their teams, it was only fitting that I would take every opportunity to see Coach Holtz speak.



Lou Holtz served as a head coach who led six different colleges to bowl games including Norte Dame's 1988 12-0 season and a victory in the Fiesta Bowl. He later became a CBS football analyst and retired from ESPN in 2015.

After his talk at a coaches clinic, I was so revved up, I felt as if the team was ready to take the field right then.

I sought him after the talk to thank him. He reached out his hand and with a big smile asked me where I coached. I told him how much I enjoyed his talk, giving him my coaching status, and that I was a longtime fan of Irish football.

His comeback to me was, "a high school coach...the most important kind."

Yogi Berra, my wife's friend:

My wife was on a company special project and invited me to spend my Spring Vacation with her in Jacksonville, Florida. I left school and caught the red-eye getting to my destination mid-morning. A room key was left for me at the hotel with a note saying Deanna would meet me in the hotel bar around 4pm.

Refreshed, I walked into the dimly lit bar and saw a table of three women (she and her two cohorts) and a man. As I walked closer, my jaw dropped....was that Yogi Berra sitting next to my wife? Deanna saw me, stood to give me a hug, and introduced me to her friend, "Yogi...what was your last name again?"

Being a Yankee fan all my life, and Yogi a favorite, I couldn't believe my eyes. I sat and we resumed laughing and conversing at the table while longtime Yankee manager, Billy Martin, crouched at the bar with too many empty glasses in front of him.

Apparently, this was the Yankee living quarters during Spring Training (which she had forgotten to mention), and she and Yogi had come to know each other while assessing the hotel maids' antics.

A surprise of a lifetime.

My USATF officiating for 25 years and competing in the Masters meets introduced me to many star athletes, however, there were a couple of surprises that came into play.

Wilt Chamberlain:

When I first started my master's degree in Sports Administration at the UW, William Harper, a visiting prof from Purdue, entered the classroom. We were to call him Bill and most of our class time would be outside on the grass.

Bill talked about our paperback text on 'Play', giving us our first assignment: We were to select an interesting person and follow them as best and for as long as we could.

That weekend, my wife and I drove to Eugene to help



Yogi Berra (1925-2015) is regarded as the greatest baseball catcher in baseball history, spending the majority of his playing time with the New York Yankees - 17 seasons, winning 10 World Series championships as a player. He then traded coaching and managerial spots between the Yankees and the Mets for about 30 years.

officiate a youth track & field championship. We arrived very early so I took a seat in old Hayward Field to watch some of the races.

It was not long before I noticed a very familiar figure in the crowd who was surrounded by uniformed kids of various ages. Being an all sports fanatic, it did take long to register. It couldn't be but it was, Wilt Chamberlain.

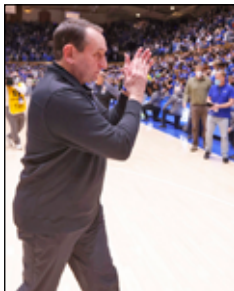
I recalled reading an article where his abilities in track and field were mentioned, so I went over to shake his large hand which nearly swallowed mine. I told the towering giant how much we had enjoyed his play, briefly mentioning one game against the Sonics that we had seen.

In that he was herding his youth, he was very busy, but I took a chance and asked him if he minded if I followed him and his team for a while. It was like a guided tour as the big guy steered each of his charges to the proper event. I discovered that this record-breaking NBA athlete had big heart for all youngsters and did understand FIELD & track.

Monday, my assignment on Play was very popular with my classmates.



Wilt Chamberlain (1936-1999) started as a Harlem Globetrotter until he was drafted by the Philadelphia Warriors who later moved to San Francisco. He also played for the Philadelphia 76ers and the LA Lakers. He was the only player to average at least 30 points and 20 rebounds per game in a season....seven times. And, only player ever to score 100 points in one game.



Coach K served as the Duke University Head coach from 1980 until 2022. He led the Blue Devils to 5 National Titles and 13 Final Fours.

Mike Krzyzewski – Coach K:

Deanna and I were invited to officiate at a NCAA T&F Championship in Durham, North Carolina at Duke University. They really rolled out the red carpet for this cadre of officials from all over the U.S.

A welcome-to-Duke dinner was held on the iconic floor of Cameron Indoor the evening before the competition began. Coach K gave a short welcome to Duke, and all the Blue Devil luminaries welcomed the group to look around if so desired.

When dessert was served, I thought it was a good time to explore Cameron. So, up a flight of

stairs I went to check out the offices. I peaked in the open door with Coach K's name on it and sure enough Mike Krzyzewski was seated at his desk.

He motioned me to step in, and I shook his hand as I briefly explained where we were from and what we officiated. When I mentioned Bremerton, Washington, he knew

of Bremerton High Marvin Williams and mentioned that he would have liked to have recruited Williams...who later helped the North Carolina Tar Heels win a national title.

My Negro Leagues Bat – Buck O'Neil & Willie Mays:

We were in Buffalo, New York for a World Masters T&F Championship and decided to explore the area after the competition finished. I knew Cooperstown was near and wanted to see the Baseball Hall of Fame and Museum.

We stopped in a baseball memorabilia store in Cooperstown after the museum. The proprietor was forthcoming with a plethora of advice for a collector who had stopped collecting baseball cards when he left for college.

He urged me to include in my collection a classic - it must have a 'Centerpiece'. After a long discussion, I purchased a bat designed for autographing. The owner was advertising a show of Negro League players in Cooperstown later and said if I left the bat with him, he would have all the Negro Leagues HOF athletes coming to his show sign the bat and then ship it to me for what I thought was a fair fee. I took the bait.

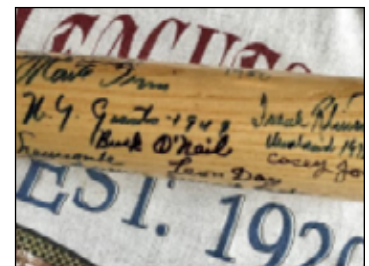
The bat was safely shipped back to me with all the Negro League Hall of Famers signatures in black felt-tip pen (an important point for my collection). I had not met any of these athletes, but I used their names to research the history of Negro League Baseball.

Field and Track soon took us to the Midwest. BINGO! Kansas City and the Negro Leagues Baseball Museum. What a phenomenal piece of sports history!

The late Buck O'Neil and I had a long talk, and he remembered signing my bat at Cooperstown. After the conversation, I made the decision that only athletes that played in the Negro League would be in black ink and those who eventually crossed over to the Major Leagues would sign with a blue felt writer. That is my bat today.



Willie Mays played for the Birmingham Black Barons before joining the New York/San Francisco Giants as a Center Fielder for about 22 seasons. He holds the record for the most putouts as an outfielder (7,095) and most extra-inning home runs (22).



Buck O'Neil (1911-2006) played first base for the Kansas City Monarchs. He became the first African American coach in Major League Baseball in 1962 with the Chicago Cubs, however, he was not assigned in-game coaching duties or allowed to manage the team.

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As time went on, I was fortunate to do a Saturday morning sports show on local AM 1490 radio in Bremerton. We were lured by promoting autograph shows in the Puget Sound area on our Coaches Corner show...free admission, and I slowly started filling my bat with signatures.

I still recall how excited I was when we were invited to a show at the Tacoma Dome featuring Willie Mays and Don Larsen. I was told not to try and talk to either of them, however, Larsen became quite taken with my bat and asked me about it. Mays signed it in blue ink.

Today, the bat has 28 Negro League athletes' signatures – seven of them played in both the Negro League and the MLB.

Tommie Smith:

We were invited to hear Tommie Smith at the Seattle Academy in 2008. His presentation was called, 'The Silent Gesture'. Smith, the Gold Medal recipient, and John Carlos proudly raised their black gloved fists to the heavens after receiving their medals at the 1968 Olympics in Mexico City. He talked about the heated comments from both Blacks and Whites when he returned to the United States....a very valuable learning lesson.

A few days later, I was competing at the West Seattle Stadium and noticed Smith in the stands above the shot ring we were using. I suspected that he had become aware of the Masters competition by someone who had attended one of his talks and was curious about the event.

