

THE WASHINGTON GOACH

OFFICIAL PUBLICATION OF THE WASHINGTON STATE COACHES ASSOCIATION



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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



Summer 2023

Fellow WSCA Members,

Happy summer!!

As you read this, I hope you are enjoying everything our Pacific Northwest summers offer. Be it boating, fishing, golfing, tennis, hiking, walking, wine tasting, micro-brew sampling, jogging, softball, or sitting at the beach.....whatever it may be, relax, take a deep breath, and realize how blessed you are to be in such a great profession working with our youth. In your travels this summer take the **Coach magazine** with you on trips, hikes, or camping and take a 'selfie' with the magazine and send it to Mike Schick, our magazine editor. He likes tracking all the places the magazine is taken and read.

For all of us in the coaching/education profession, this is the "decompression stage" of our year. Time to reflect on the past school year and our athletic seasons, be it a successful one or a not-as-successful-as-we-would-have-liked year, either way it's time to let it go.

For some of our coaches, summer is a great time to get those continuing education clock hours through clinics, workshops, or summer classes. Check with the ISA representing your sport to find out what 'networking' opportunities are there for your sport.

The WIAA Amendment process is over, voting has taken place, and there are changes coming in some sports. There were a total of 8 Amendments passed by the WIAA Rep Assembly meeting in April, for next season. If you have not done so, talk to your AD or Principal or get on the WIAA website and become informed on the changes that will be in effect this next school year. It is vital that head coaches get involved in this process each year and become educated on issues in your sport that may be in the amendment proposal stage. I don't know of any coach that likes surprises when it comes to the WIAA amendment process. **Get involved and be informed.**

June 1, 2023 marks the start of the new membership year for the WSCA. Membership applications for 2023-'24 are on our website, washcoach.net and ready for online registration. You will notice some new features on our website and the registration process. Get on this early and renew your membership. **And don't forget to send in your dues payment.** If you are part of a school district that covers the membership cost then all you have to do is register through your district. If you are not part of a school district that covers membership costs, then you need to register independently through our website.

Enjoy the summer. Be thankful for all the blessings we see and don't see.

Keep the head down,

Darrell Olson
President ■



2022-2023 WSCA Membership Executive Director/Treasurer Report

Rob Friese, Executive Director,/Treasurer



Be in the Know

The WSCA membership year is quickly coming to a close and registration for the 2023-2024 is fast approaching. We will end the year with at the least 1,299 individual members and 3,037 group members, for a total of 4,336. The new registration should be ready by June 1, 2023 and will extent to May 31, 2024. Check out the website at washcoach.net for an announcement of "Registration Now Open for 2023-2024". Remember that the earlier you sign up, the longer you will be taking advantage of the member benefits. You can find the answers to most of your questions by going to "Members Central".

This past year \$15.00 of your dues went directly back to individual sports to support clinics, all-state games, awards and much more. The WSCA is here to support all sports in the state. To see all the benefits provided you

again can again go to our website. One of these benefits is the ability to get published in this magazine. Mike Schick, our magazine editor, is always welcoming articles that can honor coaches and to share best practices. Don't hesitate to contact Mike if you have something to share with other coaches around our state.

We also have a great working relationship with the WIAA and Mick Hoffman. Our Individual Sport Representatives (ISA's) are in contact with the appropriate WIAA contacts to share question and concerns from our membership. Feel free to contact the ISA rep from your specific sport. A list of these representatives can also be found on our website.

We are looking forward to another great year in the world of Washington Coaches. Also, feel free to contact me with any questions at <https://washcoach.net/contactForm.php> ■

QUESTIONS OR CONCERNS?

Contact - robfriese@gmail.com or
contact@washcoach

WASHINGTON STATE
COACHES ASSOCIATION



WSCA Coaches Card

We have had some questions from coaches about when and where their WSCA card is valid as an event pass. As a reminder, and as it says on the card, WSCA cards are valid for entrance into post season games...District, Regional, and State. They are not valid for regular season events, as this would be against ASB rules and regulations.

If you have questions about this, feel free to contact me.

Rob Friese, Executive Director/Treasurer
robfriese@gmail.com or contact@washcoach.net

Washington State Coaches Association
PO Box 205
Lebam, WA 98554

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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 \$2 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.

SCAN HERE



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.

Mission & Vision: *Women in Sport* was created by the WIAA to support women as leaders, change agents, connectors and collaborators in the world of athletics. Through this initiative, the WIAA is proud to provide women in athletic leadership with a series of conferences, workshops, and networking opportunities to inspire growth and engagement.



SANDY RINGER
EISENHOWER HIGH SCHOOL
by Nick Mendro, WIAA Staff

Sandy Ringer spent her career elevating the impact of women and girls in youth sports, paving the way for generations of female sportswriters in Washington state and across the country. A native of Yakima, Sandy graduated from Eisenhower High School in 1971, where she took part in pre-Title IX volleyball and basketball programs.

After high school, she attended Washington State University, where she stepped off the court and onto the sidelines, earning a Bachelor of Arts in Communications (1975) along the way. Meanwhile, Sandy's knack for reporting and writing began to catch public attention. By the time she graduated, she'd become the first female sports editor of the Daily Evergreen – WSU's student-led newspaper.

Sandy continued her journalism career after college, covering general news and high school sports at a weekly paper in Madras, Ore. After nearly two years, she decided to move closer to home and took a similar position with the Toppenish Review, another weekly paper, covering general news and prep sports.

It was just six months later that Sandy got what she considered her first big break – a chance to cover prep sports full-time as sports editor of the Suburban Times, a twice-weekly newspaper in Lakewood. She focused on the high schools within the coverage area (Lakes, Clover Park and Charles Wright) and also featured some Pacific Lutheran University sports.

In 1981, Sandy joined the Valley Newspapers sports staff and primarily covered football, basketball, and baseball. After six years with Valley Newspapers, Sandy landed her "dream job" with The Seattle Times. She was hired as the South Bureau sports reporter in July of 1987, focusing on high schools throughout South King County.

Sandy was presented the Washington State Football Coaches Association Silver Helmet Award (1991) for outstanding coverage of high school football and related youth activities. She also received The Washington State Wrestling Coaches Association Media Award (2003) for outstanding coverage of high school wrestling, including a memorable feature on the WIAA 50 Years of Wrestling celebration. The Washington State Baseball Coaches Association named Sandy the "Jim Reding Media Commitment Award" (2010) for outstanding coverage of prep baseball.

Sandy was honored with the proclamation made by Seattle City Council to have February 7 known as Sandy Ringer Day (2014) in appreciation of her "dedication and commitment," in particular to coverage of girls sports. Since her pre-Title IX playing days, Sandy's contributions have played a critical role in exposing the brilliance and importance of women and girls in Washington state high school sports. ■



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

Cueing Your Athlete to Success

The word cueing, used in developing your athlete's movement skills, means correcting your athlete's movements through short, specific, verbal phrases as they do each exercise. It does not mean constantly talking to them during the exercise.

Successful trainers don't over-talk, instead, they allow the athlete to assimilate the cue given at the moment. The athlete then corrects the movement pattern and moves on from there, hopefully, with the corrected form.

Coaches must be constantly aware of our athletes' techniques during the strength training programs. As we closely monitor the athletes we coach, it is incumbent upon each one of us to pay particular attention to the specific exercise technique flaws that have a high probability of injury. Once we are sure that they are not putting themselves in a dangerous position it is time to work on helping them get better at exercise. Fine-tuning comes to mind.

When an athlete is relatively new and has not used the

weight room equipment, specifically free weights, additional close observation, and guidance is necessary. By paying strict attention to their overall movement pattern, which is critical to their success in the weight room, the potential for an injury is minimized.

There are a minimum of six aspects to consider when cueing your athlete, beginning with the understanding that Safety is ALWAYS first. With this in mind, then follow up with cues for the correct movement patterns, positioning, and spotting.

Now back to the topic at hand, the proper manner of cueing/correcting your athletes' technique flaws and introducing the correct movement patterns for each of the exercises.

The main priority will be the safety of your athlete. The depth/extent of your exercise knowledge will, or should, be constantly expanding. This results from a consistent study of the resources available. As the saying goes "correct technique before adding weight to the bar." In All Cases Don't Let Them Get Sloppy. It will

come back to bite you in the butt.

And this biting normally happens when the right parent comes along after their child has been injured in your weight room doing something stupid that could have been prevented with correct technique form and execution (and listening/following your instructions which they probably were not doing). Remember, Deep Pockets bring out the money miners in some people.

Each exercise has its own particular movement path which must be correct, effective, and efficient. Instructing and adhering to these guidelines not only lessens the chances of an injury with the added benefit of your athlete getting stronger.

During all the phases of each lift, the movement MUST be under the lifters' total control. If not, then corrective action has to begin immediately by the spotters. Tell the spotters to assist in re-racking the bar.

The spotters ought to be paying attention to what's happening with the lifter and not have to be told to

take the bar. When they take the bar, it has to be in an even, finely coordinated lift and not tipped to one side of the other.

Spotters absolutely have to pay attention to the lifter. They are there to protect the lifter from harm. This involves not only looking at the lifter but also at their partners' movement speed throughout the entire lift-off until the bar is racked.

In our weight room, the students are not allowed to have their hands in their pockets because nine times out of ten, they are gawking around the room and not paying attention to the lifter.

Coaching awareness

Things to look for are correct body alignment during all phases of the lift. Fatigue symptoms, such as facial expressions out of the normal may indicate an upcoming potential injury and the beginnings of a problem during the movement.

As an example, let's look at a few squat cues. There are a lot of things we should be aware of as they squat. Let's

take a look at these various aspects of the squat and this is a basic safety checklist.

This potentially means making adjustment cues to their initial setup.

The head position is directly in line with the entire body, not tipped back looking at the ceiling nor tilted downward.

- ▶ Cue: “Stand up straight,
- ▶ Keep your head straight”
- ▶ Don’t look at the ceiling

Have them look slightly up by picking out a point that is just above their head. As they squat, periodically look at where their eyes are looking.

- ▶ Cue them as necessary, “eyes up,” until they are doing this on their own each time they squat.
- ▶ Not at the ceiling because they lose the perspective of the horizon.

Don’t let them look down, as this generally tips them forward or off to the side.

The setup

Adjust the shoulders/upper back placement on the bar, so the head, the eyes, and the elbows are all in the right position to even begin the lift.

The grip. Thumbs and fingers wrapped fully around the bar.

- ▶ Cue: “Thumbs,” “Fingers.” Whichever the case may be.

The hand placement. Should-

er width or a bit wider bearing in mind the farther out they grip the bar the less control they have over it.

Moving under the bar

- ▶ Hands shoulder width apart, dependent on the size of your lifter.
- ▶ Elbows under their arms and not winged out to the sides
- ▶ Full body tight

Abdominal brace

- ▶ Brace

Remove the bar, backward with two small steps to clear the rack and begin sitting back.

- ▶ Cue: don’t dance with the bar
- ▶ Stop shuffling side to side...

Front, side, and rear views: are they aligned in the correct manner? Can they safely realign or does the bar need to be re-racked?

The slumped-over position

- ▶ Stand up tall
- ▶ Shoulders back and tight

Is the chest kept high?

- ▶ Chest out
- ▶ Shoulders back and tight

Is the body vertically aligned or has it twisted off to either side?

- ▶ Straighten up
- ▶ Don’t twist

Is there movement in the hips as the bar setup is completed?

- ▶ Stop swishing your hips
- ▶ Be steady

The descent

Front, side, and rear views

- ▶ Stand tall
- ▶ Be straight

Is the head lined up with the back or is it looking at the ceiling?

- ▶ Look at your spot.
 - If on the platform in a contest they need to find a slightly higher spot in the room to look at.

Is the head positioned correctly and not tipped off to one side?

- ▶ Straighten your head up

Are the hips even or are they moving to the side?

- ▶ Stop swishing your hips

Are the feet in the correct position and in line with one another?

- ▶ Line your feet up

Did they start by sitting back and not beginning with their knees?

