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Winter
2008

WASHINGTON STATE COACHES ASSOCIATION



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<input type="checkbox"/> Certified Trainer			_____
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Which Sport Group should receive credit _____

Benefits Include:

- *State Tournament Pass for All WIAA Tournaments and Selected WIAA District Tournaments
- *Liability Insurance Coverage of \$1,000,000 to cover members while working a scheduled, sanctioned and supervised WIAA sport or event. Contact 1-800-853-5899
- *Your senior sons or daughters are eligible to receive WSCA scholarships.
- *Hall of Fame eligibility.
- *Eligibility for Coach of the Year awards.
- *Eligibility to coach in WSCA All Star games.
- *Enhanced professional growth to continue in the coaching field.
- *Window decal upon request.
- *Eligibility for publication in your magazine THE WASHINGTON COACH.
- *Coaching Clinics.

Send completed form with \$35.00 to:

Jerry Parrish, Executive Secretary 18468 8th Avenue NE Poulsbo, Wa 98370	1-800-441-7776 jparrish@donobi.net
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Benefits effective upon receipt of application and \$35.00.
Membership is from 8/1/08 through 7/31/09.

- _____ Non Teacher
- _____ Retired from teaching but still coaching
- _____ Retired from coaching but still teaching
- _____ Totally Retired from both

We want to know more about our coaches.

Could you please tell us:

1. High School and College attended;
2. Other sports coached at this school;
3. Other schools where you have coached;
4. Sports you coached while there;
5. How long you coached each sport;
6. The school years you were there;
7. Notable W/L or playoff records, awards received;
8. Total years in coaching.

USE BACK FOR EXTRA IF NECESSARY



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Tennis -Nathaniel Whitley	Rogers Puyallup
Track & Field - Rob Phillips	Seattle Academy
Volleyball - Tony Batinovich	Puyallup
Wrestling -Craig Hanson East Valley (Spokane)	Brett Lucas
Brett Lucas	Todd Beamer

For more information contact the below:
Secretary-Treasurer
Jerry Parrish

18468 8th Ave NE, Poulsbo, WA 98370
800-441-7776 (H-WSCA) 360-779-4326 (FAX),
jparrish21@comcast.net

Interim Magazine Editor
Barb Johnston, 421 E. Davies Loop Road
Lake Stevens, WA 98258; 425-334-2760
Johnston.barbcliff@verizon.net

The WSCA falls under the WIAA
umbrella. For information contact:
WIAA, Mike Colbrese, Executive Director
435 Main Ave. S., Renton, WA 98055
425-687-8585

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Do you have an article you would like to have published in the **Washington Coach**?
Send to Barb Johnston at
Johnston.barbcliff@verizon.net or
421 E. Davies Loop Road,
Lake Stevens, WA 98258
Spring Deadline is February 14

From The President

Winter 2008

Dear members of the WSCA,

My message to the membership comes upon the conclusion of the WIAA Gridiron Classic. Living in Puyallup is great for many reasons and one of the greatest is the 15 minute drive to the Tacoma Dome. The past two weekends of high school football provided me and fans from all over the state a terrific opportunity to watch the best of the best.

To the newly crowned state champions in all the fall sports in each classification, congratulations and well done. A state championship will be a part of you the rest of your life. The success you have achieved as defined by being presented that gold trophy has no doubt come about through months and perhaps years of hard work, preparation, and triumph over more obstacles than can be remembered. You are truly deserving of all the praise, admiration, and wonder which comes with winning a state championship. Hold on to the feelings for as long as possible. Your championship season may now be complete, but your work is not done.

Perhaps your most important task of the season is still before you. It does not involve new plays, additional conditioning or scouting an opponent. It is not a difficult task, but it will take some thought and some time on your part. You will need to plan and you will need to be as thorough and complete in creating this plan as you were in formulating your game plan for the championship game. Your task at hand? Say thank you.

Many, many people were involved in creating the conditions necessary for success. They deserve your appreciation. Say thank you to the student athletes who did all that was asked of them and more. Thank the parents and extended family members who supported the program all season and perhaps for several years. Make sure the student body knows the huge part they played in the success of the season. Find a way to appreciate your athletic administrator, the secretaries, the staff and the people who worked at your contests. You know you would not be where you are without their efforts.

Make sure the list of people who had a positive effect on your season is complete. There are no small efforts in a championship season. Finally, let your own family know how valuable their sacrifice and support has been during this season. They know, but they also deserve to hear thank you.

Thank you and always keep your head up.

Mike Schick



FROM THE SIDELINES

by Jerry Parrish

COACH, TEACHER, DAD

I would like to begin with thanking the many contributors to the fall issue of *Washington Coach*. Larry Henry and Mike Kane from *The Herald* wrote articles taken from their paper and the coach magazine benefited greatly being allowed to use the articles.

Patti Means, Archbishop Murphy High School, athletic secretary and administrative assistant and Barbara Johnston, Freelance Publishing did a monumental task of putting together one of the finest issues in the history of the *Washington Coach*. WSCA thanks each of you.

Heart and soul, Inspiration, Friend, Humility, and Mentor accurately identify one of my close friends. These words really describe Terry Ennis.

We will miss you.

ORCHIDS AND ONIONS

ONIONS

“Punishment is the Crime” - This was headline in recent issue of *Sports Illustrated*. Hopefully, WIAA memberships will adjust WIAA Handbook to eliminate clerical errors as part of academic eligibility.

ORCHIDS

To AMHS football seniors the entire AMHS student body and staff for rallying and meeting WIAA Executive Director with an attempt to be the face on WIAA Handbook change.

WASHINGTON STATE COACHES ASSOCIATION ISA MEETING

SUNDAY 2 DEC 07

Meeting called to order by President Schick at 10:01am

ITEMS

Introduction of new board members and other guests.



Secretary-Treasurer report—web page report—site was visited 3889 times this month. We had 1572 visitors and 2207 new visitors.

1. Student eligibility concerns—guest
2. All star grants—criteria and form development/completion—Board members Alexander and Fitterer
3. WSCA cards and WIAA District directors, use of—President Schick
4. ISA clinics and registration problems—invoice, billing and registration problems—BBB & Wrestling
5. ISA reports—
6. Career Awards—Board member Bourgette
7. Sanctioned All Star insurance—directions need to be followed and time line
8. NFHS Coach of the Year nominees—see handout
9. Scholarship Committee Report—Board members Doering, Giampietri and Olson
10. Operating Manual Discussion—where to go?
11. WSCA Board Tree review—Board member Doering
12. Expense voucher distribution and completion
13. WIAA Report—Board member Laulainen
14. Spotighting—President Schick
15. WSCA Directory discussion—Board member Alexander
16. Selection of magazine editor

Those in attendance (25) were—Bill Alexander, Rick Stubrud (guest), Karen McQuiston, Dave

Continued on page 4

From The Sidelines

Larson, Nalin Sood, Bob Bourgette, Mike Grady, Brett Lucas, Rob Friese, Joe Clark, Pat Fitterer, Darrell Olson, Kyle Peacocke, Rob Phillips, Pam Headridge, Nathan Whitley, Chuck Bowden, Susan Doering, Tony Batinovich, Tom Harmon, Barb Johnston (Guest) & President Schick

AGENDA ITEMS

Guest—Rick Stubrud—Archbishop Murphy High School guest on informing on eligibility issues with WIAA. Background given and self reporting is an issue and does not always make sense or apply. May need a rewrite. Proposals coming. AMHS will have an audience with WIAA board on Monday 12/3/07.

Input needed from WSCA on the issue.

Proposed amendments shared with board.

Changes in wording —Winter coalition is usually the place the proposed amendments are discussed and aimed for Rep assembly—

Clerical error—an adult clerical issue—

Proposed amendment option #2

Copies for each member present—room 1029

Kid thought was shared of what is a competitive advantage compared to a clerical error? Good thinking.

Rick asked for discussion from the boards

Length of physicals created an issue for tracking—creates a clerical problem—Health aspects committee—yearly physicals may be a possible solution—some districts have adopted 2 year physical problem—clearance sheet does show the date when the physical expires—could be different for different sports—solution endorsed to separate

Cover up with occur and self reporting will cease.

How can WSCA boards help to solve this problem? WIAA has to use handbook to solve the problems.

CVHS boy's basketball ruling was past precedent on eligibility and WIAA Exec Director decision created.

Proper way to interpret and we all got a wake up call and take advantage of this precedent and make it better.

WIAA District Directors have been pretty good support for WSCA and we hope to increase their support

Winter coalition is place to make sure our amendment is discussed... Create a support statement and make sure it gets in Washington or perhaps an eblast to all.

This is a front burner issue. We deal with kids every day and we need to deal with issue.

District Directors

Use of WSCA cards for entry to WCD has greatest number —% of coaches in WCD as part of argument

Which Districts are allowing use of WSCA CARDS?

SCHOLARSHIP REPORT

Same number of scholarships—student teachers might be involved—Exec Board discussion

Clarification of scholarship qualifiers mentioned

Publish in WA Coach

Parent membership or can a coach nominate him/herself

ISA REPORTS

BASEBALL—Dave Larson—Highline—

- ◆ Ticket sales promo with Mariners
- ◆ 8 schools
- ◆ all state team selected at Safeco field—well attended
- ◆ Feb 25th start date of baseball

FOOTBALL—Bob Bourgette

- ◆ T Dome attendance up
- ◆ Mid winter clinic 25, 26 and 27 Jan at Bellevue Hilton
- ◆ 4A site may change if both East side schools were in finals. How about other classifications? What happens to other classifications? Why 3A 9AM time?

GIRLS BB REPORT—Mike Grady

- ◆ All state game—may not have game this year
 - ◆ Best Western sold
 - ◆ Program—printer backed out with printing
 - ◆ Comcast—main contact has moved to Spokane
 - ◆ Finances difficult—\$6 to 8,000.00
 - ◆ Casinos as a sponsor—may be an option
 - ◆ Will seek help

WRESTLING—Brett Lucas

- ◆ 100 new members to clinic WSCA membership
- ◆ Award winners
- ◆ Girl's state tournament
- ◆ Seating area at end of T Dome during Mat Classic—write note to WIAA office

CROSS COUNTRY— Joe Clark

- ◆ Scholarships very good—competitive—based on criteria
- ◆ Sponsors—Jock and Jill
- ◆ Awards for each classification—small schools really liked the awards
- ◆ Coach of the Year Award winners are Patty Ley and Mark Curd—good recipients
- ◆ Trophies for each classification
- ◆ Membership on the rise—
- ◆ Change meet scoring in E-W meet
- ◆ Length of season—WIAA “thing”—season shortened—1st and 2nd reading ok and 3rd reading it was

defeated—not asking for more meets but extend and add back the week taken. Session with WIAA—were cut off and a thank you for your time— WIAA not willing to make a change—FB and VB coming the next week

- ◆ Overall things pretty good
- ◆ Have a committee made up of reps from each district
- ◆ Site selection for state meet—site change being discussed

GOLF—Darrell Olson

- ◆ Weather at state tournament –some courses were unplayable –Whatcom county—WIAA –membership information shared with coach’s packet
- ◆ Clinic wanted in summer—in 3 cities—first part of July, 2008 is being planned—check on Golf membership—
- ◆ WIAA was offered services and kind of provided a cool welcome when planning help was offered—
- ◆ Is there a WIAA golf site selection? Course selection and degree of difficulty needs to be considered— 3 year cycle for site selection is in effect—contact Bellingham area coaches for input for course selection— ISA and WSCA voices are not being heard or asked to be involved getting good help.
- ◆ What happened to state team championships? Email message—suggestion—team winner from each WIAA district to state finals and play and determine state champ—Don Davison, retired TNT writer a good source.

SOFTBALL—Kyle Peacocke

- ◆ Senior games—do not have a true all state game at this time—some games are not wsca sanctioned. Playing every weekend –best seniors not available for all star games—
- ◆ Membership push
- ◆ Best of the west clinics—push for membership
- ◆ **safety base issue**—metal cleats may cause safety base issue to get attention
- ◆ State tournament issue—4 trophies only presented— 1 thru 8 usual –team one thru 4 laces and 1- 8 for individual awards—written draft to be provided for exec board—still going to be a 2 day event—honor more student athletes—several sports have made a similar proposal and issue was tabled and not brought up again. No consistency observed in awarding of trophies to winners.
- ◆ Formal request from wsca to have all sports receive top 8 places in all sports—need to determine who will be 8th, 7th, 6th and 5th—Coach Clark please

submit proposal to wsca exe board

- ◆ uniformity in all sports—there is none
- ◆ adding 2B and 1B—reason or logic is—precedent set—do not want to lose awards individual sport awards if trade is suggested—

TRACK AND FIELD—Rob Phillips and Dante Gouge

- ◆ membership
- ◆ convention in jan in everett
- ◆ wash vs oregon meet—in seattle
- ◆ 3 major events—on docket for convention
- ◆ state meets in general sites a concern - 1A and 2A site unknown
- ◆ wheel chair athletes—a concern—trophy awarding quickly changed and decided to be presented—officials were not sure how to evaluate—ie throwing events—
- ◆ team trophies one trophy—advantage
- ◆ officials for track and field—need—in crisis—not enough officials for field events—

CHEER —Pam Headridge

- ◆ Coach and A.D. of the year recognition
- ◆ Bellevue C.C. finals site - WIAA was involved - number of kids determined -6 categories - national competition
- ◆ Stunt certification - coming and options are available - article from Pam to WA Coach.