Being a history teacher and having a bit of time before my discus trials, I thought I would work my way up the stands where Smith was seated. As I moved nearer to the '68 Gold Medalist, his security team rose to meet me. They looked more like an OLine. Smith, much smaller, motioned to me and mentioned that these fellows went everywhere he did and met



Tommie Smith received his Gold for a 19.83 second 200-meter sprint in the 1968 Olympics, the first time the 20 second barrier was officially broken. He and teammate, John Carlos, headed to the medal award podium with black gloved hands and black socks – no shoes – to represent African American poverty in the United States. Up to the second the awards were given, the two were unsure of how they would represent themselves to the world. Their gesture led to the banishment of the two athletes from the Olympic Games. Smith and John Carlos both attended San Jose State and were Black Power supporters. Today there is a statue of Smith and Carlos on the medal stand on the college grounds, and he is still an active supporter of the school.

no harm. Noticing the Silver medal dangling from my neck, we struck up a warm conversation. I heard the first call for my group and thought I better get going.

I will always remember the warmth and kindness of Tommie Smith.

I was lucky enough to have a local radio show and a local cable TV sports show in the 90's. Friday nights were filled with scores from all over Washington – KIRO 7 (Linda Cohn now with ESPN) and our group regularly swapped incoming scores and the local Silverdale Hotel invited our guests to Saturday breakfasts while we interviewed prep athletes.

All American Girls Professional Baseball League:

During this time, I was introduced to some of my favorite to-this-day athletes.

The Tacoma Sports Card Shows were amazing. One year, four women from the All-American Girls Professional Baseball League were star billing. The 1992 film, "A League of Their Own" had been released and I was lucky enough to interview them.

Pepper Davis was the spokesman for the group and told some great stories. Her final interview statement was, "We're heading for Hawaii next...We're putting a new meaning in "Kumonawannlayu."



(Top Right) Dottie Kamenshek (1925-2010) First Baseman/Rockford Peaches 1943-53. Her personality was played by Gena Davis even though Davis was the catcher in the movie.

(Bottom Right) Alice 'Lefty' Hohlmayer (1925-2017) First Base & Pitcher/Kenosha Comets 1946-51. She played one of the 'wild women' in the movie as she was known to have a boyfriend in every city.

(Bottom Left) Pepper Paire Davis (1924-2013) Short Stop & Catcher/Racine Bells 1944-53. Pepper was the Technical Advisor for the movie and claims her position (but not her personality) was played by Gena Davis.

(Top Left) Marge Wenzell (1925-2014) 3rd Baseman/South Bend Blues 1945-53. In the movie she was the person who attempted to tag Madonna's slide-in (whose character was Faye Dancer) out at 3rd Base.

Finally....Keep your eyes open, even after you retire -



Ken Griffey Jr, the #1 draft choice in 1987, played Center Fielder for the Seattle Mariners for ten years until he joined the Cincinnati Reds where his dad had played. His 630 home run record ranked 7th most in MBL history. Seattle welcomed him back as a special consultant and he has now become the first former player to hold a partnership interest in the Mariners. His Upper Deck Rookie baseball card really brought back card collecting again.

married an athlete in her own right from Gig Harbor High. I speculated that perhaps, after the induction the day before, that the Griffey entourage may have headed to Gig Harbor to see family, and Bremerton is only a stone's throw away.

Ken Griffey Jr:

On the day after Griffey was inducted into the Mariner HOF, I dutifully got my gear together and headed to Bremerton's Family YMCA. My destination, the weight room, which was totally deserted.

After I started to move into my circuit, machine to apparatus, two athletic Afro-Americans sauntered in laughing and joking, enjoying each other's company. They both had the aura of athleticism about them. One was big enough to be an NFL D-line-man. The other I recognized as he drew closer....It was Griffey, no doubt about it.

It took me a few minutes to figure out why he might be at the Bremerton Y. I had heard years prior that he had

By this time, I had stifled the urge to express my kid-like glee that I was in close quarters with a young man I greatly admired. He had undoubtedly come to our Y to get some exercise and not to cater to his wide fan base. So, I decided I would just be another guy getting a good workout.

As I moved around the Cybex Forest, I found myself at the Hamstring machine. Griffey and his monstrous friend (I suspect security) moved in next door. I couldn't resist, "Are you guys from around here?" I knew they weren't.

Both very cordially responded - the big guy answered, as he labored, "Naw, I'm from Brooklyn." Griffey, with a Detroit Red Wings cap pulled low over his brow, "I live in Florida now." I went on and asked him if he was a hockey fan, he responded with a smile, "No, just like the hat." The abbreviated conversation ended as I moved to the bench press and they to another machine.

As I worked my way up my pyramid, I began to wonder who would spot my last two reps. I walked over to the two, Griffey talking to his friend as the big guy exerted himself. Trying to be just another guy in the gym, I asked, "Can I get a spot?"

Griffey pleasantly offered, "Sure"...and that was my workout with one of the guys at the Bremerton YMCA. I think I was hyped enough to max-out an all-time high.

Do I wish I had said something else a fan might say to one of the greatest?? No, I am fortunate to have the sports memorabilia provided me by a dear friend who covered the M's for our local daily. But the memory of this day in the gym will be forever treasured.

IT'S FUN TO PLAY – PLAY FOR FUN! ■



Do you have a coaching tip to share with the readers of "The Washington Coach"?

Send your tip or tidbit to wsca-editor@comcast.net



2022 WIBCA ALL STAR WEEKEND



Futures Game

WIBCA was proud to showcase, on behalf of 360 HOOPS as the title sponsor, 20 of the up and coming underclassmen in the state of Washington with the inaugural “Futures Game” on Friday, March 18th at Curtis High School as part of the WIBCA’s All Star weekend. The 20 players represented sophomores and juniors from various parts of the state and classifications. Team Will was coached by Allen Thomas of Timberline High School and led by Maverick Sanders from Mt. Spokane High School to a 117-108 victory over Team Pepple coached by Josh Barsh of Foss High School which was led by Brooklyn Hicks of Timberline High School with 29 points.

Unified Sports Game

To kick off Saturday’s events, WIBCA once again provided another inaugural event with two Unified teams from Kamiak and Tahoma High Schools under the leadership of Morgan Larche, Director of Unified Sports. The coaches were from Kamiak High School-Georgia McClaskey and Bryant Thomas and from Mt. Tahoma High School-Michael Vig, Kimber Miller and Forrest Vig.

All State Games

After a two-year hiatus due to the pandemic the 2022 WIBCA All State games presented by CLOUD 9 SPORTS brought

60 of the top players in the state to Curtis High School to showcase their skills and talents. In the battle of the “B’s”, the 2B’s beat the 1B’s 115-95. The next game saw the 1A’s beat the 2A’s 109-99. Finally to conclude an outstanding weekend, the 3A squad pulled out a close and hotly contested game vs. the 4A’s, 105-102. The six respective state championship coaches this year that coached the respective teams were: 4A-Curtis High School, Tim Kelly, 3A -Auburn High School, Ryan Hansen, 2A-Lynden High School-Brian Roper, 1A-Lynden Christian High School-Tim Zylstra, 2B-Liberty High School-Jared Hodl, and 1B-Cusick High School-Rob Seymour. Players of the Year for WIBCA were: 1B-Yakima Tribal’s Justice Hart, 2B-Colfax High School’s John Lustig, 1A-Kings High School’s Jordan Hansen, 2A-Jonas LaTour from North Kitsap, 3A was Tre Blessingame from Auburn High School and the 4A was represented by Dylan Darling from Central Valley High School. Finally the WIBCA Mr. Basketball Award went to Tyler Bilodeau from Kamiakin High School. ■



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

High Blood Pressure Basics

Note, the majority of the following information comes directly from the national institute on aging and the American Heart Association. These organizations explain this information far better than I ever could in my wildest dreams. Furthermore, this is NOT medical advice.

Knowing your numbers - blood pressure

A blood pressure reading is given as the systolic blood pressure number over the diastolic blood pressure number.

- The results are given in two numbers. The first number, called systolic blood pressure, is the pressure caused by your heart contracting and pushing out blood. The second number, called diastolic blood pressure, is the pressure when your heart relaxes and fills with blood.

Low blood pressure, or hypotension, is the systolic blood pressure lower than ninety or diastolic blood pressure lower than sixty? If you have low blood pressure, you may feel lightheaded, weak, dizzy, or even faint. It can be caused by not getting enough fluids, blood loss, some medical conditions, or medications, including those prescribed for high blood pressure.

- Normal blood pressure for most adults is defined as a systolic pressure of less than 120 and a diastolic pressure of less than 80.
- Elevated blood pressure is defined as a systolic pressure between 120 and

129 with a diastolic pressure of less than 80.

- High blood pressure is defined as 130 or higher for the first number, or eighty or higher for the second number.
- Stage 1: Systolic between 130-139 or diastolic between 80-89;
- Stage 2: Systolic at least 140 or diastolic at least 90 mm Hg;

High blood pressure is commonly referred to as the silent killer because unless it is extremely high there are no outward symptoms or signs.

