

THE WASHINGTON COACH

OFFICIAL PUBLICATION OF THE WASHINGTON STATE COACHES ASSOCIATION



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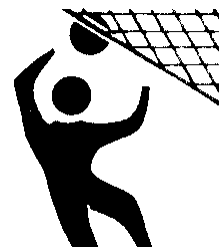
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Change of Address: Request for change of address must reach us 30 days before the deadline date of the next issue. Mail change of address to:

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Do you have an article you would like to have published in the *Washington Coach*?
 Email Mike Schick at
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 Spring deadline is February 14.



From The President

Winter 2014

Happy post-holiday greetings fellow Washington State Coaches Association members. I do hope you had a relaxing and special time with your family and friends this holiday season. This time of the year was a great time to get away or to have some balance between the challenges of teaching/work and coaching and hopefully recharge the batteries for the New Year and eager to get back to work. I always make it a big priority to sit back with my family and spend one night watching “Christmas Vacation” with Chevy Chase. It is right up there with Jimmy Stewart’s “Wonderful Life”-isn’t it? We can debate that later, but there is a part of “Christmas Vacation” that strikes a chord with me. The scene where Chevy Chase is stuck in the attic watching decades old 8 mm films of happy holiday seasons gone by and he has tears running down his eyes. Yes, the holidays are usually fun, relaxing and full of joy. We all look forward to this time of year. What about the days before and after the holidays? What about the 16 hour days, bus trips, practice planning, counseling the troubled athlete, scouting, watching game tape? What about these times? Are they times where can feel joy and or happiness or are these the times of our profession that we cannot wait until we rid ourselves of them? I recently heard a quote about what is the point of being on this ride of life if you are not going to enjoy it? Nothing is ever easy in our profession, that is why few want to do it and even less can succeed in terms of

“Life is a journey, not a destination”

Ralph Waldo Emerson



longevity. I have found though that many of those that are successful and in it for the long haul are those that can find the joy in even the smallest things. Yes, they may sweat the big stuff, but they move on quickly and regularly. I hope you are finding joy in this profession and realize how lucky we are to do what we do...not every profession allows for the intrinsic rewards of our profession and not everyone can understand what a reward it is! I hope you as a coach, and the hours you are keeping, that you are taking care of yourself. Whether that is through diet, exercise, sleep, or simply relaxing and getting away, make it a priority to manage your stress-load so that the student-athletes you coach see a role model in front of them that is full of energy, passion and enthusiasm. Time management is obviously a huge part of our multiple professions that we perform each day. Make sure you find ways to manage your time and not be one wishing for the 25 hour days. Make each task you have to perform each day to-the-point. A three hour practice is not as helpful as a 2 hour practice that is to the point and of high intensity. You do not have to reply to every email and/or immediately. Don't let email run your life.

When it comes to multi-tasking make sure you take control of your day and not your day taking control of you. Prioritize what is of importance and immediate and what isn't. My mentor, Roger Ottmar, many a time simply told a person making a request made to him “I am knee deep in basketball but I will get to it”. Always, always, he got to whatever it was later and when he had proper time that he could devote to it. Learn the right way to, and that it is ok to, say “no”. You cannot do everything and if you stretch yourself too thin someone or many will suffer because of that. Know your priorities when demands are put on your time. Many of us are in the position of having to perform two jobs a day....not one but two. Why? Because we made the choice that we want to, no one forced us to do this. Many of us will miss this when we are done, so enjoy the ride.....enjoy the ride.

Congrats to those of you on a great fall sports season. Best of luck to the winter sports season coaches. Spring coaches.....start getting the engine fired up!

Nalin Sood ■

From The Sidelines

by Jerry Parrish

ORCHIDS

- To Dee Hawkes who is looking to broaden his horizons but I am sure he will be squawking wherever he goes. He will missed but has set high standards for us to meet in the Washington State Coaching world and his writings in the Washington Coach will be forever remembered. Good Luck to the Squawker.
- To those coaches who plan ahead and submit their membership applications more than one day before Fall season playoffs begin.
- To the many school district, individual schools and coaching staffs who enroll their coaches in the WSCA.
- To the athletic directors and coaches who keep this writer informed of what regular and special events going on in their schools.
- To WIBCA and Wrestling coaches who took the initiative to create their own clinics. WIBCA and Girls Basketball had their clinic in October in Yakima and the first weekend in November the Wrestling coaches had a great clinic in the Tri-Cities. Keep up the good work and hope these clinics blossom in the future.
- A tip of our hat to the Seattle Seahawks who select a weekly Football Coach of the Week. The selection committee is headed by Rick Stubrud and committee members Bill Alexander, Quincy AD, Bill



Heglar retired football coach, Joe Cronin, Cascade (Everett) and supervised by Paul Johns of the Seattle Seahawks.



- Also, to Ed Laulainen and his mid winter Football Clinic staff for putting together another fine clinic. The Football Clinic will be at the Everett Holiday Inn on January 24, 25 and 26, 2014. Clinic agenda is posted on www.washcoach.org.
- This writer is very curious on what the November 22nd classification numbers will be in regard to league alignments. WIAA Executive Board is expected to officially act on the classification numbers in their January meeting.
- Here is an onion that bloomed. As of May 1, WSCA had 2238 registered and paid members and as of Nov 1, 2013 we have 2847 registered WSCA members. This writer believes the benefits provided by WSCA have encouraged association growth.

ONIONS

- To the coaches who register on line and expect their membership cards in the next mailing. PLANNING goes a long way. ■



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Contact Mike Schick at wsca-editor@comcast.net or Jerry Parrish at jparrish21@comcast.net

WSFCA MID-WINTER CONFERENCE

January 24 - 26
Holiday Inn, Everett



FRIDAY, JANUARY 24

- 11:00 – 12:00 Registration
- 12:15 - 1:45 Steve Bridge – Risk Management, Canfield and Associates
Helmet Inventory System
Concussion update, etc.
-Bill Mills, Schutt Helmets - Correct helmet
-Lynn Langum, Riddell - fitting procedures
-John Olson – WIAA, Legal Counsel
Concussion protocol
- 2:00 – 2:50 Aaron Best – Offensive Coordinator – Eastern Washington University
“Outside Zone Concepts”
Ryan Sawyer – Defensive Line Coach – Eastern Washington University
“Pass Rush Hand Fighting”
- 3:00 – 3:50 Aaron Best – EWU - “Gap Protections
Ryan Sawyer – EWU
“DL Technique and Block Destruction”
- 3:50 – 4:15 Questions
- 4:30 – 6:00 East/West Selection Meetings
- 6:00 – 7:00 Small School Symposium – 1B – 2B – 1A Moderator, Tom Sanchez – South Bend High School
- 7:00 – 7:30 Coach of the Year & Gold/Silver Helmet Awards
Dee Hawkes Award
- 7:30 – 8:30 Dinner & Refreshments
- 8:30 Guest Speaker
Jim Lambright, former Head Coach, University of Washington
“Lessons Learned from Football That Last a Lifetime”