VOLLEYBALL - Tony Batinovich

- ◆ Hall of Fame
- ◆ Toyota Center - Sun Dome other classifications - All State series in July 2008 - Hoping for more commitments
- ◆ Jan Kirk - different sites needed - Toyota cold site - Tri Cities kind of out of the way re: travel
- ◆ Current concerns - sites - spokane - interesting format - days of the week for competing - game schedule is unique - barely referenced with 2A championship going on - need to be in the spotlight - fan base low - loss of school time also an issue - court sites a problem - certain serving styles hampered by court size outside of the court boundaries - warm up space is poor - would the Tacoma Dome solve some site problems - Sun Dome hotst are very good and easy to work with at state meets
- ◆ Why has VB sites changed from selective school sites

COACHES MAGAZINE - Barb Johnston *WA Coach*

- ◆ Orchids to Barb from President Schick
 - ◆ Deadline Date - Dec 8
 - ◆ Interest in filling Editor’s role - Barb gave input
- Meeting Adjourned

Continued on page 34

THE WASHINGTON STATE CROSS COUNTRY COACHES' ASSOCIATION

New Members Inducted into Hall of Fame

by Steve K. Bertrand

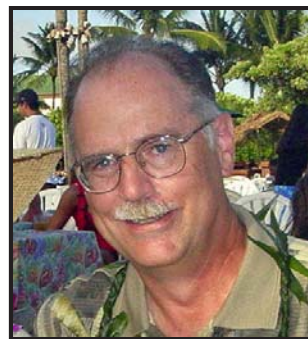
Each year the Washington State Cross Country Coaches' Association selects deserving coaches for annual induction into the WSCCCA Hall of Fame. Criteria for this award includes the length of an individuals cross-country coaching career, titles & awards earned by individuals &/or teams, an individuals contributions to the running community, & retirement from teaching/coaching for at least one year. Tom Campbell, past president of the WCCCA, Hall of Fame inductee, & chairman of the WSCCCA Hall of Fame Committee, had this to say about the 2007 inductees – "This is one of the most accomplished group of distance running coaches to ever be inducted into the Hall of Fame. Their constant efforts working with kids have resulted in their teams garnering state & even national recognition. Congratulations to all the inductees!" The following coaches will be inducted into the Hall of Fame at Pasco's Red Lion Inn, Friday evening, November 2nd, prior to the State Cross-Country Championships at Sun Willows Golf Course on November 3rd.



Pat Tyson

A 1968 graduate of Lincoln High School, Pat Tyson grew up in Tacoma, Washington where he participated in track & cross-country. He continued his running at the University of Oregon under the tutelage of legendary coach, Bill Bowerman. During this time, Pat was a close friend & roommate of Steve Prefontaine. After earning a B.A. degree in history in 1973, Pat began his teaching/coaching career. He spent his first seven years coaching at the junior high school level (Morgan & Kellogg) in the Shoreline School District. He quickly gained a reputation as the "pied piper" of distance running. Pat then spent three years at Shorecrest High School where his teams claimed two state cross-country titles. From there, Tyson traveled east of the mountains to Spokane, Washington.

He spent the next twenty years developing a distance running dynasty at Mead High School. During this time, his boys' teams claimed twelve state titles. They also garnered a couple #1 national rankings. Distance running greats such as Chris Lewis, Greg Kuntz, Matthew Davis, Nathan Davis, Micah Davis, Greg James, Rob Aubrey, Matt Lowe, Jesse Fayant, Laef Barnes, Evan Garber & Skiy DeTray were all coached by Pat Tyson. After a brief stint at the University of Kentucky, Tyson finds himself back in Spokane (He missed the Northwest) where he is currently consulting & working with high school teams around the United States. Don't be surprised if Pat Tyson resurfaces somewhere at the prep level. He's too brilliant a coach to sit on the sidelines. Rumor has it he's considering a job at South Eugene High School – Home of the mighty Axemen!



Mike Hubbard

A 1969 graduate of West Seattle High School, Mike Hubbard ran track & cross-country. He finished 29th in the '64 University of Washington Invitational (Then the cross-country state meet). Hubbard continued his education at Washington State University where he majored in math. He was a member of the cougar team which claimed fifth place in the NCAA meet in Lawrence, Kansas. Gerry Lindgren claimed the individual title. Hubbard started a cross-country program at Canyon Park Junior High School in 1970. His coaching career spans thirty years. During this time, Hubbard has coached at Bothell High School (1982) & Inglemoor High School (1983-2000). Hubbard's boys' teams qualified for the state meet in 1989, 1994 & 1995. Their best finish was seventh (1995). Hubbard coached such notable distance runners as John Quade, Lora & Brenda Funk, Valerie Wawrzycki, Stevie Roark, Mark David, Efrom Kidane & Adam Eggers. A

math teacher his entire career, Hubbard said the highlight of his coaching career was “sharing his love of running with students, many of whom continued to run long after high school & college. Mike has been married these past thirty-eight years to his wife, Barbara. They have two children – Jon & Julie. Retired in 2001, Hubbard continues to work at the state track & cross-country championships. He is the author of the book “State: A History Of The Washington State Cross-Country Meet”.



Ed Santos

A 1977 graduate of Washington High School, Ed Santos participated in track & cross-country. He continued his running at Tacoma Community College. Santos graduated from Western Washington University in 1983 with a degree in physical education. For the past twenty-five years, he has worked in the South Kitsap School District. While teaching elementary physical education, Santos started the South Kitsap School District Elementary School Cross-Country Championship, a meet which has been in existence for the past twenty-four years. Santos got his start as an assistant coach at South Kitsap High School under Lloyd Pugh. For the past sixteen years, he has served as head coach. During his tenure, South Kitsap High School claimed thirteen league titles. The girls’ team qualified for the state meet all sixteen years of his coaching career. The boys had thirteen state meet appearances. In 1997, Ed’s girls won the 4A state championship. They were ranked 19th in the U.S. by Harrier magazine. Under Santos, South Kitsap teams had twenty-seven Top 10 performances in the state meet. Kim Schmolka claimed the individual 3A state title in 1991 for South Kitsap. Presently, Ed Santos is the Director of Athletics for the South Kitsap School District. He is also the Athletic Director in charge of track & cross-country for the Narrows League. Ed has been married to his wife Becky for the past twenty-three years. They have two children – Ethan & Isaac & make their home in Olalla, Washington.



Pete Steiner

Pete Steiner grew up in Auburn, Washington. A 1975 graduate of Auburn High School, Pete played football, downhill ski racing, & track & field. He graduated from Seattle Pacific University in 1984 with a degree in Exercise Science. Steiner went on to earn his Masters in Health Education from Central Washington University in 1990. During his career as an educator, Pete Steiner has taught physical education, psychology, health & science. His cross-country coaching career began at Green River Community College with Mike Behrbaum. Behrbaum encouraged Pete to pursue a teaching degree & get involved in coaching. From 1983-1985, Steiner coached with Mark Cullen at Seattle’s University Prep. The next few years were spent at Utah’s Bountiful High School (1986) & Central Washington University (1988-1989). In 1992, Steiner landed the head coaching job at East Valley High School (Yakima). He remained at the helm until 2005. During his career, Pete Steiner’s boys’ claimed eight league titles. His girls’ claimed four. The boys’ & girls’ also combined for nine district titles. Both squads won three state titles apiece. Collectively, his boys’ & girls’ teams had twelve top four finishes in the state meet. Outstanding runners included Brandon Hauver (state runner-up), Matt Owen (2-time state cross country champion), Breanne Siebol (state cross country champion), Brett Murphy & Allison Gibson. In 1989, Pete Steiner lead the Central Washington University Women’s Cross Country team to their highest finish ever (15th) at the N.A.I.A. National Meet. In 2006, he was selected Section Coach of the Year. Asked about his most rewarding achievements as a coach, Steiner said – “The relationships I’ve made with athletes, parents & coaches.” Steiner continues to teach biology at East Valley High School. In his free time, he enjoys family, fishing & anxiously awaits the return of the Husky football team to its Pac-10 dominance. Married the past twenty years to his wife, Angie, the Steiner’s have two children – Laura (11) & Josh (7). They make their home in Yakima, Washington. ■

HAWKES SQUAWKS

by Dee Hawkes
Retired



Snow birds head south while the true Northwesterners stay home and brave the elements. Watching the next generation of athletes play is worth hanging around for even when it gets mighty cold. Much like the weather, some squawks may get your blood boiling while others leave you cold. That's okay, because not everyone is interested in the same thing. Sometimes a few of you send an e-mail agreeing with what is said or you may be totally out of sorts with what has been written. Like my pappy said, "it's only my opinion, but I am right."

DEEP IN THE HEART OF TEXAS

This situation bears watching. The Texas University Interscholastic League, which oversees high school sports in Texas, has taken the bull by the horns. The first mandatory statewide drug and steroid testing program has started in the high schools for football and all school sports. There is no doubt that some of those athletes who use are going to find themselves in deep trouble. It could get ugly deep in the heart of Texas. Do you get the feeling that Barry Bonds may have brought this problem front and center?

HISTORY LESSON

There are times when state football coaches could use a history lesson. The game you coach can be traced back to Amos Alonzo Stagg. He was born in 1862, three years before Abraham Lincoln was murdered. He died in 1965 at age 103. Stagg's teams were the first to huddle, use a man in motion, place-kick, and quick-kick. Stagg achieved 314 wins in 57 seasons. Pop Warner, another pioneer coach, finished with 313 wins in 44 seasons. When they started, the players wore helmets that they could fold and stuff in a pocket. I'm just passing on some nostalgic information about two legendary coaches. They still influence our game today.

NEED TO CHANGE COURSE

As can be expected, when a district hires head coaches who don't spend their day in the classroom teaching kids, things may happen. Recruiting the right kind of coach

from outside the school system requires much screening. Here's my rub. It becomes a bigger gamble when administrators look outside the box; because the involvement of these coaches is limited only to the athletes they coach. Call me a dinosaur, but a coach who is in the building makes a better fit.

SHORT SQUAWKS

The Lewis and Clark football team followed the yellow brick road (better known as I-90) three straight weekends for the football playoffs. They returned home with all the hardware. . . . Along with over 100 scholar-athletes, former coaches Terry Ennis and Rollie Robbins were honored at the National Football Foundation Brunch at Qwest Field. Both coaches received the Tony Gasparovich Award given to men who have especially reached out to touch and influence lives. . . . Yippy-eye-ay to the athletic directors who put on organized halftime shows which involve the student body during home basketball games. . . . If you played at Washington State, then make sure you get a personal copy of the "Legends of the Palouse" series. It speaks volumes about Cougar football history.

You can tribute some of the better coaching today to technology that provides the means to teach improved fundamentals. Coaches find that the use of pictures is a powerful teaching tool for today's athletes. A "picture is worth a thousand words" really tells the story. Also, one can't say enough about the Smart Boards used in many classrooms today. Coaches can find many uses for them. In my day, we first used blackboards, then white boards!

TAKEN TO THE CLEANERS

After the Archbishop Murphy situation, it should come as no surprise if schools fail to self-report minor infractions that can be corrected in house, rather than face stiff penalties which make no sense...

It's utterly obvious that some parties in the Cascade Conference were out to make an example of Archbishop Murphy this football season.

However, this problem didn't involve the use of an ineligible player because of a transfer problem or residency.

Violations, which could include grade changing, forged transcripts, or falsely reporting where one lives, carry serious consequences. Instead, the school was penalized, because a player's physical examination had expired. This is a misdemeanor for which there was an extenuating circumstance.

After ABM self-reported, the league should have used conventional wisdom and slapped the team with a penalty such as placing restrictions on spring practice or going to summer camps. Any penalty applied should have been a reasonable consequence for what took place. All three deciding groups should have taken into account the extenuating circumstances caused by the death of Terry Ennis right at that time. For crying out loud, taking away a whole season doesn't serve the best interest of the innocent. That said, you hope that nothing like this will ever happen again.

HELP IS ON THE WAY

College recruiting services have been around for a long time. They offer potential college athletes a chance to be noticed. However, most of them are marketed by salesmen who write up a player's profile and send it on to various colleges. From my experience as a former consultant for a national company, many are scams. Now, there is a new model. Athletic Quest uses a system based on education and mentoring. It teaches how the collegiate recruiting process works. This system is designed for all college sports and is designed for both genders.

Two former college athletes, Mike Hall (Linfield College) and Ryan Sowards (Seattle Pacific), make this service available to athletes from the State of Washington.

What catches our attention is how Athletic Quest focuses on providing information and the tools for educating families about the college system. This helps the athlete make the right decisions regarding academics, athletics, and financial requirements. Their three-step approach starts in the ninth grade. Athletic Quest starts by developing a player profile and provides the family detailed information about the college system. For each school year, a twelve month calendar checklist of things that need to be done is also provided. This gives the athlete a road map geared to help him/her play college sports. This guideline sure makes good sense and is easy to follow. There is no guarantee, but having a road map beats trying to do it on your own. It's not often that I endorse a company, but I believe this approach can help your athletes find the right colleges for them. As a coach, you simply make it available and let them run with it. Visit www.proactivesports.net to get started.

Till we meet again, embrace your family, call your friends, tend the garden, pay it forward, and continue to push your athletes to be good citizens, earn good grades, and be better athletes. If you have something to say, feel free to send it on to hawkes32@comcast.

See you around, I hope. ■

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“Do As I Say, Not AS I Do!”

by Dr. Jim Tenopir, NSAA Executive Director
reprint the *Nebraska Coach* Fall 2007

Don Coryell, a former Head Coach of the San Diego Chargers and former assistant to John McKay, reportedly took a copy of the opposition’s game plan to John McKay that a player had found in the locker room. McKay up and threw it away – the ethical thing to do. McKay was quoted as saying, “If any of us cannot go out and win a game and win it honestly without cheating, then you shouldn’t be coaching, because you are teaching your kids something wrong.”

I’ve preached this theme before. A coach is betraying his profession and teaching the wrong life lessons when his or her actions cry out, “Do as I say, not as I do!”