Below is a graphic listing these numbers from the American Heart Association (AHA)

High blood pressure is a contributing factor to:

- Strokes
 - Very high pressure can cause a break in a weakened blood vessel, which then bleeds into the brain. This can cause a stroke. If a blood clot blocks one of the narrowed arteries, it can also cause a stroke.
- Eyes
 - Continuous or high blood pressure can in time cause blood vessels in the eye(s) to burst or bleed. Your vision may become blurred or otherwise impaired. This can result in blindness.

BLOOD PRESSURE CATEGORY	SYSTOLIC mm Hg (upper number)	and/or	DIASTOLIC mm Hg (lower number)
NORMAL	LESS THAN 120	and	LESS THAN 80
ELEVATED	120 - 129	and	LESS THAN 80
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 1	130 - 139	or	80 - 89
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 2	140 OR HIGHER	or	90 OR HIGHER
HYPERTENSIVE CRISIS (consult your doctor immediately)	HIGHER THAN 180	and/or	HIGHER THAN 120

- Arteries
 - ▶ As people age, the arteries throughout the body harden, particularly those in the heart, brain, and kidneys. High blood pressure is associated with and is a direct contributor to these stiffer arteries. This, in turn, causes both the heart and kidneys to work harder to do their job of keeping the body healthy.
- Kidney
 - ▶ The job of the kidneys is to act as filters to rid the body of wastes. Over time, high blood pressure can narrow and thicken the blood vessels of the kidneys. Once this happens the kidneys filter less fluid. This causes waste to build up in the blood. At this point, the kidneys may fail altogether. When this happens, medical intervention is necessary and treatment in the way of dialysis or a kidney transplant are distinct possibilities.
- Heart
 - ▶ A major risk factor for heart attack is high blood pressure. Throughout the body, the arteries bring oxygen-enriched blood to the heart muscle. Without enough oxygen in the heart, chest pain,

known as angina, can occur. If this blood flow back to the heart is blocked, a heart attack results.

- Congestive Heart Failure
 - ▶ High blood pressure is the number one risk factor for congestive heart failure (CHF). CHF is a serious condition in which the heart is unable to pump enough blood to supply the body's needs.

Therefore, it's important to know whether not you have high blood pressure. And the only way you know this is to have your blood pressure checked. Excellent blood pressure monitors can be found at many drug stores and on Amazon. I have found that the upper arm cuff ones are more accurate than the wrist ones based on observations between the two different monitors.

The American Heart Association specifically recommends using Upper Arm Monitors. These are the only type recommended by the American Heart Association because they're the most accurate. The cuff wraps around the upper part of your arm and tightens to measure your blood pressure.

In taking your BP follow these CDC guidelines:

- Don't eat or drink anything 30 minutes before you take your blood pressure.

- Empty your bladder before your reading.
- Sit in a comfortable chair with your back supported for at least 5 minutes before your reading.
- Put both feet flat on the ground and keep your legs uncrossed.
- Rest your arm with the cuff on a table at chest height.
- Make sure the blood pressure cuff is snug but not too tight. The cuff should be against your bare skin, not over clothing.
- Do not talk while your blood pressure is being measured.

Keep track of your readings and take this log along when you next see your doctor.

I also include my pulse at the same time, this is generally shown on the better monitors.

About two-thirds of people over the age of sixty-five have high blood pressure.

If you have had your blood pressure checked and it is between 120/80 mmHg and 139/89 mmHg, then you have prehypertension.

High blood pressure may increase as you get older and with men, this may occur before they reach the age of fifty-five. Other factors that are beyond your ability to control are gender, family history, and race with African Americans facing a heightened chance of developing it.

Controlling your blood pressure may be as simple (or not) as:

- **Aim for a healthy weight.** Being overweight adds to your risk of high blood pressure. Ask your doctor if you need to lose weight. In general, to maintain a healthy weight, you need to burn the same number of calories as you eat and drink.
- **Exercise.** Moderate activity, such as brisk walking or swimming, can lower high blood pressure. Set goals so you can exercise safely and work your way up to at least 150 minutes

https://www.cdc.gov/heartdisease/docs/My_Blood_Pressure_Log.pdf

My Blood Pressure Log

Try these tips for keeping track of your blood pressure at home:

- Always take your blood pressure at the same time every day.
- Take at least two readings, 1 or 2 minutes apart.
- Visit [cdc.gov/bloodpressure](https://www.cdc.gov/bloodpressure) to learn how to correctly measure your blood pressure.

Date	Morning			Evening		
	Time of reading	Reading 1	Reading 2	Time of reading	Reading 1	Reading 2
Feb. 1, 2020	8 a.m.	139/82	141/82	6 p.m.	145/85	142/83

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(2.5 hours) per week. Check with your doctor before starting an exercise plan if you have any health problems that are not being treated.

- **Eat a heart-healthy diet.** A balanced diet of vegetables, fruits, grains, protein, dairy, and oils — such as the Dietary Approaches to Stop Hypertension (DASH) eating plan — one that is low salt— can lower your blood pressure.
- **Cut down on salt.** As you get older, the body and blood pressure become more sensitive to salt (sodium), which is added to many foods during processing or preparation. Limiting your amount of salt each day may help. DASH is a low-salt diet.
- **Drink less alcohol.** Drinking alcohol can affect your blood pressure. For those who drink, men should not have more than two drinks a day and women no more than once a day to lower their risk of high blood pressure.
- **Don't smoke.** Smoking increases your risk for high blood pressure, heart disease, stroke, and other health problems. If you smoke, quit. The health benefits of quitting can be seen at any age — you are never too old to quit.
- **Maintain a healthy weight** by eating a well-balanced diet and through exercise. Keep in mind that you can never exercise out of junk food and a poor diet.
- **Get a good night's sleep.** Tell your doctor if you've been told you snore or sound like you stop breathing for moments when you sleep. This may be a sign of a problem called sleep apnea. Treating sleep apnea and getting a good night's sleep can help to lower blood pressure.
- **Manage stress.** Coping with problems and reducing stress can help lower high blood pressure.

In addition to recommending lifestyle changes, your doctor will likely prescribe medication to lower your blood pressure to a safe level. Isolated systolic hypertension, the most common form of high blood pressure in older adults, is treated in the same way as regular high blood pressure but may require more than one type of blood pressure medication. You may try several kinds or combinations of medications before finding a plan that works best for you. Medication can control your blood pressure, but it can't cure it. If your doctor starts you on medication for high blood pressure, you may need to take it long-term.

Tips for taking blood pressure medication

- Untreated high blood pressure can increase your risk of serious health problems. If your doctor prescribes medication to lower your blood pressure, remember: If you take blood pressure medication and your blood pressure goes down, it means medication and lifestyle changes are working. If another doctor asks if you have high blood pressure, the answer is, "Yes, but it is being treated."
- Healthy lifestyle changes may help lower the dosage you need.
- Get up slowly from a seated or lying position and stand for a bit before walking. This lets your blood pressure adjust before walking to prevent lightheadedness and falls.
- Tell your doctor about all the drugs you take. Don't forget to mention over-the-counter drugs, including vitamins and supplements. They may affect your blood pressure. They also can change how well your blood pressure medication works.
- Blood pressure medication should be taken at the same time each day as part of your daily routine. For example, take it in the morning with breakfast or in the evening before brushing your teeth. If you miss

a dose, do not double the dose the next day.

- Remember to refill your medication before you run out and bring it with you when traveling. It's important to keep taking your medication unless your doctor tells you to stop.
- Before having surgery, ask your doctor if you should take your blood pressure medication on the day of your operation.

Some of these meds, taken at night, can cause a middle-of-the-night trip to the bathroom.



For more information about high blood pressure

National Heart, Lung, and Blood Institute

301-592-8573

nhlbiinfo@nhlbi.nih.gov

www.nhlbi.nih.gov

MedlinePlus

National Library of Medicine

www.medlineplus.gov

Million Hearts Initiative

Centers for Disease Control and Prevention

Centers for Medicare & Medicaid Services

<https://millionhearts.hhs.gov>

Smokefree60+

National Cancer Institute

877-448-7848

(877-44U-QUIT/toll-free)

cancergovstaff@mail.nih.gov

www.60plus.smokefree.gov

American Heart Association

800-242-8721 (toll-free)

inquiries@heart.org

www.heart.org ■



Hearing their final whistle...