SATURDAY, JANUARY 25

- 7:15 – 8:30 Registration
- 8:30 – 9:20 “Press Man Coverage”
Malik Roberson – Defensive Coordinator, LB Coach, CWU
“Corners Bump and Run”
Nick Whitworth – Special Teams Coordinator – CWU
“3-Step Quick Game”
Charles Chandler – Wide Receiver Coach – CWU
- 9:30 – 10:20 “Linebacker Play”
Malik Roberson – CWU
“Special Team Circuit Drills”
Nick Whitworth – CWU
“5-Step (Drop Back) Passing Game”
Charles Chandler – CWU
- 10:30 – 11:20 “Blocking the Husky Run Game”
Dan Cazzetto – Offensive Line Coach – University of Washington
“(Installing the 4-2) Coverages & Alignment vs. Spread & Pistol”
Basic LB & DB Techniques
Jeff Reinebold – Hamilton Tigercats, CFL
“Air Raid Run Game”
Rich Hargitt – Passing Game Coordinator/Receivers Coach – Ashbrook High School, Gastonia, North Carolina
- 11:30 – 12:20 “Blocking the Husky Pass Game”
Dan Cazzetto – U of W
“4-2 Zone Blitz Package”
4-2 vs. Inside/Outside Zone Read
Jeff Reinebold – Hamilton Tigercats, CFL

	“Constructing and Calling an Air Raid Offense with Wing T Principles” Rich Hargitt – Ashbrook High School, Gastonia, North Carolina
12:20 – 1:30	Lunch and Visit Exhibits
1:30 – 2:20	“Coaching the High School Quarterback” Jon Kitna – Head Coach, Lincoln High School, Tacoma
	“4-3 Cover 2 vs. Multiple Offenses” Steve Kizer – Head Coach, Skyview High School, Vancouver, WA
	“How to Deal with Parents” Mike Morgan – Head Coach, Colfax High School (Proactive Coaching)
2:30 – 3:20	“The Abe Passing Game” Jon Kitna – Lincoln High School
	“Developing A Strength Program for High School Football” Brad Packer – Assistant Coach, Skyview High School
	“The Power of Your Words” Mike Morgan – Colfax High School/ Proactive Coaching
3:30 – 4:20	“3-4 Drills and Pursuits” Dan Kielty – Defensive Coordinator – Camas High School
	“Developing a Complete High School Receiver” Kyle Snell – Receiver Coach, Eastlake High School
	“Wing T the Woolley Way—Misdirection Run Schemes” Dave Ward – Head Coach, Sedro Woolley High School
4:30 – 5:20	“3-4 Multiple Covers vs. Wing T” Dan Kielty – Camas High School
	“Understanding Leverage and Coverage” Kyle Snell – Eastlake High School
	“Sedro’s Play Action Pass Package and the Shuffle Pass” Dave Ward – Sedro Woolley H.S.
7:00 p.m.	Dinner and Hall of Fame Inductions (dinner included in registration fee) Terry Ennis Scholarship Presentation
8:30 – 9:30	Social



SUNDAY, JANUARY 26

8:30 – 8:30	Registration
8:30 – 9:20	“Concepts and Philosophy of the Air Raid” Coaching the Quarterback Rich Hargitt – Passing Game Coordinator/Receivers Coach – Ashbrook High School, Gastonia, North Carolina
	“Philosophy – Alignments & Covers in the 3-4 Defense” Jeff Reinebold – Hamilton Tigercats, CFL
9:30 – 10:20	“Air Raid Quick Passing Game vs. 3-4” Flood & Cross Concepts Rich Hargitt – Ashbrook High School
	“3-4 vs. Air Raid Quick Passing Game” Coaching the Corners & Safeties Jeff Reinebold – Hamilton Tigercats, CFL
10:30 – 11:20	“Air Raid Drop Back vs. 3-4 Various Covers” Screens & Motions Rich Hargitt – Ashbrook High School
	“3-4 vs. Air Raid Drop Back Attack, 3-4 Zone Blitz Package” Coaching the L.B.s Jeff Reinebold - Hamilton Tigercats, CFL
11:30	Drawings for Give-Aways – Over \$2,000 in prizes – must be present to win!!

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- ◆ Contact hotel toll free @ 1-866-700-1188 or direct 425-339-2000 before January 13, 2014 to receive Clinic rate of \$86+ tax. Our room block is not as large this year, so make your reservations as soon as possible. Be sure to mention the Washington State Coaches Association to receive Clinic rate.
- ◆ A complimentary hot breakfast buffet is included in your room reservation.
- ◆ Your Clinic registration includes Friday dinner and beverages and Hall of Fame Banquet Dinner and Social on Saturday night. ■

Eradicating the Open Pit Concept and Restoring Competition for Dual and Tri Meets

by Lane C. Dowell

Perhaps, someday our sport will fund separate varsity and JV schedules, like Snohomish Head Coach and co-founder of the WSTFCA Tuck Gionet tells us that they do in the WESCO Northern. "We conduct our JV meets on Mondays and the varsity competitions are held on Thursdays," says the affable leader of the Panthers.

Have you ever wondered why a sport that draws such a high level of participation does not receive the attention that football, basketball, baseball and...do?

Many of our FIELD and track athletes participate in the quagmire bred by the open pit concept, which in the minds of many around the Evergreen State who offered opinions for this article say, "It is the easy way out even though it stifles the competitive spirit."

"The open pit is a huge turnoff for our athletes and the sport deserve better. There is no reason, with a bit of creative planning, that we can't give it to them," Bryan Hoddle, USA Para-Olympic Coach, NW Track and Field Clinic Director and retired high school coach.

As a coach, official and athlete I find that so many don't have a feel for the importance of establishing a competitive rhythm for our athletes. The open pit just kills any hope of achieving this. Your meets take on the aura of a play day where "athletes can take breaks and hide from

competition." You can't convince me that good competition does not fuel adrenaline, thus better performance and greater marks, and you may be surprised at the increase in work ethic you get in your daily practices as your athletes strive to make the varsity.

Elizabeth Wardsworth, Head Girl's Coach at Spokane's University High and a Master's FIELD and track athlete says, "To maintain a "focus" of competition, one must be "in the zone," so to speak. The athlete needs to see who their competition is in order to fuel the adrenalin. To have open pits counters this. If it is a varsity event where only the top four are competing per team, the top individuals are looking for the best competition and top competitors."

Coach Wardsworth continued to speak emphatically on the faults of the open pit concept. "Didn't we see that in the 4A State Discus finals last year? Damon Unland was trailing Dan Boyden. Many thought Dan had it wrapped up but Damon unleashed his final throw to take first place. It was a thrilling competition, one of the best I've seen. I know both boys and was deeply moved by their competitiveness (as well as sportsmanship afterwards). This wouldn't have happened in an open pit venue."

"Therefore, I am a full supporter of flights for varsity meets regardless of dual or double dual. In our GSL League we do flight the varsity for all of the reasons I just mentioned. When

someone tries to bring up open pits, well let's just say it doesn't go in their favor. "

Longtime South Kitsap and Bremerton High coach, Lloyd Pugh, had this to say about the open pit concept.

The open pit method is the most distasteful method of conducting field events. It is a competition killer. It ruins the idea of having a decent format that gives athletes the experience of a "real" meet. When athletes compete in advance competition, meets are conducted according to a regular schedule and format. Generally, in the open pit concept, athletes are given four efforts without the fun of paring the competitors into a finals group and creating head to head competition. We do not see a basketball team deciding to disregard free throws or a football team deciding to go on without P.A.T.'s or shortening these contests to accommodate the officials.

