

THE WASHINGTON GOACH

OFFICIAL PUBLICATION OF THE WASHINGTON STATE COACHES ASSOCIATION



DWAYNE LANE'S **FAMILY OF AUTO CENTERS**



Remember, We'll Take Care of You!



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



Locations in Everett and Arlington



**Washington State Coaches Association
Executive Board**

President
Darrell Olson

Past President
Nalin Sood

Vice President
Brett Lucas

Board Member Position 1
Tom Harmon

Board Member Position 2
Tawnya Brewer

Appointed Officers and Committee's

- Executive Director-Treasurer** Rob Friese
- Recording Secretary** Brett Lucas
- WIAA Liaison** Mike Schick
- Magazine Editor**..... Mike Schick
- Associate Magazine Editor**Barb Johnston
- Scholarship Committee**Rick Giampietri,
Nalin Sood, Tawnya Brewer
- All State Game Liaison**Pat Fitterer
- WSCA Operating Manual**Ryan Fleisher
- Lifetime Achievement** Tom Harmon
- Career Recognition Awards** Brett Lucas
- Lifetime Membership** Mike Schick
- WSCA Clock Hour Administrator**Pat Fitterer
- Finance Committee**..... Darrell Olson, Rob Friese,
Mike Schick, Rick Giampietri
- Representative Emeritus** Ed Laulainen
- Executive Director Emeritus** Jerry Parrish

Individual Sport Association Representatives

- Athletic Trainers** - TBD
- Baseball** - Brian Jackson Graham-Kapowsin
- Basketball (B)** - Nalin Sood, Mt. Lake Terrace
- Basketball (G)** - Dan Taylor, Kings
- Cheerleading** - TBD
- Cross Country** - Jeff Hashimoto, Ellensburg
- Football** - Mark Keel, Central Kitsap
- Golf** - TBD
- Gymnastics** - Ryan Fleisher, Issaquah
- Soccer** - Jens Jensen, Royal/Nick Anderson, Lakewood
- Softball** - Tom Harmon, Nooksack Valley
- Tennis** - Brooks Hazen, Puyallup
- Track & Field** - Kevin Eager, Gig Harbor
- Volleyball** - Suzanne Marble, LaConner
- Wrestling** - Brett Lucas, Todd Beamer

For more information contact the below

President, Darrell Olson
11729 29th Ave SE, Everett, WA 98208
425-232-4371 • abcdolson@frontier.com

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

WASHINGTON STATE

COACHES ASSOCIATION

A WASHINGTON STATE NON-PROFIT ORGANIZATION

Our Mission

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

WHAT'S INSIDE

From The President	2
Treasurers Report.....	3
Why Should I Become a Member.....	4
School Athletics & Hazing.....	5
A Hot Mat for Wrestling	6-11
Hearing Their Final Whistle - Coach John Crawford.....	12
<i>The Washington Coach</i> on the Road.....	12
Explosively Fit - Respiratory Muscle Training Part 2	13-15
Women in Athletic Leadership - Tara Davis	16
Hearing Their Final Whistle - Coach Thomas Swapp.....	17
Hearing Their Final Whistle - Coach Ray Barnes	18
<i>The Washington Coach</i> Rates	19
WSCA Recognition Opportunities.....	19
Hearing Their Final Whistle - Coach John S. Anderson.....	20
WIAA Proposed 2023 Amendment Summary.....	21
The Jason Foundation, Inc - Athletes and Mental Health.....	21
Care of Equipment at the End of the Season	22-23
Cleats vs Cancer All Star Football Game	24
WSCA Insurance Carrier	24-25
Wrestling Hall of Fame 2022.....	26-29
Deadlines for <i>The Washington Coach</i>	29
Hearing Their Final Whistle - Official Mike Kain.....	30
Highland Dedicates Pat Fitterer Court.....	31
Gymnastics -Washington Open Winter Invitational	32
Share a Coaching Tip.....	32
WSFCA Seattle Glazier Clinic.....	33
Hearing Their Final Whistle - Coach Jim Freeman	34-35
Individual Sport Representatives	36

From the Editor

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

Presidents Message

Darrell Olson

Fellow WSCA Members,

As you read this edition of the Washington COACH magazine, winter sports will be entering their post season play. Do get out to a game in your area and support our young people. Your presence in the stands or on the sidelines encourages all of our athletes and coaches. Each community in the state needs to see their tax money at work with extra-curricular programs offered through the schools, that the all important levy money supports. State tournament sites are: boys & girls wrestling in the Tacoma Dome, boys swim/dive at the King County Aquatics Center in Federal Way, girls & boys basketball tournament in Tacoma/Yakima/Spokane, gymnastics at Sammamish HS, and bowling at Bowlero in Tukwila. No matter the sport, there is always drama and excitement at each of our state tournament venues. Students are cheering and fans are yelling! It is great to feel the energy at every venue. Thanks to all the coaches and game management staffs for working together to pull off quality District, Regional, and State Tournaments.



High school state tournaments are still the best show in town and the “best bang for your buck”.

Ahead, we prepare for our spring sports season and the unpredictable spring weather that awaits us all!

The WIAA Amendment process is well underway. Be informed on what amendments are up for a vote. No coach likes surprises when it comes to rules changes in your sport. Talk to your AD. Talk to your principal. Be informed. Get involved. Voting on the proposed Amendments takes place April 26 through May 5, 2023.

Don't forget to complete the WIAA Spring sports rules clinics for your particular sport. This is a requirement from the WIAA that each 'paid' coach must complete the short 'sports specific' rules clinic. Failure to complete these rules clinics will result in a WIAA violation. I know this can be a pain in the neck because we think we know all the rules of our sport and because we don't have the time. You may be a little humbled while taking the test at the number of rules you don't know in your sport. Be professional about it and get it done.

This is the time of year that WSCA ISA's are planning summer clinic opportunities. Each sport specific clinic is designed for professional growth in each coach. You will grow deeper in the knowledge of your sport, have the opportunity to network with other coaches, and take advantage of the educational clock hours that are available. Check “The Washington Coach” magazine or WSCA website for clinic opportunities in your sport. Get involved with your sport association!

As an active member of the WSCA, I encourage you to promote the WSCA to your coaching colleagues that are not members. Our membership continues to grow and grow. Coaches are finding that when you add up all the benefits of membership, it is well worth the nominal \$40 membership dues. The \$1 million Liability Insurance coverage you receive as a membership benefit could be a career saver for you! Check out page 4 in our COACH magazine, titled “Why Should I Become A Member of the WSCA?”

I encourage all WSCA coaches to get involved in your association and get off the sidelines. Make a contribution to your 'sport specific' professional organization this year. Contact your sports Individual Sport Association (ISA) representative and ask how you can help. ISA's are listed in the front of the COACH magazine

The WSCA Executive Board is made up of a strong group of coaches with extensive coaching experience and a wide variety of coaching backgrounds. They serve as advocates for all middle school and high school athletic programs and support all coaches working with our young athletes. If you have an idea you'd like to share with us, contact one of the Executive Board members listed in the front part of the magazine.

Good luck with your spring sports seasons. All spring sport coaches look forward to the beauty and variety of spring weather in the Northwest!

Keep the head down,

Darrell Olson, President, WSCA ■

2022-2023 WSCA Membership Executive Director/Treasurer Report



Rob Friese, Executive Director, Treasurer



Be in the Know

Welcome to 2023! As I reflect on the communications I have had with members this past year, it has been a pleasure connecting with so many coaches. While making these acquaintances, I also realized that most of the time the suggestions were pointing members to our website: washcoach.net. Specifically, the Member Central page has most of the information that answers the majority of questions: <https://washcoach.net/members.php>

Our magazine editor, Mike Schick, has been working diligently to make the washcoach website both up to date and relevant. It takes some time to check links to make sure they go to the correct place, to see that lists are accurate, and to ensure that information is not outdated. Having said that, we need help from our membership in this arena. The only way errors can be corrected is when we know about them. If you are listed in one of our recognition awards, such as Lifetime Achievement or Career Recognition, you can view that on the website General Forms and contact the appropriate person for changes or nominations. We need many eyes to be the best we can be.

As far as membership is concerned, the numbers are beginning to reflect our pre-Covid time. We now have 72 active groups that pay for the coaches in their district. The number of group coaches currently is 2919 and our individual registrations is 1053, for a total of 3972 members. Please check out the member benefits on the previously mentioned link and encourage coaches to join and take advantage of these perks.

We are happy to partnership with 24/7ed for offering clock hours for our WSCA clinics, often as low as “free of charge”. This partnership also offers an online venue to track your hours. These hours are OSPI approved and count towards continuing education hours. If you have questions about clock hours, check with your specific sport clinic organizer.

The WSCA is also proud to have joined the National Organization of Coaches Association Directors (NOCAD). Not only has this provided an opportunity to take advantage of great insurance, with much better rates, it has also given us an immediate communication for information from all around the country. We have already learned much about what other states use for policy, hall of fame criteria, etc. If any individual sport is looking for a fast return on a question from organizations around the country, let me know and we can ask. We are excited about this endeavor.

Finally, I would personally like to applaud the WIAA and Mick Hoffman in their concerted efforts in tackling the issue of behavior at sporting events. As a former coach, athletic director, principal, and superintendent I think I have a well-rounded viewpoint of athletics. I have personally seen some of these efforts and their effects already come into play. In order to play, we need referees. In order to play we need coaches. We do not need verbally abusive fans in order to have a contest. ■

QUESTIONS OR CONCERNS?

Contact -
robfriese@gmail.com or
contact@washcoach.net

Washington State Coaches Association

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

For registration information please visit:
washcoach.net

Why Should I Become A Member?

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

- Professional education and training, to earn clock hours and coaching education hours.
- Availability of a pass, using your membership card, for entry into **ALL** WIAA state tournaments, **ALL** regional tournaments, and **ALL** district tournament games, state wide!
- **Liability Insurance coverage of \$2 million** for our membership while working a scheduled, sanctioned and supervised WIAA sport or event.
- An opportunity for your son or daughter to apply for WSCA scholarships. (i.e. **Burnett-Ennis, Terry Ennis, Student Teaching**).
- Eligibility for your sports' **Hall of Fame and Coach of the Year** recognition.

SCAN HERE

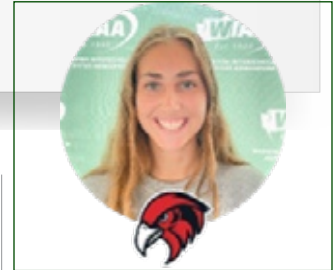


OTHER BENEFITS:

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

SCHOOL ATHLETICS & HAZING: Why It's Still an Issue

by Gillian Spilker, Bellingham HS, Class of 2023



Recently, sports news in my hometown has focused on a story about hazing. Journalists have covered it on the internet, tv and the newspaper; social media fanned the gossipy side; and every local teenager has heard a version of what might have happened.

What has surprised me about this is that all the attention has focused on how bad hazing is for kids to inflict on each other, to be involved with, or be subjected to. With all the press I understand how bad hazing is. But never once in the years I've been a school & club athlete—essentially my whole life—have I been taught what hazing is, how it is a form of harassment, how it relates to bullying, or why I might encounter it.

In order to address hazing, it first has to be specifically defined. When the lines blur between bonding experiences and hazing, perpetrators go unchecked and cycles continue. Merriam-Webster defines it as “An initiation process involving harassment.” The NCAA links hazing to initiation in more detail, defining it as “any act committed against someone joining or becoming a member or maintaining membership in any organization that is humiliating, intimidating

or demeaning, or endangers the health and safety of the person.” This NCAA definition introduces a key factor to the foundation of hazing: humiliation. The incident of hazing in my community certainly preyed upon the shame and embarrassment of underclassmen, who are already uncomfortable in a new environment—I began to understand what those freshman boys had really been put through.