Coach Lem Elway Jr

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Lemuel H. Elway Jr. passed away suddenly on January 12, 2022, at St. Peter Hospital in Olympia, Washington, at the age of 75 after a short illness. He was born to Lemuel H. Elway Sr. and Enid (Gustin) Elway on October 10, 1946, in Aberdeen, Washington. Throughout the years, Lem lived in many different locations, but Hoquiam, Anacortes and Tumwater, Washington, as well as Whitefish, Montana, were the places he made a home.

Lem graduated from Bellingham High School in 1964 after spending his first three years of high school at Anacortes High in Anacortes, Washington. After High School, Lem attended Grays Harbor Community College, received an athletic scholarship for baseball at the University of Oregon, and finally attended the University of Montana where he graduated with a Master's

in Education. Over the next 40+ years, he taught Special Education at all levels, and coached multiple sports.

Coach Elway started his exceptional career as the youngest head coach at the University of Montana in 1970. He moved with his family to the Grays Harbor area, coaching at Hoquiam High School for 10 years, where he won a State Championship in 1980 and won 80% of his baseball games while there. He then took his talents to Anacortes High School in 1987 and coached for 17 years, placed third in state in 1990, and also was able to have a 70% winning percentage while he was there. Coach Elway made his way to Tumwater, Washington, and coached at Black Hills High School for seven years, and finished out his coaching career at Aberdeen High School in 2012, finishing the year with a trip

to the state baseball tournament. During the summers, you could find Coach on the baseball fields up and down the West Coast and as far east as Whitefish, Montana, coaching numerous Legion Baseball Teams. Throughout his coaching career, he amassed many accolades for his achievements, including being inducted into the Washington State Baseball Coaches Hall of Fame (1992), as well as the American Legion Hall of Fame (2013).

Although coaching and teaching were great passions of his, Lem's greatest accomplishment in life was marrying the love of his life, Margaret "Peg" Osborn in Hoquiam, Washington, and enjoying 54 wonderful years of marriage. Together they had three children and six grandchildren.

Lem was a genuine man with a caring personality that loved his family to the

fullest. You would always find him in the stands at any event that included his children or his grandchildren. He was a devoted husband, a supportive father, and a loving Papa. He had a laugh that was impossible to forget, the "Lem laugh." He never met a stranger and would give you the shirt off his back if you needed it. He was blessed with a large extended family that invested in their community, loved life, sports and family.

Lem is survived by his wife, Peg; daughter, Angela, and husband, David Garrity of Frisco, Texas; son, Aaron Elway, and wife, Laura of Tumwater, Washington; grandchildren, Hannah and Jacob Garrity, and Tristan, Emersyn, Rylee, and Annika Elway. He was preceded in death by his youngest daughter, Alissa Jo Elway. ■



Seattle Glazier Clinic presented by the WSFCA

After a one year hiatus due to COVID, the Washington State Football Coaches Association partnered with Glazier for the WSFCA 2022 Clinic at the Hyatt Hotel in the Renton Landing from Friday, May 4th to Sunday, May 6th. The clinic was attended by over 800 football coaches across the state. The atmosphere of the clinic was outstanding, and it was great for all the coaches to be involved in professional development and networking.

Friday evening was really led by Coach Kalen DeBoer and the University of Washington staff. During the evening presentation sessions, the University of Washington coordinators and position coaches spoke in each room for up to 3 hours. The University of Washington coaches did an outstanding job presenting and it was well received by the high school coaches. Following the presentations sessions, we had the WSFCA District Coaches of the Year awards presented by the Board Members of the WSFCA. It was a great way to recognize junior high/freshmen, assistant and head football coaches in districts across our state. The awards ceremony culminated with an inspiring speech by UW Head Football Coach Kalen DeBoer.



*UW Head Coach
Kalen DeBoer*

Saturday afternoon was headlined by Coach Jake Dickert and the Washington State University Staff. Cougar football coaches spoke in various presentation rooms with Coach Dickert leading the main banquet room. The WSU Cougar staff presented quality topics concerning scheme, technique and leadership ideas. Directly after Coach Dickert, we had a WSFCA membership meeting discussing topics concerning football in Washington State.



*Seattle Seahawks
Offensive Coordinator
Shane Waldron*

Saturday Night was headlined by Seattle Seahawks Offensive Coordinator Shane Waldron. Coach Waldron had literally just flown in

from the NFL combine in Indianapolis. Coach Waldron spoke about his background in coaching, what coaching techniques he utilizes (especially concerning quarterbacks), how he organizes practice and gameplans. The audience then had opportunities for a questions and answer period. Coach Waldron did a phenomenal job speaking and it was a great event for the high school coaches.

The 2022 Seattle Glazier Clinic presented by the WSFCA was a fun event for high school football coaches across the state. It was great to see all the high school football coaches at the clinic enjoying each other company. Huge thank you to the University of Washington, Washington State University and the Seattle Seahawks for all their involvement. Looking forward to the 2023 WSFCA Clinic! ■



*WSFCA President
Mark Keel*



*WSFCA Board
Member Dan Teeter*





Earl Barden East vs West All-Star Classic

As we have moved into 2022, the Earl Barden 2A-1A-B All State Classic has been met with joy and sadness. First for the joy...

For the previous two summers, the Selection Committee for the Earl Barden 2A-1A-B All State Classic had to make the tough and unpopular decision to cancel the 26th edition of the game. The summer of 2022 is a different story and the game will go on! Coaches and Gofers will report to Yakima on Monday June 20th and players will report on Tuesday June 21st with the Classic being played at East Valley High School in Earl Barden Stadium on Saturday June 25th at 1:00 PM. Coaching staffs for this year's edition are as follows:

West

Head Coach- Jeff Weible- North Kitsap High School
Assistant Coach- Dave Snyder- North Kitsap High School
Assistant Coach- Chris Richardson- North Kitsap High School
Assistant Coach- Mike Christensen- Toledo High School



East

Head Coach- Wiley Allred- Royal City High School
Assistant Coach- Jeremy Scroggins- Royal City High School
Assistant Coach- Wayne Riner- Connell High School
Assistant Coach- Aaron Cochran- Goldendale High School

We are stoked for the return of our event and to showcase the talent of the small school football players in our state! Rosters are solidifying and you can find us on our website at earlbardenclassic.com, on Facebook at Earl Barden 2A-1A-B All State Classic, @EarlBarden on Twitter and @earlbardenclassic on Instagram.

For the sadness. Many of us in the coaching world were saddened to hear of the passing of our colleague, mentor and friend- Coach Alex. Coach Bill Alexander had a vision, a dream, a mission, a passion to showcase the best small school football talent from across the state of Washington. For 25 years, Coach Alex poured his heart and soul into the Earl Barden Classic until he stepped away after the completion of the 25th edition in 2019. From 2010 until his passing, Coach Alex groomed me to take over the game from him when he was ready

to ride into the sunset. Big shoes to fill indeed. In the fall of 2015, Coach Alex honored me by asking me to be the Head Coach of the East team in the summer of 2016. Little did I know at that time that he was mentoring me to be his fill in as Chairman of the game. Coach Alex, your mentorship, your guidance and most importantly your friendship over the years will never be forgotten. You have told me many times how proud you are of me and the direction the game is going with new leadership and we will continue to make you proud of your game as you look down from above. I only hope we can do the speech at the first lunch justice! We love you and miss you Coach Alex.

Mark Mochel
Chairman/East Coordinator
Earl Barden 2A-1A-B All State Classic ■



Your opportunity to make contact with over 4,000 coaches throughout the state comes by choosing to advertise in "The Washington Coach." Published online three times a year on the Washington State Coaches Association website, washcoach.net, "The Washington Coach" provides information and a forum to our membership with the intent to enhance the highest possible knowledge, standards and ethics in the coaching profession.

Rates for 3 issues:

- Full Page (7"x 9") \$500
- Half Page (7"x4.5") \$320
- Quarter Page (3.5"x4.5") \$200

Rates for 1, 2 issues are also available.

Contact Michael H. Schick, Editor
"The Washington Coach"
wscs-editor@comcast.net
Cell phone: 253-318-9432 ■



WASHINGTON STATE COACHES ASSOCIATION



WSCA Recognition Opportunities

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

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

✓ ***Career Recognition Program***

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

✓ ***Lifetime Achievement Award Program***

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

✓ ***Lifetime Membership Award***

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

✓ ***"On the Sideline" Spotlight Program***

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

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

UNION TITAN FOOTBALL BOOSTERS PRESENTS

JULY 23rd

AT UNION
HIGH SCHOOL



RUMBLE AT THE RIVER 7 ON 7 TOURNAMENT LINEMAN CHALLENGE

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MAX 24 VARSITY TEAMS | MAX 12 JV TEAMS

CHAMPIONSHIP BELTS FOR TOP VARSITY, JV & LINEMAN TEAMS

<https://zorts.app.link/tournament/7474>



2022 WSGBCA Awards and All-Star Rosters

Dan Taylor
King's Girls Varsity Basketball Coach
Washington State Girls Basketball Coaches' Association President
206-790-2377

Thank you all for being a part of our wonderful event! We hope that each athlete and coach was celebrated well for their wonderful accomplishments. Many blessings to you all! We hope only the best for all athletes and coaches in their future.