The Kent Schools under the direction of AD Dave Lutes and Track and Field Meet Manager Chris Kunzelman are making every effort to enhance the presentation of our sport for their KIDS. Each competition held at the district facility, French Field, which installed a new track and made other improvements to the venue this past off season, is staffed with paid USATF certified officials.

Kunzelman tells us that this next season all meets contested at the district facility will be administered un-

der the guidelines of the Washington state meet syllabus, which steers clear of the open pit concept.

Kent's Competition Plan:

- a) Each team is allowed up to four (4) Varsity athletes per individual event.
- b) Each team is allowed up to two (2) teams per relay event (1 Varsity and 1 JV).
- c) For the 100M; 200M; 400M; and all hurdle events each team will be allowed up to four (4) Varsity athletes and up to eight (8) JV athletes.
- d) For the 800M each team will be allowed up to four (4) Varsity athletes and up to (4) JV athletes - we will run a maximum of 2 heats - no waterfall starts.
- e) For the 1600M and 3200M each team will be allowed maximum of six (6) athletes to include Varsity and JV.
- f) Throwing events and horizontal jumps each team will be allowed up to four (4) Varsity athletes and an open number of JV athletes however, JV will compete in an open pit following the completion of all Varsity competition, receiving just three trials.
- g) Vertical Jumps will be limited to four (4) Varsity and an open number of JV athletes who will compete all together utilizing the 5-Alive system.

Nic Castona, Jumps Coach at Sehome High sees the merits of a varsity approach to grass roots meets. "I agree that the competitive aspect is severely limited in weekday meets due to the open pit format. Very rarely do all athletes compete at the same time due to kids being everywhere else so the true competition is lacking. I can probably count on one hand the

number of times in 11 years that an athlete of mine has gone back and forth with a competitor in a weekday dual."

"I do like the idea of having varsity designated athletes for each school. It would make it a bit more like cross country (which I also coach) in that kids would have to compete to earn a spot on the varsity squad. This makes a kid work harder to earn a spot and also makes practice a bit more focused as kids know the coaches are making decisions everyday regarding the meet lineups from week to week."

"This is an interesting idea, but my main concerns would be the schedule. Holding kids to flights would really limit their ability to do multiple events which at the smaller schools is integral to the team's success. We played with the idea of having flights in weekday meets a few years ago in our conference, and it was a disaster simply because so many kids were completing in four events that checking in and out and competing during your scheduled flight was almost impossible."

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by saying, "We have the Excused Time rule for just this reason. An athlete doesn't have to miss their opportunity to compete in another event if they play by the rules."

We agree that your grass roots meets should help our athletes adjust to a time clock, which is supposed to begin its countdown once an athlete is called "Up" but is seldom employed by many officials at this level. And to the concept of Excused Time, which allows an athlete to move from event to event without missing a trial or stall-

ing the competition.

Excused Time is designed to keep the competitive rhythm of our FIELD events flowing. Strategies such as movement within the prelims of a flight and consecutive trials allowed in both prelims and finals may help an athlete maximize her/his time away from an event. Check your NFHS Rule and Case Books for more information.

Excused Time can work for your gifted athletes. I vividly recall refereeing the FIELD for a West Central District qualifier at Tacoma's Lincoln Bowl some years ago. We were just starting to emphasize the concept of Excused Time. As I explained it to the coaches, one young mentor became quite concerned that his gifted athlete, a district leader in two throws and two horizontal jumps, would not be able to deal with competing with a tight schedule in the four field events...two in the stadium and two up the hill.

I reviewed the above mentioned strategies to the rather distraught coach saying that it may really press your athlete but it is not fair to the other eleven in each event to make them wait, cooling down and perhaps losing their competitive edge.

That was a memorable day for this youngster. Yes, she was really bushed after collecting her fourth blue ribbon won by achieving three PR's. All competitions in which she was entered flowed wonderfully and she probably slept well that evening.

We might insert a thought here. Is it worth a little discomfort to the gifted athlete to instill a competitive atmosphere in your meets? Excused Time can be mastered by coaches and ath-



Continued on page 8

Continued from page 7

letes. It is now working well in your qualifiers and state meets.

Other suggestions that were offered that might help in your adopting a varsity schedule. Use and massage these as you see fit.

- 1) Schedule four events for Boy's/Girl's and three for the opposite. Reverse this for the second flights.
- 2) The Vertical Jumps may be administered as one flight employing "Five Alive." It was felt that varsity competitors should still be designated with all others receiving only two trials per height.
- 3) Allow three trials in the prelims for the throws and horizontal jumps and cut the field to one more than scoring places for three final trials. This should take no longer than just four trials for all and will enhance the competition.
The league may wish to limit the trials of JV athletes to only two.
- 4) Pre-season qualifying standards may be initiated to ac-

commodate teams that may have a plethora of gifted athletes in an event. It was suggested that this be quite rigid.

- 5) The host head coach is responsible for assuming/assigning the duties of meet director, to whom the varsity schedule for the week's meet will be forwarded, so that flights can be established. Remember that once the competition has begun the rules allow for flexibility within a flight.

Excused Time for your varsity athletes is recommended at 10 mins. for events contested within/near the track and fifteen for events well outside the track.

The league may predetermine a schedule for Girl's/Boy's field events. The following example was offered by Chuck Bowden, Head Coach for the Central Valley Bears and co-founder of the WSTFCA.

3:30 pm Varsity Meet: Boys Shot, Boys Javelin, Boys Long Jump, Girls High Jump, Girls Pole Vault, Girls Discus, Girls Triple Jump

4:15 pm Varsity Meet: Girls Shot, Girls Javelin, Girls Long Jump, Boys High Jump, Boys Pole Vault, Boys Discus, Boys Triple Jump

5:00 pm JV Frosh Meet (Open Pit): Boys Shot, Javelin, Long Jump and Girls High Jump, Pole Vault, Discus, Triple Jump

6:00 pm JV Frosh Meet (Open Pit): Girls Shot, Javelin, Long Jump and Boys High Jump, Pole

Vault, Discus, Triple Jump

Coach Bowden went on to extoll the virtues of JV competition. "Our end of the season JV Championship Meet and Freshman Championship meets are my two favorite. We separate them. They are huge, over 700 total kids or something like that. We make these meets a big deal and flight all the field events. It works!"

You can make a good varsity program work. Others have! The key is good scheduling and moving the gifted from event to event by teaching proper use of Excused Time

So, step out of your comfort zone. With a little more effort your league can create a proper competitive atmosphere/rhythm for your athletes, which will make this great sport far more attractive, more challenging for our coaches and alluring for a fan base.

About the author: Lane is a retired teacher/FIELD and track coach at West Bremerton High, who is a member of the Washington State T&F Coaches HOF.

Dowell, a USATF Official's HOF nominee, became a USATF Master Level Official and was selected to officiate, primarily the throws, fifteen national open championships. He was selected as a head judge from 2000-2008. This included three USA Olympic Team Trials.

Lane has been selected on numerous occasions to be the Field Event Referee for prep state championships and qualifying competitions.

Lane became well known for his appearances at coaching education and officials certification clinics throughout the PNW.

