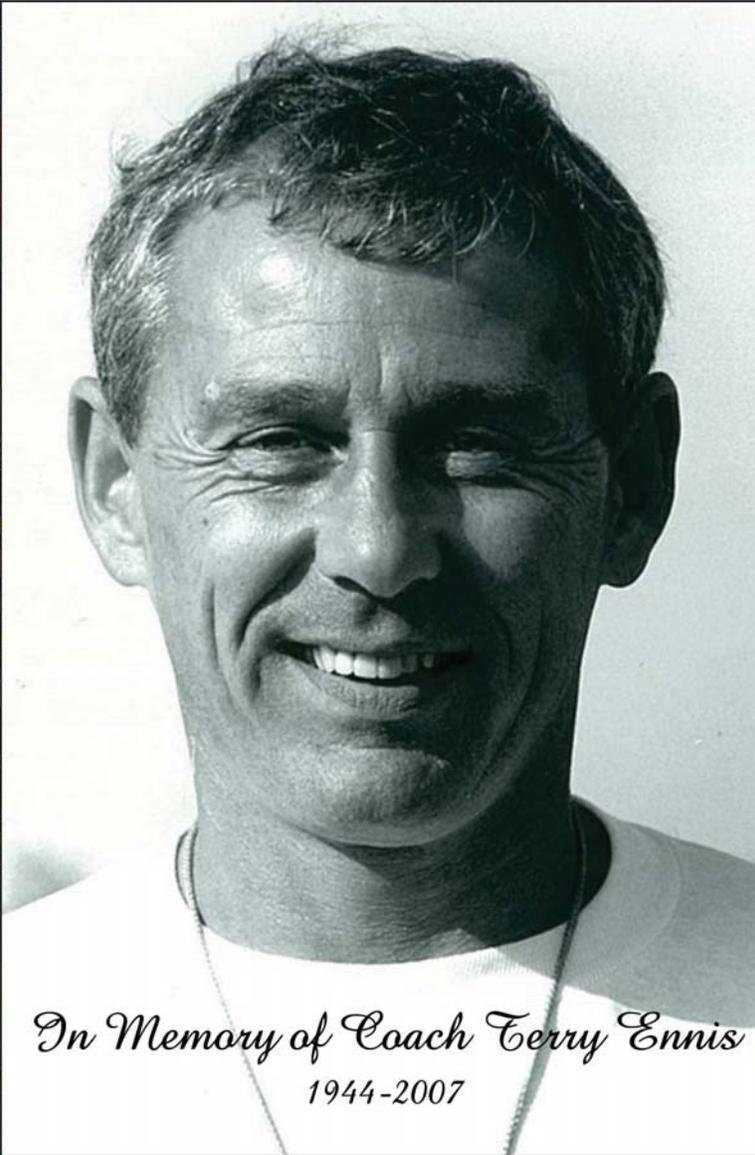
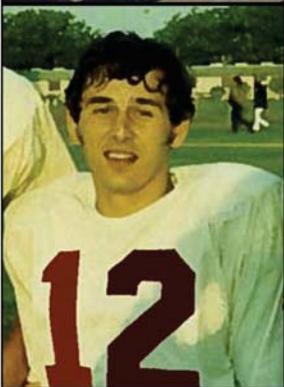
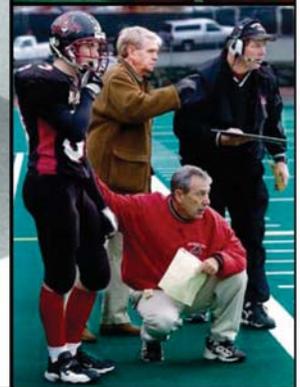
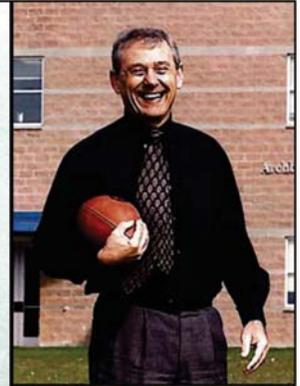


# THE WASHINGTON GOACH

OFFICIAL PUBLICATION OF THE WASHINGTON STATE COACHES ASSOCIATION



*In Memory of Coach Terry Ennis*  
1944-2007



# WASHINGTON STATE COACHES ASSOCIATION



## 2006-2007 Membership Application

See our website at  
[www.washcoach.org](http://www.washcoach.org)

Please **PRINT** All  
 information **LEGIBLY**

Date \_\_\_\_\_

Name \_\_\_\_\_

Mailing Address \_\_\_\_\_

City, State, Zip \_\_\_\_\_

Home Phone \_\_\_\_\_

School Where Coaching \_\_\_\_\_

Name of the School District \_\_\_\_\_

School Phone \_\_\_\_\_

Preferred Email address(es) \_\_\_\_\_  
 (Please help us communicate more effectively by including this)

Mark Sports Coached with a 1, 2 or 3 for  
 Preference and check the H or A column for  
 Head or Assistant Coach

Preference	H	A	Years Coached
<input type="checkbox"/> Baseball			_____
<input type="checkbox"/> Basketball (B) (G)			_____
<input type="checkbox"/> Bowling			_____
<input type="checkbox"/> Certified Trainer			_____
<input type="checkbox"/> Cheer			_____
<input type="checkbox"/> Cross Country (B) (G) (Both)			_____
<input type="checkbox"/> Dance			_____
<input type="checkbox"/> Drill			_____
<input type="checkbox"/> Football			_____
<input type="checkbox"/> Golf (B) (G) (Both)			_____
<input type="checkbox"/> Gymnastics			_____
<input type="checkbox"/> Soccer (B) (G)			_____
<input type="checkbox"/> Softball (FP) (SP)			_____
<input type="checkbox"/> Swim & Dive (B) (G) (Both)			_____
<input type="checkbox"/> Tennis (B) (G) (Both)			_____
<input type="checkbox"/> Track & Field (B) (G) (Both)			_____
<input type="checkbox"/> Volleyball			_____
<input type="checkbox"/> Wrestling			_____
<input type="checkbox"/> Other Sport-Please Specify			_____

Which Sport Group should receive credit \_\_\_\_\_

**Benefits Include:**

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

Send completed form with \$35.00 to:

Jerry Parrish, Executive Secretary 18468 8th Avenue NE Poulsbo, Wa 98370	1-800-441-7776 <a href="mailto:jparrish21@comcast.net">jparrish21@comcast.net</a>
--------------------------------------------------------------------------------	--------------------------------------------------------------------------------------

**Benefits effective upon receipt of application and \$35.00.**  
**Membership is from 8/1/06 through 7/31/07.**

- \_\_\_\_\_ Non Teacher
- \_\_\_\_\_ Retired from teaching but still coaching
- \_\_\_\_\_ Retired from coaching but still teaching
- \_\_\_\_\_ Totally Retired from both

**We want to know more about our coaches.**

**Could you please tell us:**

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

**USE BACK OR EXTRA IF NECESSARY**



*Executive Board*

<b>Past President</b> Jerry Koester	<b>President</b> Mike Schick
<b>1st Vice President</b> Pat Fitterer	<b>2nd Vice President</b>
<b>3rd Year Position</b> Chuck Bowden	<b>3rd Year Position</b> Jan Kirk
<b>2nd Year Position</b> Sue Doering	<b>2nd Year Position</b> Tom Harmon
<b>1st Year Position</b> Nalin Sood	<b>1st Year Position</b> Mike Grady
<b>Secretary-Treasurer</b> .....	Jerry Parrish
<b>WIAA Board Liaison</b> .....	Ed Laulainen
<b>A.D. Liaison</b> West .....	Bob Bourgette
East .....	Bill Alexander
<b>MS Liaison</b> West .....	Mike Schick
East .....	Kyle Rydell
<b>Magazine Editor</b> .....	Terry Ennis
<b>Scholarship Chairman</b> .....	Rick Giampetri
<b>All Star Game Liaisons</b> .....	..... Mike Gravy, Pat Fitterer, Bill Alexander

*Sport Associations Board Representatives*

<b>Athletic Trainers</b> -Chris Franklin, ATC. N. Kitsap
<b>Baseball</b> - Brad Conn ..... Sedro-Woolley
<b>Basketball (B)</b> - Nalin Sood .... Mt. Lake Terrace
<b>Basketball (G)</b> - Mike Grady-Thomas Jefferson
<b>Cheerleading</b> - Pam Headridge ..... Oak Harbor
<b>Cross Country</b> - Joe Clark ..... Clover Park
<b>Football</b> - Bob Bourgette ..... Kennedy
<b>Golf</b> - Darrell Olson ..... Everett
<b>Gymnastics</b> - Karen McQuiston ..... Capital
<b>Soccer</b> - ..... open
<b>Fastpitch</b> - Tom Harmon ..... Nooksack Valley
<b>Swimming</b> -Jeff Lowell ..... Mercer Island
<b>Tennis</b> -Andrew Buchan ..... Thomas Jefferson
<b>Track &amp; Field</b> - Jeff Page ..... Lake Stevens
<b>Volleyball</b> - Tony Batinovich ..... Puyallup
<b>Wrestling</b> -Craig Hanson East Valley (Spokane)

For more information contact the below:

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

**Magazine Editor**  
Terry Ennis

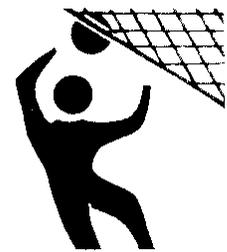
The WSCA falls under the WIAA umbrella. For information contact:  
WIAA, Mike Colbrese, Executive Director  
435 Main Ave. S., Renton, WA 98055  
425-687-8585

# WHAT'S INSIDE

From The President .....	2
From The Sidelines .....	3-5
A Tribute to Coach Terry Ennis .....	6-10
Seahawks Connect with High School Coaches .....	11
Don't Be Stuck in the Middle .....	11
Hawkes Squawks .....	12-14
State Sports Medicine Competition .....	15
On The Sideline .....	16-17
The 3 R's for Coaches .....	18-19
The Gym Teacher .....	20
Coach Awards .....	21
“..The Game is up and the Truth Shall Out.” .....	22-23
2007-2008 State Championships .....	24-25
East/West 3A/4A All-Star Football Game .....	26-27
Hawkes Squawks .....	28-30
The Kid Next Door - Joey Bywater .....	31-33
Ensuring Athletic and Academic Success .....	33-34
Burnett-Ennis Scholarship Application .....	35-36
Burnett-Ennis 2007 Scholarship Winners .....	37
WIBCA Hall of Fame 2007 .....	38-41
“Silent Gesture” .....	42-43
Goal Setting for Improvement - Track and Field .....	43-45
“Winning Defensive Practice” .....	46-48

Do you have an article you would like to have published in the **Washington Coach**?  
Send to Barb Johnston at  
Johnston.barbcliff@verizon.net or  
421 E. Davies Loop Road,  
Lake Stevens, WA 98258  
*Winter Deadline is December 1*

**The WSCA website is [www.washcoach.org](http://www.washcoach.org)**  
We are willing to include job information, open dates and other items pertinent to High School Sports in the state as well as highlighting the activities of the association. Send us your information and we will display it.



---

# From The President

September 2007

Dear WSCA members,

Now that we are into our fall routines, I hope you made the time to relax, renew, and recharge over the summer. Summertime can be a restful time when we choose to make it so. Keeping thoughts of fall practices, teaching schedules, and the new principal at a minimum until it is time is difficult. You earned your rest last summer, it will be back, but now it's time to do what you were meant to do, coach student-athletes.

I have had the honor of serving as WSCA president this past year and I wish to share with all of you something I knew before my term began. The commitment to excellence in our coaching profession is demonstrated by the quality of our more than 3000 members. This is evident through the quality of school athletic programs and their coaches who have given so much of themselves to the benefit of student-athletes throughout our state. Thank you for your time and effort. Some of these coaches have taken on more challenges as they have become Individual Sports Association representatives and executive board members of the WSCA.

The executive board and the ISA representatives have worked on revising the WSCA operating manual, shared information and concerns specific to the individual sports associations, and maintained effective communication with the WIAA. Working with these people has been tremendously rewarding for me personally and their efforts are truly the strength of our association. In the coming year, please find the time to become more involved in your sport association and thank those coaches who are serving as officers and representatives for your sport. They are doing great work for you.



*Left to right above: Chuck Bowden, Nalin Sood, Jeff Page, Mike Grady, Darrell Olson, Rick Giampetri, Ed Laulainen, Terry Ennis, Karen McQuiston, Pam Headridge, Jan Kirk. Top right: Jerry Parrish, Kyle Rydell, Chuck Bowden. Right: Tom Harmon.*



The ISA representatives and executive board are here to serve the WSCA membership. Let us hear from you.

Have a great year and always keep your head up.

Mike Schick

## FROM THE SIDELINES

by Jerry Parrish

### ORCHIDS

■ A couple of weeks ago I received a request from Dan Dittmer, a coach and very good teacher at Kings West High School in Kitsap County. Dan's request was for equipment help he needed for a new PE unit he was going to start. Kings West does not have a football program but Dan wanted to teach his students about football.

His request was for equipment—to effectively teach his students, and the response to WSCA eblast to football coaches in our state was wonderful. Many coaches responded to Dan's request and sent equipment and ideas for teaching a unit on football.

Just goes to show we can always count on coaches.

■ The Washington State Football Coaches Association in conjunction with the National Athletic Testing Service and Seattle Seahawks held its annual testing at the Seattle Seahawk's Kirkland facility on Saturday, June 9, 2007. 174 athletes registered for the test and all did well.

Russ Shiplet, North Kitsap, did an outstanding job as the Admissions Director with good help from John Aaron; NATS national test director to make sure the testing was done to specifications.

Coaches who spent the day and did an excellent job of recording and administering the tests were:



Justin Brien, Central Kitsap  
John Freeman, Olympic  
Glade Hall, Archbishop Murphy  
Bill Heglar, Mercer Island  
Mark Keel, Central Kitsap  
Ed Laulainen, Kelso  
Leon Likens, Gig Harbor  
Daniel McInnis, Bremerton  
Hugh McKinnis, Central Kitsap  
Darren McKay, Gig Harbor  
Mike McKay, Gig Harbor  
Shawn McKay, Gig Harbor  
Dan Oliver, Gig Harbor  
Don Papasedero, Mercer Island  
Scott Peck, Olympic—Certified Athletic Trainer  
Lyle Prouse, Central Kitsap  
Ed Rafferty, Lake Washington  
Mike Schick, Edgemont Junior High, Puyallup  
Bruce Shearer, Burlington  
Russ Shiplet, North Kitsap  
Will Snyder, North Kitsap  
Dave Snyder, North Kitsap  
John Turner, Soap Lake  
Wayne Turner, Soap Lake

From The Sidelines



Continued  
on page 4

## ONIONS

To the sponsors and coaches who provide various athletic testing opportunities on same day as spring sport athletes who are working to qualify for post-season competition. Is this working together or putting our athletes and spring sport coaches in Harm's Way?

### Washington State Coaches Association Annual Spring Meeting Minutes March 07

Meeting called to order by President Schick @ 10:01AM

**1. Introductions**—Meeting called to order by President Schick and all present introduced themselves.

#### **2. Secretary-Treasurer report**

- a. ISA reimbursement from \$10.00 to \$12.00 to become effective October 1, 2007 when requirements for reimbursement are satisfactorily completed.
- b. Scholarship Committee reported that the application form had been updated and next issue of *Washington Coach* would have application form.
- c. Current Membership as of today (3/29/07) is 3357. There was discussion regarding charging a fee for re-issue of lost cards. Tabled for future discussion.
- d. WSCA Board Tree was reviewed and discussion of the actual track for moving from 3 -2 and 1 year board terms. Susan Doering carefully explained and indicated that at WSCA board summer meeting candidates for board and replacement procedure would receive further review.
- e. Expense vouchers were distributed and collected
- f. Sanctioned All Star Senior Insurance Report given. WSCA budget will/has pay for coverage for all of this summer's sanctioned games. Coaches Alexander and Fitterer are re-writing two forms for presentation at summer board meeting. Forms will be completed for review and then sanction of possible grant for each game.

**3. Game entrance**—use of WSCA membership card—This benefit for WSCA has been well received. We are waiting for counts from various WIAA districts to see what adjustments might be needed for 2007-08.

**4. Operating Manual Discussion**—President Schick complimented the board for completing their assigned homework. Work will continue as various forms can be completed and inserted in the manual. There were other miscellaneous documents that were being restructured

**5. ISA REPORTS**—those in attendance received written reports from each ISA representative and reference

should be made to the reports. Will not include them in these minutes.

**6. WEB PAGE UPDATE**—Well over 2500 hits on WSCA web site since first of year. Most traffic through [www.wiaa.com](http://www.wiaa.com) and then to our site. Secretary will welcome pictures or announcements or eblasts that need to be made through use of our web site.

**7. CRITERIA FOR \$2,000.00 ALL-STAR GRANT**—this discussion centered on the development for the forms to be formalized for application of grant. One of the adjustments was to include income from each game and not just costs.

**8. CAREER RECOGNITION AWARDS**—Bob Bourgette—Awards seem to be doing very well. Discussion by Terry Ennis regarding encouraging coaches to submit their applications in a timely manner.

**9. WASHINGTON COACH REPORT**—Deadline announced for next coach edition. There was a suggestion received by Editor Ennis and WSCA Board that a "Letter to the Editor" piece may encourage coaches to submit documents/letters regarding recent Washington Coach articles or perhaps an issue that a coach would like to share with our membership.

**10. WIAA REPORT**—Coach Laulainen reported that WIAA Executive Board was meeting last week in March in Yakima. The plan was to hold meeting in conjunction with Dance and Drill competition.

**11. OTHER**—Jim Meyerhoff, WIAA Assistant Executive Director presented proposed WIAA amendments. All amendments were reviewed and Director Meyerhoff did a good job presenting, emphasizing and carefully explaining each proposed amendment with emphasis on the "sub" writing of a few proposals.

**12. Meeting adjourned**—3:22pm

## MOVING?

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

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

## WASHINGTON STATE EXECUTIVE BOARD MEETING

### LEAVENWORTH 6 AUG 07

Those in attendance - Pat Fitterer, Jerry Koester, Chuck Bowden, Ed Laulainen, Terry Ennis, Rick Giampietri, Bob Bourgette, Bill Alexander, Kyle Rydell, Susan Doering, Jan Kirk, Tom Harmon, President Schick, Secretary Parrish

(Secretary Parrish hit the wrong key on his computer and is open to adds to these minutes if his recall is not correct.)