Granted, most coaches would not verbalize that statement. Most coaches would not utter those words, but all too frequently, we have coaches whose very actions are contrary to the expectations those coaches have for their student-athletes.

I continue to be impressed with the efforts of coaches and athletic administrators who strive to follow NSAA and game-playing rules, even though there may be temptations to deviate from that strict adherence to the rules.

This past week, I received an eight-question email from a fledgling athletic administrator about NSAA’s organized practice rule, acceptable options for open gyms, and appropriate uses of money generated through fund-raisers. The athletic administrator was fielding questions from his coaching staff, cloaked in the explanation that other area coaches were skirting some of the very rules in the email query.

The insinuation was that a coach in a neighboring school is permitted to schedule a sport-specific open gym outside of the season and provides coaching instruction during that time, either directly or through instructions given to the captains. Both the sport-specific open gym and the coaching or instruction at the open gym represents violations of NSAA’s open gym by-laws.

Is it fair that some schools covertly hold what amounts to illegal practices, while those schools that explicitly follow the rules do not enjoy that same opportunity? Obviously, no! Does it place at a disadvantage those schools that strictly adhere to the rules? Likely, yes.

However, I always hearken back to the question: “What life lessons are the student-athletes learning when the coach intentionally violates rules intended for all schools?”

“Do as I say, not as I do!”

Those of us who are intimately involved in high school activities often espouse the positive benefits from participation in athletics and activities: teamwork, fair play, discipline, focusing on goals, hard work, lessons learned in winning and losing, and commitment. I’ve even contended

that students can often learn as much – or more – in the classroom we call athletics than they can learn in an academic classroom. The skill development, modeling, work ethic, and self-discipline contribute to the development of the athlete and the person.

But just what lessons are being learned when student-athletes observe coaches who knowingly and wantonly lead and coach outside the rules? What lessons are we teaching student-athletes when we, as coaches, circumvent rules and expectations in an effort to get an edge?

What are the values of the lessons learned in those activities programs that feel the need to resort to operational procedures and practices that are clearly outside the rules?

“Do as I say, not as I do!”

“Never compromise your ethics or standards. If you do, you may have a short-term reward, but will most likely have a long-term disappointment.” Those words have been attributed to Mark Krikorian, Florida State Head Women’s Soccer Coach. I concur!

In many schools across this state, there is pressure –

“Never compromise your ethics or standards. If you do, you may have a short-term reward, but will most likely have a long-term disappointment.”

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real or imagined – to win. There are coaches who regrettably resort to practices that are outside the rules. There are coaches who disregard the life lessons that are taught in athletics, opting instead to strive for the “wins” at almost any cost. There are likely student-athletes who, in watching and reading the actions of their coach, will develop the philosophy that it is ethically permissible to circumvent rules. Those student-athletes who do not accept the outside-the-rules, coach’s behaviors will not see the coach in the positive and respected light most coaches would prefer. In the process, those coaches who circum-

vent the rules are paving the way for that long-term disappointment.

I would exhort ALL high school coaches across this state to absolve themselves of the temptations to fall into the “Do as I say, not as I do!” mentality. Eyes are watching! Assure that the life lessons your student-athletes learn are the right and proper lessons. Adherence to the rules is one of the most important lessons that a coach can teach to his or her student-athletes. Be a great leader of young people! Let your actions teach the proper life lessons! ■

GROUND FLOOR COACHING

The Critical Importance of Posture and Body Alignment for Track and Field

Bryan E. Hoddle-Tenino High School
 Head Coach 2004 USA Paralympic Track and Field Team-Athens, Greece
<http://www.hoddlespeak.homestead.com/files/>

As a track and field coach, no matter how meticulously you plan workouts, no matter how analytical you get about training, no matter what techniques you use for mental toughness and focus, I've discovered there is something even more fundamental and basic to injury prevention and coaching athletes to top performance.

You might say it is coaching at the ground floor—assessing your athlete's posture based on the way your athlete's feet meet the ground.

When you think about it, in track and field, what could be more fundamental than the way your athlete's feet interact with the track and the field? Obviously, that interaction is the foundation of all track and field events. It is a primary variable affecting speed, power, strength and endurance – not to mention injuries!

Up to now, the causal relationship of posture to performance has not been clear so many coaches have not included it in their process of coaching.

But I recently discovered that correct posture and its foundational relationship to the athlete's foot is a variable that is more within our control than ever before.

Ground Floor Coaching—factoring in correct posture—allows us to chip away at the impediments to peak performance. It increases our ability to prevent injury, to heal those “nagging little injuries” and, particularly for

very young athletes, can prevent injuries that manifest later in life.

To get the best perspective, let's first talk about what posture really is.

The dictionary defines posture as “the position of the limbs or the carriage of the body as a whole.”



Good posture means that the body is in proper vertical and lateral alignment and that the body's posture muscles get an opportunity to rest, even during exercise. Good posture facilitates good body mechanics, which is the foundation for the development of good technique.

Good posture allows the body to perform at optimum efficiency when walking and running and performing athletic activities. With good posture, your body is balanced without undue strain.



Poor posture usually results when posture is compromised due to descending or ascending factors.

For a perspective on descending posture distortion, imagine a couple of bricks resting on one of your shoulders. In order to maintain your balance, you'd compensate by leaning away from the weight. Of course, this would tense various muscle groups throughout your body.

From that point of effect on your shoulder and going down, your posture would be compromised. Muscles and joints all the way down to your feet would be subject to undue stress as long as you stood and carried that weight.

Ascending posture distortion is far more common, materializing when posture is compromised from the point of effect upwards. Unknown to most coaches, the root cause of

most ascending posture distortion lies in the feet. That is my focus for this piece.

CAUSE OF POOR POSTURE

The hidden rascal in posture distortion for athletes and many other people is a foot problem called hyperpronation; a condition generally caused by an elevated first metatarsal, which is the big toe bone. Supination is a frequent response to hyperpronation, and equally likely to distort an athlete's posture.

The elevated first metatarsal is actually a widely prevalent structural foot issue that affects up to eighty percent of the population. You may have heard of it as Morton's Foot, which is also characterized by a deeper space between the first and second toe (for more information try www.mortonsfoot.com).

This structural problem is not at all age related. It impacts the young athletes you and I coach every day.

With an elevated first metatarsal, the delayed contact of the big toe bone to the ground causes the foot to roll inwards, kind of like a tripod with one leg shorter than the others.

This causes a twisting and tilting of the ankle. The arch of the foot stretches and begins to fall. The posture distortion ascends from there.

The knees unnaturally rotate inward, and the distortion rises into the lower back, with the hips rotating forward. The neck becomes strained from the head leaning forward.

Incidentally, on this point, how many times have you scolded an athlete not to lean their head forward when they run? My research into this has shown me that the head leaning forward is a symptom of poor posture, not the source of it, or a flaw in technique.

But for far too long in track and

field, we coaches have only dealt with that one symptom, and not its root cause. Like so many other aspects of poor body mechanics, that forward-leaning head is caused by a problem elsewhere in the body, not an athlete's conscious choice.

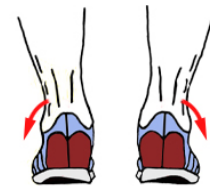
With the first metatarsal striking the ground a little later than it should, the body's automatic balancing act is thrown awry. The signals the brain obtains from the feet are muddled and as a consequence, muscle groups designed to rest between walking steps or running strides remain tense all the time.

Over time, the stress of hyperpronation results in soft tissue pain in the ankles, knees, back and neck as the ligaments and joints deteriorate under the constant strain of the body's misalignment.

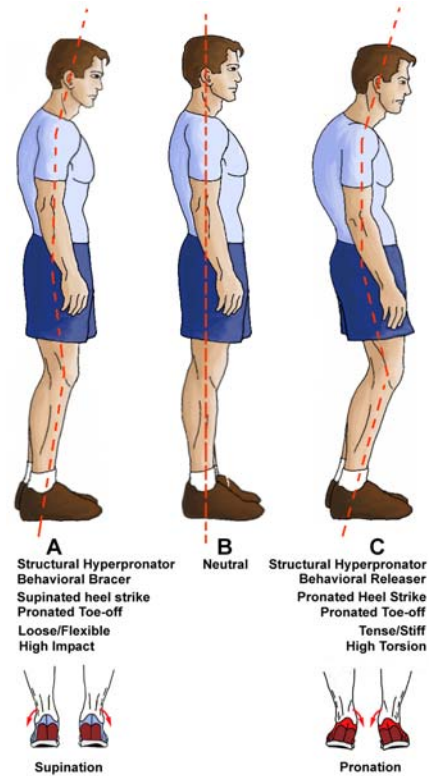
You can sometimes clearly see this posture distortion in young athletes. From a side view, instead of an erect vertical stance, you can see an "S" shape to their body, as they have compensated for the misalignment that begins in the feet. When you look at them from the back you can see that one hip is higher than the other and the shoulders are un-level as well.

Compensation for hyperpronation can also take the form of supination. Sensing the misalignment of the foot, athletes sometimes consciously or unconsciously roll their feet back out the other way in an attempt to improve their balance and make their feet feel better.

When athletes supinate, they are using constant muscle tension to brace against hyperpronation. As a supinating "bracer," with every step, their heel strikes the ground much harder than their body was designed to withstand because their feet no longer cushion the impact. The constant bracing makes their muscles tight and keeps them that way.



Whether athletes hyperpronate or supinate, the rigors of track and field can certainly accelerate the frequency and severity of injuries and impede the healing process and athletic performance



Freely hyperpronating track athletes are more subject to callused feet, knee pain and tight IT bands. Athletes who are bracing supinators get shin splints, sore calves and impact pain augmented by knee pain and tight IT bands as they age.

Both hyperpronation and supination rob our athletes of that "edge," that tenth of a second in a sprint we are all seeking in track and field, that tiny extra bit of peak performance.

I often stress to my athletes to focus on their performance and not to become preoccupied with outcomes,

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to sharpen their focus by concentrating on things that are within their control.

As coaches, we need to check our ego and take that advice, too. Correct posture for athletes is now within the grasp of control for coaches and we coaches need to grasp it firmly for the sake of our sport and the kids we coach.

I don't think most track and field coaches look at posture carefully. I'm not sure we generally see posture as something that is going to have a dramatic improvement on performance. Also, unfortunately, some coaches do not understand the anatomy and physiology of the human body.

Perhaps we coaches have been so consumed about workouts that we forget about the little things; namely that if we don't get the athlete healthy everything else is irrelevant in the long run because you're going to spend too much time healing little nagging injuries instead of focusing fully on

strength, power, speed, agility and endurance – not to forget mental strength.

I believe coaches should test athletes in many different areas just as we'd expect to be tested when we see a doctor. You wouldn't just go to the doctor and have the doctor hand you a prescription without running tests any more than an athlete should simply show up at a practice and have the coach just hand out workouts.

I have worked with amputees a lot and that's where I really started to notice the importance of correct posture. With single leg amputees where the prosthetic lock was not lined up correctly, I saw other nagging injuries develop.

Then I started to think, "Well, why would an able bodied athlete be any different?" A prosthetic device that isn't lined up correctly could generate the same effect as a leg or foot that is not lined up correctly. And so that's when I really started to hone in on the importance of the foot in

proper posture and body alignment for track and field.

I'd listen to my athletes tell me about their back hurting or pain in their groin area and I began to think *maybe it's not the back or the groin area itself*. Maybe the root of the problem is actually down in the foot.

I thought about athletes in weight training who'd tell me how critical good posture is as the amount of weight goes up. If they were squatting, they'd tell me they

could even feel alignment problems in different areas of their bodies.

And so I began to talk to other coaches, massage therapists and chiropractors, people I felt had a pretty strong understanding of the way the body operates and began to focus more on the foot.

For athletes, foot problems have been around as long as people have been competitively running and jumping. The running shoe industry has responded with cushioned shoes. While they might be a bit more comfortable, often times they don't address the root problem. The kids I coached still had pain and still sustained injuries that impeded their performance.

Podiatrists have responded with orthotics but for many of the athletes I've coached, they can be ineffective. I personally have used orthotics to deal with my knee pain and like many of my athletes I found no relief.

The insight I was gaining was great. What I lacked and continued to search for was a solution. That all changed when I began my coaching relationship with Jenny Callender, an Olympic high-jumping hopeful based in Olympia, Washington.

Jenny is a graduate of the University of Oregon where the high jump was her specialized event. Her personal record was 5'9 1/4". We met at a conference where she told me she thought she had not achieved her potential yet and she had her sights set on the Olympics.

I agreed to coach her and help prepare her for the 2008 Olympic trials. She has been in training for four months with an intermediate goal of a 6'1" jump and a 6'5" jump at the Olympic trials.

I saw that Jenny was clearly an elite high jumper but her running mechanics were very, very poor. She complained of pain in her feet, ankles

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and knees and the connection between the pain and her poor running mechanics seemed obvious.

She had tried orthotics built up about an inch high on the inside of her arch in college but they didn't work so, like many other athletes she stopped using them.

Our training to increase her velocity was somewhat successful but her pain continued and we were searching for answers. She went to an area physical therapist who had a relationship with a Northwest company called Posture Dynamics that had developed an insole that supposedly helped address hyperpronation and supination.

Following that visit, I saw a dramatic change in Jenny's running right away. She said she felt no more pain. I could see that her feet were aligned correctly. She told me she felt she could use muscles that she couldn't use before, like her hamstrings.

Her running then began to improve very rapidly. Her movements were more coordinated. She no longer rocked back and forth from the inside to the outside of her foot to keep her balance. Her running mechanics became more fluid and efficient. And maybe the most important thing is that she feels now she is in control, which is absolutely critical for the high jump.