Dowell still competes in Master's/Senior Games FIELD and track and qualified for the 2013 National Senior Games in the Shot Put and Discus. ■



WIBCA vs. Cancer

We begin another season of WIBCA vs. Cancer in our state. Over the past 12 years, a reported 315,000 dollars has been raised to help find a cure. Some schools have held jamborees and others have created school (game) events. Our focus week this year is Jan. 27- Feb. 1, but if you choose an event earlier to meet your school schedule, that is fine. For help or ideas go to WIBCA.com and look under general information. Let's have a banner year in our fight for a cure.



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Bryan Hoddle

“The Coach, Bryan Hoddle”, an article about the 55 year old middle school teacher and running coach from Tenino, may be found in the January issue of *Runner’s World* magazine. Bryan continues his great work with our wounded warriors and the Paralympics. You may follow coach Hoddle at www.facebook.com/bryanhoddle. ■



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TALK TO YOUR COACH TO LEARN MORE.

Sports Nutrition Navigator

WIAA Coaches Express 2013 FAQs



More than 30 coaches attended the WINForum nutrition clinic at the WIAA's Coaches School Express at Kentlake High School. WINForum Advisor and Former UW Athletics Dietitian, Emily Edison MS, RD, ACSM-HFS, offered suggestions on how coaches can talk to their athletes about nutrition. The following questions and answers came from coaches attending the WINForum session. **E-mail your questions and comments to info@winforum.org.** Review Emily's complete presentation at WINForum.org/WINForum clinic summaries.

Question: What role does nutrition play in making athletes bigger, faster and stronger?

Answer: Muscles may be made in the weight room – but they are actually maintained, repaired and rebuilt in the kitchen. After a tough work out, dietary proteins are critical in muscle tissue recovery. Our bodies digest the protein we eat to create a pool of amino acids, which produce new muscle proteins. Our cells can't manufacture these amino acids without the proper dietary proteins, found in lean meat, dairy and eggs. Without the enhancement from adequate sleep, balanced nutrition and constant hydration, those extra reps may just be useless.



Question: How can we encourage healthy eating on a budget?

Answer:

- Buying in bulk helps to get the best value. Bagged apples, for instance, are cheaper than individual apples and bulk string cheese packages will cost much less than singles from your local grocery store.
- Making a surplus of food when you prepare a meal helps to make the most of the ingredients and saves time. Freeze extra portions for convenient weeknight fuel.
- Planning menus ahead of time and keeping a list can help save hundreds of dollars a year on the grocery store bill. Experts say that making a list helps avoid the "impulse" purchases we end up making – items we really don't need.
- Looking for deals, buying generic, and participating in customer loyalty programs are just a few other ideas for eating well on a budget.

Question: What do I need to know about the "female triad" and how can I effectively talk to my female student-athletes?

Answer: In female athletes, an energy deficit may be seen in the form of the Female Athlete Triad, which refers to the relationship between low energy availability, loss of menstrual periods, and bone loss.

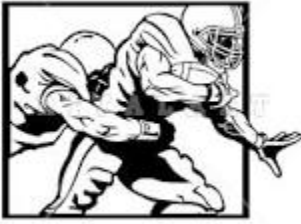


The health-related consequences of the Triad, such as osteoporosis, can be devastating and even end a young person's athletic career. Coaches should consider approaching their student-athletes if there are signs of fatigue, decrease in performance, withdrawal, depression, moodiness, frequent bathroom visits after eating, or if injuries are not healing. In a private setting, express concern, use examples, set a time to follow up and encourage communication with parents. To get more information about the Triad, go to www.femaleathletetriad.org

Question: How can we get student-athletes to take nutrition more seriously?

Answer: Tell your athletes that underestimating the role nutrition plays in daily life will leave one athlete vulnerable to a competitor who takes it seriously and has the edge. High-school student-athletes are not only competing at an entirely new level, they are also still growing. So in addition to the normal nutritional needs of a teenager trying to reach full growth potential, the brain-power expended for studies coupled with the physical demands of high school sports is a new reality of responsibility, balance and discipline that should get any student-athlete's attention.

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



“TACKLING ELIGIBILITY” AT QUINCY HIGH SCHOOL

Stephen Wallace, Head FB Coach Quincy HS
dwallace@qsd.wednet.edu

The Quincy High School football team has won its' second WIAA Academic Championship in the last three years and this season they posted a 3.45 team GPA. This has come about largely through the efforts of head coach Stephen Wallace and his staff implementing their plan to improve the academic success of their student-athletes. The following is reprinted from the Winter 2011 issue of "The Washington Coach."

The year before being hired at my previous football program, I watched as the team finished the season with eleven players. I came in and focused heavily on recruiting as many players as I could. We began the season with thirty-four however, when the first grade check came out we lost eighteen of those players. We lost two more after the second grade check and ended up finishing the season with fourteen players. We needed a better game plan. The following year we implemented a Study Table program like we had in college for athletes with low grades. We made it mandatory for all players. The following year we began the season with twenty-nine players and ended with twenty-two. Success!! Over the next four years, the percentage of players remaining academically eligible got steadily higher. Not only did the numbers of eligible players increase, but our team's overall GPA rose from 2.4 to 3.1. In addition, we had more players eligible for winter and spring sports because of their new study skills and attitudes towards academics. The ultimate pay-off came when my first group of freshmen graduated and all of them went on to further their education; some to colleges, some to technical school and one enlisted in the Marines. The discipline they learned at the Study Table served

them well beyond their high school years.

When I was hired as the football coach in Quincy, I implemented the same Study Table program and the results have been similar. In two years, the overall team GPA has risen from 2.85 to 2.95. The varsity GPA improved even more from 3.03 to 3.24. During those two seasons, our turnout has increased as well as our number of academically eligible individuals who finished the season. The Study Table builds commitment both on and off the field. What started out as my selfish desire as a coach to have more eligible players turned into a personal learning experience about how to use athletics as a tool to improve academics.

Our coaching staff has embraced the belief that we must develop students first and excellent athletes will naturally follow. Our team practices begin at the Study Table. We begin every player/parent meeting with academic topics first. At the end of the season banquet, we begin with academic awards for individuals; grade levels (9-12) and teams (C-Squad, Junior Varsity and Varsity) with the best GPA's. We are consistent in demonstrating to our players the importance of being a student first and then an athlete.

Study Table runs Monday – Thurs-

day from 3:00 to 3:45. At the beginning of every season, we inform the parents that their student-athletes will be home later than normal but we also assure them that their students will be mostly, if not completely, done with their homework. Study Table is like our player's seventh period class. They have five minutes to get from their last class to Study Table in the school library or they are considered "tardy" which results in team O.S.I.'s (Opportunity for Self-Improvement). This is strictly enforced.

Study Table is not a place to socialize or study football plays. The atmosphere is serious and work gets done. Once in session, Study Table is much like a regular class. Students must sign in on arrival and must have a pass to leave. Students may go to any teacher's classroom for extra help but they must present a pass to go, sign out, and bring back documentation verifying how much time was spent and what was accomplished.

Most students need help with basic study skills: learning to prioritize tasks and time, accepting responsibility to complete daily homework assignments, organizing notes and notebooks and studying for exams. Many need an insistent adult voice reassuring them that school work is important. Some student-athletes would rather fail and have their coaches and

peers think they are lazy than admit they need help and risk being considered “dumb.” The mandatory Study Table does not let the student-athletes have the option of choosing whether or not to seek help. The expectations are clear: school work will be done and help is readily available.

