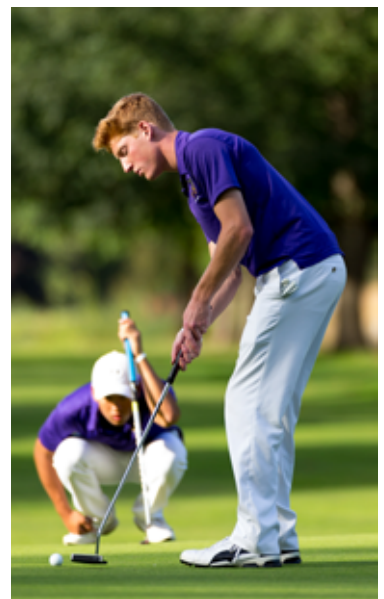


# THE WASHINGTON GOACH

OFFICIAL PUBLICATION OF THE WASHINGTON STATE COACHES ASSOCIATION



# **DWAYNE LANE'S**

## **FAMILY OF AUTO CENTERS**



**DODGE**

**Jeep**



**RAM**

**CHEVROLET**

***Remember, We'll Take Care of You!***



- In business since 1954
- Huge used inventory
- Service most vehicles
- Car Finder Program
- Like Us on Facebook!



**Locations in Everett and Arlington**



**Executive Board**

**Past President** Nalin Sood  
**President** Darrell Olson

**1st Vice President**  
 Rob Friese

**Board Member Position 1 (years 3 & 4)**  
 Tom Harmon, Brett Lucas

**Board Member Position 2 (years 1 & 2)**  
 Tony Batinovich, Tawnya Brewer

**Executive Secretary-Treasurer**..... Jerry Parrish  
**Assistant Secretary** ..... Bill "Alex" Alexander  
**WIAA Liaisons**..... Ed Laulainen, Rob Friese  
**Magazine Editor** ..... Mike Schick  
**Scholarship Committee**..... Rick Giampietri,  
 ..... Bob Bourgette, Tawnya Brewer  
**All State Game Liaisons**.....  
 ..... Bill "Alex" Alexander, Pat Fitterer  
**WSCA Operating Manual** ..... Darrell Olson  
**Career Recognition**..... Brett Lucas  
**Lifetime Achievement**..... Tom Harmon  
**Lifetime Membership**..... Mike Schick  
**Clock Hour Committee**..... Rob Friese, Tony  
 Batinovich, Pat Fitterer

**Individual Sport Association Representatives**

**Athletic Trainers - Lorrie Howe**..... Eastmont  
**Baseball - Jesse Benedetti** .... E. Valley (Yakima)  
**Basketball (B) - Nalin Sood**..... Mt. Lake Terrace  
**Basketball (G) - Dan Taylor**..... Kings  
**Cheerleading -** ..... Open  
**Cross Country - Joe Clark**..... Lakes  
**Fastpitch - Tom Harmon**..... Nooksack Valley  
**Football - Mark Keel**..... Central Kitsap  
**Golf - Andrew Hershey** ..... Shorewood  
**Gymnastics - Ryan Fleisher**..... Issaquah  
**Soccer -** ..... Open  
**Tennis - Brooks Hazen** ..... Puyallup  
**Track & Field - Kevin Eager**..... Gig Harbor  
**Volleyball - Suzanne Marble**..... LaConner  
**Wrestling - Brett Lucas**..... Todd Beamer

For more information contact the below:  
 Secretary-Treasurer, Jerry Parrish  
 18468 8th Ave NE, Poulsbo, WA 98370  
 360-271-1377, washcoach@gmail.com

Magazine Editor, Mike Schick  
 2110 Richardson Drive  
 Puyallup, WA 98371; 253-848-9321  
 WSCA-Editor@comcast.net

Associate Editor, Barb Johnston  
 421 E. Davies Loop Road  
 Lake Stevens, WA 98258; 425-870-3679  
 Johnston.barbcliff@gmail.com

**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.

# 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.

## WHAT'S INSIDE

From The President .....	2
From The Sidelines .....	3
Attention WSCA Group Administrators .....	3
Displaying Character Off the Field... ..	4-5
Magazine Mailing List Updated .....	5
The Fallacy of Early Commitment to a Single Sport.....	6-7
In The Spotlight .....	7
Training Young Athletes for Strength .....	8-10
Understanding Athlete Burnout & Mental Health .....	11
Why Should I Become a Member.....	12
Special Olympics Seattle 2018 .....	13
Buzzie Welch .....	14-15
Maccabi Youth Games 2018 .....	17
Lightning Do's & Don'ts .....	18
Golf Coaches Summer Clinic .....	19
Helmet Study Results.....	20-22
Don Koplitz.....	23
Earl Barden Classic.....	24
WIAA Coaches School .....	26
All State Football Game.....	27
Seahawk Academy .....	27
2018 WIAA Hall of Fame.....	28-29
Sport Associations Board Representatives.....	29
A Coaches Coach, Dusty Anchors .....	30-35
Coach Bev Quick Burgi .....	35
Washington State Golf Coaches Association Hall of Fame.....	36

Cover Photos courtesy of:



Portraits  
 Sports  
 Corporate  
 Events  
 Weddings

wksiii@msn.com (253) 225-5328

# Presidents Message

Darrell Olson

Summer 2018



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 Washington 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. Football coaches will be busy with their two All-State football games and the state golf coaches will be working overtime doing ‘lab work’ at their annual state golf coach’s clinic, held at White Horse Golf Course the last week of June.

The WIAA Amendment process is over, voting has taken place, and there are changes coming in some sports. There were a total of 14 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, 2018 marked the start of the new membership year for the WSCA. Membership applications for 2018-‘19 are on our website, [washcoach.net](http://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!!** Too often, our Executive Secretary gets the wrath of coaches because they don’t have their membership cards to use for the fall district and state tournaments, only to find out they themselves DID NOT send in the \$40 membership dues after they had registered online. Complete the process! If you don’t use a credit card at the time of online registration, then send a check in right away. This will make life for Jerry Parrish much quieter.

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

Keep the head down

Darrell Olson  
President



# From The Sidelines

**“Good coaches plan. Great coaches plan every detail.”**

## Membership

Each school has been asked to appoint a Group Administrator for their school as a way to get all coaches correctly registered for WSCA membership. Until all coaches are registered and payment made for membership, no WSCA membership cards will be sent. Please encourage your fellow coaches to check with their Group Administrator and get registered. Pasco, Kennewick, Marysville, Moses Lake and Yakima plus several other school districts are working to be prominent with their coaches and are contacting athletic directors in each of their district buildings.

## Summer of 2016 numbers

Total Individual Coach Registrants : 2016—(1408)—Today (1053)—reason for less in today column is that many Total Group Registrants 2016 (2309)—Today (2640)

All Registrants (2016) (3517)—Today (4057)

There are nearly 71% of the coaches registered in our state that have their membership fee paid by their school districts. WSCA salutes the schools who are enrolling their coaches. THIS IS A BLOOMING ORCHID.

## The Latest

In the most recent WSCA Executive Board and the Individual Sport Reps there was a great deal of discussion on how to improve communication within WSCA. One of the areas being studied is all ISA reports will be posted on our WSCA web site...WashCoach.net. This will be a challenge but the Board was very interested in making this proposal work.

The Board is also planning to provide Goals for our association; work with the WIAA Executive Board goals and work together to improve certain areas. A common goal that appears to be high on the agenda for discussion is “Continue to develop a clear, efficient, and effective governance structure that meets the needs of the Association’s constituents”.

Continuing Education Clock Hour Program Offerings

is to develop offerings in conjunction with sanctioned sport clinics. These offerings would be appropriate for the continuing professional development of coaches.

Information will be available thru our web site for more information.

## Orchids

- To all the Spring sport Champions—Congratulations on a job well done.
- To athletes and fans who do treat opponents with respect and dignity.
- A coach from the Vancouver WA said, “As coaches, our responsibility is to teach kids life lessons, and one of those lessons is integrity”. There is a big difference between developing a team and assembling at team.
- An Orchid to the WIAA Districts in our state who are continuing to accept our WSCA membership card for entrance for various WIAA District events. WSCA thanks each WIAA District for your continued support. ■

## Attention WSCA Group Administrators!

The WSCA is about ready to open registration for 2018-19.

As a Group Administrator, please be aware that WSCA is asking for your assistance to invite current WSCA members to enroll before school ends for the year. All those who enroll in June, 2018 will have their membership carry over into September 2018-2019 with no days of coverage missed. By having your coaches register this Spring, they will start the next school year with the full benefits offered through their membership in the WSCA. ■

Reprinted with the permission of the Spokesman-Review

# Displaying character off the field deserves a few award nominations



JOHN BLANCHETTE

## IN HIS OPINION

SPOKESMAN.COM

By John Blanchette  
blanchettejp@gmail.com  
(509) 844-5558

The Spokane Sports Commission has put out the call for nominations for the annual Spokane Youth Sports Awards it hands out each June in partnership with SWX. They're to honor the year's best athletes – with nods, say the criteria, to character, dedication, sportsmanship and service, as well.

What a coincidence. I happen to have a few nominations right here.

I nominate any athlete who, deciding that club sports are more important to his or her athletic future, goes all in on that and leaves a spot open on the high school varsity for another player who will get a letter out of the experience.

I nominate any kid whose first or last act of the day was to thank the team managers for their service.

I nominate any players frustrated with a lack of playing time who talked to the coach directly, without involving their parents.

I nominate any players who deflected entreaties – from peers or adults – to change schools and join a more successful program, and chose instead to play with the kids they've been with through grade school and junior high.

I nominate any athlete who was there to high-five the girls' team at the end of their game, or the boys' team at the end of theirs.

I nominate any player who, upon learning her par-

ents emailed a sportswriter to complain that her lack of mentions in the newspaper will cost her a college scholarship, grounds them from their laptops for two weeks.

I nominate any player who receives a scholarship offer from a college and doesn't immediately take to Twitter to proclaim how "blessed and humbled" he is – every single time.

I nominate any athlete who uses her Twitter account for shout-outs to parents, coaches, cheerleaders, the band, gymnastics judges, basketball referees, volleyball officials or track meet timers, however.

I nominate any athlete who tells the inquiring minds from Scout or Rivals or a newspaper – or especially adult Twitter followers – who press for details about last weekend's recruiting visit that they should stop stalking.

I nominate any kid who demurs at holding a press conference to announce his college choice. Or if he does have one just to take care of any media interest in one quick hit, refuses to do the hokey flim-flam with the different hats on the table.

I nominate any kid who holds a press conference to announce her chemistry scholarship.

I nominate any basketball player who suggests to his athletic director that it would be more fun to play an in-town school in front of his friends, and not make a

road trip across the state to improve the team's RPI.

I nominate any football player who takes a pass on graduating early and enrolling at college in time for spring ball and instead runs track or plays center field – or just enjoys being a senior.

I nominate any kid who, upon finding himself on a 34-person All-GSL football team made up of players from all of four schools – because coaches can't bear to disappoint any of their prize seniors – says, you know, these things should really recognize the 11 best on each side of the ball and that honorable mention is OK with him.

I nominate any basketball player who doesn't look up into the stands for a parent's affirmation or critique after every touch.

I nominate any kid who reasons that he tried his best and so did all of his teammates and they had a great season that was a lot of fun, so he doesn't need an expanded state tournament field to validate his athletic experience.

I nominate any athlete who tells Mom and Dad she loves them for coming to every game. But the first time they get on the coach about not getting the ball enough, she's taking up the oboe.

I nominate any basketball player who – with appropriate respect – advises the AAU coach that it's time to stop playing zone.

I nominate any athlete who, instead of planning to walk on to a college team just to keep the dream alive, decides to get into officiating on nights and weekends and serves the game that way.