She prodded me to try the Posture Control Insoles® for my aching knees. Being from Missouri, the "Show Me" state, I talked with Bjorn Svae, president of Posture Dynamics about the

continual knee problems I've had for fifteen years.

I put on a pair of his Posture Control Insoles® and within minutes that nagging pain began to dissipate and now I have no pain. I called Bjorn and told him "I can't believe I'm not hurting." Now I am running 9.1 miles a day five days a week. That would have never happened without the insoles. The Posture Control Insoles® are thin and very flexible. The nice thing about them is they stimulate the muscles to correct the gait and posture naturally by restoring proper feedback from the ground to the feet. No big bulky, impractical orthotics.

I look for Jenny's restored posture to work wonders for her development in the high jump. For you high jump coaches out there, consider the importance of speed, balance and coordination in the high jump sequence itself.

There are ten steps in high jumping—five on the straightaway and the last five on the curve. In the straightaway you're pushing off like a normal sprinter would, which is why velocity is so critical.

When you're taking your last five steps on your "J" approach, when you hit your penultimate step, which is the second to the last, that foot is driving through to the last step and has to hit the ground low and hard so that your drive foot, your drive knee, can explode upwards.

If any of this is compromised due to the athlete's pain, misalignment or loss of balance, the jumper cannot possibly execute the jump with proper technique. I can visibly see where the Posture Control Insoles have contributed to Jenny's improved velocity, plant and take-off.

I now have a new evaluation process for athletes I train. I've started looking closer at

how they wear their shoes and the wear patterns on the sole of their shoes. Uneven wear on their street shoes can reveal hyperpronation or supination.

I look at how they walk from the front, side and back. I want to hear about their past history, especially ankle or knee pain. I have them do a knee bend and if their knees travel inwards it is an indication of hyperpronation.

As a schoolteacher, I used to change the way I taught to help kids who struggled academically. One kid I'll always remember still just wasn't getting it. I discovered that the problem wasn't the way I taught; it was that the student couldn't see the board and needed glasses.

How many athletes are out there needlessly hurting and under performing because of poor posture, despite how we adjust our workouts?

Coaching is also about removing obstacles to performance when it is within your control to do so. Now the power to restore good posture without drugs, orthotics or surgery is within your control as a coach.

Coach at the ground floor—and watch your athletes soar! See you in February at the Northwest All Sports Clinic at the Double Tree SeaTac.

Coach Bryan Hoddle is a consultant, motivator, teacher and coach. He was the 2004 USA Head Coach of the Paralympic Track and Field Team in Athens, Greece.

Hoddle was selected as the 2001-2002 Veteran's of Foreign War Teacher of the Year for the State of Washington and received the 2001-2002 Veteran's of Foreign War National Citizenship Education Teacher Award.

Hoddle has taught for 26 years in public schools in the State of Washington. He is a nationally respected motivational speaker and is past president of the Washington State Track and Field Coaches Association and is the current Washington State High School Representative for USATF, a USATF Level I Instructor and USATF Level II Coach specializing in sprints, hurdles and relays. ■



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- Andy Bloom-2000 USA Olympian in the Shot Put, coaching at UC Davis. Popular clinician around the USA in the throws.
- Jenny Callender-Former Pac-10 Runner up in the high jump for the University of Oregon. Training for the 2008 Olympic Trials with Coach Bryan Hoddle.
- Bryan Hoddle-Head Coach-2004 USA Paralympic Track and Field Team – Athens, Greece. Spoke at clinics in over 10 states. Instructed at 25+ USATF Level 1 Schools.
- Pat Licari-UW Vault Coach-Worked with Brad Walker. National expert in the pole vault.
- Greg Metcalf-UW Head Track and Field/Cross Country Coach. One of the top minds in distance training in America.
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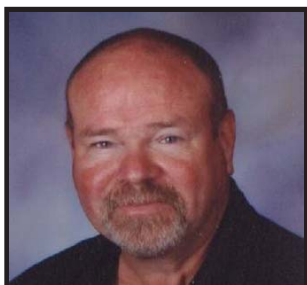


ARNIE MORENO

Shorewood High School

Arnie is a graduate of Walla Walla CC ('70) and WSU ('74). He is the boys' and girls' varsity tennis coach and the head wrestling coach at Shorewood. Arnie has coached wrestling for 30 years and tennis for 20

years. In 2001, he was the featured coach in Tennis Times USTA PNW and he was selected as the Seattle PI girls' tennis coach of the year in 2005. His family includes his wife Rebecca, their son Rudy and daughters Katie and Sarah. Arnie is teaching and coaching in an effort to encourage young people to enjoy life by taking part in sports. By participating in sports, they may learn the lessons athletics taught him about facing challenges. His girls' tennis teams were WESCO champs in 2005,06,07 with the '05 team going undefeated. In 2007, Tim Hester was coached to a 2nd place finish at the state tournament. Arnie has been a member of the WSCA for 10 years.



ROY MCLEAN

Kamiakin HS/ Desert Hills MS

Coach McLean has coached 72 sport seasons in the past 30 years at Desert Hills Middle School and Kamiakin High School. At DHNS, Roy has coached

basketball for 25 years, wrestling 24 years, baseball 10 years, football 2 years, and softball and track for 1 year. He has coached football for 8 years and track for 1 year at KHS. His family includes his wife Nancy, the JV volleyball coach at Kamiakin, their daughter Sarah and son Corey. Roy is coaching to help young people learn more about sports, to understand hard work and commitment, and experience the life lessons that participation in athletics offer. His proudest moments in coaching come from hearing former student athletes and their parents share how the positive life lessons learned from him have indeed helped them become better people. "Kindness is the language the deaf can hear and the blind can see." Roy has been a WSCA member for more than 20 years.

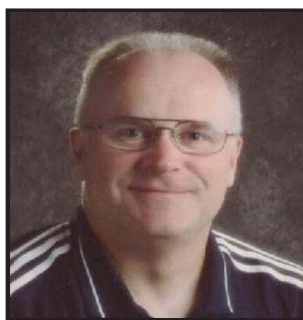


DICK ABRAMS

Stanwood High School

Dick has coached football for 32 years and has also coached golf, tennis and softball during his career. He has received university degrees from Willamette ('75), Central Washington ('78) and his

PhD. from California Coast in 1984. His family includes his wife Trudy, a teacher and coach at Stanwood, daughter Ashley, a teacher and coach at Anacortes, and son Richie who is in school at Eastern Oregon University. Dick was named a "Seahawk Coach of the Week" in '97 and was selected the WESCO North coach of the year in 2004. He was an assistant coach at Cascade HS working with Terry Ennis in '91 when they won the state championship. Dick started the football program at Jackson HS in '94. Coaching has allowed him to give student athletes great learning experiences and he was very proud watching his own kids compete in high school and college. "If you always do what you have always done, you will always get what you've always got." Dick has been a WSCA member for 25 years.



BRYAN HODDLE

Tenino High School

Track and field and coach Hoddle go hand in hand. He has 25 years of experience coaching the sport and has coached cross country, basketball and volleyball as well. His family includes his wife of 26 years

Sherri, and their sons Andrew (20) and Steven (11). A nationally respected motivational speaker, Bryan is a popular clinician at track and field clinics around the country. In 2004, Bryan was named the national director and head coach of the 2004 USA Paralympic Team for Athens. He has coached numerous state champions and amputee world record holders. Some of Bryan's proudest moments in coaching came from watching the American flag raised 26 times in Athens in '04 and during his work

with amputee soldiers at Walter Reed Army Hospital teaching them to run with prosthetic legs. "You can have the will to be great but you must have the will to prepare to be great." Bryan has been in the WSCA for 14 years.



BRENT MONROE
Riverside High School

Coach Monroe has been on the basketball floor for 30 years. A graduate of the University of Idaho (MA '77), Brent has also coached tennis, softball, football and track. He was named the Idaho state coach of the year and has been selected league coach of the year for both basketball and tennis. His family includes his wife Nancy, a teacher and coach, their daughter Erin also a teacher and coach. Their son Ryan is an officer in the Navy. Brent credits his high school coaches with providing him great inspiration which is reflected in his coaching as he works to have the same positive influence on his student athletes. He has created an international basketball exchange program between Riverside and communities in Germany and has made six trips to Europe to play basketball. In 2006, he coached Riverside to their first basketball win at state. A favorite quote of Brent's comes

from John Wooden, "be more concerned with your character than your reputation, because your character is what you really are while your reputation is merely what others think you are." Brent has been a WSCA member for 18 years.



STEVE CHRONISTER
Bellingham High School

Steve is a graduate of Western Washington University ('78) and coaches boys' and girls' tennis at BHS. He has coached the boys' programs for 29 years and the girls' for 14 years. His overall record for both programs is an impressive 562-85 which includes 17 league championships, 13 district championships, and 11 "top 8" finishes in the state tournament. One of his proudest coaching moments came last spring as one of his girls' doubles teams won the state championship. His family includes his wife Nancy, their five kids and two grandchildren. Steve chose to coach because he loves sports and coaching was the next best thing to playing. "Hit it in, hit it where they don't like it, and fight as hard as you can." Steve has been in the WSCA for 2 years.

ON THE SIDELINE

NOMINATION FORM

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

Nominee's Name _____

Home/School Address _____

City _____ Zip _____

Current teaching/coaching location _____

Send this form to Mike Schick,
Edgemont Junior High, 2300 110th AVE E, Edgewood, WA 98372

Thank you for your efforts



PREADOLESCENT AND ADOLESCENT ATHLETE STRENGTH TRAINING

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

There are parents and even a few uninformed coaches still clinging to the idea that using weights for young athletes is not beneficial or worse yet; that it is wrong. The geneses of these outdated apprehensions are generated from the fears this modality of training will damage the youngsters bodies or that the training will not make them stronger or more athletic.

How far from the truth can this be? A long ways according to scientific research that has been conducted for over a decade by sports scientists both here in the States and overseas.

This subject has been extensively studied for many years and the results are overwhelming as to the effectiveness of using weights as a training method. Prior to starting out on a weight training program there are several essential prerequisites that must first be addressed before these young athletes take up the barbells in the gym.

Let's now examine several of the more critical preconditions that must exist before engaging in a full fledged 'age appropriate' strength training regimen.

1. Central nervous system development

In order to be successful at resistance training, the central nervous system (CNS) of the child must be capable of meeting the demands placed upon it. This requires a rapid response to the quick changes in both the level of excitation and location of the stimulus within the CNS. If the child has not reached this degree of maturity the training will not be as effective now as it will later on in their development.

2. Muscle cross section

The greater the muscle cross sectional area, the higher

the potential for generating strength and power. Simply put; if a child has a larger muscle than their counter part they will be capable of making more strength and power than the under sized muscles of their competitor.

3. Muscle fiber type

A close examination of the muscle fiber types found in the superior strength athlete reveals a predominance of type two fibers, i.e. fast twitch. These fibers overwhelmingly produce the greatest power of all the different fiber types. Subsequently those with a majority of these fibers will have the advantage in the weight room.

4. Muscle synchronization

The better the synchronization and the greater number of these actively engaged muscle fibers, the better the power output that is available for the sport movement. This power is essential to producing the force necessary for success on the field and platform.

5. The biological age of the athlete

The biological age of the athlete also helps determine whether the training will be successful or not. This is not the chronological age; their birthday as listed on a calendar, but instead is focused on how biologically

mature their body is when compared to others on well / documented referenced growth charts.

Especially important is the developmental status of the bones and the cardiovascular system. Both must be up to the task of managing the increased pressures of this type of training.

It has been suggested that by the very nature in the way the early bone grows, they are more elastic and there-

In order to be successful at resistance training, the central nervous system (CNS) of the child must be capable of meeting the demands placed upon it.

fore are more susceptible to deformation by the added pressure of an external load. However, studies have revealed that younger muscles tire out much sooner in the training process than do older more mature muscles, thus protecting the bones from harmful overload.

Bone growth, i.e. thickening, is encouraged by the pulling action of muscle contractions. A study conducted in 1977 concluded that 'intermittent use of submaximal resistance (80-90%) stimulates height growth'.¹

6. Activity and maturity of the hormones

The low amount of androgens², already present in the body, will not prevent prepubescent athletes from getting stronger. But a higher level of these naturally occurring hormones will definitely help this strength process along faster. Some youngsters have more of these growth hormones than others and will progress at a faster rate than their counterparts with lower levels.

7. Technique

Knowing how to perform strength training exercises in the correct manner prevents injuries from occurring. Additionally, learning the right technique helps in moving greater external loads placed on the bar.

Summary

Closely observing the younger athletes while they exercise or participate in gym classes will help to identify those who will excel based on the above mentioned pre-conditions. ■

(Footnotes)

1 Dick, F. W. 1977 in a lecture at the Midlands Coaching Conference titled *Training and the growing child*

2 A natural or artificial male sex hormone responsible for the development of male sexual characteristics. Testosterone and androstosterone are androgens.


MOVING?

If you have any change of mailing address, telephone number or email address, please contact WSCA Office at jparrish@donobi.net or 1-800-441-7776.


We have had several examples where members have not been receiving their *Washington Coach* magazine and other WSCA mailings. Because of the cost, we mail third class and the Post Office **DOES NOT FORWARD** third class mail. Please notify us so we can get the mailings to you.

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MEMBERS HONORED AT YEARLY CONFERENCE

by Pam Headridge
Washington State Cheerleading Coaches Association
www.wasca.com

Andrea Snyder from Juanita High School, Dave Morris from Heritage High School and Bob Smithson from Oak Harbor High School were honored at the Washington State Cheerleading Coaches Association Conference in April at Green River Community College.