Academic competition and Study Table are not always enough for some students, therefore every year I put together a list of student-athletes who need to be watched based on their previous grades. Our coaching staff tries to make almost daily contact with these students using simple statements-always positive and sometimes joking-but always about academics. We want our players to know we think it is as important to be focused in the classroom as on the field. While there is no “cure-all” for the problem of ineligible student athletes, we are having fewer problems with that because of the emphasis we have placed on academics first and the impact that Study Table has made. ■

Burnett-Ennis 2013 Scholarship Recipient



Kendall Todd
with family




Our apologies for leaving Kendall's photo out of the last issue.

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W.S.C.C.A. SELECTS HALL OF FAME INDUCTEES

By Steve K. Bertrand

The Washington State Cross-Country Coaches' Association, in conjunction with the Cross-Country Hall of Fame Selection Committee, has chosen their annual Hall of Fame inductees. Honorees must be retired cross-country coaches from the state of Washington who have achieved a level of success &/or contributed significantly to the advancement of the sport. Here's a look at the recipients for 2013.



John Amidon

John Amidon grew up in Tacoma, Washington. He graduated from Clover Park High School in 1970. While at Clover Park, John lettered three years in football, basketball & track & field.

Following high school, John attended Pacific Lutheran University where he participated in football (4 years) & track & field (3 years). He graduated in 1974 with a degree in Education.

During his twenty-five year career, John taught physical education & health at the elementary, middle school & high school levels. Twenty-three years were spent coaching at Olympia High School.

An interesting story, John transferred to the high school to become the Bears' head track & field coach. He was also coaching football & basketball. When the cross-country job opened up, he decided to take the position to help recruit for track & field. As they say... The rest is history.

While at the helm for Olympia, John's cross-country teams claimed twelve League titles (9 boys & 3 girls). They also claimed eight District titles (5 boys & 3 girls). John qualified teams for state 19 of his 23 years (14 boys & 15 girls). Jessie McLaughlin claimed the individual 2001 State Cross-Country title.

During his tenure, John's boys' compiled 169 wins & 32 losses in League meets (8 undefeated seasons). His girls' compiled 150 wins & 47 losses (2 undefeated seasons).

Other notable achievements include the boys having 8 top 10 finishes at state (3rd place in 1986 being the highest finish), & the girls having 7 top 10 finishes at state (3rd place in 1987 being the highest finish).

Following his retirement from teaching & coaching in 2004, John served as athletic director for five years at Olympia High School. He has been married to his wife, Barbara, for thirty-three years. They have two children – Courtney & Brady. In retirement, John, who is an accomplished magician, enjoys performing magic shows, traveling with Barbara, & simply enjoying life.





Terry Rice

Terry Rice grew up in Tacoma, Washington. He graduated from Mount Tahoma High School in 1967. We were known as “The class that’s really revvin’!” exclaimed Terry.

While in high school, Terry participated in football, basketball & baseball. “I always tried to be an athlete; but I was short & under 100 pounds.” His sophomore year, Terry turned out for track & field. He ran the distance events. “I finally found a sport where I could be successful & not get cut,” he said.

Following high school, Terry attended Tacoma Community College (1967-1970) where he competed in cross-country/track & field. He went on to attend Central Washington State College (1970-1972) where he was First-Team All-Conference in cross-country & competed in the N.A.I.A. National Championships in both cross-country & track & field. Terry graduated in 1973 with a B.A. in Education & a double major in Health/Physical Education.

In the fall of ’72, Terry was a volunteer cross-country coach at Mount Tahoma High School while doing his student teaching. Spring of ’73, he landed a teaching job (Science & Physical Education) at St. Michaels in Olympia. He was also hired as their track & field coach.

From 1973 to 1984, Terry taught at several elementary schools. During this time, he coached cross-country at Mount Tahoma High School, Foss High School & Tacoma Community College.

In the fall of ’84, Terry was hired by Stadium High School to teach Health & Physical Education. He was also hired as cross-country/track & field coach. From 1984 to 2005, Terry coached the Stadium cross-country program. His teams claimed three League titles, three District titles, & seven teams qualified for state.

Top runners for Stadium during those years included Melissa Moffitt, Shawn Perkins, David Schroedel, Matt Holcom & Bryan Bissell.

Past president of the Washington State Track & Field Coaches’ Association & founding member of the South Sound Cross-Country Camp, Terry is married to his wife, Patty. They have four children – Bryan, Melanie, Kevin & Marc.

Presently, Terry volunteers at local cross-country/track & field meets. He’s also Guest Services Supervisor at Chambers Bay Golf Course, the home of the 2010 U.S. Amateur Golf Championships & the 2015 U.S. Open Golf Championships.



Dave Rockstrom

Dave Rockstrom grew up in Grandview, Washington. He graduated from Grandview High School in 1966. While in high school, Dave participated in football & track & field.

Following high school, Dave attended Washington State University. He graduated with a double major in psychology & biology/education in 1972. While in college, Dave participated in intramural sports, such as football, weight training & handball.

He taught biology, marine biology & oceanography (AP) at Kennewick High School from 1973 until retirement in 2003. When Dave started teaching he was asked to coach cross-country because he’d done some distance running in college. “I decided to wait a year & then started coaching cross-country/track & field,” he said.

From 1974 to 2002 (29 years), Dave coached cross-country at Kennewick High School. He started the girls’ cross-country program in 1976.

During his coaching career, Dave’s boys’ teams claimed state titles in 1978 & 1979. “It was truly exciting to step up on the podium & receive the first place trophy,” said Dave, “however, the most rewarding part of coaching is following the successes of the kids after high school.”

While at Kennewick, Dave’s teams claimed ten League championships. They also made ten state meet appearances. Besides claiming two state titles, Dave’s teams finished 2nd twice, 3rd three times, 7th, 8th & 16th in the State Cross-Country Championships. In addition, he’s had over 100 individuals qualify for the state meet with 28 finishing in the top 20. “It’s much easier to achieve a top ten ranking than to qualify for the state meet out of our tough region,” said Dave.

Dave has been married to his wife, Cherie, for the past 26 years. They have three children – Matt, Mackensie

Continued on page 16

Continued from page 15

& Macie. Retired from teaching, Dave continues to teach science to home school students. He is also in his tenth year coaching cross-country/track & field at Southridge High School.



Andy Slatt, Jr.

Andy Slatt, Jr. grew up in the Seattle, Washington. He attended Shorecrest High School & was a member of the first graduating class in 1964. While in high school, Andy participated in cross-country/track & field. He has the honor of being the first

cross-country captain for the Shorecrest Highlanders.

Enlisting in the U.S. Army, Andy fought in Vietnam. A career soldier, Andy served 30 years in the military. Recently, he was deployed to Kuwait, Iraq & Afghanistan (2004-2005). His military achievements include Army Green Beret, Federal Legion of Merit, 2 Bronze Stars, Purple Heart, 5 Air Medals, 2 Meritorious Service medals, 5 Army Commendation medals & 3 Army Achievement medals.

Furthermore, Andy attended Central Washington University. He graduated in 1972 with degrees in Psychology & History. In 1974, he added his Master's from Seattle University in Guidance Counseling.