As I continued to do my own research about hazing, I realized how important it is to understand its origins and fundamental objective. Hazing is so common as to be synonymous with boys' experience in fraternities—however, a quick Google search claims that hazing dates all the way back to Plato's Academy of ancient Greece; called “pennalism”, older students practiced in the maltreatment and torment of first-years. To be so prevalent across generations there must be a purpose, reason, or rationale. Throughout history, the world has seen obscene tragedy and pain and hardship, and repeatedly, people bond together when mutually oppressed. Hazing manufactures hardship, and creates an environment where people feel unsafe and violated—from this experience, just like

throughout world history, the oppressed bind together to build connection and alliance. This is the fundamental principle behind hazing; put others down to establish trust and unity. I hear the irony as I type this, but the underlying idea is there: hazing is rooted in the intention to build a community.

In order to manufacture hardship for a group, tactics of affliction, emotional, mental, and physical, are used. This is what college hazing horror stories are made of: forcing new members to drink and drive or run naked in the street. However, these stories override the more common, less stimulating forms of hazing that take place among high schoolers who may not even be aware that their actions constitute as such. When kids make an effort to build community on a sports team, and decide to use “mild embarrassment” as an initiation tactic, they may not see this situation as hazing. Hazing is not taught—instead it is viewed through the media, movies and television, in its most extreme form, preventing youth from identifying it in its more common form in their own lives.

Throughout my middle and high school experience I have been on many sports teams and been a part of

many groups. I have never been taught explicitly what hazing is, or why it is harmful. I have had lessons about bullying and consent; my school teaches a lot about inclusion; but I haven't ever learned about group dynamics or how to help a team come together. I certainly haven't been taught how to grow a healthy culture by boosting up teammates—that is something that is supposed to be intuitive to us. We, youth, are expected to support younger kids and build community—but not taught the right or wrong way, even if it seems innate to those who have seen the ways in which hazing negatively impacts society. I think there is a lot to learn about power dynamics and how to build cohesion in a team or group without tearing individuals down. What I've learned from the hazing incident in my town is that it's what we don't talk about—what is taboo and unspoken—that harms us the most. When hazing is not discussed, and healthy bonding methods not taught, we are all victims of hazing. ■

A HOT MAT FOR WRESTLING

Bremerton Builds a Wrestling Powerhouse

by Lane C Dowell
Correspondent for the *Washington Coach*



For many years Bremerton and the old West/East Highs of Bremerton have been known for its wrestling power. Names come to mind like State Champ Terry Bacon of East High (1961-2). The '70's West High with Burrows, Kabelac, Hayes, Argyle, Johnson, Perrone, Rice, Rasor, and Wannebo.

For two years, 1984 and 1985, there was no wrestling as long-time Head Coach Chuck Semancik retired, but then in 1988, Narvaez, Kangus, Laday, and Gent all went to State. Lauren Richardson made the headlines as Bremerton's 2-time Women's State Champion in 2008/09 and 2010/11. Cameron Dubos placed 2nd in State in 2015 and 2016. Haley Michaelson was Bremerton's first 4-year State Wrestling Medalist 2015-2019. In all, Bremerton's Wrestling names have consistently placed in Local, Regional and State Championships.

Today, the Bremerton Knights have Local, State, National, and International Champions who have competed on the wrestling mat. The Knights are led by the Michaelson brothers with

additional team members achieving regional and state qualifications.

Jeff Graham, Sports Editor of The Kitsap Sun follows the wrestling beat around the Olympic Peninsula, and he comments on the changes of Bremerton Wrestling since Coach Tyler Michaelson took the helm.

"The addition of Ty Michaelson's sons Thor and Lars, and daughter Haley, all accomplished youth wrestlers, brought an immediate rise in talent level at Bremerton High School. But Ty has also been able to add other athletes to the fold, either lesser-known wrestlers or top athletes from other sports such as soccer and football. The Knights have been able to win the last two Olympic League titles because of both star power and depth. He takes his teams to the top tournaments and isn't afraid to let the Knights experience trials by fire. It prepares them for the long haul."

Who molds this strong Bremerton Wrestling culture? We asked the wrestling coaches what makes it work....

He was 'raised on the mat' under the tutelage of his dad, Jeff Michaelson, head wrestling coach at Stanwood and then Sehome High School. He gained the 1994 Washington State High School State Title at 178 lbs as a Senior. Michaelson walked on at Central Washington University in 1998 and earned a varsity scholarship, however his wrestling career was cut short due to injury.

Michaelson is also the Director and Head Coach of Northwest Washington Wrestling Club (NWWC) since 2009. More about NWWC at the end of this article.

Bremerton's team achieved back-to-back Olympic League titles in 2021 and 2022.

WC: How do you prepare others for wrestling?

Michaelson: Wrestling teaches self-discipline, self-direction, self-control, leadership, sportsmanship, mental toughness, resilience, grit, and a hard work ethic. It was through the process of wrestling that I learned the importance of showing up, making weight, being fit, being patient and executing a gameplan. These are the benefits that wrestling provides.

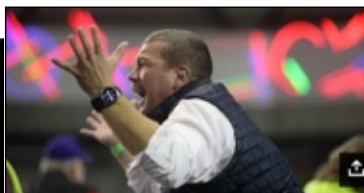
The best preparation for wrestling is watching wrestling and visualizing yourself on the mat and in those positions.

WC: At what age should a youngster start wrestling?

Michaelson: No age is too young to begin wrestling. Wrestling teaches youngsters how to deal with struggles early in life (life is struggle).



Bremerton Knights



Courtesy of Meegan M Reid,
Kitsap Sun

Head Coach Tyler Michaelson was hired as Bremerton's Head Wrestling Coach in 2017.

The best place for a youngster to learn how to wrestle is in the sand.



2022 UWW BW World Championships - Courtesy Kitsap Sun

Jeff Graham of Kitsap Sun wrote: "Two NWWC high school wrestlers traveled to Constanta, Romania over the week of August 29th to compete for Team USA at the **2022 UWW Beach Wrestling World Championships**. Over the course of competition, the two brothers recorded ten matches, seven individual wins and two world medals. **Lars Michaelson** of Bremerton, age 17, earned bronze in the U17, 80 kg division before **Thor Michaelson** of Bremerton, age 18, earned silver in the U20, 80 kg division. **Thor's silver-medal finish distinguished him as the first U.S. male athlete to win a world medal in the U20 division.**



Billy Richardson

Coach Billy Richardson is in his sixth season as Bremerton High's Head Girls Wrestling Coach. He has coached 6 wrestlers to state placers and one as a finalist. In his second season, the team went from an unranked girls' team to being in the top 20, placing 17th at the 2018-19 state's Mat Classic.

Richardson is coaching at the same school he and his parents attended. His achievements include 4-time State Participant, 3rd place 2007, 6th place 2008, 8-time All American, 2008 Fila Greco Roman National Champion and

2008 6th place Fila Freestyle.

As a child, he began with gymnastics, but needed more. At age 4, he began wrestling at Noble Firs Wrestling Club in Bremerton. Later, for year-round training, he joined Kitsap Ironman Wrestling Club under Joe Aiken who trained them in Freestyle and Greco Roman wrestling.

He added "Wrestling creates a mentality to go out and win. I remember my senior year I got into my head during the postseason...I kept telling myself this phrase..."I can score on anyone; they can't score on me; I'm unbeatable."

WC: What benefits does wrestling have for a young athlete?

B Richardson: 3-4 years old is the best age to get any youngster on the mat; It will develop so many areas of awareness both mentally and physically. The early sense of 'pride and hard work pays off' is what got me hooked at an early age - understanding that and creating strategies to win is like no other sport.

WC: Is it a sport for both males and females? Tell us why?

B Richardson: Wrestling is a sport for both females and males, the sport has no limitations because of the mindset a wrestler puts themselves in. It's just a matter of them finding the edge to compete. Coaching girls over boys, on the other hand, is a different topic; Girls listen and catch on faster than boys.

WC: How do you prepare others for wrestling?

B Richardson: Cardio in the off-season like Cross Country, but there's no Cardio like live wrestling, so stay on the mat for both the Folkstyle and Freestyle/Greco season. Hit the weight room and stay flexible. My best memories are of any athlete who started the sport with any doubt and slowly became a stud on the mat.

The preparation, hard work, discipline, and adversities a wrestler will overcome in a single season is character building; But the wrestler who lives the blood, sweat, and tears of the sport lets wrestling change their life. The amount of work wrestling makes

you put into your goals makes almost everything else in life easier. It takes a wrestler to understand that.

BREMERTON'S 2022-23 Wrestling Season

This season has included **White River Classic, Buckley** (Competition: 178 Athletes - 11 High Schools - 13 BHS Wrestlers - 41 matches/20 wins). **Centralia Tiger Classic** (14 BHS Wrestlers - 51 matches/32wins - *Junior Lars Michaelson earned the Outstanding Wrestler Award*). **League Triple Dual Meet** (Bremerton, North Kitsap, & Olympic High - 17 BHS Wrestlers - 26 matches/16 wins). **HammerHead Wrestling Tournament, Bremerton** (9 BHS Wrestlers - 30 matches/11 wins). **Graham Morin Memorial Tournament, Bellingham** (10 BHS Wrestlers - 34 matches/18 wins - *Senior Thor Michaelson earned the Outstanding Wrestler Award*). **Hawkins Memorial JV Tournament, Belfair** (7 BHS Wrestlers - 21 matches/13 wins). **Pac Coast Wrestling Championships, Vancouver WA** (681 total Varsity athletes, 6 BHS wrestlers - 25 matches/17 wins. *Junior Lars Michaelson won the Outstanding Wrestler award*). **2023 Doc Buchanan Invitational, Clovis CA** (500+ athletes - 114 schools - 3 BHS Wrestlers - 15 matches/10 wins).

More matches to go...Washington Coach deadline is mid-January. Follow Bremerton High Wrestling on Facebook.

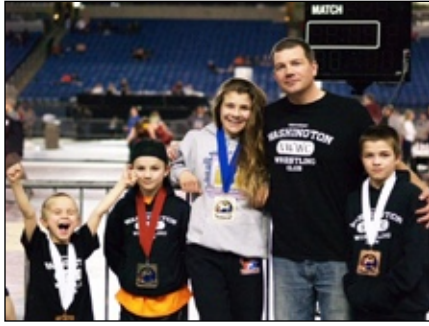
WIAA Regional matches are scheduled for February 11, 2023 in various areas and the Washington State Championship Mat Classic XXXIV is on February 17 & 18, 2023 at the Tacoma Dome.

(Washington Interscholastic Activities Association/WIAA www.wiaa.com)

It's a Family Business!

Coach Ty Michaelson and his wife, Beth are very proud of their four children. They have accomplished multiple National Championships and All-American Honors plus four Pan-American Gold Medals and 2

continued on page 8



Michaelson Family

Beach World Medals. Their competition travels include numerous states and countries including Panama City, Panama, Oaxtapec, Mexico, and Constanta, Romania.

Daughter Haley Michaelson was a Bremerton Salutatorian and the first four-year state wrestling medalist for Bremerton High. She has competed worldwide including in 2017, she and her brother, Thor, battled their final opponents on the flight deck of the USS Midway aircraft carrier on the San Diego waterfront. Haley is currently a Junior at the University of Washington with an Informatics Major.

Jeff Graham of the Kitsap Sun related this story on Haley while she was at Bremerton:

“Jan 17, 2019 - BREMERTON — Running behind schedule, Haley Michaelson took off her jacket and quickly spritzed on some perfume before heading into the gymnasium Tuesday night during the third quarter of Bremerton’s girls basketball game against Olympic.

As a first-time cheerleader, Michaelson knows that appearances are important. “I’m so sorry I’m late,” she said.

Michaelson had a good reason for being tardy. One hour earlier, she was wearing a wrestling singlet for Bremer-

ton’s dual meet at North Kitsap. After winning her match, she jumped in her car and drove to Bremerton so she could cheer during the second half of the basketball game.

It’s a game Michaelson didn’t necessarily need to attend. The fact that she did — and apologized for showing up so late — speaks to her character and her ability to juggle a hectic schedule. “I feel like the busier I am,” she said, “the happier I am.”