Andrea Snyder

Selected as 2006-2007 WSCCA Member of the Year, Andrea Snyder has been involved in cheerleading for over 20 years; She was head coach for 8 years at Juanita High School. She hosted the first WSCCA State Championship. Andrea has served on the executive board of the WSCCA as 2006-2007 Vice President, Sportsmanship Chair, Newsletter Chair, and Region II Representative. She is certified Washington State Judging Official, AACCA, and NFHS Bronze-level. Currently, she serves as assistant athletic director at Juanita High School and is the 2007 WSCCA President.

An excerpt from one of her letters of recommendations says "Andrea is always one of the first to cheerfully take on a new task or fill in where needed. She is passionate about cheer and diplomatic in her role as VP in getting things accomplished in a fair and positive way."

Two administrators were also recognized for their contributions to cheerleading in the state: Dave Morris from Heritage and Bob Smithson from Oak Harbor.

Dave Morris, Heritage

Dave Pilcher wrote the following about Dave: "Mr. Morris takes the time to stop by practices to praise and thank the girls and guys for their time, hard work, school spirit, and sacrifices they make. He recognizes the value

and the importance of the cheerleaders and the cheer program. He looks for opportunities to recognize and include the cheerleaders at assemblies, pep rallies, and community events. Mr. Morris has helped increase the funding for the cheer program. It is because of Mr. Morris and his support that the cheer program has been able to purchase equipment such as a full cheer and tumbling equipment such as belts and mats..."

Bob Smithson, Oak Harbor

Pam Headridge wrote the following about Bob Smithson., "He truly cares about athletes. He is always working to provide every opportunity for them. Positive, caring, giving, and highly respected are only a few of the adjectives that I could use to describe him. He always goes the extra mile. I do not think our district could find a better AD. What is so amazing for me, as a 16-year cheerleading coach, is that he provides the same opportunities to my cheerleaders as he would the football team. I have dealt with 4 other athletic directors and never have been treated as professionally and caring as Bob Smithson as treated me. He acknowledges the Wildcat cheerleaders for all their hard work and successes..."

Terry Dixon, Susan Fortin, Pam Headridge and Handford High Cheer Program Honored

Several people and programs were also inducted into the WSCCA Hall of Fame: Terry Dixon from Evergreen High School for her many years of coaching; Susan Fortin and Pam Headridge for their contributions to cheerleading in the state; and Hanford High School Cheer Program coached by Kim Mayer. ■

Congratulations to everyone!!!

2007 WIAA STATE CHEERLEADING CHAMPIONSHIP

by Pam Headridge
Washington State Cheerleading Coaches Association
www.wscca.com

WIAA/Dairy Farmer of Washington State Cheerleading Championship was held in Yakima at the Sundome on March 22. Thirty-seven schools qualified at regional competitions across the state earning a minimum score of 195 out of 300. Each cheerleading team performed a choreographed two minutes, thirty-second routine. Divisions were based on the size of squad.

The routines were performed in front of a panel of three judges from the Washington State Cheerleading Judges Association, a part of the WOA. Each performance was scored on motions, jumps, dance, pyramids/stunts, voice, showmanship, appearance, spacing/formation, choreography, and perfection of routine. All routines followed National Federation of High School Spirit Rules. Two technical judges evaluated the routines to hold them accounted to these rules. Ten point deductions were awarded for each violation.

Division Winners

SMALL VARSITY

10 and under members

1st Place – Life Christian Academy

MEDIUM VARSITY

11 to 15 members

1st Place – Hanford High School

2nd Place – Cascade Christian

SMALL CO-ED VARSITY

2-4 males & maximum of 16

1st Place - Heritage High School

LARGE VARSITY

16 to 20 participants

1st Place Kentwood High School

SUPERLARGE VARSITY

21 and over participants

1st Place - Tahoma High School

LARGE CO-ED VARSITY

5 or more males & a minimum of 17 participants

1st Place – Oak Harbor High School

Other schools that participated were Coupeville, Ferndale, Kentlake, Mountain View, Roosevelt, Tenino, Ballard, Juanita, Lakewood, Mark Morris, Meadowdale, Skyview, Moses Lake, Peninsula, Stadium, Skyline, Puyallup, Auburn Riverside, Tahoma, King's, Granger, Foss and Sehome. ■

Congratulations to all the competitors!

***NEW* Scholarship for Student Teachers**

BURNETT-ENNIS STUDENT TEACHER SCHOLARSHIP

Deadline: April 20th

By completing the information required in this application, you will enable us to determine your eligibility to receive funds provided specifically to help students whose parent(s) are members of WSCA. This application becomes valid only when the following has been submitted. This scholarship is open to any member's son or daughter planning on student teaching during the next year.

To be eligible for the scholarship:

- Your mother or father must be a member of the Washington State Coaches Association.
- Submit the below application.
- Submit one letter of recommendation from your College Education Department.
- Submit your College Transcripts.
- Submit a short essay (250 words or less) that would include the answers to the following questions.
 - a. Why do you want to teach?
 - b. Previous experience coaching and teaching kids?
 - c. What do you want kids to say about you?
- After being awarded the scholarship, you must submit a letter from your college student teacher advisor as to verification of your placement.

Personal Information (please print clearly)

Name _____
Last First M.I.

College Attended _____ Date of Birth _____

Permanent Address _____
Street City Zip Code

Permanent Home Telephone number (_____) _____

Parent/Guardian _____ Years Member of WSCA _____

Address of Parent/Guardian if different from applicant:

Street City Zip Code

Check list: Application Letter of Recommendation College Transcript Short Essay

Your application must be received before April 20th.
Mail To: WSCA Scholarship, 708 S. Lake, Colfax, Wa 99111

Selected winners must submit a picture of themselves with their member parent to the WSCA by June 30th.

Cheerleading Coaches – Know Your Requirements

Pam Headridge
WSCCA, vice president
Oak Harbor High School, head cheer coach

According to the WIAA, all cheerleading coaches, whether they are a sport or activity, have to meet the same requirements as other coaches. A coach is required, prior to the beginning of his/her third year of coaching, to

1) complete the ASEP Coaching Principles Course from ASEP.com

OR

2) participate in at least thirty (30) hours of activities, courses or programs that provide some level of professional development for the coach. After achieving this, paid high school coaches are required to maintain a minimum of fifteen (15) hours of professional development activities each three year period following the initial two year cycle. Individuals who graduate from an accredited college or university with a P.E. or coaching major or minor (or hold a P.E. endorsement on his/her teaching certificate) are exempt from the initial 30 hour requirement.

In addition to meeting the above requirements, each coach must also maintain a current CPR/First Aid card.

It is highly recommended that coaches obtain Ameri-

can Association of Cheerleading Coaches and Administrators certification. The AACCA Spirit Safety Certification Program is a lecture course, study manual, and timed exam designed to educate cheerleading and dance coaches in all aspects of spirit safety and risk management. Also if cheerleading teams are stunting, coaches need to be knowledgeable in stunt progression. Stunting certifications are offered through the Washington State Cheer Coaches Association in Level One and Level Two. Courses are also offered through National Federation Interscholastic Spirit Association.

Lastly, coaches need to know the National Federation Spirit Rules. Annual changes are made each year. The athletic director should provide one spirit rules book to the head coach every year in the fall. Head coaches must also take the online spirit rules test on the WIAA web site. Athletic director will provide a password in order to take the yearly test.

All upcoming clinics and certifications are posted on the Washington State Cheer Coaches web site. <http://www.wscca.com/CheerConferences.html> ■

ONE OF A KIND

by Dee Hawkes, retired

Word came from above that a group of Washington's heavenly football coaches stood at the Pearly Gates to welcome Terry Ennis home. Jim Ennis, his father, was the leader of the pack. He was there to make sure Terry passed through with flying colors. Pinky Erickson and Tony Whitefield, the former Everett coaches, were also on hand to watch his arrival. Remember, some of his older friends came when the Notre Dame Box was the offense of the day, and the 16 mm. projector represented high tech.

All of the old coaches knew about Terry's courageous battle with cancer, his devotion to the game of football, the kids he coached, and the loving family he left behind. These coaches had arrived ahead of him for different reasons, such as heart failure, accident, the cessation of

breathing, or the ugliness cancer. They reported that God sent St. Peter to find him, because He was building up his coaching staff. So now Terry, who suffers no pain, is most likely putting on a Wing-T Clinic diagramming 34 Trap.



The Good Lord knew Terry was brought to heaven as the coaches' coach. This man, known fondly as a "master coach," had credentials that were impeccable. Terry used his love for the game as a teaching tool to positively influence and change human lives. May he rest in peace! One day, many of us will hopefully join him and be part of God's football family. Just imagine all the stories that will be told. ■

2007 BASEBALL HALL OF FAME INDUCTEES

by Scott Knight, Stanwood High School



Paul Moody-Bothell High School

Paul grew up in the Seattle area, going to Shorecrest High School. He attended the University of Washington where he earned his BA degree in Education. Paul finished his formal training with a Masters degree in Athletic Administration.

Paul has been teaching his entire 36 year career in the Northshore School District. Coaching has been a part of his career from the beginning. Paul coached 10 years of junior high baseball, followed by 24 years of coaching at the high school level—15 years at Inglemoor High School and then the last 9 years at Bothell High School.

During his 24 years of coaching high school baseball Paul's teams have accumulated a record of 280 wins and 236 losses in the tough Kingco Conference. Major team accomplishments include:

- 1997 Kingco Champions(Inglemoor)
- 1998 State Tournament Appearance(Inglemoor)
- 2004 Kingco 4A Tournament Champions(Bothell)
- 2004 State Tournament Appearance(Bothell)
- 2007 State Tournament—Regional Champions, 4th Place State

At the end of the 2007 season Paul was selected to coach at the All State Baseball Series in Yakima.

In addition to coaching baseball, Paul has been an assistant football coach for 29 years. In 2003 he was honored by the Washington State Football Coaches Association as the Assistant Coach of the Year.

Paul has been married to his wife Barbara for 37 years. They have three grown children and five grandchildren. Their children and spouses are Scott and Michelle Moody, Brain and Erin Moody, and Annie and Chris Carmona.

Paul, this induction into the Hall of Fame is in recognition of all the hard work you have put into your program—using baseball to teach life-long skills to help young student-athletes achieve success the rest of their lives. Congratulations!!

Kim Hammons-Snohomish High School

Kim grew up in Snohomish, graduating from Snohomish HS. Following high school, he attended Central Washington University where he played baseball from 1965 to 1969—and he had a great college career. His honors included:

- Two-time Honorable Mention NAIA All American shortstop(1968, 1969)
- 1st Team All NAIA World Series shortstop 1968
- Named Rawlings Gold Glove Best Defensive Player for the 1968 NAIA World Series
- Batting average of .307 in 1968 and .360 in 1969
- 1999 was inducted into the CWU Hall of Fame as a member of the 1968 World Series CWU team.
- 2003 was inducted into the CWU Hall of Fame as an individual for his playing and coaching careers.

After his playing days at CWU Kim served as an assistant coach at Green River Community College where the team won the NWACC Tournament in 1972, placed 4th in the NWACC Tournament in 1973 and 4th again in the 1974 tournament. From 1975 to 1977 Kim served as head baseball coach at Everett Community College. His college coaching record was 203 wins and 81 losses. Kim



Hall of Fame Inductees: Paul Moody - Bothell, Daryl Parsons-Davenport, and Kim Hammons-Snohomish

started his high school coaching as head baseball coach for the Everett Seagulls in 1978.

In 1980, after spending 8 working with the Everett YMCA, Kim began his teaching career with the Edmonds School District—where he stayed until his retirement in 2002. In 1992, while he was teaching in Edmonds, Kim started coaching baseball at Snohomish HS. He has now been with the Panthers for a total of 16 years. His high school coaching career includes a record of 229 wins, 133 losses, and 3 ties. Since the 1992 season the Snohomish teams have—

- Been a part of 14 league playoffs
- 1994 played in the State Regional Tournament
- 1996 WESCO Champion, placed 5th in state
- 1998 WESCO Champion, Region Champion, and 4A State Champion
- 2001 State Regional Tournament, 5th in State
- 2006 State Regional Tournament
- 2007 WESCO Champions, Regional Champions—
—2nd State

In addition to coaching high school baseball, Kim has coached the Snohomish American Legion baseball team for 25 years, placing 3rd at the American Legion State Tournament in 2005.

Kim has been married to his wife Sherri for 23 glorious years. He has a daughter, Cadi(29), and two sons—Jake(21) and Nick(19). Of course, they have all been a big part of this coaching experience.

In 2005, Kim was honored with the Washington State Coaches Achievement Award for his efforts. In 2007, he was selected as the 4A/3A Coach of the Year for Washington. Now he is again being honored—this time with induction into the Washington State Baseball Coaches Hall of Fame—for all he has done for high school baseball during his career. The honor is well-deserved—welcome to the Hall of Fame Kim!!!

Daryl Parsons, Davenport High School

Daryl grew up in Spokane, Washington, where he graduated from Shadle Park High School in 1969. After high school Daryl went to Eastern Washington University where he played baseball from 1971 to 1973, and graduated in 1974. Daryl eventually earned his Masters Degree in Elementary Education from Eastern in 1980. In 1974 Daryl also enlisted in the Army Reserves where he served as a Lieutenant until 1982.

Daryl's first teaching job was in Lind, Washington where he taught 6th grade and coached high school football, basketball, and baseball for two years. After teaching in Lind he moved on to Kiona-Benton where he taught



Past Hall of Fame Inductees Present

at the junior high school for a year.

In 1977 Daryl moved to Davenport and began teaching in the elementary school. At this time his commitment to coaching and baseball became permanent. In Davenport he coached junior high school basketball for 10 years, junior high baseball for 8 years, Little League baseball for 8 years, Babe Ruth baseball for 10 years, and high school baseball for 27 years. While a high school coach with the Davenport Gorillas his teams won or shared 8 Bi-County League titles, placed 4th at state three times, 3rd at state once, and 2nd at state twice.