Meeting called to order by President Schick at 9:02AM

#### 1. WSCA Executive Board review

Candidates to contact —Rob Friese (Willapa Valley), Brett Lucas (Todd Beamer), Pete Orgil (Davis-Yakima), Tony Davis (Tahoma)

Discussion tabled to end of meeting.

#### 2. Treasurer's report

##### a. Budget for 2007-08

##### b. Recommendations for 2007-08

1. Action —Reimbursement to go to \$12.00 effective 1 Oct 07 if application correctly completed.

2. Keep all-star game insurance carriers the same as proposed

3. Strong discussion on all-star grants. President Schick and Secretary Parrish to meet and write criteria for application procedures for grant. Grant monies not to exceed \$2,000.00

4. Expense report discussion—explanation of expense report

5. Invoicing schools—only WSCA secretary to invoice schools for WSCA payments

#### 3. Burnett-Ennis Scholarship

a. Winners review and check to make sure magazine editor has all information needed for next *Washington Coach* issue.

b. Presentation by Rick Giampietri regarding student teacher scholarship. Rick shared proposal guidelines that he had received from Whitworth College. Discussion followed. Application materials and time line for submitting will be in *Washington Coach* spring issue.

4. Liability Insurance—keep save coverage

5. 5, 6 7, 8 and 9 Informational items

10. WIAA district directors having pass confusion at Directors Meeting

DISTRICT 1 ISSUE—TRI & BI- DISTRICT USE A CONCERN

DISTRCT 5 AND 6 ARE A DUAL DISTRICT LEAGUE AND WORK OUT USE OF WSCA CARD

President Schick shared letters he sent to each WIAA District Director with their responses regarding acceptance of WSCA membership card and entrance to district level events.

#### 11. Coaches Recognition

The significant item here is that coaches who asked about Career plaques had not correctly submitted paper work...not on file with Coordinators.

Coach Bourgette and Coach Ennis, Tom Ingles - Submit Paperwork - not on file - on the responsibility of the coach to submit paper work - 29 recipients this coming year. WSCA card number is part of paper work.

12. a) WASHINGTON **COACH** expanded issue in the Fall. Next Deadline August 14.

b) WIAA information- WIAA liaison person, Ed Laulainen, reported on a couple of issues ...submitting a WIAA amendment date is in December and a couple of gender issues were on the WIAA agenda.

**GARMENT CHOICES**—Board member Bill Alexander proposed new shirt garments for WSCA Exec board—approved and Bill will check with dealer in Wenatchee for precise garment prices. Coach Alexander will complete this purchase and garment delivery.

**SCHOLARSHIP COMMITTEE** - Kyle Rydell and Jerry Koester to stay with scholarship committee.

#### **NOCAD PROPOSAL**

Ed and Terry spoke about the benefits

Interesting and ways to make WSCA better

Broke from NFHS and formed their own group

Request for transportation and housing made/2nded and approved.

Report to be made to WSCA Executive Board on the information gathered at the NOCAD meeting. Meeting is in Charleston SC January 2008.

#### **NEXT MEETING DATES**

14 October ISA meeting at WIAA building

2 Dec 2008...Bellevue Hilton

9 March 2009...Bellevue Hilton

Summer meeting in Leavenworth

Sunday, Aug 3 for those who want to check in early

Monday, Aug 4...Dinner

Tuesday, Aug 5...Board meeting

Note change in days of the week we are meeting

Meeting adjourned 11:59AM jp ■

## A Tribute to Coach Terry Ennis - WSCA Magazine Editor

The WSCA had the privilege of having Terry Ennis as our magazine editor for the past 17 years. We pay tribute to him.

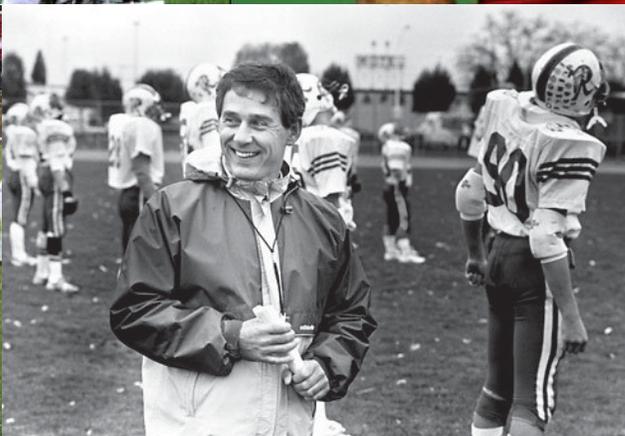
### Heart & Soul



**Inspiration**



**Friend**



**Humility**



**Mentor**

**1944 - 2007**

Terry Ennis hugs Bill Terhar after Terhar presents him with a plaque that names the Archbishop Murphy High School football stadium "Terry Ennis Stadium".

**We will miss you!**

# Terry Ennis

## 1944 - 2007

# Coach, teacher, dad

Story by By Mike Cane, The Herald, reprint from September 24, 2007

EVERETT — Sometimes words from a song perfectly sum up a collective sentiment.

There's a lyric from the tune "For Good" from the musical "Wicked" that goes, "Because I knew you ... I have been changed for good." Two vocalists and a pianist performed the song Sunday at the start of the two-hour memorial service for football coach Terry Ennis at the Archbishop Murphy High School gymnasium.

Judging by the 2,000-plus people who showed up to remember Ennis and celebrate his many achievements on and off the field, Ennis, who died of cancer Sept. 12, clearly changed their lives for good.

Family members, friends, former and current players, and many others gathered to share sorrow but also to hear and tell stories about a beloved man who everyone agreed was much more than a successful gridiron coach.

Many of the most resounding, insightful comments at the memorial came from Ennis' three children: Jenny Leger, Amy Schaffler and Joe Ennis. Their job, Leger said, was to give a "complete portrait" of their father, a man known widely for guiding teams to 287 victories in 36 seasons and ranking No. 2 on the state's career wins list.

Football meant a lot to Ennis, Leger said, but "family meant the world to dad." And "family" wasn't limited to blood relatives for Ennis, who Leger said frequently invited underprivileged students to live at his home.

Recalling an experience from when she was 8, Leger said two of her fa-

vorite unexpected guests were Iranian exchange students. Ennis took them in after he learned they were constantly struggling to find food and adequate shelter. He did it amid the Iran hostage crisis, when tension between America and Iran was sky high.

Ennis' gesture taught his children acceptance of others and instilled a sense of compassion, said Leger.

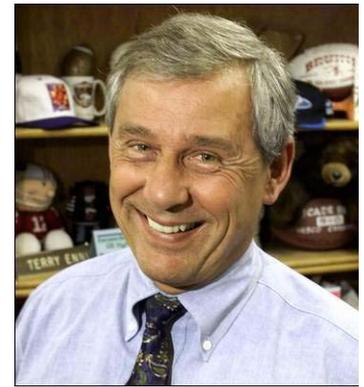
"He didn't instruct with words," she said. "He showed with action."

Ennis, a 1962 Everett High graduate who had battled prostate cancer nearly five years, coached Archbishop Murphy to a victory just four days before he passed away. He ended his retirement from coaching in 2000 to start Murphy's program in 2000. Previously he had been head coach at Stanwood, Bellarmine Prep, Renton and Cascade. Three of Ennis' teams won state championships: Cascade (1991) and Murphy (2002 and 2003).

Some might wonder why Ennis didn't step away from the game when his health declined so severely. But Ennis' children said their father's love for the game and the people he met by coaching kept him going until the end.

Originally Ennis planned to become a lawyer, said Schaffler, Ennis' other daughter. But ultimately he chose to follow the same path as his father, Jim Ennis, and became a coach and teacher.

It wasn't necessarily because Terry Ennis loved football. According to Joe Ennis, Terry's son, when asked if he



had fun coaching, the notoriously grim-faced, sideline-prowling coach said, "No, not really. But it's who I am." Joe said his dad told him the best part — the real reason he coached — was to get to know student-athletes and watch them go on to bigger and better things.

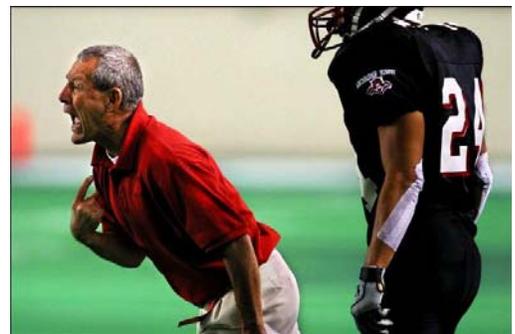
Speaking of big, Terry Ennis wasn't. Although he was a standout athlete at Everett High and later at what's now called Santa Clara University, Ennis was slim and "5-7, maybe," said Schaffler.

It didn't matter. Ennis was a giant in other ways.

"My dad was not a tall man," Schaffler said, "but there was nothing small about him or his life."

Proof of that claim was the mas-

*Continued on page 8*



Continued from page 7

sive audience, which overflowed from the gym into two other large rooms



*Terry was dwarfed by Marysville-Pilchuck's Jeff Pahukoa when he coached the West team in the East-West All-Star Game in 1987. The former All-Coast defensive back at Santa Clara University was a towering presence to coaches around him.*

on campus where the service was televised. The crowd was a “who’s who” collection of well-known coaches, administrators and officials from the county and across the state.

Football coaches in attendance included Dick Abrams (Stanwood High), Mark Perry (Snohomish High), Mark Stewart (Meadowdale) and Eric Dinwiddie (Granite Falls). Also there were former Cascade High boys basketball coaches Charlie Cobb and Jerry Koester, both members of the Washington Interscholastic Basketball Coaches Association Hall of Fame.

Murphy players past and present showed up, including former stars like Axel Wolff, Stan Smith, David Sinex and Nick Snyder. Kennedy High of Burien brought a bus full of players and coaches. About 20 of Ennis’ former Santa Clara teammates flew in from all over the U.S.

A stirring example of Ennis’ impact

came in a letter from Gov. Chris Gregoire. Read aloud by Murphy principal Dr. Kristine Brynildsen-Smith, Gregoire’s message said Ennis’ legacy of victory and personal excellence are an inspiration.

Arizona State University head football Dennis Erickson, who grew up idolizing Ennis, was unable to attend but sent a football signed by his players.

Ennis gained many admirers because of his perseverance, respect for others, preparedness and sacrificial love, said Murphy Chaplain Father Armando Guzmán.

“Terry touched many hearts — many young hearts,” Guzmán said.

With an energetic personality and a creative mind, Ennis was an effective promoter of his teams. Sometimes he went too far though. While at Cascade, Ennis once appeared with uniformed Bruins players in a commercial for a local grocery store. The goofy TV ad, which was shown at the memorial, broke state athletic rules and resulted in Cascade being put on probation by the Washington Interscholastic Activities Association.

Former Cascade principal Gary Axtell recalled the incident with a laugh, noting that most of Ennis’ ideas

were less problematic and almost always life-enriching. An example is the Bruin Buddies program Ennis helped start. It matched high school football players with local elementary school students, promoting athletic pride and community involvement.

“We are all better for having known you,” Axtell said, addressing Ennis. “You leave behind a legacy that we will all cherish.”

The legacy grows daily.

The Murphy football team is 2-0 since Ennis’ death. The Wildcats blasted Coupeville 60-22 Sept. 14 on Whidbey Island, two days after Ennis passed away, and they shut out Cedarcrest 28-0 Friday at Terry Ennis Stadium, which in February was named in honor of the coach. Murphy is now 4-0 this season and ranked No. 3 in the WashingtonPreps.com Class 2A poll released Wednesday.

For Joe Ennis, the coach’s son who played for Ennis at Cascade, his dad’s legacy was monumental. Joe said he lost a friend, a leader, a coach and a dad when Terry Ennis died.

When people ask Joe Ennis what it was like to be the son of the famous football coach, Joe answers with a single word:

“Perfect.” ■

## Terry Ennis’ coaching career

**Career record:** 287 – 87

**Winning percentage:** .767

**Seasons as a head football coach:** 35-plus

**Head-coaching jobs:** Stanwood (1971-73), Bellarmine Prep (1974-77), Renton (1978-87), Cascade (1988-98), Archbishop Murphy (2000-2007)

**State championships:** Three; Cascade (1991), Archbishop Murphy (2002 and 2003)

**Honors:** Elected to the Pacific Northwest Football Hall of Fame. The Archbishop Murphy football stadium was named after Ennis in February.

# Coach Ennis demanded respect, and kids gave him much more

By Larry Henry, Special to The Herald, reprint from September 15, 2007

Roger Brodniak once said of his old high school coach Terry Ennis: “He can unpeel you with truth.

“Sometimes you don’t like to hear it. He’ll break down what you’re doing. It can be hard to take when it’s done in front of other people.”

The thing about it was, when Ennis got on a player or a coach, it was usually justified. “It’d be different if he was wrong,” Brodniak said, laughing.

“He makes his point quickly. Sometimes it makes the person feel bad, but it needs to be done quickly. He has a pragmatist’s way that works so well.”

And how.

Ennis unpeeled me with the truth about two weeks ago.

For 20 years, I’ve been friends with the legendary coach who died of cancer early Wednesday morning at the age of 63. I had spent much of an entire season in the 1990s observing his Cascade High School

team in practice and in games for a long postseason article. That team had gone unbeaten during the regular season, only to lose in the first game of the playoffs.

In being around the Bruins a lot that season, I learned the do’s and don’ts of a newsman in the Terry Ennis system. You didn’t talk to players before or during the game when walking the sideline. And you waited until all the work was done after the game — that was, until Ennis delivered his post-game speech in the locker room — before approaching a player for comments.

Violate any of those rules and you’d hear about it from The Man himself.

So clearly, I knew how to conduct

myself around Ennis-coached teams. And that’s why he and I had gotten along so well over the years. I treated him as a professional, he did likewise for me.

For about the last year and a half, I’ve been involved in a film project on Ennis and his Archbishop Murphy High School football program. The job calls for a lot of interviewing: current and former players, current and former coaches.

Recently, the producer of the project, Derek Klein, and I accompanied the Wildcats team to Las Vegas

**“He treated them as students, young adults, young men, and they in turn had a huge respect for him, a tremendous loyalty to him.”**

for a game against a team out of the San Francisco Bay area.

Before the game that evening, Klein wanted to go into the Wildcat locker room and film some players being interviewed. I grimaced, knowing that such a practice was a no-no with Ennis, but went ahead with it anyway. “We’ve got a job to do,” Klein insisted.

The minute you step into an Ennis locker room, the first thing you notice is how quiet it is. How businesslike it is. There is absolutely no horsing around. Players get dressed quietly. And then they sit and if they do say anything, it is in whispers. The concentration is almost palpable.

And the head man? His concentration is on an entirely different level. Intense? That’s an understatement.

Anyway, we do a couple of quiet interviews. And you can tell the players are uncomfortable doing them. They know the rules. You can see it in their eyes: Did coach give the OK? And they know he has seen them talking to us.

Ennis sees everything. Players laugh about that.

There can be 60 players on the field, 22 of them in action and the other 38 on the sidelines, but each feels as if one particular set of eyes is directly focused on him.

Those eyes belong to Ennis.

They are burrowing in on every player. On the lineman who has stepped with the wrong foot and on the third-string tackle who has just goosed his buddy on the sideline.

In that voice that can peel paint as well as unpeel the truth, Ennis quickly lets the player

know that he has done wrong.

That goes for newsmen, as well.

We were looking around for someone else to interview, had started to walk one way down the locker room. Ennis was coming from the other direction. His head down. His eyes focused on the floor. As we passed one another, he said in a quiet but firm voice, “You know the rules. We don’t do that here.”

His words cut to the quick.

Yes, I knew the rules. And I had violated them. And I felt bad about it.

But, in a way, I also felt honored.

I had been reprimanded by the best coach I’ve ever known. And one of the best people I’ve ever known.

He was a great teacher. A great humanitarian.

*Continued on page 10*

*Continued from page 9*

Someone asked Wednesday what it was about Ennis that made him so successful.

He cared deeply about his players, for one thing. He wanted them to succeed on the football field, but more importantly, he wanted them to become good citizens

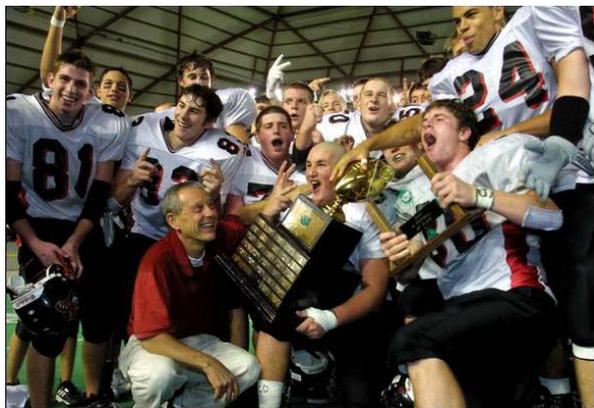
“He had a special way with kids,” said Paul Lawrence, who played on the same Everett High team with Ennis and later was the Seagull head coach before joining the Archbishop Murphy staff as offensive line coach. “He treated them as students, young adults, young men, and they in turn had a huge respect for him, a tremendous loyalty to him.”

Former Ennis players would show up on the sidelines at Wildcat games. One former Cascade Bruin drove 10 hours from Boulder, Colo., to watch the Wildcats play in Las Vegas. Another ex-Bruin living in Vegas was at practice and then delivered a rousing pep talk after the Wildcat victory.

“Kids that he coached back in Stanwood who are maybe grandfathers still remember when Coach Ennis did this or Coach Ennis said that or Coach Ennis got on me when I wasn’t ready,” Lawrence recalled.

### **Many are grieving**

Tears flowed freely on the high school campus Wednesday.



*Terry and his team celebrate their Class 1A 2003 state football championship.*

Some of the players hurt most deeply by his passing, one assistant coach said, were those with troubled pasts. With Ennis’ help and compassion, they had straightened out their lives and are doing well now.

Players weren’t the only ones having a tough time. So were coaches. Defensive coach Jeff Schmidt, a former Marine who was in the first Gulf War, sat sniffing in the weight room as he spoke on a cell phone with former Wildcat star Shiloh Keo, now a starter for the University of Idaho Vandals.