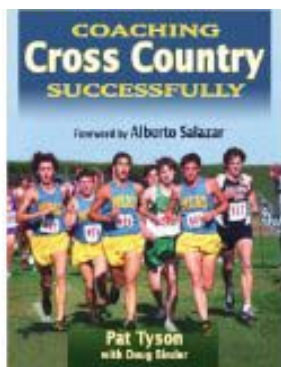
When Andy came to O'Dea High School to teach & counsel, Monte Kohler, the athletic director, encouraged Andy to coach. "He knew my background," said Andy. Thus began a 22-year teaching/coaching career with the Fighting Irish (1987-2010). In addition to coaching cross-country/track & field, Andy taught Psychology & Civil War History.

During his tenure, Andy's teams claimed three League & four District titles. Andy had 20 consecutive years of teams &/or individuals qualifying for the State Cross-Country Championships. He had five teams finish in the top 10 at the state meet.

His top runners included David Bazzi, Matt Pearson, Rick Weiss, Jovan Broderick, Michael Johnson, Sam Burns, Casey Moriarity, Michael Kilburg, John Darmody & Alex Duffy. In addition, over 40 of Andy's athletes went on to compete collegiately. David Bazzi has since taken over the coaching job at O'Dea High School.

The son of legendary coach Andy Slatt, Sr. (Bellarmine Prep & O'Dea), Andy, Jr is an O'Dea Hall of Fame coach, an honor he shares with his father. He is married to his wife, Barbara. They have five daughters – Stephanie, Taryn, Jessica, Lindsay & Brigitte.

The Cross-Country Coaches' Hall of Fame Induction Ceremony will take place Friday, January 17th, 2014, at the Everett Holiday Inn, at 7:00 p.m.. This event will take place in conjunction with the Washington State Track & Field/Cross-Country Coaches' Convention (1/17 & 1/18). The Cross-Country Coaches' Hall of Fame event is free to the public. For further information, visit the convention website at <http://www.wstfca.com/convention.php>. ■



Coaching Cross Country Successfully

Cross Country Hall of Fame Coach Pat Tyson has a new book out called "Coaching Cross Country Successfully." The book costs \$21.95 and can be found at Barnes and Noble, Amazon, and several other book selling outlets. Pat won numerous state titles with Mead High School and is currently the coach at Gonzaga University. ■

BURNETT-ENNIS SCHOLARSHIP

Deadline: April 15th

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

To be eligible for the scholarship:

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

Personal Information (please print clearly)

Name _____
Last First M.I.

High School Attended _____ Date of Birth _____

Permanent Address _____
Street City Zip Code

Permanent Home Telephone number (_____) _____

Parent/Guardian _____ Years Member of WSCA _____

Address of Parent/Guardian if different from applicant:

Street City Zip Code

Academic Information GPA _____

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

Athletic or Extracurricular Participation

<u>Sport</u>	<u>Years</u>	<u>Letters</u>	<u>Honors</u>
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

Please continue with application on reverse side.



See page 24 for Burnett-Ennis Student Teacher Scholarship Application .

continued from previous page

BURNETT-ENNIS SCHOLARSHIP

Deadline: April 15th

College Goals College planning to attend _____

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

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

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

Check list:

Application Letter of Recommendation Transcript Resume

Your application must be received before April 15th.
Mail To: WSCA Scholarship, 708 S. Lake, Colfax, Wa 99111

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



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 Mike Schick at WSCA-EDITOR@comcast.net

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



Hearing their final whistle...

Coach Gary Brines

Federal Way High School and the entire coaching community lost long time coach Gary Brines when he passed away on June 23. A fourth-generation Washingtonian, Gary was born in Centralia on July 7, 1936, and soon developed a life-long passion for sports. As a young teenager, he mobilized support from the local Kiwanis Club to establish the first Little League teams in his home town. After graduating from Centralia High School as a four-sport letterman, he attended Washington State University for a year, before transferring on scholarship to the University of Puget Sound, where he double-majored in English and Physical Education. Gary was equally accomplished on the college athletic field, where he lettered in both football and baseball, and as quarterback helped lead the Loggers to the 1956 Evergreen Conference championship with an undefeated record.

After earning his degree from UPS in 1958, Gary embarked on a thirty-year career as a high-school coach and teacher of biology and English, with stints at Centralia and Toppenish High Schools before moving to Federal Way High School, home of the Eagles, in 1962. In the 1970s and early 80s, Coach Brines led the Eagles varsity boys basketball team to several South Puget Sound League championships and five berths at the state tournament, with a career win-loss record of 214-167. While at Federal Way, he also coached football, baseball, and boys and girls tennis. Additionally he served as activities coordinator and vice principal at Federal Way H.S. before becoming the district's athletic director. Active in the state chapter of the National High School Athletic Coaches Association, he was elected Coach of the Year and presi-

dent of the NHSACA in 1985 and was later named the organization's executive director. After retiring from teaching in the late 80s, he ran a small business and built a third successful career as a real estate agent in Gig Harbor.

Coach Brines inspired thousands of students and athletes with his boundless enthusiasm and sense of fun. He gave generously of his time to student activities, including the ski school, hiking club, student yearbook, Washington state leadership program, and driver's education. He was an early proponent of youth basketball camps and worked energetically to raise funds on behalf of school sports, writing a masters' thesis on financing athletic programs in the state's new high schools. Gary also loved to socialize and avidly pursued interests in politics, history, nature and the outdoors, and travel. In his 60s and 70s, he competed in the Washington State Senior Games and was still clocking eight-and-a-half-minute miles in 5k races throughout the region.

Gary is survived by his brothers Richard and Robert; three daughters, Julie Brines, Teresa Chance, and Lesley Pittman; a son, Gary S. Brines; five grand-children, and two great grand-children. ■



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 at: 2110 Richardson Drive, Puyallup, WA 98371 or info to wscs-editor@comcast.net

“WHEN I WANT YOUR OPINION.... I’LL GIVE IT TO YOU”

by Coach Don Papasedero

....a rare and special time

Coach Jerry Parrish and The WSFCA have sponsored a remarkable event for the last 6 years in August’s “Dead Zone.” He invites selected coaches to join him in a sharing of ideas about how to be better coaches. There is a tremendous exchange of ideas without a thought about how this “openness” and sharing would cause a future loss. Many of the wizened and grey old warriors are regular opponents in the fall! I am a privileged charter member of this collection of coaches who VOLUNTEER their precious summer time to HELP KIDS. As always, I find immense pride in being part of the talented guys who coach football in Washington. I offer encouragement to coaches from other sports to hold their own version of our, “Dead Zone” clinic.

Good, bad, ugly, or damnable beyond compare?

I somehow let my thumb slip late last week and my TV remote selected a NBA basketball game. Without too many details, I watched a “pro player” whose team was losing by 22 with 3 minutes to go. He nonchalantly brought the ball down court. An alert defender quickly stole the ball and sprinted towards his basket. The guy who was “picked” rushed after him, caught up, and pushed the defender into the crowd.

To me, it was a classless, gutless move...worthy of much more than the flagrant foul that was assigned...it

gets worse...this guy walks around, pulling his jersey, pumping his chest, and calling for the crowd to exhort his behavior. His teammates all jumped around and got excited while the defender was getting attention from the trainer.

Dr. Naismith and generations of players and coaches should shake their heads in outrage at the condition of sportsmanship in pro basketball. Basketball coaches, let’s all remember to be great ambassadors and teachers of this game we love.