Baseball has always been a family activity for the Parsons. Jean, Daryl's wife of 30 years, has been the scorekeeper and most ardent supporter. Together they have raised three sons—Marty(29), Casey(27), and Matthew(23). Daryl feels lucky that he has had the opportunity to coach all three of them from Little League through high school.

2007 has been an eventful year for Daryl. In February he was selected as the EWU Teacher of the Month—a well deserved honor. Then in June Daryl retired after 33 years of teaching and coaching. He now spends time substitute teaching and golfing—lowering his handicap to 3.

Baseball has always been a huge part of Daryl's life, and after learning of his induction into the Hall of Fame, he said that it was quite a thrill. Well Daryl—it is a well-deserved honor!! Congratulations!!

Mariners Announce Hall of Fame Wall

The Seattle Mariners announced at the Washington State High School Baseball Coaches Hall of Fame luncheon on Saturday November 10, 2007 that a Hall of Fame plaque will be placed in the new Mariners Museum located at Safeco Field. The plaque will include the names all Washington State high school baseball Hall of Fame members and will have space for future Hall of Fame members. ■

BASEBALL HONORS COACHES & INDIVIDUALS

The Washington Baseball Coaches Association held their Hall of Fame and Awards luncheon Saturday November 10, at the SEA TAC Doubletree Hotel. Besides inducting 3 new Hall of Fame members (see pg 26 and 27), several other coaches and individuals were honored.

Mike Parrish, Colfax High School was honored with the Don Freeman Dedication to Baseball Award. Mike the highly successful coach of the Bulldogs has spent countless hours spearheading the development of the Bulldog baseball and softball complex. In 2002, the Bulldog Baseball complex was selected as the National High School Baseball Field of the Year by the National High School Baseball Coaches Association. Mike continues to be a dedicated, hard-working baseball coach.

John Marti, Liberty(Issaquah) was selected as the winner of the Dan White Award for the Assistant Coach of the Year. John has been a fixture of the Liberty program for many years. He is a hard-working, loyal assistant coach who puts in countless hours.

Gary Hatch, Sehome(Bellingham) was selected as the 2A, 1A, and B Coach of the Year. The award is now known as the Dave Johnson award. Coach Hatch led the Mariners to the 2A State Championship this past year.

Kim Hammons, Snohomish was selected as the 4A/3A Coach of the Year. This award is now known as the Frank Osborn Award. He led his Panthers to a second place finish in the 4A classification.

Mal Moore was honored with the Dedication to Baseball Award. Mal has been instrumental in supporting youth and high school baseball in Yakima for over 30 years. Mal has a passion for student-athletes and baseball.

Kai Hatch, Sehome High School was honored as the Proline Cap Company Player of the Year. Hatch helped his Mariner team win the 2A State Championship.

Rick Anderson, Aberdeen Daily News was selected as the Jim Reding Media Award winner. Rick has spent over 30 years covering high school sports and baseball in southwest Washington.

Brian Gooch, Seattle was honored as the Umpire of the Year.

The Hall of Fame luncheon was sponsored by Mike Riggers, M & R Sales. David Wright, Varsity Gold sponsored the plaques for the award winners and Hall of Fame inductees. Special thanks to these two gentlemen for their kindness and support.

Two Washington High School Baseball Coaches Earn National Honors



Gary Hatch and Scott Knight

Gary Hatch, Head Coach Sehome High School(Bellingham) and **Scott Knight**-Assistant Coach Sedro-Woolley High School have been selected as Regional Coaches of the Year by two national organizations.

Coach Hatch has been selected by the BCA(National High School Baseball Coaches Association) as the Region 8 Coach of the Year. Region 8 consists of Washington, Oregon, California, Hawaii, and Alaska. He is now one of 8 finalists for National Coach of the Year. The winner will be announced in later in the winter. Coach Hatch has coached for over 30 years at Sehome High School, winning 2 state championships. He is also involved with USA Baseball serving this past summer as the Head Coach of the Youth National Team that won the World Championship in Barqueismetto, Venezuela.

Coach Knight has been selected as the ABCA(American Baseball Coaches Association) Region 7 Coach of the Year. Region 7 consists of Washington, Oregon, Idaho, Montana, Colorado, Nevada, and Utah.

He is now one of 8 finalists for National Coach of the Year. The winner will be announced later this winter. Knight was a head coach for 26 years in Washington and now assists at Sedro-Woolley High School. He has coached high school baseball for over 35 years in Washington state. He has been involved with USA Baseball for the last 6 years. He was an assistant coach for the Junior National team in the 2006 18 and under World Championships in Sancti Spiritus, Cuba, helping the USA to a silver medal. ■



TRACK AND FIELD NEWS



State Track and Field Coaches Convention Jan 18 & 19, Everett Holiday Inn

The holiday season is over, and daylight is coming a little earlier each morning, and lingering a little longer each afternoon – so Spring Sports are around the corner. That means the **State Track and Field Coaches Convention** is even closer. **Our goal is to provide a forum for coaches to discuss important issues in Washington State Track and Field, to help coaches build a network of relationships with colleagues across the state, and to provide speakers who have been in the trenches of coaching high school athletics – speakers understand the realities and limitations we all face with regard to short seasons, facilities challenges, and the physical level/ emotional maturity of the high school athlete.** We'll meet again this year in Everett, at the Holiday Inn, from Friday afternoon (Jan. 18) through Saturday evening (Jan. 19). Convention cost is \$90, which includes access to all coaches meetings and clinics and the Saturday Hall of Fame Luncheon; this year, through the hard work and cooperation of John Sells, we'll also be handing out the Track and Field Annuals as part of the Convention notebooks, so all attendees will receive a copy of the annual at Convention.

Rooms at the hotel are not included in the registration, but can be had for a discount if you call in the next few weeks and let them know you're a WSTFCA member. To register, go directly to our associations website, at <http://www.wstfca.com/Untitled-2.htm>. To contact the hotel regarding room reservations, call the Hotel Front Desk at: 1-425-339-2000.

Convention Business:

State Meets – Coaches will have an opportunity to meet by classification to discuss upcoming changes to the State Meets; 3 and 4A schools will want to talk about the change of venues to Tacoma for the 2009 State Meet, as well as possible changes in schedule, format, etc. 1B, 2B, 1A and 2A coaches will have an opportunity to evaluate the schedules changes from 07 and propose adjustments for 2008, as well as hear from the WIAA and offer input regarding possible state meet sites for those classifications for 2009 and beyond. All classifications will have an opportunity to discuss possible event changes or additions, and get answers regarding the future and impact of the wheelchair events on state meets, as well as help in identifying how to best facilitate opportunities for those athletes.

Meet of Champions- sessions will be available for coaches who want to get involved in running the MOC, as well as how to best get athletes considered for participation.

Working Sessions – meeting slots and spaces will be devoted to discussion of event changes/ implementation, such as proposals to add a distance relay, drop the 4x200, add the hammer throw, etc. We'll also have a working session to look at the current system of "automatic qualifying standards" from the district meets – proposals are working their way forward to change the standard to an average of 6th place, and/or to only allow qualifying marks from district meets with WIAA sanctioned officials and timing systems. Decisions won't be made regarding those issues at Convention, but it's the place where proposals are aired out, discussed, and refined. Blocks of time and spaces are also available for league and district meetings.

Hall of Fame Inductions, Coach, Contributor and Official of the Year Awards – presented at the Saturday Luncheon, which is covered as part of the registration fee.

The current roster of Speakers includes a range of youth, high school and college coaches; we'll have sessions in all event areas, and sessions for coaches of beginning, intermediate and advanced athletes. Once we have a specific schedule of the sessions, we'll post it on the WSTFCA website, at <http://www.wstfca.com/>

If you have questions regarding the Convention, or membership in the Association, please contact:
Rob Phillips, WSTFCA President, Seattle Academy Coach; 206 676-6815, or via email at rphillips@seattleacademy.org

We look forward to seeing you in Everett!

VOLLEYBALL: A Change in the Rules is Coming

by Jan Kirk, WSCA Board

Below is an article written by Mark Massey, head coach at University of Puget Sound. The double hit rule on the second ball is under consideration to be "done away with" at the collegiate level. Mark's article is in support of this new idea. Give it a read and remember to keep an open mind. Also, keep in mind that those new rules that begin at the club level and also, the college level, eventually filter down to us.

Why the "Double Hit" Must Die

by Mark Massey
University of Puget Sound

We all love volleyball. Sadly, we must still arise each morning and face the cold, hard truth that in the USA, volleyball is a 2nd tier sport.

Or maybe not.

We have an opportunity in the coming months to dramatically remake our sport, to finish the job that the switch to rally scoring started.

Regardless of whether or not you liked the initial switch to rally scoring, there is no question that along with the addition of the Libero position and a more lenient first contact rule, we have added an exciting new dimension to our sport that fans and players love.

When these changes originally occurred, we felt uncomfortable. But we adapted. I believe they made our game more interesting. This next change is likely to push many of us to the edge of, or even out of, our current comfort zone as well. But it is necessary.

If we REALLY love our sport, and want it to have a chance to ever move beyond its 2nd tier status, we must now take the next step in the evolution of the sport of volleyball.

The "double hit" must die.

In January, 2008 the NCAA Rules Committee is considering a rule

change which would eliminate the double hit fault on the 2nd team contact, and potentially an ALL team contacts. The viability of our sport as a popular choice for future sports fans rests on the decision we collectively support in January.

What we will REALLY be deciding is not whether we "like" the new rule interpretation, but instead whether our beloved sport will ever have a chance to succeed as a first tier sport in America.

We can choose to say, "We don't care what sports fans think," keep our current rules, and remain in our tiny niche—or we can boldly step forward and offer the channel-flipping recreational sports fan a reason to put down the remote control, and watch a great volleyball match.

Those of us who now count how many birthdays we likely have left came up in the age of volleyball no-spin setting purity (imported from California beach culture, where the traditional ball is heavy, flabby, and you can hold onto it for 3 days—not at all like the indoor game).

I know we all reflexively groan with all the other "knowledgeable" fans in the stands when a ball is mishandled. But I want to ask you to put on a larger, "for the good of the sport," volleyball perspective hat for a moment.

What can truly make our sport appealing to the sports viewing masses? (OK, can you tell I teach Sport Soci-

ology?)

In my mind, TRADITIONAL VOLLEYBALL RULES and OFFICIATING DESTROYS FAN INTEREST.

This is not a knock on volleyball officials, who have always done a thankless job in a subjective world that has grown crazier since our most recent rule changes. Players, coaches and officials have all struggled with the increasing difficulty of calling a match consistently.

I also mean "fan" in the larger sense of the word, the people who don't love volleyball, but who love sports. They may not know that much about a particular sport, but they love creative action and athleticism, and if volleyball brings those qualities, they will watch, give it a chance, and maybe even get hooked.

Think about this all too common current volleyball game flow

"Amazing left side crushing attack, sports fans, No!! Wait a minute, even MORE amazing horizontal Libero sprawling hand dig to save the ball, and, wait . . . ohhhhhhhhh, nooooooo, the referee just whistled a violation on a slight setter mishandle no one could even see"

Amazing, awesome, spine-tingling rally ... over. Done. Finished.

Over what?

The contact that truly defines our game is "holding" or "lifting" the ball, allowing it to come visibly to rest—

NOT the double hit, which is a mere beauty pageant, and which provides no significant advantage. (In fact, poor ball-handling is usually its own punishment.)

Volleyball is a rebound sport, after all. Prettiness should not be the limiting factor to our excitement—that is, unless we want to be relegated permanently to the “also-ran” sport status.

Setters are often the most athletic players on the floor, and they touch the ball more than anyone else.

Wouldn't you—or any sports fan—rather see some really cool mid-air, net-avoiding, twisting, turning, setter gyration and ball delivery? Or a setter magically delivering a near impossible kneeling or sprawling quick set?

Yet setter athleticism (and match excitement) is routinely neutered at most levels of the game because of some mystical requirement for perfect touches on the 2nd contact, while some defender has just done everything but tuck the ball under their shirt on the first contact.

While you may not agree with THAT rule change, either, the game will never go back on the new liberal first contact rule. Just look at how much the game has changed with the Libero and use of hands on the first contact. Talented Libereros are now dominating at every level. They are athletic. Bold. Creative. Exciting. Fun!

Kids now WANT to be the Libero. Here's an idea.

Why don't we let our setters . . . act like Libereros?

For our sport to grow, it has to become MORE ATHLETIC! It has to become MORE EXCITING! It has to showcase EVERY creative and expressive impulse we can muster, recruit, train, and display! Just think how much dynamic play the slide attack has added to our game in recent years.

No fan comes to the game, or flips the station, to watch the referee.

People go to watch Michael Jordan swirl and twirl and throw down

some impossible shot over a baffled defender.

Sports fans go to see Sammy Sosa hammer a long ball (“Was that one longer than the last

one?”)

Fanatics drool over Peyton Manning lofting a 50 yard touchdown pass over the outstretched arms of a defender while deftly dodging a fire-breathing rusher.

The venerable sport of baseball eliminated the spitball, lowered the pitcher's mound, shrunk the strike zone, and added the designated hitter to enhance excitement.

Basketball added dribbling (yes, dribbling,) the three second lane violation, the shot clock, and the three-point line to increase scoring.

Football eliminated the infamous “flying wedge” formations, and added the forward pass, two point conversion opportunities, and instant replay

to minimize critical officiating errors.

What makes us think that volleyball should somehow be immune to the need to shape our sport to create excitement and fan interest?