Son Thor Michaelson is a 4-time Pan-American Gold-Medalist and World Silver-Medalist for Team USA. He is the defending 2A 160-pound Washington State Champion and has multiple national championships. Quoted as a fantastic defensive technician, he has been well-schooled in collegiate-style wrestling. Thor is the Senior Captain for the Bremerton wrestling team and a Stanford University commit.

Again, Kitsap Sun’s Sports Director, Jeff Graham, wrote of Michaelson’s admission to Stanford just before the 2022-23 season began:

“Michaelson announced his commitment to the Cardinal last week, choosing Stanford over Oregon State University and California Baptist University. Now comes the waiting game. Not only is Michaelson, who’ll begin next (2022-23) season with a career record of 85-3, aiming to win his second high school state title this winter, he must also have a flawless performance in the classroom in order to secure admission to Stanford, which has a 5% acceptance rate.

Michaelson said when he took an unofficial visit to Stanford last fall, he was told he’d be an extreme longshot, despite his 3.85 grade point average. He responded by altering his academic schedule at Bremerton to include

more advanced placement and honors classes.

Michaelson is no longer a longshot, but he knows he must finish his senior year with a strong academic performance in order to gain entry into his dream school.”

Son Lars Michaelson is a 3-time National Champion and World bronze-medalist for Team USA. Lars enjoys taking risks to score or to go after pins. In 2021, the Olympic League wrestling coaches selected Lars Michaelson as MVP. As a Bremerton freshman, Lars competed at 152 lbs and won all six of his matches during the COVID-shortened season. He is the Junior Captain of the BHS wrestling team with a 3.7 GPA.

Son Magnus Michaelson is in the 7th grade at Mountain View Middle School and the returning 106-pound West Sound Middle School League champion. He is already competing worldwide and has gained championship status.

Lauren Richardson, the sister of Girls Head Coach, **Billy Richardson** was a Bremerton 2-time Women’s State Wrestling Champion in 2008/09 and 2010/11. She placed 3rd and 5th at the Fargo Nationals and was the 2013 Body Bar All-American. As a senior at Menlo College in Atherton, California, she earned All-American honors in 2015 at the Women’s College Wrestling Association National Championships in St Louis.

WC: How did you decide you wanted to get involved with wrestling?

L Richardson: I began wrestling when I was four years old for a youth organization called Noble Firs Wrestling Club. I was involved at a young age in various sports, but wrestling was



Haley, Thor, Lars, and Magnus - Pictures courtesy of Meegan M Reid, Kitsap Sun & Trackwrestling.com

my favorite. My uncle, cousins, my dad and brother had been involved in the wrestling community and I had always aspired to be just like them.



Lauren Richardson photo courtesy of Meegan M Reid, Kitsap Sun

WC: Were there barriers you had to break as a female wrestler?

L Richardson: I had always wrestled boy's even throughout high school. However, as I got older, I began noticing more scrutiny behind girls competing against boys outside of Kitsap County. This didn't affect how I trained or competed, but it did continue to shape the wrestler I became.

I always wanted to be the best whether I was wrestling against boys or girls. My reputation was clearly known throughout the Kitsap County community and beyond. This put a target on my back while wrestling boys, especially outside of the local wrestling community. With the target on my back, I had to continue striving to be the best. I knew boys were stronger, so I took up weightlifting at a young age to keep up with their natural endurance and strength.

Post high school, my barriers changed as I competed against the best women wrestlers in the country. I had to learn how to wrestle women who at the time tended to be defensive wrestlers versus offensive and I was very much an offensive wrestler. It took me three years of collegiate wrestling to master a new style of wrestling.

WC: How did you prepare yourself as a Wrestler?

L Richardson: As a wrestler I prepared myself in various ways ranging from strength training, yoga, mindful-

ness, sport hypnosis, and visualization, etc. The more I learned about my health, mind, and body the more I was able to prepare myself to be not only an outstanding wrestler, but a collegiate athlete. Wrestling is a year-round sport and training never stopped from four years old until I retired my shoes at twenty-one.

WC: Do you have a favorite memory of your wrestling experience?

L Richardson: I enjoyed the sport as both an independent and team competition. I will never forget two memorable moments in my wrestling career.

The first being the second Washington State title I won. It was 2011 and my last shot to become a two-time state champion. I had trained harder than any year in the past going to multiple wrestling practices a day, strength training in the evenings, and conditioning in the mornings. I'd start my day at 5am with a three mile run, clean up for school, power-lift as a component to my extra credit courses, drive to after-school wrestling practices as the team captain, and end my day at a homemade wrestling room practicing with the best wrestlers in the county.

Every time I stepped on the mat was an opportunity for me to accomplish my 2011 goal. I ended up taking second at Sub-Regionals and Regionals which continued to push my mental state. I trained for one more week, specifically focused on tactics to beat the local wrestler who beat me at the two previous tournaments before state. Her and I ended up in the state finals that year and I won by points. It was the most rewarding accomplishment of my wrestling career at that point.

The second memorable moment was my senior year in college. I had been out the prior year due to rehabilitating from an ankle surgery and had come back to end my wrestling career with a bang. It was 2015 in a gym with eight wrestling mats, hundreds of the best women wrestlers in the country, and a crowd in the stands.

As some of you may know if you lose two matches, you are out of the

tournament. This year I lost my first match which put me immediately in the consolidation bracket. I wrestled a total of five matches that day with a record of 4 wins and 1 loss. I only needed to win two more matches to place as an All-American collegiate wrestler. The next day I won by two pins and took home my 5th place plaque.

WC: What did you personally achieve as a wrestler and how has this benefited your life?

L Richardson: Wrestling shaped my character at a young age. It taught me grit, persistence, and resilience. Without sport helping to develop these skills I wouldn't be the manager and team leader I am today within a global technology company. I wouldn't know how to overcome workplace or personal life challenges. I would not be able to stride for better. Because of wrestling I have achieved many personal growth goals beyond sport.

We asked a few notable followers about Bremerton and what Wrestling means to them.

Bremerton High School Principal, Ryan Nickels takes an active interest in Wrestling as he was once a wrestler himself at Kentwood and had the assistant coaching position at Bremerton for 8 seasons. *"I got involved in coaching thanks to Eric Smith, class of 2001. He was in my class and asked me if I would come and be an assistant coach. I had been away from the sport for several years. From that I got involved with Blue and Gold Wrestling club and then eventually NWWC when my son ran out of people his weight to wrestle in the youth club."*

WC: Is it a sport for both males and females? Tell us why?

R Nickels: Girls wrestling saved the sport. Bringing on the girls team has created a fantastic opportunity for anyone and everyone to challenge themselves against similar body types and age groups.

continued on page 10

continued from page 9

WC: Can wrestlers perform with physical challenges?

R Nickels: Yes and find success. One of my greatest memories is seeing a student athlete with disabilities win a hard-fought match. It basically came down to if our guy could stand up and get away, he would win. He did! It was great.

WC: What benefits does wrestling have for a young athlete? - At what age should a youngster start wrestling?

R Nickels: The benefits are discipline and hard work. If you wrestle, you can do anything. I started in the 7th grade, but my son started when he was 4.



Ryan and Logan Nickels

WC: What are your fondest memories as a wrestling coach?

R Nickels: As a coach, it was watching a kid turn out that was 80 pounds overweight, long hair, not athletic at all. He would go out and lose every match until his senior year. He had lost the excess weight, cut the hair, and still lost most of his matches, but every match he grew and eventually he won a match. It was a crucial match for our team, and he just never gave up. Not many can stay with it that long. To lose almost every match you wrestle and staying positive, all the work will pay off eventually.

As a father, the greatest feeling of accomplishment was to be there for my son's last high school match. It didn't end the way he wanted it to, most don't, but it ended, and it was an accomplishment. It isn't the wins and

losses... It was the journey. It was a journey we took together.

Logan Nickels, son of Ryan and Carmen Nickels, is currently attending San Jose State and is actively involved with the Athletics Media team. He was a state qualifier in his senior year and helped Bremerton win back-to-back Olympic League titles in 2021 and 2022. In the 2021 season, Nickels and two of his teammates made the All-Olympic League wrestling team.

WC: Since you started wrestling at age 4, what were the different coaching styles as you grew?

L Nickels: I've had a lot of coaches, and they all had very different styles. In Elementary and Middle School there was more of a relaxed, at your own pace, flow. In late middle and high school, it became more intense and fast paced. Both helped me learn, but the fast pace from Bremerton Coach Ty Michaelson really helped push me to be the best I can be.

WC: Do you have a favorite memory of your wrestling experience?

L Nickels: I've had a lot of great times wrestling, especially in high school. One of my favorite times was in sophomore year when we got to go to a tournament in Oregon. It was a great time to bond with my teammates and compete at a higher level. Watching our team have two state champions for the first time last year was pretty cool too.

WC: What did you personally achieve as a wrestler and how has this benefited your life?

L Nickels: Wrestling has given me a lot in my life. Everything is easy when I compare it to wrestling. I've also gotten to make some of the best friends of my entire life. I know my body and it's

limits a lot more now, and wrestling has just given me a great platform to maintain a healthy lifestyle as I grow beyond the sport."

Sixty years ago, Sam Bossert, a retired Bremerton teacher was on the mat at the University of Maryland. His team won the Atlantic Coast Wrestling Conference championship all 4 years he attended MU. Bossert was the ACC Champion at 130lbs in 1961 and 1962, and at 147lbs in 1963. He was also honored with the A.V. Williams Award for Excellence in Scholarship and Athletics at the University of Maryland in 1963. He is very proud of this because it covered all athletics - Rugby, Lacrosse, Basketball, Football, Baseball, and Track & Field.

Bremerton was lucky enough to have him as a commentator at some of the local and regional wrestling championships. We wanted to know if there was a different mindset back in the 60's compared to today's wrestler. There isn't.

WC: What did you learn while being a wrestler that benefited your life?

Bossert: Though I was small in stature and weight, I was able to accomplish things athletically. That's the nice thing about Wrestling: I was small - 130lbs & 5' 6" - and I could compete. There aren't many sports where you can be small and be competitive.

Wrestling was a sport where I could use my mind and my body. I could figure out how to win by learning wrestling holds and then using the strength of my body. I could figure out my opponents' strengths and weaknesses and I used that in wrestling.



Sam Bossert and '63 team - 1963 Atlantic Coast Wrestling Conference Championship - First two, Co-Captains Ron Maunder and Sam Bossert

WC: Do you have a favorite memory of your wrestling experience?

Bossert: My senior year at Maryland - 2 wrestlers could not make their weight class in the Atlantic Coast finals. I moved up 2 classes to wrestle at 147lbs and my friend Ron wrestled at my weight class, 130lbs. So, we only had to forfeit one match in the finals. I won my match 8 to 4.

Sam Bossert grew up in Lewistown, Pennsylvania, population somewhere between 5,000-8,500 - his folks owned the local hardware store. Even today, his hometown features three famous athletes, Sam Bossert, Ron Maunder, and Ralph Baker, with several large photos at the town's restaurant, the local watering hole, and the local motel. Baker went on to play for the New York Jets. A thrill for Sam was that just after the Jets won Super Bowl III in 1969, Ralph called Sam at his home in Bainbridge.



Northwest Washington Wrestlers Club (NWWC) and its impact on the Olympic Peninsula

www.GoNWWC.com

Coach Tyler Michaelson: Northwest Washington Wrestling Club was built on a foundation of toughness and excellence by people like Chuck and Sheri Bullard. I have been blessed to carry the torch for a while.

Currently, NWWC is one of the largest wrestling clubs in the United States and the preeminent high school and college wrestling preparatory club on the Olympic Peninsula. Since 2008, NWWC wrestlers have earned over twenty individual high school

state titles (including all four BHS state titles), numerous college wrestling opportunities, and four NCAA D1 wrestling scholarships. Beyond college, NWWC has produced a contingent of hard-working, respectable, and resilient young men who work in and contribute to the Olympic Peninsula in great ways.