I nominate any kids who urge their high school coaches to skip the summer team camp that's nothing but game after game after game in favor of working on skills instead.

I nominate any kid who reports hazing.

I nominate any kid who stands up for the kid who reports hazing, even if it pisses off his buddies on the team.

I nominate any athlete who takes time to thank his parents for their sacrifices – and those who start a family conversation as to whether all money being shelled out for club team coaches, travel, personal trainers, shot doctors, summer 7-on-7 and the like might be more wisely invested in a college fund.

I know. That's a lot of nominees. So give them all awards.

Sometimes, participation trophies get a bad rap. ■

## Magazine Mailing List Updated

Over the past two months, all of those who were receiving a copy of "The Washington Coach" mailed to them were sent a notice through the mail at their address on file. Within the notice were the options to continue having the magazine mailed or to discontinue the mailings and read the magazine from our website at [www.washcoach.net](http://www.washcoach.net).

A May 4th "deadline" to respond was encouraged in order to have the updated mailing list in place for the Summer issue. Through this undertaking, I discovered many addresses were inaccurate, several coaches had passed and others decided they will continue to read the magazine on the website. A large majority of the of the notices requesting confirmation were not responded to at all. Those addresses were removed from the mailing list.

As of this issue, the revised mailing list is now being used. In the event you wish to have a copy of the magazine mailed to you, please contact me at [wsca-editor@comcast.net](mailto:wsca-editor@comcast.net) or mail your request to

Mike Schick, 2110 Richardson Drive, Puyallup, WA 98371.

Thank you to all who sent me your responses and thank you for the many kind words about our work with the magazine. Have a great Summer.

Mike Schick  
Editor, "The Washington Coach"



---

---

# THE FALLACY OF EARLY COMMITMENT TO A SINGLE SPORT

Single-Sport specialization, with nearly year-round participation, is becoming more and more prevalent among youth athletes in the United States.<sup>1</sup> The cost is high, perhaps half of the injuries in youth sports are attributed to overuse; specialization leads to high repetition of the same movements, often without sufficient recovery.<sup>2</sup> There is also a financial hit, some studies show that the average family with a child participating in youth sports spends over \$2,000.00 per year on sports, with many spending over \$10,000.00 annually.<sup>3</sup> And perhaps most significant is the time-cost, families are dedicating hundreds of hours per year on youth sports, often to the detriment of other necessary activities. The tangible reward for being a successful athlete is often defined as getting a full-ride scholarship, or having a chance at entering a professional sports league. I question the utility of early specialization, especially when the benefits are weighed against the costs.

## **High Reps Early = High Injury, Marginal Development, and Burnout**

“Early sport specialization is not a requirement for success at the highest levels of competition and is believed to be unhealthy physically and mentally for young athletes. It also discourages unstructured free play, which has many benefits.”

*- American Orthopedic Society for Sports Medicine<sup>4</sup>*

There is a large body of evidence showing that early specialization leads to more injuries, and more severe injuries. There may be short-term payoff for high volume training at an early age with a focus on competition and deliberate skill development, but over the long-term, there is little correlation between being an “early deliberate competitor” and being successful at the college and professional levels, and even a negative correlation for pre-pubescent athletes.<sup>5</sup> The US Olympic Committee, the epicenter of sports specialization, encourages multisport participation, and suggests holding off deliberate competition until the high-school age in order to maximize any individuals athletic potential.<sup>6</sup> Early single-sport focus with the added pressure of deliberate competition increases the chance of injury and burnout, without a corresponding long-term payoff.

## **The Money Game**

One of the most-cited reasons for early sports specialization is the hope for a chance at a college scholarship. The odds are long, only 1-2% of high school athletes receive a college scholarship, and the average scholarship covers less than half the average cost of attendance to a state university.<sup>78</sup> The cost for this opportunity is alarming. A young athlete focusing on a single sport at the age of 10 will spend over 500 hours per year on a sport, and then over 1000 hours per year if they participate as an NCAA athlete.<sup>9</sup> Not taking into account time spent by parents, a single-sport competitor will likely spend over 8500 hours on their sport before they finish their college career. Given that an average family spends over \$2000.00 on youth sports, the number look worse. For the average NCAA athlete (one of the 1-2% of youth athletes who earn a scholarship) with an \$11,000.000 scholarship (the average scholarship awarded in the NCAA<sup>10</sup>), they’ve spent \$18,000.00 dollars and 8500 hours for a return of \$44,000.00. That equals out to about \$5.17 an hour. The best case, say a full ride to University of Washington where cost of attendance is 26,500.00 per year, equals out to about a \$10.35 an hour return of investment.

Youth athletes who focus early on a single sport and play nearly year-round take on substantial risks of burnout and injury, without significantly increasing their odds of receiving any long-term benefit. Multi-sport athletes, and athletes who wait until a later age to deliberately compete and train, are less likely to suffer serious injury and burnout. The often-stated award, a college scholarship, doesn’t seem so great when the numbers are added up, a kid could work weekends in HS, and full-time in the summer as a college student, and have a better financial outcome than the average NCAA athlete. The US Olympic Committee encourages holding off deliberate competition until the age of 13, and also encourages multi-sport participation. In the NFL, one of the highest paying sports leagues in the world, the evidence is clear and convincing, of the 64 first-round draft picks in 2017 and 2018, 59 of the 64 draftees were multi-sport athletes. As current NFL and CFL agent Shane Brady says, “That number tells me all I need to know.”



**Bio:**

Andrew Webber is a former infantry officer and current law student at Northwestern University in Chicago, Illinois, with a focus on life sciences and medical innovation. Prior to attending school, he was a three-sport athlete at Willapa Valley High School, a varsity wrestler for the United States Military Academy, and deployed three times to Iraq and Afghanistan. Andrew gained a keen interest in concussion diagnosis and treatment due to his own experiences with TBI and its long-term symptoms. He is currently working with PROTOCOL LLC to develop a real-time concussion diagnosis service that will provide immediate access to expert medical care. ■

**(Footnotes)**

<sup>1</sup> <http://pediatrics.aappublications.org/content/early/2016/08/25/peds.2016-2148>

<sup>2</sup> *Ibid.*

<sup>3</sup> <http://time.com/4913284/kids-sports-cost/>

<sup>4</sup> <http://journals.sagepub.com/doi/full/10.1177/2325967116644241>

<sup>5</sup> <http://pediatrics.aappublications.org/content/early/2016/08/25/peds.2016-2148>

<sup>6</sup> <https://www.teamusa.org/About-the-USOC/Athlete-Development/Coaching-Education/American-Development-Model>

<sup>7</sup> <http://pediatrics.aappublications.org/content/early/2016/08/25/peds.2016-2148#ref-53>

<sup>8</sup> <https://www.cbsnews.com/news/8-things-you-should-know-about-sports-scholarships/>

<sup>9</sup> <http://www.businessinsider.com/college-student-athletes-spend-40-hours-a-week-practicing-2015-1>

<sup>10</sup> <https://www.cbsnews.com/news/8-things-you-should-know-about-sports-scholarships/>



# In the Spotlight



Have photo's you would like to share with In The SPOTLIGHT?  
Send to [WSCA-Editor@comcast.net](mailto:WSCA-Editor@comcast.net)

Photo's courtesy of  
W.K. Stapley Photography  
[wksiii@msn.com](mailto:wksiii@msn.com)  
253-225-5328



## TRAINING YOUNG ATHLETES FOR STRENGTH

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

### Just a Little Boy or Girl

They stand at the plate with heart pounding fast.  
The bases are loaded; the die has been cast.  
Mom and Dad cannot help them, they stand all alone.  
A hit at this moment would send the team home.  
The ball meets the plate; they swing and they miss.  
There is a groan from the crowd, with some boos  
and some hisses.  
A thoughtless voice cries, "Strike out the bum."  
Tears fill their eyes; the game's no longer fun.  
So open your heart and give them a break.  
For it's moments like this, a man or woman you can make.  
Keep this in mind when you hear someone forget.  
They are just little boys or girls and not grown up yet.  
-Author unknown



Most coaches can relate to the theme of the poem. When you are coaching young athletes, whether they are younger or older, from nine to 18, they all need our guidance and support. More importantly is the need to realize that they are not adults, either physically or mentally.

Taking this into consideration each age group deserves full attention to their special strength training needs. Since each individual's growth is different and occurs at different times than perhaps their friends, then modify their strength training program to reflect these differences.

This is not saying that during these younger athletes will not be doing similar things in the weight room as all the rest. It simply means that since they mature at different rates and become more proficient they move into more advanced, for their maturity level, into somewhat altered programs for whatever their current sport activity is at the time.

These changes in the strength program reflect the particular needs of the various seasonal sports that our student athletes compete in each year. However, at least twice during the week, everyone will be doing the basic exercises for the large muscle groups; military presses,

pulls, bench presses, triceps, rows, barbell/dumbbell curls, squats, dead lifts, and abdominal exercises to build basic strength. Each student, athlete or not, still do their flexibility/stretching and cardio.

The exception to the cardio would be if they were already in an endurance sport in which case they are already getting their cardio workouts if in season. If not in season, then add the cardio to their training right along with the rest of the class.

The underlying principles of strength training, regardless of age and maturity, is to make it fun and not just use it as a tool to increase sports performance, although that is a consideration for some of these young students if they are also athletes.

If you have a female playing golf for the high school, her schedule would be different from the female engaging in Equestrian vaulting. The former will be concentrating on her grip, shoulder, hip/leg thrust, torso rotation, back extension, torso stabilization, abdominal muscles, and upper body strength.

The Equestrian vaulting athlete will be enhancing her strength, flexibility, and stamina through a variety of

exercises designed to build lower torso, mid torso, and upper torso strength and power.

The compulsories of vaulting<sup>1</sup> require superior strength and the ability to change body positions rapidly while riding, thus the power requirement. The golfer needs power on the swing so torsional training at speed is almost mandatory. Both need to be able to control their body under the conditions of their sport and this requires coordination and strength.

As you can see, there are some commonalities to each sport because both require exercise selections for the major muscle groups of the lower, mid, and upper torso. The exercises must have similar movement patterns associated with their sport.

For their legs, the golfer does lunges and the vaulter does front squats. The emphasis will be on lunges and front squats for their respective sport with higher repetitions and greater speed to somewhat match the sport speed. Both can do regular "butt to the floor" squats at least twice during the week with heavier weight and lower volume.

Each one needs to build up their cardio endurance and flexibility. Doing so helps them to perform at the highest level of which they are capable when taking into consideration their age and skill levels.

Natural body movements, not isolation movements, are best for building sports strength. This is not say that bodybuilding types of lifting are at all times inappropriate. If more muscle mass is needed, then certainly some sort of hypertrophy training is in order.

### Sample five-day program

Alternate the upper and lower body from week to week. Pick out the specialized exercises for the different sports and incorporate them into the schedule for those athletes on the day of your choice. It may not be good to use the specialized exercises on the day they actually play these sports because their fatigue recovery could be compromised which may lead to an unnecessary injury.




Start with a General warm up using a skip rope and then transition into the torso area specific warm up. Do each exercise 3-4 sets of 8-12 reps with a minimum of rest between sets using good form throughout all the sets/reps.

- Upper body: military presses, pulls, bench presses, triceps, rows, barbell/dumbbell curl exercises
- Lower body: squats, Bulgarian split squats, dead lifts, Romanian dead lifts, calves, and hamstrings exercises
- Abdominal/oblique's exercises everyday

*Continued on page 10*

# PROTECTING

your investment,  
property,  
and athletes



## RESILITE™

SPORTS PRODUCTS, INC.