There is MUCH more I could say about why it makes sense to go this new and “impure” route—not the least of which is what a nightmare it is to now officiate a game with INconsistent subjective ball contact rules, based on whether it is contact #1 or #2, in a rally scoring setting, where every point counts, and when it is almost impossible for an official TO be consistent

NBA basketball officials don't call a foul because you have the wrong kind of spin on your 25 foot jump shot. How many fans would sit in those \$200 seats if they did?

The most important detail here is that if we REALLY love volleyball, and want to see it have a chance to grow up and compete with the established major sports in our country, then we will decide to do everything we can to allow our athletes to BE athletic, to BE creative, and to show off these components in an exciting, regular fashion without hearing that *!@##\$%!! rally-ending “Tweeeet” all the time on second contacts—for no reason other than sport purity.

We need to unleash setters and allow them to BE magical—while at the same time removing the badge of shame from talented middle and right side HITTERS unfortunate enough to need to set transition balls without the protective foundation of 3 quadzillion setting reps. (How many times have we seen a right side—or occasionally even a setter—become so afraid of the official's whistle that they stop using their hands completely?)

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For our sport to grow, it has to become MORE ATHLETIC! It has to become MORE EXCITING! It has to showcase EVERY creative and expressive impulse we can muster, recruit, train, and display!

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There is a simple solution to all of this:

- Let setters be more creative and aggressive.
- Allow exciting match flow to continue.
- Reduce the stress on officials saddled with a near impossible task. (Hey, could officiating volleyball even become FUN?)
- Excite young grass roots players with the creative and expressive potential of our sport.
- Give potential sports fans the best possible reasons to WANT to watch our sport—incredible defense AND offense, longer rallies, and more creative play.

The solution? Eliminate the 2nd contact double hit.

Yes, we may still flinch in the future when the second contact is impure—and even snicker and say, “Remember when ...?”

But we (or our successors) may be smiling and routinely doing on it on TV or in front of thousands of screaming, drooling, bleacher-pounding spectators, instead of a few close friends and family members on the pass list.

To me, every other argument is secondary, and insignificant. We either want volleyball to grow up, or we don't.

The “double hit” must die. Now.

PS. There is a logical argument as to why this change should not be extended to the third contact. Who wants a hitter double whacking a ball across the net? Regardless of which side one comes down on regarding extending this rule to include the 3rd hit, the major impact resides with its implications for the 2nd hit. ■

mmassey@ups.edu

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Understanding Your Student and Their Perceptions of Success - Why the Meaning of Achievement Matters

by Darren Treasure
reprint NFHS Coaches' Quarterly

I once played soccer with a student named Mark. Mark was a very successful age-group player who was always one of the better players on all of his teams. Indeed, Mark was a member of the English Schools National 15-years-and-under team. About one year later, however, Mark dropped out of soccer. He said that it had stopped being fun because he wasn't the best player anymore. It was clear that Mark could only feel successful if he was No. 1 and did not want to play if he could not achieve this goal.

This anecdote illustrates how important it is for teacher/coaches to understand the ways in which their students perceive success in sport and the significant effects these perceptions may have on their motivation to participate. Research has found that children under the age of 10 believe they have high ability if they are learning new skills and/or are having success at tasks they are uncertain of being able to complete. In general, children at this age do not judge ability with reference to performance norms or social comparison to others. They certainly can be induced to adopt another child's performance as a standard, but normally they make self-referenced rather than social norm-referenced assessments of ability. For young children, when more effort is needed for success, this implies more learning, which means more ability in their world. In a real sense, effort is ability for most children under the age of 10.

Around the age of 11, however, children develop the capacity to differentiate ability from effort and now understand that effort can only help their performance up to their current level of actual ability. For example, at this age a slow runner recognizes that no matter how hard he tries he will not out-run the fastest athlete on the team. As a consequence of this developmental change, individuals can choose to define success in either a task- or ego-involved manner. When ego is involved, an individual perceives success in terms of winning and outperforming others and believes that if they out-perform someone with little effort, they have demonstrated even higher levels of ability. These individuals believe that success is deter-

mined by ability and that cheating and deception may be acceptable behaviors if they enable them to achieve their goal of winning and the demonstration of high normative ability.

By contrast, a task-involved individual perceives success in terms of getting better and trying hard. Research has demonstrated that task-involved individuals will remain motivated even in times of adversity as they perceive success in terms of trying hard and attempting to improve. For example, a task-involved shooting guard in basketball who misses a few shots at the start of a game will continue to get open and accept the responsibility of taking shots in the flow of the offense. Ego-involved students who are successful are likely to engage in the same positive behaviors. However, if they miss a few shots, they may begin to doubt their ability, leading them to withdraw effort and engage in behaviors designed to protect their perceived ability.

For example, you may find ego-involved shooting guards who have missed the first few shots to begin to not try to get open to shoot, pass the ball even when they are open, or attempt impossible shots when the chances of success are very low. They may explain this by stating that they want to "create opportunities for others," begin to blame their teammates for their inability to get the ball to them in the "right" spots, or state that "no one could have made that shot." Although these behaviors and statements may make little sense to you, they make perfect sense to the student who is now motivated by a desire to protect their perceived ability and self-worth. After a while it could be that these ego-involved individuals who doubt their perceived ability may choose to drop out of the sport altogether (much like my friend Mark) as it no longer provides them the opportunity to feel successful because they do not achieve their goal of being the best compared to others.

From a motivational perspective, it is important that teacher/coaches attempt to promote task involvement in their students. By providing ways of defining success other

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than simply winning or losing, we can ensure that our students, even those who are currently the top performers, remain motivated throughout their interscholastic athletic careers. Research with elite-level athletes has shown that these individuals score high in levels of both ego and task involvement. Although they definitely feel successful when they win and outperform their competitors, they also appreciate the fact that this may not always be possible. There may be occasions when they lose, perform badly or may be injured; and in these times of adversity, it is important that they choose to view success in terms other than outcome if they are to remain motivated.

Research has shown that the teacher/coach is critical in the active construction of the meaning of achievement in interscholastic athletics and, consequently, a student's perception of what is valued and important. Teacher/coaches should therefore critically evaluate what they do and how they do it in terms of task-and ego-involving goals. For example, how do you define success for your students? Is it in terms of development and effort or exclusively winning and losing? Do you design practice sessions that challenge your students that will lead to development or do they repeat well-learned skills that, although, increasing the probability of winning, may delay development? How do you evaluate performance? What behaviors do you consider desirable? Do you congratulate students only when they win and outperform others or when they try hard and improve? How do you react when the team wins or loses?

Persuasive evidence exists to suggest that by making certain cues, rewards and expectations salient, a teacher/coach can encourage a particular state of goal involvement and consequently affect the way a student perceives the interscholastic athletic experience. If we are to ensure that all students are optimally motivated, teacher/coaches should work hard to establish a task-involving environment – an environment that is developmentally appropriate in which students are evaluated on their skills development and effort and not simply their comparative performance and ability. ■

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Continued from page 5 - WSCA Board Minutes

WSCA Executive Board Meeting: Bellevue Hilton, Dec. 3rd, 9:01, 2007

Members in attendance: Chuck Bowden, Mike Schick- President, Rob Friese, Rick Giampetri, Bob Bourgette, Tom Harmon, Sue Doering, Pat Fitterer, Nalin Sood

Meeting called to order at 9:07 am.

Jerry Parrish has home emergency (flooding) and needed to return to Poulsbo. Minutes done by: Bill Alexander, East AD Liason.

Ed at WIAA supporting ATM....

Sunday meeting rebuttal: ISA rep's are very, very frustrated with the WIAA and their relationship with the WSCA/coaches/leagues/etc...

Discussion led by Chuck Bowden with the concerns about the WIAA actually recognizing the input to changes and adjustments to the rules/regulations/guidelines. This has existed for many years and has now become a problem.

Communication is not at a high level at current time. Use of surveys that are not being administrated correctly.... Individual schools/districts/SUPER'S are getting audience with the WIAA, and changing things...to their advantage...looking for solutions to this gap.

Question: Should we be meeting in the WIAA office? It would make the interaction better between the WIAA-WSCA.

Question: Where would we meet? Room not large enough, but should make it work....

Suggestion: ISA rep meeting at hotel (large group), Board Meeting at WIAA office?

Discussion of what happened to the Winter Sports Committee and where it went and where it is at????

Discussion of our current relationship with the WIAA: Where are we? Solution to this problem?

Suggestion by Chuck, could we have a WSCA/ISA rep for each individual district to work with district, attend meeting?

Begin by requesting through the WIAA executive board that we have a member attend the district meetings as a non-voting member to simply answer, not really ask questions that they may or may not have on concerns that may involve the WSCA....they may or may not attend all meetings and would be able to attend at the request of the district board.

Suggestions for Representatives....LIASON'S....would be the term for the rep...

Districts

#1	Nalin	#2	?
#3	Bob B.	#4	Rob

#5 Pat Fitterer #6 Alex
#7 Sue Doering #8 Rick G.
#9 ?

Discussion of District passes: Rob Friese needed to know the amounts for each district and how this is determined...questions were all asked....question as to when the amounts are paid to the districts...

Discussion of the Team Awards for state tourneys:

Rick suggests: 4-8 place trophies...approx. 300 trophies = \$15,000 dollars.....?????

Very good discussion on how we could expand the trophy awards and to find out what the LesSchwab/Dairy Farmer's contribution is....

Good Question: Is this a monetary or philosophical issue??? As to why we don't have 1-8 trophies...

Somebody needs to contact Darin Hanson to see if the Dairy Farmers/LesSchwab sponsorship would expand and PAY for the 4-8 trophies/plaques....?????

Rob Friese: 100% membership list, needs to reflect only the actual districts who have 100% and/or need to change the top to: 100% Membership, not District membership, then it would reflect correctly....is we are going to list groups, i.e. coaching staffs, that needs to be reflected....

Ed L. reported on the (10:17am) the discussion with ATM (Seniors/Rick Stubrud) went good, several suggestions about an amendment and/or how one will be proposed to the WIAA....**Ed, 1:30 minutes to get to Bellevue from Renton....**

Tom Harmon passed out a proposal by the softball ISA to have 5-8 trophies, cost will be covered by the fact that the tournament will be 2 less games....he will email the WSCA (Jerry) the proposal...provide old and new bracket to reflect how it will be played...NO opposition to this proposal from the board.

Tom Harmon discussion about safety base: Soon will be used by all level tourneys except the state events?????

Info concerning how it was handled in the past by the WIAA, does not seem to follow the past procedues by the WIAA...

Discussion about the impact of the loss of the integral parts of our "executive" members: this was impacted by the loss of Terry....What procedure do we have in place if Ed/Jerry were to retire????? Ed addressed his situation and Chuck suggested the involvement of a "student-teacher" relationship

Discussion about the magazine editor situation.... Barb Johnston will be continuing in her position with the guidance of Mike Schick....down the road...Mike Schick would perhaps be mentored by Barb as to assume Terry's position in the near future....suggestion that Alex become Jerry's "mini-me" and learn the process of the secretary...suggestion by Pat F. to have a "stipend" available for training...this in no way reflects any movement to replace, with the exception of Terry, ANY of the people currently at these posts....the loss of Terry has opened our eyes to having people in a position to step in to those current positions....Excellent discussion about responsibilities of those position

SPRING MEETING GOAL FOR THIS SITUATION: Put together an organizational chart with the position, i.e., asst. secretary/intern magazine editor and asst. WIAA liason/etc. so that we have a process in place. Stipends will be involved according to the chart organization to be done at spring meeting....

Award Idea: "*Terry Ennis Make a Difference Award*"...WSCA Coach of the Year (M/F each year) That would emulate what Terry represented to his school/team/community....character..etc. Start by one M/F each year...then perhaps to expand to one M/F for each district....perhaps a \$\$ stipend to that coaches school in their name...to be presented at the WIAA Hall of Fame Award Banquet and/or at the Summer Coaches School in Yakima....Bring ideas/criteria to the Spring meeting with the idea that we will put the award together....need qualifications, need ideas, need?????

Discussion about location of the meetings? Should we be at the WIAA office? Are we losing our contact with the WIAA/Board??? Suggestion: Have ISA rep meeting at the hotel and the board meeting at the WIAA office....? Or, have the board meeting at the WIAA office only once/twice per year, not every meeting....Sue, "seeing/meeting WIAA/executive board members is a valuable part."

Spring meeting/hotel will be at Renton Holiday Inn and meetings at Holiday for ISA rep's...and the exec board meeting at the WIAA office at Renton on Monday....

Meeting adjourned at 11:30am....

Respectfully submitted, Bill "Mini-Jerry" Alexander, East AD Liason ■

PRACTICE MANAGEMENT

Do More than Simply Standing When Supervising Players

By Richard P Borkowski

Sports & Recreation Safety Consultant, Narberth, PA
Reprint Gridiron Strategies December 2007/January 2008

Supervising football players means more than just being on hand to watch practice, drills, etc. Coaches have been watching kids for a long time. But, coaches and athletic administrators who think supervision means simply being present are incorrect. Being there is just the beginning.

Recently, I watched a football coach stand in the center of a drill. He was doing a good job watching half of his players with the other half at his back. An unobserved player was injured – the coach was sued.

If the coach moved himself to the edge of the drill, all players would have been in his view. And, quite possibly, he could have prevented the injury. However, don't think that just because you are on hand means you are supervising.

Myth of General & Specific Supervision

Of course, many times injuries happen and there is nothing a coach can do about it. Some people say that if a coach didn't witness an accident then the players were being improperly supervised. This simply isn't true. Coaches are not the insurers of a player's safety. Proper supervision does not mean constant and continuous sight of all players. That is an impossibility.

Another impossibility is putting supervision in either a "general" or "specific" category.

General supervision typically is considered when a coach is overseeing a game or scrimmage. It is watching players participating in activities they generally know how to perform.