- ▶ Sit back, butt going to the rear to the wall

Is the movement up and down done with the knees moving in a line between the patella and the space between the big toe and the next one to it?

- ▶ Push your knees out
- ▶ Keep your knees from caving in

The bottom position

Front, side, and rear views

- ▶ Don’t tip
- ▶ Chest up
- ▶ Push it up
- ▶ Drive up straight

Is the head in line with the rest of the body?

- ▶ Don’t look at the ceiling you lose the perspective of the horizon

Is the bar still placed evenly on the shoulders or has it slipped side to side or too far down the shoulders? If so, the spotters must be on top of their game, and they must be ready to take the bar with an even smooth motion but not a rapid unload as that could cause the lifter to fall backward or forward.

- ▶ Take the bar
- ▶ Even smooth removal

Has the body remained square with the lifting platform or has the athlete started to tip toward one side?

- ▶ Straighten up

Has the body continued to face the front of the rack or lifting platform or have they twisted to one side?

Are the knees still aligned over the feet or have they moved into a valgus or varus position?

- ▶ Push your knees out

continued on page 8

continued from page 7

The ascent

Front, side, and rear views

Did the initial upward move begin with the head, hands pushing up on the bar with the chest starting upward?

- ▶ Chest high
- ▶ Push up on the bar
- ▶ Drive upward

Is the head still stable and at the correct angle?

- ▶ Stay focused on your spot

Are the legs and body moving from side to side? Protect the knees. Stop and valgus and varus movement.

- ▶ Push out

VERY IMPORTANT POSITIONAL NOTE: have the knees remained over the feet or did they move into a valgus position? A Valgus position is dangerous and harmful to the Anterior Cruciate ligament. It must be avoided during the lift.

The first movement needs to be sitting back. The cue here, at least where I am involved is "sit back." "Move your hips back."

And finally touching or not touching your athlete while giving the cues.

This final aspect cueing slides right in with the Safe Schools Program that all of us have to read, understand, and take the quizzes after each module. If successful in passing each section, we receive the certificate of completion for our personal files in our district.

We all do this each year before school starts and we start interacting with the students.

As a side note, I do realize and deep within my heart know this is especially valuable information for us to have. However, it is almost beyond my comprehension that significant portions of this program pertain to the safety and well-being of our students and that some idiot has violated the trust placed in us for their selfish interests. The safety of our students has to be primarily in dealing with our students every single day.

In the sections pertaining to sexual grooming and providing alcohol and drugs to any of our students, anyone with even a scintilla of common sense knows that such activity is a direct violation of our responsibility to our

students. Having investigated child sex abuse for over three years in my previous profession I have seen the horrific lifelong harm it does to these victims.

Anyway, I'm off my soapbox and want you to know I'm not defending the idiots who violate this code of conduct. They have to be eliminated from our profession. Period.

Endnotes

1 <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2994600/>

The load-bearing axis of the lower limb can be represented by a line extending from femoral head center to ankle joint center. In a varus (bow-leg) knee, this line passes medial to the center of the knee, increasing force across the medial tibiofemoral compartment. In a valgus (knock-knee) knee, the axis passes lateral to knee center, increasing force across the lateral compartment. Animal studies and human studies of complicated fractures provided some early evidence that alignment may influence development and progression of knee osteoarthritis (OA) (1). ■



Share a Coaching Tip

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





June 25th 2022 was a great day... June 24th 2023 will be even better!

Last summer the Earl Barden 2A-1A-B All State Classic returned after a 2-year COVID hiatus and what a great day it was. This excitement and success have spurred 71 of the best small school football players from across the state to commit to play in this year's contest! This June 39 players from the East and 32 players from the West will report Tuesday the 20th with the Classic being played at East Valley High School in Earl Barden Stadium on Saturday June 24th at 1:00 PM. Coaching staffs for this year's edition are as follows:

WEST

Head Coach- Luke Abbott- Raymond- South Bend High School
Assistant Coach- Mike Tully- Raymond- South Bend High School
Assistant Coach- Chuck Spoor- Raymond- South Bend High School
Assistant Coach- Carey Nagel- Tenino High School

EAST

Head Coach- Devin Bauer- Lakeside (Nine Mile Falls) High School
Assistant Coach- Tim Klein- Lakeside (Nine Mile Falls) High School
Assistant Coach- Casey Monahan- Lakeside (Nine Mile Falls) High School
Assistant Coach- Travis Todd- Brewster High School

Rosters are official 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.

A great week of practice, bowling, belly flop contests, guest speakers and a community outreach with the Union Gospel Mission are planned. Our greatest hope is that each of our participants has a lifelong memory made and this week is the week of a lifetime. We are happy to have the WSCA sponsoring two \$500 scholarship winners for the best of the best to be awarded at the game. We have not only the best players but the top character kids in the state. If you are in Yakima for the weekend, tickets will be available at the door but for those of you who cannot make it, we will have a strong social media presence the week of the game and the game will be streamed live online again this year. The link to the broadcast will be made available on our social media platforms the week of the game.

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

Athletic Business

NFL, NFLPA Approve QB-Specific Helmet to Reduce Concussions



[Andy Berg](#)
Apr 17, 2023



season. As part of an NFL-NFLPA policy, Not Recommended and Newly-Prohibited helmets may only be worn by players who wore those helmets during the 2022 NFL season. No players

will be permitted to wear the newly-prohibited models starting in the 2024 season.

As part of the release of its annual helmet testing results, the NFL and NFLPA announced last week a quarterback-specific helmet will be available for the first time for the 2023 season. According to a [press release](#) from the NFL, half of all QB concussions occur when their helmets hit the ground. The new helmet aims to reduce the severity of those specific impacts. The VICIS ZERO2 MATRIX QB performed 7 percent better in quarterback-specific testing than the most popular helmet worn by quarterbacks last season.

Helmets designed for the experiences of specific position groups is the latest innovation in the advance of helmet technology. Position-specific helmet designs take into account the unique locations and speeds of head impacts for each position group to offer players more customized protection. The league shares a wide range of game impact data with helmet manufacturers to inform their enhanced designs, including data from mouthguard sensors and advanced video footage. Position-specific testing will be extended to additional positions in the coming years.

The addition of a QB-specific helmet follows the introduction in the 2021 season of an offensive and defensive linemen-specific helmet. Two OL and

DL-specific helmets now top the 2023 NFL-NFLPA helmet rankings.

“Helmets customized to the unique experiences of a position group promotes player safety,” said Jeff Miller, NFL executive vice president overseeing Player Health and Safety. “This is the next evolution in a rapidly advancing market for improved helmets. We’re proud to share the data necessary to design and build better equipment.” The NFL and NFLPA’s release today of the results of their annual helmet laboratory testing demonstrate continued helmet safety innovation. Jointly appointed biomechanical engineers ranked 50 helmet models, including three new models. Two of the new models ranked in the ‘Top-Performing’ group, continuing a rate of improvement in helmet performance that has increased by nine times since before the start of the helmet testing program in 2015.

Rate of innovation is evidenced by helmets’ rankings over time: Seven helmets that were in the top-performing group in 2020 are now Newly-Prohibited for the season ahead. The helmet rankings [poster](#) ranks and groups helmets according to their laboratory performance into three categories: top-performing (green); not recommended (yellow); and newly-prohibited (red). More than 99 percent of players wore top-performing helmets last

will be permitted to wear the newly-prohibited models starting in the 2024 season.

Evidence of helmet innovation extends beyond the 2023 rankings released today, as demonstrated by the three awardees of the NFL Helmet Challenge, a \$3 million competition designed to accelerate helmet performance and safety for NFL players.

The awardees – Kollide, Xenith, and Impressio – submitted helmet prototypes that demonstrate it is possible to both exceed performance of existing commercially available helmets while also decreasing helmet weight. Their submissions reflect unique designs, including the use of advanced, energy-absorbing materials such as liquid-crystal elastomer (LCE) material, 3D printed mesh, and engineered energy control structures to redirect and optimize absorption of the forces from on-field contacts. The helmets drew recognition from the NFL Head Health Tech Helmet Challenge Committee, which includes experts in biomechanics and sports equipment safety, including engineers, scientists, and researchers.

The three awardees will continue work to further develop their prototypes in an effort to increase the field-readiness of their respective helmet models. ■



Each season the Northwest Conference comes together around a cause. Given all that our athletes, families, and communities are experiencing right now, our conference has decided to focus on mental health this spring. We know everyone experiences mental health and mental illness differently. This focus encourages each of us to think about what we can do to support one another.

Only7Seconds is addressing the loneliness epidemic, one connection at a time. We do this by encouraging, empowering and equipping individuals and partners to connect with people who matter in their lives and inspire their communities to do the same. Loneliness is the inability to connect in meaningful ways that give us a sense of significance and belonging. Loneliness is proven to be significantly harmful to both physical and mental health. The solution to loneliness is connection. Real, personal, vulnerable connection. In a world where connection is readily available at our fingertips, we are more disconnected than ever.

**ONLY7SECONDS IS ON A MISSION TO ADDRESS THE LONELINESS EPIDEMIC.
IT TAKES ONLY 7 SECONDS TO MAKE AN INTENTIONAL CONNECTION.**



SHARE (spread hope and remind everyone) Day is a community event for the 7th of each month.



We partner with businesses and organizations to provide resources and tools for intentional connections.



Ambassadors are individuals equipped to make intentional connections and inspire and activate their communities.



Designed to start conversations that matter, our merchandise shares the message of Only7Seconds.



The Connection Curriculum is a youth program serving 7-12th graders to make intentional connections.



Title Sponsor Jeff & Diana Bedlington

JOIN THE MOVEMENT: WWW.ONLY7SECONDS.COM



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. ■



GENERAL LIABILITY INSURANCE PROGRAM

As a membership benefit, coverage is provided by the Commercial General Liability Policy issued to the National Organization of Coaches Association Directors. This policy will provide general liability coverage to Washington State Coaches Association and its members.

CARRIER

HDI Global Specialty (A Rated)

POLICY PERIOD

August 1, 2022 – August 1, 2023

LIMITS OF INSURANCE

\$1,000,000	Each Occurrence
\$2,000,000	General Aggregate (per Member)
\$1,000,000	Products/Completed Operations
\$1,000,000	Personal & Advertising Injury
\$ 300,000	Fire Damage
\$ 50,000	Sexual Abuse (per Member)
Excluded	Medical Payments

COVERAGES

- ❖ Educator Professional Liability
- ❖ Participant Legal Liability for insured members
- ❖ Liability assumed under insured written contract
- ❖ Defense Cost outside limits

EXCLUSIONS

- ❖ The use of automobiles, buses, watercraft and aircraft
- ❖ Property of others in the care, custody, and control of the insured.
- ❖ This insurance does not apply to members that coach at an All-Star game that is not approved by your state coaches association.
- ❖ This insurance does not apply to any loss, cost or expense arising out of infectious or communicable disease.

CAMP INSURANCE

Today, most Coaches are involved in some type of sports camp. Please note that our General Liability Program follows insured members while working at camps and/or conducting their own personal camp.

In addition, Participant/Accident Coverage is required for coaches and/or participants. Should an accident occur during a camp, clinic or event, this secondary coverage helps offset the loss suffered by families affected by such accidents.

NEW PROCEDURE FOR CAMP INSURANCE

As a member benefit of your state coaches association, all members in good standing have a \$1,000,000 per occurrence General Liability policy limit that provides coverage for their coaching activities. In order to protect the General Liability policy from potential claims, the insurance company has mandated that all coaches must obtain signed waivers and provide Participant/Accident insurance for their participants.

In order to obtain a certificate of insurance showing proof of insurance or naming an additional insured, the following must be in place:

- ❖ **Waivers:** Signed waivers showing indemnification language
- ❖ **Participant/Accident Insurance:** You must have Participant/Accident coverage in place for all participants attending sports camps.

PURCHASE INSURANCE

- ❖ Camp Insurance Request form is available on our website: www.loomislapann.com

INSURANCE ADMINISTRATOR



www.loomislapann.com

(P) 800-566-6479 | (F) 518-792-3426

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Disclaimer: This is an insurance overview for summary purposes only; for complete policy terms and conditions please refer to the NOCAD Master Policy.