2022 WSGBCA Awards

1B Coach of the Year: Jeff Droog,
Mount Vernon Christian

1B Player of the Year: Kylee
Russell, Mount Vernon Christian

2B Coach of the Year: Josh Madsen,
Warden

2B Player of the Year: Kyra
Gardner, Raymond

1A Coach of the Year: Shane
Wichers, Nooksack Valley

1A Player of the Year: Libby
Stump, Lynden Christian

2A Coach of the Year: Jeff Whitney,
Ellensburg

2A Player of the Year: Dylan Philip,
Ellensburg

3A Coach of the Year: Joe Marsh,
Arlington

3A Player of the Year: Rosa Smith,
Lake Washington

4A Coach of the Year: Katie Hyppa,
Sumner

4A Player of the Year: Veronica
Sheffey, Woodinville

WSGBCA State Coach of the Year:
Scott Bullock, Woodinville

WSGBCA Ms Basketball: Tatum
Thompson, Woodinville

1B Coach Jeff Droog, Mount Vernon Christian

Ella Osborne, Waterville-Mansfield

Emma Droog, Mount Vernon
Christian

Heidi Impola, Grace Academy

Kaylee Hinnenkamp, Oakesdale

Keely Maves, Pomeroy

Kenzi Pedersen, Garfield Palouse

Kylee Russell, Mount Vernon
Christian

Lola Baerlocher, Colton

Maci Brantner, Garfield Palouse

Oceana Aguire, Neah Bay

2B Coach Josh Madsen, Warden

Asher Cai, Colfax

Faith Wellander, Adna

Jaryn Madsen, Warden

Jovena Scabbyrobe, White Swan

Juna Swanson, La Conner

Kaylin Todd, Adna

Kiana Rios, Warden

Kyra Gardner, Raymond

Lexi Lafferty, Okanogan

Mylina Pluff, Chief Leschi

Sarah Cook, La Conner



**1A Coach Mark Mansfield,
Montesano**

Ashley Schow, Tenino
Ella Koebelin, Klahowya
Grace Trichler, Sultan
Jazmyn Stone, Annie Wright
Katie Draais, Seattle Academy
Libby Stump, Lynden Christian
McKenna Reggear, Colville
Riley Johnson, Cashmere
Sophia Bold, Bellevue Christian
Sydney McLean, Freeman

**3A Coach Marvin Hall,
Garfield**

Cheyenne Rodgers, Snohomish
Ella Gallatin, Snohomish
Elliot Hencz, Ferris
Gabby Stuart, Seattle Prep
Haley Burns, Mead
Kacey Spink, Ferris
Katie Christensen, University
Keira Marsh, Arlington
Madelyn Brown, Auburn
Olivia Moore, Mead

**4A Coach Aaron Barcot,
Pasco**

Alyson Deaver, Sumner
Avery Watkins, Kennedy
Baylor Thomas, Lake Stevens
Catelyn Deaver, Sumner
Cori Wilcox, Lake Stevens
Keira Hanson, Issaquah
Kiana Yesiki, Eisenhower
Skylar Groesbeck, Skyview
Tatum Thompson, Woodinville
Veronica Sheffey, Woodinville ■

**2A Coach Kyler Bachofner,
Prosser**

Aniyah Hampton, Hudson’s Bay
Aubrey Amendala, Tumwater
Drea Brumfield, W.F. West
Dylan Philip, Ellensburg
Ellee Brockman, Kingston
Eve Burke, Port Angeles
Halle Wright, Prosser
Jaiden Bea, Washougal
Savea Mansfield, Washougal
Natalie Sumrok, Tumwater

**WASHINGTON STATE COACHES
ASSOCIATION INSURANCE**
By Dan Weedin, First Underwriters, Inc / Toro Consulting, Inc.

My name is Dan Weedin and I’m the insurance broker and consultant for the association. As you begin your new year, this is a great time to advise you of the protection afforded you as members by the association.

Liability Insurance: As an individual coach, you’re protected for up to \$1,000,000 for liability arising out of negligence in your role as a coach. This policy protects you against allegations of abuse, molestation, discrimination, harassment, negligence in injury, and any other liability arousing out of damage to an athlete under your care and supervision.

Please note that in order to trigger this policy, “damage” to an athlete must have occurred and a claim or allegation made. Legal issues are not part of insurance. In other words, you must be viewed as responsible for direct physical damage to an athlete.

This protection includes activities at summer camps and events for paid coaches of the district and volunteers.

In order to be included in the insurance, a coach or volunteer must be a member of the association.

The association has a \$1,000,000 per occurrence limit, with a \$2,000,000 aggregate. In English, if a coach is alleged to have injured a student-athlete (including abuse, molestation, or harassment) and is being sued or has a claim against him or her, there is up to \$1M available for damages per that one claim (allegation or action). The most the company will pay for multiple claims over the course of the policy year is the “aggregate” limit of \$2M. The coach must be a member in good standing of the association.

The insurance policy is underwritten by K&K Insurance.

If you have any questions or want to learn more about either the insurance or Legal Shield protection, you can contact me at (833) 393-4778 or danw@firstunderwriters.com. ■



Burnett-Ennis Scholarship *Recipients*



Ashley Perez and mom Mandi



Brandon Baker and mom
MaryAnn



Claire Potter and dad Matthew



Dillon Wells and stepdad
Joel Boyer



Gage McLeod and dad Brett



Isaiah Anderson and dad Jack



Jaxin McCallum and dad Ryan



Jaxon Moehrle and dad Jim



Jenai Ancheta and dad Rico

Burnett-Ennis Scholarship *Recipients*



Johnathon Rexus and dad Matt



Lauren Kert and dad Trevor



Luke Marble and mom Suzanne



Megan Foertsch and dad Jeff



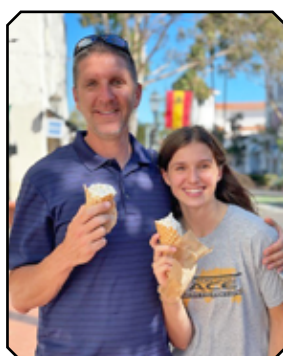
Mya Edwards and dad Tyler



Olivia Lassiter and dad Steve



Revy Roberts and mom Trish
and dad Dave



Roslyn Zentz and dad Ken



Taggart Messersmith and
dad Tim ■

Hall of Fame Inductee for Gymnastics 2022



Coach Reenie Kiehn
Stevenson High School, Vancouver

Reenie began her coaching career with private lessons from 1975 to 1980. She then coached at YMCA and was the assistant coach at Fairhaven Middle School for four years. She judged gymnastics in Whatcom and King Counties. She was a coach at Northwest Academy of Gymnasts in Bellingham, also taught the gymnastics class at Western Washington University and helped teach a "Coaching Gymnastics" class teaching WWU students how to spot. She judged and coached at Brier Jr High.

In 1980, she became the head coach at Stevenson High School for 31 years. She also taught gymnastics and dance classes at Stevenson HS for all students. At Stevenson, she coached 16 routines with 9 gymnasts at state. Her team placed 8th at the 2A/3A State meet as a 1A school. Reenie was the WSGCA Coach of the Year in 2002 and also Coach of the Year at the District/Regional meet. She was an active

WSGCA member and in the summer she was a boys' gymnastics program director and coach.

Barb Graisy remembers Reenie being steadfast in keeping the program

alive for so many years. Such great memories to reflect back on, clear back in the mid 80's judging gymnastics up in Stevenson. Reenie was a dynamic young lady full of energy and was the heart and soul of keeping Stevensons gymnastics teams striving forward.

Cristi Westcott remembers as a young coach taking my Mt. View team to Stevenson in the early days and the gym was so small the girls had to run starting in something like a closet then running through a doorway in order to have enough of a runway to vault. It didn't stop any of us from having fun. I remember Reenie performing a routine with her girls that she choreographed while we were adding scores up, back when we had no computers. It was always so entertaining. The best part of competing at Stevenson was the bake sales and the cake walks. The team did this to raise money for equipment and leo's. I especially remember winning one of the cake walks... best cake ever!! Her team would make all the bake goods.