### Wrestling

WRESTLING MATS, HOME USE MATS,  
USED WRESTLING MATS, REPAIR KITS  
and MAT STORAGE SYSTEMS.  
Exclusive Supplier of NCAA Champions since 1963

### Gymnastics & Cheerleading

TUMBLING MATS, LANDING MATS, PITS,  
ROLLABLE FLOORS and TRAINING AIDS.

### And Much More

More than 100,000 Schools, Universities,  
and Clubs have requested Resilite Mat  
Products for over 40 years. Call for a free catalog!

### Wall Padding

Protect walls in WRESTLING  
ROOMS, GYMNASIUMS, BEHIND  
BASKETBALL STANDARDS,  
and OTHER APPLICATIONS. Installations available.

**GARY E. FREY**  
**SUPLAY-WRESTLERS WORLD**

PO Box 657  
Elma, WA 98541-0657  
**877-427-4400**

**Week one**

1. Monday upper body-specialized exercises
2. Tuesday lower body-specialized exercises
3. Wednesday upper body
4. Thursday lower body-basic strength training exercises
5. Friday upper body- basic strength training exercises

**Week 2**

1. Monday lower body-basic strength training exercises
2. Tuesday upper body-basic strength training exercises
3. Wednesday lower body
4. Thursday upper body-specialized exercises
5. Friday lower body-specialized exercises

Monday upper body	<b>Golf</b> Barbell plate twist Cable/band one arm swings Alternate upright rows Pull ups Wrist extensions/flexions Abs, oblique's	<b>Vaulting</b> Pushups, bench presses, incline bench presses, military presses, hand stands against the wall, pull ups, seated triceps pushes off the floor, dumbbell one arm rows, Abs, oblique's
Tuesday lower body	<b>Golf</b> Alternate dumbbell lunges, One leg deadlift, step ups, plate twists, calf raises, Abs, oblique's	<b>Vaulting</b> Alternate dumbbell lunges Step ups Stiff leg dead lifts one leg DL, Abs, oblique's
Wednesday upper body	Standard upper body military presses, pulls, bench presses, triceps, rows, barbell/dumbbell curl exercises, Abs, oblique's	Standard upper body strength exercises, military presses, pulls, bench presses, triceps, rows, barbell/dumbbell curl exercises, Abs, oblique's Abs, oblique's
Thursday lower	Standard lower body strength exercises, squats, Bulgarian split squats, dead lifts, Romanian dead lifts, calves, and hamstrings exercises, Abs, oblique's	Standard lower body strength exercises, squats, Bulgarian split squats, dead lifts, Romanian dead lifts, calves, and hamstrings exercises, Abs, oblique's
Friday upper body	Standard upper body strength exercises, military presses, pulls, bench presses, triceps, rows, barbell/dumbbell curl exercises, Abs, oblique's	Standard upper body strength exercises, military presses, pulls, bench presses, triceps, rows, barbell/dumbbell curl exercises, Abs, oblique's Abs, oblique's

(Footnotes)

<sup>1</sup> The mount, giving a leg up (beginning and for safety), The Basic Seat, the flag, the mill, the clicks, the scissors, the stand, and the flank, ■

# UNDERSTANDING ATHLETE BURNOUT &

Sources: Mental Health America, NATA  
Infographic provided by the National  
Athletic Trainers' Association

# MENTAL HEALTH

## SIGNS AND SYMPTOMS

- Problems with concentration, memory or ability to think clearly
- Changes in eating (overeating or loss of appetite)
- Unable to complete tasks
- Feeling overly worried
- Feeling sad, empty, hopeless or worthless
- Sensitivity to sound, sight, smell and touch
- Irritability and restlessness
- Loss of interest in activities you previously enjoyed
- Withdrawn or disconnected from others
- Feeling like your brain is playing tricks on you (hearing knocking, scratching, name being called)
- Changes in energy level and sleep patterns (sleeping during the day and awake at night)

*A combination of symptoms lasting longer than a week might indicate a mental health condition.*

## SIGNS AND SYMPTOMS THAT REQUIRE IMMEDIATE ATTENTION:

- **Thoughts or plans of killing or hurting yourself or others**
- **Hearing voices or seeing things that no one else can see or hear**
- **Unexplained changes in thinking, speech or writing**
- **Being overly suspicious or fearful**
- **Serious drop in school or work performance**
- **Sudden personality changes that are bizarre or out of character**

## ATHLETE BURNOUT

Athlete burnout is a syndrome of continual training and sport attention stress, resulting in staleness, overtraining and, eventually, burnout. Many athletes experiencing burnout report feeling trapped by circumstances of sports participation.

### Signs and symptoms of burnout include:

- Leveling off or diminished performance or conditioning, including strength and stamina losses and chronic fatigue
- Physiological signs such as having a higher resting heart rate and blood pressure
- Cognitive issues such as difficulty in concentration, diminished work in school or forgetfulness
- Illnesses as a result of suppressed immune system
- Emotional issues such as disinterest, moodiness and irritability
- Low self-esteem, increased anxiety and depression as a result of falling short of sport demands

### Best methods to prevent and treat athlete burnout:

Rest and time away from sports



## GETTING HELP

There are many resources available to those in need:

- Primary care physician
- Local mental health centers
- Employee assistance programs
- Local Mental Health America affiliate
- Churches and worship centers

**If someone you know is in need of immediate crisis intervention, call 1-800-273-TALK (8255), go to your local emergency room or call 911.**



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

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

The first answer is that the WSCA is a professional organization for Washington State high school & middle level school coaches. **It exists to support your efforts as a coach.**

### THE MAIN PURPOSES ARE:

- To offer top quality, affordable places to member coaches in the area's of professional education and training, to earn clock hours and coaching education hours.
- To offer a pass, using your membership card, for entry into **ALL** WIAA state tournaments, **ALL** regional tournaments, and **ALL** district tournament games, state wide!
- To offer **Liability Insurance coverage of \$3.5 million** for our membership while working a scheduled, sanctioned and supervised WIAA sport or event and or in the classroom.
- To offer your son or daughter, who are eligible, an opportunity to apply for WSCA scholarships. (i.e. Burnett-Ennis, Terry Ennis-Student Teaching)
- To be eligible for your sports' **Hall of Fame** recognition
- To be eligible for your sports' **Coach of the Year** recognition
- To be eligible to coach in sanctioned WSCA all star games. WIAA will only authorize WSCA sanctioned All-State events.
- To receive reduced fee's at WSCA sponsored coaches clinics and WIAA clock hours toward coaches education certification and/or salary placement.
- To honor member coaches for their coaching achievements through our **Career Recognition and Life Time Achievement** program
- To receive quarterly issues of **The Washington Coach** magazine. Magazine is now online at [www.washcoach.net](http://www.washcoach.net) or, upon request, coach can receive a hard copy of the magazine mailed to them by making your request to Jerry Parrish.
- To provide reimbursement to each sport group for enrollment in WSCA.

### OTHER BENEFITS:

- Check our WSCA website for up to date information - [www.washcoach.net](http://www.washcoach.net)
- **Membership registration is online at [www.washcoach.net](http://www.washcoach.net)**
- Coordination with the state governing association (WIAA)
- Input through the Individual Sport Association Reps into the WSCA
- **By becoming a member of the WSCA, you are taking a proactive approach to working on issues facing our coaching profession ■**

# 1 WEEK

10,000 ways to serve.



SPECIAL OLYMPICS  
**USA GAMES**  
SEATTLE 2018



Seattle | July 1-6, 2018



Join your fellow colleagues and volunteer at the 2018 Special Olympics USA Games. This is a fantastic opportunity for employees to encourage team building and give back to the community while supporting thousands of Special Olympics athletes from across the country.

206.900.9490 | [www.SpecialOlympicsUSAGames.org/volunteer](http://www.SpecialOlympicsUSAGames.org/volunteer)

## Support.

Volunteers of every skill and experience level will be essential to the success of the USA Games.

## Play.

Gather a group of colleagues and get matched with Special Olympics athletes for a first-hand "Play Unified Experience".

## Donate.

Help our athletes to find joy through the power of sports and competition by contributing or joining the 2018 Club today.

**Volunteer Now, Ask Me How:**

Reprinted with the permission of The Spokesman-Review

# Beloved longtime volleyball coach Buzzie Welch dies



**Donald “Buzzie” Welch’s volleyball coaching career included stops at Lewis and Clark, above, Ferris and Rogers.**



**By Dave Trimmer**  
*For The Spokesman-Review*

When the coach would stride into the gathering for the pregame meeting he would stick out his hand to an official, his counterpart or an opposing captain and say, “Eric Stratton, rush chairman, damn glad to meet you.”

The young player might not get the reference to the 1978 movie *Animal House* but it was perfect for Buzzie Welch, rush chairman for GSL volleyball.

“Our first rule, which we would recite before every practice was ‘Seek fun and enjoyment,’ ” said Julie Brunette, who assisted Welch at Lewis and Clark in the 1990s.

Donald Allen Welch, 71, died early Sunday morning, eight weeks after being told he had cancer. He and Crissie, his wife of 49 years, were just putting the finishing touches on their dream home in Hawaii. They immediately returned to Spokane where two of their three children live.

Welch and the late Linda Sheridan are considered the patriarch and matriarch of Spokane volleyball.

Neice Schafter, who coached with Welch after meeting him in college through her future husband Paul, gave credit to a handful of people for pioneering the sport but said, “It was Buzzie driving the bus.”

He had a 504-185 record with 10 state trophies – three at Rogers and Ferris, four at LC (which included two state championships) – in 18 appearances at state. His teams



won 11 Greater Spokane League titles, five with LC, which had never won a league title before he went there. Though he liked to win, the game was more important and he felt that a rising tide lifted all ships. He led the charge to have city-wide camps for elementary and high school students.

“When I was in high school at Shadle Park, I would ride my bike to Rogers and go to his camp, as well as attending the Shadle camps,” Stacey Ward, who was the Ferris volleyball coach before becoming activities director, said. “He never cared if you were on his team or not, if you wanted to learn volleyball, he was willing to teach you.”

Welch’s first year at Ferris was Cheryl (Hanson) Gould’s senior year but after she went on to play at Montana, she returned to help him with camps.

“He called me his Comeback Kid because I would always come back to help him coach,” she said. “I would ride my bike to his house (both on the South Hill) and we would ride to North Central for camp, then ride to Rogers for camp, then ride home. He said to me, ‘You know Cheryl, you should become a teacher.’ So I did.”

Ray Hare became the Saxons football coach the same year and got pulled into the Welch circle.

“Buzzie was one of those unique individuals that comes along and touches people’s lives in so many positive ways,” said Hare, who retired to Arizona but came for a last visit. “He was a valued friend for nearly 40 years. ... He was a realist right up to the end with his final words to me, ‘life goes on.’”

Over time Welch and Sheridan got the Greater Spokane League to play a double round-robin and five-set matches so the players would get more time on the court against better competition. He played a role in getting a statewide volleyball poll, a coaches network and the all-state series. He and Sheridan came up with the successful Crossover Tournament, now called the Linda Sheridan Volleyball Classic.

“Buzzie had a way with people,” former Ferris and Central Valley coach Bernie Hite said. “He had a way of getting things out of people. He did it in the classroom and he did it on the volleyball court. I played the game at a higher level but the guy always out-coached me. Buzzie, and Linda, could always get more out of their players.”

Welch was an elementary school teacher while coaching at Rogers but moved on to Ferris in 1980 to be an English teacher. He left there because he didn’t want to coach against or miss games for his daughter Shannon. Shannon tagged around with him through the formative years, played for him and then coached with him, but even with all the attention lavished on others she never

felt neglected as a daughter.

“He had a way that made everybody feel important,” she said. “He loved the game and he liked to win but it was about the process and the relationships.”