Specific supervision generally is considered a closer and direct relationship with a participant, meaning one-on-one instruction.

Specific supervision normally is used for beginner participants and when players need specific help.

The reality is that coaches always are moving from general to specific supervision and back again during

practice sessions. The coach places a player he is instructing in such a position that he also can keep the other players in his sight. So, a different definition is needed for this type of instruction – athletic supervision.

Athletic Supervision

Athletic supervision is the type of supervision all football coaches must practice. It is when a coach is present and has an overview of the activity. There is a systematic plan of supervision. The coach is immediately accessible and the players know it.

There are 18 ways to implement athletic supervision into your practices. By doing so, you become a better coach, your players are better supervised and the risk of injury is limited.

1. Supervision is first, last and always a matter of being there. Anytime a player is on the field, a coach needs to be there. Leaving a drill to talk with a college recruiter may help someone get into college...it may also get someone hurt.
2. Have a supervision system for the locker room. Does a coach or trainer stay in the locker room until the last person leaves after practice and arrives before practice?
3. The critical element of good supervision is the head coach.
4. To know if there is enough coverage is difficult. There is no exact ratio. Think about the following: the risk of the activity, the site of the activity, the experience of the participants, the age and skill of the participants, how well you know the participants and the experience of the supervisor.
5. Inspect the equipment and area you are going to use before using it. You may be in the correct position to coach and supervise but if you are doing it on a hole- and glass-covered field, it is still bad supervision.

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WSFCA Mid-Winter Football Conference

January 25, 26, 27
Bellevue Hilton

FRIDAY, JANUARY 25

- 8:00 – 9:00 **Registration**
- 9:00 – 9:45 **“Beating the Blindside Blitz”, Dan Weedin**
– Toro Consulting, Inc.
- 9:45 – 10:35 **“Coaches and Kids Succeed When Things Are Done Right”, Dick Langum** – Risk Manager – Canfield & Associates
- 10:45 – 11:25 **National Athletic Testing System, John Aaron** – National Director of Testing
- 11:30 – 12:10 **“New Helmet Technology—Next Generation Protection Today”, Gear Athletics & Bill Mills - Schutt Sports**
- 12:10 – 1:00 Lunch (Included in Registration Fee)
- 1:00 – 1:55 **“Keys to Building a Successful Program” Sid Otton** – Tumwater High School
Steve Gervais – Skyline High School
Tom Bainter – Bothell High School
- 2:00 – 2:55 **“The Myths & Realities of Motivation – Helping Athletes Achieve Their Potential” Mark Speckman** – Head Coach, Willamette University
- 3:00 – 3:55 **“Effective Time Management/Practice Week” Ken Potter** – Jesuit H.S., Portland, Oregon
Dave Ward – Oak Harbor High School
Pat Hymes – Kelso High School
- 4:00 – 5:00 **“Life Lessons From Football” Bruce Brown** – Pro Active Sports
- 5:30 – 6:30 **East-West Selection Meetings**

7:00 – 10:00

Meeting with Digital Sports Video Regional Director, Rick Anderson
Meeting with National Athletic Testing System, John Aaron – National Director of Testing

Dinner & Refreshments (Included in Registration Fee) “Sponsor Appreciation Night”

SATURDAY, JANUARY 26

7:30 – 8:30

Registration

“Drills & Technique for Q.B.’s & Receivers”, Beau Baldwin – Head Coach, Central Washington University

“Fundamentals, Drills/Technique for ‘O’ Line”, John Picha – Offensive Line Coach, Central Washington University

“Running Back Skills & Drills”, Nat Conley – Running Back Coach, Central Washington University

9:25 – 10:15 **“L.B. Fundamentals/Drills/Reads & Keys” Robin Ross** – Head Coach, Western Washington University

“D.B. Drills/Technique & Reads”, John Bowers – Secondary Coach, Western Washington University

“D.Line Drills/Fundamentals & Technique” Jared McNeilly – Defensive Coordinator, University of Puget Sound

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- Two major supervision problems are lack of space and sight lines. Too much equipment in too little space creates additional hazards and also blocks the view of the instructor. Stand in several places and see which area has the best sight line.
- The technique of scanning an entire area is critical to supervision. Scanning is the habit of looking at your area of supervision in an organized pattern. Observe the practice or drill site from right to left, then left to right. The next time scan the area in circular patterns.

As you scan ask yourself – is there a hazard? Figure out if it can be removed, if you can move to another area or if you need to stop the drill.

- Have an emergency plan. Have first aid kits on hand and phone numbers ready.
- Be ready for indoor practices. Walls, windows and doors come into play.
- Try your best to have equal competition and drills.
- Check your players’ equipment.
- Wear a whistle or use your lungs.
- Have everyone warm up.
- Know the activities just completed and when players need a break.
- Have a buffer zone, which is the additional unobstructed space beyond the playing or practice area.
- Accept no horseplay.
- Know the abilities of those you are supervising.
- Avoid having players supervise players. ■

WSFCA Mid-Winter Football Conference

January 25, 26, 27
Bellevue Hilton

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10:15 – 10:35	Visit Exhibits	3:10 – 4:00	Part 2: “Installing 4-man Fronts & Covers”, Tom Bainter – Bothell HS
10:35 – 11:25	“Teaching the Fly-Sweep from Multiple Sets”, Mark Speckman – Head Coach, Willamette University		Part 2: “Pride Teams” Kick-off, Including Onsides” Mark Haering – Pueblo South HS
	“Jesuit Crusaders – 5 Best I-Formation Run Plays”, Ken Potter – Head Coach, Jesuit High School, Portland, Oregon		Part 2: “The Best Scheme: GAP, Power-O (TB & QB) and Counter Trey (QB-TB-WB); Attacking off-tackle with Power and Simplicity”, Rick Darlington – Apopka HS
	“Speed & Agility Explosion Training”, Brian Petersen – Certified Strength & Conditioning Specialist	4:10 – 5:00	Part 3: “Installing 5-man Fronts & Goal Line, Curt Kramme – Head Coach, Lynden High School
	Jesse Albers – National Exercise Sports Training Association		Pat Murphy – Defensive Coordinator, Lynden HS
11:30 – 12:20	“Turnover & Pursuit Circuits”, Mark Speckman – Willamette University		Part 3: “Pride Teams” Punt Returns & Punt Blocks”, Mark Haering – Pueblo South HS
	“Jesuit Short Passing Game with High Completion Rate and Play Action Pass”, Ken Potter – Jesuit HS		Part 3: “Unusual Formations (and how to use them) and Barnyard Plays (Trick plays, including special teams), Rick Darlington – Apopka HS
	“Identification and Management of Concussions and Stingers in Football”	6:00 p.m.	Dinner and Hall of Fame Inductions & Coach of the Year Awards (included in your registration fee)
	Rob Scheidegger – ATC Football Athletic Trainer, University of Washington		
12:20 – 1:00	Lunch & Visit Exhibits		
1:00 – 1:50	“The Wildcat Flexible Wing Offense, Dave Ward – Head Coach, Oak Harbor High School		
	“Teaching Progressions: Strength, Power, & Speed”, Ted Beyer – Head Coach, Mt. View High School	8:30 – 9:00	Registration
	“Daily Defensive Circuit Training”, Bill Templeton – Head Coach, Kennewick High School, Arnie Sullivan – Defensive Coordinator, Kennewick High School	9:00 – 9:50	“Defending the Shotgun Spread Option Run and Pass”, Kent Baer – Defensive Coordinator, University of Washington
2:00 – 2:50	Part 1: “Installing 3-Man Fronts & Covers”		“Golden Gophers ‘Run From the Gun’ vs. Multiple Fronts”, Mike Dunbar – Offensive Coordinator, University of Minnesota
	Cale Piland - Head Coach, Union High School, Vancouver, Ken Frisch - Defensive Coordinator, Union HS		“Program Organization, Ken Potter – Jesuit HS
	Part 1: “Pride Teams” Multiple Kick-Off Returns”, Mark Haering – Pueblo South High School, Pueblo, Colorado	10:00 – 10:50	Defending the 1-Back & Empty Passing Game, Kent Baer – UW
	Overall Topic: Spread Single Wing (Power Shotgun); 400 yards of Offense Per game with 2 run schemes and 1 pass protection		“Pass vs. Multiple Fronts & Covers”, Mike Dunbar – U of Minnesota
	Part 1: Attacking the Perimeter: QB Sweep, Jet Sweep, Speed Option (with sprint-out and play-action pass), Rick Darlington – Apopka High School, Apopka, Florida		“Screens, Draws, and Reverses Out of the Fly Offense”, Mark Speckman – Willamette University
2:50 – 3:10	Visit Exhibits	11:00 – 11:50	“Defensive Coordinator Guide to Coaching “Team Defense”, Kent Baer – UW
			“Short Yardage & Red Zone Attack”, Mike Dunbar – U of Minnesota
			“How to Install Load, Lead, and Speed Options”, TBD
		11:50 – 12:15	Questions

SUNDAY, JANUARY 27

BURNETT-ENNIS SCHOLARSHIP

Deadline: April 20th

By completing the information required in this application, you will enable us to determine your eligibility to receive funds provided specifically to help students whose parent(s) are members of WSCA. This application becomes valid only when the following has been submitted. This scholarship is open to any member's son or daughter planning on attending an institution of higher learning.

To be eligible for the scholarship:

- Your mother or father must be a member of the Washington State Coaches Association.
- Submit the below application.
- Submit one letter of recommendation from your principal, counselor, or teacher.
- Submit your High School Transcripts.
- Submit a resume of your high school activities (including community, school, or church activities)

Personal Information (please print clearly)

Name _____
Last First M.I.

High School Attended _____ Date of Birth _____

Permanent Address _____
Street City Zip Code

Permanent Home Telephone number ____ (____) _____

Parent/Guardian _____ Years Member of WSCA _____

Address of Parent/Guardian if different from applicant:

Street City Zip Code

Academic Information GPA _____

Briefly describe any scholastic distinctions or honors you have won since the 9th grade

Athletic or Extracurricular Participation

Sport _____ Years _____ Letters _____ Honors _____

Please continue with application on reverse side.

continued from previous page

BURNETT-ENNIS SCHOLARSHIP

Deadline: April 20th

College Goals College planning to attend _____

In order to formulate a better concept of who and what you are; we would like you to respond as you feel appropriate to the following questions. Please keep it brief and to the point.

1) Describe your contribution to "athletics or activities" in your school.

2) Describe how athletics and coaches (or a coach) have affected your high school life and your future plans.

Check list:

Application Letter of Recommendation Transcript Resume

Your application must be received before April 20th.

Mail To: WSCA Scholarship, 708 S. Lake, Colfax, Wa 99111

Selected winners must submit a picture of themselves with their member parent to the WSCA by June 30th.

Deadlines for the *WASHINGTON COACH* Magazine

Next Issue - Spring: February 14

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

SUBMISSION PROCESS

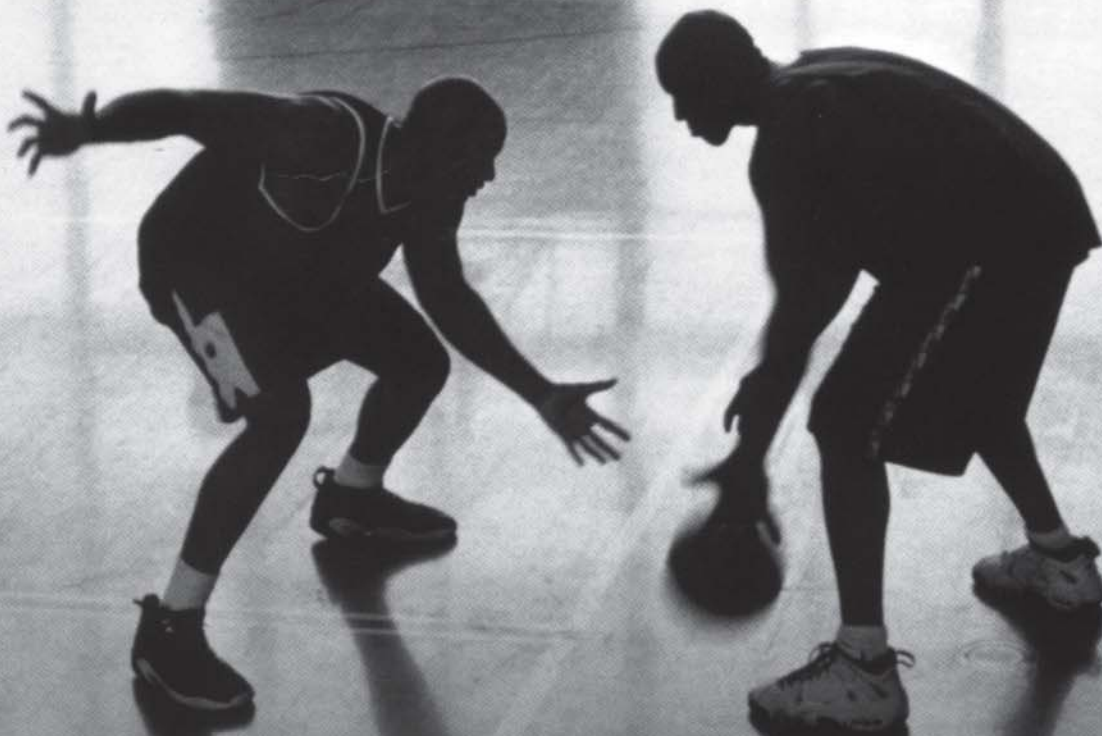
Submit via email as an attachment to Barb Johnston at Johnston.barbcliff@verizon.net

If you do not have access to email, mail to:

Barb Johnston, 421 E. Davies Loop Road, Lake Stevens, WA 98258

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