Reenie was one of the most positive and giving coaches ever, she was 100% there for not only her gymnasts but

other gymnasts as well. I ran a few of the District meets back in the day along with Don Freeman and we always remembered to ask Reenie to let her girls know they would be performing at the end of the meet while scores were being added up. Of course Reenie would get out there too.... Inducting Reenie into the Hall of Fame is long over due and I am honored to be able to congratulate her after all these years.

Reenie shared, "I was blessed working with great coaches and judges in Southwest Washington. Their kindness and support made it easy to continue to enjoy competing with 3A and 4A schools as a 1A school. I mostly had students who had never tried gymnastics before and it is amazing what kids can accomplish when they are given opportunities to succeed. I was encouraged to coach these willing gymnastics. Having parent and staff members support helped me to embrace my craft while improving my coaching skills."

Reenie lives by and teaches her motto: "I did the thing I feared the most, excuse me if I cheer. And here I stand a stronger soul, and all I've lost is fear." ■

Congratulations!



Register Online
www.washingtonwrestling.com

2022 Washinton State Wrestling Coaches Assn Fall Clinic

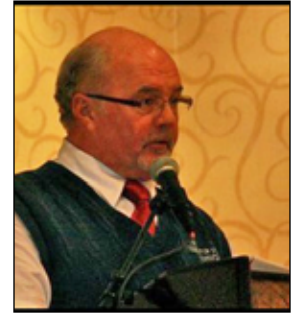
Rob Koll - Stanford

Friday/Saturday, Nov. 4 & 5. Yakima Convention
Center



Hearing their final whistle...

Coach Bill "Alex" Alexander



One of the All Time Best.....

William Harry Alexander was born in Bremerton, Washington to Alayne Swanson and William Alexander on January 16, 1952 and grew up and around the Cougar Inn (ran by his father) as the oldest of three boys. Bill "Alex" Alexander or "Coach Alex" was immersed in the athletic community starting very early in life.

Alex graduated from Leavenworth High School in 1970 and went on to compete as a football athlete in college for both University of Puget Sound and later, Central Washington University where he graduated. Both of his sons, Michael and Scott, would follow in his footsteps. Alex met his best friend and the love of his life, Janice Paulette Jones, in high school and the two were later married in Leavenworth, Washington on December 16, 1972.

Alex went on to teach and coach football for many, many, many years. He began his teaching and coaching career in Twin Falls, Idaho where they were also blessed with the birth of their oldest son Michael Thomas William in 1978. Alex's career next led to Sequim in 1978 and later to Bridgeport, Wash-

ington where he received his very first head coaching position.

They also welcomed their youngest son, Scott Roy James, born in Omak, Washington in 1981. Alex helped raise his boys with discipline and compassion. Alex continued his passion for football by coaching the Bridgeport Mustangs to a State Football Championship in 1988. The family later moved to Quincy, Washington in 1990 where they spent a majority of their years. Alex continued to coach, teach, and later become the Athletic Director for the Quincy Jackrabbits until 2006 when he retired from coaching.



One of Alex's greatest achievements was the creation and founding of the Earl Barden All-Star Classic games for 2A/1A/B players in the region, over 1300 players have played in the summer classic including both of his sons.



Alex was a valued member and Executive Board Member of the WSCA and was inducted into the WSFCA Hall of Fame in 2010.

Alex retired from teaching in 2017 and in 2021 he and Jan moved to Casa Grande, Arizona, to spend more time with their grandchildren.

Alex was a pillar in the community. Coaching thousands of kids over four decades, Alex and Jan opened their home and their hearts to the athletes, students, and families of the community which makes this loss not only painful but far reaching...evident of the footprints he left on all the hearts and minds of those who knew and loved him until his final moments on March 15, 2022.

Alex is survived by his wife, Jan and two sons, Michael and Scott; daughter-in-laws, Andrea and Steph-

anie; his grandchildren Paxton and Alexa; his mother, Alayne; his brother and sister-in-law "Randy" and Shawna Alexander; nieces and nephew Megan, Mandy and Trent; and cousin Krista. He was preceded in death by his father, William, and his brother, Donald "Donny" Alexander.



A Celebration of Life will be held this summer to honor Alex in Quincy, Washington, details are to follow soon. In the meantime, thank you for all of the love and support. ■

NFHS Leaders Suggest Changes in Attitudes, Behavior



[Karissa Niehoff](#)
Apr 20, 2022

The shortage of officials in high school sports has been well documented. As we noted in this column a couple of months ago, a survey of state high school associations indicated about 50,000 individuals have ended their days as high school officials since the 2018-19 school year.

In addition to trying to interest more people in officiating high school sports, the NFHS and leaders in state associations have been attempting to retain the thousands of men and women who are currently serving as high school sports officials.

However, unacceptable behavior by coaches, parents and other spectators has pushed many officials to the sidelines. After all, why would anyone who is trying to help high school students compete on the fields and courts want to be harassed, ridiculed and abused – sometimes even physically – while trying to do their jobs?

If this current trend is going to be reversed, we must determine why people feel compelled to mistreat officials at high school sporting events.

Some of those possible reasons were discussed last week in Indianapolis at the first NFHS Officials Consortium. With everyone in agreement that the officiating profession – particularly at the youth and high school levels – is in crisis mode, leaders from all levels of sports discussed problems – and shared possible solutions – during the three-day meeting.

After listening to survey results from leaders with the National Association of

Sports Officials (NASO) that indicated continued declines in the number of officials, veteran NCAA basketball referee Chris Rastatter offered two thoughts as to why many spectators act in a negative manner toward officials.

First, he said it has become commonplace for individuals involved in covering sports – radio and television announcers and other media – to dissect and judge the work of officials. As a result, with human nature being what it is, the coverage is often slanted in a negative manner.

As this type of repetitive negative coverage has continued over time, it has empowered those watching sports to be judge and jury as well. If the person broadcasting a game can criticize the officials, why can't the spectators do the same?

Second, the boorish behavior of fans attending sporting events is being normalized. What used to be good-natured heckling has turned mean, insulting and violent. National surveys have shown that almost one of every two officials have felt threatened after officiating a game. Unfortunately, this type of behavior is almost anticipated at sporting events.

Others voiced similar sentiments during the consortium and agreed that changes are needed in the general public's perception about men and women who officiate sports in our country. In some cases, people go to sporting events not to watch and enjoy the game but to yell at the officials. This must stop.

While our focus is on high school sports, the criticism of officials and bad behavior of fans at the college and professional levels has a trickle-down effect. The negative perception of officials did not occur overnight and cannot be changed instantaneously, but a shift in a more positive direction must begin now.

Everyone must be involved in these changes – students, parents, coaches, administrators and those in the media. Bad behavior has been handed down and become anticipated and expected, but changes must occur.

Those individuals watching and covering high school sports must turn their focus to the student-athletes playing the games and away from the individuals officiating the contests. As this shift happens, a more positive behavior will become normalized.

Despite some of the negative behavior issues in high school sports, almost 70,000 individuals have expressed an interest in officiating the past four years through the NFHS' **#BecomeAnOfficial Program**. Imagine how many people would be interested in continuing a career in high school sports if they were actually praised and appreciated for their efforts!

Behaviors can be changed, but it will take efforts from everyone to turn the ship in a more positive direction.

Dr. Karissa L. Niehoff is in her fourth year as chief executive officer of the National Federation of State High School Associations (NFHS) in Indianapolis, Indiana. ■



P: (317) 822-5745
A: PO Box 690 | Indianapolis, IN 46206
W: www.NFHS.org | www.NFHSLearn.com | www.NFHSNetwork.com
E: cporter@nfhs.org





2021-2022

Individual Sport Representatives

These are the coaches you need on your staff!

Do you have questions, concerns or thoughts about the sport you coach? Do you have ideas about how the game or contest could be improved, rule changes or practice regulations? Below are listed the Individual Sport Association representatives to the WSCA and their contact information. Please consider reaching out to your sport representative and share your ideas. We are stronger working together!