Brodniak, who played for Ennis from 1990-92, was having an especially difficult time dealing with his coach’s death. “I’ve been in constant contact with him since I graduated from high school,” he said.

One day last year, Brodniak, who graduated from law school but spent only one year in practice before becoming a teacher and coach, sat and talked about this man Ennis “who had an incredible impact on me.

“He has shown me how to push my limits, how to work hard to reach my potential with respect to humanity.”

### **‘Do it right’**

Push until you perfect what you are attempting to do.

“That’s his epitaph: ‘Do it right,’” Brodniak said. “We all know what it is to do right.”

That is why Ennis’ Archbishop Murphy teams won 66 of their last 70 games, including two state championships. They did it right.

In practice, they did it over and over and over again until they got it right. Each and every little detail. The

“eyes” made sure of it.

When Ennis started the Wildcat program, he and his coaches quickly realized they had a monumental task in front of them. “We were so bad, we all knew what we were in for,” Brodniak said. “We didn’t know how to put gear on, we didn’t have any big guys, no fast running backs.”

One kid got mad because the Wildcats had to give the ball back when they scored. That same kid wore a diving suit under his uniform. “He learned during the first game that you heat up a lot,” Brodniak chuckled.

When Schmidt asked for a center at one of the first practices, nobody stepped forward. He had to explain that the center was the guy who snapped the ball to the quarterback. When he asked for two guards, two players stepped forward and lined up on the right side of the center.

It was then he understood what Ennis was talking about when he said, “We have to start with the basics.”

Two years later, Archbishop Murphy High School won a state championship.

Ennis did a lot of yelling in practice and in games, but he never swore. One of the running jokes was his “creative ways of using certain words,” Brodniak said. One of his former players once said, “We love it when Coach says, ‘Sakes.’”

“God bless it,” was another Ennis favorite.

Brodniak once found himself saying in a JV game, “Sakes, God bless it.”

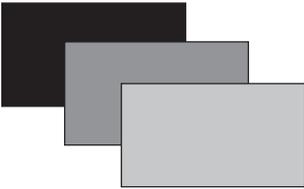
Once in practice Brodniak uttered, “Damn it.”

Ennis sidled over and softly admonished him, “Watch your language.”

Brodniak didn’t have to be told again.

He knew the rules. We don’t do that here. ■

*Larry Henry is a former Herald sports columnist.*



# DON'T BE STUCK IN THE MIDDLE...

---

by Mike Schick

On August 2-4, the 11<sup>th</sup> annual WIAA “Coaches School” was held in Yakima . Within these 3 days of presentations, mini clinics, discussions and inspirational speakers, coaches were afforded a tremendous opportunity to improve and enhance their coaching abilities. Mike Schalappi, Bruce Brown, Dr. Jim Peterson and Eric Monson provided meaningful information and gave all the attendees much to think about as a new school year approaches. The breakout sessions were varied and wide-ranging with topics from risk management issues to character building to current concerns addressed by the WIAA staff.

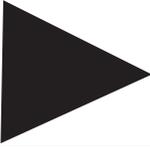
Those of us coaching at the junior high/middle school level had some time to identify and discuss coaching concerns and successes occurring at our level. Many thoughts and ideas came about from two of the sessions including: coaching students with special needs, finances, increasing contest limits, increasing the length of periods to increase participation, fostering cooperation with high

school programs and coaches. Other comments reflected problems with player/coach ratios increasing, difficulty with scheduling facility use, lack of support at the building and district level, immature attitudes of athletes and an overwhelming frustration with counter productive parental involvement.

Where do we go from here? Information and comments have been shared with the WIAA staff with the goal of creating topics for middle level breakout sessions at next year’s “Coaches School”. I further invite you to use the [Washington Coach](#) as a forum for expressing your ideas and concerns to the benefit of all, thus creating the chance for an exchange of knowledge as to what works for you in your coaching. The struggles are similar for many of us, the solutions are out there. Please consider writing an article addressing a concern listed above or share one of your own not mentioned.

We may be in the middle, but we are not stuck in the middle. ■

---



## Seahawks Connect with High School Coaches During Weekend Academy

---

Seattle Seahawks Head Coach Mike Holmgren met with high school coaches during the 2<sup>nd</sup> Annual Seattle Seahawks High School Coaches Mentorship Academy on May 5.

Twenty coaches from around the state of Washington participated in the two-day program which involves classroom and networking sessions that allow coaches to discuss topics related to both on and off the field issues.



The Mentorship Academy is designed to provide high school coaches with an opportunity to learn about leadership and effective ways to develop and lead young men who participate in high school football.

The Seattle Seahawks High School Coaches Mentorship Academy connects younger head and assistant head coaches from around the state with veteran high school coaches. The program helps to develop mentorship relationships and reduce the amount of coaching turnover at the high school level. ■

# HAWKES SQUAWKS

by Dee Hawkes  
Retired



Whether you agree or disagree, my squawks are sincere. Coaches often lack any control or voice over some of the things that affect their programs. It's true that some of my squawks don't hit home runs, or they are so simple you just don't care. Experience has shown that in the long run saying what we believe has more value than keeping our mouths shut. Here is my take as we wind up for another year of school athletics.

- Random urine drug testing by school districts is coming down the pike and gaining speed. Why? Because it is legal, as determined by the United States Supreme Court, and it is needed. What school wouldn't want a safe, drug free environment for their students and athletes!
- It should come as no surprise that to raise a polite, respectful, and neat kid; it helps to send him or her to a good coach. The best coaches still live by a code, and they make no apology for demanding that kids live up to it.
- Did you know that Washington is currently the only state with a formal organization for a high school sports medicine program? This program is under the guidance of the Washington Vocational Sports Medicine Association (WVSMA). In April, 35 teams, which represented 500 students, competed to see which team could tape the fastest ankle. (see page 11) In addition, there were three multiple choice exams, followed by an oral practical exam. What a great way to jump start this vocation.

## My Ten Pet Peeves:

- (1) **Basketball rules that allow players in the "paint" to get away with pushing, shoving, and elbowing, whether the opponent has the ball or not.** Also, the current tendency to palm the ball has really changed the art of dribbling in the game. These days, the referees rarely call the double dribble or multiple steps on the way to the basket.
- (2) **The allowance of more warm-up pitches when a relief pitcher from the bullpen enters a high school baseball game.** First of all, the arm is usually already ready from throwing in the bullpen. Why waste time by having another set of throws while everyone else just stands around.
- (3) **Players competing on the field or court who signal with their arms for more crowd noise rather than focus on what they should be doing.** Fans cheer when they have the urge, not because a player needs muffled sounds to make him play better. For crying out loud, there are cheerleaders who are trained to ignite the crowd.
- (4) **During basketball team introductions, players giving the game officials a variety of hand gestures.** Hand shaking or high fives with an opponent can be tolerated, but giving the officials some flesh seems unnecessary. In other team sports, officials work with captains but don't make themselves available to hand shake each participant.
- (5) **The tendency to set up so many invitational meets where only the better athletes can compete.** These days there are fewer dual track meets where everyone on the school track team can participate.
- (6) **The advantage given to the home team when football playoff games are not played at a neutral site.** It rubs this writer wrong that one team has the advantage of a home site, especially after the first round. If a team makes the second round, both teams should be on the road at a neutral site. Don't buy the argument that there are no stadiums that can handle the crowds.
- (7) **The officials working high profile games who try to impress the coaches.** Officials need to stand their ground and make the hard calls.

(8) **School districts which do not take a serious look at how high school booster clubs conduct their business.** Prior to the school year each club should carefully evaluate and rewrite their mission statement. Without question, there must be some reporting system so that the school board is not left in the dark. If the booster club can provide financial assistance above that provided by the district, then this must be clearly spelled out and understood.

(9) **Parents who try to influence the coach about their kid's playing time and about the coach recommending their son or daughter for a scholarship.** As Butch said to Sundance, "Who are these guys?"

Even when coaches are upfront and honest with them, some pushy parents go behind closed doors to get them fired or replaced.

(10) **Athletes playing on two teams at the same time.** It just makes good sense that some sports are better served by the community rather than by the schools. There is no hiding the fact that playing on two teams at the same time is a bit much. Too often injuries occur and burnout looms around the corner. When select teams are masked as school teams, the integrity of school sports is jeopardized. This area warrants special attention by the WIAA.

## THE HOUSE THAT COLTON BUILT

Certainly there have been many wishes granted by the Make-A-Wish Foundation, but nothing like what happened to Colton Wilson, the sophomore South Whidbey High School varsity catcher. Colton was diagnosed last July with a rare form of cancer. During his treatment, the Make-A-Wish Foundation learned of his medical condition and granted him a wish. However, instead of concentrating on himself, he chose to renovate his high school's baseball field. On the island, this courageous young baseball player "moved a mountain." Colton indicated that this selfless wish was to return a big favor to the community for all of the help and support he received during his illness. For example, when Colton lost his hair during chemotherapy, his teammates honored him by shaving their heads, and wearing his jersey #61 on their caps. When he is ready to return, Coach David Guetlin plans to have Colton charting pitches and driving around the field in a golf cart.

## STOP THE BLEEDING

Even though the "mercy" rule was applied, one high school fastpitch team was defeated in league play this spring 67-0. The same team had been embarrassed twice before with large scores. League officials called an emergency meeting to discuss what strategies the winning coach should have used to resolve the problem. During the rematch, the winning players were encouraged to bunt and not advance bases while their pitcher threw a no-hitter. Many observers have offered their opinion about what should be done so that this doesn't happen again.

My take is pretty simple. Team A should not compete against Team B. No matter how we slice it, whether to shorten the "mercy" rule or

not, these teams are not evenly matched.

Girls from select fastpitch teams who play the year around should not in any shape or form compete against girls who just check in for the sport during their high school season. The only fair way to stop the bleeding is to do more than apply a tourniquet. The WIAA needs to make an exception and let Team B types play a junior varsity schedule. We haven't heard the last about this debacle.

## IT'S A GOOD CAUSE BUT A TOUGH SALE

Speaking of a tough sale, former Ballard athlete Dick Lee has started Team Seattle Athletics, a soon to be non-profit organization, which has a goal to rescue the Seattle Public Schools middle and high school sports. District funding for athletics doesn't provide what is necessary to compete with the suburbia schools. With the financial support of local sponsors like Tully's Coffee, their drive to raise money is off to a good start. You can also look for former Seattle athletes, including several current basketball professionals, to join the cause. (So far, so good). If you are interested in supporting this effort, please contact Dick at: [rjlee@seattleschools.org](mailto:rjlee@seattleschools.org).

## TEXAS LEADS THE PARADE

In a sign of our times, new legislation in Texas states that all high school athletes (23 sports) will undergo random steroid drug testing starting in the 2007 -2008 school year. My position on drug use is simple. I am vehemently opposed to the use in any sport at any time. . . . In another out-of-state prep decision, New York high school base-

*Continued on page 14*

*Continued from page 13*

ball teams will no longer hit singles with aluminum bats, but only with the wooden kind.

## **YOUTH COACHES HEAR MASTER COACHES**

You might say the Seattle NFL/NFF Coaching Academy for youth coaches has been a huge success, but this was not the case with other academies throughout the country. As a result, the NFL has shifted their funding to USA Football. They conducted a one-day clinic for youth coaches at Qwest Field on Saturday, June 23<sup>rd</sup>. The USA Football School format is similar to that of the NFF Coaching Academy, as it includes both classroom and on field teaching. The Master Coaches Session featured Jack Stark (Shelton) and Dick Nicholl (Mercer Island), two retired Hall of Fame coaches. They shared their philosophies by answering questions from the audience of youth coaches. Visit the website at: [www.usafootball.com](http://www.usafootball.com)

## **SUMMER CAMPS RUNAMUCK**

Did you know that there are over ten thousand summer camps that offer everything from coaching big men (basketball) in the paint to teaching a sweet golf swing? Most coaches recruit and rebuild their programs by carefully picking the type of summer camp that looks like a good fit for their teams. Plenty of camps are tailor made for the gifted athlete too. There is no hiding the fact that the summer belongs to the coaches who have their ath-

letes in camp. In sports, as in life, there is the fundamental question: How much should I push? It's difficult to grasp how a coach can make it a requirement for players to go to camp. Much (probably too much) has been made of the value of team camps. It's not a bad idea for every coach to reexamine from time to time whether sending a team to camp pays positive dividends. Perhaps the message should be to stay on campus and run your own camp. Just make sure it's voluntary, not mandatory, for your athletes.

## **THE NCAA COMES TO THE RESCUE**

What the federal government hasn't done after the Katrina disaster, the NCAA will for youth football in New Orleans. Along with Russell Athletics and Wilson Sporting Goods, the NCAA plans to donate \$750,000 for equipment, apparel, and services to establish and support youth football. This came as a result of the newly organized NCAA Youth Initiative Committee, which determined that New Orleans would be the first recipient of special funding. Their pledge will certainly impact kids who are still struggling to get some order into their lives.

As one retired coach once said, "It may be lonely at the top but it's sure more interesting than being struck in the middle." Go forth, have a great year and stay in touch with old friends. If you have something to say, please email me at: [hawkes32@comcast.net](mailto:hawkes32@comcast.net)

See you around, I hope. ■

**MVP**  
**ATHLETIC**

1210 Franz Street  
Lacey, Washington 98503  
t 360-413-5047 / f 360-413-5051

**UNIFORMS EQUIPMENT SHOES**  
**JACKETS HATS CLOTHING**

**D**  
Dodger™

**adidas**  
TEAM

**Betlin**

**TOLL FREE 877.413.5047**



WAY TO GO

---

*Washington Vocational Sports Medicine Association*

## **State Sports Medicine Competition**

### **Kentlake High School**

The 13<sup>th</sup> annual Washington State State Sports Medicine Competition, organized by the Washington Vocational Sports Medicine Association (WVSMA), was held on April 27<sup>th</sup> and 28<sup>th</sup> at Kentlake High School. This competition tests students from high school Sports Medicine programs across the state over various Sports Medicine topic and areas. Students take three 100 question tests and one practical exam that consist of 5 to 6 different tasks. Over this weekend, students are exposed to various educational seminars that might help them as they pursue a medical field in the future. There were 32 schools from around the state and 3 out of state schools that competed at this year's state competition.

The instructors also voted on the 2007 Sports Medicine Instructor of the Year. This award is voted on by the attending instructors and is based on the instructor's community service, accomplishments, and the nomination form from their students. The 2007 instructor of the years is Chris Franklin from North Kitsap High School.

Next years state Sports Medicine Competition will be hosted at Wentachee High School. Please check the WVSMA's website for more information ([www.wvsma.org](http://www.wvsma.org)). Here are the results for e 2007 Washington State Sports Medicine Competition:

#### **Team Results**

*(the combination of scores for the top five finishers of each test)*

1. Wenatchee High School
2. South Kitsap High School
3. Issaquah High School
4. Mount Vernon High School
5. Stanwood High School
6. Notre Dame High School (California)
7. North Kitsap High School
8. Marysville-Pilchuck High School
9. Auburn-Mountainview High School
10. Auburn High School

#### **All-State Sports Medicine Team**

*(Top Ten Finishers)*

1. Nicole Larson
2. Blake Winchester
3. Julie Wright
4. Brandon Nygaard
5. Amber Butler
6. Adam Solomon
7. Joe Oelfke
8. Carmen Anderson
9. Natalie Peapea
10. Aaron Dan

**Academic State Sports  
Medicine Champions:**

*Klahowya Secondary  
School Team GPA 3.6871*

**Top Senior  
(overall score x their  
Grade Point Average):**

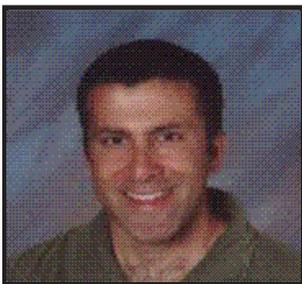
*Nicole Larson*



**MICHELE MATHAY**  
*Puyallup High School*

Michele coaches one of the most successful cross country programs in the SPSL as her teams have won 14 league titles and 6 District III championships. Coach Mathay has been selected SPSL coach of the

year 14 times and was named the Gatorade National Assistant Coach of the Year in 2001. Her family includes her husband Walt, their daughters Laura and Heather, and their grandkids Delaney, Emerson, Jackson, and Jillian. Michele enjoys seeing student-athletes being successful and feeling positive about themselves. Her proudest moments in coaching come from seeing kids who struggle at the back of the pack get their wings and take off. Many of her athletes have become life long runners due to her efforts. "Kindness is a gift that you must give everyday." Michele has been in the WSCA for 20 years.

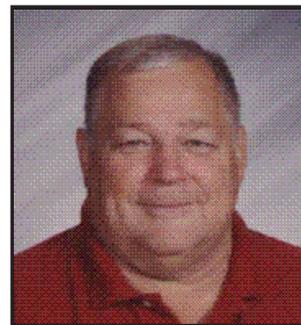


**NALIN SOOD**  
*Mountlake Terrace High School*

Nalin is the boys' varsity basketball coach. He has coached basketball for more than 20 years with the last seven years serving as the head coach. Nalin has also

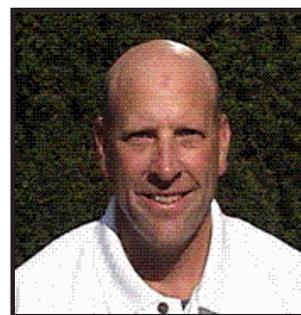
coached track for 11 years and all of this work coaching has been at Mountlake Terrace. The graduate of CWU ('95) comes from a family of educators as his mother, sister, and brother in law are all in education. His basketball teams have won 3 WESCO South titles, been state tournament participants several times and placed 3rd in the 2005 4A state tournament. Nalin has been a member of the WA/ORE Basketball Shootout coaching staff for the past 4 years. Nalin credits mentors such as Roger Ottmar as the reason he is coaching. Coach Ottmar instilled in him a passion to nurture relationships with young people and help them grow as athletes and contributing members of society. One of his proudest moments in

coaching came as an assistant with coach Ottmar as they completed a perfect regular season and Nalin got to watch "coach go out on top!" "True value of a man is not how he stands during comfort and convenience; rather controversy and challenge." Nalin has been in the WSCA for 7 years.