She also shared his rules: 1, Seek fun and enjoyment. 2, Win with humility. 3, Lose with dignity. 4, Deal with your anger and frustrations in a socially acceptable manner. 5, Coach is the boss.

Welch was at LC from 1990-2004. After retiring he had a couple of seasons as a part-time teacher and coach at Wenatchee while waiting for Crissie, an elementary principal, to retire.

Welch was born on Jan. 23, 1947, in Hamilton, Ontario, and remained a proud Canadian after his family moved to Massachusetts, where he became a rabid fan of the local sports teams. He attended Gonzaga because he was a typical teenager that wanted to go far from home. GU fit that bill, as well as being the least expensive of the schools that accepted him. Plus, back then the school had a hockey team.

He met his future wife at Gonzaga, when she served the tall skinny kid going through the food line what she thought was a needed extra big helping of mashed potatoes, which got her in trouble.

Welch nicknamed himself at Gonzaga, pirating a name he liked from a high school acquaintance. He became Buzzie Bedell, secret spy agent and secretary general of the super heroes club and he gave his fellow GU freshmen comicbook nicknames like Spiderman, The Hulk, Ironman and Human Torch.

Then there was the time, walking down Hamilton with some other students, Welch made the unwise decision to pilfer a presto log for a local business. He didn’t have a fireplace but he didn’t ditch it either. Instead, he carried it everywhere he went for the rest of the school year.

“That was just Buzzie,” said roommate Tom “Spiderman” Bafey, who still has a piece of that old log. “It just became associated with him, like a pet dog. It went to class, to his job in the COG. It never bothered him. Carry a presto log? Why wouldn’t you?” Gould said, “Whether you were on a long drive to (a club volleyball tournament), a two-day bike ride, at the lake (there was a Welch compound on Priest Lake) or just talking, it was always fun. Buzzie and I are alike, Matt (her husband) and Crissie are alike, they have to think things through. One of us would said, ‘Let’s do this’ and the other one would say, ‘Let’s go.’ It didn’t always turn out well but it was always fun.”

Welch is survived by his wife, three children (Michael, Maria and Shannon), their spouses and nine grandchildren. Crissie said “No sendoff is scheduled yet.” ■



## MVP DRIVE

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

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

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

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

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

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

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

### MORE THAN JUST TACKLING

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

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

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

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

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

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

# ROGERS



# Maccabi Youth Games 2018 - Israel



- WHO:** Athletes 14-16 years old  
**WHAT:** 2018 International Maccabi Youth Games in Israel  
**WHERE:** Northern Israel  
**WHEN:** July 22 - August 1, 2018  
**COST\*:** \$4600, including flight from New York Metro Area

\*Subject to change

### Sports offered:

Baseball (M), Basketball (M/F), Futsal (M), Softball (F),  
Soccer (M/F), and Volleyball (M/F)

For more information contact **Maccabi USA** at [Maccabi@maccabiusa.com](mailto:Maccabi@maccabiusa.com)

In cooperation with JCC Association, the JCC Maccabi Games, BBYO, and Maccabi Organizations around the world.



[www.maccabiusa.com](http://www.maccabiusa.com)



# LIGHTNING

## DO'S & DON'TS

Late spring through early fall is a prime time for outdoor sports—it's also when lightning is most prevalent. Each year, an average of 25 million lightning flashes strike the ground in the United States, making lightning the most dangerous and frequently encountered thunderstorm hazard. Stay safe and active outdoors by following these lightning do's and don'ts.

- ✓ **DO** establish a chain of command and identify who makes the call to remove players from the field.
- ✓ **DO** designate a weather watcher to monitor the local weather.
- ✗ **DON'T** forget that lightning is most common from afternoon to early evening.
- ✓ **DO** postpone outdoor activities if a thunderstorm eminent.
- ✓ **DO** identify a safe, fully enclosed building—such as a school, field house, library or other habitable building—to use if lightning begins.
- ✓ **DO** seek shelter in a fully enclosed metal vehicle, such as a school bus, car or van.
- ✗ **DON'T** evacuate to open structures including picnic, park, sun, bus, rain and shelters as well as storage sheds, tents, dugouts, refreshment stands, screened porches, press boxes and open garages.



- ✓ **DO** stand away from showers, sinks, locker rooms, indoor pools, appliances and electronics.
- ✗ **DON'T** stand near open water, on elevated areas or under tall objects, such as trees, poles and towers.
- ✓ **DO** allow individuals to head indoors to wait out the storm if they feel in danger.
- ✗ **DON'T** resume activities until 30 minutes after the last strike of lightning is seen and the last sound of thunder is heard.
- ✓ **DO** call EMS if someone suffers a lightning-related injury.
- ✓ **DO** move the victim with care indoors, if necessary.
- ✗ **DON'T** believe myths—lightning victims don't carry a charge; they're safe to touch.
- ✓ **DO** evaluate the airway breathing and circulation, and begin CPR, if necessary.

# 2018 High School Golf Coaches Summer Clinic

Sponsored by the Washington State Golf Coaches Association

**White Horse Golf Club, Kingston WA**  
**June 25<sup>th</sup>-27<sup>th</sup>**

Featuring **Bruce Christy, Head Golf Professional/General Manager,**  
**Matt Pritchard PGA, Chuck West PGA/NCAA Rules Official**



Two rounds of golf with cart and lunch, Driving range and Short Game drills/instruction relevant for high school golf teams  
Classroom topics will include: the mental game, rules of golf

**\$225 - Open to all current members of the WSCA**

Clock hours also available for purchase on site

Discounted Lodging (\$109 Or \$129 for water view) at Suquamish Clearwater Casino

<http://www.clearwatercasino.com/hotel/rooms/> Enter Group Code: 13566 Or Call 866-609-8700 and mention  
Wash. State Golf Coaches Assn. Must register for hotel by June 10<sup>th</sup>.

Coaches Name: \_\_\_\_\_ School: \_\_\_\_\_  
School Address \_\_\_\_\_  
Home Address: \_\_\_\_\_  
Cell Phone: \_\_\_\_\_ Home Phone \_\_\_\_\_  
Email: \_\_\_\_\_ WSCA card number: \_\_\_\_\_

Please let White Horse know if you will be paying with a check or **credit card**.

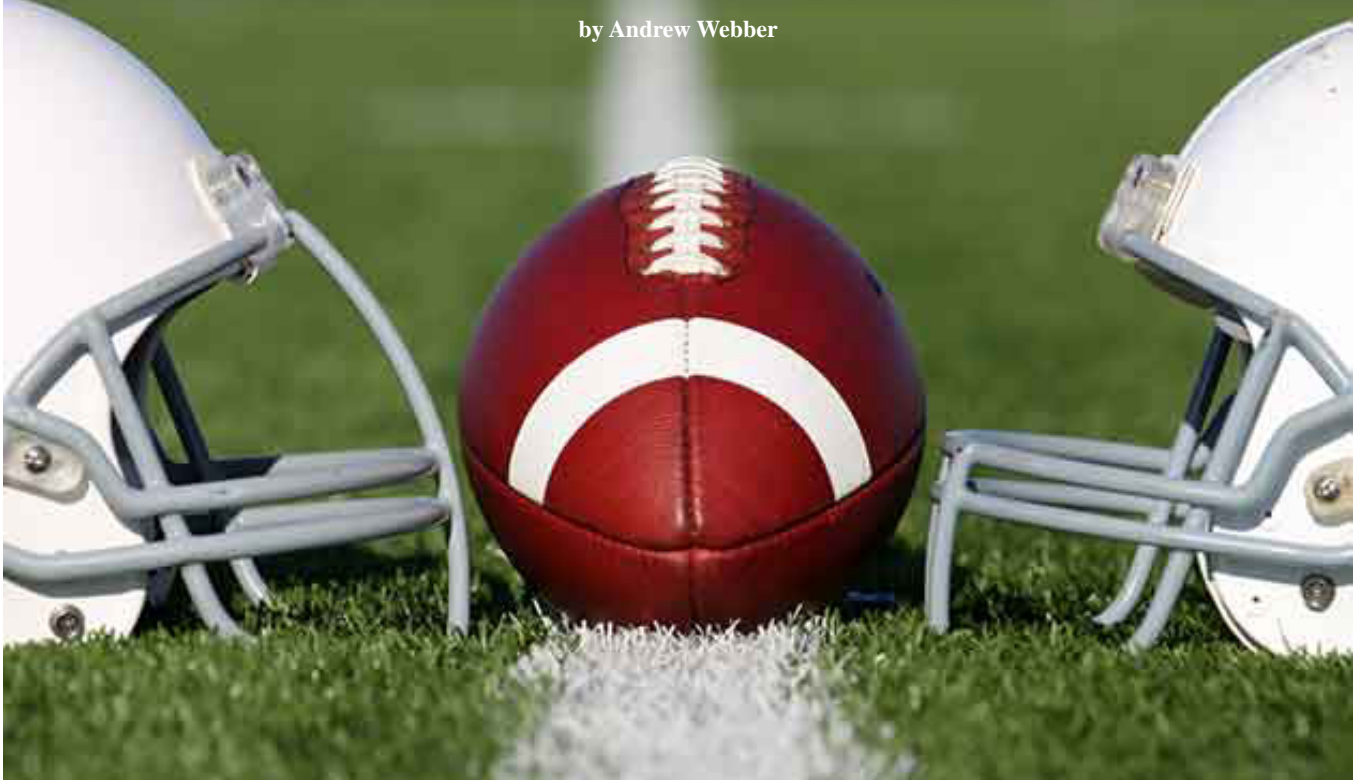
**Make checks payable to 'White Horse Golf Club'. P.O.'s will not work!**

Please call White Horse with any questions at (360) 297-4468, or you may email questions to [bruce@whitehorsegolf.com](mailto:bruce@whitehorsegolf.com).

You can mail your registration to White Horse Golf Club, 22795 Three Lions Pl. NE, Kingston, WA 98346.

# HELMET STUDY RESULTS

by Andrew Webber



This April, the NFL commissioned a joint study with the NFL Players Association and published their response to the results with a poster (see following page). The poster categorized helmets as “top-performers” (highlighted in green on the poster), “adequate” (highlighted in yellow), and “prohibited” (highlighted in red). Unfortunately, the detailed results of the study and their methodologies are not available publicly and with spring training just around the corner, decision-makers in the youth football community are in a tough spot; should schools follow the NFL guidelines? Why is one helmet so much better than the other? How much will all this cost? In today’s environment, where the laws governing concussion management and its liabilities are likely to expand, the NFL’s prohibition-list could have very real consequences for amateur football in Washington State.

## **How Bad are the Prohibited Helmets?**

Although its tough to tell exactly how the helmets tested by the NFL/NFLPA performed, other available studies of football helmets, and the padding used within them, correlate closely to the NFL’s rankings. Most of the

helmets on the “banned” list use only vinyl nitrile (VN) or thermoplastic polyurethane (TPU) paddings, where most of the “top-performers” use viscoelastic polyurea (PU), or a combination of different types of padding and substantial air-filled liners. PU is generally superior to VN and TPU padding for a few reasons; it displaces air within the padding more efficiently in football-style collisions, and PU performs more consistently at higher and lower temperatures than VN or TPU. These attributes make PU up to 30% more effective at preventing concussions than VN and TPU, according to several independent studies. Most of the banned helmets, like the Schutt Vengeance, use only VN and/or TPU padding. The SG helmets, the SG Varsity and SG 2.0, use a NASA-designed foam and Kevlar-based helmet; it is unclear why they failed the NFL/NFLPA’s test, but earlier published tests reveal issues due to cracking of the padding. The best-performing helmets have either PU material, or a mixture of various padding materials with a robust air-filled liner.