ATHLETIC TRAINERS

Lorrie Howe
Eastmont
howel@eastmont206.org

CROSS COUNTRY

Jeff Hashimoto
Ellensburg
jeff.hashimoto@esd401.org

SOFTBALL

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

BASEBALL

Brian Jackson
Graham-Kapowsin
bjackson@bethelsd.org

FOOTBALL

Mark Keel
Central Kitsap
MarkK@ckschools.org

TENNIS

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

BASKETBALL - BOYS

Nalin Sood
Mountlake Terrace
Soodn@edmonds.wednet.edu

GOLF

Andrew Hershey
Shorewood
andrew.hershey@shoreline-
schools.org

TRACK & FIELD

Kevin Eager
Gig Harbor
wstfcaprez@gmail.com

BASKETBALL - GIRLS

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

GYMNASTICS

Ryan Fleisher
Issaquah
issygymnastics@yahoo.com

VOLLEYBALL

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

CHEER

Shana Biggs
Auburn Mountainview
shana.biggs@hotmail.com

SOCCER

Jens Jensen
Royal
jjensen@royalsd.org

WRESTLING

Brett Lucas
Todd Beamer
blucas@fwps.org ■

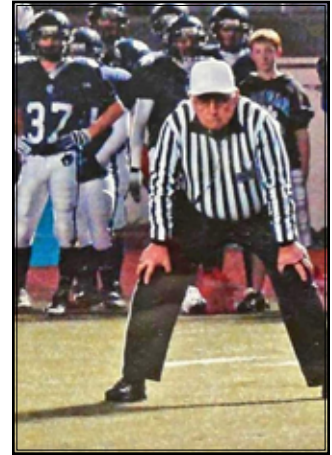
Nick Anderson
Lakewood
nanderson@lwsd.wednet.edu

Hearing their final whistle...



Clarence Wayne Leingang

March 30, 1934 - March 18, 2022
(age 87)



Clarence W. Leingang (aka Luger) died peacefully in his home on March 18, 2022, just twelve days shy of his 88th birthday. He was preceded in death by his wife and lifelong partner, Barbara; his parents Jake and Eva Leingang; his brother Kenneth; and his sister Delilah Sirianni.

Clarence was born in Mandan, ND, on March 30, 1934, in humble beginnings. He was the oldest of four children. At a young age his family moved to South Tacoma and settled at 50th and Oakes Street. He attended Visitation Grade School where he first met his future bride, Barbara LaVeille. They had no idea they would meet again in college and marry 15 years later. After Visitation, he attended Gray Middle School and Lincoln High School graduating in 1952.

As a boy Clarence showed an aptitude and gift for sports. He played baseball, basketball, and football. He also delivered newspapers for the Tacoma News Tribune where he learned the importance of customer service, something that would further his career with Puget Sound National Bank.

Clarence attended Seattle

University where he earned a degree in Business. During his junior year, he became reacquainted with the freshman Barbara LaVeille and the rest was history. On December 31, 1956, Clarence enlisted in the Marine Corps and was posted to Camp Pendleton, CA. In August 1958, Mom and Dad married at St Patrick's Catholic Church in Tacoma and the young couple moved to Vista, CA where Barbara worked as a medical technologist until Dad's enlistment ended in December of 1958. Dad was extremely proud of his time in the Marine Corps. He never forgot his rifle number, regularly spit shined his dress shoes on Saturday afternoon, and ensured he and his boys (when young) had inspection ready haircuts.

After the Marine Corps, he and Barbara relocated to Tacoma. Following two years with The National Bank of Washington, Clarence began his career with Puget Sound National Bank that lasted for 32 years until the acquisition by Key Bank in 1992. While with PSNB, he opened and managed several branches most notably 72nd & Portland, Lincoln, K St, and the Main Branch on Pacific Avenue. Clarence was

a just boss and leader and mentored numerous future bankers. He was known for his fairness and personal interest in all his customers. This was back in the day when branch managers had more authority to approve loans that today would most likely be denied by strict and impersonal underwriting rules set at the corporate level. He considered it vital to know all his customers, both individuals and small businesses, and was known to waive fees when he knew his customers were experiencing tough financial times. To his last days, Dad would always frequent his customers' businesses, knowing it was important to them as well as the societal welfare of the local neighborhood. He also graduated from the prestigious Pacific Coast Banking School at University of Washington. His forward-thinking masters level thesis was on ATMs and how the banking industry needed to prepare for this coming technology.

To say sports was a hobby of his would be a huge understatement. Dad coached little league for decades. Baseball teams from East Side Boys Club as well as football, baseball and basketball at Sacred

Heart School and many other All-Star teams as well. It would be difficult to estimate how many Tacoma youth learned not only the fundamentals of football, baseball, and basketball, but also the of value of teamwork, respect for authority, love of country and importance of being a good citizen.

Besides coaching, Clarence was a member and leader within the Western Washington Officials Association for over 50 years. He was a well-known and well-respected football and basketball official across all ages from little league, high school, collegiate and PAC-12. He received many accolades including the "Golden Whistle Award" in 2018 recognizing his 50 years as an official. He ran the clock at Husky Stadium for nearly 10 years and helped form an independent evaluation group that observed and rated younger officials. Numerous officials owe their careers. ■



WASHINGTON INTERSCHOLASTIC ACTIVITIES ASSOCIATION



JULY 28-29, 2022 • OLYMPIA HS

CONFERENCE DETAILS

Join us IN-PERSON for the 26th annual WIAA Coaches School, July 28th and 29th, 2022. This annual event **FULFILLS [WIAA COACHES STANDARDS REQUIREMENTS](#) FOR THREE (3) YEARS.**

- Meet WIAA Coaches Standards requirements for continuing education in the four following areas: **Medical Aspects, Legal Aspects, Psycho/Social Foundations, Diversity/Equity/Inclusion**
- Earn clock hours AT NO ADDITIONAL COST and a certificate of completion for each session completed

CONFERENCE SCHEDULE

Thursday, July 28th *OPTIONAL ADD-ON - SEPARATE REGISTRATION REQUIRED

Hands-On Certification Sessions*

- First Aid/CPR Trainings, Sudden Cardiac Arrest & Concussion Trainings*
- Evening social and raffle hosted by [Experience Olympia](#) - details to follow

Friday, July 29th (FULL-DAY, MAIN EVENT)

- Sessions 9:00am-3:30pm
- Opening & Closing Speaker, Four (4) Breakout Sessions
- Networking Lunch

REGISTRATION

\$80 through June 6, 2022

\$90 after June 6, 2022

\$75/coach for 25+ coaches from the same school district with the same P.O.

- **CAPACITY: Maximum of 400 attendees - register early to secure your spot!**
- Registration includes a WIAA Coaches School t-shirt and notebook, and access to the evening social + raffle on Thursday, July 28th
- For school districts qualifying for the 25+ coach discount, please contact [Peter Ho](#) for details

OPTIONAL ADD-ONS

OFFERED THURSDAY, JULY 28TH - SEPARATE REGISTRATION REQUIRED

- First Aid/CPR Certification
- Sudden Cardiac Arrest & Concussion
- Cheer Stunt Certification
- Dance/Drill Stunt Certification
- Football Safety Training
- Pole Vault Certification
- Swim/Dive Certification

Schools and school districts may pay for more than one coach on a PO; however, each individual attendee is required to create their own registration to access sessions, evaluations, clock hours and certificates of completion. PO number required to finalize the registration. Please work with your school on this process.

ON-DEMAND CONTENT

Select sessions will be made available on-demand in early August for those who were unable to attend or would like to access the content after the conference is over. The cost for on-demand access will be announced when content is posted.

HOTEL OPTIONS

Provided by **Experience Olympia**

HOST HOTEL:

Olympia Hotel at Capital Lake

\$99/room

2300 Evergreen Park Drive SW
Olympia, WA 98502

Contact to secure the discounted rate:

Jessica Morhous

360-252-0976

ADDITIONAL OPTIONS

Hilton Garden Inn Olympia

\$159/room

2101 Henderson Park Lane
Olympia, WA 98501

Doubletree Hotel by Hilton

\$149/room

415 Capitol Way N
Olympia, WA 98501

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CONTACTS

- BJ Kuntz, Event Director Sam Brown, Speakers & Registration Peter Ho, Billings/POs ■

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Washington State Football Coaches Association
2021 District Award Winners



	Head Coach	Assistant Coach	JH/MS Coach	
	Blake VanDalen Lynden	Brian Young Squalicum	None	 <i>Brian Young District 1</i>
	Co Head Coach Dominic Daste Eastside Catholic	Co Head Coach Aaron Hart Lincoln (Seattle)	None	
	Eric Kurle Graham-Kapowsin	Melvin Wells Tahoma	David Sandberg Sumner	 <i>Aaron Hart District 2</i>
	Scott Rice Ridgefield	Dan Kielty Camas	None	
	Jason Smith Toppenish	Ray Reyes Toppenish	Carter Christensen Royal Middle School	