**TONY CARTER**  
*Colfax High School*

Coach Carter has coached football at Colfax for 30 years of his 35 year career. The graduate of Eastern ('72) has also coached wrestling, baseball, basketball, and been the athletic director for over 20 years. Tony came to Colfax from Kahlotus High School in 1977. His family includes his wife of 38 years, Karen and their kids Andrew and his wife Sharon, Lori and her husband David, and Bryan who is teaching and coaching at St. John. They also have 3 grandchildren in Allison (2), Tristan (5), and Juliana (2). Tony has coached in more than 350 football games, had two state championships, coached in the Shrine Game in the Kibby Dome, coached in the state All Star game twice, and his wrestling team had a "perfect score" tying a national record. Coach Carter is coaching to make a difference in the lives of young people and because of all the fine people he gets to work with. "The harder I work, the luckier I get." Tony is a member of the WSCA.



**DON HOFFMAN**  
*Kennedy High School*

Don has been the head girls' basketball coach, 13 years and an assistant football coach, 18 years, at Kennedy. The graduate of UPS ('87) was named league basketball coach of the year in 1997, 2002, and 2007. During coach Hoffman's time as head coach, his teams had 11 league championships, 3 District 3 champi-

onships and 10 teams qualified for the state basketball tournament placing 2nd at state in 1996. His family include his wife Kim and their kids Trevor (8) and Alyssa (6). Don is coaching because it is great to work with students in a competitive environment and help them grow in their competitive pursuits. He shares that athletics teach many life long lessons. Two of his proudest moments in coaching came as his girls' basketball team took 2nd at state in '96 and the KHS football team placing 2nd at state in 2007. The football team has been in the semi finals at state 3 of the last 4 years. "If you're going to do something, do it right - don't waste time." Don has been a member of the WSCA for over 10 years.

brothers and sisters in her family. She has been league coach of the year in both baseball and volleyball. Her baseball teams have been academic state champions twice in baseball. Nancy enjoys the rewards of watching young people learn, become successful and confident. She has an inner desire to see students use sports as a stepping stone for recognition and the development of social skills useful in pressure situations. Her proudest moments in coaching come when former students come back to teach and coach at Darrington. "Baseball/softball is the only team sport that will show your every weakness and every strength so work hard at what you do." Nancy has been a member of the WSCA for 33 years.



**NANCY SNYDER**

*Darrington High School*

Coach Snyder is currently the JV coach at Darrington and has coached girls' fastpitch for 7 years. Nancy has also coached tennis for 3 years, volleyball for 6 years, basketball for 9 years, track and field for 2

years, and boys' baseball for 21 years. Nancy is a graduate of Eastern Washington University ('72) and has seven

**“Always take your job seriously, but never yourself.”**

*Dwight D. Eisenhower*

**ON THE SIDELINE**

**NOMINATION FORM**

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

Nominee's Name \_\_\_\_\_

Home/School Address \_\_\_\_\_

City \_\_\_\_\_ Zip \_\_\_\_\_

Current teaching/coaching location \_\_\_\_\_

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

*Thank you for your efforts*

## The 3 R's FOR COACHES

by Diane Taniguchi

The traditional 3 R's for academics is reading, 'riting, and 'rithmetic ... however, recently while watching the Emerald City League basketball playoffs for girls and boys, the 3 R's for coaching came to mind, i.e., role model, respect, and responsibility.

As a coach you are constantly reminded of the role model you need to be for your team. No more tantrums, no more throwing clipboards or chairs, and no more (or less) shouting at players in a demeaning manner. This also means that you encourage and motivate your players in a positive way as well. So, coaches need to be prepared for anything before, during, and after the game/match in order to watch your P's and Q's.

It is not easy to be a role model for others to follow as you are expected to be someone who is a leader and makes little to no mistakes. Is it possible to do so and still be a living, breathing person? According to the old saying "to err is human" allows you room for error and to be a living, breathing person, not a zombie. It does not intend to dehumanize you but to offer you caution on how to behave with people in your care. You need to be aware of how you act and what you say/do or not, especially when you are a coach in charge of young athletes.

A case in point was when the introductions of the boys was in progress. Team A's starting 5 were individually introduced; walked from their human tunnel of teammates to the officials then to shake the hand of the opponent's coach and return. This was great for Team A; however, when Team B's starters were announced, Team A's coach walked over to the human tunnel at his bench and began talking to his players. The first starter introduced from Team B finished knocking knuckles with the officials and went over to shake hands with Team A's coach only to find a delayed hand shake with the assistant coach. Then starter #2 came through only to find no one's hand to shake at all and after stuttering a few steps, returned to his teammates...this continued for the other 3 starters from Team B.

What a breakdown in role modeling and good sportsmanship! ...Team A's coach seemed to say "what is good for my team is not good enough for your team" and to-

tally ignored the rest of the starters. Team B's players all took this as a stride; not letting on what kind of an impression this made! This is probably the exception, however how long lasting will this be imprinted on the young minds? How many spectators noticed this negative and rude behavior? How will that coach be remembered?

So, role modeling is very difficult and there are good examples as well. As coaches, we are always under the eye of the spectators, school administrators and others, so we need to be extra cautious of how we portray ourselves in the eye of the general public.

Another example is the classic greeting of official to coach. This is at a competition venue not at a social gathering, and it should be dealt with at the appropriate level, i.e., professional handshake, a short greeting, and then back to the duties at hand. It is not a time to socialize or show personal friendliness; perhaps a cell phone call later would be appropriate. To be too friendly would evoke the question as to how nonbiased the event will go.

Respect is another "R" which should include the respect of your players, respect of administrators, etc. during all aspects of your season...at practice, at sporting venues, at your own competitions. This should also include respect of the American flag and introductions at any sporting event in which you represent your school. Yes, more and more people are refusing to 'pledge allegiance' to the flag, not removing their hats when coming into a building or during the National Anthem/Pledge, and not even standing during either of these parts of the program.

To live in America is a privilege not a right ... to be an American is also a privilege not a right. So, if it displeases the athlete so much, then s/he should live and be a citizen of a country where s/he would respect the country and vice versa. It is rude to see athletes talking while the National Anthem is being played/sung or sitting during this time ... no longer is it mandatory or unusual to hear silence during the Pledge or not putting your right arm/hand over your heart or even taking your hat off, but the least anyone can do is to stand up and be in compliance with the others and/or with team protocol. Maybe we

have not taught our athletes that in order for them to play in a free environment, cost someone else very dearly.

Some may say that this is getting too political, however, how would you feel as a coach if your player was the only one sitting on the bench when everyone else is standing, facing the flag, and maybe even thinking “I’m so glad I can play a sport I choose to play because I live in a free country like the USA”? Are we letting our athletes get the chance to play sports for ‘free’ (without any cost to the athlete), or are we going to teach them to respect their privileges and rights to play in a sport of their choosing in a country where someone else has paid the price for them to play in a land that is the USA.

Maybe an answer should come down from the various league administrators? It seems that pre-game protocols are different wherever you go, even within the same league. There needs to be some sort of standard made; either follow the traditional standard of pledge/singing of National Anthem, introduction of players, and introduction of officials ... a modification thereof to add prayer to Catholic/Christian school events ... or just play the game. At any rate, this should be uniform throughout the league and each school should abide by the ruling. It seems a shame when even players and coaches are not introduced, especially after all the hours of ‘sweat’ they have put into getting prepared to ‘entertain’ the spectators!

A ruling on pre-game protocol would be so nice, and it would be a positive boost to all involved with no guessing as to what should and could be done...the guidelines would already be in place.

The last of the 3 R’s of coaches is responsibility. This is a huge topic and may encroach on a coach’s lifestyle. In today’s society, the coach is sometimes a surrogate parent for the athlete...the coach acts as a friend sometimes as a confidant, or even a teacher when one or both parents are not active in the life of the athlete. How far does a coach go? It can be very blasé or it can be at the other end, very close and emotional.

Customs have changed from the time most coaches grew up to the daily lives we see today...both parents are more than likely working, students are more mature and taking on more responsibilities of life at an earlier age, and time seems to whiz by with parent and child slipping away in the night like ships passing each other on the

open sea heading to their next rendezvous without acknowledging the other.

So because the coach sees the athlete so much during their season, s/he ends up as a substitute or temporary parent responsible for more than teaching skills and drills in the chosen sport. Sometimes you become a mentor, a disciplinarian, and a teacher of moral/ethical values based on your own upbringing. For those coaches who have never been parents and/or are not much older than the athlete, it is a new experience.

This is a time when the veteran coaches can really be of help to these younger and/or inexperienced coaches.

You can be the role model to a colleague and teach them from your experiences. Then, this comes full circle ... a bit of immortality handed off to the next generation of coaches who will be teaching and coaching the younger generation ... and maybe even your offspring ... teaching them the values and positiveness you passed on. That is the 3 R’s ... Role modeling, Respecting, and being Responsible in all aspects of coaching which is sometimes a 24-hour a day job.

As you continue to prepare for your new season, take another look at your philosophy or mission statement; be sure it says what you mean it to say. Be sure you have this written and accessible so you can be reminded daily. Carry on the good jobs you have done in the immediate past and enjoy each athlete as they look up to you, as you may never cross paths again. Anything positive you can pass along may prove to be the one thing s/he will remember and pass on to her/his circle of friends, be they athletes or not.

Also, this coming season, take on another small responsibility and that is of your website. Each sport should have one complete with schedule and scores, stats for each event and accumulated, a current roster including player numbers and school year, as well as the names of the coaching staff. This gives each player the added ink that they deserve whether it be for a program or for the media. This task should be kept up to date by someone, even for community service hours?!?

Hence forth, coach, as the generations of the future will be touched by your words, actions and deeds, they will continually perpetuate your immortality as a coach. Good luck in your sport in the next, upcoming season! ■

**As you continue to prepare for your new season, take another look at your philosophy or mission statement; be sure it says what you mean it to say.**

# The Gym Teacher

Being a gym teacher may be one of the most coveted jobs in education. It seems so easy. Just throw out a ball, kick back for the next 50 minutes, and just relax. Oh, you may be called a jock now and then, and you may be looked upon with disdain by teachers who have their own classrooms, but it has to be a piece of cake, right? WRONG! The misconceptions about this position are numerous and it is time that people know the real facts about this job.

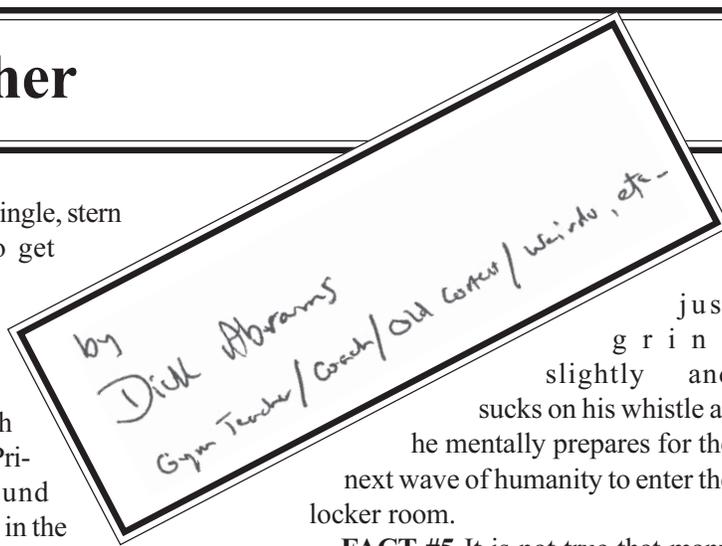
**FACT #1-**Your workstation, or office, is located in the middle of a locker room. Agents from the environmental protection agency have actually refused to enter many locker rooms due to the variety of odors that emanate randomly from this area. As you attempt to reach your office, clouds of every cologne and deodorant known to mankind bombard you. Although suffocating, these smells actually mask the less pleasant odors coming from the open toilets, urinals, and lockers filled with dirty, sometimes crusty, gym clothes and tennis shoes. Gas masks are optional.

**FACT #2-**Your office, or workspace, will be a desk. You will share the room with 2, 3, or 4 other gym teachers who also get a desk. Every desk will have a phone, and these phones will ring loudly and randomly. The door to this office should be a swinging door. Every two minutes a different student will go through this door to ask one of the teachers a question like, "What are we doing today?" or "What is it like outside?" or "What are we doing today?" or "What should I do if a dog ate my PE clothes?" or "What are we doing today?" to which the gym teachers will

reply with a single, stern answer, "Go get dressed", then mumble something underneath their breath. Privacy is found momentarily in the office restroom, but only momentarily (again, the odors...).

**FACT #3-**Students in PE class are different. Sure they all wear the same costume of t-shirt, shorts, and tennis shoes, but some can run, jump, and do a push-up, and others cannot. They like to mill around in a non-chalant manner, secretly anxious about what the gym teacher might have in store for them. The gym teacher must enter the gym with an air of authority, and use his loud voice and whistle if necessary to control this unruly group. Statements like, "Hey, get in line!" or "Quit hanging on the rim, you knucklehead!" or "Johnnie, pull your shorts up!" ring out throughout the gym.

**FACT #4-**After teaching your students to run, jump, and stay fit for the rest of their lives, the gym teacher's work is not done. He must hold his breath and re-enter the locker room as the class ends. As he reaches the office and begins to breath again at his desk, the swinging door begins to squeak. The questions start to fly and the phones begin to ring. "What are we doing tomorrow?" is followed by "What if I forgot my locker combination?" and "What if my dog eats my PE clothes tonight?" and, of course, "What are we doing tomorrow?" The good-natured gym teacher sometimes



just grins slightly and sucks on his whistle as he mentally prepares for the next wave of humanity to enter the locker room.

**FACT #5-**It is not true that many gym teachers continue to teach long past their prime because they enjoy the job so much. Many have difficulty actually leaving their office due to injuries caused by thrown bats to the knees, kicked balls to the head, and a variety of other occupational hazards. The dazed look with the slight grin and whistle in the mouth becomes more prominent as the barrage of questions continue through the

years. While gym teachers seldom expire in their offices, it is true that they sometimes are wheel-chaired out as they are moved to the closest retirement home. They are often heard mumbling underneath their breath, "my whistle and clipboard, my whistle and clipboard..." The neurons just aren't firing like they use to.

So, for all you future educators, former PE students, burned out hippies, and people who just don't care, be forewarned. Being a gym teacher is not the pie-in-the-sky job that it is made out to be. It takes a special person to be a gym teacher, and that is why they don't call them gym teachers. They call them "coach" or "old coach" or "hey you" or "hey weirdo"...I apologize; the neurons aren't firing like they use to. Where's my whistle? ■

# Coach Awards

## August 2007

<u>Name</u>	<u>Sport</u>	<u>Level(s)</u>
Bill Walker Jr.	Baseball	Level 1
Jerry Powell	Baseball	Level 3
Jim Newby	Baseball	Level 1
Dave Larson	Baseball	Level 1
Larry Delaney	Baseball	Level 1
DJ Sigurdson	Football	Level 1
Greg Kittrell	Football	Level 2
Del Talley	Football	Level 2
Bob Bourgette	Football	Level 2
Tom Ingles	Football	Level 3
Jeff Nelson	Football	Level 2
Sam Giampietri	Football	Level 1
John Barrington	Softball	Level 1
Bob Vanderhaak	Softball	Level 3
Steve Barker	Softball	Level 3
George H. Lynn Jr.	Softball	Level 1
Joe Harris	Boys' Basketball	Level 3
Dean Montzingo	Boys' Basketball	Level 1
Lee Sinnes	Boys' Basketball	Level 2
Rob Gray	Boys' Basketball	Level 1
Phil Hergert	Boys' Basketball	Level 3
Jim Thacker	Boys' Basketball	Level 4
Richard Hanley	Boys' Basketball	Level 2
Craig Faive	Girls' Basketball	Level 2
Al Smeenk	Girls' Basketball	Level 4
Bruce Carlson	Girls' Basketball	Level 4
Mike Ottis	Volleyball	Level 3
Greg Powell	Volleyball	Level 3
John La Fever	Volleyball	Level 3

# *CONGRATULATIONS*

*What if William Shakespeare was an accomplished High School Football Coach? What would he say in an interview and would his words be relevant to football coaches. At this winter's WSCA clinic, I was challenged to assemble a possible glimpse into what might have been said about this game we love. I selected the occasion of Coach "Shakes" retirement. Each quote is accurate to the word, although used and inserted as needed by this humble editor. Personally, I would love to coach on his staff!*

by Don Papasedero

## “...the game is up and the truth shall out.”

Coach William Shakespeare has won his “Twelfth (Night) Championship game as the head coach of his beloved Stratford High School “Tragedies” in a convincing blow out of his main nemesis, the Lacrosse High School “Phonies”. In his home field, “Globe Stadium”, he has suddenly announced his retirement and has agreed to an interview before he leaves the stage (field) for the last curtain call. Coach “Shakes” willingly “spews forth the great tide of his soul”.

### **Coach Shakes, you have had a hard relationship with the press. Can you comment?**

“...you have made worms meat out of me...blubbering and weeping, blubbering and weeping...you are a gaggle of fools in a fool’s paradise...even now you bid me good riddance and send me packing...Zounds...take thy pen and set it to flame...what the Dickens?...but to me, no buts, it is all one to me...hang thee young baggage, disobedient wretch...for some must watch, while some must sleep thus runs the world...brevity is the soul of wit...the Devil can cite scripture for his purpose.”

### **That was harsh, as usual, Coach Shakes. You have gathered many critics over your career. Do you want to address them now?**

“I am a man more sinned against then sinning...I have knotted my brows and made virtue a necessity...if love is blind, then love can not hit it’s mark...that which has made them drunk has made them bold...my age and treachery will overcome...I am peppered...we few, we happy band of brothers...if it be a sin to covet honor, I am the most offending soul...thou among the wastes of time you will go...to blazes with you and all of ye...a plague a’ both your houses, I am sped.”

### **Your Stratford teams always play great defense. Any secrets here?**

“The main is to stand firm; ready for an unforeseen attack...a modest doubt is call’d the beacon of the wise...it is a blind goose that goes to the fox’s sermon...I dance attendance and have short shrift...they are bloody minded, blinking idiots... I takest great offense to thy claims of overrunning our defense...I must be cruel only to be kind...it is a wise father who knows his children...use every man after his just desert and who should ‘scape the whipping?... I hate that which makes sense...I haste now, and ‘ere to that bloody setting...as the devil hath power to assume a pleasing shape.”