## **How Good are the Top Performer Helmets?**

According to the NFL/NFLPA’s study, the “top per-

formers” could be up to 30% better at preventing concussions than the prohibited helmets, and probably at least 5% better than the “adequate” helmets. The poster notes that the “top-performers” performed very similarly to each other, and no statistical difference was noted by researchers. In most tests, a difference greater than 5% is deemed “statistically significant”, and any measured differences within 5% of each other are not significant, meaning the difference in results is so small that it cannot be relied upon, and the differences could be due to factors outside the control of the testers. The top performers, then, are indistinguishable in performance, as far as we know at this point.

Bottom Line: A top performer helmet like the \$150.00-\$250.00 Xenith X2E+ ( with air padding and an independent helmet lining suspension system) and the \$200.00-\$300.00 Schutt Vengeance DCT (with a mixture of TCU, VN, and air padding) protects just as well as the ultra-high-end \$800.00-\$1500.00 VICIS ZERO1, which uses a proprietary helmet lining system.

### How Does this Study Apply to Youth Football?

The NFL poster, without access to the study, isn’t as helpful as it could be, they’re telling us certain helmets are prohibited, but not telling us why or how poor they are. It is very difficult, especially if your team has prohibited helmets, to figure out what the right decision is. Before using the NFL’s publication to guide a decision, however, it is important to note, that in the NFL’s words, “[t]he results of this study should not be extrapolated to collegiate, high school, or youth football.” This may be a legalese disclaimer, but could also show that the test was very precisely geared towards NFL conditions, so the results are not useful when applied to youth football.

It’s also worth noting that the “prohibition” of these helmets only applies to new users, current NFL players

with prohibited helmets are allowed to continue to wear them. This implies that the prohibited helmets are at least safe enough to allow use by some NFL players without negligently or recklessly exposing them to harm. Finally, the helmets on the prohibited list are all certified by the National Operating Committee on Standards for Athletic Equipment (NOCSAE), and the new, and even reconditioned helmets, continue to meet the minimum standard advised by the NOCSAE.

Decision-makers may decide to purchase new helmets based upon the NFL’s classifications, but there isn’t enough information yet to make it a requirement, and teams certainly don’t need to go out and buy the most expensive helmets available. Some things to keep in mind is the helmet’s padding; PU is shown to be superior to VN and TPU in many circumstances, and significant air padding is shown to help as well. Just as important is a helmet’s fit, and probably most important of all is fundamentally sound, attentive coaching. Solid technique, a responsible training plan, and timely access to professional medical care are unlikely to be overshadowed by any piece of equipment, no matter how advanced.

### Bio:

Andrew Webber is a former infantry officer and current law student at Northwestern University in Chicago, Illinois, with a focus on life sciences and medical innovation. Prior to attending school, he was a three-sport athlete at Willapa Valley High School, a varsity wrestler for the United States Military Academy, and deployed three times to Iraq and Afghanistan. Andrew gained a keen interest in concussion diagnosis and treatment due to his own experiences with TBI and its long-term symptoms. He is currently working with PROTOCOL LLC to develop a real-time concussion diagnosis service that will provide immediate access to expert medical care. ■



## WASHINGTON COACH Magazine

Next Issue - Fall August 14

Fall Issue: August 14, Winter Issue: December 1, Spring Issue: February 14, Summer Issue: May 14

### SUBMISSION PROCESS

Submit via email as an attachment to Mike Schick at [WSCA-EDITOR@comcast.net](mailto:WSCA-EDITOR@comcast.net)

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



# 2018 HELMET LABORATORY TESTING PERFORMANCE RESULTS

THE NFL, IN COLLABORATION WITH THE NFLPA, THROUGH THEIR RESPECTIVE APPOINTED BIOMECHANICAL EXPERTS, COORDINATED EXTENSIVE LABORATORY RESEARCH TO EVALUATE WHICH HELMETS BEST REDUCE HEAD IMPACT SEVERITY. THE RESULTS OF THOSE TESTS, WHICH ARE SUPPORTED BY ON-FIELD PERFORMANCE, ARE SET FORTH ON THIS POSTER.

The helmet models are listed in order of their performance in the laboratory testing, with a shorter bar representing better performance. The rankings are based exclusively on the ability of the helmet to reduce head impact severity measures in laboratory testing. Issues with helmet fit, retention, and long-term durability are not addressed in these rankings. The Top-Performing Group consists of helmets whose performance was not statistically different from the two top-ranked helmets. The information presented here is based solely upon the results of this research and the expert opinions of the scientists involved.

The laboratory test conditions were intended to represent potentially concussive head impacts in the NFL. The results of this study should not be extrapolated to collegiate, high school, or youth football.

BETTER LABORATORY PERFORMANCE

## TOP-PERFORMING GROUP

- VICIS ZERO1 (2018)<sup>1</sup>
- VICIS ZERO1 (2017)
- Riddell Speedflex Precision (R41156)<sup>2</sup>
- Schutt Air XP Pro VTD II (789902)
- Schutt Air XP Pro VTD (789901)
- Xenith Epic+ (EPIC+)
- Schutt F7 (208000)
- Xenith X2E+ (X2E+)
- Xenith Epic (EPIC)
- Riddell Speed (R41190)
- Schutt DNA Pro+ (202201)
- Schutt Vengeance DCT (204001)
- Xenith X2E (X2E)
- Riddell Speed Icon (R41197)
- Riddell Foundation/Revolution Speed Classic (R41179)
- Schutt Vengeance VTD (204800)
- Riddell Speed Classic Icon (R41198)

## PROHIBITED HELMETS<sup>3</sup>

- Riddell SpeedFlex (R41195)
- Schutt Vengeance Z10 (204101)
- Schutt Vengeance VTD II (204801)
- Schutt Air XP Pro Q10 (788900)
- Schutt Vengeance Pro (204301)
- Riddell Revolution (R41139)
- Schutt Vengeance Pro (204300)
- SG Varsity
- Rawlings Quantum
- Schutt Vengeance Z10 (204100)
- Rawlings Impulse +
- Rawlings Tachyon
- Schutt Air XP Pro (789102)
- Riddell VSR-4 (R41133)
- SG 2.0
- Rawlings Impulse
- Schutt Air XP (789002)

<sup>1</sup>New models not previously worn by NFL players

<sup>2</sup>Results shown are for the Speedflex Precision with interior padding customized for the testing headform. Actual performance and ranking may vary since these helmets are customized for each player's head shape

<sup>3</sup>These helmets have been prohibited for new players and players who did not wear them during the 2017 NFL season. Rawlings helmets are not supported by an active manufacturer and are prohibited for all players

NO HELMET SYSTEM CAN COMPLETELY PROTECT AGAINST SERIOUS BRAIN AND/OR NECK INJURIES A PLAYER MIGHT SUSTAIN WHILE PARTICIPATING IN FOOTBALL.



# HEARING THEIR FINAL WHISTLE



## Don Koplitz

Longtime South Bend High School principal and basketball coach Don Koplitz passed away on March 29, 2018, at the age of 90. “Mr. K” was born in Everett and graduated from Marysville, where he played football, basketball, and baseball. Baseball being his first love, he continued to play at Everett Community College. He graduated from the University of Washington. In 1954, he married Bertha Handeland and they began their journey in family, education, and athletics.

Don and Bertha began their careers in Elma. They moved to Skykomish, where Don was the basketball coach. In six seasons at Skykomish, his teams were 86-62. Mr. and Mrs. K moved to South Bend in the fall of 1962, where Don took the principal position. Once kids Steve, Brent, and Monica were old enough to be in school, Bertha began working at the school in various teaching positions, as well as coaching all of the girls’ athletic teams. Don was named head basketball coach for the 1971-72 season. Don’s teams at South Bend were very successful, compiling a record of 242-121 in 14 seasons. When he was finished coaching, his 20-year record was 328-183, and he was inducted into the WBCA Hall of Fame in 1991. According to his bio in the South Bend High School Wall of Fame, he “holds the unique distinction of winning 300 varsity boys basketball games faster than any other coach in the state of Washington.” The South Bend High School gym was named “Koplitz Field House” in their honor in 1996.

All of these things are footnotes to what he and the

rest of his family mean to the people of South Bend. My wife, Jackie, is a South Bend girl and played volleyball, basketball, and track for Mrs. Koplitz. We maintained a close relationship with the Koplitz’s – Jackie coached volleyball for 20 years and I coached football for 24 years at South Bend.



They were constants at our games throughout our careers. When they were younger, we would take our children to their house for special visits at Christmas. They would go to T-ball games, parades, plays, recitals, you name it. We all enjoyed these times; they almost became another set of “grandparents” to our kids.

The amazing thing about this is that there are countless people in our community and beyond who have similar ties, experiences, and feelings for Don and Bertha. They are such giving people, expecting nothing in return. Don put in place an example and expectation of success for his program at South Bend. He and Bertha continuously exhibited an example of class, love, and citizenship in our community that will be visible in all of their students forever. I believe that is the legacy of Don Koplitz. ■

**Please find “The Washington Coach” as an online magazine on the official website of the Washington State Coaches Association. The current publication, as well as past issues, are available at [washcoach.net](http://washcoach.net).**



## WASHINGTON STATE FB COACHES ALL-STAR GAME



### 24th ANNUAL EAST-WEST EARL BARDEN CLASSIC

**WHEN: SATURDAY, JUNE 23<sup>th</sup>, 1PM**

**WHERE: Zaepfel Stadium, Eisenhower HS, Yakima**

The 2018 Earl Barden All-Star Classic will be held for the 24th straight year on June 23th at 1pm at Zaepfel Stadium at Eisenhower HS in Yakima. The teams are selected from the nominations of the coaches from each league in our state. The selection process took place in early January and the players that have accepted their nomination and elected to play are included on the roster. The head coaches and their staff were announced in January. The rosters are on page 22 and 23.

This year for the first time the coaches and players will be housed in a hotel! Howard Johnson of Yakima has jumped on board to make it financially possible to stay in a hotel! YVCC does not allow summer camps any more due to the large amount of summer school students staying on campus....Thanks YVCC for a great run and support for the past 23 years!!!! Brady Muggleston you have been incredible!

The game was started in 1995 with the financial and organizational leadership of Earl Barden. Earl was a successful businessperson in the Yakima area and was highly influential in the support given by the Yakima community to start this game. Earl passed away in the winter of 1999 and the community of Yakima has embraced the game and continued in its tremendous support of the Classic.

We have always embraced any football coaches who would wish to become part of this game. If you are interested in becoming a "gopher" for the Classic please contact me and I will get you "on the team!".