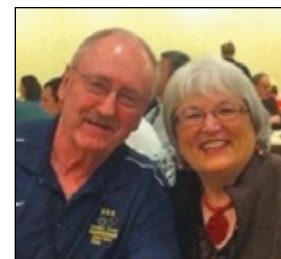
As the Director and Head Coach of NWWC, I have helped 929 young athletes accomplish 323 individual state titles (including 24 high school state titles), 103 USAW All-American honors, 6 UWW All-American honors, 9 Freestyle national championships, 8 Greco-Roman national championships, 2 Folkstyle national titles, 1 beach wrestling national title, 4 Pan-American gold medals and 2 beach wrestling world medals. In 2022, NWWC was ranked among USA Wrestling's Top 50 Clubs nationwide for the eleventh consecutive year.

Coach Billy Richardson: First and foremost, NWWC was/is the club on the peninsula where any stud went to get an extra or competitive practice. I was a first generation NWWC kid coached under Chuck Bullard. The program created many State Champions, National Champions, even 4x HS State Champions.

It created the first environment on the peninsula where champions are born and trained. The only other place to take your wrestling to the next level was Vision Quest in Auburn, coached by Mike Mangrum.

With NWWC's reputation growing it was handed down to the next generation while my dad/Bill Richardson help run the program. Bullard handed the club to Jim Burchett, who then handed the torch to Ty Michaelson a couple seasons later.

I was not around for any of this, but Coach Ty turned NWWC into a machine, tackling new areas of marketing and making it into a business with a strong wrestling culture. The numbers today are through the roof and Coach Ty has evolved to become one of the best Club Coaches in the country.



Lane C Dowell
Washington Coach Correspondent
& Deanna Dowell
Personal Editor in Chief

Former Ass't Coach at West High
Bremerton and Olympic High
Lifetime Member
WSCA - WSTFCA HOF

(Next issue our topic will be the Golden Anniversary of the WIAA prep football playoffs. West High of Bremerton was one of the four big-school teams selected to play for the first WIAA state title.) ■



Hearing their final whistle...



Coach John Crawford

November 9, 1941 - November 29, 2022



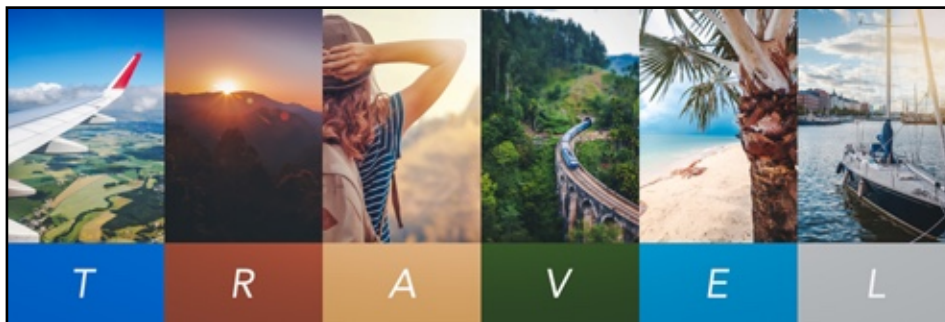
Published by Tri-City Herald on Dec. 4, 2022., Kennewick, Washington -

John Arnett Crawford passed away on Nov 29th at the age of 81. He was born Nov. 9th, 1941 in Cordova, Alaska to Rev. David & Anne Crawford. Life would bring him to the lower 48, but he enjoyed his many adventures back to Alaska. Pasco, Washington became home in the fall of 1964, after graduating from Whitworth College and accepting a teaching position at Pasco High School. Here he taught math and computers for 30 years. After retiring he became the Computer Coordinator/Instructor for the Pasco School District for 7 years. His career also included part-time teaching of math classes at CBC and computer education for teacher classes at EU, CWU, WSU and Seattle Pacific.

John did not know the meaning of "retirement" and went on to work for the Pasco School District in a limited sports capacity for 17 years. To say "he loved sports" is an understatement. John was a coach, referee, meet manager, committee member, and statistics mastermind. He coached basketball for 13 years, track for 10 years, and cross country for 3 years. He was meet manager for the Pasco Invite Track Meet for 46 years, and the State Cross Country Meet for 30 years. He used his computer knowledge to create results and statistics for track and cross country meets, regional basketball tournaments, wrestling and football. He even managed his own website, where he would post tournament/meet results and information. Many knew him as the "man in the van" providing results at track and

cross country meets ranging in all ages. John received numerous accolades for his contributions to education, the community and high school sports. Teacher of the Month awards, Outstanding Educator Award, and City of Pasco Community Service Award were among the many. In 2008, the Pasco School District named the track at Edgar Brown Stadium the "John Crawford Track". He was inducted into the WIAA Hall of Fame in 2015. John is survived by his son, Steve (Tonni) Crawford, his daughter, Sharon (Dan) Anderson, 5 grandchildren, 7 great grandchildren and 1 great great grandson. No service will be held at this time. In lieu of flowers, please support your local high school athletics in his honor. ■

The Washington Coach on the Road



Take your copy of "The Washington Coach" on the road. Send us a picture and tell us where you are. You will have great reading anywhere you go. Send your picture and information to:

wsca-editor@comcast.net



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

Respiratory Muscle Training (RMT)

Part 2 - Part 1 can be found in the Fall 2022 issue of *The Washington Coach*.

Breathing Without Gear

Breathing exercises without equipment **will** efficiently increase the oxygen levels in your lungs. In each of the breathing exercises, practice your breathing over the widest possible range by taking in the largest breath and then breathing out the largest breath possible.

Before doing these exercises stretch out your thoracic muscles.

- Put your hands on your hips, your feet should be shoulder-width apart.
- Move your eyes to the side following the sideways movement as you bend over to each side.
- Straighten and drop the arm on the bending side and allow it to slide against that leg.
- Hold this position for at least a count of fifteen then repeat on the opposite side.

Then warm up with two sets of 20-30 breaths and one-minute rest between each set of breaths.

Now you are ready to hit it.

Techniques of Breathing

Breathing exercises

Just as aerobics increase the ability of the heart muscles to be efficient, it also increases their strength. It just stands to reason that adding breathing exercises to your program will be beneficial to your heart muscles.

Belly Breathing Exercises

Laying on your back may be the easiest way to learn how to belly breathe. Bend your knees slightly or simply put a pillow under them and if want to, put one under your head as well. Personally, I cannot stand anything under my knees when doing this exercise. Nonetheless, if it feels good then do it.

Once in this position put one hand on the upper portion of your chest and the other one on your belly, just a little bit below your rib cage. Now, breathe in slowly through your nose, and get as much air in as deeply as possible towards the lower part of your belly. You should be able to feel this with your hand. While breathing like this your chest should not be moving, as can be felt by your hand not going up. However, the hand on your stomach should be rising

With your hand still on your stomach tighten your abdominal muscles and feel them come in as you breathe out through pursed lips. The hand on your stomach should be going down into its normal position.

You can do this sitting in a chair, again with your knees bent well keeping your head, neck, and shoulders all relaxed but still in a good anatomical position.

Note, in your logbook the length of each part of the breathing process during the two phases of inhalation/exhalation

- Make a note of how long each breath takes
- The notice will provide a reference to the length of each inhalation and exhalation.
- Write down the length of each inhalation and exhalation, for example, if you breathe in for three seconds the time for each exhale should also be three seconds. This is the normal rhythm of your breathing pattern.
- The idea is to increase each of these phases of breathing by another count of one to three.
- Keep practicing extending the length of time to fill your lungs and to breathe that air out again.

Don't make the time too long, or too fast, just go at a steady pace. This is not a sprint getting the time length for each part of your breathing. Take your time and get it right.

Each of your athletes has a choice in how to do this exercise because it can be done either standing or sitting.

Instructions

- Start out by putting your hands on your waist hard enough to feel it tighten and relax as you breathe in and out.
- Next, breathe as deeply as feasible. Hold this deep breath for a few seconds and then exhale as much as you can.
- The objective is to empty your lungs as much as possible.

continued on page 14

Do this for three to four sets of ten repetitions during the day.

The supine position

Strengthening your diaphragm using belly breathing to make it strong and efficient.

Instructions for this exercise, belly breathing

- Lay supine and bend your knees keeping your feet solidly on the floor throughout the exercise.
- Now put only one hand on your stomach and the other one up on your chest.
- Take a deep, deep breath, and make your belly and the lower part of your rib cage rise.
- While doing this do not allow your upper chest to raise up. Around about five seconds let your belly slowly collapse to its normal position. Do this five times.

Pursed Lip Breathing

Breathing through pursed lips helps increase the amount of oxygen during inspiration while at the same time it is also decreasing the carbon dioxide in your body. This happens because the oxygen is exchanged for the waste gas carbon dioxide in the lungs. It helps make your lungs get stronger thereby making it easier when fighting shortness of breath.

Instructions for this exercise

- As stated in the first exercise, deep breathing, the athlete can do this exercise standing or sitting. Take a breath through your nose for nearly five seconds.
- Next, purse your lips and gently let the breath out through your pursed lips.
- Take twice as long exhaling as you did inhaling. Repeat five times.

A Breathing Technique for Side Pain

Sometimes during a runner's career, they will suffer intense pain in their side, which are often referred to as a side ache or stitches. These are

essentially diaphragm spasms. Other muscles in your body may also experience these kinds of muscle cramps.

The possibility exists they are caused by heavy breathing and are thought to occur from the strain associated with the faster breathing necessary for the successful completion of the exercise. Once again, as many runners have discovered, the better you get at running the less frequently side aches occur.

Deep breathing, while running, will reduce the frequency of these happening.

But in the meantime, practicing deep "belly breathing" while running can reduce the tension on the ligaments supporting the diaphragm which can relieve the side stitches. Belly breathing means using your stomach rather than your chest to breathe. Using the chest to breathe means you are getting less air than that which comes from a deep productive breathing sequence.

Recommendations for Doing Breathing Exercises During the Day, Both at School and at Home

Since the majority of these breathing exercises are not using equipment, they can be done almost anytime during the day. Furthermore, they need not take up an excessive amount of time. As in anything you want to accomplish, you have to set aside time to do it.

Several years ago, when I finally decided to get more cardio in, I jumped on one of my old Tunturi stationary bikes. It was one of the best decisions I've made in a long time.

As a side note, this bicycle has absolutely no frills at all it has a seat, handlebars, pedals, and a tension adjuster. While on this bike I am not able to keep track of my respiration, my heart rate,

how much I have sweated, or how many miles I've gone, it doesn't have a cup holder, and it does not supply snacks, or show me if I'm on a hill or riding in a ditch. It is just a plain stationary bicycle. Well as you may have guessed I certainly got off track on that one.

The way I started and I'm staying consistently on that bike every single morning

between 04:30 and 05:30 I began with just five minutes a day. Once that became easy and the starting of a habit began, I gradually moved it up until, currently, after having a recent foot operation I'm back up to at least 40 minutes every single day.

In any case, I would recommend that you start your breathing exercises on the low end of the time spectrum with about 5-ten to minutes. When that becomes easier add more time to it. Do these exercises multiple times each day and be conscious of how your breathing is going. This may be easier if you set aside specific times each day to do these

Paced Breathing

Taken directly from: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8155704/>

Laboratory measurements were conducted in a soundproof room with stable temperature. The experimenter sat in a separate room and monitored the experimental procedure and capnogram. The experimental procedure was automated and ran on OpenSesame 3.0.7 software [53]. The experiment begin with a six-minute resting period during which participants were asked to sit comfortably with opened eyes. The first minute was an adaptation period and the next five minutes were the baseline period which was used in

Since the majority of these breathing exercises are not using equipment, they can be done almost anytime during the day. Furthermore, they need not take up an excessive amount of time.

analysis. Then, participants answered questions about current affective state (Two-Dimensional Mood Scale) and symptoms of hyperventilation. Next, participants breathed for ten minutes at a frequency of 0.1 Hz. Breathing was paced by an acoustic signal with different pitches for inhalation and exhalation and changing volume (it was loudest in the middle of each breathing phase). Furthermore, the words “inhale” and “exhale” were displayed on the screen. Inhalation lasted four seconds and exhalation lasted six seconds, a ratio that resembles the spontaneous ratio during breathing at 0.1 Hz when only the length of the whole breathing cycle is paced [54]. After the breathing task, participants once more answered the questions about affective state as well as questions about symptoms of hyperventilation; they also rated how pleasant they found the task. Home practice was done using the same audiovisual pacer. During home practice, participants were asked to sit down comfortably with opened eyes.