### **Your Stratford offensive teams play “old school”. Why have you not progressed to modern football tactics?**

“...give me your hand and let me find a pulse...see you not see these many victories?...wisely and slow, they stumble that run fast...age cannot wither her nor custom stale her infinite variety...hasten slowly. *But Coach, you sound so basic and simple. How do you keep getting those players to fit your offense?* “Fortune brings in some boats that are not steered...such as we are made of, we shall be...everyone can master a grief, but he that has it...men are sometimes masters of their fates...have more then thou showest... speak less then thou knowest...he that steals my purse, steals trash.”

### **Care to comment on your relationship with the parents of your players?**

“...this then is the truth...is it not strange that desire should so many years outlive performance?...then I see mad men have no ears... they speak lies that thou knowest...God made them, and therefore let them pass

as men...Oh, it is so easy to find where such evil springs... adversities sweet milk: Philosophy...God tends to the wicked, but not forever...one may smile, and smile, and smile, and be a villain...the devil himself appears thusly in this 'guise'"

**Kids today are pressured to "specialize" and play only one sport in High School. You are an outspoken opponent to this practice:**

"This is the most unkind and cruel cut of all...you must lay low 'till the crack of doom because I suspect foul play...if you can look into the seeds of time and say which grain will grow, and which will not, then you may speak to me...my wish is to father thoughts...no profit will grow...golden lads and girls all must as chimney sweepers, come to dust...if all the year were playing holidays, then to sport would as tedious as to work...there is a small choice in rotten apples... I insisted on fair play and received cold comfort... where turns those confused youth?...he suffers from green-eyed jealousy...with which my sword I may open"

**Some of your opponents have earned great respect from you, while others you accuse of not following ethical behavior. (cheating) You always stand strongly on the side of following the rules. What do you say to your opponents?**

"...give the Devil his due...the son of my great enemy...every man has a fault, his is honesty...when I was at home, I was in a better place: but travelers must be content...we received no short shrift at their castle...my foe is as great as my kingdom!" *Yes, Coach, but those who Cheat?* "Lord what fools these mortals

be...reputation is an idle and most false imposition; oft got without merit...stony hearted villains...a poor, poor player that struts and frets his brief hour on the stage...punks rampant...chamber pot dregs...that that is is...the great are only great because they are on their knees!...they have not an honest tongue in their heads"

**You have said that many of your assistant coaches were discovered to be treacherous and selfish. Football staffs demand loyalty to be effective...what can you tell us about these men who have betrayed you on your staffs?**

"...bring forth the parties of suspicion...cowards die many times more than their deaths...no conscience makes cowards of us all...most are bribed more by their ambitions than by money...if the truth were known...to the hottest, most hellish blazes to them that think they know...they have their exits and their entrances and one man in his time has many parts...there is naught in his life that becomes him better then to leave it!"

**Coach Shakes, any last words as you look towards retiring?**

"..parting is such sweet sorrow...what must be shall be...and I go to it with delight...what's gone, and what's past help, should be past grief...let us not burden our remembrances with a heaviness that is gone...let my tent be struck...he that quits pays his debts"

"...his life was gentle, and the elements so mixed in him that nature might stand up and say to all the world...This was a Man!" ■

### The Old Coach

For John Bay

As long as there's one child,  
regardless of their name,  
who'll step upon the field  
& loves to play the game,

a fearless lad or lass,  
who'll give a college try,  
then, I'll be on that field –  
coaching until I die.

*Steve K. Bertrand*



**WASHINGTON INTERSCHOLASTIC ACTIVITIES ASSOCIATION**

435 Main Avenue South, Renton, WA 98057

425-687-8585 / FAX 425-687-9476 / [www.wiaa.com](http://www.wiaa.com)

**2007-2008 WIAA/Dairy Farmers of Washington State Championships**

- |                     |                                                                                                              |
|---------------------|--------------------------------------------------------------------------------------------------------------|
| <b>Nov 3</b>        | <b>Boys &amp; Girls State Cross Country Championships</b><br>Sun Willows Golf Course, Pasco                  |
| <b>Nov 8-10</b>     | <b>2A, 3A, 4A Girls State Swimming &amp; Diving Championships</b><br>King County Aquatic Center, Federal Way |
| <b>Nov 8-9</b>      | <b>1B Girls State Volleyball Championships</b><br>Yakima SunDome                                             |
|                     | <b>2A Girls State Volleyball Championships</b><br>Toyota Center, Kennewick                                   |
| <b>Nov 9-10</b>     | <b>2B, 1A Girls State Volleyball Championships</b><br>Yakima SunDome                                         |
|                     | <b>3A, 4A Girls State Volleyball Championships</b><br>Toyota Center, Kennewick                               |
| <b>Nov 16-17</b>    | <b>2A, 3A, 4A Girls State Soccer Championships</b><br>Harry Lang Stadium, Lakewood                           |
|                     | <b>1B/2B Boys &amp; 1B/2B/1A Girls State Soccer Championships</b><br>Curtis High School Stadium, Tacoma      |
| <b>Nov 23 or 24</b> | <b>Football Semifinals</b><br>Tacoma Dome and various eastside sites                                         |
| <b>Nov 30-Dec 1</b> | <b>2007 Gridiron Classic</b><br>Tacoma Dome                                                                  |
| <b>Feb 1-2</b>      | <b>2A/3A, 4A Girls State Bowling Championships</b><br>Site TBD                                               |
| <b>Feb 9</b>        | <b>Regional Wrestling</b>                                                                                    |
| <b>Feb 15-16</b>    | <b>2A/3A, 4A Boys State Swimming &amp; Diving Championships</b><br>King County Aquatic Center, Federal Way   |
| <b>Feb 15-16</b>    | <b>2A/3A, 4A State Gymnastics Championships</b><br>Tacoma Dome Exhibition Hall                               |
|                     | <b>Mat Classic X, Boys &amp; Girls State Wrestling Championships</b><br>Tacoma Dome Arena                    |
| <b>Feb 20-23</b>    | <b>1B Boys and Girls State Basketball Championships</b><br>Yakima SunDome                                    |
| <b>Feb 27-Mar 1</b> | <b>2B Boys &amp; Girls State Basketball Championships</b><br>Spokane Arena                                   |
|                     | <b>1A Boys &amp; Girls State Basketball Championships</b><br>Yakima SunDome                                  |
|                     | <b>4A Boys &amp; Girls State Basketball Championships</b><br>Tacoma Dome                                     |
| <b>March 5-8</b>    | <b>2A Boys &amp; Girls State Basketball Championships</b><br>Tacoma Dome                                     |
|                     | <b>3A Boys and Girls State Basketball Championships</b><br>KeyArena and Bank of America Arena, Seattle       |

## 2007-2008 WIAA/Dairy Farmers of Washington STATE TOURNAMENTS

<b>March 8</b>	<b>Individual Events (Forensics)</b> University of Puget Sound
<b>March 14-15</b>	<b>Debate and Student Congress Tournament</b> University of Puget Sound
<b>March 14-15</b>	<b>Drama Festival</b> Western Washington University
<b>March 20</b> <b>March 21</b> <b>March 22</b>	<b>4A State Dance/Drill Championships</b> <b>2A/3A State Dance/Drill Championships</b> <b>State Cheerleading Championships</b> Yakima SunDome
<b>April 25</b> <b>April 26</b>	<b>State Ensemble Contest</b> <b>State Solo Contest</b> Central Washington University
<b>May 17</b>	<b>Baseball Regionals</b>
<b>May 20-21</b>	<b>Boys &amp; Girls State Golf Championships</b> Whatcom County
<b>May 23-24</b>	<b>3A, 4A State Baseball Championships</b> TBD <b>1A, 2A State Baseball Championships</b> Paul Thomas Field, Wenatchee Valley College <b>1B, 2B State Baseball Championships</b> Parker Field, Yakima  <b>1A, 2A Boys State Soccer Championships</b> Sunset Chev Stadium, Sumner <b>3A, 4A Boys State Soccer Championships</b> Harry Lang Stadium, Lakewood  <b>3A, 4A State Softball Championships</b> SERA Fields, Tacoma <b>2A State Softball Championships</b> Walla Walla Point Park, Wenatchee <b>1A State Softball Championships</b> Paul Lauzier Athletic Complex, Moses Lake <b>1B, 2B State Softball Championships</b> Gateway Sports Complex, Yakima  <b>4A Boys &amp; Girls State Tennis Championships</b> Vancouver Tennis Complex <b>3A Boys &amp; Girls State Tennis Championships</b> Kamiakin High School & Tri-City Court Club <b>1B/2B/1A, 2A Boys &amp; Girls State Tennis Championships</b> Yakima Tennis Club  <b>3A, 4A Boys &amp; Girls State Track &amp; Field Championships</b> Edgar Brown Stadium, Pasco <b>1A, 2A Boys &amp; Girls State Track &amp; Field Championships</b> Mt. Tahoma High School, Tacoma <b>1B, 2B Boys and Girls State Track &amp; Field Championships</b> Eastern Washington University, Cheney

# EAST/WEST 3A/4A ALL-STAR FOOTBALL GAME



Kyle Hoppe #65, Kelso HS



Thomas B. McPeters #15, Monroe HS

## CONGRATULATIONS

Rosenbach Scholarship - Kyle Hoppe from Kelso

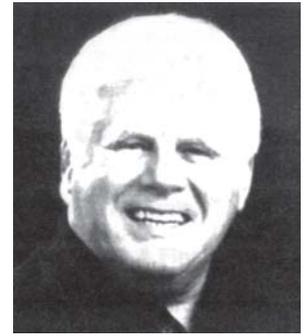
Whitefield Scholarship - Thomas B McPeters from Monroe

# EAST/WEST 3A/4A ALL-STAR FOOTBALL GAME



# HAWKES SQUAWKS

by Dee Hawkes  
Retired



As a retired coach, I can offer a different, independent point of view. And there are times when truth must be spoken. My recipe for giving an opinion is to take a set of facts, think about them for a while, add to the mix, and let fly.

## FOR MOST, THE OPPORTUNITY IS LOST

Please understand that this particular Squawk tends to fly out in space and has no place to land. While rethinking the role of school athletics, one issue is that school programs tend to favor a minority at the expense of others. To turn out for a school sport is not easy for a kid who hasn't spent the off-season in training. They get lost in the shuffle, because they have not lifted weights, attended team camp, used a personal trainer, or played the sport in the off-season. It's not hard to guess why they don't turn out when the writing is already on the wall that they won't make the team.

There seems to be something wrong with our present system. The athletes, who train out of season, sometimes all year long, hold the king's ransom. Those who do not follow this practice certainly fall behind. The elite athletes, who have already paid their dues, make their teams even before tryouts. In some sports they come directly from the select community programs.

My Squawk is not to debate whether the current school programs are good or bad, but whether current practices are in the best interest of all kids who want to turn out for the school team. Participation in school athletics should not be reserved for only the elite athlete. For example, one 4A high school fields only a varsity fast pitch team. The opportunity to play on either a JV or sophomore team doesn't exist. As a result, younger players that want to play for the school who are not on a select team are tossed aside. This smells like rotten fish to me.

Granted, this system doesn't apply to every sport, but the majority of coaches play the selection game. Intentionally or not, this practice continues so school teams can keep up with the other teams. The pressure to win-

at-all-cost fuels the fire when coaches look upon their sport as a full time job.

## BRIDGE BUILDERS, INC

There's a part of our past that we all like to remember. Much of the time it revolves around the special people who made a lasting impression on us. One of the many I remember is Frank Watson, the ultimate "jock" salesman. He recently passed away. His love for sports and the coaches he served was his trademark – he was a first class gentlemen! . . . This writer's way to honor the late Edo Vanni is to remember the Queen Anne kid whose love for baseball captured the hearts of many fans, friends, and admirers. His prized baseball memorabilia collection was the envy of many. . . . The yellow pages of the past also listed Jim Ennis as a coach who let nothing slide by his watch. From his post, he would let loose on any topic that needed attention, even if it meant going head on with a superintendent or the WIAA.

Of course, not all of those who remain in my memory are gone. Still humming and hawing at 90 years of age, baseball coach Bud Pripp remains the pride and joy of West Seattle. The old coach still spins a good yarn. . . . Then there is Frosty Westering, a coach on a mission, who has influenced us on and off the field all across the world. His PHD coaching philosophy that advocates pride, hustle, and desire touches every high school program in this state. . . . The hype surrounding Vashon Island youth football is inspired by Paul Waldorf, the former UPS head football coach. Coaches like Paul wear their hearts on their sleeves when it comes to teaching the game.

The next time you watch the state wrestling championships just remember that Gery Gehmann of Vancouver was responsible for putting on the officials' clinics for so many years. . . . Even before Title IX, Marnie Snyder was the first girl to tee off with the boys in the old Seattle City League. This Bainbridge teacher still plays a mean round of golf. . . . What a challenge it was for Lou Tice and the late Bob Moawad to convince state coaches that under-

standing the psyche of the athlete was as important as the physical part of a sport. Training the mind on how to set goals and expand one's comfort zone was an important contribution. Tice, a feisty offensive guard out of West Seattle High School, continues to ring doorbells with his positive message.

### **BRIDGES THAT SPAN THE TIDE**

Go behind the scene of every successful program and far off in the distance you'll find a friend and teacher, such as Odysseus in ancient Greece. Better known today as mentors, these men and women, with little fanfare, unselfishly take the time to help us to become a better person and coach. When looking back, we can't but help understand how important they were in our lives. They may have passed on, yet we owe them a great deal of respect. If your mentors are still around, then let them know with a simple card or note that you are thinking of them. A good time is at the start of a new season. It's really a personal choice, but don't play hooky. Give them what they really want, which is to remain a part of your lives. For now, at least start befriending those you coach, because that incorporates the true art of mentoring. Now, it's your turn to pay if forward.

### **AH, THE JOYS OF COACHING**

It's time to go forth and share some of my RAVES and RANTS.

**RAVES:** Coaches who care enough not to step overboard demanding time for their sport. . . .Booster clubs that function within the framework of school district policy . . . .Watch the coaches who control their tempers even when an official's call is totally wrong. . . .There is nothing better than to watch talented athletes get a chance to utilize their skills due to good coaching.

**RANTS:** Coaches who do not teach the fundamentals of their sport, but instead blow whistles and cheerlead. . . .Players who should be preparing to play, but feel pressured by coaches who demand all of their time. . . .School programs that haven't a ghost of a chance of success make me sad. . . .Parents who argue that their kid deserves playing time because of out-of-pocket money spent. They believe this should pay immediate dividends. . . .Coaches who can't distinguish between physical conditioning and physical punishment – these are two different worlds!!! Nearly half of the young men and women that

you see play college football and basketball do not graduate. Yet, the fact remains that less than one percent of such athletes go on to professional athletic careers. It is a travesty when they don't graduate, because afterwards these so called Johnnies drop off the radar screen. Unfortunately, even with public disclosure, the college graduation rates of high profile programs haven't changed much.

### **SPECIAL TRIBUTE TO TARBOX**

No matter what, there is nothing to equal the importance of friendship. Hundreds of Chuck Tarbox's friends, players, fellow coaches, and Queen Anne classmates gathered in late August to honor the former football coach, who is dealing with a serious health issue. A beach party was organized by Kurk Steck, former Juanita running back, which lasted over six hours. Former Juanita High School players, coaching colleagues, parents, and even teammates who played with him at Queen Anne High School were there. The past and present stood side by side to honor this man.

All in attendance were there to give support to Chuck. He had a magic moment day, knowing that even the worst things do not seem quite so bad when you have friends who care. Stories were told, reams of laughter echoed about, and

smiling faces were everywhere. The bond between an old coach and his yesterdays became the order of day. Chuck can cherish these happy memories for the rest of his life. This writer's friendship with Chuck started in high school. We have a connection that will always be there, no matter where we go or how much time has passed.

### **CUTTING EDGE: PLAY IT SMART**

As coaches, are you aware of the Play It Smart Program set up by the National Football Foundation? This successful program, which reaches across our country, involves providing a qualified academic coach. This coach works closely with the coaching staff to help the athletes improve in the classroom. The academic coach is involved in one-on-one goal setting meetings, career and life skills sessions, mandatory study halls, SAT prep classes, service projects, and other team building events. What a relief it would be to know that someone in your program is there to direct your athletes' attention and create a positive influence. The program can be shuffled in many ways for any prep sport as long as it lasts throughout the school

*Continued on page 30*

**As coaches, are you aware of the Play It Smart Program set up by the National Football Foundation?**

Continued from page 29

year. Don't think for a moment that using an academic coach only during your season will make a difference. Keep in perspective that the goal is to help your athletes' succeed. The only question is whether the coach will be persistent enough to see it through until the athletes graduate.

### YIPPE-EYE-AY FOR P.E.

It took a coalition of child health advocates to restore physical education in the Oregon Public Schools. There has never been a better time to bring a serious program. Research results indicate that many kids are overweight or are at the risk of becoming overweight. If it hasn't been done, a statewide inventory of PE instruction should be conducted in this state so we can all march to the same drummer. There is a time for all things, and school districts need to factor in fitness at the secondary level. All elementary schools should be required to have recess time for their kids. Some schools need to emphasize bring-

ing back the physical part of education. We have a severe obesity problem. We should take off our hats to the state of Oregon for doing something about this problem. We need to follow our neighbor's example.

### IN BLUNT TERMS

Not everyone likes the pay to play requirement that some school districts use to fund prep sports. Some argue that if the money goes directly back to the athlete in the use of better equipment or uniforms this is okay, although not for transportation. There is no hiding the fact that high schools have to travel to play games. . . .My two cents worth is to charge a transportation fee, but don't link pay to play. That's a horse of different color. If a pay to play requirement is in place, then just by its name, any kid who has paid should play and not sit on the bench.

Remember to send an email to ([hawkes32.@comcast.net](mailto:hawkes32.@comcast.net)) if you have something to say. Otherwise have a great fall.