Earl Barden Classic Chairman: Bill "Alex" Alexander, WSFCA

201 C St. SE, Quincy, WA 98848

509-237-1590 (c)

[Alexfb1@msn.com](mailto:Alexfb1@msn.com) (h)

East Game Co-Chairs:

Mike Lynch, [lynchm@sosmail.us](mailto:lynchm@sosmail.us)

Mark Mochel, [mochdowg77@hotmail.com](mailto:mochdowg77@hotmail.com)

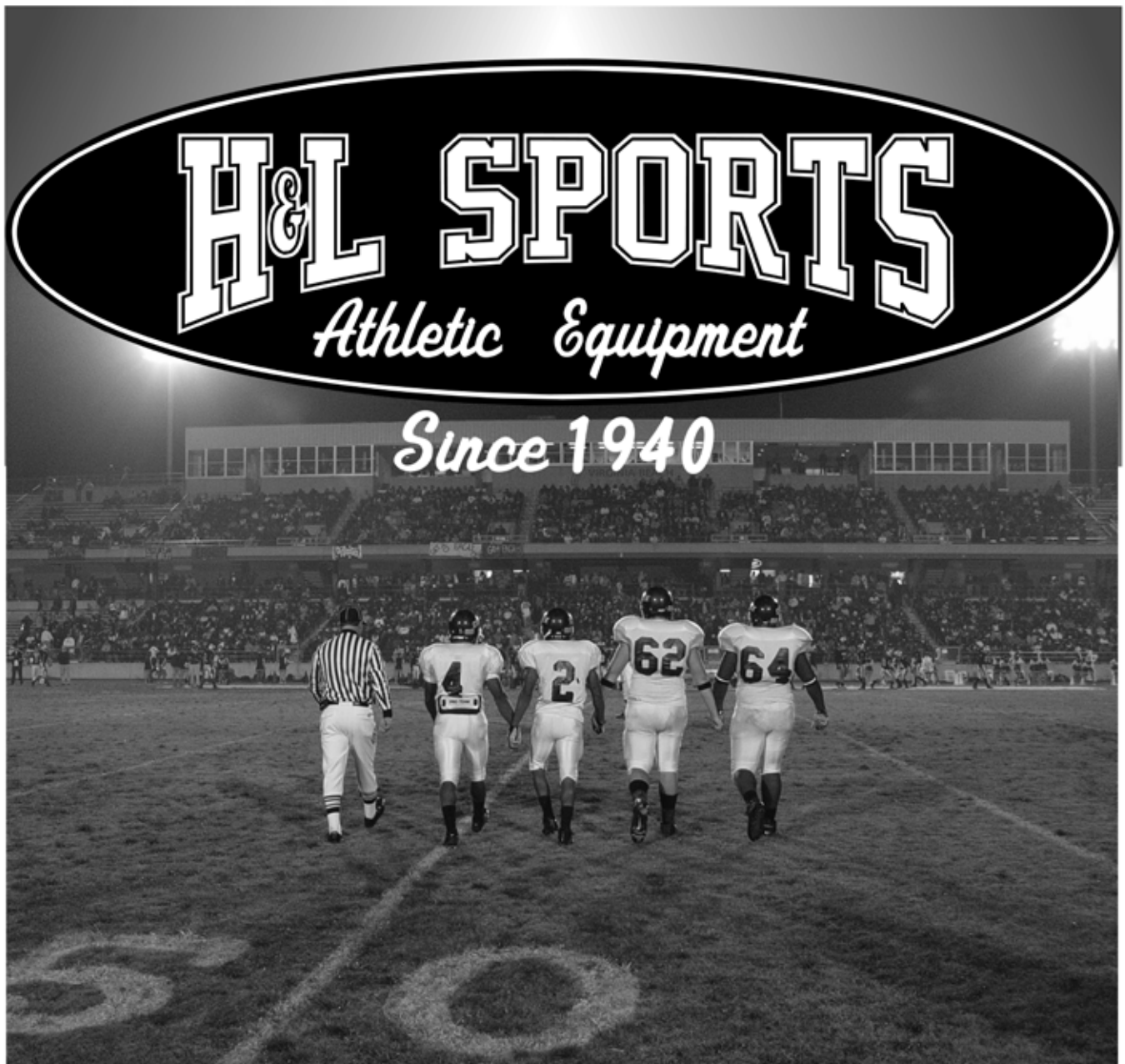
West Game Co-Chairs:

Tom Sanchez: [tsanchez@southbend.wednet.edu](mailto:tsanchez@southbend.wednet.edu)

Jesse Bussanich: [jessebussahich@hotmail.com](mailto:jessebussahich@hotmail.com)

Game Site Manager

Mark Mochel, EV High School



***Proud sponsor of the Terry Ennis Scholarship***

## **Team Equipment & Uniforms**

**3102 SMITH AVE EVERETT, WA 98201**

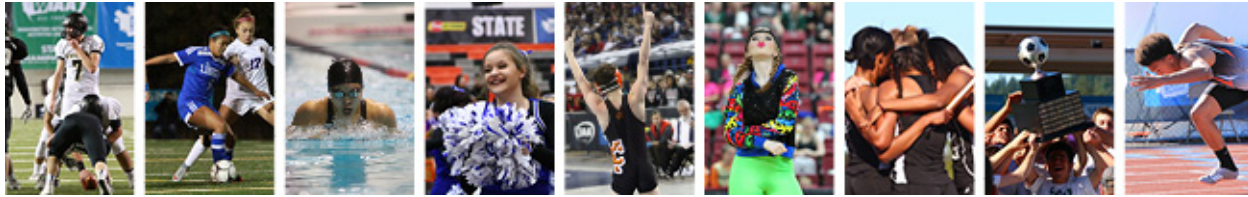
**(425) 259-5515**

***WWW.HANDLSPORTS.COM***



JULY 26-28, 2018 • YAKIMA VALLEY CONVENTION CENTER

**REGISTER TODAY!**



Register now for the 2018 WIAA Coaches School July 26-28, at the Yakima Convention Center and help yourself become a better coach. • **Fulfill WIAA Coaches Standards Requirements for three years** • **Complete sport-specific certification for Cheer, Dance/Drill, Football, Swim/Dive and Track & Field coaches AT NO ADDITIONAL COST**

Coaches School goes beyond the X's and O's of coaching, providing valuable continuing education and professional development for leaders, educators and coaches alike. Guest speakers and breakout sessions will cover a range of topics and situations surrounding adversity, organizational motivation and leadership, student mental health, equity and safety and much more. These are growth areas that are relevant not only to coaches on a field, but coaches in the classroom.

***Any school that registers 6 coaches will receive a 7th registration FREE!***

Valid now through July 11 (\$110 value). Talk to your school about supporting you and your fellow coaches by helping you attend this unique event. Space is limited, so register today!

## **REGISTRATION DETAILS**

---

**REGISTRATION FEE \$110** (increases to \$130 on July 11, 2018) **INCLUDED:** Breakfast and lunch both Friday and Saturday, complimentary notebook, door prize raffle items, conference t-shirt, Friday evening Coaches Social. Pre-Conference Sports Medicine First Aid and CPR Training have a separate pre-registration fee of \$40 (increases to \$50 on July 11, 2018).

**[LEARN MORE & REGISTER FOR COACHES SCHOOL](#)**

**QUESTIONS:** Jennetta Blake | [jblake@wiaa.com](mailto:jblake@wiaa.com) | (425) 988-6167 ■



**WHEN: FRIDAY, JUNE 29<sup>th</sup>, 6PM**  
**WHERE: Gonzaga Prep High School**  
**Bullpup Stadium, Spokane**

The Washington State Football Coaches Association proudly present the 4A/3A East West All State Game. The game will be played at Gonzaga Prep and is comprised of the some of the most talented 4A and 3A players in Washington State.  
Thank you for your support.

**West Ticket Chair**  
Tim O'Dell

**East Ticket Chair**  
Dave Hughes

**Game Coordinator**  
Paul Manfred ■

---

---

## Seahawk Academy



*Coaches left to right, top row:*

*Bill Beattie Tumwater  
Tony Davis Tahoma  
Steve Valach Liberty  
Tremaine Mack Mt. Rainier  
Dan Teeter Lakewood  
Mark Stewart Mariner  
Mark Keel Central Kitsap  
Jamie Plenkovich Ferndale  
Monte Kohler O'Dea  
Marty Osborne Kentridge  
Bill Heglar WSFCA*

*Bottom, kneeling  
Brad Anderson Liberty  
Joe Cronin O'Dea  
Kyle Jones Mariner ■*



# 2018 WIAA HALL OF FAME Inductees

reprint WIAA Website



## Sid Otton, Coach

Retiring as the winningest high school football coach in Washington state history, a career record of 394-131, 27 State playoff appearances, 25 League Championships and six WIAA State Championships, Sid Otton enters the WIAA Hall of Fame after 49 years of coaching. Otton began his career in 1967 at Coupeville High School, followed by four successful seasons at Colfax High School before landing at Tumwater in 1974 where he remained for the next 43 years. During his time, Otton was inducted into the Weber State University Hall of Fame in 1993, the Washington State Football Coaches Hall of Fame in 1996, Idaho Hall of Fame in 2009, Pacific Northwest Hall of Fame and Tumwater High School Hall of Fame in 2010 and received the American Football Coaches Association's National Power of Influence Award in 2006. Otton was also selected as the Seattle Seahawks High School Coach of the year in 2010 and 2016. Beyond a winning career, Otton is known for his positive impact in player's lives and the Tumwater football community. Noted for improving the quality of coaching and athletic programming throughout the state, Otton is leaving a legacy that has positively influenced hundreds of student-athletes, parents and coaches alike.

## Ed Laulainen, Contributor

Ed Laulainen's induction into the WIAA Hall of Fame is his fourth such honor. In 1988 he was named to the Lower Columbia College Hall, in 1994, the Washington State Football Coaches Association Hall of Fame and in 2016 the R. A. Long High School Hall of Fame. In 2009 he was named the Lower Columbia Area All-Century Team as football coach. In 2013 Kelso High School named its football stadium after Laulainen. He spent three years on the National Federation of High School Coaches Board of Directors, and that same organization named him the Western Regional Coach of the Year for 1991; he also received the Federation's Distinguished Service Award for the five western states. In 2011 Ed and his wife Bev were presented with the Curt and Chee Chee Brusklund Service Award by the WIAA. Ed's connection to the Washington State Coaches Association has spanned 54 years; he spent three years as its president and is a member of the WSCA Executive Board (40 years) and represents the WSCA on the WIAA Executive Board (38 years), State In-Service Director for WSCA (10 years), and currently serves as Clinic Coordinator for WSFCA (24 years). During a 34-year coaching career at Kelso High School, including 25 years as head football coach, Ed Laulainen posted a record of 182 victories, 69 defeats, and one tie. The Kelso football team won the state title in 1983, and Laulainen was named WIAA boys' sports coach of the year. In 1984, the Associated Press selected Laulainen as its state football coach of the year. Kelso won nine league titles and posted four unbeaten regular seasons. He was chosen league coach of the year eight times. Laulainen also coached wrestling and baseball during his time at Kelso. Laulainen attended R. A. Long High School in Longview, Lower Columbia College, and Eastern Washington University.





## Gary Hatch, Coach

Gary Hatch is revered by many as not only the best coach, but the best man they know. This statement is common among those who coached and played with or against him. There are many traits that Hatch possesses that separates him from others, but the most impressive ones are his constant quest for knowledge, his extraordinary ability to communicate, his unbelievable talent to motivate, and his tireless work ethic. As an athlete, Hatch played three sports at Sehome High School. He went on to play baseball at Brigham Young University which led him to an appearance in the College World Series. - After college, Gary Hatch returned to his alma mater, Sehome High School, to teach for 42 years. Hatch taught Social Studies, Physical Education, and Health. He began his coaching career in 1973 as the assistant coach for both baseball and football. He remained the assistant football coach for 30 years, but became the head baseball coach in 1980. After 35 years of being the head coach of Sehome High School baseball, he accumulated 532 wins, numerous league and district championships, 3 state titles, and 29 Sehome players who were selected 1<sup>st</sup> team All-State. In addition to his success on the field, Hatch was inducted into the Washington State Baseball Hall of Fame in 1993. In 1998 he was the Washington State Coach of the Year, and was also named the NWC Baseball Coach of the Year in both 2007 and 2010. Outside of Sehome High School, Gary Hatch coached the U-16 team for USA baseball. Hatch was the pitching coach in 2006 and the head coach in 2007. Both teams won gold medals. In 2011 Hatch began a short stint as the Head Coach of the Bellingham Bells taking them from being a struggling franchise to a true contender. He has also spent 33 years as the Director of Grand Slam Youth Baseball Camp in Bellingham. Currently, he continues to work as a baseball coach and instructor at the Inside Pitch Baseball Academy where he teaches countless numbers of kids to play baseball, builds their confidence, and teaches them the value of good sportsmanship. ■