.....since you asked

I have been very lucky to have served as an assistant coach for some of the greatest here in Washington. I have seen all types of coaches in multitudes of leagues, programs and systems. I am occasionally asked to help schools select new head coaches. I am touched that they think of me and I always send the following ahead of me for the hiring committees to consider. Head coaches.....do you model these characteristics?

Papasedero’s characteristics of a successful Head Football Coach

- Loyalty to staff, players, and school
- Demonstrates integrity and veracity...follows the rules!!!
- Views the field as an extension of the classroom...values education, learning, and the challenges that present themselves to teachers...stresses “student-athlete”.

- Is an active, involved WSCA member.
- Considers being a Football Coach as a professional mission.
- Committed to the entire school program...not just football.
- Values family
- Insists on preserving the dignity of the opponents
- Expects staff to be social and insists on participation in this.
- Sharing of self, money, personal “things”.
- Uses a sense of humor and wonder in coaching...not too serious!
- Willing to work with, accept, and coach “at-risk” students.
- .Clearly sets expectations for staff, players, parents, and the game.
- Teaches and expects leadership from players.
- Willing to coach other sports...is very visible
- Positively uses a sense of history and tradition.
- Creates a system for listening to players concerns.
- Unwaveringly insists on players following the D+A policy.
- Follows budget guidelines and uses precision in inventory.
- Expects and models organization and preparedness.

...the very best

This August at Everest Field in Kirkland, I watched a remarkable



Coach Don Papasadero

...this IS 2013!

We all agree that ejections from games for unsportsmanlike behavior are a sad, but warranted consequence. But....what if a kid is ejected...does not warrant it...and we have the official's decision on tape? Ejections always mean missing the rest of the contest AND the next contest as well! We understand that you cannot appeal "judgement calls"...but if a player is booted because an official "thinks he sees" an extreme violation...and we can PROVE THAT IT DID NOT OCCUR on tape, shouldn't there be a way to preserve the

player's eligibility for competition?

Perhaps the WSCA could author and present an amendment to the WIAA rules that creates a S.O.P. to appeal unwarranted ejections. This may involve the W.O.A. Commissioner, WIAA Executive board, each league that is involved and the school that is making the appeal. Obviously, the old adage that "films never lie" may give innocent kids a chance to participate if an adult official made an

error. I will volunteer to assist in this project if some of you coaches contact me.

....a sign of the times

Last March I was speaking at The Nike Clinic in Portland. As we all know, the number of coaches that are classroom teachers continues to shrink. I asked my audience how many of them were teachers or administrators at the school where they coach. My old pal, Cale Piland from Union High School, and I counted 5 guys, including ourselves, out of a room of 40ish coaches. There are many reasons for this declining amount...the list of "whys" is long. The concern for veterans in our profession is for the future! Who, if not educators, will preserve these games that we are so devoted to? Perhaps a "gentle shove" or serious advice to the young coaches we work with to consider becoming an educator in the future is in order! We all know that great coaches are always great teachers as well.

3 and out Baby....

"Ego sum valide, tamen ego mos superstes." ■

event. The city of Kirkland has sponsored the Junior League Softball World Series since 1999. Teams of girls qualify and travel from all over the world to compete. I detected the usual plethora of sponsors, family billets, volunteers, organizers, and tournament officials that you might see at any large tournament. I went to watch one of the best players, my niece, Natalie Vetto play...but found so much more!

U of W head coach, Heather Tarr, was a featured guest who personally greeted EVERY player. SHE IS A CREDIT TO HER SPORT AND OUR PROFESSION! Before each game, they played excellent versions of each country's national anthem, exchanged handshakes and hugs, and offered a cheer for the opponents BEFORE the games. The teams that were waiting to play were rooting like crazy for all the participants, as were the parents and fans. I saw some excellent, fierce competition...all within the rules and spirit of sharing some sisterhood with the opponents. Every person who came in contact with this event, in any way, was enriched. Way to go Kirkland Junior Softball!



Hearing their final whistle...

COACH MIKE DUNBAR PASSES AWAY

Mike gained recognition across the country as a renowned collegiate football coach. He grew up in Lakewood and graduated from Lakes High School in 1967. Coach Dunbar taught in the Clover Park School District for eight years before moving to Ellensburg in 1980 to coach football at Central Washington University. During his 39 year coaching career, Mike was the head coach or offensive coordinator at ten major universities. He was a member of the National Football Coaches Association, the Washington Athletic Association and an inductee of the Central Washington University Hall of Fame. ■

BESKIND/CAMPBELL INDUCTED INTO SNOHOMISH COUNTY HALL OF FAME

By Steve K. Bertrand

Hundreds of family, friends & sports enthusiasts gathered at Everett's Comcast Arena on Wednesday, September 25th, 2013, to celebrate Snohomish County's rich sports history. The banquet honored 10 individuals & two teams. Amongst the fourth class of Hall of Fame inductees was Vicki (Borsheim) Beskind & Tom Campbell.

Tom Campbell

Tom Campbell remains one of the most respected & successful cross-country coaches in the state of Washington. A leader in the sport of cross-country, Campbell's boys' & girls' teams at Edmonds High School won 12 W.I.A.A. (Washington Interscholastic Athletic Association) state championships (7 boys & 5 girls).

Starting in 1975, Campbell's boys claimed additional titles in '82, '83, '86, '87, '88 & '90. His Edmonds girls won state championships in 1976, '83, '84, '85 & '87. On eight other occasions, Campbell's teams finished top four at the state meet.

To date, Campbell holds the distinction of being the only coach to claim state titles at the four state meet sites – Evergreen High School, Hangman Valley Golf Course, Port Townsend, & Pasco. Tom always led by example. He never asked a runner to do anything he wasn't willing to do. When his athletes ran, Tom did too.

The recipient of numerous awards, Campbell was the '83 & '84 Cross-Country Coach of the Year. In '94, he was inducted into the Washington State Cross-Country Coaches' Hall of Fame, as well as being honored as the Everett Herald's Man of the Year in Sports. In 2004, Campbell was inducted into the W.I.A.A. Hall of Fame's inaugural class.

During his tenure, Campbell was instrumental in creating the Washington State Cross-Country Coaches' Association, an organization he served as president for 12 years. Regarding his success at Edmonds High School, Campbell has this to say – "I am the luckiest man in the world to be

the captain of that ship, & to be a joyful witness to all they accomplished. Over those 30 years... I just had soooooo muuuuuuch fun!"

Vicki (Borsheim) Beskind

Vicki (Borsheim) Beskind, an '84 graduate of Everett's Cascade High School, won League, District & State titles in the high jump her senior year. Vicki's state meet jump of 5'8" is still Cascade's school record. Vicki was inducted into Cascade's Athletic Hall of Fame in 2012.

Following high school, Vicki walked on at the University of Washington. A four-year letterwoman in track & field, she was the Pac-10 high jump champion as a junior. During her senior year, Vicki placed 2nd in the NCAA Indoor Meet & 9th in the NCAA Outdoor Meet (6'2.5"), earning All-American honors.

After college, Vicki competed in the '88 & '92 Olympic Trials, just missing the '92 team (She finished 4th). Between 1986-'92, Vicki competed in five U.S. National Women's High Jump Championships.