See you around, I hope. ■

**PROTECTING**  
your investment,  
property,  
and athletes

**RESILITE™**  
SPORTS PRODUCTS, INC.

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

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

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

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

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

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

# THE KID NEXT DOOR

## *An Interview with Joey Bywater*

by Steve K. Bertrand

Joey Bywater isn't only hard to catch on a track or cross-country course, but also for an interview. After waiting a week while he attended the Clear Lake/White Pass Cross-Country Camp, & then three days while he participated in the Lake Stevens Cross-Country Camp at Mount Baker, I finally corralled him for an interview prior to his taking off on a camping trip. The kid doesn't stand still! He agreed to meet me at the Frontier Village McDonald's in Lake Stevens. I was feeling generous & asked Joey what he'd like to eat or drink. He ordered ice water. The girl behind the counter eyed me suspiciously. "Anything else?" she inquired. I ordered tea. We slid into a booth & the interview began.

Quickly I realized Joey Bywater is the kind of kid you'd want as your neighbor next door. He's got a likeable smile. Sure, he likes his music & video games; but he's friendly, honest & humble. When we talked about his accomplishments, Joey was matter-of-fact. There's no bragging. And, if anybody's got bragging rights, it's Joey Bywater. He's racked up some pretty impressive credentials. Joey's won three state track & field titles (1600 & 3200 meters). He also holds the State All-Time Sophomore Record in the 3200 (9:03.97). In addition, Joey is the top returning 4A cross-country runner in the state having finished second overall last year with a 15:48. Not too shabby for a kid just entering his senior year.

Joey doesn't just excel in sports. He also carries a 3.5 cumulative grade point average. Both academics & athletics are important to him. "I have to work on balancing studies & sports," says Joey. Time management skills are a constant challenge. Little surprise, Joey's favorite subject is physical education. He's enrolled in a first period physical education class for athletes entitled "Athletic Strength & Conditioning". "Mondays, Wednesday & Fridays I run. Tuesdays & Thursdays I do light weight training," he said.

Joey would like to continue his running at the colle-

giate level. A kid who enjoys cross-country & track equally, he'd prefer to stay close to home; but, isn't closing doors on other schools. "I'm looking for a team with a strong past tradition, currently competitive & flexible coaching," he said. When pressed for a definition of "flexible coaching", Joey replied - "A coach who looks out for the best interests of the team & individual." This is what Joey enjoys about running at Lake Stevens. "My coaches (Cliff Chaffee, Ernie Goshorn & Stuart Chaffee) do a great job of getting the individual & team ready to compete." Presently, Division 1 colleges like the Washington Huskies & Oregon Ducks have expressed an interest in Joey.

During Joey's junior year he committed fully to distance running. Up to that point, he'd been a basketball player as well. "I gave up basketball to focus on my running," he said. Joey came to the decision on his own. What made this commitment easier were his teammates. "We're pretty close." In Joey's spare time, he hangs out with his teammates. Typical kids, they bounce from house to house, playing pickleball, video games & ping-pong. Seniors Kyle VanSanten & Dan Lantz, juniors Scott Larson, Drew Larson, Colton Hardwick & Justin Marshall, & sophomore, Johnny Bywater, Joey's younger brother, round out the varsity squad. "Johnny got his feet wet last year," said Joey. Joey also appreciates the support & friendship of upperclassmen that have preceded him. "Josh Fountain & Garrett Smith have had a big influence on my running," he said.

Joey has spent the summer preparing for his upcoming senior year. He & his teammates would like to improve upon previous trips to state. The Vikings finished fourth in the 4A State Cross-Country Championships at Pasco's Sun Willows Golf Course the past two years. And, with 4 of their top 7 runners returning off last year's squad, the Vikings are aiming high. "I'll just say we'd like to improve on previous finishes," said Joey. Joey & Kyle are co-captains. During the summer, they've had the boys meeting at Lake Stevens High School on Mondays,

*Continued on page 32*

*Continued from page 31*

Wednesdays & Fridays to train at 8:00 a.m.. “We’re each shooting to run five hundred miles over the summer,” says Joey.

Though important, Joey recognizes distance running isn’t just about mileage. He pays close attention to the “little things” which impact performance. “Diet, sleep, stretching, visualization, goal-setting & weight-training are all important components of running. These are the real secrets to being a good distance runner,” he said. Joey also pursues his training sensibly. “We start slow & gradually build into the season. Our intensity builds as the season progresses. We don’t typically put a watch on workouts till after the first meet. The important thing is to be running your best when it counts – & that’s at the end of the season.”

Consequently, Joey has placed an emphasis on training over racing this summer. “We work hard & have fun,” he said. “Other than that, I lay low.” This isn’t to say Joey hasn’t been racing. He won a 2+ mile mountain run to the 6,000-foot summit of White Pass while attending session 2 with his teammates at the Clear Lake/White Pass Cross-Country Camp in July. Joey’s time was 13:36. A week later he won the 5K in his own backyard as Joey’s coach, Cliff Chaffee, & Viking parents & teammates hosted the annual Lake Stevens’ AquaFest 5K/10K Run. Joey’s time was 16:01.

When asked about his talents as a runner Joey shrugs & says, “I guess it’s genetics. My mom, Cindy Brooks, was a talented runner when she was young. Also, my dad, John Bywater, was a good athlete.” Joey appreciates his family. Both dad & mom are very supportive. As a matter of fact, his father didn’t miss a meet during Joey’s junior year. Prior to competitions his parents see he gets his favorite pre-race meals. “If I’m with my mom,

we have spaghetti; & if I’m at my dad’s, it’s liver, mushrooms & onions.” Joey has a younger sister, Cia, who will be a freshman on the cross-country team this fall too.

As for goals, Joey would like to add a state cross-country title to his resume. He’d also enjoy seeing his performances challenge some of Washington’s former prep distance standouts. “I wouldn’t mind being likened to Carl Moe,” he laughed. Joey hopes his running talents will help pay for college. He’d like to go as far in the sport as he possibly can. “I plan to work as hard at the collegiate level, if not harder, than I already do,” he said. He finds himself motivated by improvement. “I just try to keep getting a little better than I was previously.”

Joey would also like to take a shot at qualifying for the Footlocker National Cross Country Championships. He finished eleventh in the 2006 Footlocker West Regional meet. The top eight from each region throughout the United States qualify for the finals at San Diego’s Balboa Park. The good news is Joey is the top returning runner from last year’s West Regional meet. The ten runners in front of him graduated.

When asked about “breakthrough” races that helped propel him to higher levels of performance, Joey was quick to smile. “Beating Jeff Helmer in the 3200 at the District Track & Field Championships my sophomore year,” he nodded. “That’s got to be the race.” Helmer was the returning state champion in that event & previously unbeaten. This race was Joey’s epiphany. “He was my toughest competitor,” said Bywater. “I didn’t know what ‘hard’ was till that race. I realized afterwards I hadn’t been running my previous races as hard as I was capable.”

Using a “tag & kick” strategy, Joey sprinted past Helmer, who’d been running even splits, on the last lap. A week later, Joey dethroned Helmer again & claimed

*Continued on page 33*



*Joey Bywater (5th from left) with Lake Stevens teammates.*



## IDEAS THAT WORK

reprint Coaches' Quarterly

# Ensuring Athletic and Academic Success: Using The "Notebook"

By Sean Kelly

Students who participate in athletics are often held to a higher standard than those who do not. To remain eligible for athletic participation, student-athletes are required to meet and maintain minimum levels of academic performance. Many student-athletes strive for success in the classroom just as they do in the athletic arena, and grades are never a problem; however, there are always those athletes who need help to maintain

their athletic eligibility.

Like many coaches, I have coached several sports and the one constant in all of them is that there is always a struggle with player eligibility. Some coaches will expect their players to be academic overachievers, whereas other coaches expect their players to only remain eligible. Which approach is more appropriate? Only the individual coach can answer.

In some instances, all the players

in a program are monitored and encouraged to be the very best. In other programs, the only players closely monitored are those who might become ineligible. Regardless of the coaches' viewpoint regarding academic success, all must abide by the same basic requirements. Whether you are the type of coach who motivates a player to achieve the highest levels of academic success for either

*Continued on page 34*

*Continued from page 32*

the state 3200-meter title (9:03.97). "He's a very smart runner," said Chaffee. "He understands how & when to execute a game plan." What Joey says he enjoys most about his racing experiences are setting goals, achieving them & working toward improvement. "I'm always striving to take the next step," said the seventeen year old.

Joey's win in the 1600 & 3200 at the 2007 State Track & Field Championships was a memorable experience. "Pulling off that double was rewarding," he said. "I had set that goal prior to the start of the track season & was pleased to achieve it." It almost didn't happen. The 1600 was a close race. After winning the 3200 the previous night, Joey came from behind to defeat Gig Harbor's Charlie Williams with a strong kick down the homestretch. His time was 4:10.70. Williams clocked 4:11.17. Still, with 51.6 400-meter speed & 9:03.97 3200-meter abilities, Joey's got some tools in his arsenal not every distance runner possesses. What makes him even tougher is his enthusiasm for the sport.

Joey didn't start running until his freshman year of high school. He credits his ninth grade physical education teachers, Mrs. Barlow & Mr. Knutson, with encouraging him to give cross-country a try. Since then, there's been no looking back. "Joey was a bit of a 'hay seed' when he first started," laughed Chaffee. "But once he grew out of his country kid ways, he really blossomed." Chaffee described Joey as a "quiet kid who simply gets the job

done." "He's not afraid to take risks," said Chaffee. "This has had a positive impact on the whole team." As a result, the Vikings have become one of the top distance running programs in the state.

It's easy to think cross-country or track & field are individual sports; but one doesn't get that impression talking to Joey Bywater. If anything, he's a team player. "I tend to race best when I know it's for the team," he said. Because Joey's teammates have grown up together, live in close proximity & train together, they've really bonded. They rely on one another. While running, they talk about their goals. "It helps motivate me when I know other people are counting on me," said Joey. And, through these experiences, the Vikings have become a close-knit "family." Said Bywater, "I'll feel good if our team does well this season."

In the meantime, Joey & his Viking teammates continue to train. They run throughout the week. "Occasionally, I take an easy day," said Bywater. "On those days I usually run to City Beach or Sunset Beach & swim." Joey understands the importance of "easy" training days. "He's come a long way," says Chaffee. And, through it all, Joey has managed to remain humble. There's not an inkling of hubris, that prideful curse of the ancient Greeks. "I try to keep in mind anyone's beatable," he said. "On any given day someone can show up ready to race me." Maybe so; but, it's going to take a very noble effort to beat him. ■

Continued from page 33

his own interest or the team's, or because you understand that the loss of one or more key players to academic ineligibility could most likely destroy the potential for a successful season, all coaches must deal with the real issue of academic eligibility.

The "Notebook" is a method that allows me, or any coach, to monitor the academic progress of players. Each player has his or her first progress report reviewed approximately four weeks into the school year. Play-



**The "Notebook" is a method that allows me, or any coach, to monitor the academic progress of players.**

ers who are not doing well on the progress report for one or more of their classes are assigned the notebook for that particular class. Some players might maintain the notebook for only one of their classes, whereas other players would need to maintain the notebook for three or four of their classes.

The "Notebook" is a three-pronged, pocketed folder that contains 20 to 50 copies of a class questionnaire containing information regarding the class itself, along with three questions: 1) What did I do today?, 2) What do I need for tomorrow? and (3) What do I need in the next three to five days? At the conclusion of each class period for which the student is required to complete the notebook, the student answers these three questions. After answering the three questions, the student asks the teacher to review the information for accuracy. If the information is accurate, the teacher initials the questionnaire. If the information is not accurate, the teacher can add comments

or modify the student's answers as needed.

The head coach reviews the notebook at the end of each school day. During this time, I usually ask the student questions regarding class assignments to familiarize myself with what the student is doing in class and to ensure the student understands what the teacher expects to be completed. If for some reason the student does not have an assignment for a spe-

cific class on that day, I will often assign something myself

that is related to the subject of the class for practice and remediation.

The student is required to see me first thing the next morning to have the notebook and any assignments reviewed to ensure they were completed properly and to monitor the progress on any assignments that may be due in the next few days.

This morning review also allows for time to assign study activities well in advance of tests and other assessments. On the rare occasion when the student does not meet requirements, I will have the opportunity to intervene at an early date and remind the player of my expectations for athletes.

Assigning student-athletes the notebook increases my workload only slightly. If the number of players assigned the notebook becomes too much for one person to handle, the head coach may ask an assistant coach to assume responsibility for monitoring a few of the players' notebooks. As part of the school faculty, the athletic staff approaches academics very seriously and does not mind the extra time it takes to ensure that our players are achieving in the classroom.

Over the years, I have had approximately 100 players assigned the notebook for one class or another. To date, only two have failed to improve their grades, ultimately becoming ineligible. At the beginning of the school year, I often have players or parents request the notebook to make sure the student is being prepared for success in the classroom. The notebook puts the responsibility of academic success on the player while allowing me the opportunity to monitor his or her academic progress and instill a little extra motivation when the need arises. ■

## RATES

If you would like to advertise in the Washington Coach, check out our rates!

Full Page	4 Issues	\$500.00
½ Page	4 Issues	\$320.00
¼ Page	4 Issues	\$200.00

1, 2 or 3 issue rates are also available.

Contact Barb Johnston at 425-334-2760 for additional information.

# BURNETT-ENNIS SCHOLARSHIP

**Deadline: April 20<sup>th</sup>**

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

To be eligible for the scholarship:

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

## **Personal Information** (please print clearly)

Name \_\_\_\_\_  
Last First M.I.

High School Attended \_\_\_\_\_ Date of Birth \_\_\_\_\_

Permanent Address \_\_\_\_\_  
Street City Zip Code

Permanent Home Telephone number \_\_\_\_ (\_\_\_\_) \_\_\_\_\_

Parent/Guardian \_\_\_\_\_ Years Member of WSCA \_\_\_\_\_

Address of Parent/Guardian if different from applicant:

\_\_\_\_\_  
Street City Zip Code

**Academic Information** GPA \_\_\_\_\_

Briefly describe any scholastic distinctions or honors you have won since the 9<sup>th</sup> grade

---

---

---

## **Athletic or Extracurricular Participation**

Sport \_\_\_\_\_ Years \_\_\_\_\_ Letters \_\_\_\_\_ Honors \_\_\_\_\_

---

---

---

---

*Please continue with application on reverse side.*

*continued from previous page*

## **BURNETT-ENNIS SCHOLARSHIP**

**Deadline: April 20<sup>th</sup>**

**College Goals** College planning to attend \_\_\_\_\_

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

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

---

---

---

---

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

---

---

---

---

**Check list:**

Application   Letter of Recommendation   Transcript   Resume

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

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

---

---

## **Deadlines for the *WASHINGTON COACH* Magazine**

Next Issue - Winter: December 1

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

### **SUBMISSION PROCESS**

Submit via email as an attachment to Barb Johnston at [Johnston.barbcliff@verizon.net](mailto:Johnston.barbcliff@verizon.net)

Please submit on-line photos in black and white

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

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

---

---

# *Congratulations*

## **Burnett-Ennis Scholarship Winners!**



**Kayleigh Fisk  
and Mom and Dad  
Rawleigh & Katy Fisk**



**Jeff Allen  
and Mom Stephanie Tucci**



**Jacque Brown  
and Dad Gary Brown**



**Kayti Christianson  
and Dad Paul Christianson**



**Maureen Costello  
and Dad Bill Costello**



**Tanner Davis  
and Dad Rick Davis**



**Adam Dickson  
and Dad Dave Dickson**



**Brett Felton  
and Dad John Felton**



**Jacob Huylar  
and Dad Steve Huylar**



**Daniel Ottis  
and Dad Mike Ottis**

## WIBCA HALL OF FAME 2007

### GIL COLEMAN

Gil Coleman grew up in Morton and graduated from Morton High School in 1974. He played for Hall of Fame Coach Ron Nilson. His senior year they won the District Championship and finished 8th at the State A Tournament. Gil was a team captain his senior year and also competed in Cross Country while at Morton.

After graduation Gil attended Washington State University for one year and then Sheldon Jackson Junior College where he was also team captain the year he played there. Gil finished his education at Central Washington University where he was an assistant for Hall of Famer Dean Nicholson for two years. Gil received his Social Studies education degree from Central in 1981. He then began his high school coaching career as the head coach at Onalaska. Gil's first year they went 16 - 8 and just missed a state tournament appearance. His second season at the helm they went 28 - 0 to win Onalaska's only state championship in boy's basketball and Gil was named State B Coach of the Year. Gil coached one more year at Onalaska and then left to become the head coach at Juanita High School in Kirkland. Gil coached five years at Juanita highlighted by 2 state tournament appearances, including a 5th place finish in 1988 and four out of five KingCo Conference Divisional titles.

After five years at Juanita, Gil returned to his alma mater as Dean Nicholson's top assistant. The following year Gil replaced Dean as the head coach at Central. During Gil's first year CWU was on NAIA suspension and were not playoff eligible, although they had the best record in the conference. Gil's second, third and fifth years at Central he was named Conference Coach of the Year. His teams won the conference in all three of those years and twice went to Kansas City to the NAIA National Tournament including 1992 - 93 when the Wildcats finished with an outstanding overall record of 19 - 6. In addition to his conference coach of the year awards Gil was also the 1995 west Region Coach of the Year.

Gil married Teresa in 1978 and in January of 1982 their son GE was born. GE, like his father, has a great passion for the game and is currently an assistant coach at Eastern Washington University. Gil and Teresa separated in 1987 but remained friends until his passing. In 1988 Gil

married Lorrie who remained his wife until his passing. Their son, Riley, was born in 1993. Gil's overall high school coaching record was an outstanding 158 - 48, his college coaching record was 92 - 64. He passed away from cancer related complications March 6, 1995. There is no doubt had he not passed away, he would have gone on to continue being an outstanding coach and making a positive difference in young men's lives for another 25 - 30 years. Few coaches have ever matched or exceeded the love and passion for the game that Gil Coleman possessed.

### GARY WUSTERBARTH

#### Steilacoom High School Boys' Basketball Coach

Gary was born and raised in Tacoma, Washington. He attended Washington High School in Parkland where he played basketball for WIBCA Hall of Fame Coach, Bob Ross. Gary was named first team for the South Puget Sound League in basketball as well as West Central Singles Champion in tennis.

After graduation in 1973, Gary attended Pacific Lutheran University where he played basketball for Coaches Gene Lundgaard and Ed Anderson. Gary also played tennis under Mike Benson, competing nationally each year at PLU. He graduated in 1977 with a BA in Education with a focus on Physical Education and Social Studies.