Golden Anniversary of Washington State Football Playoffs

Bremerton's West High Wildcats Remember...



by Lane C Dowell
Correspondent for the *Washington Coach*

This Fall marks the 50th Anniversary of the Washington State Football Playoffs.

Mick Hoffman, Executive Director of the Washington Inter-scholastic Activities Association (WIAA)



commented, "It is truly amazing to see the progress of the

state championships since 1973. We have gone from an invitational event to a highly competitive entry process utilizing RPI, seeding committees, guidelines for play dates and start times while debating the advantage/disadvantage of home sites. We view the passion in the debates as evidence that high school football fans in Washington have great love for the sport of football.

It is awesome to see incredible growth in other sports supporting both genders from the origins of the state basketball and football events. It is our honor to govern and host these events as tens of thousands of young people create lifetime memories via their participation."

Mick's comments back up the changes that have been made from an October 5, 1973 column that **Bill Schey, Puget Sound's well-known Sports Reporter**, published about the first playoffs:

"It was inevitable, I suppose, that it come to this, but haul out your slide rules, Football Fans: Today we discuss the state's newly adopted high school playoff system.

Most everyone knows that on three successive weekends, beginning Nov. 9-10, state champions will be determined on five levels – classes AAA, AA, A, B, and eight man – with eight teams selected at each level to begin the playoffs. How those teams get to the playoffs is where the slide rules and/or scratchpads come in.

...Not every school fell all over itself to jump into the playoff scheme. Somewhere between 30 and 40 of the class AAA, or big school, teams chose to abstain, mostly because entering the playoffs means playing a maximum nine-game regular season schedule rather than 10 which are allowed otherwise."

Bremerton's West High Head Football Coach, Chuck Semancik, added, *"...Because we're in this numbers game over here on the Peninsula where there aren't enough Triple-A schools, we must share a playoff spot with the Triple-A Tacoma schools...you'll still have two or*

three guys choosing between you and the other league."

Mel Thompson, UW football recruiter for Head Coach Jim Owens stated, *"This has been 15 years late. It is football at the root level, kids deciding who's best in a playoff situation. Now maybe our state kids will get an even break with the rest of the athletes in this country."*

This story is about Bremerton's 1973 West High Wildcats and how they came to be selected to the Quarter Finals pairing with Evergreen, Wenatchee, and Fort Vancouver. They didn't win the Championship – Jack "The Throwin' Samoan" Thompson and the Evergreen Wolverines halted their advancement, but there was something magical that placed those Wildcats into the playoffs.

The athletes of '73 are getting Social Security now – most of them retired – some of them gone – but I swear they remember every detail of that season. And just to ensure you this is a good story, I'll give you the main stats of this team –

Bremerton's West High Wildcats football team (AAA) were the 1973 Olympic League Champions and regarded by most as one of the best teams in the history of West Bremerton High School.

The Wildcats.....

○ Ranked second in the State of



Evergreen's Crouse tackled by West High Morgen - Hamre, Jackson, Tostenrude, & Metcalf ready to help. Courtesy of Bremerton Sun

Washington in both News Service polls at the end of the 1973 high school football season.

- Posted the first perfect regular season in the history of West Bremer-ton High School (nine wins and no losses).
- Set a school record for the fewest points allowed during a regular season (25 points allowed in nine games). Shut-outs included Wilson, Lincoln, South Kitsap, Central Kitsap, and Stadium.
- Scored a total of 234 points in the nine-game regular season (averaging 26 points per game, while allowing opponents an average of under three points per game).
- Played before the largest crowd to watch a football game at Bremer-ton's Memorial Field - Homecoming against Central Kitsap - with over 7,000 people in attendance.
- Had the largest number of Student Rally Buses to attend an away game in school history (17 buses traveled to the State Playoff game - West Bremerton vs Evergreen - in Tacoma's Lincoln Bowl, November 1973).
- Played in the semi-final round of the first State Championship in the history of Washington State High School football.
- Had a total of eleven athletes (15 positions) that were recognized as first or second team Olympic All-League. A number played both ways. First Team Offense included Gordy Jackson/End, Glenn Tostenrude/Tackle, Dave Snow/Tackle, and Paul Morgen/Running Back. First Team Defense added Gordy Jackson/End, Dennis Stewart/Tackle, Paul Morgen/Linebacker, and Mike O'Brien/Defensive Back. (Three out of 4 tackle spots). Second Team Offense named Bruce Miller/Guard, Joel Wannebo/Center, Dick Ottele/Quarterback,



KING5 Sports Anchor Paul Silvi even wore the '73 Wildcat jersey during one of his High School Sports Blitz programs in 2018.

Mike O'Brien/Running Back. Defense included Tom Metcalf/End, Glenn Tostenrude/Tackle, and Kent Phippen/Defensive Back. All were named based on their athletic ability, sports-manship, leadership, and service to the team and community.

- The 2-way linebacker, Paul Morgen was named All-State Running Back by the Washington Sportswriters Association.
- Had three athletes named to the Prep All-America Football Honor Roll for 1973-74 by Coach and Ath-lete Magazine: Gordy Jackson/End, Dick Ottele/Quarterback, and Paul Morgen/Fullback.

○ Had a total of four players that were selected to play in the Fourth Shrine All-Star Benefit Foot-ball Game at the Ta-coma Lincoln Bowl in August 1974. Jack-son, O'Brien, Mor-gen, and Ottele.

○ Had three players that went on to play D-1 College Football, and two

pursued opportunities in the Nation-al Football League...Paul Morgen and Mike O'Brien.

A number of teammates answered our call on creating this story - the memories were all exactly the same.

50 years later, these athletes are still as detailed to the game as if the season was just last week -

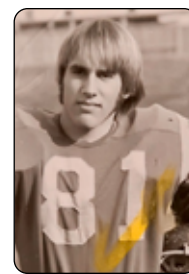
SUMMER 1973

Gordy Jackson/End: *"I remember that the 1973 season was a culmination of years of playing Pee Wees, Junior High, and High School sports together with many of the same teammates. When our time came to be seniors, we all took pride in being the best we could be.*

A bunch of teammates got together to practice on our own the summer before the season started. We would all meet up and run sprints, plays, and lift some weights on the dirt soccer field.

I remember going with Dick Ottele

over to Seattle to get a new face mask. We both wanted a facemask that would not block our vision. White shoes were also important. I picked up a pair of white Puma shoes with gold laces."



Gordy Jackson

Paul Morgen/

Fullback: *"Always we would have the whole backfield and at times many of the Linemen would show up running routes on pass plays, screens, and countless running plays. We knew all the plays and we would run them over and over until our timing in our minds was perfect."*

Dick Ottele/Quarterback: *"We were getting ready for the start of two-a-days in late August. At the time, there were concerns about student athletes drinking and attending keggers. To build team moral, we brought in a beer keg partially filled with root beer to drink after one of the workouts. The problem was that we didn't have any carbonation in the partially filled keg and we didn't have the keg on ice. So, after the workout, we had flat warm root beer for the guys to drink. For the guys that were there, there was an appreciation of the effort, but not so much for the end-result."*

Lane Dowell/Assistant Coach re-mem-bers the athletes calling in the coaches during one of their self-planned summer practices. *"I knew this team and the season was going to be VERY DIFFER-ENT when they came to the coaches and asked if we could oversee some changes. They had great talent and they wanted to do all they could to WIN!"*

Their requests were: 1) Extra con-ditioning. 2) No partying - if one is caught doing so, they should be disciplined. 3) Push us as hard as you can."



Bill Hobaugh

THE BEGINNING OF THE SEASON

Bill Hobaugh/Running Back: *"All those two-a-day practices. I swear we had*
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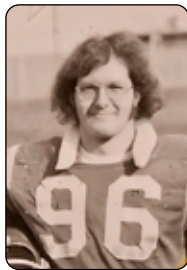
10 of them. During 6th period PE class (always saved for the football athletes) we lifted weights - I remember bringing the weights outside to lift because it was so warm inside."

Jackson: "We were all excited to start the season. We ran drills together to start and then we would break up into the line and backfield. We would hit the sled and drive it to strengthen our legs and work on our form. Through hard work and competition among each other for positions, we built a strong bond. I remember that you had to earn your position. There were no complaints about who started because the best got to start, and the rest knew they needed to be ready because they were the next guys up.

Our Athletic Trainer, Al Smith would bring his version of Gatorade - He called it Al-Aid, but it tasted a lot like lime Kool-Aid, sugar, and salt."

Morgen: "At the end of practice, we always had hills that we ran, touched the fence, and ran back down. The hill was and still is about 20 yards then another 10 yards to the fence. After every practice we had 20 hills - for every jump off-sides, another 5 was added - for any mistakes another 5, etc."

David Snow/Tackle: "During practice, Mike O'Brien complained about not getting enough carries and I remember responding, "Yeah, I don't get enough carries either." Apparently, that didn't appease O'Brien as at the next practice, Mike came in with a total self-blue-dyed practice uniform including his shoes so his teammates would recognize him on the field."



Dave Snow

Bruce Fingarson/Team Manager & unpaid Assistant Coach added: "When O'Brien went into the showers after practice, all the dye had come through and his skin was totally blue..neck to toes. Chuck started calling him, "Blue Boy."

Dowell: "The passing game was not a big part of our offense. (In the season's nine games, the Wildcats passed for only

288 yards.) At one practice, Chuck was showing his frustration as his athletes weren't understanding how to run a screen pass. Ottele looked at me and whispered, "I understand it, I'm just afraid I won't do it Chuck's way."

Darren Smith, our Deep Snapper, always stayed late with his dad, our Athletic Trainer. After the hills, he finished with 100 deep snaps. We never botched a long snap. The placekicker, Rory Cates joined them, and he finally got called to score a field goal in the CK game.

Morgen read his teammates well and knew how to lighten the atmosphere after the grueling practice day. He and O'Brien would join the team in damming up the showers with towels and then running and sliding across the shower floors, or Morgen and O'Brien would climb up on top of the lockers and act like chickens. Chuck used to get mad at me for not stopping this because he felt someone would get hurt. Tensions were gone as they left to go home."

Morgen: "From the start of the football season there was something different, a different feeling on the field, in the locker room, the halls of the school, and even in the classroom. We were closer as a team, as a school, and as we found out later, as a fan base."

Headline - "CATS GRIND OVER LAKE WASHINGTON"

West High Wildcats 27 - Lake Washington Kangaroos 6

Ottele: "Our first game of the season was almost a fiasco. It was an away game against Lake Washington in Kirkland. The team bus got stuck in Friday afternoon traffic and the bus driver missed the freeway exit to get us to the school. One of our guys, Mike O'Brien, who was originally from the Seattle/Eastside area, had to help guide the bus driver to get us to the school. We had to suit-up, warm-up and get ready for the game in less than half

the normal time. First game jitters and limited time to get ready - not an ideal way to start the season."

Morgen: "I remember Al Smith was sweating like crazy as he was taping ankles and hands over and over. We did not have time to really warm up for the game and the first series of plays showed that...then we found our rhythm."

Jackson: "I was taught along with the rest of the team that your first hit would determine how the opponent would size you up. I made sure that my first hit was hard. Our offensive line opened big holes for both O'Brien and Morgan to run through.

Defensively, James Walker and Keith Griffin both made interceptions to shut down their offensive drives.

After the game, we were all really happy. We had won our first game against a team off the Peninsula which was a big deal...when we played a team off the Peninsula it seemed like quite an accomplishment."

TWO RALLIES EACH WEEK - THURSDAY PEP RALLY & THE MONDAY VICTORY RALLY

Ottele: "Throughout the season we had Thursday morning Pep Rallies at school and Monday morning Victory Rallies. They were popular with the students and a great way to get the Team psyched up about playing the upcoming opponent."

Morgen: "With the team doing so well, the impact on the school was very visible, our pep rallies were crazy, lasting longer than the usual time. There was electricity throughout the student body, from the principal to the freshmen student, it was undeniable."