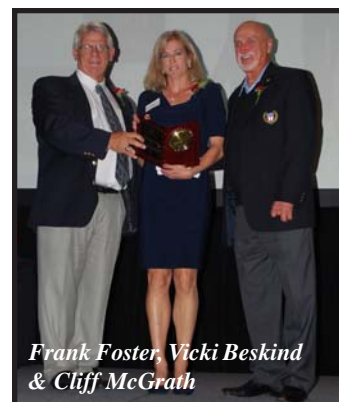
An '87 Everett Herald's Woman of the Year in Sports & '97 UW

Athletic Hall of Fame inductee, Vicki expressed her appreciation to family, friends, coaches & Snohomish County for all their years of support.

"Throughout my athletic career, I was very blessed to have been surrounded by supportive family, friends, coaches, teammates, &, at times, even competitors," said Beskind. Vicki's jump of 6'4" in the '90 U.S. National Championships remains the highest jump to date by a Washington woman. ■



Frank Foster, Tom Campbell & Cliff McGrath



Frank Foster, Vicki Beskind & Cliff McGrath



SPORTS NUTRITION TIPS HELP COACHES TALK TO ATHLETES



Coaches and trainers attending the WIAA accredited Coaches School Express session at Kentlake High School heard former UW athletics dietitian Emily Edison, M.S. R.D., conduct a WINForum clinic to describe ways to talk to student athletes about nutrition.



A carbohydrate rich dinner with lean protein and healthy fat should be consumed within an hour of practice or a game. An ideal dinner would be salmon, green beans, brown rice, milk or chicken and veggie pasta, green salad, and milk.

Research has shown that lowfat chocolate milk immediately following exercise contains the desired carb/protein ratio for repairing muscle damage, replaces lost electrolytes, muscle and liver glycogen (energy stores).



“Nutrition science calls for a balance between rest, eating, workouts, school,” Emily told 30 coaches attending the WINForum clinic session. “Student athletes should eat three meals every day starting with breakfast, which jump-starts metabolism and builds a base for the rest of the day. At least three of the food groups should be consumed at every meal: fruits and veggies; whole grains; lean meats and low fat or fat free dairy.”



Put the **WINForum Sports Nutrition Game Plan** to work for your athletes! Emily summarized contents of the WINForum Sports Nutrition Game Plan and other WINForum resources.



Emily Edison, MS, RD, ACSM-HFS, WINForum Coordinator, Sports Dietitian, Certified Personal Trainer and Owner, Momentum Nutrition and Fitness
www.momentum4health.com

Evaluations from coaches provide insight for future clinics and social media posts. Based on these evaluations, the WINForum team will research and post more information about nutrition and the female triad; inexpensive meal options that kids fix themselves; why student athletes should take nutrition seriously; how/what athletes should eat before morning practices; quick recipe ideas; how to maintain weight; and how nutrition can make athletes bigger, faster and stronger.

***NEW* Scholarship for Student Teachers**
BURNETT-ENNIS STUDENT TEACHER SCHOLARSHIP
Deadline: April 15th

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

To be eligible for the scholarship:

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

Personal Information (please print clearly)

Name _____
Last First M.I.

College Attended _____ Date of Birth _____

Permanent Address _____
Street City Zip Code

Permanent Home Telephone number (_____) _____

Parent/Guardian _____ Years Member of WSCA _____

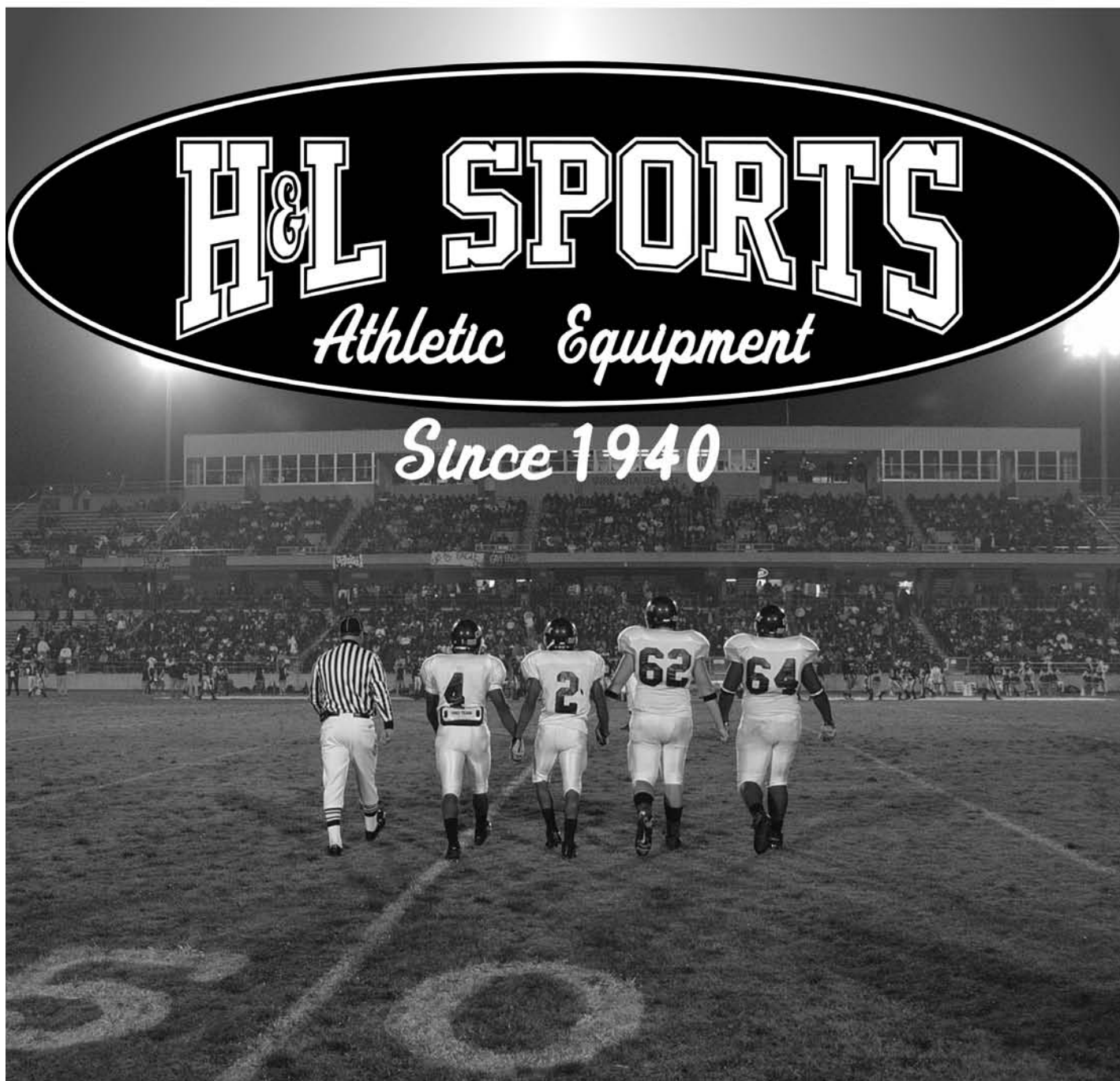
Address of Parent/Guardian if different from applicant:

Street City Zip Code

Check list: Application Letter of Recommendation College Transcript Short Essay

Your application must be received before April 15th.
Mail To: WSCA Scholarship, 708 S. Lake, Colfax, Wa 99111

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



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