Following a year on the professional tennis circuit, Gary taught history and coached girls' volleyball, track and basketball as well as football at Tolt Middle and High School in Carnation for five years. In 1983, Gary served as an assistant coach to Bob Ross at Washington High School. He also spent a year as a graduate assistant at Pacific Lutheran University.

In 1984 Gary was offered a teaching and coaching position at Steilacoom High School. He has taught and coached there for a total of 22 years. In Gary's first year, the Sentinels won their second consecutive state title. Steilacoom has the distinction of being the last school to win a state title and the last semi final game at the University of Puget Sound and the first school to win a state title in the Tacoma Dome. Gary has coached the Sentinels to 10 Nisqually League titles, eleven West Central District Titles and sixteen appearances at state in twenty two years. Under Coach Wusterbarth, the Sentinels have

compiled a 422 - 155 record, never experiencing a losing season. Currently, Gary teaches Advanced Placement European and United States History at Steilacoom High School. He lives in Puyallup with his wife, Sandy, and his daughters, Megan and Allison.

Coach Wusterbarth shares his success with his Associate Head Coach, Bruce Hayes, who has coached with Gary for the entire twenty two years and Coach Mario Reaces, who has coached in the program for twelve years.

Gary remains active in the Washington Interscholastic Basketball Coaches Association where he serves as the Westside Representative and coordinates the State All-Star Games held each year. He continues to work expanding the Coaches vs. Cancer program for high schools in the state of Washington.

## RON NILSON

The name of Ron Nilson will always be synonymous with Morton basketball. Nilson is one of a handful of coaches to have played on a team and coached a team that won a state championship. It is even more rare in the fact that he did it at the same high school. Nilson played three years of high school basketball for Hall of Fame Coach Gib Greiter from 1960 - 62. He averaged 10.5 points per game his senior season, as the Huskies went 25 - 2 and beat St. John 70 - 30 to win the 1962 State Championship. Twenty-five years later, in 1987, Nilson coached Morton against another generation of Eagles, this time from St. John-Endicott and the Huskies won their second title 52 - 50.

Nilson went to Pacific Lutheran University after high school and graduated with a teaching degree in Biology in 1966. He began teaching in Morton in 1967 and started his coaching career as Coach Greiter's assistant in the 1967 - 68 season. Taking over the head coaching duties for the 1969 - 70 season, he was a stalwart on the Morton bench for the next eighteen seasons amassing a 323-134 overall record. From the 1977/78 season to the 1982/83 season (six years) Morton went an extraordinary 74 - 4 in league play, and at one time won forty-six straight league games. Nilson took seventeen of his eighteen teams at Morton to the district tournament winning five district titles, and ten of those teams advanced to state where he brought home four trophies. Ron, who was always known as an excellent teacher of the fundamentals of the game, didn't just teach his players plays, but taught them how to play the game.

One of the biggest legacies of Ron Nilson is the number of his former players that have gone into the coaching profession. Five of the most prominent are below:

PERRY McCORMICK (Class of 1971) was the head coach at Elma High School for six years. He then was the head coach at Highland High School for three years and Selah for five seasons.

THE LATE GIL COLEMAN (Class of 1974), another Hall of Famer, coached Onalaska High School for three years, was the head coach at Juanita High School for five years and was also the head coach at Central Washington University for five years.

BILL BAKAMUS (Class of 1978) just finished his fifteenth year as the head coach at Mark Morris High School. He also was the head coach at Coulee-Hartline for one year and Toledo High School for eight years.

KEITH COOPER (Class of 1982) just finished his fourth year as the head coach at St. Martin's University, having previously coached at Seattle Pacific University (assistant), Central Washington University (assistant), Pacific Lutheran University (assistant), and five years as the head coach at Decatur High School.

CARL HOWELL (Class of 1984) just left Eastern Washington University after four years as an assistant coach to return to Tacoma Community College to become the athletic director. Howell was the head coach at Tacoma Community College for eleven seasons. These, along with many others, have become coaches helping young athletes of all ages and all sports.

Nilson and Roberta Church will celebrate their 25th wedding anniversary in June, and they have four children. Hollyn ('03), Sunshine ('05), and Nikolaus ('06) have all graduated from Morton High School and are attending college, and Robi will graduate from Morton in 2008.

## JOHN TRIPLET

Born in Washington D.C., John grew up in Tacoma, graduating from Stadium High School in 1966. During his teenage years, John was devoted to sports and music. He went to Central Washington University on a choral scholarship. While at Central, John became a fan of the basketball team, and particularly the coaching style of Hall of Fame Coach, Dean Nicholson. John graduated in 1970 with a social sciences degree in education.

John began his coaching career in 1971. He teamed

*Continued on page 40*

*Continued from page 39*

with a childhood friend, Pete Guzzo, to coach the fifth grade Peerless Laundry Bombers to a 9 - 1 record and the Tacoma City League championship. Shortly thereafter, John met his future wife, Joan, and they moved to Vancouver.

In Vancouver, John began his teaching career at Shumway Junior High, where he also coached. There he was fortunate enough to work with a Vancouver legend, Herm Jones. Two years later, John took a job at McLoughlin Junior High. His six year record at McLoughlin was 47 - 13, and as the school's track coach, was twice named Vancouver School District's coach of the year.

In 1981, John moved across town to work in the Evergreen School District, where he was an assistant basketball coach at Mountain View High School, and the head track coach at Covington Junior High. In six years at Mount View, the Thunder went to state three times, placing third in 1986. Among the players John coached was Duke Wallenbom, a two-time all-stater and the 1986 Washington state Gatorade player of the year.

John became the head basketball coach at Evergreen High School in 1987. He coached the Plainsmen for 14 seasons, compiling a record of 225 - 93. During his tenure, Evergreen won six Greater St. Helens League titles and five Southwest Washington district championships. In five trips to state, John's teams claimed a first, a third and two fourth place finishes. He was named GSHL coach of the year four times, and state coach of the year in 1995.

The highlight was the 1994 - 95 season. Evergreen completed a perfect 26 - 0 season and won the Class 4A State Championship. It was one of the few unbeaten big school teams during the past 30 years in Washington. The 94 - 95 Plainsmen were regionally ranked by USA Today and Scholastic Sports magazine. John's 1999 - 2000 record

was 25 - 1, losing its only game in the state semifinals to eventual champion, Walla Walla.

In 14 years at Evergreen, John coached many players who went on to play college basketball, including five in Division 1. Seven of his former players, and a nephew, are currently coaching basketball in Washington.

John credits much of his success to the help of many talented assistant coaches. The program took off once he hired veteran assistant Ken Naslund, who convinced John that one key to a successful program was a pressing defense. John concluded his career at Evergreen in 2001 - 02 after he was able to fulfill a dream and coach his son

Drew during his junior and senior seasons. John retired from Evergreen after the 2003 - 04 school year. Upon his daughter Nicole's graduation from Evergreen in 2004, the Triplets moved to Yakima.

Retirement didn't last long for John. He was offered a chance to coach the girls' basketball team at Eisenhower during the fall of 2004. Under John, the Cadets won two Big

Nine championships, with a two-year league record of 29 - 1. Eisenhower went to state both years, and finished fourth at the 2006 tourney, and had a combined record of 55 - 6. Three members of the 2005 - 06 team are currently playing Division 1 College Basketball.

In 16 years of high school coaching, John's teams were 280 - 99, won eight league titles and participated in seven state tournaments, placing five times.

John has three children, Michael, thirty-seven, a graduate of the University of Washington currently teaching in Atlanta; Drew, twenty-three, a recent graduate of Washington State University; and Nicole, twenty-one, a student at Washington State University. Joan is currently working in Yakima at the ESD 105. John remains involved in basketball, as he finished his first season as an assistant men's coach at Yakima Valley Community College.



## PAT FITTERER

Pat was born and grew up in Ellensburg, Washington. Pat feels he was very blessed being the fifth child in a six-sibling family as he has a part of each family member within him. He attended Lourdes Academy Elementary School and then graduated from Ellensburg High School in 1971. Pat loved all sports. He was Honorable Mention All-American and Most Valuable Player on the 1970 10 - 0 Mythical State Champion Football team, honorable mention All-Valley basketball and held the District record for most field goals made for several years, and two years voted most inspirational baseball player on league championship teams.

Pat then went to Yakima Valley Community College and started for the football team and was twice voted Athlete of the Week. Pat played baseball and then switched to track. He then went to Central Washington State College to play for the legendary Tom Parry and was the leading rusher on the Evergreen Conference Championship football team and voted Athlete of the Week several times. In track he was a two time District Champion sprinter running a 9.5 one hundred yard dash. Pat received his B.S. in 1975 and his Masters in 1981. In 1998, Pat was honored to be placed in Central Washington University's Hall of Fame.

In the fall of 1975, Pat started his teaching career in Portland, Oregon at Marcus Whitman Elementary and taught there for two years. Pat married Kathy Bender, his lovely wife of thirty one years, in the summer of 1976 and after a year in Oregon they moved to Cowiche, Washington so Pat could teach and coach at Highland High School. Pat and Kathy had eleven wonderful years at HHS. Karly was born in 1978 and learned the Scottie fling by 1984. Mindy was born in 1981 and completed the rooting section. Pat assisted in football, head coach in track and head coach in baseball but basketball ruled. With 9 trips to the State basketball tournaments with seven trophies, it was capped off with the State "A" Championship Ball in 1988. Pat's teams got to play on closing night at the UPS field house to be the first team to play in the Tacoma Dome. Scottie pride was alive and well.

In the fall of 1988 the Fitterers moved to Kent to be close to family so Pat could teach at Kentwood. After two great years in Kent, a move to Bellingham was too good of an opportunity to pass up. Pat took the teaching

position at Sehome. Bellingham was great to the Fitterer family. Pat and Kathy made great lifelong friends, Karly and Mindy got a great education in a wonderful place to grow up and the student athletes were great. Pat coached football, track, horseshoes, golf and basketball for 13 years. Pat's basketball teams took 9 trips to the State tournaments and received six trophies in the 2A, 3A, and 4A classifications including the big school Championship trophy in 1996. The 1996 team was 30 - 0 and ranked 5th in the Nation and still holds many state records.

Kathy and Pat then moved back to Yakima to rejoin Karly, an emergency room nurse, and Mindy, a teacher in the Highland School District. Pat took a job at Eisenhower and coached golf and basketball for four years. Pat's teams won Eisenhower's first three District Championships and won two fourth place trophies at the 4A state basketball tournaments.

Pat has been a member of the State Coaches Association for over 26 years and very active in the state activities. Over the past 14 years he has held every office in the Washington State Coaches Basketball Association while holding the office of President for over five years. Pat received the 2005 National High School Coaches Contributor Award from the National High School Foundation for his work. Pat spent six years working with USA basketball. Pat was named head coach of the USA National Select Team in 2007. Pat's USA teams are 6 - 0 and he is the proud owner of three Gold medals.

In 30 years of coaching Pat has won 604 games, been 12 times League Coach of the Year, three times State-Coach of the Year, won 17 league championships, taken 20 trips to the state tournaments and brought home 15 trophies. Pat feels his basketball foundation was set by sitting around the kitchen table with Jack Fitterer and Dean Nicholson and listening to their knowledge. Pat also knows he has been so blessed by growing up with great high school and college coaches in Ellensburg, working with outstanding assistant coaches and with great athletes who wanted to succeed and have fun. Pat says, "The bond you develop working and going into competition is unending. You are bound for life", Kyle Felmley, a former Sehome player, gave Coach Fitterer one of his greatest compliments when he told him, "The Mental Toughness you taught us I use everyday in my life as a fireman, husband and father." YOU GOTTA LOVE IT!!! ■

## “Silent Gesture”

Bryan E. Hoddle-Tenino High School  
 Head Coach 2004 USA Paralympic  
 Track and Field Team-Athens, Greece

He's the only man in track and field history to hold eleven world records simultaneously, and the first in history to win a gold medal in a record-breaking time in the 200 meter, under 20 seconds. He's had a lifelong commitment to athletics, education and human rights. As he and John Carlos received their medals, each man raised a black-gloved fist, an image that will stand as an iconic representation of complicated confluences of race, politics and sports. The man was Dr. Tommie Smith — an Olympic hero, legend and man who not only changed track and field for the better, he changed the world. HBO featured Dr. Smith in the award winning special, “The Fist of Freedom.” Next February 8, 9, 10, 2008, Dr. Smith comes to Seattle to speak at the Northwest (Formerly PEMCO) Track and Field Clinic at the SeaTac Double Tree Hotel.

I first met Dr. Tommie Smith in 2006 at the Simplot Games ([www.simplotgames.com](http://www.simplotgames.com)) in Pocatello, Idaho. Along with wife Delois, Dr. Smith made a huge impression on me. Like many of you, I remember watching the greatest track and field team ever compete in Mexico City. Now, some 38 years later, I found myself announcing Dr. Tommie Smith to the crowd of athletes and competitors at one of the best high school indoor meets in the United States. I remember thinking, “What do I say to him when I shake his hand?” It took me a good half hour to get the courage to go up to him and extend my hand. He greeted me warmly, as if we had been friends for years, and listened to me as if my every word was important to him. I was meeting a childhood hero, a man of courage and conviction, an Olympic Legend, the great Tommie Smith. Throughout the two-day event, Dr. Smith made his way around Holt Arena shaking hands and greeting kids, competitors, officials, parents and coaches, signing autographs for every person who sought one.

This past Simplot Games, I was fortunate enough to be seated next to him and his wife Delois at the dinner table following the 2007 Simplot Games. Two and half hours later, my respect and admiration for him had grown to an even higher level. Listening to him was like reading an Olympic history book. From my Missouri living room in

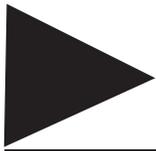
1968 to the dinner table in Pocatello, Idaho, I never imagined being so fortunate as to be in the presence of such a great Olympic Champion and likewise a great human being. I can honestly say he's one of the most caring and compassionate people I've ever met and I'm truly honored to now call him my friend. With the 40<sup>th</sup> anniversary of the Mexico City Games in 2008 and his recently released book, *Silent Gesture*, Dr. Smith shared his memories with me about those years leading up to and after the 1968 Olympic Games and the “Silent Gesture.” I asked him about Peter Norman, the Australian Silver Medalist at 200 meters, who also wore an “Olympic Project of Human Rights” button on the awards stand, with Smith and Carlos. I was saddened to hear Peter died in Melbourne, Australia as a result of a heart attack on October 3, 2006 at the age of 64. Tommie Smith and John Carlos were both pallbearers at Norman's funeral. It was very moving to hear Dr. Smith talk of his friend Peter Norman and their lifelong friendship that transcended sport.

Dr. Smith will present three hours in the track and field area as well as a keynote presentation on Saturday morning of the 2008 Northwest All-Sports Track and Field clinic. We've been really fortunate to have some incredible clinicians the past few years at the clinic, but I must say, having Dr. Tommie Smith speak in 2008 is definitely a highlight for me. It's been a busy year for Dr. Smith as 2008 and the 40<sup>th</sup> anniversary of the Mexico City Olympics moves closer. He's done countless TV specials and media appearances with many more to come. I appreciate him taking time from his extremely busy schedule to visit the clinic and speak with our coaches.

Along with Dr. Smith, other speakers include:

- Loren Seagrave, one of the top speed and hurdle authorities in the world and a highly sought-after clinician.
- Andy Bloom, 2000 Olympian, one of the top throws clinicians in the country
- Rick Becker-Selah High School

*Continued on page 43*



## Goal Setting for Improvement *The Track & Field Perspective*

by Jeff Arbogast  
reprint *Coaches' Quarterly*

Setting goals in athletic performance is not a new concept, but it is a practice that is now receiving much attention at all levels. The buzz around the track is “goal-setting,” along with “visualization,” “relaxation” and “performance pressure,” but few athletes seem to develop a plan for establishing, attacking and renewing goals, skills which ultimately determine not only the *degree* but the speed of athletic improvement! These goals not only relate to the common concepts of performance, but also to the very *process* of getting to the end result, hence the terms “performance” and “process” goals.

Performance goals are common. Early goals for runners closely paralleled the goals of today. There was performance risk, reward and a constant learning process. Early runners used their speed and endurance to pursue a goal . . . running down food. If successful, they reached their goal and dragged prey back to camp, learn-

ing a little bit more each time they achieved their reward. If they were unsuccessful, they gained a little more motivation for the next hunt, re-established their goals, and became more earnest in their attempts! We follow much the same historical outline as the first runners as we look to improve our performances in the field or on the track . . . our motivations change but the process is remarkably similar.

Youth athletes feel a need to improve for a variety of reasons. Parents, peers, team and self all evaluate performances and an athlete mired in mediocrity or resting on a plateau of effort becomes noticeable. Very few athletes desire to stay static in their development, but very few also know how to establish goals that are challenging but attainable. Improvement satisfies those people in a position of evaluation, but most importantly, it satisfies the competitive athlete within . . . the most important part of the motivation process.

Where do we start on the road to setting goals? Just like establishing a route for a hike, a flight plan for an airplane, or a trip across the country in a car, we have to know our starting point. Where are we now . . . and where do we want to go? As our driving route may involve travel over rough terrain, so might our athletic goals, but we will adapt and overcome our challenges. So, first establish the current level of honest ability of an athlete. What is the current and true PR or PB (personal record or personal best)? Once you know where an athlete is starting from, the goals set can be attainable. Although track and field athletes are easily measured, the same principle applies in every sport venue.

Once an athlete knows exactly where his or her performance level rests, consultation is necessary with a coach to determine where they

*Continued on page 44*

---

*Continued from page 42*

- Wes Cook-retired coach of George Fox University
- Erik Lindberg-retired coach at Oak Harbor High School
- Mark B. Ward-Central Kitsap High School
- Pat Licari and Greg Metcalf University of Washington
- Heather Kreir-Pacific Lutheran University
- Jenny Callender-former University of Oregon High Jumper-Training for the 2008 Olympic trials
- Paula Brown-Bethel High School
- Tim Carlson-Sehome High School
- Don Rinta-WF West High School
- Richard LaLonde-Elma High School
- David Caldwell-Clark College
- Lori Mathews and Paul Ruston-Thomas Jefferson High School-Federal Way
- Apryl Hampton-Thomas Jefferson High School-Dallas, Texas

Needless to say, we will likely move track and field into much larger rooms. The updated schedule will appear in early fall on [www.allsportsschool.com](http://www.allsportsschool.com) I always look forward to meeting coaches, listening to some great clinicians, but 2008 is going to be extra special. Forty-one hours of instruction, 20 clinicians and 100+ pages of clinic notes. ■

*Continued from page 43*

want to go! A coach will help athletes see several things that will determine the effectiveness of goal setting and she or he should be closely involved in the process. To a competitive athlete, the sky may seem to be the limit in setting goals, but a coach will help temper enthusiasm with reality and make the ultimate goals reachable. A coach also is able to evaluate performance level and potential for short- and long-term improvement, critical in establishing intermediate goals as well as the long-range plan of success.