---

# S P O R T S

---

## These are the coaches you need on your staff!

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

### Sport Associations Board Representatives

Athletic Trainers	Lorrie Howe	Eastmont	<a href="mailto:howel@eastmont206.org">howel@eastmont206.org</a>
Baseball	Jesse Benedetti	East Valley-Yakima	<a href="mailto:benedetti.jesse@evsd90.org">benedetti.jesse@evsd90.org</a>
Basketball - Boys	Nalin Sood	Mountlake Terrace	<a href="mailto:Soodn@edmonds.wednet.edu">Soodn@edmonds.wednet.edu</a>
Basketball - Girls	Dan Taylor	King's	<a href="mailto:knights.in.gods.armor@gmail.com">knights.in.gods.armor@gmail.com</a>
Cheer	<b>OPEN</b>		
Cross Country	Joe Clark	Lakes	<a href="mailto:jclark@cloverpark.k12.wa.us">jclark@cloverpark.k12.wa.us</a>
Football	Mark Keel	Central Kitsap	<a href="mailto:MarkK@ckschools.org">MarkK@ckschools.org</a>
Golf	Andrew Hershey	Shorewood	<a href="mailto:andrew.hershey@shorelineschools.org">andrew.hershey@shorelineschools.org</a>
Gymnastics	Ryan Fleisher	Issaquah	<a href="mailto:issygymnastics@yahoo.com">issygymnastics@yahoo.com</a>
Soccer	<b>OPEN</b>		
Softball	Tom Harmon	Nooksack Valley	<a href="mailto:tharmon24@hotmail.com">tharmon24@hotmail.com</a>
Tennis	Brooks Hazen	Puyallup	<a href="mailto:hazenbf@puyallup.k12.wa.us">hazenbf@puyallup.k12.wa.us</a>
Track & Field	Kevin Eager	Gig Harbor	<a href="mailto:wstfcaprez@gmail.com">wstfcaprez@gmail.com</a>
Volleyball	Suzanne Marble	LaConner	<a href="mailto:smarble@lc.k12.wa.us">smarble@lc.k12.wa.us</a>
Wrestling	Brett Lucas	Todd Beamer	<a href="mailto:blucas@fwps.org">blucas@fwps.org</a> ■

# A Coaches Coach, Dusty Anchors

by Lane C Dowell, WSCA

with thanks to Andy Buhler, *Columbian* staff writer



**After diagnosis of terminal heart failure, Ridgefield Softball Coach Dusty Anchors keeps coaching, and at last glance, the Spudders were ranked #3 in the state 2A softball polls.**

How does one say good-bye to a very dear friend with whom you have shared moments of laughter, sadness, the thrill of victory and the agony of defeat? You never say good-bye for you will carry memories of a loved one/true friend in your heart forever.



In the decades I have known this remarkable man, he has never displayed anything but a jovial persona with a smile etched on his face and a positive outlook on life. He loves working with young people. He is definitely the type of man that is dedicated to helping his charges be the BEST that they can

be. He is the type of mentor that makes learning FUN. I would term him a coach's coach.

Dusty, like most of us, see sports as a great classroom for learning life lessons, and the fundamentals of how to play.

I will never forget that infectious laugh and unique sense of humor, which often times put one on-guard. Example...when I first introduced Dusty to my wife,

Deanna, he immediately launched right into a concocted story about how we met. Apparently I had approached him in a dingy locker-room of a fly-by-night gym and asked if I could wash his back. I had never had a weirder look from my new bride. Dusty, now doubled over in laughter, his response was a gleeful "YUCK, YUCK, YUCK.... TRUE STORY."

## The Voice of Kitsap County sports

As our friendship evolved from the dingy locker room, I learned that Dusty was a *DJ and Sports Director* at Bremerton's radio station *AM1490 KBRO*. He told me that he badly needed an analyst for his prep sports broadcasts.

Having just wrapped up another season coaching football, I jumped at the idea. We seemed to click instantaneously. Dusty knew the game and gave a great presentation, and I seemed to add a decent coach's perspective.

If you carefully view the KBRO photo, you may pick-up a quirk of my broadcast partner. He always wore shorts and a Hawaiian shirt. I swear to the All-Mighty that his wardrobe consisted of nothing but shorts and shirts from the Island Paradise. He became a walking billboard in the Kitsap Area for his apparel.

The sponsors liked the tandem of the Chief and the Coach. Well, with one exception, our games sponsorship sold well which made Mr. KBRO happy.





Coach Lanny Dowell & The Chief Dusty Anchors

The exception was a state big-school playoff game between South Kitsap and Kentwood in the Kingdome, always a battle royale. We thought we could bring a little more holiday cheer to fit the season if we serenaded our listening audience at halftime with our broadcast team's version of a sponsor's spot sung to the melody of "Jingle Bells". Well, we got a standing O from press row in the 'Dome but the business owner failed to like our songbird approach.

No doubt the highlight of our prep career together was doing the play by play of two girls' basketball state championships for Coach LeeAnn Charleston's Bainbridge Island Spartans and one for the North Kitsap Vikings of Coach John Broderson where we met Battle Ground behemoth Molly Muroski. Thank goodness for collapsible rims...ha.

### The Coaches Corner

I guess the station felt we were a sellable commodity, so we created a Saturday morning talk show that was dubbed the *Coaches Corner*. It was a barrel of fun even though we had to be on the AIR at 8 AM on a Saturday morning. *Oh, my aching head.* Highlights and interviews around the state were the staple.

We even had a TV news anchor from a local network channel in Seattle who called us for Friday night scores from our statewide *Sports Net* that we established. Last I looked Linda is currently on ESPN.

We had two broadcast studios with a big plate glass window dividing the foursome of coaches. The show usually started with highlights and interviews from the previous night's games.

### Dusty was our lead man.

Our favorite call was always our Saturday morning chat with the head coach of Almira-Coulee-Hartline, three smaller schools that banded together to have enough athletes for a football team. This started as a joke when Coach Welling called ACH out for the large scores they posted in Friday night victories.

Bruce made a pun that it just was not fair for three schools to gang up against single school opponents.

Yes, Welling, a very good football coach in his on right, totally understood why ACH was one team. The first time Bruce called the coach, we all had a good laugh. He was a great guy and a very good mentor for his charges who enjoyed the publicity.

### Dusty comes to Ridgefield, Washington Home of the Spudders

The team first met Anchors in an informational meeting in the back corner of an auxiliary gym only a few weeks before the 2017 season started. He'd been a head coach for six years at Olympic High School in Bremerton, then an assistant at Eastlake of Sammamish before moving

*"It's the heart that puts the beat into everything that you do!".....Dusty's post-broadcast signoff.*

down to Battle Ground to be closer to his oldest daughter, Shayla, her husband, and newborn grandchildren.

*Continued on page 32*



L-R Dusty Anchors, Bruce Welling, John Sitton, Lanny Dowell



*Coach Dusty Anchors, Olympic High in Bremerton.*

*Anchors, in his third season lead the Trojans to their first state appearance in school history.*

***Be the BEST You can be but, Remember....  
"It's FUN to PLAY...PLay for FUN!***



Anchors had to speak up because of students playing basketball in the gym. Huddled around him, the girls felt like he was “laying down the law” with intimidation.

The morale among the players was middling heading into the 2017 season. Ridgefield was coming off a 14-9 record, a second-place finish in league and a season that ended in districts.

But the team didn’t set lofty goals, nor did they possess a competitive edge, said Kaia Oliver, then a freshman. Haidyn Woodside was contemplating whether or not to even play. Steve Walker, the first base coach whose daughter was an incoming freshman, heard parents bemoan the dysfunction.

Coach Anchors demanded consistency and set expectations high. He told them he cared more if they earned academic accolades than all-league selections. He asked about them as individuals and cared for their personal growth.

“Everyone was nervous with a new coach, but he really helped give me a lot of confidence I needed to play right away,” sophomore



McKenna Walker said. “He had a lot of good feedback. He’s always such a positive person.”

They decided... “He’s just a big teddy bear,” Madison Syring, a junior, said.

In that season, and in the months that followed, the Ridgefield softball team developed an inseparable bond with their

coach, who many of them say is much more than that. They had Ridgefield’s best season in seven years.

Junior McKenna Walker has been playing softball since she was in elementary school and said she has never felt the impact of a coach as much as with Anchors. It’s why she wants to make him proud while he is still coaching the Spudders.

“It’s kind of crazy because we’ve known him for a year, and all the girls on the team have become really close with him,” Walker said. “He’s such an amazing person, let alone coach, that it was really hard to hear that, but he’s made a huge impact on our program.”

“I want to make him proud and do the best I can while he is here coaching us,” Walker said.

The team has lofty goals for this 2018 season. It hopes to make it back to state. At the time of this writing, The Spudders are ranked #3 amongst the 2-A schools with a 15-2 record (May 12, 2018).

What Anchors has found in the last 14 months in Ridgefield, a city of just over 7,000 with the largest employer is a lumber company and the second is the school district, is a home in a tight-knit community that brought him in and quickly wrapped him in a bear hug. Since his diagnosis, a web of former players and friends stretching from Bremerton to Clark County has stepped up to support the coach they consider much more than a leader on the diamond.

### **How did this happen?...Viet Nam and Agent Orange**

In 1985, Anchors was diagnosed with cancer when doctors found a tumor right above his heart. Ironically, it was about the size of a softball.

Dusty had been out of Viet Nam for 12 years – a helicopter pilot - before the tumor was discovered. His

oncologist told him the exposure to Agent Orange would ultimately cause him health problems down the road.

He was 35 years old and underwent radiation treatment. **Agent Orange** is a chemical used in the U.S. government's herbicidal warfare program in the Vietnam War. Some reports say as many as 4 million people were exposed to it during the war... up to 3 million have endured health problems as a result.

Anchors remembers the exact date he got out of the service. After 10 months and 23 days, he was discharged on October 29, 1973. Unlike many Vietnam veterans, he had a relatively smooth transition back into American society. He started a 30-year career with Pacific Northwest Bell the day after he returned from Vietnam.

"I was fortunate enough to where I got out and immediately got back into the mainstream," Anchors said. "I didn't have to suffer the hardships that the Army or Navy fellows have had to go through."

In 2006, Anchors was in Las Vegas watching his daughter Kelsey participate at an elite softball camp when he collapsed. He had a heart attack. He now quips that he really only wanted to stay in the most expensive room Sin City can offer — the emergency room at Desert Palms Hospital. "The bells going off were almost like being out on the casino floor," he said.

He collapsed again in 2008 while running on a treadmill. Anchors had been trimming weight, but his heart couldn't hold up. He underwent open heart surgery a month later and received an aortic valve replacement. Doctors were unable to do the quadruple bypass due to the fragility of his heart.

Decades of heart issues culminated with a string of hospital stays last year due to increasing chest pains, shortness of breath and trouble walking.

He checked into Oregon Health and Science University Hospital on November 16th, and he ended up being admitted when, after several days of tests — "they must have taken 25 pints of blood out of me," he said. "Doctors discovered complete pericardial calcification of the heart. It just couldn't beat the way it was supposed to." When he received his outgoing consultation on December 4th, 18 days after his check-in to OHSU in the West Hills of Portland, doctors threw him the ultimate curveball.

"We hate to tell you this," Anchors recalls them saying, "but you're in stage-four heart failure."

He recoiled, stunned.

"What?" Anchors exclaimed.

**"We understand your daughter is getting married in July," he recalls doctors telling him, "We are going to try and get you to July."**

Those words have played back through his head ever since.

For a man who has spent as much of his life with heart issues as he has been playing and coaching softball, it wasn't the first time he'd heard bad news. Plus, for the most part, he felt physically fine.

This time, there was no fix. Doctors deemed his bones too brittle from radiation for a heart transplant, and his heart had undergone too much damage to have a left ventricular assist device inserted, which essentially picks up the slack of a failing heart. All options were exhausted.