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6586331/>

Slow-paced breathing can activate anti-inflammatory pathways and increase lung capacity, which consequently increases aerobic endurance, emotional well-being, and sleep quality. Its cost-effectiveness and ease of use makes this technique a promising way to counteract the symptoms of COVID-19. Thus, SPB may become an essential part of the toolbox of sports psychologists in times of widespread

restrictions, uncertainty, and possible performance decrements.

“In this article, we present and justify the use of SPB in athletes by focusing on three key outcomes, namely aerobic endurance performance, emotional well-being, and sleep quality. We examine the physiological mechanisms that underpin these three outcomes and review literature showing that SPB can activate anti-inflammatory pathways, increase lung capacity and, in turn, improve aerobic endurance, emotional well-being, and sleep quality. We conclude that interventions using SPB can have preventive and rehabilitative properties for athletes. Future studies should empirically test the potential of SPB to help this specific population.”

Appendix for continued exploration of the subject as well as the sources used in the document:

<https://pubmed.ncbi.nlm.nih.gov/15162248/>

Effect of respiratory muscle training on exercise performance in healthy individuals: a systematic review and meta-analysis

PMID: 22765281 Publication Type: Review

Publication Date: 2012-08-01
Journal: Sports medicine (Auckland, N.Z.)

<https://pubmed.ncbi.nlm.nih.gov/22765281/>

Abnormal breathing:
<https://www.ncbi.nlm.nih.gov/books/NBK470309/>

https://www.google.com/search?q=Techniques+of+breathing&rlz=1C1GCEA_enUS947US947&o-

https://www.google.com/search?q=Techniques+of+breathing&rlz=1C1GCEA_enUS947US947&o-

<https://search.nih.gov/search?utf8=%E2%9C%93&affiliate=nih&query=does+imst+breathing+improve+athletic+performance&commit=Search>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7830231/>

<https://search.nih.gov/search?utf8=%E2%9C%93&affiliate=nih&query=does+imst+breathing+improve+athletic+performance&commit=Search>

<https://pubmed.ncbi.nlm.nih.gov/34206354/>

https://www.google.com/search?q=PowerBreath&rlz=1C1GCEA_enUS947US947&oq=PowerBreath&rlz=1C1GCEA_enUS947US947&o-

NCIB National Library of Medicine Concluded

The present study showed that 12 weeks of IMT promoted an increment in respiratory muscle strength and resistance as well as improvement in aerobic physical performance in handball athletes. These findings could be applied in sports training as a strategy to minimize the effects of respiratory fatigue in athletes, favoring a greater time in practice and an improvement in overall performance.

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6162985/>
<https://www.ncbi.nlm.nih.gov/>

Subscribe to my blogs and improve your fitness.

<https://activelyfitseniors.blog/>
https://www.youtube.com/channel/UCCz367eM_GT65i3WTSPg9Ww
<https://www.facebook.com/ActivelyFitSeniors/>

¹ a technique in which air is inhaled slowly through the nose and mouth and exhaled slowly through pursed lips;

² <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8155704/> ■



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



TARA DAVIS

RAINIER BEACH HIGH SCHOOL BASKETBALL
by Nick Mendro, WIAA Staff

In the days before her professional career, Tara Davis was already busy blazing trails towards greatness and recognition for women of color in the Pacific Northwest. An all-Metro athlete in soccer, track, and basketball at Rainier Beach High School in the late '80s, Davis dominated the Seattle sports scene as a youth in her community.

And that didn't stop after high school. Davis' All-American performance during her senior season at Rainier Beach earned her a scholarship to play hoops at the University of Washington, where she immediately helped the Huskies to four consecutive NCAA Tournament appearances.

Following her final Big Dance with the basketball team, Davis, who'd racked up four individual State Titles in high school track, joined the UW track team as a senior – where she promptly won a Conference Title in the long jump, setting UW and Pac-10 records along the way. Not long after, she returned to the court, staying at home to compete in the inaugural season for the Seattle Reign, the city's first professional women's basketball team.

Of course, Davis' legacy as an athlete in her community is unparalleled. But her impact as an advocate for student-athletes is perhaps even more impressive. From Administrative Intern to Assistant Director of Athletics, Davis has exceeded at all levels of the Seattle Public School District's positional ladder. And at each and every rung, she has used her experience and influence to remove barriers that create injustice for student-athletes in Washington state.

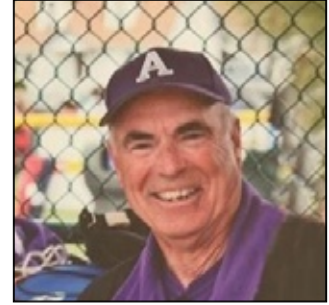
Across the 22 middle schools and 10 high schools in Washington's largest school district, Davis' liveliness is a pillar of positivity and equity for student-athletes and their families. Current and former colleagues within Seattle Public Schools point to Davis' humility, integrity, and unselfishness as crucial components for her success as a "strong role model for female athletes and Athletic Directors alike," who always prioritizes student-athletes' well-being above all else.

In 2018, Seattle Public Schools recognized one of its most decorated devotees, inducting Davis into its Hall of Fame class. Four years later, as she continues to support young athletes across the state, it's up to the rest of the state to elevate her impact – from her barrier-breaking accomplishments as an athlete to her equity-driven voice as an advocate. ■

Hearing their final whistle...



Coach Thomas Swapp



Published by Skagit Valley Herald from Sep. 28 to Sep. 29, 2022

Thomas Edward Swapp, passed away September 17 at the age of 74 at his home in Anacortes surrounded by family. He is survived by his wife of 31 years, Peggy, his son, Patrick (Kelsey); stepchildren: Christopher (Julia Chen) and Lindsey (Aaron Weidkamp) Gerwels; grandchildren: Ty, Tatum, and Brady Swapp, sisters: Ginger Bostian and Marianne (Tim Tobiason), a brother, John Swapp, as well as a host of other treasured family members. Thomas was preceded in death by sister, Katy Prevedell and his parents.

Thomas, known to all as Tom, Mr. Swapp, and/or Coach Swapp will also leave behind friendships, many of which are forged from a career in education and in coaching, along with countless memories carried on in the minds of thousands of students and athletes that he taught and coached.

Tom was born September 23, 1947 in Anacortes to

Edmund and Frances Swapp. After graduating from Anacortes High School in 1965, he attended the University of Washington and graduated with a Bachelor of Science degree. He received his master's degree in biology from Central Washington University, and later a teaching degree from Western Washington University.

After receiving his teaching degree, Tom was fortunate to get a job teaching at Anacortes Middle School, where he spent all but one year of his teaching career. As a 7th grade bloc teacher, Mr. Swapp was able to combine high expectations with a sense of humor to create an environment in which students could thrive.

Many students remember winters reading, "A Christmas Carol," his legendary study guides with movies such as, "Gandhi," and having to write long sentences for

being late to class. Tom was a learned man. In his pursuit for knowledge, he read countless books throughout his lifetime. He was also an avid sports fan, having shared many memories with friends and family at Mariners and UW Huskies games. He was an especially proud fan of his grandchildren, and a very nurturing grandfather.



What Coach Swapp is possibly most known for is his long coaching career. As the only softball coach in the history of Anacortes High School, Coach Swapp spent 42 years leading the Seahawks' softball program. Coach Swapp has more career victories than any soft-

ball coach in Washington state history, is a member of the Washington softball coaches hall of fame and led his team to a state championship in 1994. More important than all the victories, however, was the relationship he had with his players. As one of his former players wrote: "I hope you realize the wonderful memories you created and how many students and players lives you helped shape. The powerful influence you had on so many of us is incomprehensible. If everyone had a Mr. Swapp in their life, the world would be a better place."

If you wish to pay your respects, in memory of Tom and his coaching legacy, please consider donating to the Seahawk Athletic Booster Association in support of athletic programs and scholarships for Anacortes High School student athletes. ■



Hearing their final whistle...

Coach Ray Barnes

May 27, 1931 - December 19, 2022



Puyallup, Washington - Ramon Leroy Barnes passed away Monday, December 19, 2022 at the age of 91. Ray was born in Gresham, Nebraska to Fred and Lillian Barnes. At the age of 6 he moved to the Puyallup area with his family and later graduated from Puyallup High School in 1949. At Puyallup High School, Ray participated in track and excelled in football where he was honored and named to the All-State team and awarded a football scholarship to the University of Washington. Ray spent two years at UW before transferring to Pacific Lutheran College in Tacoma. While at PLU, he continued to play football and earned a BA in Business, in addition

to his Teaching degree. The highlight of his time at PLU was meeting the love of his life Dorothy Broomfield. Ray's career took him back to Puyallup where he was highly regarded as a teacher, football and wrestling coach. Ray was named to the Washington State Coaches Association Hall of Fame and the National Wrestling Hall of Fame. Additionally, he served with distinction as the Puyallup School District Athletic Director for 17 years and named to the Washington State Athletic Hall of Fame. Ray retired in 1986. In retirement Ray was appointed by the Governor to serve as a member of the Pierce College Board of trustees for 15 years. He traveled and vacationed all

over the world with his wife Dorothy, enjoyed cooking, fishing, boating, and spending time with family.

Ray was a devoted husband, father, grandfather and friend to many. Ray will be dearly missed by his wife of 69 years Dorothy, son Ramon Jr. (Ann), daughter Lori Apostle (Tony), son Brent (Beth), Grandchildren Burke (Katie), Lindsey (Jerard), Korie (Eric), Mala, and Elena, as well as his 8 great grandchildren, his younger brother Kenneth, extended family, many former students, colleagues, and friends. He is preceded in death by his parents Fred and Lillian and older brother Fred. Ramon's funeral service was held on Thursday, December 29, 2022 at 11 am at Hill Funeral home in Puyallup, WA. ■

WASHINGTON STATE
COACHES ASSOCIATION



WSCA Coaches Card

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

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

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

Washington State Coaches Association
PO Box 205
Lebam, WA 98554

Copyright © Washington State Coaches Association



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

Rates for 3 issues:

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

Rates for 1, 2 issues are also available.

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



WASHINGTON STATE COACHES ASSOCIATION



WSCA Recognition Opportunities

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

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

✓ ***Career Recognition Program***

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

✓ ***Lifetime Achievement Award Program***

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

✓ ***Lifetime Membership Award***

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

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

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

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

Hearing their final whistle...



Coach John S. Anderson



John S. Anderson passed away on September 3rd, 2022 at the age of 88, following complications from Parkinson's Disease. He was born on December 27th, 1933 in Kent WA. to John and Dorothy Anderson.

John graduated from Kent High School in 1951. He attended University of Washington and Central Washington University before enlisting in the Navy during draft time. After several Navy stations, he and his high school sweetheart, Myrna, married on July 31, 1954. They spent one year in Detroit, Michigan for John's last year of Naval service before returning to Washington for John to finish college. He earned a bachelor's degree in education from Pacific Lutheran University

and a master's degree in school administration from University of Puget Sound. With help from his friend Willie Calhoun, John built their home in Sumner, WA. and established residence in 1960. John had a successful 35-year career as a teacher, coach, and administrator in the Sumner School District.

John was the head football coach for 16 years at Sumner High School, leading teams to a record of 114-52-6. He won five league championships, two state championships (1975 and 1977), was named State Coach of the Year in 1977, and was inducted as a member of the Washington State Coaches Hall of Fame in 1988.