Dowell: "Coach Izzi with his Marine-like voice initiated "The Claw" (borrowed from WSU) - "Give Them the Claw" reigned thru-out the rallies."

Snow remembers: "I loved Chuck wearing the T-shirt with our opponents' names to our pep assemblies, and after each of the 9 victories, Cheerleader Derilee



Chuck Semancik & QB Dick Ottele

Cronkhite would surgically remove the school's name with scissors... until Chuck's shirt was no more."

Headline: "CATS JAR WILSON WITH PUNISHING OVERLAND ATTACK"

West High Wildcats 14 - Wilson Rams of Tacoma 0

Ottele: "Chuck's coaching career spanned over 30 years. The Team was aware that Chuck had been wearing traditional black coaching shoes forever. We wanted to show Chuck how much we appreciated him. At the Thursday morning Pep Rally before Wilson, with the student body all "Jacked Up," we presented Chuck with a brand new pair of white coaches' shoes to wear on the sidelines throughout the rest of the season. It was a Gridiron fashion statement for a much-loved coach....and we could tell by the gleam in his eyes that it was a "much appreciated special present."

Schey reported after the game: "...and there was Chuck Semancik, his grizzled features and well-seasoned suit of sideline apparel brightened noticeably by a new set of gold-laced, white kangaroo-skin shoes, wearing a smile on game night."

Sadly, Wilson Head Coach Harry Bird (Semancik's collegiate rival UW-WSU) passed away during his next game with Issaquah. The West team all signed a card to the Wilson athletes.

Headline: "CATS CATCH NORTH NAPPING"

West High Wildcats 18 - North Kitsap Vikings 7

Ottele: "We were preparing to play North Kitsap in the third game of the season. The Vikings were a good team, and we knew it was going to be a challenge to find a way to beat them. It was on Wednesday before the game and we were running hills at the end of practice. It all started out

fairly routine, but quickly escalated into a "surreal experience" that, without question, will be remembered by everyone on the team - for a long, long time. What normally would have been roughly twenty up/downs on the



Victory Hill

hill, became a grueling session of 105 times up and down the "fricking" hill...!!! Fatigue and anger - between players.... coaches - were growing with every trip up and down the hill. But amazingly, the

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The WSCA Obtains a New Insurance Carrier

Washington State Coaches Association Insurance Program



For Any questions regarding the Participant Accident coverage for camps or other policy terms & conditions please contact: Karen Boller- kboller@loomislapann.com, Lori George - lgeorge@loomislapann.com, Greg Joly - gjoly@loomislapann.com; Loomis & LaPann, Inc. PO Box 2158, Glens Falls, NY 12801, 800-566-6479, sports@loomislapann.com, www.loomislapann.com

The coaching profession has changed dramatically in the past 20 years and with that change comes more scrutiny, more expectations, and more responsibilities. Coaches today must manage their sport and coaching duties are not relegated to athletics and Xs and Os.

In reality, coaches are expected to deal with school policies/procedures, Booster clubs, parents, athletic trainers, facilities and equipment. In

addition, coaches in most states are required and/or encouraged to become certified in emergency first aid and CPR. By virtue of the position held, coaches have become increasingly more at risk of being involved in a lawsuit and proper insurance coverage is a necessity.

As a member benefit of your coach's association, all members are covered for your coaching activities (including classroom coverage) by a Commercial General Liability Policy. The policy limits

are \$2,000,000 (per member) and the policy provides coverage to members from claims made by negligent acts accidentally committed resulting in bodily injury, personal and advertising injury or property damage to others. Members may also request certificates of insurance showing proof of insurance or naming an additional insured. Participant Accident coverage for participants attending camps is mandatory, and member coaches have the option of completing a camp insurance request form for a Certificate of Insurance and/or participant accident coverage at www.loomislapann.com. ■

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Team persevered and became closer as a result of the "Victory Hill" episode. What could have derailed our season, made us stronger."

Morgen: "...unlike most of our practices this one had not gone well. We were told we had 40 hills - this was just the start - a few jumps of the snap count and we were to 50, and so on and so on. As the hills went on so did the mistakes - 60, 70, 80, 90. For the most part, the team was holding together, no one was quitting but there were tremors in the ranks. 100 hills...then 105."

Jackson: "The game was played in Poulsbo. North was big. I remember their fullback, Marty Zuarri. He was a tough running back. He hit hard and we knew we had to hit them harder. Paul Morgen was calling defense and we all knew this was going to be a battle. This was our first league game and we had to win it. Mark Passinetti/Defensive Guard, Keith Griffen/Linebacker, and Morgen cemented our inside defense."

Headline: OPPORTUNITY KNOCKS - WEST ANSWERS

West High Wildcats 34 - East High Knights 6

Ottele: "Our fourth game of the season was against the East Bremerton Knights... our archrival and a team we lost to in the prior year.

Needless to say, the environment for the East Pep Rally was super charged.... loud and raucous. With the cheerleaders leading the way...the band playing the fight song....and the students feeling the excitement for the upcoming game, somehow this led to an impromptu/spontaneous charge of hundreds of students, teachers, and admins out of the gymnasium and on to the team's practice field.

The celebration continued outside for another half hour or so before people started to make their way back to school. As it was wrapping up, a real concern among coaches and school administrators was that the "mob of people" were pushing to walk across the Warren Avenue Bridge and continue the Pep Rally on the East High campus. (Dowell insert - "A voice in the crowd was heard to yell out,

"Let's take this over to East!" The crowd was ready! The voice was the #1 Wildcat football supporter, our Principal Ron Gillespie.") Thankfully, the teachers and admins calmed Gillespie and the potential crisis was averted. We went on to beat the Knights and remain undefeated."

Hobaugh: "I remember especially the East Bremerton game. They had some real stud athletes....and we knew them so well."

Headline: WEST GALLOPS PAST ROUGHRIDERS

West High Wildcats 27 - Port Angeles Roughriders 6

Jackson: "This game was for Paul Morgen and Bob Hamre. We had gone up to Port Angeles our sophomore year and both Paul and Bob suffered broken col-



Bob Hamre

larbones. This was a grudge match and we wanted to beat them bad. Morgen was very emotional in this game both on offense and defense.

We ran the triple option, and Ottele scored first. I remember we went for two and made sure Morgen got the ball to score the extra points. Morgen scored the next two touchdowns. Hamre (The Hammer) and I played on the right side on defense. We had a call, Red Dog, where I would drop back to cover the corner and Hamre would blitz. I remember Hamre calling Red Dog many times during that game."

Snow: "I remember Halftime at the Port Angeles game when Chuck came over to the bench where I was sitting (after kicking a garbage can across the room) and picking me up by my hair - perhaps why I'm follicly-challenged - and seeing Gordy Jackson immediately put his helmet on and snap the chinstrap!"

THE BLUE MEANIES - THE STATE'S STINGIEST DEFENSE

Ottele: "As the season progressed, it became apparent that we had an outstanding defensive team which was more than worthy of a formal "identity" to continue to motivate the players. So, we had a "Name the Defense" contest at school and



Top: Dick Ottele - Paul Morgen
Bottom: Mike O'Brien - Kent Phippen

the far-and-away winner of the contest, suggested by Marcus Johns/End, was the "Blue Meanies" (from the Beatles Yellow Submarine movie). The coaching staff painted the defensive players' helmets dark blue (instead of our normal gold) to further build team comradery and pride in the achievements of our defensive play."

Headline: CATS PUNISHING POWER PREVAILS

West High Wildcats 29 - Lincoln Abes of Tacoma 0

Jackson: "We kept being told by our coaches not to believe the press clippings. We were rated 3rd in the State AAA, Central was ranked 1st for AA. We felt like the worst thing that could have happened was that we were so highly rated. That was spelled out when we were getting ready for this game."

Morgen: "Lincoln High was the next team we faced after our defense was named the Blue Meanies, and we more than lived up to the name. They had a halfback that was having a great year, but at the end of the game their combined yards gained was a minus 18 yards.

Headline: WEST WILDCATS BOMB BEWILDERED SK WOLVES

West High Wildcats 41 - South Kitsap Wolves 0

Jackson: "South Kitsap was going to be our third league game. We were warned not to take South lightly. They were looking to upset us, and we needed to be ready. We had moved from being rated #3 in State to #2. It was their homecoming, and they would be ready."

Terry Mosher/Bremerton Sun reported: "...Three costly SK mistakes plus tremendous blocking by the West High offensive line had powered the Blue & Gold Wildcats to a 28-0 halftime lead." The SK head coach remarked to the reporter, "They just picked our people, our big people, up like sticks on a tide and pushed them away."

Fingarson: "Chuck used to always tell us when we were ahead at Half to play the rest of the game as if it was 0-0. How in the hell do you motivate a team to play with great intensity when they have destroyed their opponent in half number one?"



Bruce Fingarson

Well, Chuck resorted to his traditionally intense personality and used me as the fall-guy. It was a very sloppy field that night, and as my teammates came in for the break, I used a tongue depressor to clean the mud from their cleats. Chuck must have spent five minutes chewing me out because I was not doing it the right way...the Chuck way. Finally, he grabbed the wooden stick from me and almost wrenched O'Brien's knee as he pulled his foot up to show me how to do it properly. It wasn't so much the cleaning of the cleats that mattered as it was re-establishing the intensity to play well the second half."

Headline: WOUND TIGHT WILDCATS TAME COUGARS

West High Wildcats 17 - Central Kitsap Cougars 0

Jackson: "The game with Central was really big. The press called it the Peninsula Game of the Decade. Central was 7-0 and the #1 rated AA school and we were 7-0 and ranked #2 AAA school in the state. We were no longer playing for the league championship but to qualify for the state championship. We had to beat Central, or we would be knocked out by Mount Tahoma.

There were so many people when we entered Memorial Stadium, it was amazing. We always met at the top of Victory Hill to get psyched. Then we would run down the hill to the field to

begin warmups. The place was really loud and during warmup drills everyone in the stands were stomping their feet and screaming.

Once the game started, we took the ball after kickoff and got to the nine. It was 4th and 6 yards. Ottele called 36X and I cut behind the cornerback who tipped the ball into my hands for the first score. The Blue Meanies held the Cougars to no score. O'Brien scored and Rory Cates got his first field goal of the year to seal the game."

Bob Hamre/Cornerback: "One game to me stands out above the rest. Homecoming against Central Kitsap. These were two of the highest rated teams in the state facing off. The buildup to that game is hard to explain. The student body, the teachers, Hell, the whole town of Bremerton was abuzz! The crowd at Memorial Stadium was the largest I had ever seen or played in front of...over 7,000 spectators! We won and shut them out! "Taking Care of Business" by BTO rocked at our Homecoming Dance!"

Headline: PATIENT CATS BAG UNBEATEN SEASON

West High Wildcats 27 - Stadium Tigers of Tacoma 0

Hamre: "How the community rallied around us was fun to be a part of. Everywhere you went in town there were good vibes about West High football. It was great growing up in Bremerton. That season was proof of what TEAM was all about. To ALL who were a part of this, thanks for the memories!"

Morgen: "There were student buses going to away games, 4, 6, 8, and I believe on our last game against Stadium High, there were 11 student buses attending the games. After that game the buses followed the team home and there was a police motorcade through Bremerton all the way back to the school. Never have we seen this kind of support."

Playoffs: THOMPSON LEADS WOLVES' WIN OVER WILDCATS

Evergreen Wolverines 33 - West High Wildcats 22

Morgen: "The last game. State playoffs, we made our goal, undefeated during the regular season with only 25 points be-

ing scored against our defense total. We were ready. We received the kickoff and after the first quarter we were down by 21. The rest of the game, it was ours. We beat them in the line, we stopped them on defense, our offense was clicking. Evergreen High outlasted us on the field. We beat them for 3 quarters but as all of you know, games last 4."



Dowell remembers Morgen was playing league baseball later in the summer and met up with several of the Evergreen athletes who told him, "You guys beat us up so bad we could not get it together for our next game."