"Here you think it's all done and gone and behind you, and it's once again raising its ugly face," Anchors said. "It's just one of those things you have to deal with. And you've got to maintain a positive attitude. You can't let it stop you from doing what you want to do."

### **"When the Going Gets Tough, the Tough get Going"**

Dusty Anchors was not looking forward to delivering the news.

When he told Ridgefield AD Deb Bentler, he wanted to make sure she knew he still intended to coach. Bentler said she is confident in his ability to lead.

"You care about a person, about your program, and you do want to see him make it to July," she said. "I know from personal experience what a regular season can do to you not having a heart impacted by all of that. I'm confident in him and all the girls."

Now to his biggest hurdle....Before he adjourned a team meeting on an early January evening in the Ridgefield High School Student Commons, he knew he had to break the hearts of another group of people he loved, just like he had to do to his closest family and friends over the previous month. For his softball players and their families, the coach had waited until then to avoid spoiling the holidays.

With most of the team gathered, he broke the news. He had stage-four heart failure. His most optimistic doctors were going to try to get him to July.

"It was super heavy," Ridgefield first base coach Steve Walker said. "A lot of tears, a lot of hugging him."

But Anchors, 67, followed with news that lifted everyone's spirits, yet did not surprise those who know him. Despite the dire diagnosis, he planned to remain the Spudders' head coach through the 2018 season.

"It just shows how much love and passion he has for the game," junior pitcher Kaia Oliver said. "We really appreciate everything he's done. If he's here and he's

*Continued on page 34*

Continued from page 33

along for the ride, so are we.”

His love for Ridgefield can be gleaned from the way he talks about his players. His eyes grow bemused as he recalls leaving on a bus to the 2A state tournament last year to a police escort and parade, which invoked a comparison to the movie “Hoosiers.” It’s why he ends his



voicemail with an emphatic “Go, Spudders!”

### **He won’t let a failing heart stop him from doing what he loves most: Coaching Softball.**

Ridgefield returned 11 starters from a team that reached the state tournament for the first time since 2011. Anchors **facilitated a program turnaround in a year** and captured the hearts of a group of high school girls and their families.

You wouldn’t be able to tell by talking to him, or seeing him walking down the street, that he’s terminally ill.

“When you’re young, you learn that your body doesn’t last forever and that you’re going to die,” Anchors said. “But to have somebody sit across from you and say this is your timeframe, that puts a whole different perspective on everything.”

Yet he refuses to quit on a team he believes has unfinished business. And the team refuses to quit on him.

“I feel a little tired at times,” Anchors said. “Muscles ache a little bit. I’m not going to let the girls see that, not going to let Athletic Director Deb Bentler see it, not going to let the parents see it, and I’m going to coach. As long as I can do the job, I’m going to do that.”

Current and former players have spearheaded fundraising campaigns for him. With the amount of love Anchors has for the game of softball, it’s fitting that much of his financial support has come from those who have been influenced by him through the game.

Former athletes of Anchors and a family friend, Eastlake of Sammamish Coach Stephanie Fox created a GoFundMe called the “Medical Fund for Dusty Anchors” with the goal of raising \$8,000 to cover travel, hotel and medical expenses that his insurance won’t. The fund currently has netted \$6,000.

Additionally, members of the Ridgefield softball team took to fundraising, too. Madison Syring, Kaia Oliver, Karli Oliver, Haley Olchoway and Haidyn Woodside raised more than \$500 at Ridgefield Floral & Gifts. That amount was given to Anchors at a softball jamboree on March 10 at Ridgefield.

“A coach can make or break a sport for you at the high school level, whether you want to go on, or even play high school,” junior Haidyn Woodside said. “I think he totally changed all of our lives.”

Plus, he has big plans for the Ridgefield softball field. He wants to paint the foul poles Ridgefield orange and put in a warning track. When opposing coaches leave, he wants them to remember the field. On a clear day, the backdrop is Mount St. Helens, which he believes makes it the second-best view of any field in the state, behind only Summer

High School and its view of Mount Rainier.

Deep down, Dusty Anchors knows the team will be rallying around him and he’s a part of their motivation to return to state. But after he broke the news, his message was the opposite.

“I’m still here, we’re still playing softball, and you girls are going to go out and do what you need to do,” he told his team. “And do it for yourself. Don’t all of a sudden become this wonder player because coach might not be around. I want you to do it because you want to play softball.”

### **Home on the Diamond**

Even the most stressful game situation doesn’t stress out Dusty Anchors. The softball diamond is where he is most relaxed. He met his wife, Lori, playing slow-pitch softball.

That’s why when doctors followed their terminal diagnosis with telling him they want him to **“live his life,”** the first thing that came to mind was softball. His body would tell him what he can and can’t do.

“For me — and it took my wife a few years coaching to realize this — my home is on that softball field,” Anchors said.

Kelsey Anchors knows how much it means for her dad to be coaching softball. He wouldn’t want the next few months to be any other way.

“My family has this way of saying, ‘When dad dies, he’s going to die on a softball field,” she said. “We don’t want that, obviously, but if he does, he’d be in a pretty happy spot.”

Kelsey, his youngest daughter, is a story of its own. I think it fair to say she busts dad’s buttons every time her name comes up in conversation. Playing for her Dad at Bremerton’s Olympic High and on to the Oklahoma State Cowgirls where she was a starting outfielder in the College Softball World Series, Super K, as I always call her, became **the first female head varsity boys baseball coach in Oregon State history** at Valley High in Medford this year.

**“I want to walk my Daughter Kelsey down the aisle when she marries in July.”**

**My friend, Dusty has a heart of gold and absolutely loves chronicling the good works of youngsters and helping them be the best they can be.**

**Chief, you are loved and respected by many...young and old. Out of sight, but you will NEVER be out of mind... ■**



## HEARING THEIR FINAL WHISTLE

### Coach Bev Quick Burgi

Willapa Valley High School and District IV lost a trailblazer in Women’s athletics in passing of our Coach, Bev (Quick) Burgi on March 9, 2018. Bev who was born on May 14, 1945 in Longview to Randolph and Thelma (Price) Quick attended Castle Rock HS and graduated in 1963. She then went to Ellensburg and attended Central Washington State College where she earned a BA in Education.

She was then encouraged by her fellow Castle Rock friends and schoolmates, Bob and Sharon (Case) Rockett, to apply in Menlo at Willapa Valley and she got in the job in the fall of 1969. Bev moved to the Valley and as they say, the rest was history. Bev, Bertha Koplitz from South Bend, Betty Harrow from Ocosta, and Louise Rota from Montesano were pioneers in pushing women’s athletics into high schools in Southwest Washington. Bev coached EVERYTHING at W.V.H.S. including badminton, volleyball, basketball, and track. Over the years, she took teams to District IV tournaments, several teams and countless athletes to State competitions in volleyball and track. Bev finally called it quits in June of 2001.

Bev was a gifted athlete in her own right and was involved in community sports for many years. Bowling (she had a 165 average), golf, where she shot in the high 30’s to mid-40’s ( I witnessed her Hole-in One on number 8 at Willapa Harbor Golf Club ), pool, darts, you name it she could do it all! She LOVED cards and other games of chance and as a fellow PE instructor, she may have been the best racquet sport player I ever saw.

Although Bev never had any children of her own, she helped raise several generations of us “Valley Kids”. She always seemed to know just when you needed an arm around your shoulder and a positive word or “a kick in the seat of the pants”, her words for quit being a whiner and toughen up a little bit!

Rob Friese, long time football coach at Willapa Valley remembers, “When I came back to Valley in 1990 as a young teacher and coach, Bev gave up her girls track job because she felt that a young coach who had a family to take care of was more important”. She obviously put others as a priority, which shows how much of a caring individual she was. Even after retirement, Bev rarely missed a Viking ball game, took stats for any sport that she could, and encouraged athletes from all districts in our surrounding community.

Bev was one of the pioneers of women’s athletics. She was one of the greats who paved the way for the current WSCA support for women’s athletics in Washington State.

Thanks Coach for everything you did for me and family...God Speed and I will see you down the road...

John Peterson, Boys Basketball Hall of Fame, 2015  
Willapa Valley High School ■





# WASHINGTON STATE GOLF COACHES ASSOCIATION



## HALL OF FAME

### ELEEN NORTHCUTT

Eleen was the girl's golf coach at both Mead and Mt. Spokane High Schools over a period of 25 years. In her six years at Mead, Eleen coached her teams to repeated state tournaments and at least one player, every year, was part of the GSL All-City Team.

Eleen was chosen to be the head girl's golf coach at the new Mt. Spokane High School in 1997. While at Mt. Spokane, she had several fantastic accomplishments as a distinguished coach. She led her teams to the Greater Spokane League Championship five times, had two individual State Champions, and in 2014, her team won the Washington State Girl's 3A Golf Championship. This championship brought Mt. Spokane its' first state title in any sport. Eleen was named the Greater Spokane League Coach of the Year five times during her coaching career.

Eleen had a very special relationship with each girl on her team. She whole-heartedly cared about each player. She was a mentor to several players through-

out her coaching career and someone you could talk to about anything, at any time. Eleen constantly had past players visit her after they graduated because of the impact she had on their lives.

Coaches all around her would agree that Eleen was an incredibly special person, teacher and coach. She was well respected within the coaching community throughout the State of Washington and Northern Idaho.

Eleen co-directed the Big East Girls Invitation for a few years before becoming the sole director of the tournament. Teams from all over Washington State came to participate in this very special tournament, which is now named the Eleen Northcutt Invitational.

No matter where Eleen was, she was loved by everyone. Eleen leaves a legacy that many others could only hope for and her coaching career was one that will stand out forever. ■



*L-R: Don Papesdero (presenter); Sara Poindexter (daughter of Eleen); Andrew Pritchard (President WSGCA)*

# COLUMBIA

## AUTO CENTER

FORD LINCOLN HYUNDAI

Complete Auto Care

SALES • SERVICE • PARTS • RENTALS

**PROUD SUPPORTERS OF WSCA!**  
**OFFER FREE IN STATE SHIPPING**  
**-CHECK US OUT ONLINE!**

**HOME OF THE 10-YEAR/  
100,000 MILE WARRANTY**

**CHOOSE FROM OVER  
400 VEHICLES!**



**COLUMBIA**  
*"Our Reputation Rides With You"*  
**FORD LINCOLN HYUNDAI**

**WWW.COLUMBIAAUTOGROUP.COM**

700 7<sup>TH</sup> AVE., LONGVIEW • 360-423-4321

OPEN MON.-SAT. CLOSED SUNDAY

SHOPPERS WELCOME

# ADRENALINE

FUNDRAISING™

**PROUDLY SUPPORTING THE...**



**and the Terry Ennis Scholarship Award**

*Visit [www.washcoach.net](http://www.washcoach.net) for details.*

**For all your fundraising needs, please visit**

**[www.AdrenalineFundraising.com](http://www.AdrenalineFundraising.com)**

*or contact your local sales representative listed below:*

**DAVID WRIGHT**

david@afreps.com

360-708-8247

*Western Washington*

**MICHAEL BRAUNSTEIN**

mb@afreps.com

503-939-6030

*Southwest Washington*

**STEVE SLESK**

steve@afreps.com

360-739-6889

*Northwest Washington*

**BRENT BOE**

brent@afreps.com

503-449-8089

*Southwest Washington*

**DREW WRIGHT**

drew@afreps.com

360-708-9451

*Western Washington*

**CHRIS HOLDEN**

cholden@afreps.com

425-260-2434

*Eastern Washington*

**ZAC ROCKWELL**

zrockwell@afreps.com

425-501-9778

*Eastern Washington*