During this coaching conference, decide on a performance goal that is long term and realistic, such as a mark in a throwing event or a PR in a track race at the end of a season or cycle of training. But setting a long-range mark is only half the plan! Any goal setting intended to succeed will have **intermediate** goals that are ‘stair-step’ and attainable at various points in your training cycle. The positive motivation you receive for hitting these **intermediate** goals goes a long way in ensuring your potential to hit the long-range goal.

Each of these goals should also be established with the aid of a coach after looking at competitive opportunities, training plans and potential, but then the fun begins! After achieving each performance goal, the best part of goal setting arrives! Mom and Dad may also get involved at this step, because with attainment of a goal comes reward . . . a movie, a special dinner, a treat or mention in a local publication! Nothing helps the long-term goal more than reward for hitting the intermediate steps.

These goals need to be “stair-step” in nature, paralleling the way a youth athlete develops. Coaches and athletes should recognize that many training cycles are not linear but instead incorporate training “plateaus.”

The athlete needs to be able to spend a training period *after* hitting an intermediate goal *preparing for the next one!* It is unrealistic to expect “weekly PRs” and linear development if you truly desire long-range improvement. After hitting an intermediate goal, the athlete should be rewarded and then rough into the new training cycle with a new intermediate goal as the focus . . . with the athlete at the center of the communication circle. A training period after each intermediate goal also helps develop a competitive attitude, making the performances special and lessening the chances that competition becomes a boring event . . . or over racing/over competing leading to staleness and loss of focus. Remember . . . a hungry dog fights harder! Be hungry to compete!

After each “stair-step” performance goal is hit, spend time in re-evaluation. Was the intermediate goal too easy? Or, was the goal unrealistic according to the effort you were able to devote to hitting it? Is it possible to move up the timeframe to your long-term goal and perhaps increase your chances of success by being more realistic? A coach will have the experience necessary to help with these questions that should be answered after each “stair-step” is reached.

Any long-term goal should have three to give intermediate goals before the final test, which means three to give rewards and three to five re-evaluations followed by the ultimate reward for hitting the final goal! The final reward may be a trip to a regional or national competition, a long-desired, non-athletic possession, or any other positive motivator . . . but it should be commensurate with the effort given! A large goal requires a large motivator!

Pitfalls in goal-setting include a variety of mistakes an athlete and a

coach can make right from the outset. If the end goal is unrealistic, even the intermediate goals will be difficult and the goal-setting loses effectiveness as the athlete develops frustration. If there is no communication between coach, parent and athlete, the goals become quiet and move to the back of the mind. No one achieves goals alone!

High goals require a good support system! Parents and coaches need to be aware of the goals and helping with reinforcement all along the way! If no reward is present during the intermediate “stair-steps,” the fun is lost and the athlete loses faith in the final goal. Pride alone is a good intrinsic motivator, but pride works extremely well in conjunction with something extrinsic such as a concert ticket, special dinner or day at the mall. A lack of belief in the athlete will also kill any chances of hitting a long-range goal. Every member of the support system should be convinced in ultimate success, so the coach needs to be particularly thorough in determining ability . . . the parent needs to be extremely careful in addressing the issue positively . . . and the athlete needs to be as dedicated and sincere as possible.

Process goals are many times ignored, but they are the fundamentals on which performance goals are set. It is impossible to set performance goals and expect to achieve them if you have no idea of how you will attain the end result. A series of process goals will outline the training steps necessary for achieving ultimate success. Process goals are established in training theory as well as recovery concepts such as rest and diet. Again, these goals will have the involvement of a coach in relation to training issues, as well as parents as they assist in monitoring recovery, rest and dietary needs for the athlete.

Process goals do not necessarily include measured efforts. It matters little whether or not the athlete can throw the shot six inches farther this week or run the 1,500 two seconds faster. What is most critical is that they attended each workout, gave the best effort they could, and remembered all the peripherals throughout the week like racing shoes when needed, setting the alarm clock for workouts, and hydrating well. Just as in performance goals, the process goals should also have small rewards built in at intermediate steps. If an athlete attends workouts and delivers 100 percent for one or two microcycles (one week of training), a reward should be included!

So, to be effective at goal-setting in high school athletics, make sure you follow the plan:

- Communicate with your coach and parents!  
The coach will assist in determining which goals are realistic and parents will help with enthusiasm and reward.
- Set attainable long-range goals!  
Long-range goals require an athlete's belief in them. If you establish a goal due to outside pressure or factors beyond your control, you have no "ownership" over it and no personal belief in success.
- Establish 'stair-step' intermediate goals and specific rewards!  
Goal-setting should be like climbing a set of stairs. After hitting each step, a specific reward needs to be received. But, realize additional training will be necessary to get to the next step . . . give it appropriate time.
- Develop "process" goals as well as performance goals!

It is important to have a standard mark or time to shoot for, but a coach should assist in developing the goals necessary to get the athlete to achieve. The process has to be rewarded as well as the performance as it is the building block of improvement.

- Re-evaluate goals along the way!  
Use a coach to give an outside perspective and take a hard look at goals at every intermediate step. Are they too easy? Are they out of reach and frustrating? Keep those goals attainable even if they are very small steps.
- Surround yourself with positives!  
Parents, coaches and peers in athletics should be supportive of each goal made and achieved. Don't worry about those who may harbor doubt . . . the athlete alone has the power to change future performances!

Always remember the most important words in goal-setting, athletics and life performance . . . . .

*"Never put limits on how good you can be"*

*And*

*"The only one who limits you is you"*

Goal-setting can release the inside potential by giving a plan of process and performance that is realistic and attainable. A goal set by a determined athlete becomes in itself just another stair-step leading to the ultimate pinnacle of personal athletic achievement. The athlete will release 'limits' when using goals and experience more fun in athletic events! ■

wit and wisdom wit and wisdom wit and wisdom wit and wisdom

"You have to have faith in yourself. If you have no goal, if you don't know where you're headed, you will never reach the port of success."

*Simon Benson*

"Discipline is the bridge between goals and accomplishment."

*Unknown*

"I can live for two months on a good compliment."

*Mark Twain*

"Don't ever ask a player to do something he doesn't have the ability to do, because he'll question your ability as a coach."

*Lou Holtz*

"You, the coach, must create in your men a real love for the game and a spirit of work, determination, and loyalty."

*Eddie Robinson*

# Giving Yourself a Chance to Win by “Winning Defensive Practice”

by Craig Coheley  
Rogers High School  
Reprint *Texas Coach*

Going into every baseball game at Rogers High School, we feel we are prepared for all challenging defensive situations that arise. We make a concentrated effort to cover lots of situations during practice. Our philosophy is to give ourselves a chance to practice the multiple things that can make or break us in a tightly contested game. We try to make defense our first and foremost priority every day in practice. Our hitting and offensive game, though equally important, comes second. Everyone loves to take BP, so we get the defense done first and use the hitting on the field as a reward for great concentration during defensive drills.

Our motto at Rogers has been “if we can keep ourselves in the game by staying out of the big inning, we will find a way to win at the plate.” Our players have bought into that philosophy. The last two years we have had very young teams, so good defense was essential until we improved at the plate.

We begin practice with routine defensive work and then move into the specifics. This has made our players aware of how important defensive play is in “winning close games.”

My philosophies have been gathered in working and talking with many great coaches over 17 years. Just like everyone, we beg, borrow and steal ideas and try and mold them into something that fits our style of play. Here are some defensive drills and strategies we use in practice:

## Involve Your Other Sport Coaches

With only two coaches on our baseball staff, we get stretched pretty thin. We want our JV coach to be spending quality time with our JV kids in the cage. To not have kids standing around, we invite one of the football/track coaches to practice to help in-



field-outfield to begin the day. The “invitation” gives the non-baseball coach a chance to be around the baseball kids outside of the weight room or track. It also allows our main JV coach to spend quality time with the JV in the cages working on their hitting.

## Defensive Drills we Practice and Stress Throughout the Week

### a. Fly Ball, Ground Ball Basics

Using the two-coach method, I usually stand just in front of the third base dugout and lay out 50-60 balls

to hit to our outfielders. The center fielder takes a tall bucket out with him. All throws go to him. This gives the outfielders a more realistic, long “fly ball” look. Our other volunteer coach hits ground balls to the infielders at the same time. I am actually hitting fly balls over the infielders’ heads while they are taking grounders. I remember the first time I did this at Rogers. Our infielders thought I was nuts. But we coordinate it so they are not actually in the line of fire. I hit each outfielder 4-5 balls, go to the next one and work the ball over the outfield. They get high ones, short ones, balls in the gaps, etc. This allows all the outfielders to get realistic looks. We also work two adjacent outfielders together for communication practice.

All throws are fired like a relay to the centerfielder who puts them in the bucket. When I’m out of balls, they run the bucket in. We move the bucket around each time it comes in to create different throws.

There are several ways I think this has made us better: 1) more realistic balls they have to chase down; 2) work on angles, getting back and going up; 3) relay and throwing practice to strengthen the arm; 4) communication; 5) competition.

While the outfielders are working, the infielders are getting multiple ground balls. We believe the more reps the better. It has allowed us to have our entire varsity and better JV players on the field at the same time.

Things the infielders will work on with our volunteer coach are:

1. Normal shots at them
2. Slow Rollers
3. Backhand Plays
4. Forehand Plays

We want them to take as many repetitions as possible just like the outfielders. Their specialty work comes after the fly ball period is done. We believe in repetition, repetition, repetition. One backhand out a game might be the difference in a 4-3 game or it might "get you out of a big inning." We believe you win at the game by "winning practice."

#### **b. Game Situation Relays**

The next thing we do, like many of you, is go through our normal routine relays to the bases.

1. Throw out at 2<sup>nd</sup>
2. Throw out at 3<sup>rd</sup>
3. Throw out at home

We try and do a cut throw and a one bounce throw. The second time around we give each outfielder one chance to throw the guy out without the benefit of the cut-off man. They each get one chance. It makes them concentrate as if it were a game-winning situation.

Something done to keep the first baseman busy until we need him for the relays to home plate is our 2<sup>nd</sup> coach makes low throws for him to dig out of the dirt. High and wide balls are also thrown to work on the sweep tag.

One item we stress that has greatly helped us is working hard on our double cuts. We practice these believing if you can throw a runner out at third or home, you can deflate an opponent's chance at a big inning. We end the relay sessions with double cuts to the plate. Double cuts we practice include:

1. Throwing a guy out at 3<sup>rd</sup> base (from both power alleys)
2. Throwing a guy out at home

(from both power alleys)

3. Cutting and running the ball in (call from 3<sup>rd</sup> baseman)
4. Throwing behind the runner at 2<sup>nd</sup> base

Things we stress are:

1. The two infielders going out should be about 30 feet apart.
2. We are going to double cut any ball to the wall.
3. If the throw is low to the 1<sup>st</sup> man, let it go and the 2<sup>nd</sup> cutman catches it on the bounce.
4. As the ball is approaching you, "listen" for the command of what to do with it.

After these situations our guys who play just outfield go and hit with the JV. The outfielders who pitch or play infield go to infield practice.

#### **c. Infield Basics**

If we have a Tuesday district game, our Monday infield session is long. On Friday district games, we usually split this into two sessions over Wednesday and Thursday. Things we are going to cover and emphasize are:

1. Footwork on getting to all ground balls and throw outs at 1<sup>st</sup> base.
2. Pick up all bobbled and knocked down grounders with your throwing hand.
3. Not rushing the first out on double plays. You have to get

the first one.

4. Walk your fielding tee and be ready to bounce in any direction.

We feel this has eliminated some errors over the course of a season. One lazy play could be the difference in winning and losing.

#### **d. Specific Infield Situations PERIOD ONE**

1. Double Play Initiation. The SS-2B will drill short tosses and throws to begin a double play. The coach stands right behind the mound and throws the ground ball to initiate the play. We use multiple reps and move the ball around.
2. Meanwhile, our other coach works the 1<sup>st</sup> and 3<sup>rd</sup> basemen

*Continued on page 48*

# H&L Sports

**Team, School & Institutional Sales**  
*Est. 1940*

**TEAM EQUIPMENT \* UNIFORMS \* P.E SUPPLIES**  
**CUSTOM SCREEN PRINTING & EMBROIDERY**

**2806 Colby Ave \* Everett, WA 98201**  
**Phone (425) 259-5515 Fax (425) 259-5518**

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

on outs at 1<sup>st</sup>. We use normal grounders, bunts, dribblers. The back up 1<sup>st</sup> baseman will take the throw when the other 1<sup>st</sup> baseman is fielding a dribbler. If we need extra time with SS and 2B, the catcher works on receiving a throw from 3<sup>rd</sup> and going to 1<sup>st</sup> for a double play.

#### PERIOD TWO

1. 2B and 1B play up and take normal fungo throwing to home for an out. We again mix in the 2<sup>nd</sup> to home to 1<sup>st</sup> double play throw.
2. The 3B field tosses from a coach throwing to 2<sup>nd</sup> to initiate a double play.

#### PERIOD THREE

1. 2B takes ground ball tosses from the coach and throws to 1B. They also take short tosses from the coach near 2B to make their throw on a double play.
2. Meanwhile, 3B and SS play up fielding fungo and throwing an out at the plate.

#### PERIOD FOUR

1. 1B fields balls and throws to SS covering 2<sup>nd</sup> to initiate a double play with the 2B running to cover first.
2. The catchers work on throwing to 2<sup>nd</sup> and 3<sup>rd</sup> base as if we had a runner stealing.

#### PERIOD FIVE

1. 1B fields balls and throws to SS covering 2<sup>nd</sup> to initiate a double play with the 2B running to cover first.
2. The catcher works on receiving a pitch and throwing to 3<sup>rd</sup> in an attempt to pick the runner off as if he has too big of a lead. **Note:** We cover our pitchers throwing to 2<sup>nd</sup> to initiate a double play during our bunt phase drill.

#### PERIOD SIX

1. Bunt coverages with runner on 1<sup>st</sup>.
2. Bunt coverages with runner on 2<sup>nd</sup>.
3. Bunt coverages if we “have to have an out” at 2<sup>nd</sup>.
4. Bunt vs. the squeeze. We stress getting an out in the bunting game. It goes along with our philosophy of “stay out of the big inning.” The 2A state championship game last year turned around on a bunt that was misplayed. Don’t neglect this phase of the game.

#### e. Defending the Baserunning Pressure

As mentioned before, our catchers throw to the bags while we are in situation work. Next we work on these

baserunning specifics that can cause:

1. 1<sup>st</sup>-3<sup>rd</sup> Situation
  - a. We will have a play where we throw the guy out at 2<sup>nd</sup>.
  - b. We will have a play where we throw to 3<sup>rd</sup>.
  - c. We will have a play where we cut the ball.Each of these is done with several repetitions. This is a phase we work on the day before every game. We practice taking a silent signal from the dugout.
2. The Walk-Off Play
  - a. We will use the JV and our outfielders to help us with this situation. We feel if you practice keeping your cool, you can get the guy at 3<sup>rd</sup>.
  - b. We want our 1<sup>st</sup> baseman to call “walk-off” and this puts our play in action. The one item we stress is never let the 1B get caught chasing the runner to 2<sup>nd</sup>. We want our 2B with the ball “walking the runner” back to first with the 3<sup>rd</sup> baseman keeping an eye on the runner at third. We would prefer to get him hung up.
  - c. To keep them guessing we will also fake the throw to the 2<sup>nd</sup> baseman and go for a quick throw at the guy at third. This one works well.

#### f. Don’t Let Those Routine Pop-Ups Beat You

Every week we end one of our infield sessions with pop-ups. We do not “assume” that high school players are going to make these. We work it. We love to save this one for a windy day. Once again, one misplayed pop-up can get you beat.

1. We try and hit infield pop-ups all over the diamond at least once a week. We discuss areas that are problems and try to get our best athletes on these balls. For example, hitting the ball shallow right behind the 1<sup>st</sup> baseman. We want our 2<sup>nd</sup> baseman to get out there and get it. Same behind 3<sup>rd</sup> with the shortstop. Same behind 2<sup>nd</sup> with the CF, 2B and SS.
2. Communication is the key. We also incorporate our outfielders for these drills after the infielders have fielded some.

In closing, there are many more situations that need work during the year like rundowns, back up bases, pickoffs, catcher’s blocking, playing balls in the sun and more. But these are just some of the basics that we at Rogers have chosen to drill hard before every game. We believe it has helped us. The main thing we want is all of our players moving and getting great work. We want to give ourselves a chance to win every game by “WINNING DEFENSIVE PRACTICE.” I hope something in here can help you. ■

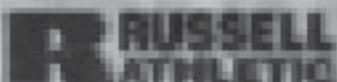
NOT EVEN YOU CAN REMEMBER  
WHICH SIDE USED TO BE YOUR WEAK ONE.

**BILL HATCH SPORTS**  
sales@billhatchsports.com



Are you the kind of athlete who practices the wrong way to game day? If you push yourself harder than your heart ever will, you are Russell Athletic. Just like the NY NY MAN (Biceps, Triceps, Calves and THREAT) series we built.

ARE YOU



MATERIAL?



# **DWAYNE LANE'S**

*Family of Auto Centers*

CHRYSLER • JEEP • DODGE • CHEVROLET • SUZUKI

# *All Lanes Lead To Low Prices!*



Dwayne Lane's

**Everett Chrysler Jeep  SUZUKI.**

10515 Evergreen Way, S. Everett

(425) 353-3855



Dwayne Lane's

**ARLINGTON  CHEVROLET**

315 West Ave., Arlington

(360) 435-2125



Dwayne Lane's

**Everett  DODGE**

7800 Evergreen Way, S. Everett

(425) 267-9000

# **CALL (888) 444-LANE**

**"REMEMBER, WE'LL TAKE CARE OF YOU!"**

*Snohomish County's Largest Volume Dealer*