LASTING WORDS

Ottele: "Random Memories of Chuck Semancik - So many players over the years....so many individual and shared memories of playing football at West Bremerton High School. It is literally impossible to capture the all the memories of playing "Chuck Football." Who doesn't remember all the antics....good, bad, and indifferent that took place in "Room 8." Pre-game introductions/pep talks... halftime debriefs/temper tantrums.... post-game celebrations and accolades. What about the unique and down-right funny sayings that were all Chuck....typically with a scowl on his face and a raised voice he would say things like...."Come on now"...."Just run the damn ball!"..."What are you doing, Little Man"...."Man on your right, man on your left, who are you going to take." And one of the most overused and overly-optimistic player responses to Chuck's questioning...."I got my man, Chuck."

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Dowell: "I saw Chuck four days prior to his passing. All Chuck could say was, **"WE WERE REALLY TOUGH, WEREN'T WE!"** This was not said as a question."

Mike O'Brien

"We by far had the best set of athletes on the Offensive and Defensive side in the state of Washington. It showed when we opened the season and started knocking around other teams in the area and in the league.

We had a great combination, a really good fullback in Paul Morgen, and we had a really good group of offensive linemen that made it easy for me and Paul to be successful...Not to mention that hard-driven Coach that ALWAYS said, "...take another Hill".....L.D."

Bob Hamre:

"The memories I have of playing on the 1973 West High Wildcats football

team are many. It was one of the greatest experiences a teenager could have. I look back and remember a group of kids setting a goal and the groundwork to get there. Everyone was on board, coaches, trainers, equipment handlers, and all players. A total team effort! This was, to me, where it started."

Paul Morgen:

"As the season progressed after the first snap, we knew the outcome of the game...after the first drive, we never looked back.

I went on to play in college, but never did I ever have the feeling of 'team' again as we had on that '73 team. In college you really have two teams, offense and defense. You practice separately and most of the time are pitted against each other. In '73 we were one team - we played as one, our goal was the same.

I don't really remember after that game with Evergreen, I don't remember

crying but if I did, it was not because we lost, it was because I wouldn't be around this team, those coaches, those feelings, those fans again, it was saying goodbye."



Lane C Dowell

Assist Football West High Bremerton
Founder Chuck Semancik
Memorial Foundation
WSCA Lifetime Member ■



Coach Doug James

Hearing their final whistle...



Coach Doug James (referred to as CJ by players), coached at Rogers High School in Puyallup from 2006-2022 as part of the high school softball program. He also spent time coaching as part of the RHS football program.

Doug loved volunteering his time to serve the youth in his community as a coach and supporting the 'Ramilly' by attending athletic events to cheer or serve, watching theater programs and substituting in the classroom.

He had a zest for life & God! He shared that joy and passion through sports.

Doug's Coaching & Life Philosophy **(Pentagon to Success)**

Attitude: As you think; You become

Character Requires: Commitment and perseverance

Humility: Serve first; No recognition required

Character Requires: True humility

Sacrifice: Others before self

Character Requires: Selflessness

Compete: Never surrender

Character Requires: A courageous heart

Team: Honor each other

Character Requires: A servant's mind

- Nothing but the best...
- Amazing things are accomplished when no one cares who gets the credit!
- Goal... It's not the end of the road - It is the road! ■

The Value of Sports Participation



Coaches are in a unique position to have a lasting and far-reaching impact on student-athletes. Encouraging athletes' participation in sports can have beneficial and positive results on the mental health of student-athletes. Coaches serving the mental health of student-athletes today is important to their growth.



Teenage depression and anxiety are ever present today and coaches must be aware of the importance of providing a culture that allows student-athletes to freely seek professional assistance. Having an outlet to face the unique pressures of sports and adolescent growth is of utmost importance.

Below are 10 proven mental health benefits from sports provided by the Newport Academy. Click [here](#) to read the article as it shares the importance of sports participation and the mental health benefits derived from participation. Hopefully this article will emphasize to coaches how important sports participation can be to the mental health of youth today.

1. Exercise positively impacts levels of serotonin, a chemical that helps regulate mental health, and stimulates the neurotransmitter norepinephrine, which improves mood.
2. Physical activity releases endorphins, the body's natural "happy chemicals," and reduces levels of the stress hormone cortisol.
3. Sports are associated with lower rates of stress, anxiety, depression, and suicidal behavior.
4. Participation in team sports reduces the risk of teen substance abuse and other reckless behaviors.
5. Team sports enhance resilience, empathy, confidence and empowerment.
6. They have also been shown to increase executive functioning, creativity, cognitive development, and self-regulation.
7. Improved teamwork and social responsibility are additional benefits of team sports for mental health.
8. The more time spent being physically active, the less time a teen spends on social media, which is proven to lower adolescent well-being.
9. Teen sports, as well as other outdoor activities, get teens outside so they can experience the benefits of time in nature.
10. Sleep improves when teens are physically active—which is important because sleep is essential for maintaining mental health.

[Click Here for Full Article](#)

To learn more about youth suicide, visit www.JasonFoundation.com.

The Jason Foundation | 18 Volunteer Drive | Hendersonville, TN 37075 | (615) 264-2323



Hearing their final whistle...

Coach David Tate

Written by Bradley Tate



David Tate took his final trot around life's bases on March 22, 2023. An inspirational coach, compassionate teacher, and dedicated husband and father, Dave passed at home after a year-long battle with cancer.

Dave's first at bat began in Lakewood, WA on July 30, 1955, when he was born to Adron and Faye Tate. Early education began at Tye Park and Woodbrook, leading to his graduation from Clover Park High School in 1973. Dave would continue his higher education at Fort Steilacoom Community College, Washington State University, and finally Pacific Lutheran University for his MA in 1985. A gifted baseball player, Dave played throughout his educational years, starting in the



second grade under the coaching of his father, and ultimately finishing his baseball career playing second base at Fort Steilacoom.

Dave's passion for the sport of baseball continued into a successful coaching career, including a 20-year coaching stint at Rogers High school, leading the Tacoma / Pierce County All Star Baseball team with Tacoma's sister city in Kitakyushu, Japan, and becoming his son's little league coach for almost a decade.

Dave's love for mentorship and coaching seamlessly transitioned into the classroom, where he was an educator for thousands of young minds during his 35+ year career in the Puyallup School District. Dave's legendary stories (like bicycling from Washington State to South Dakota) often preceded his unique teaching style (like standing on desks during lectures). Always adorned in a button-up shirt and tie, Dave was known for his disdain of cell phones and his love for journaling, encouraging his students to put down technology and pick up writing, even if only for his one-hour class period.

Recognized both in the classroom and on the ball field, Dave's awards include being selected as the Who's Who Among America's Teachers in 1992, Pierce County's Coach of the Year in 1993, and Rogers High School's

Dick Halleen Sports Person of the Year in 2002. Besides his 4th grade championship baseball trophy for Tye Park, Dave's most cherished accomplishment by far was winning over the love of his life, Cindy Fabulich, and raising their son together. While Dave would say his irresistible dance moves while chaperoning the Rogers High School homecoming dance were what eventually won Cindy over, most everyone else (including Cindy) would say it was Dave's compassion for others and love of adventure that truly captured her heart.

Dave is survived by his wife, Cindy, son Bradley (Andrea) Tate, brother Phil Tate, nephews Andrew Tate, Gavin Tate, and nieces Julie Tate and Jennifer Ferguson. He was preceded in death by his father, Adron Tate, his mother, Faye Tate, and his brother, Greg Tate.

A memorial service was held on Saturday, April 29th at 1:00 PM at Governor John R. Rogers High School. The family requests that donations be made to Rogers High School Leadership in memory of David Tate. Checks can be sent to Rogers High School, 12801 86th Ave E, Puyallup, WA 98373. Arrangements by Mountain View Funeral Home. Please sign the guestbook here: <https://www.mountainviewtacoma.com/obitu.../David-Tate-8/...> ■



Coach Marble Inducted Into The 2022 WIAA Hall of Fame

As presented within the WIAA Hall of Fame Program, May 3, 2023.

Since Suzanne Marble took over as La Conner's head volleyball coach 30 years ago, the only true opponent to the Braves' perennial dominance has been a global pandemic. Even the chaos of COVID-19, which closed the courts for over a year, could only shut down Marble's fearsome rotations for so long. Once restrictions were lifted, the Braves continued their ownership of the Northwest League, District 1 and the rest of Washington state high school volleyball.

In her three decades as head coach, Marble redefined success in Washington state sports, creating an expectation of greatness that transcends the volleyball court. A hallmark of consistency and loyalty, Marble has led the La Conner Braves to 24 league championships, including a streak of 21 consecutive titles dating back to 2002.

Beyond the borders of the Northwest League, Marble rattled off 16 consecutive titles at the district level between 2005 and 2022, collecting 18 total District 1 championships since 1997. Of course, she wouldn't have perhaps the most prolific resume in Washington volleyball history if it weren't for her dominance at the highest level. With seven total state Championship-winning seasons, including the past four in a row, Marble's squads have owned the podium at the Yakima Sun-Dome.

In addition to their seven gold medals, Marble's teams have combined for 11 more top-eight finishes including five silver and two bronze medals. In 2022, she finished off her remarkable coaching career atop the podium with her daughter Ellie for the third consecutive season, capping off a mother-daughter success story of fairytale caliber.

In total, La Conner volleyball recorded 558 total wins under Marble's tutelage and made 27 consecutive State Tournament appearances, earning Academic State Championship status three times along the way. Marble was named Northwest A/B League Coach of the Year 13 times to go along with her three State Coach of the Year plaques. For her efforts, she was inducted into the WSCA Hall of Fame in 2015 and earned Skagit Valley Hearld Coach of the Year in 2019.

On top of her contributions to the La Conner community, Marble has lent her services outside of her own team and region, serving as a member of the WSCA for 26 years and presenting at the All-Sports Clinic three times. In 2022, Marble was recognized as the American Volleyball Coaches Association (AVCA) Regional and National Coach of the Year. But for all of her success on



the courts, Marble's greatest interest-and longest lasting achievement- has been her impact on the lives of the young women she coaches.

"To this day," said Kristy Croghan, one of Marble's longtime colleagues, "many of Suzanne's former players call her and thank her for believing in them and showing them that they can achieve goals they never dreamed were feasible." ■



SCHOLARSHIPS

Burnett-Ennis *Recipients*



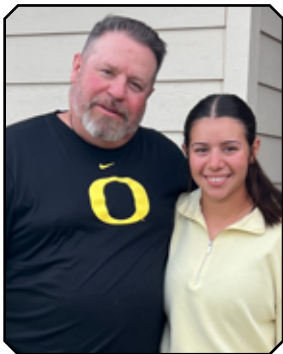
Carson Boesel and dad Bryan



Randi Bushnell and mom Jo McGrath-Bushnell



Tyler Clouse and dad Matt



Henleigh Elder and dad Steve



Sydney Fisher and dad Adam



Becca Hershey and dad Andrew



Presley Linderman with dad Tyson and mom Vanessa



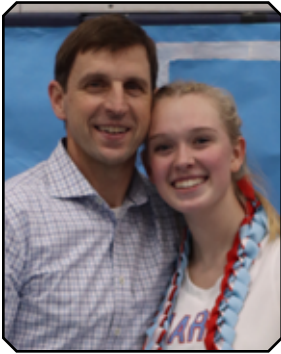
Ellie Marble and mom Suzanne



Kieryann Mattson and dad Kelly

SCHOLARSHIPS

Burnett-Ennis *Recipients*



Isabella Merzoian and dad Scott



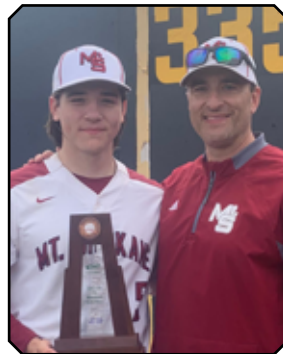
Madison Morrisom and dad Dwaine



Jessie Reed and dad Jason



Abby Roche and dad Steve



Rece Schuerman and dad Alex



Lucy White and dad Cory



Talina White and dad Akil ■

Congratulations!