John also served 16 years as the Sumner School District Athletic Director. He

was voted the 1988 Washington State Athletic Director of the Year and was inducted as a member of the Washington State Athletic Director Hall of Fame in 1996. During his years as the Athletic Director, he also found time to serve for 8 years as a member of the WIAA Executive Board.

John was an active member of Sumner Rotary, serving as Club President in 1994 and later serving as Assistant District Governor for three years. He was most recently honored with a Rotary Lifetime Achievement Award in recognition of his service to his community and Rotary District 5020. He was a true servant leader and lived his life according to the Rotary motto, "Service Above Self."

In addition to Rotary and his highly successful career as a teacher, coach, and administrator, he was an exceptionally talented wood craftsman. He built a multitude of beautiful fine furnishings that his family will continue to value, relish and appreciate as a part of his legacy. He was an avid snow and water skier and

taught all his kids to ski. In their retirement, John and Myrna enjoyed many cruise ship travels throughout the world along with sunshine weeks in Arizona, Central Oregon, and Cabo San Lucas.

John is survived by his wife, Myrna, son Brian (Michelle), son Eric (Nancy), daughter Kerri, brother Robert (Penny), 8 grandchildren, and 4 great-grandchildren. He was preceded in death by his parents John and Dorothy, son Craig, son Kevin, daughter-in-law Michelle, and son-in-law Dean.

A celebration of life was held on Saturday, October 1st, at the Swiss Sportsmen's Club in Bonney Lake. An additional memorial service was held on Sunday, October 2nd at Mt. View Lutheran Church in Edgewood.

Donations in John Anderson's name can be made to the Kevin Anderson Scholarship fund at Sumner High School, Sumner Rotary Club, Mt. View Lutheran Church, or a personal choice of fund in his memory.

John was the most patient, generous, calm, and kind man who cared deeply about his family, friends, and community. He will be greatly missed. ■



John Anderson (right) stands with former Sumner School District's Athletic Director Tim Thomsen



WIAA PROPOSED 2023 AMENDMENT SUMMARY

	RULE	
HS #1	4.2.0	Adjusts the enrollment parameters for 3A and 4A schools to balance the number of schools in those classifications.
HS #2	4.2.0	Based upon recommendations from the Classification Committee, authorizes the WIAA Executive Board to adjust the enrollment parameters every four (4) years.
HS #3	4.2.0	Splits the 1B classification into 1B-1 and 1B-2 divisions.
HS #4	18.6.0	Defines a resident public school and school of choice; if a hardship is 18.6.0 granted for a student transferring from a school of choice, they may be eligible only at their resident public school.
ML/HS #5	18.12.2	If a middle level student transfers to a school district where eighth graders are allowed to play at the high school level, high school eligibility at the receiving school will be limited to sub-varsity only for the remainder of the school year.
ML/HS #6	18.24.0	Allows for accommodations to be made for students to participate in non- school athletic activities no more than twice per week.
ML/HS #7	20.0.0	All coaches, whether paid or volunteer, would be required annually to complete the WIAA general rules clinic and the WIAA approved rules clinic for the sport being coached.
HS #8	30.3.0	A basketball tournament consisting of up to four (4) contests played on consecutive days will count as one (1) contest toward the season limitation.
ML #9	30.64.1	Middle level basketball games may be four (4) quarters of up to eight (8) minutes, or two (2) halves of 20 minutes of running clock time.
HS #10	41.5.2	A school may schedule 18 team contests for tennis.
ML/HS # 11	46.1.3.2	League review of the WIAA administrative staff regarding the misinterpretation or misapplication of a rule is no longer required.
		Complete descriptions of proposed amendments may be found on the WIAA website
		AMENDMENT VOTING PERIOD: April 26 – May 5, 2023
		32 votes are needed for ML/HS to pass; 21 votes for HS only to pass



Athletes and Mental Health

Coaches have a lasting impact on the lives of young athletes. Not only do they guide their physical development, but coaches must also serve an athlete’s mental health needs. Attached is a link to an article sharing the impact of mental health on the lives and performance of athletes. Making the mental health of athletes important is the new norm and coaches must continue making the mental health of athletes a priority. <https://health.clevelandclinic.org/mental-health-in-athletes/> ■

CARE OF EQUIPMENT AT THE END OF THE SEASON



by Steve Bridge, Clear Risk Solutions

As we approach the end of the fall season, I encourage each of you to spend some time making sure your football equipment is in good condition and ready to be re-issued in the spring or fall of the next season. Its always going to be best practice to take some time and make sure your coaches understand the proper steps in cleaning and storing their equipment. Helmetfitting.com has a great article on storing and cleaning football equipment, the following is a little excerpt; "The offensive smell emitting from your athlete's football equipment contains bacteria from sweat, skin cells and occasionally blood. These bacteria love to grow and multiply in your athlete's equipment because it is confined, wet and warm. To avoid your athlete experiencing skin irritation, Staph infection, MRSA and other

illnesses caused by these bacteria make cleaning your football equipment a vital necessity at throughout the season but especially at the conclusion of the year seasons end."

For those schools who re-condition their helmets every year, the cleaning and sanitization process will be done for you. Another thing the re-conditioners do is to remove and replace rusted parts as well as tighten any helmet related parts that may have come lose throughout the season. A final check recommended is to examine the face mask. If there is any metal showing, it should be replaced. I'm not sure that happens as consistently with the reconditioners as we would like and as a result, coaches need to look for any exposed metal on the face mask.

If you are only going to

send half of your helmets, and many schools do that for cost cutting measures, then the helmets left in your inventory need to be cared for before storing. The following are recommendations from Floyd Kusnick, Riddell rep. "When storing, put equipment in a clean, dry location inside your school building (equipment room). Using an outside metal, unheated building is the worst facility." I would concur with his message as I have done inventories for schools over the years and have found equipment stacked in corners of an unheated building and the mold and smell is awful. This will cut down on the life expectancy of the equipment and will eventually cost money

to fix. If your helmet has removable pads, remove them and set them aside as you clean the area underneath and then re-attached when dry. (I have heard of coaches taking a little bit more time giving the hard ware a shot of WD-40 before re-attaching the pads.) Warm water and a gentle liquid dish soap will work as a cleansing agent. Another good

When storing, put equipment in a clean, dry location inside your school building (equipment room). Using an outside metal, unheated building is the worst facility.

idea is clean the chin strap while cleaning the inside of the shell. Riddell also sells a cleansing product and can be found in the Riddell catalog or ordered from a Riddell Rep.

If you are going to

re-condition only half, it is also a good practice to do whatever you can to assure the player who used that helmet the previous season be issued the same helmet for the up-coming season. Again, to maximize any safety concerns, re-conditioning yearly is the best idea.

The following is a statement from Tony Beam, Executive Director of NAERA regarding helmet care. "NAERA recommends that during every football, lacrosse, baseball and softball season or practice period, every helmet should be cleaned and inspected regularly by a school or organization staff member with knowledge of manufacturer recommendations. We further recommend every helmet should be reconditioned and recertified

annually unless stated otherwise by the manufacturer. ONLY a company licensed by NOCSAE can perform the recertification of football, lacrosse, baseball and softball helmets. ND 001 6.1.1. Helmets intended to be recertified shall have a recertification interval provided by the manufacturer. Certification life is limited to this time period. Helmets not recertified during the stated interval shall no longer be certified. Recertification interval required for warranty validation shall satisfy this requirement. What does ND 001 6.1.1 mean for your school or organization? For Football helmets, as of this writing, the requirements from all football helmet manufacturers for recertification is a minimum of every other year. If you acquired new helmets in 2021 these

helmets will need recertification per this standard for 2023 play. For a list of NAERA members that are licensed by NOCSAE please visit our web site www.naera.net."


Regarding the cleaning of shoulder pads, they need a dry space and off the ground. There are professional companies that will clean shoulder pads but if you plan to do them yourself, make sure they are clean and free of dirt or mud. Use a spray bottle with warm water and a household disinfectant cleaning solution labeled "safe to use on plastics." Allow to set for a minute or so then wipe with a clean cloth. When storing shoulder pads, always look for loose parts and especially any tears or rips in the cloth portion, especially around the neck area.

If you notice any puncture in the area, remove the pads and throw them away. This is a prime area for bacteria to grow. DO NOT PASS THE PADS DOWN TO MIDDLE LEVEL OR JUNIOR HIGH PLAYERS.


A final message for our AD's and coaches. I'm beginning to see a few more schools going to every other year re-conditioning on their helmets. With budgets being tight and regulations like HB 1660 that have cut into our ASB funding, we all are looking for ways to cut cost. I would caution each of you that when we compromise on safety, it will never be considered as a defense in case of an injury. For those with questions on re-conditioning, please contact Tony Beam at NAERA, 717-317-2143 or TBeamnaera@gmail.com ■

PROTECTING


your investment,
property,
and athletes




RESILITE™
SPORTS PRODUCTS, INC.



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



Gymnastics & Cheerleading
TUMBLING MATS, LANDING MATS, PITS,
ROLLABLE FLOORS and TRAINING AIDS.



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

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

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

GARY E. FREY
SUPLAY-WRESTLERS WORLD

The WSCA Obtains a New Insurance Carrier



Washington State Coaches Association Insurance Program

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

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

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

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

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

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

Cleats vs. Cancer All Star Football Game



The WSFCA hosted 250 players and 40 coaches for the Junior/Senior Showcase and Cleats vs. Cancer All Star Football Games held January 16th at Pop Keeney Stadium.



GENERAL LIABILITY INSURANCE PROGRAM

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

CARRIER

HDI Global Specialty (A Rated)

POLICY PERIOD

August 1, 2022 – August 1, 2023

LIMITS OF INSURANCE

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

COVERAGES

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

EXCLUSIONS

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

CAMP INSURANCE

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

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

NEW PROCEDURE FOR CAMP INSURANCE

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

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

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

PURCHASE INSURANCE

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

INSURANCE ADMINISTRATOR



www.loomislapann.com

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

Greg Joly
Lori George
Karen Boller

gjoly@loomislapann.com
lgeorge@loomislapann.com
kboller@loomislapann.com

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

Wrestling Hall of Fame 2022



Tom Tripple

**Rogers High School volunteer
2018- Rogers High School 2002-
2018 Puyallup High School 1997-
2002 Edgemont Junior High 1995-
1997 Rogers High School 1984-
1995 Ayles Junior High 1974-1984**

Over the past 44 years, Tom has been dedicated to coaching and teaching in the Puyallup School district. His career started in 1974 at Ayles Junior High prior to moving to Rogers High School as an assistant and teacher in 1984, serving for 11 years. Tom returned to the junior high ranks to coach at Edgemont, where his son, Scott wrestled and his daughter, Christina served as a wrestling manager. Tom followed his children to Puyallup High School as an assistant wrestling coach. His son and daughter would participate in the wrestling programs throughout their high school years. His son qualified for the state tournament in 2000 at 171 pounds. In 2002, Tom, returned once again to Rogers High School as an assistant wrestling coach and counselor.

Tripple was the inaugural girls' wrestling head coach at Rogers in 2008 until 2018. He compiled an impressive dual meet record of 89-9, seven-time league tournament team champions, and two regional championships. His teams collected three top ten finishes

at Mat Classic and two 4A Academic State Champions in 2014 and 2016. Tom was recognized as the league girls head Coach of the Year five times and Regional Coach of the Year three times. In 2017, he was honored as the WSWCA State Girls Coach of Year. Over his years as a girls' coach, he has coached 16 individual state medalists including one state champion, and 4 academic state champions.

He helped changed the culture of girls' wrestling to a thriving sport that commands the attention of the wrestling community. Through a welcoming atmosphere and character development he instills in all his interactions. He has stressed the importance of dual meets, participating in tournaments and he promotes the team above the individual.

Tripple is retired from teaching, though he occasionally serves as a substitute counselor. Tom and his wife Sandy have four grown children: Scott, Christina, Jill and Stephen along with seven grandchildren: Lydia, Lylah, Reagan, La- Vee, Memphis, Emery and Corinne.