*Eric Kurle
District 3*



*Melvin Wells
District 3*

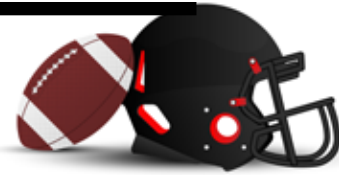


*David Sandberg
District 3*



*Jason Smith
District 5*

Washington State Football Coaches Association
2021 District Award Winners



Head Coach

Brett Jay
Moses Lake

Assistant Coach

Tyler Theiss
Cashmere

JH/MS Coach

None



*Carter Christensen
District 5*



Devin Bauer
Lakeside Nine
Mile Falls

Chris Holquist
Riverside

Jason Baldwin
Reardan



Dave McKenna
Gonzaga Prep

HT Higgins
Gonzaga Prep

Brian Patterson
Mead



Kyle Kimble
Pomeroy

Jeremy Van Dam
Sunnyside Christian

Kyler Lovgren
Pomeroy



*Tyler Theiss
District 6*



*Devin Bauer
District 7*



*Jason Baldwin
District 7*



*Dave McKenna
District 8*

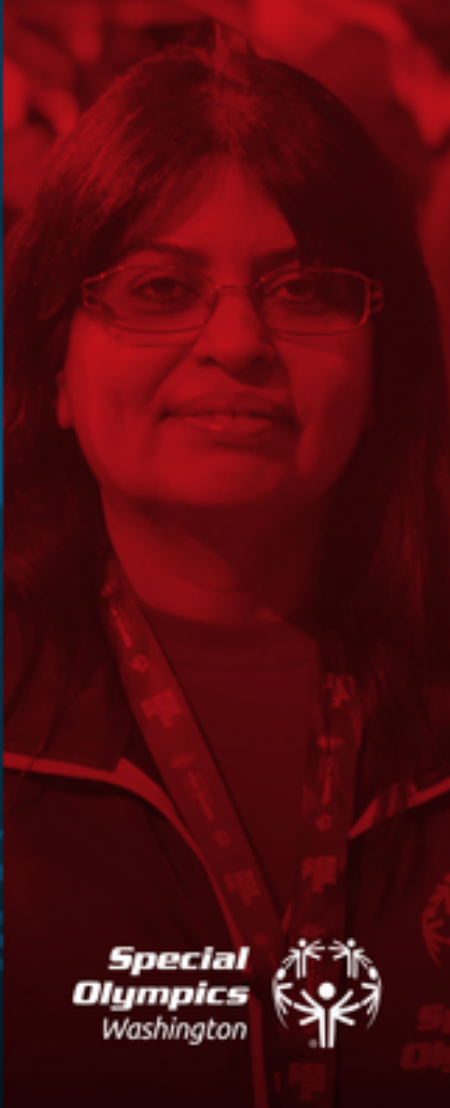


*Jeremy Van Dam
District 9*

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TEAM



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Four Admendments Passed

RENTON, Wash. - The Washington Interscholastic Activities Association (WIAA) Representative Assembly voted to pass four amendments, the Association announced Friday.

The Representative Assembly is comprised of 53 (35 high school, 18 middle level) school administrators from each of the nine WIAA districts. For an amendment to pass, 60 percent approval is needed from voting members of the Assembly. A total of 32 votes are needed for a middle level/high school amendment to pass, while 21 votes are needed for a high school amendment to pass.

In total, seven amendments were proposed this year and the four that passed will go into effect next school year. In addition to those amendments, three WIAA Executive Board positions were voted on. Jeff Lowell of Bellevue School District (District 2) and Nick Hazeltine of DeSales High School (District 9) were elected as new Board members while Paul Manfred of Gonzaga Prep (District 8) was elected to keep his position on the Board.

The full language of each of the amendments may be found on the WIAA website.

Passed Amendments

	RULE	SUMMARY	S	O	NP
ML/HS #1	5.0.0 8.0.0	Redistricts the state from nine (9) to six (6) districts and modifies WIAA Executive Board representation.	40	13	0
ML/HS #2	7.3.0	Eliminates "no position" as a voting option for Representative Assembly members.	50	2	1
ML/HS #4	17.12.10	Allows students to retain the full number of practices previously completed upon return from an extended absence.	52	1	0
ML/HS #5	18.7.6	Allows a student to be placed on academic probation at the start of the fall sport season if they failed to meet grade requirements in the second semester or third trimester of the previous school year.	34	19	0

Failed Amendments

	RULE	SUMMARY	S	O	NP
HS #3	13.0.0	Adds chess as a communication arts and leadership activity under WIAA jurisdiction. Withdrawn on 3/12/22			
HS #6	29.3.0 39.3.0	Increases the season limit for baseball and softball from 20 to 22. A nonleague double header will count as one (1) contest and a one (1) or two (2) day tournament will count as two (2) contests.	2	33	0
HS #7	30.1.0	Allows high school basketball teams to participate in 20 contests, one (1) of which may a tournament of up to four (4) contests. A WIAA foundation game or game against an international touring team will not count toward the season limit.	15	20	0

About WIAA

Founded in 1905, the WIAA is a membership organization of over 800 middle level and high schools from every corner of the state with the goal of making memories through education-based activities. The WIAA supports and sponsors 23 sports along with five activities that incorpo-

rate over 500,000 student participants. The WIAA and its member schools believe in the value of extra-curricular activities have been linked to better standardized test scores, increased school attendance, improved physical and mental health, and a more positive student experience. ■



MVP DRIVE

Create a safer, smarter, more realistic practice environment with the MVP-DRIVE, from Rogers Athletic and Mobile Virtual Player.

Like football coaches at every level of the game, Dartmouth Head Coach Buddy Teevens had grown tired of student-athletes injuring each other during football practice. Not only are injuries detrimental to student-athletes on and off the field, but they slow a team's overall progress.

Teevens reacted swiftly by banning live tackling in practices between players. Instead of tackling drills, he introduced the MVP-DRIVE – from Rogers Athletic and Mobile Virtual Player – as a method for student-athletes to participate in tackling drills without potentially injuring each other.

The MVP-DRIVE is the world's first – and only – motorized, self-righting, mobile training dummy. It is controlled with a fairly standard RC-type controller and stands about average player height. But here's the game-changer. The MVP-DRIVE can move. Its forward and backward acceleration, its lateral quickness, and its change of direction abilities leave coaches wide-eyed upon first seeing the MVP-DRIVE in action.

"Everybody in the football community is concerned about the potential for injury, and everyone wants fewer injuries," says John Currier, CEO of Mobile Virtual Player. "The MVP-DRIVE gives you a device that changes the way you teach and practice the game, but you take away, in large part, teammates hitting teammates in practice."

The MVP-DRIVE is also a very powerful way to eliminate repetitive, sub-concussive hits during practice that happen during the normal process of training.

"When you see the MVP-DRIVE moving around, under the control of coaches, it allows you to see it as a device that replicates not only what you might see from an opponent, but it mirrors the tackling process," he says. "They are hitting something padded, but it can definitely move and evade an athlete with no warning, just like an opponent. There are big dimensional changes you see by moving from a static dummy to the MVP-DRIVE. It broadly expands all of the things you can do in practice without running the legs off your players and subjecting them to unnecessary risk."

MORE THAN JUST TACKLING

While the MVP-DRIVE excels in the tackling arena, it has many more virtues than those belonging to a standard tackling dummy.

"The MVP-DRIVE is a great quarterback for line drills," says Currier. "You can move the pocket and you're not putting your valuable quarterback at risk. The MVP-DRIVE is a great quarterback during OL vs. DL drills."

That's not all. When running drills for linebackers and defensive backs, coaches can bring the MVP-DRIVE out of the backfield and have the defenders react to the position and direction of the MVP-DRIVE. They don't need to tackle the mobile dummy, but it helps them set up pursuit angles depending upon the route the MVP-DRIVE runs out of the backfield.

"It allows athletes to practice things they might otherwise have trouble practicing," says Ryan McManus, Director of Marketing for Mobile Virtual Player. "For example, if you have two MVP-DRIVES running vertical routes, and a defensive back splitting the difference in coverage, then the defender can make a real-time decision about breaking on the ball to intercept it or finishing with a tackle. You can't do that against your own receivers because coaches need those guys healthy on game day. You can also practice cut blocking on the MVP-DRIVE because it's softer than a player and it keeps defenders healthy as well."

Today, coaches and student-athletes can step into the future of football and join teams like the Pittsburgh Steelers, Oakland Raiders, Dallas Cowboys, San Francisco 49ers, University of Notre Dame, University of West Virginia, Dartmouth and more.

FOR MORE INFORMATION ABOUT THE MVP-DRIVE, VISIT [HTTP://DRIVE.ROGERSATHLETIC.COM](http://drive.rogersathletic.com) OR CALL (800) 457-5337.

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