ATHLETE INTELLIGENCE

ATHLETE MONITORING TECHNOLOGY TO IMPROVE TECHNIQUE, HEAD SAFETY, AND RETURN-TO-PLAY

Athlete Intelligence combines wearable technology with automated reporting tools that records and analyzes head impact insight reports directly to your inbox. The Athlete Intelligence System breaks down critical trends for optimizing team performance and safety.

- ✓ **MONITOR HEAD CONTACT WORKLOADS**
- ✓ **ELIMINATE IMPROPER TECHNIQUE**
- ✓ **REDUCE HEAD INJURY RISK**



Actionable
insights at your
fingertips

▼ **29% DECREASE IN CROWN IMPACTS**

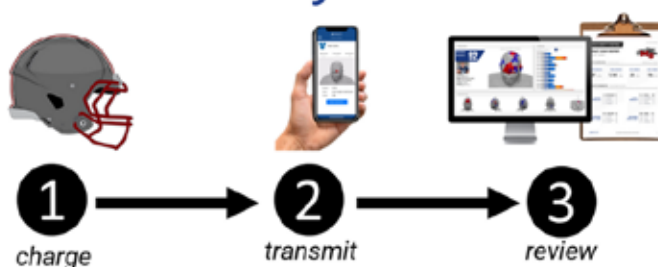
Coaches and Athletic Training Staff use the reports and dashboards to identify player and position workload trends. Top improvement opportunities are highlighted and can be tracked over time by player and position group.

Learn More at AthleteIntelligence.com

Collect. Review. Improve



Easy, Automated Data Analysis



How does the Athlete Intelligence System work?

Using a small sensor inside a football helmet, data is collected on every head impact. When transmitted, the data is summarized into Coaching Reports designed to highlight player trends, patterns, and those performing above team averages.

How do I use the data?

The data is designed to uncover insights into how your players engage in contact. When proper technique is not being used, the Athlete Intelligence reports present these insights as training opportunities for Coaches so necessary adjustments can be made.

Does the Athlete Intelligence System tell me when to pull players?

No, the system will not make decisions for you. The insights you gain are designed to empower how you make decisions by accessing a new element of information you've never had access to.

Does the Athlete Intelligence System prevent concussions?

Not directly, no. However, the insights we provide into a player's impact workload show that when you can improve a player's technique and limit the amount of head impact, the risk of concussions decreases.



"We win games by keeping our players on the field. Athlete Intelligence helps us focus on where head impacts occur to ensure proper tackling. Focusing on impact location patterns will be key to identifying where technique adjustments must be made.

Head Football Coach - Lance DeLay - Redmond High School

info@athleteintelligence.com | 425.372.7811

2023 WSGBCA Senior All State Team Rosters



1B Coach Autumn Moorcroft, <i>Mossyrock</i>	#	2B Coach Jordan Holmes, <i>Colfax</i>	#
Gwendolyn Dawes, <i>Yakama Nation Tribal School</i>	14	Quinn Erdmann, <i>Warden</i>	9
Jillian Herres, <i>Pomeroy</i>	4	Jaisha Gibb, <i>Colfax</i>	1
Grace Huber, <i>Willapa Valley</i>	8	Morgan Hamilton, <i>Napavine</i>	2
Kali Kast, <i>Moses Lake</i>	9	Josie Harper, <i>La Conner</i>	3
Lauren Katyryniuk, <i>Naselle Grays River Valley</i>	6	Brooklyn Loose, <i>Adna</i>	4
Grace Nelson, <i>Odessa</i>	7	Ellie Marble, <i>La Conner</i>	5
Brooklyn Patrick, <i>Willapa Valley</i>	2	Tala Mitchell, <i>Chief Lecshi</i>	6
Payton Torrey, <i>Mossyrock</i>	5	Reigha Niemeyer, <i>Wahkiakum</i>	10
Hannah Van Hofwegen, <i>Mount Vernon Christian</i>	3	Jlynn Rios, <i>Warden</i>	7
Caitlin VanderKooy, <i>Mount Vernon Christian</i>	1	Karlee VonMoos, <i>Adna</i>	11

1A Coach KC Ahrens, <i>Deer Park</i>	#	2A Coach Vic Wolfis, <i>Lynden</i>	#
Kayana Bass, <i>Wapato</i>	4	Briana Andrade, <i>Othello</i>	8
Kaitlyn Bjorklund, <i>Cashmere</i>	3	Hannah Bates, <i>Sequim</i>	2
Demi Dykstra, <i>Lynden Christian</i>	2	Annalee Coronado, <i>Othello</i>	1
Ruth Flores, <i>Quincy</i>	11	Jelissa Julmist, <i>Sequim</i>	15
Ava Francisco, <i>King's</i>	10	Rylee Leishman, <i>Ellensburg</i>	7
Jaycee Goldsmith, <i>Freeman</i>	9	Isabella Merzoian, <i>Mark Morris</i>	9
Maddie Hammond, <i>Cashmere</i>	7	Morgan Rogerson, <i>W.F. West</i>	4
Hallie Kamphouse, <i>Nooksack Valley</i>	6	Analise Slotemaker, <i>Burlington Edison</i>	5
Anna Mooney, <i>Seton Catholic</i>	5	Natalee Trevino, <i>Grandview</i>	10
Keira Williams, <i>Seton Catholic</i>	1	Kylie Waltermeyer, <i>Tumwater</i>	6

3A Coach Jamila Jones, <i>Lincoln</i>	#	4A Coach Arvin Mosley Jr., <i>Emerald Ridge</i>	#
Vivienne Berrett, <i>Stanwood</i>	13	Autumn Agnew, <i>Central Valley</i>	7
Natalie Braun, <i>Mead</i>	8	Brooke Beresford, <i>Woodinville</i>	10
Maliyah Elliott, <i>Auburn Mountainview</i>	5	Monique Carter, <i>Emerald Ridge</i>	5
Sydney Hani, <i>Lake Washington</i>	2	Kylee Fox, <i>Richland</i>	3
Teayona Hoard, <i>Mead</i>	3	Lucy Lynn, <i>Gonzaga Prep</i>	6
Adria Lincoln, <i>Monroe</i>	12	Maddy Rendall, <i>Kamiakin</i>	4
Claire O'Connor, <i>Lakeside</i>	11	Kylani Rookstool, <i>Glacier Peak</i>	8
Izzy Sullivan, <i>Eastside Catholic</i>	10	Ava Schmidt, <i>Eastlake</i>	11
Jenna Villa, <i>Arlington</i>	9	Amelie Sitterud, <i>Tahoma</i>	9
Malani Warren, <i>Lincoln</i>	4	Grace Turley, <i>Mount Si</i>	1



On The Journey to Success...



A new feature is appearing in “The Washington Coach” beginning with this issue (see below). One of the most significant benefits of WSCA membership is the opportunity for your son or daughter to apply for the Burnett-Ennis Scholarship and/or the Jerry Parrish Scholarship for student teachers. These scholarships are awarded in the spring through the great work by our scholarship committee. The applications may be found on our website, washcoach.net, under General Forms.

The column, **On The Journey to Success**, written by the recipients will highlight how the scholarships have assisted them in obtaining their degrees or certifications and where they are now on their journey to success. Thank you Sydney for being the first to share your story.

If your son or daughter has received a WSCA scholarship or you know someone who has, please encourage them to contact me as we would like to honor them again by sharing their experience in “The Washington Coach”.

Mike Schick
Editor, “The Washington Coach”
wscs-editor@comcast.net ■

The Washington Coach Magazine Deadlines



Fall Issue - September 14

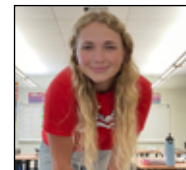
Winter Issue - January 14

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. ■

On The Journey to Success...



Dear Washington State Coaches’ Association,

I am so very appreciative of the college scholarships I received from the Washington State Coaches Association. I received the Burnett-Ennis scholarship to help me through Western Washington University and the Jerry Parrish Student Teacher Scholarship. Since those scholarships, I have coached at a variety of places including Sehome (JV basketball) and Squalicum high schools (slowpitch and Varsity fastpitch) in Bellingham during college. Gateway MS(basketball) and North MS (softball and basketball) in Everett the past two years, and currently Everett High School (softball). I am teaching Math at Snohomish High School and I have a passion for coaching softball and basketball. I hope to continue to gain more experience coaching in the future! Once again, thank you for the support when I was in college as well as the support you provide for all coaches!



Sydney Taggart
2016 and 2020 Scholarships Recipient ■



Lasers Hit 63rd Shelton Invitational Throwing Events

by Dan Dittmer, MS
WSTFCA Hall of Fame

*Head Track and Field coach Hawkins Middle School, North Mason School District
Assistant Track and Field Coach Shelton High School, Shelton School District
55 coaching seasons of track and field in 52 years of coaching track and field
1966 Shaner Invitational 440 champion and former record holder*

The 63rd Annual Shelton Invitational is in the books. For the very first-time lasers were used for measurements of javelin, shot put, and discus on Saturday, April 29, 2023. Time management is always a challenge for track and field meet organizers. Lasers have been around for some time and are becoming more popular and more cost effective overall. After using one for four track and field meets earlier this season and observing their usage at the Shelton Invite, I can understand why they are becoming more popular.

To find out for ourselves why they are becoming so popular, in February my wife and I purchased a Disto 7500i laser with a Leica TR1 100 tripod and targets. The measuring process is straight forward. To use have two spotters marking where the implement lands with one holding the target at the spot. A third official sets the Disto 7500i laser on the center of the throwing circle. The camera function

on the laser is turned on and centered on the target. The camera on the laser can magnify three or four times with the push of a button to find the target. Another button activates the laser and records a distance on the screen. We discovered that the laser is simple to set up on the tripod, the laser's menu is visually easy for a novice to learn, and a huge time saver in running a meet. We did not like the laser target that came with the tripod, so we built our own custom target.

We practiced using the system a little with Olympic College's track and field team. That experience convinced us we were on the right track to finding a better way to measure field events in track and field. Our first 2023 track and field meet was held on the road. The host school asked for help running an event. We volunteered to officiate the javelin if we could use the laser. "Go for it!" meet management told us and we did.

Here is the situation we

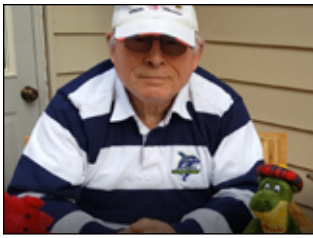
had at that season opening meet. #1 open pit with four throws each. #2 The athletes could take one throw at a time, or two, or three, or all four. #3 Twenty-four males throwing between thirty-two to one hundred thirty feet. #4 Nineteen females throwing between twenty-five to ninety-six feet. We started at just after 4:00 pm. Drum roll...all forty-three throwers had completed all four throws (173 total throws) and we were turning in the complete results at 5:17 PM. Just shy of eighty minutes.

Since that first meet, we have used the laser for the javelin measurement for two more home triangular meets with the same ease of use. At our first home track and field meet, we asked some parents and our athletic director to "use the laser" for the javelin measuring. Scott Chamberlain (athletic director Shelton High School) and our parents were impressed with the ease of using the laser. After that meet Mr. Chamberlain ordered two

more lasers, targets, and tripods for the 63rd Shelton Invitation.

Our Shelton Invite javelin and shot put officials were familiar and had previous experience with the Disto, but our discus officials had never seen one before. No problem. For them we demonstrated the Disto and provided a quick tutorial prior to the start of the meet. During warmups, the officials continued to practice and became more proficient and confident. The officials caught on quickly and were incredibly happy not having to drag a tape measure in and out of the sector after every throw. We monitored the officials' progress throughout the competition. No issues came to our attention. All throws were completed accurately and well under the allotted time. Many positive comments were received from athletes and coaches.

Cost is always a concern. The original Disto and Leica TR1 100 tripod had been purchased in February for



Dan Dittmer

\$622.82 including tax and shipping. New/replacement tape measures for each of the three throws and measuring hand poles will easily cost between \$50 and \$150 apiece. In two or three years, how many tape measures can you go through? If your track and field storage area is like many others, how many of your tapes have the first inches or even feet missing from them? The Disto 7500i has a molded water-proof body and uses two Lithium AA batteries. The originals lasted for three meets. For the Shelton Invite we did start with fresh batteries. They are still good.