Joe Godinho

**Castle Rock High School
1988-present**

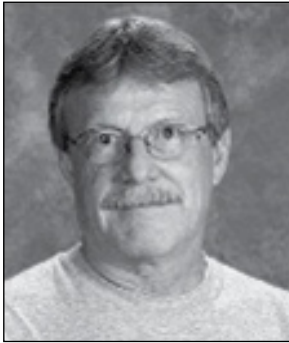
Joe Godinho returned to Castle Rock High School and began coaching during

the 1988-89 season, and he continues to lead "The Rock" grapplers after 30+ years. Godinho made it his goal to carry on the traditions of his former coach and mentor, Jim Bair (WSW- CA Hall of Fame Class of 2004). Joe has upheld the principles of winning traditions at Castle Rock through parent and community participation, discipline, and enthusiasm.

His teams have compiled an overall dual record of 318-50 with a league record of 184-12. Castle Rock has won every league title since 2003. Fourteen regional tournament championships along with ten top-8 finishes at the state tournament. 100 Castle Rock wrestlers have placed at state during Godinho's tenure as head coach. Godinho has twice been selected as the 1A Coach of the Year in 2013 and 2017.

Castle Rock has hosted many invitational tournaments over Godinho's career along with sub-regional and regional tournaments. Godinho offers his assistance to local coaches and athletic directors in setting up their tournament. Joe is the recipient of many local awards including the "Citizen of the Year" award given by the Castle Rock Eagles and the "Lloyd Mitchell" award as an outstanding mentor of students. He contributes to the local Shriner's Hospital organization, cooks for charity and fundraising events, is a member of the Lower Columbia Referees Association, and judges livestock at local fairs and 4-H events. Joe is the owner of Four Corners Farm and Garden in Castle Rock. He and his wife Wanda have three grown children; Kyle, Levi, and Shawn.

Wrestling Hall of Fame 2022



Steve Hood

Lake Roosevelt High School Volunteer Assistant 2019-present Head Coach 1998-2019 Assistant Coach 1991-1998

Steve Hood began coaching at Lake Roosevelt High School in 1991 as an assistant coach, then took over the head coaching position in 1998. He also started the youth wrestling and freestyle programs in Coulee Dam. Hood retired as the head coach in 2019 and still serves as a volunteer assistant coach in the program.

During his tenure as head coach, there have been 72 state placers for the Raiders including 12 state champions and 1 girl's state tournament placer. He has also coached 6 Tri-State placers. Hood's teams have finished in the top-10 at the state tournament 14 times with a second-place finish in 2013 and 2019 and a third-place finish in 2003. The 2014 Lake Roosevelt team won the Dream Dual championship. Eleven of his wrestlers have competed for Team Washington with one NHSCA All-American. Hood has been honored as the district Coach of the Year six times, Region Coach of the Year twice, and the state Coach of the Year in 2006. He was also recognized as the State Sportsman Coach of the Year in 2007.

Hood was honored as the Lake Roosevelt Outstanding Teacher of the Year in 2013 and 2019. As the coach for the LRHS Vocational Industrial Clubs of

America (VICA) he coached three state champions who all went on to compete at nationals. Hood served on the Elmer City Council for ten years and as a volunteer fireman for Elmer City for 44 years. He was also a volunteer pole vault coach. Steve and Sandy, his wife of 42 years, have two grown children; Brian and Brittany, and three grandchildren; Serenity, Cale and Reagan.



Jason Stevenson

Ellensburg High School 2000-2018 Selah High School 1995-1999

Jason Stevenson graduated from Ellensburg High School in 1989 where he was a two-time state runner up under coach Ray Westberg. He went on to CWU and became a two time All-American, placing third in nationals at 142 lbs in 1994. He holds the highest record of wins at CWU with 118 wins. Jason was inducted into the CWU Hall of Fame with his brother Sandy in 2006.

Coach Stevenson began his career at Selah High School in 1994-1995. He then moved to Ellensburg High School where he coached from 2000-2018. During his time at EHS, Stevenson's team won seven league championships and three district titles. He holds a dual meet record of 68-14 and seven league championships. Further, he was awarded the league coach of the year four times and State coach of the year in 2012.

Throughout his years at Selah and Ellensburg, he has coached 47 state placers, seven finalists and three state champions, while finishing in the top ten at state four times. He did all of this with integrity and professionalism. It's no wonder he has been voted league coach of the year four separate times.

Jason has been married for 27 years to his wife, CJ. They have two sons, Tait and Cade, who also wrestled under coach Stevenson all four years of their high school career.



Ken Sroka

Kentwood High School 1996-2015 Reavis High School, IL 1989-1996 Central Washington University 1988-1989

Ken Sroka grew up in Illinois where he placed 4th in the Illinois state tournament and 4th at the junior college national tournament wrestling for Triton Community College helping his team win the national title. He finished his collegiate wrestling career at Central Washington University. Sroka would remain with the Wildcat program as an assistant during the 1988-89 season before returning to Illinois where he was an assistant coach at Reavis High School from 1989-1996.

In 1996 Sroka returned to Washington where he was an assistant at Kentwood for one year before taking

continued on page 28

Wrestling Hall of Fame 2022

continued from page 27

over the head coaching position in 1997. Sroka coached the Conquerors until 2015 with a dual meet record of 122-55 and three South Puget Sound League championships. He coached 47 state placers, 13 finalists and 8 state champions. In 2002 the Conqs took three wrestlers to the Tacoma Dome and all three won state titles going 12-0 as Kentwood missed the team title by 1/2 point. Kentwood finished in the top-10 five times.

Sroka also coached tennis and baseball. In 2000 he took over the head baseball coach where Kentwood won the state championship. He was honored as a King5 "Coach Who Makes a Difference." In recent years there were as many as six former wrestlers on the Kentwood coaching staff.

Ken is a special education teacher at Kentwood High School. He and his wife Theresa have two children: Brandon and Jarrett.



Jack Hurd

**Sedro Woolley High School
1998-2018**

**Burlington High School 1991-1995
Stanwood High School 1986-1988**

Jack Hurd served as an assistant coach in the Sedro-Woolley wrestling program from 1998-2018 after working with the Burlington (1991-1995) and Stanwood (1986-1988) programs. During his time at Sedro-Woolley, the

Cubs won six consecutive state championships from 2002-2007 currently a state record as of 2022 and four second place state finishes and a total of 15 top ten state placings.

Coaching alongside Jay Breckenridge (WSWCA Hall of Fame Class of 2015) they compiled a dual meet record of 114-12-0 together. This included 15 league titles; 14 regional tournament titles; 102 individual state placers with 22 runners-up and 21 champions.

Hurd was selected as Assistant Coach of the Year four times. For the past 30 years Jay and Jack traveled around the country to watch wrestling of all levels. Breckenridge stated, "Jack had the knowledge, passion and skills to be a head coach, but we decided to stick together and create a program at Sedro-Woolley High School that would make the community proud."

Jack grew up in Burlington and was a 1978 graduate. His family includes wife Kara, two sons Cody and Jace, and daughter Taylor.



Eric Idler

**Central Washington Univ. (club)
2012-2015 Ellensburg High School
1999-2012**

**Central Washington University
1991-1997 Richland High School
1988-1989**

Eric Idler grew up in Burbank, WA and wrestled at Columbia Basin College in 1979-80 and Central

Washington University from 1985-1987. After coaching at Richland High School during the 1988-89 season, Idler returned to CWU in 1991 as an assistant coach for multiple head coaches until 1997. During his time at CWU, Idler helped shape the state coaches pool as Wildcat wrestlers returned to the school ranks to coach. Idler was the foundation of the CWU program during this time and helped it survive as long as possible. During his time at CWU he coached 37 wrestlers to All-American status.

Having made their home in Ellensburg with his wife Cathy, Idler became an assistant coach at Ellensburg High School with Jason Stevenson in 1999, where he could remain part of the Bulldog program until 2012. Stevenson and Idler coached 43 state placers with four state champions and four runners-up. Their teams were 7-time league champions and twice won the district championships while collecting four top-ten finishes.

In 2012 Idler was asked to coach the club at Central Washington University. He returned to coach the Wildcats until 2015. Eric and Cathy own the Idler Carpet Business and they have three children; Kelsea, Natalie, Liston.



Wrestling Hall of Fame 2022



Tim Owen

Ferris High School 1991-2021
Great Falls High School,
MT 1981-1991
CMR High School, Great Falls, MT
1978-1980

Wrestling is the family business for the Owen brothers as Tim is third sibling to be inducted into the WSWCA Hall of Fame over the last three ceremonies. John was inducted in 2018 and Don in 2019. In total there are five Owen brothers and nine nephews coaching wrestling in the Pacific Northwest.

Tim Owen was a three-time state placer in Montana and placed twice in the Big Sky Conference while wrestling at the University of Montana. Owen then coached first at CMR High School in Great Falls from 1978-1980 before taking the coaching job at Great Falls HS from 1980-1991 where his teams compiled a dual record of 80-35 and placed second in state three times (1988, 1990, 1991). While at GFHS he coached 63 state placers and 23 state champions, including future NCAA Champion and World Champion Billy Zadick, currently a USA Wrestling Olympic Coach.

Owen moved to Ferris High School in 1991 where he would coach for 30 years until his retirement in 2021. His teams consistently had over fifty wrestlers turning out each year. While at Ferris he coached nine state finalists and three champions among 33 state placers. His 2000 team placed fifth in

state. Owen was named Regional Coach of the Year three times in 1988, 2014, and 2018.

Tim helped bring the Olympic Trials to Spokane and he worked at the North

Idaho College Wrestling Camps for 40 years. Owen was a teacher and coach for over 40 years, retiring in 2021. He has two children; Carrie and Cody. ■



WSWCA Hall of Fame Class of 2022

Joe Godinho, Steve Hood, Jack Hurd, Tim Owen, Jason Stevenson, Tom Tripple, Ken Sroka, Eric Idler

The Washington Coach Magazine Deadlines



Fall Issue - September 14

Winter Issue - January 14

Spring Issue - May 14

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

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



Hearing their final whistle...

Official Mike Kain

*Official Mike Kain is pictured
in this photo posted
by YCS Athletics & Activities.*



The SSFOA Loses One of Their Best

*Posted Tuesday, September 27, 2022 2:24 pm
By Jacob Dimond / jake@yelmonline.com*

Longtime South Sound official Mike Kain died on Saturday, September 24, 2022 after he suffered a heart attack while officiating a football matchup between Yelm and River Ridge the prior night.

Kain served as a referee and as the president of the South Sound Football Officials Association.

Toward the end of the second quarter on Friday night September 23, Kain reportedly exited the field after not feeling right. While receiving medical attention from local EMTs on a sideline section at the South Sound Stadium, it became apparent that Kain had suffered a heart attack.

His condition quickly worsened and he received CPR on the field, and an automated external defibrillator was used in lifesaving efforts.

Kain was then transported to a local hospital where he later died.

According to a Facebook

post from YCS Athletics & Activities, Kain's family was able to join him and say goodbye at the hospital.

"Mike Kain will be missed in the Thurston County football community," YCS Athletics & Activities wrote. "Please rally around our officials for the remainder of this season as they are struggling with the loss of this phenomenal official."

Kain began his football officiating career in 1983 and continued to officiate after he relocated to the Olympia area. Over the years, Kain gained a reputation for being one of the top officials in the South Sound area.

Many described Kain as a mentor and a great person in comments attached to the Facebook post.

Gary Cooper, a former co-worker of Kain, shared his thoughts about his friendship with Kain.

"Mike hired me for my first job at Thurston County early in my career, then we became peers working

together in the planning department. Mike was a loyal friend to me over the years when I had a few stumbles in my career," Cooper wrote. "After his retirement a few years ago, we remained in touch and played golf frequently. Mike was a good friend, a person with whom I never had a disagreement of any kind. I will miss him."

Former Tornado running back and current assistant coach Brandon Thompson shared his memories of Kain, who officiated a plethora of Thompson's games.