The accurate reading of a tape measure is another issue we've experienced with tape measures. How many of your tapes have feet/inches on one side and feet/decimal inches on the other? 17 feet six inches is often recorded as 17.6 feet. Decades ago measurements in the discus and javelin were changed to the nearest lesser inch. This year we observed discus and javelin still being observed to partial inches. No more javelin and discus results being reported as fractions of an

inch. Your Disto E7500i menu solves this problem by letting you determine the accuracy of the measurement. One fourth of an inch or whole inch. Disto has the settings you need. Even horrors of horrors, feet/inches on one side and metric on the other? Oh my gosh, metric...end of the world? Nope, Disto's menu will let you set the units.

For the 2023 Shelton Invitational javelin we used a Disto E7500i with a Leica TR1 100 tripod and our custom-built target. For the shot and discus, the same laser, our just completed targets, and the smaller tripod was used. The company we had ordered the TR1 100 from forgot to ship them. Thanks to the efforts of our athletic direct Scott Chamberlain, he was able to locate two smaller ones that could work. I would highly recommend the TR1 100. Long story short, the TR1 100 is easier to plumb over the center of the throwing sector. The bottom of the center pole of TR100 is only one inch above ground level. To ensure accuracy and consistency, we inscribed with a "Sharpie" the bottom of each leg of the tripod on the throwing surface (shot, discus, javelin).

Next up for us, adapting the laser tripod of the TR1 100 to be used at the long and triple jump. BTW why is track metric and field not? Why the 1600/3200 and not the 1500/3000 like the rest of the world... never mind, I digress. ■



Gymnastics



Susan Riley



I began coaching high school gymnastics in 1990 after being a high school gymnast. I was lucky enough to have an incredible mentor, my former coach Sherry Morgan. I have served as a League Representative on Washington State Gymnastics Coaches Association board since 1996. I have also served as the Board President and Secretary. I have been part

of the Senior National coaching staff a number of times.

Although I have loved all my years of coaching high school gymnastics, including trips to the State Championships every year with either teams or individuals, my most favorite memories were the years I was able to coach my daughter in the sport we both love.

Susan was named the King 5 TV 2007-2008 "Coach that Makes a Difference". She was also Coach of the year for Washington State in 2002. She has taken an athlete or team to State every year of her coaching career.

"Susan is humble coach that always goes above and beyond. She is an active member of the WSGCA board and is always willing to step up and help. She has hosted our coaching clinic a number of times, held several board positions, coached the Senior National Team and I don't think has missed a board meeting in her 25+ years as the Wesco Rep. She is what we hope all high school coaches will be. She is always looking to better high school gymnastics and advocates for what needs to be done. I am so happy that Susan is being inducted into the WSGCA Hall of Fame. She is a most deserving inductee."

-WSGCA President Ryan Fleisher ■



Washington State Cross Country Coaches Association 2023 Hall of Fame

BILL MCCLEMENT



Bellingham



Zillah



Woodinville

Bill was a Navy dependent, and was always moving as he grew up. He attended Antilles High School in San Juan Puerto Rico for 9th and 10th grade, and then moved to RB Stall High School in South Carolina for 11th and 12th grades. While in High School, Bill took 4th in the Island XC championships as a 10th grader, and 5th in the South Carolina State Championships as a senior. Later that year he became the 2-mile state champion in track.

Bill walked on to the University of Washington Track Team where he was 11th in the Pac 8 Championship and a member of the 1st University of Washington Team to compete in the

National Championships (they placed 13th). After college, Bill continued to compete, winning the 1982 Seattle Marathon and qual-

ifying for the 1984 Olympic Marathon Trials while being coached by Alan Bonney. While at the UW Bill earned a BA in English. He also received a BA from Seattle University, and earned his MA in English from Middlebury College.

Bill started his teaching and coaching career at Zillah after doing his student teaching at Woodinville. He was at Zillah from 1989-1990, then was back at Woodinville from 1990-2000. Bill then moved to Bellingham where he has been since that time. During Bill's coaching career, he has had 33 teams to the state meet, with 15 podium finishes. He gives a lot of credit to his wonderful and dedicated assistant coach Eric Bachmeier.

In 2022, both his teams made it to state once again, with the girls' team finishing 5th, and the boys winning the state title with a 33 second spread. In 2010 and 2017, both his boys' and girls' teams were 3rd at state. In 2012, they were both second. His girls have finished 2nd 6 times and 3rd three times.

Among his notable athletes were Chris Ledford, Shawn Murphy, Brandon Roche, Chris Kwiatkowski, Becca Friday, Cade

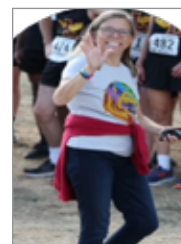
Brown, Annika Reiss, and Will Giesen. Between them, they have over 20 podium finishes in cross country and track, 10 state championships, and multiple All-American honors in their collegiate careers. Chris Kwiatkowski has followed in Bill's coaching footsteps at the University of Washington, where he is an assistant working with the distances.

Bill relishes the joy of seeing so many go on to college to run and earn a degree, especially those who may never have expected that or the degree could happen and, therefore, maybe have chance for a better life.

Bill has been married to Mary Deacon McClement since 1983. He says "She has supported running all our high school XC and Track teams all these years, and for whom nothing would be possible without her. She has developed her own relationships with athletes, coaches, and families!" They have three wonderful sons Alex, Matthew, Terry!

It is our honor to welcome Bill into the 2023 Washington State Cross Country Coaches Hall of Fame.

SALLY REVERE



Lakeside

Sally Revere is one of those athletes who returned to her roots, coaching at Lakeside School where she graduated in 1979. While at Lakeside, Sally ran cross country and track all four years in high school, was a state competitor, and a captain of both teams in her senior year.

After High School, Sally started out at Linfield, but then transferred to the University of Washington. While there, she ran cross country and track, and majored in English literature.

Sally started coaching at Lakeside with her former high school coach and 2005 Hall of Fame inductee Hugh Tower. She said it was a privilege to coach with Hugh. Sally started coaching in the fall of 1980. She took 9 years off in the 1990's to start her family, returning in 1999. After Hugh retired, Sally took over as head coach.

While at Lakeside, Sally has had significant success, winning 15 girls Metro



Washington State Cross Country Coaches Association 2023 Hall of Fame

League titles, and 6 more on the boy's side. The success didn't stop there though. During her coaching career, Sally has never failed to have an athlete at state, and has had 13 boys' teams, and 18 girls' teams compete. That includes a boys championship team, two girls second place teams, and 13 teams in the top 10. She says "I have had the great fortune of coaching fearless, tenacious runners who have surprised themselves countless times during their Lakeside running careers."

Sally's family has been wonderfully supportive and welcomed cross country and track seasons. She has three grown children, Sophie, Claire and Marius. She says "My love for running and coaching were inspired by my High School coach Hugh Tower (Hall of Fame inductee 2005). It was a privilege to coach with Hugh and to continue to coach at Lakeside where I ran. Coaching still remains one of my favorite passions – and I eagerly greet each new season. Lakeside running has always been about the pursuit of personal excellence in a supportive and inclusive team environment. It's been a true privilege to have had a coaching career where each year the team has been filled with curious, brave,

dedicated, team-oriented, talent-ed athletes." It is our honor to welcome Sally into the 2023 Washington State Cross Country Coaches Hall of Fame.

JOE CLARK



Joe grew up in Washington, and has lived here his entire life, with the exception of four years in the Army, which is also where he started running. He attended Issaquah High School, but didn't run there.

After his time in the Army, he attended Bellevue Community College, and turned out for track and cross country at the suggestion of T.P. Perry, who was a friend and track coach at Bellevue. While at Bellevue, Joe's team mates included a number of the top athletes in the state, virtually all of them going on to compete at 4-year universities. After Bellevue, Joe went to UPS where he ran cross country. Joe transferred to the University of Washington, getting a BA in English and

a teaching degree. Because of the late start to college, he was too old to compete for the UW.

Joe started out coaching at the Mann Junior High in 1992, and moved up to Lakes as a volunteer assistant in 1994. He took over as head coach in 1997, where he has been ever since. During his time at Lakes, they have won 14 league titles, 5 district titles, and had 18 teams to state, as well as a number of individuals. He has had several individuals on the podium, including Savannah Hardman, Seth Bridges, Zander Trevino, Izaic Yorks, Joe Gray, and Cruize Corvin. Cruize won the state meet in 2022, Joe was second in 2000, and Izaic took 3rd in 2011. Izaic Yorks went on to be a collegiate All American and competed in two Olympic trials, while Joe Gray has competed on numerous national teams and won the world mountain running title twice and was voted the greatest mountain runner of all time.

Early on in Joe's career, he had the good fortune to be mentored by a number of Hall of Fame Coaches including Phil English, John Payne, Terry Rice, Patty Ley, and Joel Wingard. They provided him with support, advise, and encouragement. He founded the Fort Steilacoom

Invitational, and was part of the group that started the Westside Classic. Joe was also a member of the Washington State Cross Country Association executive board, where he served as President for 16 years. Joe treasured his time on the board, working with a fantastic group of coaches committed to the sport and athletes all across the state.

After coaching so many athletes, there are too many great moments to list. The greatest success is really seeing so many athletes go on to lead happy and fulfilling lives. He has been blessed by a number of fantastic assistant coaches, including former athletes such as Dan Weldon and Seth Bridges, long time assistants Wayne Brides and Curt Covin, and particularly special, his daughter Emily who assisted for several years as well.

In his free time, Joe enjoys wood working and outdoor activities like backpacking and kayaking, Joe has been married to his wife Maureen for over 35 years, and they have two wonderful daughter's, Brooke and Emily, as well as four grandchildren. It is our honor to welcome Joe into the 2023 Washington State Cross Country Coaches Hall of Fame. ■



Washington State Track & Field Coaches Association 2023 Hall of Fame

DANTE GOUGE



Kings

Daunte Gouge is being recognized with a Hall of Fame Induction, but it is important to note that he played an instrumental role in the building of the Washington State Track and Field Coaches Association. In the early 1990's, a small group of coaches volunteered their time and made a commitment to reorganize the WSTFCA so it would better serve all the coaches in the state and become a more vocal advocate for the sport. As an instrumental member of the teaching staff at Kings High School and a coach involved with multiple sports, Daunte stepped up to serve as an important member of the WSTFCA executive board eventually

becoming the President. His commitment to the sport through his voluntary service is a testament to his genuine love for the sport of Track and Field. It was during his time as WSTFCA President that the Hall of Fame Awards ceremony

(a luncheon at that time) gained permanent status. Before sharing his hall of fame resume, it is important to take a moment to simply extend our gratitude for Daunte's service in the WSTFCA. As we gather at this amazing event, enjoy dinner and celebrate a new class of hall of fame inductees, it is important to know that Daunte played a crucial role in the evolution of this amazing night!

Daunte Gouge graduated from Port Angeles High School in 1988 where he was a four-year letterman under coaches Bill Tiderman, Dwayne Johnson, and Bob Sheedy (2020 Hall of Fame Member). Upon graduation, Daunte attended Seattle Pacific University and ran track for Dr. Ken Foreman (2010 Hall of Fame Member) and Doris Heritage. He was the team MVP his freshman year and would go on to earn four letters at Seattle Pacific. In 1993, Daunte was hired at King's High School where he began his teaching and coaching career.

Daunte is very vocal about joining a "phenomenal" coaching staff as an assistant coach. He is quick to direct all attention to Rod Wilcox and John Hubbell. He also points to the head coach, Dan Blackmer (2008

Hall of Fame Member), as an important mentor. It was in 2000 that Coach Blackmer stepped aside so Daunte could serve as head coach at King's High School. Coach Blackmer offered one piece of advice to Daunte, "I think you should get involved with the state association." Daunte has shared that in all his years of education, he cannot think of a greater or more important piece of advice he was ever given.

When asked about his time as head coach at King's, Coach Gouge shared that he was given a gift of having a phenomenal coaching staff and an amazing program built on a great tradition. He proudly compliments the coaching staff as one of the greatest statewide. While quality coaches joined the staff at King's, it was the core group that remained together during his sixteen seasons. That consistency helped form a foundation that led to great success. During his tenure at King's the girls team won five state titles, placed as a team in the top six at state sixteen times, set a 2001 state record for points at the state meet with 149. The girls won seventeen District titles, fifteen League titles, and 32 girls won individual state titles. The boys team won seven

state titles, placed in the top six at the state meet fifteen times, won fifteen District titles, eleven League titles, and 32 boys won individual state titles.

It is with great honor that we welcome Daunte Gouge into the Washington State Track and Field Coaches Hall of Fame. His tireless commitment to the sport, his important mentorship of the athletes he coached, his collaborative work with all his coaching colleagues, his important contributions, and his amazing service to the WSTFCA, provide us with the opportunity to recognize Daunte with this honor!

MARK SALZMAN



Curtis

Mark Salzman is a member of a very select group. It is a rare moment experienced by a few coaches when they watch a team they have guided and mentored stand in celebration together after winning a state championship team



Washington State Track & Field Coaches Association 2023 Hall of Fame

title. Mark, is one of the few coaches in the WSTFCA who have experienced that moment with teams in two different states!

Mark graduated from Franklin Pierce High School in 1970. He was an accomplished high school athlete who competed in cross country, basketball and track and field. Upon graduation, he attended Western Washington University from 1970 to 1973. He played basketball at WWU his freshman year and competed in track and field all four years. He enjoyed great success as a college athlete, earning letters in both track and field and basketball. From 1974 to 1975, Mark attended Pacific Lutheran University also earning a letter. He was the 1972 Evergreen Conference champion in the high jump. He qualified for and competing in the 1972, 1973, and 1974 NAIA National Track and Field Championship meets, where he placed 6th in 1974 in the decathlon and earned All-America honors. He also enjoyed success as an open athlete placing 6th at the 1976 USATF Nationals, 3rd place at the 1980 USATF Nationals, and was a member of the 1980 USA Decathlon team that competed against Norway. In 1988 and 1994, Mark won

the USATF National title in the Masters Decathlon.

In the fall of 1975, Mark began a 30-year teaching and coaching career at Curtis High School. During his time at Curtis, he would experience great success but it is important to note that what people at Curtis remember about him was his kind centered approach that made people realize how much he genuinely cared about kids. He had a reputation as an excellent teacher and he coached four different sports – track and field, basketball, football, and cross country. When asked about what made him most proud of his coaching career, Mark points to the fact that when you combine all four sports, he coached his 41-year career, he coached a total of 91 individual seasons, of which he was a head coach for 88 of those seasons! Twelve times he has been recognized as the SPSL coach of the year for two different sports. In 2004 he was awarded the Seattle Post Intelligencer State Coach of the Year Award for both Track and Girls Basketball.

While at Curtis, Mark points to his blessing to work with so many outstanding coaches who he worked with to lead Curtis

teams to great success. He guided boys' teams in winning 255 meets and girls' teams in winning 91 meets. He guided boys' teams to seven top ten state finishes including 2nd, 3rd twice, and 4th. He guided the 2003 and 2004 girls' teams to state championship titles to along with a 6th place finish in 2005. And, in 2009, he guided Valley High School from Las Vegas to the Nevada State Boys Championship. Under his guide, twenty Curtis athletes won individual state titles. He had two athletes go to compete in the U.S. Olympic Trials. He was a trailblazer in para sports guiding Marty Whitman as the first high school wheelchair athlete to compete against able body athletes in 1985.

Mark went above and beyond his coaching duties! He was the meet director of the SPSL Championship Meet, he served on the SPSL games committee. He served on the WIAA State Meet committee. He worked the 1990 Goodwill Games, was the meet director for two USATF National Masters Multi-Events Championship Meets, and he was the SPSL league statistician for track and field from 1986 to 2000. He was the meet director of the Curtis Decathlon Meet

that he would host during spring break for aspiring multi-event high school athletes. His passion for the sport and his commitment to providing opportunities for young athletes is a testament to his hall of fame stature!

It is with great honor that we welcome Mark Salzman into the Washington State Track and Field Coaches Hall of Fame. His tireless commitment to the sport, his important mentorship of his athletes, his collaborative work with all his coaching colleagues, his important contributions, and his service to the WSTFCA, provide us with the opportunity to recognize Mark with this honor!

RICK SLOAN



From the first moment the WSTFCA officially organized its Track and Field Coaches Hall of Fame in 1995, there has been a spe-

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cial designation that allows members of the association to nominate coaches from the college ranks who have been so instrumental in the sport. For many members of the association, the college coaches who have been inducted were mentors who inspired them. Today, we honor a college coach who had an indelible impact on the sport. Coach Rick Sloan has had a lifelong connection to the sport of Track and Field. He has shared his lifetime passion with many members of the association and many athletes he guided as a coach.

Coach Sloan was born in Anaheim, California in 1946 and graduated from Anaheim High School in 1964.

Upon graduating from high school, he began his collegiate career. While at UCLA, he became the first Bruin to clear 7-0 in the high jump and he was an All-American in the pole vault as an undergraduate. He was the team captain

for the Bruins his senior year and became the fourth American to surpass 8,000 points in the decathlon. In 1968 and 1969, he was ranked 2nd in the U.S. in the decathlon. He placed 7th at the 1968 Olympic games in Mexico City, and in 1969 he toured Europe with the U.S. National team and ended that year ranked 10th in the world. His score of 8,051 points was the fourth best mark in the world in 1969.

After graduating from college, he began his coaching career at California Institute of Technology and at Pasadena City College in 1972. He also coached at Mt. San Antonio Junior College, the home of the prestigious Mt. SAC Relays. In 1973, Coach Sloan found a home in Pullman, Washington at Washington State University. He began as an assistant coach, was appointed as Associate coach in 1982, became the head men's coach in 1994 and in 1995 was named as the head men's and woman's track and field coach. Known

during his coaching career as a dynamic coach and skilled technician, he built an international reputation in the multi-events culminating with his 14 years of work with four-time world champion, Olympic champion and former world record holder Dan O'Brien and his mentoring of Olympic heptathlete Diana Pickler. In September of 1994, USA Track and Field accorded Coach Sloan the title of Master Coach, the highest recognition in coaching education. He has been a popular clinician and authored, Track and Field Techniques and Training. He served as the head coach of the USA decathlon team which competed in the USSR in 1983, conducted clinics for the IAAF in Guyana, was the 2002 assistant men's coach for the US team at the IAAF World Cup in Madrid, Spain. Given all the success and notoriety he has achieved, one of his greatest claims is that he bleeds Crimson and Gray! Coach Sloan is a Washington State Cougar.

During his time at WSU, athletes he helped guide and mentor while serving as head coach earned 108 All-America corticates, won 10 NCAA individual titles and 54 Pac-10/12 titles. Consider many of the athletes he guided to success and collaborated with his assistant coaches such as Kristine Felix, Stephen Scott-Ellis, Jeshua Anderson, Anna Layman, Ebba Jungmark, Whitney Evans, Diana Pickler, Julie Pickler, Dominique Arnold, Bernard Legat, Anthony Buchanan, Marissa Tschida, Trent Arrivey, and so many more.

It is with great honor that we welcome Rick Sloan into the Washington State Track and Field Coaches Hall of Fame. His tireless commitment to the sport, his important mentorship of his athletes, his collaborative work with all his coaching colleagues, and his important contributions, have made a difference to so many that it is our honor to recognize Rick with this honor! ■

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in Machu Picchu with Executive Board Member/Magazine Editor, Mike Schick!



SPORTS

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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!

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TBD

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FOOTBALL

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WRESTLING

Brett Lucas
Todd Beamer
blucas@fwps.org ■



Washington State Football Coaches Association Coaches of the Year

District 1	District 2	District 3
-------------------	-------------------	-------------------

Head Coach

Assistant Coach

Head Coach

Head Coach

Assistant Coach



***Tom Tri**
Lake Stevens*



***Eric Dinwiddie**
Lake Stevens*



***Corey Sampson**
Rainier Beach*



***Jason Ronquillo**
Yelm*



***Bryan Irion**
Yelm*

District 3	District 4	District 5
-------------------	-------------------	-------------------

Freshman Coach

Head Coach

Assistant Coach

Head Coach

Assistant Coach



***Peter Blue**
North Kitsap*



***Dave Hajek**
Washougal*



***Darin Gardner**
Kelso*



***Kris Welch**
River View*



***Blake Lesko**
Goldendale*

District 6

Head Coach



Jeffery Lidey
Liberty Bell

Assistant Coach



Jeff Mullin
Moses Lake

MS Coach



Collin Davidson
Cashmere Middle

District 7

Head Coach



Brian Harrington
Liberty Spangle

Assistant Coach



Brian Goodwin
Liberty Spangle

District 7

Jr High Coach



Bruce Benschling
Asotin Jr High

District 8

Head Coach



Terry Cloer
Mt Spokane

Assistant Coach



Bob Cassano
Gonzaga Prep

Freshman Coach



Andrew Lipsker
Lewis & Clark

District 9

Head Coach



Craig Lukins
Liberty Christian ■

**I CAN
AND
I WILL**



Washington State Football Coaches Association Hall of Fame

Tom Bainter Bothell High School



Coach Bainter's football career started at Evergreen High School in Seattle where as a quarterback/free safety he was named 1st

Team All-NPSL quarterback/defensive back, team captain and MVP. He then played for Western Washington University as a free safety where he was a 4-year letter winner. Tom was the head coach at Shorewood High School for three seasons, an offensive

coordinator at Mt. Si for three years, an assistant coach at Inglemoor for two years and for two years he was the offensive coordinator at Evergreen HS.

In 2022, coach Bainter marked his 23rd season as the Bothell head coach and his 34th season coaching football. His record at BHS is 199 wins with 64 losses and an 213-77 overall record as a head coach at Bothell and Shorewood. Tom has led teams to seven KingCo championships, six Crown Division championships and a Crest Division championship in 2013.

State appearances include thirteen quarterfinals, five semifinals, and four state title games. In 2014, Tom and his staff led Bothell to the 4A State Championship compiling a 14-0 record and a top 25 national ranking.

Tom was named KingCo coach of the year six times, KingCo Crown division

coach of the year six times and KingCo Crest division coach of the year twice. He was selected as the Seahawk coach of the week five times.

Coach Bainter's coaching talents have traveled well beyond BHS as he was the running backs coach for the USA Junior National Football team in 2009, national master trainer for Heads Up Football training coaches in concussion prevention since 2009 and the head coach for the USA Football 15U National Team in 2015. In 2016, Tom was the head coach for Team USA 16U winning the International Bowl in Dallas, Texas. He has also served as the head coach in the East/West All Star game and the Cleats vs Cancer All Star game.

Tom and his wife Kristina have been married for 29 years and have two sons, Owen and Erik.

Marty Parkhurst Orting High School



Marty graduated from Rogers High School in Puyallup in 1978 and later attended PLU where he earned his teaching degree. He was a bomber/backup on the 1980 PLU NIAA National Cham-

ampionship team. After college, Marty returned to RHS as an assistant coach for the next ten years. In 1993, he left Rogers to coach with Steve Gervais at Gig Harbor.

Coach Parkhurst took the head coaching position at Orting High School in '94 and from there he led the Cardinals to 12 state playoff appearances in 24 years ending his term with 159 total wins. Along the way, Orting had a 33 game regular season win streak and multiple league titles.

Marty won six league Coach of the Year awards as well as a Seahawk Coach of the Week and two National Football Foundation Coach of the Year awards.

In 2017, Marty retired from coaching to become the Orting SD district athletic director until 2021. Marty and his wife Tina are coming up on 39 years of marriage and have three children, Jonathan, Krista, Amy and six grandchildren. ■

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