"Mike officiated many games I played in from sixth to twelfth grade and will be missed greatly," Thompson wrote. "Situations like these remind us that football is just a game and players, coaches and officials are all real people. (My) thoughts go out to all of Mike's family and friends impacted by this loss."

In the past, Kain also officiated other sports, which included baseball and basketball.

Terry Simmonds, a member of the South Sound Officials Association, described Kain as a supportive person.

"He would go out of his way to help someone become better. He was a mentor, a leader, and he unselfishly gave up time to help someone improve. Mike was always looking for ways for the association to get better too. He was a hell of a man," Simmonds said during an interview with Nisqually Valley News. "There aren't enough words to express the gratitude, the thanks, and support he provided for our young men and women to play athletics."

A special ceremony at Ingersoll Stadium in Olympia to honor the life of Kain was held on Thursday, Sept. 29 at 6:40 p.m., about 20 minutes before kickoff time. Officials were dressed in full gear as a tribute to Kain. His wife presented the coin toss for the contest between Capital and Central Kitsap. ■

Highland Dedicated Pat Fitterer Court on December 2, 2022

[Yakima Herald-Republic](#) Nov 23, 2022
by Scott Spruill



With a Hall of Fame career that started with a home victory at Highland and concluded its first chapter by bringing a state championship to Cowiche, Pat Fitterer's legacy in the history of Highland athletics — and statewide — is secure.

But on December 2, 2022 it became deservedly more formal.

The Highland School District dedicated its basketball facility as Pat Fitterer Court when the Scotties opened their new season with a girls and boys doubleheader against Burbank.

The Ellensburg High School and Central Washington University graduate launched his career with immediate success at Highland, opening the 1977-78 season with a six-game win streak that led to a 17-8 season and first of nine trips to the Class A state tournament during his 11 seasons. Fitterer was inducted into Washington's Hall of Fame in 2007 and the National High School Basketball Coaches Association Hall of Fame in 2019.

Retired from coaching, he still teaches physical education at Marcus Whitman Elementary in Cowiche. ■



Pat Fitterer talks to his Ellensburg team during a 2012 game in Ellensburg.
TJ Mullinax, Yakima Herald-Republic file

GYMNASTICS

Washington Open Winter Invitational

by Ryan Fleisher

Gymnastics ISA Representative, WSCA Executive Board Member

The WSGCA hosted our 20th WOWI gymnastics invitational (Washington Open Winter Invitational). This meet is to help encourage gymnasts to train over the winter break. This year it was held at Ballard High School and was attended by 15 teams from all over Washington including Spokane, Vancouver and Port Angeles as well as others from the King, Pierce and Snohomish counties. This is a fundraiser for the WSGCA. This meet awards gymnasts of all levels. Highly skilled gymnasts can compete and be awarded against like skilled gymnasts and the newer less skilled gymnast also has a chance to medal competing against gymnasts at the same level. We medal the top 10 in 3 to 4 levels on each of the 4 events. This year we also had a Superstar category for a special needs gymnast. It was a great day and all the gymnasts and coaches had fun. ■



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

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



***“The Seattle Glazier Clinic
presented by the WSFCA”
Friday, February 24th through
Sunday, February 26th, 2023!!!!***

***At the Hyatt Regency Lake Washington at Seattle
Southport***



[Speakers and Sessions](#)

[Discounted Hotel Rates](#)

[Maps and Locations](#)

**You can register you and your staff using the link below
as well as see the speakers:**

**[2023 Seattle Football Coaching Clinic | Washington
Coaching Clinic \(glazierclinics.com\)](#)**

Addition information on the WSCA website, washcoach.net ■



Hearing their final whistle...

Coach Jim Freeman

June 1, 1942 — November 28, 2022



James Clark Freeman

On November 28, 2022, Jim Freeman passed away while walking on the land that he loved so much. He leaves behind his wife of sixty years, Helen, his loving family, and a community where he influenced many lives through his exemplary career as a teacher and coach.

Born on June 1, 1942 in Hamilton, Ontario, Jim moved west with his mother when he was five years old. When his mother remarried, he became a Freeman and gained new brothers and sisters, Judy, Barry, and Peggy, and eventually became a big brother to Ray and Joe. He grew up near Ferndale, WA, and graduated from Ferndale High School in 1960.

Jim met the love of his life when he was just thirteen years old. One day, as he was picking strawberries in the summer, he spied a cute girl a few rows over. He had never been even remotely interested in girls before, but when he saw her, it was like a lightning bolt. He was instantly smitten, and he just knew deep down in his heart that she was “the one.” He always said it was as if

an angel picked him up and transported him; before he knew it, he was right next to her, picking berries into her flat. That cute girl was Helen Jonson, and pretty soon he was wooing her as only a thirteen-year-old boy can, saving her a seat on the berry bus and trying to impress her. Jim always said that Helen saved him, since she had high standards and he wanted to be worthy of her. Thanks to her influence, he stopped being one of those kids who pitched pennies at the back of the classroom, and started studying. Pretty soon, Helen was smitten, too. He continued loving and wooing her to the very end.

Jim and Helen married young, in August 1962 and soon grew their family to include three daughters, Kirsten, Lotte, and Holly. He finally got some sons when his daughters brought their partners into the family: Bjorn, Donatas, and Michael. It was Holly, the baby of the family, who gave Jim and Helen their precious grandchildren, Elise, Thereon, Quinnlan, and Caeden.

After graduating from Western Washington State College in 1964, Jim started his career as a teacher. The

early years of Jim and Helen’s marriage were spent in Snohomish, WA, where Jim taught at the junior high school and trained to run marathons. There, he found a cohort of running companions and mentors. However, injuries plagued him and he eventually gave up his Olympic dreams.

Jim moved his young family from Snohomish to Deming, WA when he took a job teaching math at Mount Baker High School in 1970. Mount Baker was a rough place back then, so he struggled at first, but as he always said, “When the going gets tough, the tough get going.” He dug in, and retooled his teaching style to be able to reach his students where they were. He spent most of his career at Mount Baker, where he also became a three-season coach, coaching cross country, girls’ basketball, and boys’ track. The record of his coaching career stands on its own merit—he coached many teams and individuals to state competitions—but his true legacy as a coach is how many lives he influenced. Although he truly enjoyed the competitive aspects of sports (anyone who ever

watched the Freeman brothers play basketball could attest to that), what mattered more to him were the opportunities that athletics provided to build character and relationships. For many of his students and players, he fulfilled the role of a father figure, which he took quite seriously.

After retirement from Mount Baker, he found that he wasn’t able to fill up his time with enough home projects, so he took a job teaching math at the Lummi School. He found this a tremendously rewarding challenge, which had him drawing on all of his years of teaching experience to develop a really innovative way to teach math in a classroom where everyone was at a different level. He truly treasured his time at Lummi, and considered his years there as the culmination of his teaching career. He also spent several years post-retirement serving on the Mount Baker School Board, where his insight as a teacher and his strategic mind came in handy as they entered a phase of proactive planning for the future. During this time, he also acted as an assistant coach

for the women's basketball team at Whatcom Community College. So basically, during his retirement, he was as busy as ever.

For such an outwardly calm person, he was a very passionate man.

He was passionate about math, and the teaching of math. He was passionate about Abraham Lincoln, and read extensively about this

personal hero of his. He was especially passionate about nature. He loved the land that he lived on, and was always figuring out ways to preserve and enhance it, planting trees and bushes, creating a pond and protecting the surrounding wetland, building trails for access, and maintaining a welcoming habitat for a wide diversity of birds and other wildlife. He even protected spiders in the home, where he trained his daugh-

ters to gently transport spiders outdoors rather than squashing them on sight.

He loved to garden. Together with Helen, he created a large vegetable garden. Every year, he would work

When you had his attention, it felt like the sun shone on you.

a n d amend the soil until I d o n ' t k n o w where you'll find a f i n e r

tilth. In recent years, he grew an additional large vegetable garden in the lower pasture of his property for the community food bank. Ever the mathematician, he developed a math formula that helped him determine which seeds or plants could grow to maturity within the shorter growing season in this field. And it really did work.

Anyone who ever spent much time with Jim would know that he loved puns,

the more groan-inducing, the better. He was known for his sense of humor; humor found its way into every aspect of his life. Of course, his favorite audience for a good joke or pun was Helen; making her laugh brought him a special kind of joy. You could always tell that he was preparing to spring a joke when that little smirk would appear.

Another thing that brought him joy was music. Almost every night at home, he would play his guitar and sing from the surprisingly wide range of songs that he knew. He even wrote his own songs, which some of us think could have been country music hits. He sang tenor in the choir at Immanuel Lutheran Church for many years, and would often perform golden oldies music in assisted living facilities.

Although he wasn't raised to be particularly religious, as a grown man, he developed a strong Christian faith. Shortly after the

family moved to Deming, they began attending church regularly, and he soon found a spiritual home there. His faith guided and comforted him for the rest of his life. He faithfully attended church services and was active in his church, but the truest practice of his faith could be seen in the millions of kindnesses that he performed throughout his life. He could find the sacred both in the sanctuary and in nature.

When someone would meet Jim, they could immediately sense what an honest and genuine person he was. He loved people. He was a great conversationalist and letter writer. When he had something to say, it was always worth hearing. But for all that he liked to talk, he was a great listener, too. When you had his attention, it felt like the sun shone on you. He will be deeply missed, not only by his loving and beloved family, but by his entire community. ■



SPORTS

Individual Sport Representatives

These are the coaches you need on your staff!

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

ATHLETIC TRAINERS

TBD

BASEBALL

Brian Jackson
Graham-Kapowsin
bjackson@bethelsd.org

BASKETBALL - BOYS

Nalin Sood
Mountlake Terrace
Soodn@edmonds.wednet.edu

BASKETBALL - GIRLS

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

CHEER

TBD

CROSS COUNTRY

Jeff Hashimoto
Ellensburg
jeff.hashimoto@esd401.org

FOOTBALL

Mark Keel
Central Kitsap
MarkK@ckschools.org

GOLF

TBD

GYMNASTICS

TBD

SOCCER

Jens Jensen
Royal
jjensen@royalsd.org

Nick Anderson
Lakewood
nanderson@lwsd.wednet.edu

SOFTBALL

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

TENNIS

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

TRACK & FIELD

Kevin Eager
Gig Harbor
wstfcaprez@gmail.com

VOLLEYBALL

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

WRESTLING

Brett Lucas
Todd Beamer
blucas@fwps.org ■

Serving Kitsap
for 48 years!



BLUE SKY
PRINTING

FULL SERVICE PRINTER

- Brochures
- Envelopes
- Stationery
- Business Cards
- Flyers
- Postcards
- Carbonless Forms
- Labels
- Newsletters
- Coil Bound Books
- Notepads
- Signs

...AND MORE!

FEATURED PRODUCTS

FOOTBALL PLAY SHEETS



CUSTOM NOTEPADS



ORDER NOW
ON ETSY



19036 Front Street NE, Poulsbo, WA 98370
360.779.2681 | www.blueskyprinting.com
8:30 a.m. to 5:00 p.m. Mon-Fri



And the Terry Ennis Scholarship Award
Visit www.washcoach.net for details

1 EASY TO USE APP FOR ALL YOUR FUNDRAISING NEEDS

- Digital/Physical Discount Cards
- Cookie Dough/Bang Cookies
- Hibernate Bedsheets
- #1 Donation Platform in the Industry
- Beef Jerky
- Popcorn
- Steel Tumblers



ALL PRODUCT FUNDRAISERS
HAVE SHIP TO HOME OPTION



For all your fundraising needs, please visit
www.AdrenalineFundraising.com
or contact your local sales representative listed below:

DAVID WRIGHT
david@afreps.com
(360)708-8247

DREW WRIGHT
drew@afreps.com
(360)708-9451

STEVE SLESK
steve@afreps.com
(360)739-6889

CHRIS HOLDEN
cholden@afreps.com
(425)260-2434

KELLEY MCCLUNG
kelley@afreps.com
(360)540-2243

JAMES COULS
james@afreps.com
(425)923-7861